



# MOUNTAIN MESSENGER

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# Roots that run deep



Submitted photos

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 grandson. "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>

SOMEONE FORGOT TO TREAT YOU TO A MASSAGE  
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# MAINE CALENDAR OF EVENTS

## MAY

**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 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](http://tkl.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.

**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, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 - 11a.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

**PUBLIC NOTICE**  
TOWN OF RANGELEY  
PLANNING BOARD  
**PUBLIC HEARING**

**CONDITIONAL USE PERMIT**  
2455 Main Street  
Tax Map 037, Lot 108-A

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

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

**SKOWHEGAN:** St. Anthony's Soup Kitchen, 273 Water Street, 1st and 3rd

## 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](mailto: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](mailto:advertising@turnerpublishing.net). Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: [www.turnerpublishing.net/pdf/Deadlines.pdf](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

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Call 225-2076 or email [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net) for pricing on our calendar page.

**1X2 AD THIS SIZE**

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.

**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](http://foodaddicts.org) FMI call 441-8002 or 623-1924.

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](mailto: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.



## M&H CONSTRUCTION JOB OPPORTUNITIES

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

**LOG & DUMP TRUCK DRIVERS**  
Commercial driver's license with clean record required - CDL license is a bonus.

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

*All positions offer competitive compensation and benefits.*

Please contact Jim Brown, CFO @ 207-864-5617, Ext. 100 or [jim@mhconstruction.net](mailto:jim@mhconstruction.net)

## FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9AM Golf Prep w/ Hawk	8-9AM Total Body Strength w/ Brit	8-9AM Golf Prep w/ Hawk	8-9AM Total Body Strength w/ Brit	8-9AM Total Body Strength w/ Brit	9-10:15AM All Levels Yoga w/ Kristina
9-10AM Super Circuit w/ Hawk	9-10AM ALL LEVELS SPIN w/ Cyn	9-10AM Super Circuit w/ Hawk		9-10AM Super Circuit w/ Hawk	
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		

Rangeley Health and Wellness

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

SCAN ME For updated online schedule



# 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 (\$2 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.sporting-journal.com](http://www.sporting-journal.com), Outdoor Books.



# 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)

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**Scam Alert Bulletin Board**

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**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 account 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.**

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# 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-



Metro photo

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.

## Wayne Maine Memorial Day Commemoration and parade May 25

WAYNE - As we gather in Wayne to remember our fallen service men and women, we hope to see you on Main Street to enjoy the parade that starts on May 25, 2026, at 11:00 am, and the program following in Memorial Park. The special guest is Beck Welling, an award-winning fiddler. There will be a roll call for Veterans attending, music, and a message from our speaker, Judy Jennings Danielson. Judy

grew up in an Air Force family, spent much of her younger life in Wayne, resides in Wayne now with husband Chuck and the Jennings family roots in Wayne can be traced back two centuries.

The Memorial Day committee extends a warm invitation to all veterans to join the parade. We have cars needing riders, or you may choose to march. This Memorial Day commemoration also honors our Veterans; you

are important to us, and we hope you can attend. We enthusiastically invite musicians, boys, girls, teams, scouts, and anyone with a focus on honoring those who died to protect our freedoms to march in the parade.

If you plan to drive a vintage car in the parade, please contact Tom Fylstra (207-242-4112) or Rick Parker (692-3039) by 5/20—we need you to register for a place in the parade. We will ask you

to line up on Old Winthrop Road, not in the church parking lot, unless transporting a vet.

0:30-10:45a.m. - All participants gather & assemble at Wayne Community Church parking lot. PLEASE ARRIVE NO LATER THAN 10:45, PREFERABLY AT 10:30 so that all marchers can be organized in marching order-Thank You!

11:00 a.m. - Parade will start from the church

parking lot and proceed to Main Street.

The parade will continue along Main Street to Pond Road where it will turn around and when reaching the Memorial Stone on Pocasset Lake, will stop briefly to lay a memorial wreath, then proceed to Memorial Park to continue our program.

If any Veteran would like a ride in the parade, or if you are interested in giving a ride to a Vet, please contact Rick

Parker, 692-3039. Earlier contact is helpful.

Remember to display your flag, put up your bunting, and we hope to see you and your family at this town gathering.

Wayne Memorial Day Committee: Don Welsh, Doug Stevenson, Holly Stevenson, Rick Parker, Craig Young, Tom Fylstra and Tom Barden. Please call with any questions: Holly Stevenson, 685-9005.

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# 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, improves 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 byproduct 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

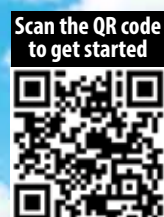


## SAVE 15% ON YOUR ELECTRIC BILL TODAY

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

*Bob Barton  
Westbrook*

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# 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](mailto:admin@goodshepherdrangeley.org). To find out more about Camp Bishopswood, visit [bishopswood.org](http://bishopswood.org). The Church of the Good Shepherd, (Episcopal) is located at 2614 Main St, Rangeley, Maine.

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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 symptoms 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.

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