



MOUNTAIN MESSENGER

Direct Mailed Free Every Month to Homes in Avon, Phillips, Rangeley, Oquossoc, Eustis, the Plantations of Dallas and Sandy River

Volume 15 • Issue 29
April 17th, 2026 • Week 3

Turner Publishing, Inc., PO Box 214, Turner, ME 04282-0214 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news

Mt. Blue Area Garden Club presents Lisa LaGrange: Turning vintage finds into living planters

FARMINGTON – The Mount Blue Area Garden Club invites the public to a creative and engaging container planting design demonstration led by Maine artisan Lisa LaGrange on Tuesday, April 21 from 5:30 to 7:00 p.m. at Trinity United Methodist Church, 612 Farmington Falls Road, Farmington.

This free program will showcase imaginative ways to transform everyday items into unique planters and decorative pieces. Attendees will learn how to transplant live plants into vintage hats and other found objects, turning them into functional planters that bring beauty and whimsy to indoor and outdoor spaces.

LaGrange brings decades of experience in floral design. She is a Professional Certified Florist and Maine Master Floral Designer, and a three-time winner of the Maine State Floral Designer of the Year competition. Her work emphasizes reuse and

upcycling as both an artistic choice and a sustainable practice, encouraging participants to see new potential in items that might otherwise be discarded.

She has owned and operated a floral business in Waterville and currently works as a designer at Augusta Florist while also running Jellison Traders, an antiques and vintage shop in Augusta.

Her projects reflect a distinctive style that combines traditional floral techniques with repurposed materials and a strong sense of creativity. In addition to her design work, she is involved in small-scale farming and growing her own flowers, further supporting her approach to sustainable, seasonal arrangements.

This program is free and open to all with no registration required. Attendees will have the opportunity to learn practical techniques, gather inspiration, and see firsthand how found objects can be reimag-

ined into beautiful and functional décor.

MBAGC invites guests to arrive at 5:30 p.m. to mingle with fellow gardening enthusiasts and enjoy complimentary refreshments before the presentation begins promptly at 6:00 p.m.

The Mount Blue Area Garden Club promotes interest in gardening in all its phases and encourages civic beautification throughout the community. More information, including upcoming events and programs, can be found at www.mt-bluegardenclub.com.



Submitted Photo



SOMEONE FORGOT TO TREAT YOU TO A MASSAGE
✂ CUT THIS OUT AND REMIND THEM

Tina Falasco, LMT
Rangeley, ME
864-5805
Specializing in
Deep Tissue &
Neuromuscular Therapy

**BRING YOUR
VISION**

SET UP AN APPOINTMENT
WITH ONE OF OUR
PROFESSIONALLY TRAINED
DESIGNERS AND WE WILL BE
HAPPY TO HELP YOU CREATE
THE SPACE YOU'VE
DREAMED ABOUT!

Kitchen,
Bath & Flooring
Center

Inspiring Ideas
Knowledgeable Advice

A Division of
**Hammond
Lumber Company**

WWW.HAMMONDLUMBER.COM

MAINE CALENDAR OF EVENTS

April 17 - Storytime with Courtney, pediatric occupational therapist from Pride Pediatric Therapy, 10:30 – 11:30 a.m., Jay-Niles Memorial Library, 983 Main St, Jay, hear a story, enjoy a themed sensory bin, make crafts, and play with friends, free, open to the public.

April 18 - Dungeons and Dragons for teens/tweens, 9 a.m. to noon, Jay-Niles Memorial Library, 983 Main St, Jay, new players welcome and supplies are provided.

April 18 - Maine Franco-American Genealogical Society to host Maine author Denis Ledoux, 10 a.m., Androscoggin Community Room, Auburn Public Library, 49 Spring St., Auburn, admission is free and open to the public.

April 18 - Painting Class: Flowers in Bloom, 11 a.m., 2nd floor Idea Lab, Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street, Lewiston, recommended for children ages 7 – 14 years old, FMI call 513-3133 or LPLKids@lewistonmaine.gov.

April 18 - American Legion Auxiliary Unit 39 Madison Luck of the Draw, doors open at 10 a.m., drawings start at noon, VFW Post 7865, 58 Preble Ave, Madison, currently looking for items for the Luck of the Draw, items can be NEW or SLIGHTLY USED, Contact Harriet 207-635-2051 or 207-431-4903, Tammy 207-399-4948, or Diane Pinkham 207-314-5135 if you would like to donate.

April 21 — Cabin Fever Concerts, 6:00 – 7:30 p.m., 98 Matthews Way, off rt. 117, Turner Center, Mary Murphy – blues.

MONTHLY MEETINGS

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

OQUOSSOC: Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule, welcoming members and visitors to experience clay shooting sports, Wednesday: Trap and Skeet starting at 4:00 p.m., Thursday: Sporting Clays and Skeet starting at 4:00 p.m., Saturday: Five Stand and Skeet starting at 10:00 a.m., Sunday: Trap and Skeet starting at 1:00 p.m.

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website <https://www.cary-memorial.lib.me.us>.

PORTER: Sacopec Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyer at (207) 749-0392.

LIVERMORE FALLS: Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

FARMINGTON: Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

FARMINGTON: Farmington chess club meets every Thursday morning at the Parks and Rec Center, 127 Middle St., Farmington, from 9:30 a.m.-12:30 p.m.

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

MADISON: The Madison Historical & Genealogical Society will be open for viewing the many Madison’s historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeleyarts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

SKOWHEGAN: St. Anthony’s Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

ONGOING:

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

Food Addicts Meetings FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

FOR SALE

10 Restaurant style tables 30”x40” seats 4. 26 chairs, all in great shape. Burgundy in color. Very sturdy. Used to be used for a Brew pub. Located in Turner. \$600 OBO.
CALL 207-225-2076

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

2X2 AD THIS SIZE

Call 225-2076 or email advertising@turnerpublishing.net for pricing on our calendar page.

1X2 AD THIS SIZE



M&H CONSTRUCTION JOB OPPORTUNITIES

FINANCE MANAGER ASSISTANT

Work in the business office on a wide variety of tasks including but not limited to accounts payable, accounts receivable, payroll processing, customer records management, bank account reconciliation, processing incoming checks, producing weekly, monthly, quarterly and annual reports. General as-needed office work including answering phones and responding to e-mails are key components to this position plus excellent communication and Customer Service skills are required. Some remote work is possible. Must be proficient in Excel, Work, Outlook and Sage accounting software would be a bonus.

LOG & DUMP TRUCK DRIVERS

Commercial driver’s license with clean record required – CDL license is a bonus.

JOB ESTIMATOR

Primary roles are to do project take-offs, site design/planning for road and site work and other types of excavation-type projects. Familiarity with commercial site and real estate design is required. Excellent internal and external communication skills are essential. NOTE: This position could also include truck and/or equipment operation depending on workflow. Great opportunity to grow is possible over time.

LAYOUT FOREMAN

M&H Construction is seeking an energetic person to work with the Owners to do take offs and estimates for road and site work projects. The successful candidate will be our Layout Foreman and work with our Auto Desk program. Many of our projects are not engineered therefore we keep our layout person busy driving various pieces of equipment (i.e., trucks, excavators, etc. Our crew is very experienced with seasoned project managers resulting in a great learning opportunity for the successful candidate. Please e-mail your resume to Jim Brown, CFO at jim@mhconstruction.net.

All positions offer competitive compensation and benefits.

M&H Logging & Construction, LLC is an equal opportunity employer

Please contact Jim Brown, CFO @ 207-864-5617, Ext. 100 or jim@mhconstruction.net

FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9AM Golf Prep w/ Hawk	8-9AM Total Body Strength w/ Brit	8-9AM Golf Prep w/ Hawk	8-9AM Total Body Strength w/ Brit	8-9AM Total Body Strength w/ Brit	9-10:15AM All Levels Yoga w/ Kristina
9-10AM Super Circuit w/ Hawk	9-10AM ALL LEVELS SPIN w/ Cyn	9-10AM Super Circuit w/ Hawk	9-10AM Super Circuit w/ Hawk	9-10AM Super Circuit w/ Hawk	
10:15-10:45AM Functional Fitness w/ Hannah	10:15-11AM Chair Yoga w/ Hannah	10:15-10:45AM Functional Fitness w/ Hannah		11AM-12PM Water Aerobics w/ Diane	
11AM-12PM Water Aerobics w/ Diane	4-5PM Karate (Kids) w/ Dan		5-6PM Karate (Kids) w/ Dan		
	5-6PM Power Yoga w/ Hannah	3-6:30PM Jiu Jitsu w/ Shawn	6-7PM Karate (Teen/Adult) w/ Dan		

MEMBER PRICING:
 BLUE CLASSES - \$10
 PINK CLASSES - FREE
 GREEN CLASSES - Monthly Fee
 NON-MEMBER DROP IN \$12

SCAN ME For updated online schedule

Rangeley Health and Wellness



THE HEALTHY GEEZER *Fred Cicetti*

SHOULDER PROBLEMS (PART 2)

The shoulder is made up of three bones: the collarbone, the shoulder blade and the upper arm bone. The shoulder is the body's most movable joint. It is also unstable because the ball of the upper arm is larger than the shoulder socket that holds it. The unstable shoulder is held in place by soft tissue: muscles, tendons and ligaments.

Common shoulder problems include dislocation, separation, torn rotator-cuff, frozen shoulder, fracture, arthritis, tendinitis and bursitis. The rotator cuff is defined as the set of muscles and tendons that secure the arm to the shoulder joint and permit the arm to rotate.

Doctors diagnose shoulder problems by studying your medical history, giving you a physical examination and performing tests such as x-rays, ultrasound and magnetic resonance imaging (MRI).

Shoulder problems are most often first treated with RICE (Rest, Ice, Compression, and Elevation):

- Rest the shoulder for two days.
- Ice the injured area for twenty minutes, four to eight times per day.
- Compress the painful area to reduce swelling.

- Elevate the injured area with a pillow to keep it above the level of the heart.

Other treatments:

- Slings are used often to keep an injured shoulder in place.
- After rest, stretching and exercise can improve range of motion, strengthen muscles, and prevent injury.
- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen are used to reduce pain and swelling.
- Ultrasound is used to warm deep tissues and improve blood flow.
- An injection of a corticosteroid drug into the shoulder is often recommended if the injury does not improve in the first few weeks.
- Transcutaneous electrical nerve stimulation (TENS) with a small battery-operated unit may be used to reduce pain by blocking nerve impulses.
- When tears are severe, surgery may be required. Seniors often can be treated without surgery for a

complete rotator-cuff tear.

Here are some easy exercises to strengthen shoulder muscles and prevent injuries:

- * Attach elastic tubing to a doorknob. Pull the elastic tubing slowly toward your body. Hold for a count of five. Repeat five times with each arm. Perform twice a day.
- * Lean forward and place your hands on a wall with your feet shoulder-width apart. Slowly perform a push-up. Hold for a count of five. Repeat five times. Perform twice a day.
- * Sit upright in a chair with armrests. With your feet touching the floor, use your arms to rise slowly. Hold for a count of five. Repeat five times. Perform twice a day.

An aerobic exercise program will help improve the blood flow to a tendon or bursa. This helps reduce soreness. Smokers should quit smoking, so more oxygen reaches the injured tendon. This will help the injury heal faster.



MOVIE REVIEW *by Lucas Allen*

HOPPERS

Walt Disney Pictures-Pixar Animation Studios

Since the pandemic, Pixar has been on an up-and-down streak with its theatrical releases, with last year's Elio having the lowest box office results. This year, the beloved animated studio is poised to bounce back with two new releases, starting with their newest original film, "Hoppers." It is directed by Daniel Chong, whose previous foray into family animation is the popular Cartoon Network TV series "We Bare Bears," and he directed the 2020 film version.

Ever since she was young, Mabel (Piper Curda) has been on an obsessive quest to protect the animal wildlife of the small town of Beaverton,

including the Glade she shares with her beloved grandmother (Karen Huie). Now, as a college student, she is continuously at odds with the re-electing Mayor Jerry (Jon Hamm) over putting the freeway over the forest. One night, she stumbles upon the lab of her professor, Dr. Sam (Kathy Najimy), where the scientist develops robotic technology to put a person's consciousness into a robot animal for the purpose of studying animal communication. In her final effort to save animal-kind, Mabel uses it to transfer herself into a robot beaver before she whisks herself into the forest.

Soon enough, she finds herself in a mammal community led by the kind beaver king George

(Bobby Moynihan) that lives by "pond rules" after being away from their homes. Quickly making friends with them because of her beaver appearance, Mabel tries to warn them of the imminent danger coming to them from Mayor Jerry. However, it becomes a sudden revolt as the psychotic Insect King (Dave Franco) rallies the other animals into "squishing" the human king.

Although the movie gets a little preachy in the beginning, it still carries a good message about the importance of nature and the environment we take for granted. It is mixed with some well-done, fluid animation and hilariously cute characters that both young and old will enjoy. Much like the main character, the movie's heart is very much in

the right place, especially when good intentions do not always work out easily.

To put it simply, this movie has a truly absurd story that, even by Pixar's standards, is executed with good entertainment value. The sci-fi angle is unbelievable enough, but when considering the plot, it is only secondary to the larger story. It helps to treat this as any heartwarming adventure without letting any scientific analysis take over.

Shockingly, the movie suddenly goes into dark 80's family film territory at the start of the third act, a 'la Roger Rabbit, Beetlejuice, or Disney's own Return to Oz. Not only do things get tense in the

climax, but a new villain enters with a creepy look and over-the-top intensity that it is sure to scare the living daylights out of younger viewers. It is bold for the usually animation-friendly studio to take a tonal shift to another direction though it feels like the plot went off the rails right there.

The voice acting is once again at the same level as Pixar's other favorites with Curda bringing emotional warmth and joyfulness to her character. Moynihan is great at his comic timing in all his scenes, while Hamm is surprisingly delightful in a hilariously flexible performance. Franco goes full Syndrome for his minor

villain role in such over-the-top fashion that it has to be seen to be believed. It is worth noting that Oscar winner Meryl Streep makes a small cameo like the Insect Queen, having a little fun flexing her vocal muscles to one scene.

Though not a major instant classic, "Hoppers" is still a Pixar gem worth checking out. If you have kids who are very into a jolly fun time and can handle some of the creepy parts, they will likely enjoy it time and time again.

THE MOVIE'S RATING: PG (for action/peril, some scary images, and mild language)

THE CRITIC'S RATING: 3.25 Stars (Out of Four)

The Ultimate Wood Heat
Outdoor Wood and Wood Pellet Boilers

ThermoPEX® pipe parts & accessories **Up to \$6,000* Rebate**

Central Boiler

Maine's oldest Central Boiler dealer

For a limited time, up to \$6,000 rebate available from Efficiency Maine.

Independent GREENE MAINE
P W E R

CALL: 207-946-4444
www.independentpowermaine.com

Scam Alert Bulletin Board

AARP
Fraud Watch Network

Social Security Notification? Take An Active Pause

You receive an unexpected communication from the Social Security Administration (SSA). It might warn that your Social Security number has been linked to criminal activity and suspended, or it could offer good news, such as a supposed benefit increase. Regardless of the story, the goal is the same: to steal sensitive information or money.

Most scams come to us with three common red flags: a contact from out of the blue that heightens our emotions and contains urgency. When you notice these three red flags together, take what AARP

calls an "active pause." Take an intentional step back and reflect on what you might know about the scenario - "Does this make sense? Have I heard something about this before?" This pause gives you time to apply logic—something the criminal playbook is written to avoid—and protect yourself and your assets.

If someone contacts you saying they represent the SSA, call the agency directly at 800-772-1213 or visit ssa.gov/myaccount instead of responding directly to the communication. If you shared your Social Security number and believe it was part of a scam, go to IDtheft.gov for step-by-step guidance.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.



Put some spring in your cleaning step

Metro

Spring is the season of nature's rebirth. Trees and flowers begin to bloom anew each spring, and young animals can be seen frolicking with their parents. During a time when it seems like the entire planet gets a refresh, many homeowners turn their thoughts to refreshing their homes as well.

As the days lengthen and the weather warms, spring cleaning takes center stage. Spring cleaning is more extensive than simply washing away grime, as cleaning a home often offers a psychological reset for the coming months. A clear strategy can make the task of spring cleaning feel less daunting, and these tips can help cut down on clutter and other interior annoyances that have arisen after months spent indoors.

Dedutter before cleaning

The rule of thumb when starting on spring cleaning is to combat clutter before cleaning. Trying to clean around

clutter is inefficient and may result in throwing in the towel prematurely. It is important to remove as much as possible from each room before you begin cleaning. As homeowners move through each room, they can assess whether they've used items in the last year or whether they serve any functional or aesthetic purposes. If not, they can be trashed or donated.

Move top to bottom

It's important to follow the rules of science when spring cleaning. That means that dust and debris will be affected by gravity.

Engaging in a top-down approach will help make cleaning more efficient. Beginning at the ceiling and working down towards the floors will help people avoid having to clean the same surface twice.

Using a duster or a microfiber cloth, individuals can clear cobwebs from corners and dust from crown molding. Fingerprints will accumulate near light switches and door handles, so those areas should be wiped down, too.

Homeowners can conduct a thorough cleaning of heating and cooling output and intake vents as they likely have gathered dust over the winter. A down of floor moldings can get to any area near the floor or under furniture that doesn't get frequent cleaning.



Do a kitchen reset

Focusing attention on the kitchen, which tends to be the busiest room in the house, is a wise idea for spring cleaning plans. This is the time for individuals to pull everything out of the refrigerator and pantry and check for expiration dates. Wiping down the shelves means cleaning away any accumulated food drips or spills. Additional areas to consider include behind

the refrigerator, inside the dishwasher filter and inside the microwave.

Focus on air quality

It's key to replace the HVAC system filters come springtime, as well as any air purifiers in the home. This will help reduce allergens and ensure that the cooling system will run efficiently when it's time to turn it on.

Spring cleaning takes place each year. Prioritizing decluttering and following a systematic path through the home helps people eliminate stress and mess at the same time.



A FEW WORDS *by John Governale*

A POETIC MEMORY

I was in the second grade at a small school in Lubbock, Texas. The teacher asked us to each write a poem to be turned in the following morning. I was pumped by the assignment. I labored all evening on it and couldn't wait for school the next day.

My poem was about wanting to be an explorer. The only lines I remember now are two from the middle of the poem. "I'd smoke a big cigar, And call myself Beauregard." As you can tell from that snippet, it was an entertaining and precocious work.

The next day as the class was headed outside for recess, the teacher asked me to stay behind a moment. "Sit down," she said smiling, indicating a chair by her desk. She pulled my poem out of a folder. "Who wrote this?" she asked in a friendly tone.

I was too young to see where this was going or to realize I should be alarmed. "I did," I said proudly. Again her tone was friendly. "Johnny, do you understand what lying is?" "Yes, ma'am." "And you know that lying is wrong." "Yes, ma'am." "To say that you

wrote something when actually someone else wrote it is telling a lie. Do you understand?" "Yes, ma'am," I said, still without a clue. "I'm going to ask you again, who wrote this poem?"

My brain suddenly clicked. I couldn't believe what she was asking. It had never occurred to me in my young life to do such a thing as she was accusing me of. "I did," I told her earnestly. I could see the doubt in her eyes. "I really did," I said. Her face turned to stone, and her voice had flinty edges to it. "No second grade boy wrote this poem. I know and you know that you copied it out of a book. Tell me the truth, Johnny. Who really wrote this?"

I wished I'd written a stupid poem, one she would believe I'd written. "Tell the truth," she demanded.

"I wrote it," I said, not knowing what else to do. She gave me a look that melted the marrow from my bones. If I'd been standing, I would have fallen down.

"You have disappointed me greatly. I would never

have taken you for a liar," she said, then wrote 'F for cheating' on my paper and stuffed it back in the folder.

She wouldn't look me in the eyes the rest of the year, and her attitude towards me never softened.

April is National Poetry Month. And so I present this defiant bit of verse:

Mrs. Crayfish
(not her real name)

I didn't lie, although she claimed I did.
And nothing I could say would convince her.
She thought I was a truly rotten kid
Who stole his lines from Blake or Poe or Spenser.

Looking back upon that fateful day
When she thought I was a sad, poetic sham,
I now with great sincerity can say
What I don't give rhymes perfectly with Lamb.

STATE OF THE ART SPORTS PUB WITH BIG SCREEN AND HIGH TOPS. ALL WELCOMED. TRIVIA AND KARAOKE EVERY WEEK!

CHECK US OUT!

SARGE'S Sports Pub & Grub

Phone 864-5616
Main St., Rangeley



Jodi Cornelio
Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer and
Motivational Speaker
jcornelio@turnerpublishing.net

Move More April - Lets Go

Have you planned your Move More April? Time to get rid of that winter skin and get moving. With the weather changing and the sun shining this is a perfect time to get outside and enjoy the activities warm weather brings. There are many ways to get active and move more for April, here are a few.

1. Start a walking routine

Find a time of the day that works for you and go for a walk and make it a routine. Make an appointment every day to walk and put it on your calendar. If you do not have the time for a full hour walk, break it up into 2 30-minute sessions. Maybe 30 minutes in the morning and another 30 minutes after dinner. Walking on your lunch break is another way to get it in and refresh you. A lunch break walk can be invigorating and give you more energy to complete the rest of your day. It will help you focus and be more productive. You can make your walks a competition with friends. Maybe get a Fitbit and start a walking group with friends. See how many steps you can get in as a group. Set goals as a group and once achieved you can reward the group with a luncheon or dinner. Make it fun.

2. Join a class

Find a yoga class, weightlifting class, dance, Zumba or any type of cardio or strength class. The social aspect of group exercise can keep you motivated and involved. It can also be a fun way to get a lot of exercise. Experiment and mix it up to find what works for you.



3. Stretch and move throughout the day

Stuck at your desk all day? Incorporate some desk stretches like rolling and stretching your shoulders and neck. Stretch your arms and fingers. Incorporate a few exercises into your routine to keep your body active and your muscles engaged. Take frequent breaks to stand up and stretch. Do some side bends and leg lift to keep you limber. Gentle squats and deep knee bands can give you a little boost. Frequent, little movement throughout the day can make a big difference in your fitness level. Just keep moving. Take a long way to the water cooler or the coffee

clutch area. If you have stairs, use them frequently. Sitting for long periods of time relaxes the muscle in your core and can impact your back. It is so important to take frequent breaks from sitting to stay limber and injury free.

4. Add variety to your plan

Try different exercises and mix them up. Do not limit yourself to the same routine every day. Maybe bike one day and walk the next. Take a long hike or play pickleball to mix it up.

Swimming is also great exercise that you can incorporate. Go bowling. Take advantage of anything you can do to get more exercise into your day. Do yard work and pull weeds. Landscaping and raking leaves can be great exercise. Variety is the spice of life so keep moving.

5. Stretch while you watch TV

Instead of couching it in front of the TV. Lay on the floor and do some sit ups or pushups and plenty of stretches. You can do a lot of sit-ups in place of watching commercials. Challenge yourself to do some simple exercises like squats, lunges, or planks while you watch your favorite shows. It is a win-win! In the age of streaming, there are not always commercials, but find 3-5 minutes before starting that next episode to do a lap around the living room or jumping jacks. Or simply unplug awhile from all electronics and get moving.

Live Long, Live Well

Carrabassett Valley Academy athletes/coach selected to represent Team USA at the FIS Junior World Ski Cross Championships

CARRABASSETT VALLEY — Four athletes from Carrabassett Valley Academy (CVA) and one coach were selected to represent Team USA at the 2026 FIS Junior World Ski Cross Championships, March 18–21 in St. Moritz, Switzerland. Those athletes are Jamison Hering '26, of Kingfield, Maine; Aidan Butler '26, of Carrabassett Valley, Maine; Sul-

livan Butler '24, of Carrabassett Valley, Maine; and Morgan Shute '25, of Allentown, New Jersey. The FIS Junior World Championships bring together the top ski

cross athletes ages 16–20 from around the world and are considered one of the sport's most important development events, often serving as a steppingstone to World Cup and Olympic competition.

"We are incredibly proud to see these athletes and Coach Phelan represent both CVA and the United States at Junior Worlds," said CVA Head of School Alex Godomsky '91. "Opportunities like this reflect years of dedication, resilience, and hard work. It also speaks to the strength of the ski cross program here at CVA and the community that supports these athletes as they pursue their goals."

CVA's presence on the roster is particularly notable, with four of the ten athletes se-

lected to represent the United States coming from the Academy. The strong showing reflects CVA's leadership in ski cross development and the program's reputation as the premier academy-level ski cross program in the United States.

Joining the team as a coach is CVA Ski Cross Program Manager Michael Phelan, who will help lead the U.S. squad in St. Moritz. Since 2015, Phelan has played a key role in the growth and success of the Academy's ski cross program, guiding athletes to national titles, international starts, and elite development pathways. In 2024, he was named Head Coach for Team USA at both the Youth Olympic Games and the Junior World Championships.

Athletes competing in St. Moritz will face a highly competitive international field that includes racers from traditional ski cross powerhouses such as Canada, Germany, Switzerland, and France, offering a valuable opportunity to gain experience on the global stage against the sport's top junior competitors.

CVA's continued representation at events like the FIS Junior World Ski Cross Championships reflects the Academy's commitment to developing world-class athletes while supporting their academic and personal growth. With multiple athletes representing the United States this year, CVA continues to play a central role in shaping the future of American ski cross.



Dallas Hill Rd., toward Saddleback Mountain, 864-9055 or 864-3612

Championship Quality Course

- 5 Tees on Each Hole to Match Any Golfer's Ability
- Practice Greens
- Driving Range
- Full Service Pro Shop



ASK ABOUT
GOLF CLASSES
All Levels

Weekly Golf League

Please visit our website for more info, video and pictures! www.evergreengolfraleway.net

ALANON MEETINGS

Is your life unhappy due to the effects of someone's drinking? **You are not alone!** Al Anon: Help for families and friends of alcoholics. Toll free: 800 498 1844. Maine: 207 284 1844. AIS (area information service) - ais@maineafg.org.

GENERAC

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-207-405-2044 today to schedule a free quote. It's not just a generator. It's a power move.

DENTAL INSURANCE

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-877-331-2013 [#6258](http://www.dental50plus.com/highlights)

EARTHLINK

Connect to the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 855-530-3127

OUR CLASSIFIED PAGE is FREE for free/swap items or for non-business sales. There is a fee for business sales or services. See below for sizes/rates. Different rates apply for help wanted and real estate ads. Please call 225-2076 for rates. Or email: advertising@turnerpublishing.net

**Turner Publishing
Help Wanted
Proofreaders Needed**

"Here we Grow again"

We are seeking proofreaders for our weekly and monthly publications and magazines.

This is a part-time position. May be performed at home or in the Turner Publishing office.

Must have attention to detail. Must have an educational background in English or at least two years experience as a proofreader.

**FMI call 207-225-2076
or email jobs@turnerpublishing.net**

Turner Publishing Inc is EOE

**Turner Publishing
HELP WANTED
SOCIAL MEDIA GURU**

**PART TIME POSITION
Onsite or Remote**

Establish and organize social media platforms

Knowledgeable in Instagram, YouTube, TikTok, Podcast and WordPress post.



**FMI call 207-225-2076
or email jobs@turnerpublishing.net**

Turner Publishing Inc is EOE

<p>2X2 AD THIS SIZE</p> <p>Call 225-2076 or email advertising@turnerpublishing.net for pricing on our classified page.</p>	<p>1X2 AD THIS SIZE</p>
---	------------------------------------

DISCLAIMER: Readers should determine the value of services/products advertised in this publication before any exchange of money or personal information takes place. Turner Publishing, Inc.'s classified ads service may be used only for lawful purposes. The violation of any applicable local, state, federal or foreign law or regulation is prohibited. Turner Publishing, Inc. is not responsible nor liable for any personal or professional services which are offered in its classifieds section. All parties who post classified ads and all parties who elect to utilize the services posted assume full liability. None of the individuals listed are endorsed in any way by Turner Publishing, Inc.

To serve you better-not only do we mail our good news publications to your mailbox:

- You can find us free online at www.turnerpublishing.net
- You can find us at one of your local grocery stores while supplies last
- You can pick one up at our office in Turner




Legal Information

PO Box 214 • Turner, ME 04282
email: advertising@turnerpublishing.net • articles@turnerpublishing.net

The Mountain Messenger is published by Turner Publishing Inc., P.O. Box 214, Turner, ME 04282-0214. Advertisers and those wishing to submit articles of interest can call 1-207-225- 2076 or email articles@turnerpublishing.net. Any views expressed within this paper do not necessarily reflect those of this paper. This paper assumes no responsibility for typographical errors that may occur, but will reprint, at no additional cost, that part of any advertisement in which the error occurs before the next issue's deadline. This paper also reserves the right to edit stories and articles submitted for publication.

All content within our publication and on our website is for educational and entertainment purposes only and should not be considered personal, legal, or medical advice. In the state of Maine, cannabis is intended for use by those 21 and older, or 18 and older with a medical prescription. Both the printed publication and website are intended for those over the age of 21. If consuming, please keep out of the reach of children. The Publisher assumes no responsibility for the advertisements within this publication. We strive to ensure the accuracy of the information published. The Publisher cannot be held responsible for any consequences which arise due to error or omissions. This paper is mailed on a weekly basis, FREE to all postal customers of Strong, Avon, Phillips, Madrid, Rangeley, and Oquossoc and the Plantations of Dallas, Rangeley & Sandy River.



CLASSIFIED ADS
Send this order form with payment to
**Turner Publishing
P.O. Box 214
Turner, ME 04282**

Number of Weeks _____

Name _____

Address _____

City/State _____ Zip _____

Mountain Messenger's Bishop

Advertising:
Jodi Cornelio
George McGregor
Brett Bannister
Kathlene Clarke
Jessica Mason

Production
Michelle Pushard
Brett Bannister

Proofreader
Robin Robertson
Jared Wood

Writer/Photographer
Bill Van Tassel

Administration
Jessica Mason
Brett Bannister



MAINE OUTDOORS *v. Paul Reynolds*

FISHING- HOOKING YOUNGSTERS

The Penobscot Fly Fishers (PFF) have been around for more than 30 years. One of its missions is to promote fly fishing and fly tying. PFF also exists to encourage fellowship among those anglers who share a common bond. Over the years, PFF has taught numerous kids and parents how to properly cast a fly rod and create a hand-tied artificial fly.

Recently, during PFF's annual Cabin Reliever Show at the Brewer auditorium, I was surprised to see no young people gathered around the Kids Fly Tying table. In earlier years, when I was an active member, I recall an altogether different scene of youngsters gathered around the tying vice, visibly excited to be learning the skill of fly tying by a seasoned PFF instructor.

"Is your group still conducting fly tying and fly-casting classes



Submitted photo

for youngsters and their parents?" I asked one of the members.

"Not anymore," I was told. "For some reason, a few years ago, we just stopped getting a response. We discontinued the classes for an apparent lack of interest," I was told.

"I wonder what is going on?" I asked myself. "Why are youngsters seemingly no longer in-

terested in learning how to catch a feisty fish on a fly they tied themselves?"

What do you think? There is probably more than one explanation of what sociologists would label a "cultural shift."

For one thing, we know that the COVID pandemic era interrupted multi-year traditions. Parents stopped enrolling children in in-

per fly tying classes to compete with pee wee hockey, video gaming and, yes, social media time- the ever-present I-phone!

We also know, more than ever, our children, unlike their parents, live in an era of instant gratification with short attention spans, fast feedback and shorter learning sessions. Fly tying is a detail-oriented undertaking and tends toward slow gratification (catching a fish later on a fly the child tied himself).

We also know from recent debates about banning Maine fly fishing only (FFO) waters that there is a popular misconception that fly fishing is costly and the exclusive domain of the sporting elite. Nothing could be further from the truth.

It saddens me that in a state like Maine, with an incomparable sport of

fishery that includes remote trout ponds that are habitat to priceless wild brook trout, the younger generation is missing out. For my family and me, casting a small dry fly to a rising brook trout in early June is the ultimate angling memory.

All I can say to parents or children looking for an experience that raises the bar of wonderful fishing experiences is this: casting a fly rod on a fly you tied yourself is a skill accessible to all.

Catch the wave, baby. The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program called "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network. He has authored three books. Online purchase information is available at www.sportingjournal.com, Outdoor Books

Farmington Lions Club hosts Speak Out Contest at Mt. Blue High School

FARMINGTON - The Farmington Lions Club held its annual Speak Out public speaking contest on March 18 at Mt. Blue High School, giving local students the opportunity to present and defend their ideas on issues that matter to them.

Speak Out, sponsored by Maine Lions District 41, is a long-running program designed to help high school students develop skills in critical thinking, organization, and public speaking. Participants deliver a prepared speech and then respond to questions from judges, testing both their ideas and their ability to think on their feet.

Three Mt. Blue students earned top honors this year:
1st Place: Mary Hill (\$100)

2nd Place: AJ Richardson (\$75)

3rd Place: Reese Nye (\$50)

Each student brought a distinct and thoughtful perspective. Mary Hill delivered a compelling argument in support of vigorous free speech. AJ Richardson explored humanity's growing



Submitted photo

Lion Ron Cullenberg presents the first-place award to Mary Hill.

ability to genetically alter the biological world. Reese Nye spoke passionately about the importance and value of girls' sports.

As the local winner, Mary Hill will advance to the district-level competition at the Maine Lions District 41 Convention in Orono on April 11, where she will

compete against other top students from across the state.

The Speak Out program continues to be a meaningful way for students to engage with complex topics, build confidence, and practice civil discourse—skills that benefit both the individual and the broader community.



SAVE 15% ON YOUR ELECTRIC BILL TODAY

"I just signed up with Maine Community Solar after leaving a message with them yesterday. My call was courteous, professional and the agent was personable. (I had left messages with a couple of other companies and they still haven't gotten back to me). The sign up process was simple and took about 5 minutes. It will take a few months before the process is complete, but another vendor had given me a date sometime in the next calendar year. I am happy to be doing this and dealing with a Maine company."

*Bob Barton
Westbrook*

Call our office in Portland at 207-888-3670 or visit www.mainecommunitysolar.org for assistance.



Scan the QR code to get started

Join a local solar farm. When you do,

- You support local, renewable energy
- There's nothing to buy, install, or maintain
- You join a free, state-backed program
- Get a \$50 gift card as a Thank You



TRAVEL by Victor Block

UPGRADING ONE'S CULINARY TALENTS

When Marie Crawford decided to enhance her culinary skills, she found that no cooking classes were offered in, or very near to, her home in Aroostook County. She signed up to take courses at the Maine Tasting Center in Wiscasset.

There she had a choice of subjects ranging from preparing fiddleheads, and shucking and serving Maine oysters, to Maine Heritage Beans & Bean Suppah.

Marie also turned her gastronomic gallivant into a sight-seeing excursion. She strolled along the banks of the Sheepscot and Back rivers, hiked in the surrounding rolling hills, and checked out the vibrant working waterfront buzzing with activities including lobster fishing, sport fishing and clam digging.

Similar opportunities to combine a culinary learning experience with stimulating sightseeing abound throughout the United States. After a search to find cooking classes that are of interest, people may hunt for things to see and do nearby.

Among culinary courses at Bossier Parish Community College in Louisiana are food basic skills, development and preparation principles. The region's relationship with food traces back to the 1830s, when the Elysian Groves Plantation grew corn, sweet potatoes and other crops which were shipped to markets in the south and east.

Mealtime in Texas often means brisket, chicken fried steak and pecan pie. At the Spread Oaks Ranch in Markham, selections include fresh-from-the gardens and greenhouse veggies and learning to pair wines with food. When they're not preparing, or enjoying edibles, guests may select from a long list of activities including fresh and saltwater fishing, hunting birds and stalking deer, wild hogs and alligators.

Agriculture has long shaped Idaho's identity, and the state's food culture reflects a deep connection to locally grown ingredients and seasonal produce. Students at North Idaho College in Coeur d'Alene may study classical cooking techniques, nutrition and baking fundamentals.



Submitted photos

Similar classes – Culinary Essentials, Nutrition, Bakeshop I and II -- also offered at the Danville Area Community College in Illinois. They're augmented by courses in salads, sandwiches, farm-to-fork and other topics, all taught by master chefs in a state-of-the-art kitchen.

The choices at Ivy Tech Community College in Indianapolis, Indiana are equally varied and are available at nine locations. In addition to overall Culinary Arts classes, they include baking and pastry, dietary administration and beverage management.

Hands-on experience is a focus of study at Edmonds Community College in Lynnwood, Washington. It blends classic cooking techniques with regional flavors. Students gain experience working in local kitchens, including the College Café.

Opportunities to cook in a college café, perfect your pastry prowess, broil brisket and try out regional recipes are just a few of countless approaching to upgrading one's culinary talents. Combining that learning experience with

a sightseeing sojourn can offer benefits well beyond the plate, and palate.

For a comprehensive list of cooking schools throughout the United States, log onto culinaryschools.org/us.

WESTERN MOUNTAINS'
MOST TRUSTED
STANDBY GENERATOR
DEALER

- Turn-key installations for both residential & commercial projects.
- Offering Planned Maintenance Agreements on all makes & models.
- Fully certified KOHLER & CUMMINS service staff with 24/7 emergency service available.

POWER POINT
GENERATOR POWER SYSTEMS

207.864.2787
POWERPOINT.COM

Call Paul Rizzo

KOHLER
IN POWER. SINCE 1920.
Titanium Bold Dealer