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High Peaks Alliance welcomes three new board members

FARMINGTON — The High Peaks Alliance is proud to welcome three new members to its Board of Directors: Phil Coffin of Carrabassett Valley, Rebecca Goldfine of West Bath, and Caulin Parker of Rangeley. Each new director brings a deep connection to the High Peaks region and a shared commitment to ensuring access for recreation.

A retired lawyer and longtime Sugarloafer, Phil Coffin has been skiing Western Maine's slopes since 1968 and has called Carrabassett Valley home since 2000. Coffin previously served on the boards of Maine Huts & Trails and the Bicycle Coalition of Maine, bringing a strong background in outdoor advocacy and nonprofit governance.

"Given changing land ownership, it's important



Phil Coffin

for us to work collaboratively with landowners, municipalities, and other organizations to preserve access to the Western Maine wilderness and to improve trails and other infrastructure," Coffin said.

Rebecca Goldfine joins the Board as Secretary. A lifelong Mainer and the creator of Maine by Foot, one of the state's most comprehensive online trail guides, Goldfine co-authored the Scenic 7 Hiking Challenge in partnership with High



Rebecca Goldfine

Peaks Alliance.

Professionally, Goldfine is a public relations and communications specialist with extensive experience in higher education and the nonprofit sector. Before transitioning to PR, she worked as a newspaper reporter in Maine, Vermont, and New Hampshire. Currently, she writes stories for Bowdoin College's news outlets and alumni magazine.

"I love to share stories, a skill I've developed over the years as a jour-



Caulin Parker

nalist," said Goldfine. "I value public access to trails made possible by generous landowners and the work of land trusts and conservation organizations. Joining the High Peaks Alliance board is a natural extension of my passion for Maine's landscapes and public recreation."

Caulin Parker, a commercial lender with Franklin Savings Bank, grew up immersed in the outdoor opportunities of the High Peaks region. "Having the privilege to

grow up in the area, I've experienced the benefits of the High Peaks region for my entire life," he said. "It's important that people continue to have access to these local gems, which aligns perfectly with the values of the High Peaks Alliance."

Parker shared that he was inspired to serve on the board by the Alliance's "desire to listen and act on direct feedback from the community regarding conservation, access, and collaboration." He hopes to help ensure that future generations can enjoy the same opportunities for hiking, snowmobiling, and recreation that residents experience today.

Appreciation for Outgoing Board Members

High Peaks Alliance extends heartfelt gratitude to the outgoing board members, Dana

Bowman, Darryl Wood, and Dr. Gina Oswald, for their years of dedicated service and leadership. Each has played a critical role in strengthening the organization's partnerships and advancing its mission of stewardship and access. The Alliance is deeply grateful for their ongoing support and continued involvement in the work they helped shape.

"Dana, Darryl, and Gina have been instrumental in the Alliance's growth," said Director of Engagement Amanda Laliberte. "Their commitment and guidance will have lasting impacts on our mission to ensure public access. We're grateful they are staying involved in other ways."



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MAINE CALENDAR OF EVENTS

May 16 - High Peaks Alliance to Host Regional Motorsports Summit, 9 a.m., Rangeley Lakes Snowmobile Clubhouse, 722 Loon Lake Rd, Rangeley, Free; lunch provided, RSVP: By May 9 at <https://secure.qgiv.com/for/highpeaksalliance/event/motorizedmeetup/>.

May 16 - Benton Alewife Festival, 11 a.m. - 3 p.m., (rain or shine), Benton Town Office at 1279 Clinton Ave., Benton, free admission.

May 29 - Opening Reception: Paintings by Ashton F. LeCraw, 5:30 p.m. - 7 p.m., Lakeside Contemporary Art Gallery, 2439 Maine Street, Rangeley, open to the public, light refreshments & cash bar, artwork available for purchase. <https://rangeleyarts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

May 29 - "Liquid Breath" artist reception for Ashton LeCraw, 5:30 - 7 p.m., Lakeside Contemporary Art Gallery, 2493 Main Street, Rangeley.

May 30 - Maine Entomological Society Field Trip, 9:30 a.m., Rosmarin & Saunders Family Forest (Readfield), rain date May 31, FMI at tkl.org/upcomingevents.

JUNE

June 3 - Living Well with Dementia, 1-2 p.m., New Gloucester First Congregational Church, 19 Gloucester Hill Road, New Gloucester.

June 8 - Community Walk at the Shedd Pond Addition, 5 p.m., Manchester, registration required, FMI at tkl.org/upcomingevents.

June 10 - Tree and Bird Walk, 10 a.m., 120-acre conservation area along the Sandy

River with a short trail through mixed hardwoods and softwoods, ongoing High Peaks Alliance conservation project, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeaksalliance/event/woodswalks/>.

June 13 - A New Biography of Governor Ken Curtis, 7 p.m., Leeds Community Church, Presentation by Douglas Rooks, FMI at tkl.org/upcomingevents.

June 18-21 - Pittston Fair, 995 E Pittston Rd, Pittston.

June 24-27 - Monmouth Fair, 79 Academy Rd, Monmouth

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.

GRAY/NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

LOCKE MILLS: Greenwood Farmer's Market every other Friday during the winter, starting on October 3rd, 270 Main St., Rt. 26, Locke Mills, next door to the Greenwood Post Office, FMI Brian and Suzanne Dunham 207-665-2967.

BETHEL: Every Wednesday, 5 Broad Street, Bethel, 10 - 11 a.m.

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

SOUTH PARIS: South Paris Farmers' Market, Thursdays 2-6 p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David's.

TURNER: Silent Book Auction, every Thursday from 4-6 p.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

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.

GILEAD: Gilead Historical Society open every Saturday 12 - 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

RUMFORD: Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

BETHEL: Every Wednesday, 5 Broad Street, Bethel, 10 - 11 a.m.

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.

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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.

JAY: St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A "Blessing Box" faces the street in front of the building. More information or to help out: (207) 897-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

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

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.

RUMFORD: Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more

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 pre-payment 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

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information or to help: (207) 364-4556 or email Shannon at rvhccglover@gmail.com

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 - 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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.

CANCELLATIONS None listed.

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.

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Scam Alert Bulletin Board



A Big Win—or a Big Red Flag?

Reports of sweepstakes scams to the AARP Fraud Watch Network™ Helpline are on the rise. The prospect of a big financial windfall or amazing vacation plays on our emotions. Criminals count on our excitement to deceive us into paying a fee or divulging sensitive information.

Know that no legitimate sweepstakes or contest requires payment in advance or sharing your Social Security number or bank ac-

count details.

If an unexpected message sparks strong emotions and demands urgency, treat it as a potential fraud attempt. Take an "active pause"—an intentional step back to consider the scenario and reflect on what you might know about it. That moment could lead you to recognize the scam and protect yourself and your assets.

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.

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It's amazing what kids can say. My five-year-old grandson, Elliot, was visiting from Boston. He came into my studio to say hello and asked me to tell him some more "bad stories" from when I was a kid, like the time I hit myself in the head with a brick. I replied, "Elliot, you know I have some 'good stories' too"? He said, "Oh, yes, Grandpa, I want to hear all of your good stories, but I find your bad stories much more intriguing."

- John Carnes, Gardiner

High Peaks Alliance to host Regional Motorsports Summit in Rangeley on May 16

FARMINGTON - High Peaks Alliance will host a regional Motorsports Summit on Saturday, May 16, from 9 a.m. to noon at the new Rangeley Lakes Snowmobile Clubhouse in Rangeley. There is no cost to attend. The summit will bring together motorized recreation clubs from across western Maine to address shared challenges and opportunities.

Organized in response to strong interest from local clubs, the summit is part of an ongoing series

of regional meetups aimed at strengthening collaboration, improving trail systems, and supporting volunteer-led organizations. With many clubs currently facing project backlogs and increasing demands, the event is designed as a working session where participants are encouraged to bring questions, challenges, and ideas.

The agenda includes Trails Bond Grant training to help clubs access funding and develop competitive applications, as



well as a presentation from Brandon Cross of the State Office for Offroad Recreational Vehicles on landowner relations, permitting, and best

practices. Attendees will also participate in regional breakout sessions focused on the Rangeley area, the Carrabassett Valley/Kingfield/Eustis



region, and Southern Franklin County, with discussions centered on trail maintenance, use, and community engagement.

Lunch will be pro-

Submitted Photos
vided. Participants are asked to RSVP by Friday, May 9.

RSVP: <https://secure.qgiv.com/for/high-peaksalliance/event/motorizedmeetup/>



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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 sightseeing 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, hunt-



ing 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.

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



Submitted photos

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 approaches 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 culinary-schools.org/us.



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Lakeside Contemporary ART GALLERY

Ashton F. LeCraw "Liquid Breath"



Opening Reception:
May 29th, 5:30– 7 PM

Exhibit Dates: May 29th– July 6th

LCAG Gallery is sponsored in part by: Sunrise View Farm

The Lakeside Contemporary Art Gallery is a program of the Rangeley Friends of the Arts
2493 Main Street, PO Box 333, Rangeley, ME 04970 207-864-5000 rangeleyarts.org





MAINE OUTDOORS *V. Paul Reynolds*

KILLER FLIES

Any fly fisherman worth his salt is ever vigilant for that so-called “killer fly.” Now, truth be known, there is a lot of subjectivity here, when we start bragging and getting all dogmatic about our “killer fly.”

For example, the trout who has a field day on the water with a specific fly is suddenly in the possession of a “killer fly.” And, unless he is a selfish sort, he will share his conviction with at least his closest angling buddies. Killer flies come and go. Given the vagaries and seductive unknowns of trout feeding habits, a killer fly can become a dud in a heartbeat.

A true killer fly, of which there are just a handful, will stand the test of time. One such artificial is the classic Alexandra, which dates back to the 1800s in jolly Olde England. As the story goes, the fly an-



gling aristocrats actually banned the use of this colorful wet fly on the fabled chalk streams. Because the fly impersonated a bait fish instead of an insect, the hoi poloi of the British angling fraternity ruled the Alexandra persona non grata. A sneaky angler caught streamside putting a double clinch knot to an Alexandra was lucky if he did not end up pilloried in the town square. The unseem-

ly scoundrel would be cornered by indignant purists with their noses in the air. “I say old boy, sniff sniff, your terminal tackle, is a bit unsporting, wouldn’t you say?”

There is a modern version of the Alexandra that is readily available for purchase at most fly outlets. The key features of the original were heavy peacock herl wing, silver tinsel body, red tail cheeks and soft hackle.

The fly was named after Princess Alexandra of Denmark, who later became Queen of England. She was widely admired for her beauty and grace—qualities anglers felt the fly itself reflected.

Of course, we have evolved socially and technically since that Victorian angling era and, insofar as I know, we don’t name fishing flies after gracious ladies. Although Maine outdoor writer and fly

crafts-man Bob Lee-man often said that a good fly is “like a good woman: it has form, wiggle and flash.”

For my money, the only killer fly is the Hornberg, which was created back in the 1920s by Donald Hornberg. This fly shouts versatility: you can fish it dry as an insect or wet as small bait fish. The late Maine outdoor angler and writer Ken Allen, once insisted to me that the Hornberg was so deadly that it was unsporting and, like the Alexandra of yore, should be banned by the fly-fishing community.

Although I, one who feels not an iota of guilt putting a wild trout in a buttered iron skillet, have found myself in later years looking over my shoulder when tying on the dreaded Hornberg. Is Ken Allen looking down on me from his Silver Ca-

noe, with a furrowed brow and a scowl of derision?

Honestly, I only resort to the Hornberg out of desperation. Most of the time, I lean on another fly to keep me away from the Hornberg and in Ken Allen’s good graces. It is a No 16 Parachute Adams that, amazingly so, has neither form, flash nor wiggle. It is just very buggy and would pass muster even with British angling aristocrats a century ago on the fabled River Test.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program “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.

Scholarship available to attend summer camp in Maine

RANGELEY - The Church of the Good Shepherd in Rangeley is offering to provide a scholarship to send a local young person aged 6-16 to Camp Bishopswood on Lake Megunticook in Hope, Maine. Enjoy a week of daily swimming and water safety instruction, arts & crafts, performing arts, outdoor adventure, as well as sports & games.


Camp Bishopswood is located on 75 wooded acres in Hope, ME. Their outdoor facilities include campsites, hiking trails, waterfront on Lake

Megunticook, and the sports field. Though most activities take place outdoors, they are blessed with wonderful indoor facilities as well.

Campers are youth entering grades 2 through 10. Most campers are from Maine or New England, about 25% come from other parts of the country, and few campers come from other countries! The camp population includes children from many religious and spiritual beliefs and family backgrounds. At Bishopswood, everyone is welcome! Campers are grouped with


others of similar age and are housed with their counselors in rustic cabins with bunk beds and limited space for personal belongings.

If someone you know would be interested in attending Camp Bishopswood for a week this summer, please contact the church office at 207-864-3381 or email admin@goodshepherdrangeley.org. To find out more about Camp Bishopswood, visit bishopswood.org. The Church of the Good Shepherd, (Episcopal) is located at 2614 Main St, Rangeley, Maine.



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MOVIE REVIEW *by Lucas Allen*

THEY WILL KILL YOU

(New Line Cinema)
With more movies released these days devoted to “eating the rich,” it seems audiences were certainly craving to see the 1% get their just desserts in any satisfying manner. In this case, the blood of the rich is soaking everywhere in the 70’s Grindhouse-inspired “They Will Kill You,” produced by IT director Andy Muschetti, co-writer and director Kirill Sokovlov and takes some cues from Quentin Tarantino’s various approaches to create retro stylings over modern sensibilities.
After spending a decade in prison, Asia (Zazie Beetz) arrives at New York City’s prestigious The Virgil for a temp job as a maid for the wealthy Mrs. Lillith (Patricia Arquette) and her husband, Ray

(Paterson Joesph). But before she could settle in, she’s suddenly attacked by a group of raincoat-wearing psychos in pig masks led by residents Sharon (Heather Graham) and Kevin (Tom Felton). However, the young woman’s years of prison fights helped her learn self-defense as she uses her instincts and wits to take out some of the masked killers.
Afterwards, things take a twisty turn when it’s revealed that Lillith and the other residents are immortal devil worshippers maintaining their cult through human sacrifices for over a century. Asia also reveals that she came to the Virgil to find her missing little sister Maria (Myha’la) who’s also working as a maid that she abandoned ten

years earlier. Quickly, it begins a long night of survival as she tries to find her sister and fight her unkillable enemies to avoid being the devil’s next sacrifice.
The movie doesn’t wait around to get to the good stuff within the first act as the main character shoots, slices, and dices her foes in gory fashion. It gets pretty relentless from the get-go that just when it begins to relax for some character beats, it’ll then start up the carnage again without mercy. It’s the kind of movie, where it doesn’t matter if you’ve come in for a good story or some character development because you’ll come out of the experience like being punched in the nose repeatedly.
For one thing, it does

go out of its way to achieve the same high (or low) standards of being in a rundown theater in the mid-70’s right at New York City’s 52nd street full of cigarette smoke and unbuttered popcorn. Its nearly filmic style combined with the color red splashed everywhere gives the impression of being an underground film that happens to be shown in over two thousand theaters. All that’s missing are film splices and a groovy soundtrack of popular disco songs, and you’re in grindhouse heaven. There’s certainly an audience for this kind of movie, but general cinemagoers won’t know what had hit them.
The script is your basic “vengeance against the rich” storyline with some decent melodrama

between the sisters making it feel pretty unique on its own (unless you haven’t seen the recently released “Ready or Not 2: Here I Come”). The biggest problem is that the villains are predictably cookie-cutter and less interesting, especially with their uninteresting background. They’re only annoying caricatures written to get their satisfying comeuppances.
Still, the best thing this movie has going for it is watching Beetz commit with full raging authority. “The Deadpool 2” and “Bullet Train” actress commands all her John Wick-style fighting scenes convincingly while remaining both humorous and courageous. While Graham and Felton both go through their motions,

Arquette seems to be dialing up her Cruella DeVil-style acting to new levels in a pretty substandard performance. Newcomer Myha’la does a fine job though she tends to be outshined by action and ferocious violence.
“They Will Kill You” certainly has cult appeal, but it becomes a bit of a headache to get through for those not accustomed to such extremeness. It’s nothing to go rush out to see in theaters, so just wait for streaming, get some friends, some drinks, and enjoy a fun-filled night of joyous murder.
THE MOVIE’S RATING: R (for strong bloody violence, gore, language, and brief sexual content/nudity)
THE CRITIC’S RATING: 2.5 Stars (Out of Four)

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	
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 Jlu Jitsu w/ Shawn	6-7PM Karate (Teen/Adult) w/ Dan		

sunday

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THE HEALTHY GEEZER *Fred Cicetti*

PAD

Q. My toenails and leg hair don't seem to be growing as fast as they used to. Is this age-related or is it something else?

It could be caused by something harmless, but it is possible that it is a little-known symptom of peripheral arterial disease (PAD). If I were you, I'd go to a doctor for a check-up. (Cliche alert!) Better safe than sorry.

PAD—also known as peripheral vascular disease—usually strikes the legs but also can affect the blood vessels on your head, arms, kidneys, and stomach.

Your chances of getting PAD increase with age. About one in five people over the age of 65 have PAD.

You get PAD when

plaque accumulates in your arteries. Plaque is made of fat, cholesterol and other substances in the blood. When plaque builds on the walls of the arteries, the condition is called atherosclerosis or hardening of the arteries. Atherosclerosis impedes the flow of blood.

If blood flow to your legs is blocked, you can suffer from pain and numbness. It also can increase the risk of infection. If the flow of blood is too low, tissue in the affected area can die. In severe cases, a leg might have to be amputated. And, if you are diagnosed with PAD, you face a high risk of having a heart attack or stroke.

Because the disease

reduces blood flow, there is a risk of blood clots. To help prevent clots, your doctor may prescribe a medication such as cilostazol.

The disease may start with damage to the inner layers of the arteries from smoking, elevated levels of fats and cholesterol, high blood pressure and diabetes. The healing from the damage may cause plaque build-up.

The chances of getting PAD are four times greater for smokers than non-smokers. Quitting smoking slows the progress of PAD. Smokers and people who have diabetes are at the highest risk for PAD.

About half of the people with PAD have no symptoms. Others have several symp-

oms such as pain, numbness or cramping in the leg and buttocks muscles when walking or climbing stairs. These symptoms may subside if you rest and reduce the need for blood flow.

Other PAD symptoms in the legs, feet and toes include weak pulse, sores that don't heal well, a pale or bluish color to the skin, lower temperature in one leg compared to the other leg, poor toenail growth and decreased hair growth on the legs, and erectile dysfunction.

The following are tests used to diagnose PAD:

- An ankle-brachial index (ABI) compares blood pressure in your ankle and arm to ana-

lyze blood flow.

- A Doppler ultrasound is a test that uses sound waves to show whether a blood vessel is blocked.

- A treadmill test can show the level of exercise necessary to develop symptoms.

- A magnetic resonance angiogram (MRA) takes pictures of blood vessels inside your body. An MRA can describe blockages. An MRA is a type of magnetic resonance imaging (MRI).

- An arteriogram is used to locate blocked arteries. During an arteriogram, dye is injected into an artery and an x-ray is taken. A newer method of arteriogram uses ultrasound cameras to take pictures inside blood vessels.

- Blood tests are

used to check for diabetes and cholesterol levels.

The lifestyle changes that are recommended for PAD include quitting smoking, exercising, and lowering blood pressure, cholesterol and blood sugar.

Serious blockages may require surgery.

Bypass surgery uses a blood vessel from another part of your body to bypass the blockage. Angioplasty uses a catheter with a balloon that is inflated to widen arteries. A stent may be placed in the artery during angioplasty to keep the vessel open. During an endarterectomy, a surgeon makes an incision in your leg and removes the plaque from the blocked artery.

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