

MOUNTAIN MESSENGER

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May 8th, 2026 • Week 2

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MOUNTAIN MESSENGER

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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 provided. Participants are asked to RSVP by Friday, May 9.

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



Submitted Photos

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Share the funniest thing your kid or grandchild said this week!



Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

**Funny Things Kids Say
Turner Publishing, Inc.**

P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

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

Roots that run deep

Dawn Schanz didn't choose the High Peaks—it chose her. Her family's been here since some of the first settlers broke the wilderness. "It's the only home I've ever known," she says simply. That pull deepened when she and Tony settled nearby. "I grew up in a family that loves the woods, lakes, and mountains. When Tony and I married, we settled down just a few miles from my childhood home. That was over thirty years ago. When you've lived on one piece of land for so long—walking it, working it, enjoying it—you get to know it very well, and the roots get a bit deeper every year." Now those generational spots welcome her grand-

son. "There are places here in Maine that we have been going back to since we were children, as our parents and grandparents did before us. Now we get to share those places with our grandson. That's incredibly special." Her days run on the land's clock. Spring means maple: "In the early spring, we make maple syrup. During that time, the whole routine of our days revolves around whether the sap is running or not. Gathering, boiling, bottling, checking for leaks in the sugar bush, dealing with bumps in the road." Summer is for gardens and firewood; fall, harvests and hunts; winter, rest. It's all guided by care: "We

view ourselves as stewards of the gifts God has given us in this life. The land is one of those gifts. This little piece of Earth we live on is beautiful, and we want to keep it that way. We are thoughtful about the way we use it. We selectively harvest firewood. We are careful about the maple trees we tap. When it comes to the food we produce, we want to know that what we are putting into the ground and into our bodies is free from things that would harm. We farm organically using cover crops and natural fertilizers to build up our soil and help our production." From <https://highpeaksalliance.org/blog/voices-of-the-high-peaks>

Western Maine Community Chorus Presents "A Celebration of American Composers" Concert

FARMINGTON - The Western Maine Community Chorus (WMCC) invites you to the spring program, A Celebration of American Composers. The performance will take place on Sunday, May 3rd, 2026, at 3:00 p.m. in Nordica Auditorium, Merrill Hall, University of Maine at Farmington (224 Main Street, Farmington, ME). The concert will feature works in a wide variety of styles: classical, folk, spiritual, musical theatre, and popular/jazz. Featured composers include William Billings, Supply Belcher, Amy Beach, Aaron Copland, Leonard Bernstein, Stephen Sondheim, George Gershwin, Duke Ellington, and Paul Simon. "This program celebrates the wealth of exceptional music American composers have contributed to our musical culture," said Paul McGovern, WMCC Music Direc-

tor. "It has been a challenge for the WMCC to learn this varied program. Many of the texts express themes of fellowship, hope, beauty, and love and speak to us today in these challenging times. We are so looking forward to sharing it with the community." Admission is at the door, with a suggested donation of \$20 per person (students free)—but everyone is welcome, regardless of the amount. The chorus is directed by Dr. Paul McGovern, who brings over 30 years of choral conducting and teaching experience. He has performed with ensembles such as St. Mary Schola, Blue Hill Bach Festival, and Opera Maine. Accompanist Christina Spurling holds a Master of Music from the Longy School of Music of Bard College and has collaborated with numerous Maine choirs, including the Bagaduce Chorale, Acadia Choral Soci-

ety, and Colby College Choirs. The chorus features over forty community members from across Western Maine. Formerly known as the UMF Community Chorus, the WMCC is celebrating over 40 seasons of joyful singing in the heart of Farmington. The chorus presents winter and spring concerts annually and opens membership each September and January to all who wish to sing. Donations and sponsorships are gratefully accepted throughout the year to sustain these efforts. As the chorus is now fully community supported and funded, support from individuals and businesses is essential to ensure this long-standing tradition continues. For more info on the concert, membership, and how to donate, follow the Western Maine Community Chorus Facebook page or email westernmainecommunitychorus@gmail.com.



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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.

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MAINE NEWS CALENDAR

MAY

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 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 tklt.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 tklt.org/upcomingevents.

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: Storytime at Bethel Library, every Wednesday at 10 a.m., 6 Broad Street, Bethel, FMI (207) 824-2520.

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 start-

ing 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, Story time at the Bethel Library, 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

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.

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 pur-

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

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.

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 - 10:30 a.m., 58 Roberts Rd., Norway.

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. - 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

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.

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer's parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email running@sabattusrec.com.

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: Nineish-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.

PUBLIC NOTICE

TOWN OF RANGELEY
PLANNING BOARD

PUBLIC HEARING

CONDITIONAL USE PERMIT
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Town Office
May 13, 2026
6:00 PM

REGULAR MEETING TO FOLLOW

Join Zoom Meeting
<https://zoom.us/j/98586998964>
Meeting ID: 985 8699 8964
Call In: 1-929-205-6099

In accordance with the Town's Remote Participation Policy (found at townofrangeley.com), Zoom is only available to the public if one or more of the Board members cannot attend in person, but will be participating remotely
POSTED: Marti Belt DATE: 04/23/26

MAINE NEWS PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: mainenews@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: mainenews@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

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Math Blocks

Fill in the missing blocks with numbers between 0-20.
 The numbers in each row add up to the totals on the right.
 The numbers in each column add up to the totals on the bottom.

4	12		36
	10		24
		1	12
19	24	29	

1	2	6
8	10	9
20	12	4

Solution

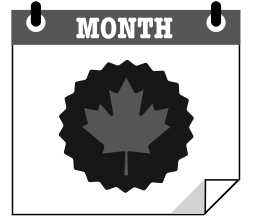
Get Scrambled

Unscramble the words to determine the phrase.

AMEG, TSE, TMCAH

Answer: Game, set, match

CANADA



HISTORY

1849

The Hayes House in Dalhousie Square is leased for Parliamentary purposes. The parliament will sit alternately in Quebec City and Toronto.



SPORTS FACT:

This term in tennis refers to a score of zero. It may have come from the French word for egg.

Answer: Love

NEW WORD

VOLLEY

strike of a ball before it hits the ground

How they say that in...

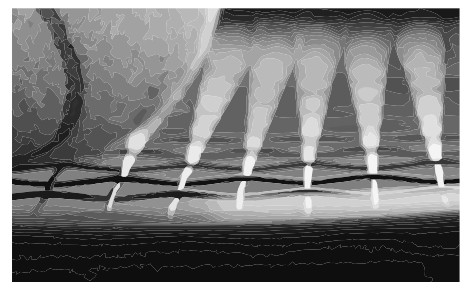
- English:** Tennis
- Spanish:** Tenis
- Italian:** Tennis
- French:** Tennis
- German:** Tennis

Did You Know?

A tennis player wins a game by scoring four points, unless the game is tied (deuce), then two more points in a row are needed. A match is won by winning two out of three sets.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Tennis racket and ball



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 (Pater-son 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 worshipers 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 aban-

doned 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)



The winners of the Phony Ad Contest!

Thank you to our phony ad sponsor The Shed

April Phony Ad & Coop Winners

- Auburn Highlights: Tamara Tuthill
- Midcoast Beacon: Lynne Rumbo
- Country Courier: Chuck Rabon
- Brian White: Barbara Nadeau
- Franklin Focus: Nicholas Geiser
- Good News Gazette: Mary Ames
- Kennebec Current: Greta Cerce
- Lewiston Leader: Jeanne Pacheco
- Lisbon Ledger: Michelle OConnel
- Lake Region Reader S: Nancy Choate
- Lake Region Reader N: Judith Dunn
- Moose Prints: Dawn Monroe
- Oxford Hills Observer: Robert Dubois
- Somerset Express: Brittany Nichols
- Two Cent Times: Kerry Jackson
- Western Maine Foothills: Celeste Wilson
- Mountain Messenger: Douglas Graves
- Coop Stuffy Winner - Brayden Pepper, Belgrade

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Note: Turner Publishing will not lend or sell your email address to a third party.

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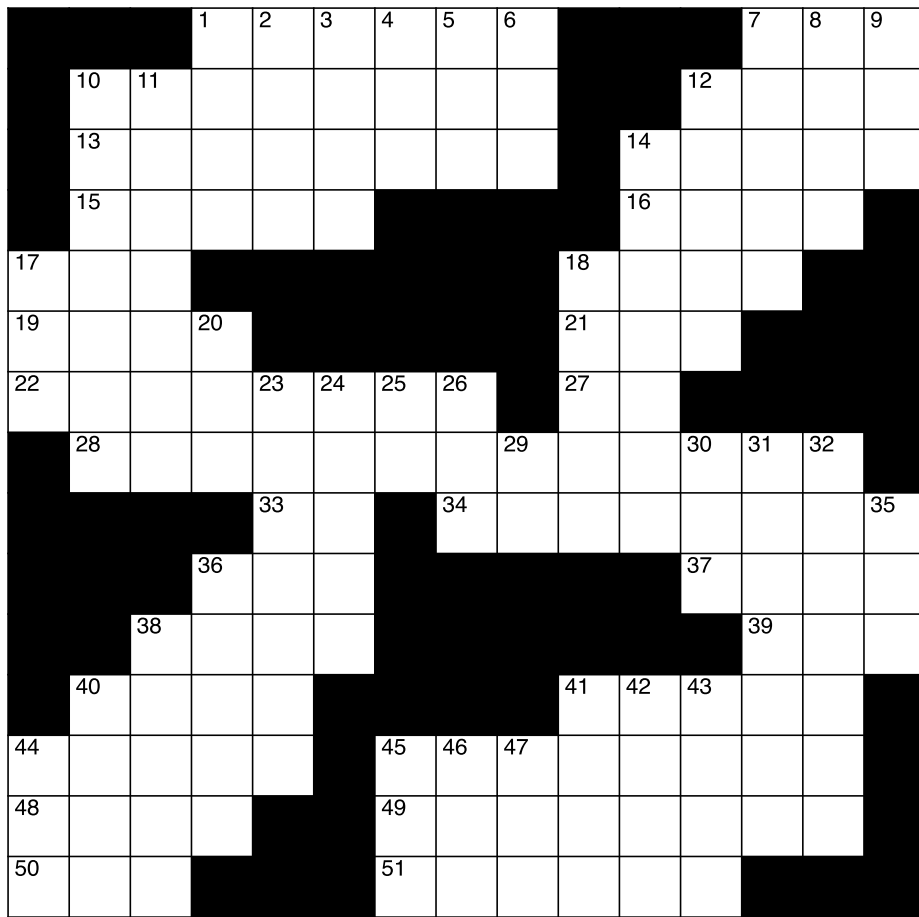
The Phony Ad is: _____

Tell us what you think of this publication: _____

Send us your email address to receive free community digital news: _____

Do you read our paper online at www.turnerpublishing.net? Yes or No

Crossword



CLUES ACROSS

1. Large dung beetle
7. Gambling game
—lo
10. Further along
12. Type of tobacco
13. Looked for
14. Silk fabric
15. Computer method to solve equations
16. As fast as can be done (abbr.)
17. Tear
18. Brews
19. "Famous" cookie baker
21. Women's Army Corps
22. Front parts of an animal
27. It's causing quite a stir
28. Beloved March holiday
33. 12th letter of the Greek alphabet
34. More impudent
36. Indicates center
37. Young woman (French)
38. A cause of distress

CLUES DOWN

1. Peruse quickly
2. Automobiles
3. Razorbill genus
4. Bravo! Bravo! Bravo!
5. Consumed
6. A place to sleep
7. Small seeds
8. Legendary law man Wyatt
9. Female sheep
10. Indigenous peoples of eastern Siberia
11. A place ships dock
12. Reciprocal of sine
14. Discomfort
17. British Air Aces
18. Exit sleep

20. Solar energetic particle
23. Plagues characterized by starvation
24. Short musical composition
25. Trauma center
26. Habitual twitching
29. A place where checks are exchanged (abbr.)
30. Decameter
31. Hinged surface in a wing
32. Shouting
35. Sports official
36. Volcanic craters
38. Supportive device
40. It's part of a rosary
41. Two-toed sloth
42. Body art
43. Let out
44. Foreign medical graduate
45. Nonprofit journalism organization (abbr.)
46. Couples say it
47. Bird's beak

CRYPTO FUN

Solve the code to discover words related to horses. Each number corresponds to a letter. (Hint: 16 = D)

A. 12 23 18 17
Clue: Balances horse

B. 10 18 16 15 10
Clue: Passenger

C. 6 23 16 16 17 15
Clue: Riding accessory

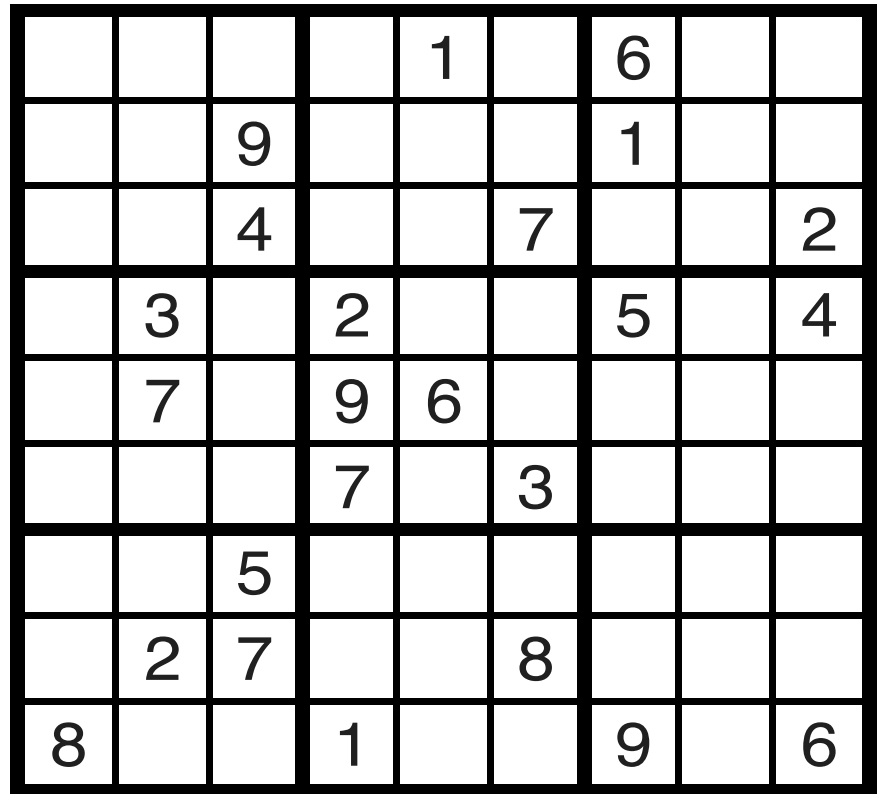
D. 3 23 16 16 22 11 19
Clue: Small enclosure

Solve the code to discover words related to horses. Each number corresponds to a letter. (Hint: 16 = D)

A. 12 23 18 17 Clue: Balances horse
B. 10 18 16 15 10 Clue: Passenger
C. 6 23 16 17 15 Clue: Riding accessory
D. 3 23 16 16 22 11 19 Clue: Small enclosure

Answers: A. tail B. rider C. saddle D. paddock

SUDOKU



Level: Advanced

LOVING HORSES WORD SEARCH



WORDS

- BRIDLE
- CANTER
- CHESTNUT
- COLT
- CROUP
- DRESSAGE
- EQUESTRIAN
- FETLOCK
- FILLY
- FOAL
- FORELOCK
- GALLOP
- GELDING
- HALTER
- HOOF
- MANE
- MARE
- MUZZLE
- PASTERNA
- PONY
- SADDLE
- STALLION
- TROT
- WITHERS

HOROSCOPES

ARIES - Mar 21/Apr 20 - Aries, your energy is at an all-time high. If you've been sitting on a wild idea, Tuesday is the day to pitch it to someone. Your charisma is your superpower right now.

TAURUS - Apr 21/May 21 - Expect a spotlight moment, Taurus. Whether it is a compliment from a stranger or a win at work, the universe will validate your hard work this week. Keep your chin up.

GEMINI - May 22/June 21 - Adventure is calling you this week, Gemini. Even if it is a new coffee shop or a different route home, no voyage is too small. A spontaneous conversation midweek could lead to an opportunity.

CANCER - June 22/July 22 - Treat yourself, Cancer. The stars suggest that a little luxury could go a long way for your mental health right now. A small investment in your comfort will pay off in productivity.

LEO - July 23/Aug 23 - The mental or physical clutter in your life is finally clearing out, Leo. You will find a lost item or a solution to a nagging problem by the end of the week. The relief will feel good.

VIRGO - Aug 24/Sept 22 - Virgo, your discipline is producing tangible results. Take a moment to look back at where you were three months ago. You have climbed higher than you realize. Celebrate the progress.

LIBRA - Sept 23/Oct 23 - Your social calendar is buzzing right now, Libra. You are the main character in your friend group this week, and your ability to connect people will spark a brilliant new collaboration.

SCORPIO - Oct 24/Nov 22 - A lingering tension with a loved one melts away this weekend, Scorpio. It will be replaced by laughter and mutual understanding. It's a great time for a reset.

SAGITTARIUS - Nov 23/Dec 21 - Sagittarius, your brain is a lightning bolt of innovation right now. Write down every thought you have, even if they seem weird. One of them will be a game changer.

CAPRICORN - Dec 22/Jan 20 - Capricorn, your intuition will be 100 percent accurate this week. Trust your gut on a new opportunity; it's leading you toward something that feels like home. Comfort is coming your way.

AQUARIUS - Jan 21/Feb 18 - Aquarius, this week you are shedding an old skin and it feels amazing. A boost in your confidence makes you feel untouchable in the best way possible. Own your power this week.

PISCES - Feb 19/Mar 20 - Pisces, creativity is overflowing. Whether you are painting, cooking or solving problems, your flow state is easy to find. Expect a sweet message from someone you are missing.



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

Posture for your Health

This article previously ran in the April 2013 Country Connection.

There are many ways that proper posture can enhance your health and self- image. Sitting up straight and standing up straight make you look and feel taller and leaner. Not only does good posture affect how you look and feel, it has internal health benefits as well.

What is good posture? Good posture, simply put, is shoulders back and stomach tucked in. When I was in high school, my girlfriend's mom use to stick her fist in-between our shoulder blades when she caught us slouching. It always worked, and the minute I saw her coming, I would stand up straight with my shoulders back and all my friends followed suit. Little did I know, that simple lesson was so important for my



health. You see, good posture is good for your health. Here are some of the health benefits to good posture

- Good posture enhances the ability to breathe by expanding the chest with each inhalation; good breathing improves circulation, im-

proves metabolism and helps every organ in the body function more efficiently.

- Slouching forces the body to work harder, so when you stand tall you increase your energy.
- Good posture keeps your spine in alignment, decreasing back

aches and pains.

- Good posture helps in digestion and allow by-product to flow easily through the body
- Good posture strengthens abdominal muscles and low back muscles, creating a stronger core and a tighter looking stomach.

- Good posture aligns muscles and tendons keeping them strong and healthy.
- Proper posture conveys confidence and grace, therefore enhancing self- esteem.
- Good posture reduces fatigue by not having the muscles work

as hard to support the body. The spine does the work. So when you catch yourself slouching, take a deep breath, exhale and throw your shoulders back while pulling your stomach in and feel the energy you'll create. Live Long, Live Well

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Rangeley's favorite musical event returns to the stage in August!

Learn about forests, birds, and habitat



Submitted photos

RANGELEY – The Rangeley Friends of the Arts will produce a live musical, 80's DIVA, in August. Auditions will be held at the RFA Lakeside Theater, 2493 Main St in Rangeley on Saturday, May 9th, from 3:00 – 4:30 p.m. If you can't make that audition date,

please email Erin Smith (erinpsmith@gmail.com). If you need help finding a song to audition with, please email Erin Smith. (erinpsmith@gmail.com). You may also submit a video of yourself singing an 80's song to Erin.

This year's production

is a celebration of the full spectrum of music from the 1980s — pop, rock, power ballads, new wave, glam, R&B, and everything in between. Our goal is to create the biggest, most memorable performances possible and represent a wide range of iconic 80's genres and artists.

The performance dates are August 13-14; 16-17; all shows begin at 7:00 p.m.

The RFA is a 501(c)3 not-for-profit "bringing the arts to life" in the Rangeley Lakes Region. FMI about their programs and events, visit rangeleyarts.org.

FARMINGTON - This summer and fall, the High Peaks Alliance invites the public to join a free series of guided tree and bird walks exploring the forests and wildlife of Maine's High Peaks region. Led by Maine Forest Service District Forester Julie Davenport and High Peaks Alliance board member Pete McKinley, each walk offers hands-on learning in tree identification, forest health, and bird habitat. The walks are perfect for families, beginners, and nature enthusiasts alike. Each walk offers hands-on learning in tree identification, forest health, and bird habitat. The

guided series helps deepen people's connection to local forests while building practical skills. By getting to know the trees and the birds they support, participants gain a richer understanding of how healthy forests sustain wildlife and surrounding communities.

Each event covers about two hours on easy to moderate trails. Participants should wear sturdy shoes for uneven ground. In case of rain, registered attendees will be notified of any cancellation by 8 a.m. on the day of the event. Registration is free but required, as space is limited



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Thank you for reading the Communities "Good News"






How to establish a home renovation budget

Homeowners know that the next home renovation project is always right around the corner. And that means finding ways to finance such undertakings.

When planning for renovations, the average homeowner underestimates their project cost by approximately 22 percent, according to the 2026 Remodeling Impact Report. Establishing a pre-project budget can help avoid such surprises.

Don't over-improve

A common mistake homeowners make is over-improving a home beyond the neighborhood value. A good rule of thumb is to employ the average percentage-of-home-value approach in an effort to stay within range of what's acceptable. Budget a kitchen renovation or finished basement at 10 to 15 percent of the home value. A master bedroom will come in at 5 to 10 percent of home value, while a small bedroom or office falls between 1 and 3 percent of home value. These benchmarks are supported by the National Association of the Remodeling Industry and the National Association of Realtors. Historically, a functional, modern kitchen is the top driver of home value, says Remodeling Magazine.

Learn the breakdown

Homeowners should understand that materials, fixtures, appliances, and flooring, otherwise known as "hard costs," will eat up 50 to 60 percent of their renovation budgets. Labor, permits and design fees will comprise the next largest chunk, typically coming in between 25 and 35 percent. Homeowners also should factor about 15 to 20 percent of a budget to a safety net to cover unforeseen expenses, like mold re-

mediation or structural issues.

Get three quotes

It's important for homeowners to get several estimates before establishing a budget. Experts advise working with contractors that offer fixed-price contracts rather than those that list time and materials; otherwise, there may be a mid-project price hike that comes out of the blue. A person also can ask contractors for a line-item bid so it's possible to see where money can be trimmed through different material choices. With a list of desired items in hand, and acceptable substitutions if the cost comes in too high, homeowners can create a budget that works.

Saving versus splurging

It's important for homeowners to be realistic about their renovations. They can splurge on items that are seen or touched every day, like door handles, cabinet pulls and faucets. Other items, like lighting fixtures or backsplashes, can be replaced down the road. It may be better to direct funds to structural elements or those "invisible renovations" like upgrading insulation or smart systems that save on energy costs and improve efficiency.

Keep a 20 percent cushion

Homeowners can determine the affordability if a proposed project ends up costing 20 percent more or takes a few months longer. If the answer is no, homeowners should scale back the project budget until they have that financial safety net. Alliant Credit Union says experts strongly recommend adding a 20 percent contingency cushion to a remodeling budget.



Metro photo



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Bob Barton
Westbrook

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Meghan Rivard named 2026 Maine Poetry Out Loud State Champion

WATERVILLE – High school senior Meghan Rivard, of Maine Arts Academy in Augusta, was named the 2026 Maine Poetry Out Loud State Champion on March 4 at the Waterville Opera House, competing with the top ten student poetry reciters in the state. Rivard will represent Maine at the Poetry Out Loud National Finals in Washington, D.C., in April.

The State Runner-Up was Pax Horn of Hall-Dale High School, who delivered strong performances throughout the competition.

“This year’s finalists brought extraordinary focus, creativity, and courage to the stage,” said Amy Hausmann, Executive Director of the Maine Arts Commission. “Poetry Out Loud gives students an opportunity to explore language, voice, and meaning while building confidence in front of an audience. Watching these students bring poetry to life reminds us how vital the arts are to creativity and community.”

Rivard said the experience was both surprising and inspiring.

“All of the finalists were so talented, and the performances were incredible,” Rivard said. “It really could have gone to anyone. Poetry Out Loud has been such a fun experience—discovering new poems, learning about the poets, and finding pieces that connect with you. I’m excited to represent Maine and meet students from around the country at the national finals.”

This year’s Maine Poetry Out Loud program engaged students across the state, culminating in semifinals held in Presque Isle, Lewiston, and Brewer. Ten finalists advanced to the Maine State Finals at the Waterville Opera House, performing classic poems from memory before a panel of judges.



Submitted photo

Poetry Out Loud, created by the National Endowment for the Arts, is celebrating its 21st anniversary. Since 2005, more than 4.5 million high school students nationwide have participated, building public speaking skills, confidence, and appreciation for poetry.

2026 Maine Poetry Out Loud State Finalists

- Anjou Whitmore – South Portland High School
- Persephone Kilcollins – Fort Kent Community High School
- Silver Smith – Homeschooled
- Celestine Luzitu – Portland High School
- Dashiell Legawiec – Mt. Ararat High School
- Pax Horn – Hall-Dale High School – State Runner-Up

- Cole Hickey – Gardiner Area High School
- Meghan Rivard – Maine Arts Academy – State Champion
- Aaron Soosman – Carrabec High School
- Aaron Theriault – Waterville Senior High School

The competition was emceed by Maine artist Violet Ferlito. Judges included Arisa White, poet, and associate professor of English and Creative Writing at Colby College; Catie Joyce-Bulay, and a mixed-media artist; and Jefferson Navicky, an author and poet. Annaliese Jakimides served as an Accuracy Judge. The event was live-streamed and recorded by Boothbay Region Television.



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MAINE OUTDOORS *v. Paul Reynolds*

SMELTS ARE RUNNING!

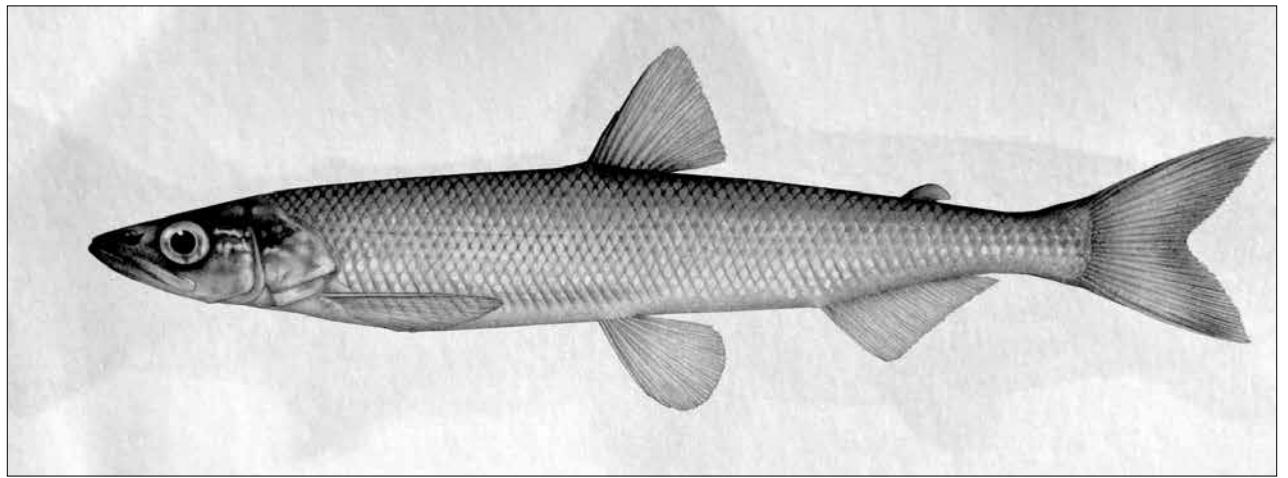
To an outdoor forager, who has been cooped up all winter and awaiting the maples' buds and black flies and all the good fishing that follows, this exaltation can be music to the ears. Although Maine's freshwater smelt runs are not what they used to be in many legacy smelt lakes, they are still around for the dipping, if you know where and when to go.

The landlocked Rainbow Smelt (*Osmerus mordax*) is a primary forage fish for our favorite game fish, salmon, lake trout (togue), and brook trout. This makes this schooling little fish a critical component of our game fish food chain. Smelts like deep cold water except in spring when they start their spawning runs up brooks and streams that feed their

home waters.

Look for them immediately after ice out, when water temperatures hover between 40 and 50 degrees. Fisheries folks tell us that they don't go that far upstream to lay their eggs. In some lakes without key tributaries, they simply spawn along the shorelines. The smelt, which feeds mostly on plankton, is 3 to 5 inches long and silvery with strong conical teeth on jaws and tongue.

There are about 560 Maine waters that have natural populations of smelts. The most well-known smelt waters are Moosehead Lake, Sebago Lake, Schoodic Lake, Branch Lake, Green Lake, Rangely Lake, Mooselookmeguntic, Cupsuptic Lake, Ragged Lake, Parmachenee Lake, Chemquasabamticook Lake (Ross) and



the Fish River Chain in Aroostook County.

Unfortunately, due to declines in smelt numbers, a number of these waters are closed to smelting (S2 in the law book). On the waters that are open to smelting, the legal dipping hours are noon to 2 a.m., and the limit per person is 2 quarts. You must have a fishing license, and your dip net cannot exceed 24 inches in diameter.

Smelt chasers do their best after dark when

smelts prefer to make the spawning run. When it's right, a smelt run is a thing to behold. And when it happens, when your headlamp reveals hundreds of smelt all heading upstream in formation, it is exciting! And it doesn't take long to fill your bucket with two quarters of smelt.

Suggestion: Stick to your legal limit and go easy on popping tops. More than likely, there will be a Game Warden beyond you in the shadows keeping any eye on

things.

At home or back at camp, a smelt fry is a tummy pleaser. I always dipped them in an egg and corn meal batter and then pan fried them crispy. If you were lucky enough to fill your other bucket with some fiddlehead ferns on the way back to the truck, all the better! These budding Ostrich Ferns are the perfect complement to a smelt fry.

Oh, one other thing. Save out a few smelts for the freezer and use

them for salmon trolling bait.

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.

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

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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-

toms 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 analyze 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.

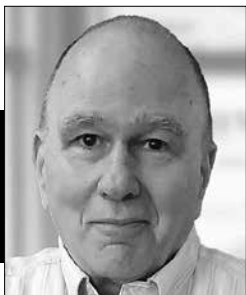
- A magnetic resonance angiogram (MRA) takes pictures of blood vessels inside your body. An MRA can describe blockages. An MRA is a type of magnetic resonance imaging (MRI).

- 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.



A FEW WORDS *by John Governale*

HOW TO FACE A CHALLENGE

When faced with a challenge, I often spend too much time worrying about it, hoping to muster the courage to try and solve it. But when I finally do get started, the challenge gives way to my effort, and I kick myself for not trying sooner. This makes me think of Jonathon and his armor-bearer.

The Hebrew army was at war with the Philistines, who showed up with a huge army—thirty thousand chariots, six thousand horsemen, and so many soldiers that the num-

ber is compared to the “sand which is on the sea shore.”

This sizable army put such fear into the Hebrews that instead of coming out to fight, the soldiers hid in caves, in thickets, among rocks, in high places, and in pits.

One day, Jonathan, the king's son, decided he'd had enough of this and would pay a visit to the local enemy's garrison. God didn't tell Jonathan to do this. He just came up with the idea on his own and didn't even tell his father what he was up to.

Jonathan instructs his armor-bearer that when they get to the hill where the garrison is camped, if the Philistines say, “Yo, dudes. Stay right there. We're coming down,” (or words to that effect) then the two of them would wait for the enemy to come down.

But if, on the other hand, the Philistines say something like, “Why don't you two wimps come up here, if you're brave enough,” then the two would climb up and clean house.

“Right-o,” the armor-bearer says. “I'm

with you every step of the way. You knock 'em down and I'll finish 'em off.”

The King James Version says that when they got to the hill, Jonathan and his little buddy “discovered themselves unto the garrison of the Philistines.” I picture the two of them stepping out from behind a boulder, waving their arms, and shouting, “Hey, you guys!”

The Philistines answered Jonathan and his armor-bearer, and said (still using the KJV), “Come up to us, and we will shew you a

thing.”

I don't know how many times in the Army I heard the modern version of that. Two guys would be arguing and one would say to the other, “Come here, wise guy, and I'll show you something.” Meaning, come here and I'll beat the living daylights out of you.

Anyway, the Philistines' invitation to come up the hill was just what Jonathan wanted to hear. The two climbed up, and—just as they had planned—Jonathan knocked them down,

and the armor-bearer finished them off. The two fought and defeated twenty soldiers.

This tiny action sent a ripple of fear throughout the Philistine army, which fell all over itself trying to get away from nobody was sure what.

In turn, this caused the Hebrew army to take heart and come out of hiding.

This story helps me overcome inertia and face a challenging situation head-on. In fact, sometimes I even say to a problem, “Come here, wise guy, and I'll shew you a thing.”

2026 Kennebec Valley District Awards Banquet

By Christopher Bernier

WINSLOW — On March 14, twenty-five adult leaders and their families attended the 2026 Kennebec Valley District Scouting America District Awards Banquet. This year the banquet was hosted at Winslow Parks and Recreation on Benton Avenue in Winslow, home to Troop 433 Winslow. The banquet was catered by Rita's Catering for the fourth year in a row. The Maine Mobile Scouting Museum was on display during the event, showcasing patches, uniforms, and other memorabilia going back as far as the beginning of Scouting in 1911.

The evening opened with the Pledge of Allegiance and short messages of encouragement and gratitude from the district's "Key 3." The Key 3 consists of District Chairperson Eric Handley, District Commissioner Peter Lidiak, and District Executive Leah Berry. These three individuals represent the top leadership of the Kennebec Valley District of Scouting, with K-Valley being the largest district in Pine Tree Council. Following the Key 3 remarks, Christopher Santiago of Troop 410 Vassalboro gave the evening prayer before the meal.

Following dinner was the main presentation of district thank-you certificates and awards. Thank-you certificates and awards were handed out by the District Chair, the former District Commissioner, the Program Chair, the Advancement Chair, and the Roundtable Commissioner. Next were the district training awards. These awards are earned by adult leaders in Scouting America who complete additional training for their positions and successfully finish a number of required tasks. The following adult leaders were recognized:

Scouter's Training Award – Cub Scout Level:

Ginger Fails and Walter Fails of Troop 546 Farmington

Scouter's Training Award – Scouts BSA Level:

Marcy Gage and Don Gage of Troop 485 Skowhegan

Scouter's Training Award – District Committee Level:

Christopher Santiago of Troop 410 Vassalboro

Cubmaster's Key Award:

Walter Fails of Troop 546 Farmington

Scoutmaster's Key Award:

Don Gage of Troop 485 Skowhegan

District Key Award:

Christopher Santiago of Troop 410

Vassalboro and Eric Handley of Troop 401 Sidney

Commissioner's Arrowhead Award and Commissioner's Key Award:

Christopher Santiago of Troop 410

Vassalboro, Julie McKenney of Pack 454

Oakland, Eric Handley of Troop 401

Sidney, and Chris Bernier of Troop 433-F Winslow

Next were the specialty awards.

The following honors were presented:

The Phil Mason Honor Scout Award.

This award is given to a Scout through nomination by his or her peers for outstanding performance and for best exemplifying the Scout Oath and Law. This year there were two recipients: Thomas Gage and Joshua Gilpin of Troop 485 of Skowhegan.

The Raymond "Papa Bear" Award.

This award is given to adult leaders through nominations from their peers and their youth Senior Patrol Leader through letters of recommendation. This year there were two recipients: Don Gage of Troop 485 Skowhegan and Julie McKenney of Pack 454 Oakland.

The Unit Leader Award of Merit.

This award is also presented through nomination by one's peers and the unit committee chairperson. This year's recipients were Don Gage of Troop 485 Skowhegan, Christopher Santiago of Troop 410 Vassalboro, and Ginger Fails of Troop 546 Farmington. The peak of the evening was the awarding of the District Award of Merit. The District Award of Merit is the highest distinction and recognition that can be given to any adult leader within the district. The first recipient of the 2026 District Award of Merit was Jamie Santiago of Troop 410 Vassalboro. Jamie joined Scouting in 2019 when her son joined Pack 61 in Norton, Massachusetts, which is part of Narragansett Council. In 2020, Jamie and her husband Christopher moved to Vassalboro, Maine. They joined Pack 410 Vassalboro along with their son. Jamie has held multiple positions

of responsibility in her pack, and when her son crossed over into Troop 410 she also volunteered in various leadership roles to help keep the unit running smoothly.

Jamie also volunteered at various events hosted by the Kennebec Valley District of Scouting. As a result of her volunteerism, she eventually became the Kennebec Valley District Vice Chair for Finance and also serves as a district member-at-large. Jamie later joined the District Advancement Team, where she participates in Eagle Scout candidate boards of review, which are the final step in earning the Eagle Scout Award.

Outside of Scouting, Jamie is very involved with her son's sports teams and is a huge fan of everything Disney. She serves her community whenever she can and is truly an outstanding individual.

The second recipient of the 2026 District Award of Merit was Walter Fails of Troop 546 Farmington. Walter joined Scouting with his son in 2017. He quickly became involved, serving as the Tiger Den Leader for their pack. He later became Cubmaster for the Farmington pack and volunteered at many of the events the pack hosted.

Eventually his son crossed over into the troop, and Walter continued his Scouting journey alongside him. During this time Walter also began volunteering at district events such as camporees and klondike derbies. He later became involved with the District Training Committee, which is responsible for hosting training events for new volunteers and leaders to prepare them for running a Cub Scout pack or Scout troop. From meetings to camping and everything in between, Walter and his team of trainers have helped prepare dozens of new parents and volunteers to provide quality Scouting to youth across the Kennebec Valley District.

Outside of Scouting, Walter loves the outdoors. He enjoys hunting, fishing, camping, hiking, Dutch oven cooking, canoeing, and leatherworking. He also volunteers when he can with the American Legion in Farmington. Walter is also a third-degree Master Mason in the fraternal society of Freemasonry.

These two volunteer Scout leaders are truly valued within the Scouting community. Without their dedi-



Yvette Bernier photo

Left seated Jamie Santiago. Behind is Christopher Santiago(son) and Christopher Santiago(husband) all from Troop 410 Vassalboro. Right seated Walter Fails. Behind is Ginger Fails (Wife) and Cameron Fails(Son) all from Troop 546 Farmington.

cation and love for Scouting, the Kennebec Valley would be a very different place. The award was presented to both individuals with their families and their Scouting fam-

ilies present. Each received a plaque engraved with their name, a special patch for their uniform, a certificate, a pin, and a bouquet of flowers.

Scouting America or wish to volunteer, please contact your local Scouting unit or Pine Tree Council, Scouting America. You can also visit beascout.scouting.org.

If you are interested in



Santa Fe Soup

INGREDIENTS

- 2 Pounds Hamburger
- 1 Can Kidney Beans
- 1 Can Pinto Beans
- 1 Cup Black Beans
- Can of Whole Corn
- 1/2 Cup Water
- Package Taco Mild Seasoning (you can use hot)
- Package Original Ranch Dressing



1. Fry hamburger until brown, then drain. Place in sauce pot along with beans (including the juice), corn (including water), can of water, package of taco seasoning and ranch dressing. You can add cup of cooked ditalini.
2. Stir together and heat through until warm.
3. Serve with shredded cheese and tostios chips.



RECIPE
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Scam Alert Bulletin Board



Helpline Alert:

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The AARP Fraud Watch Network™ Helpline (877-908-3360) is hearing from more people about misleading "free trial" offers. These schemes make cancellation difficult, if not impossible.

In many cases, someone signs up for what appears to be a free trial and then cancels before having to pay for the subscription. However, the charges continue to appear each

month, and the companies make it hard to cancel them. Before you sign up for a free trial offer, review all the terms and conditions to understand exactly what you're agreeing to, how and when to cancel, and what happens if you don't.

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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.

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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 gullivant 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, 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



Submitted photos

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 Ed-

monds 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 culinary-schools.org/us.

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 oth-

ers 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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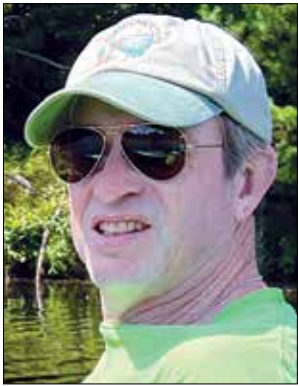
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High Peaks Alliance welcomes three new board members

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 Rangely. 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 import-



Phil Coffin

ant 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 partner-



Rebecca Goldfine

ship with High 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,



Caulin Parker

a skill I've developed over the years as a journalist," 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 ex-

tends 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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