

MOUNTAIN MESSENGER

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

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Second Op-Ed from Dan Rhodes + Invitation to Walk with Us at Shiloh **Unexpected Solace at Shiloh Pond**

FARMINGTON - The first time I visited Shiloh Pond, I did not know its conservation history. It was just a recommendation for a place to go, something new to do on a bright and beautiful summer morning. It does have a history, of course: linked to both the Town of Kingfield and the High Peaks Alliance. If you have not been yet, it is well worth an excursion.



We visited for the first time last June. After parking next to a gate blocking further vehicle access, we got out and made our way on foot to the water (having tragically forgotten to bring bug spray, an itchy mistake I've not since repeated). The walk is short, maybe ten or fifteen minutes down the forested trail if you, like me, have a little kid in tow. But when you get there, just past the stashed canoes and the "Fly Fishing Only" signs, you spill out of the woods onto the narrow banks of the pond itself.

Frogs and fry fled as we dipped our toes in the shallows, while a gentle breeze tousled the surface of the clear water. If you chance upon this place on a day when no one else is there, I hope the stillness and the scenery also strike you. Pines and boulders close ranks to ring the wa-

Submitted photo
 ter's edge in a way that is almost protective and, in misty morning light, hauntingly beautiful.

Except for the stashed canoes and the trail, there's no real sign of human presence here. Paddling the pond's perimeter didn't take long, but long enough for the kind of quiet I love so much to make its presence felt through the utter absence of modern distraction. To the west, a few peaks, smaller in the foreground, taller beyond, crowd the horizon to give the place unexpected gravitas.

I can't quite articulate exactly what about Shiloh Pond struck me so



much. Maybe it was the juxtaposition of absolute tranquility with its stone's throw proximity to town. Maybe it was its primitive, wholly undeveloped atmosphere (fair warning—there are no bathrooms!). But when I'm there, the "why" seems less important than the mere act of presence in this place where simply being is solace.

Maybe to some it is just a pond. But I am grateful to the Town of Kingfield

and the High Peaks Alliance for working together to ensure that it has been preserved for us to enjoy. Shiloh Pond, and other places like it, do something else important: they stand as a powerful proof of concept for collaborative conservation. The High Peaks Alliance recognizes that land access conversations must be conducted transparently, and they must honestly account for the interests of all relevant stakehold-

ers, including town governments, landowners, and land users. In a more lasting sense, the existing framework ensures Shi-

loh Pond will endure as it has for millennia, save for the changing of the seasons and the footprints we leave on the beach.

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

May 3 - Lyceum Workshop: Birding at Howard Hill, 7 a.m., field walk with the Augusta Birding Club, no registration required, FMI at tklt.org/upcomingevents.

May 2 - Annual Jane's Walk event, 10 a.m., starting at the Civil War monument, Hallowell.

May 10 - Augusta Symphony Orchestra, Cony High School, admission is free, but donations are gratefully accepted, FMI at <https://www.augustasyphonymaine.org>

May 6 - Essential Documents on Estate Planning, 1-2 p.m., Gray Library, 5 Hancock Street, Gray.

May 19 - Food Addicts in Recovery Anonymous Information Session, 6:30 p.m., for access information, call 207-775-2132.

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 21 - Genre Roulette (Science Fiction), "Automatic Noodle", 5:30 p.m., Lewiston Public Library, 200 Lisbon Street, Lewiston, FMI, contact 207-513-3134 or lplicirc@lewistonmaine.gov.

May 23 - L-A Veteran's Council Annual Memorial Day Event, 10:30 a.m., Veterans Park, 2 Main St., Lewiston.

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

at tklt.org/upcomingevents.

MONTHLY MEETINGS

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

WAYNE: Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

CORNVILLE: Cornville/Athens Food Cupboard, located at the Cornville Town Hall - West Ridge Road for Cornville, Athens and Brighton residents, 1st Saturday of each month for Farmers' Market and 3rd Saturday of each month for a full Food Cupboard, hours are 9 - 11 a.m., FMI or donations, please call 776-3257.

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

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.

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

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.

CORNVILLE/ATHENS: Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

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

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: Farm-

ington 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 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.

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

RANGELEY: The Lakeside Contemporary Art Gallery's spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at

MAINE CALENDAR PAGE

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

2X2 AD THIS SIZE

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

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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.

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

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.

ONGOING:

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

FARMINGTON:

Evergreen Golf Club Tip of the Week

Shaping the height of golf shots is how every advanced player adjusts when playing in different conditions. For example, when it is windy (nearly all the time in Florida) you must be able to adjust ball flight. One easy way is to move the ball to the front of your stance when trying to hit it higher. Alternatively, moving it back in your stance will lower the ball flight. Another way to hit it higher is to lower your back shoulder to change your spine angle. Leveling your shoulders will help you to hit it lower. I hope these tips can help you on a day when the wind picks up or when you are trying to shape a shot.

George Buck,
Evergreen Golf Club

FITNESS CLASS SCHEDULE

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

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

SCAN ME For updated online schedule

Rangeley Health and Wellness



THE HEALTHY GEEZER *Fred Cicetti*

SHOULDER PROBLEMS (PART 2)

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

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

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

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

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

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

Other treatments:

- Slings are used often to keep an injured shoulder in place.
- After rest, stretching and exercise can improve range of motion, strengthen muscles, and prevent injury.
- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen are used to reduce pain and swelling.
- Ultrasound is used to warm deep tissues and improve blood flow.
- An injection of a corticosteroid drug into the shoulder is often recommended if the injury does not improve in the first few weeks.
- Transcutaneous electrical nerve stimulation (TENS) with a small battery-operated unit may be used to reduce pain by blocking nerve impulses.
- When tears are severe, surgery may be required.

Seniors often can be treated without surgery for a complete rotator-cuff tear.

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

- * Attach elastic tubing to a doorknob. Pull the elastic tubing slowly toward your body. Hold for a count of five. Repeat five times with each arm. Perform twice a day.
 - * Lean forward and place your hands on a wall with your feet shoulder-width apart. Slowly perform a push-up. Hold for a count of five. Repeat five times. Perform twice a day.
 - * Sit upright in a chair with armrests. With your feet touching the floor, use your arms to rise slowly. Hold for a count of five. Repeat five times. Perform twice a day.
- An aerobic exercise program will help improve the blood flow to a tendon or bursa. This helps reduce soreness. Smokers should quit smoking, so more oxygen reaches the injured tendon. This will help the injury heal faster.



A FEW WORDS *by John Governale*

A POETIC MEMORY

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

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

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

I was too young to see where this was going or to realize I should be alarmed. "I did," I said proudly. Again her tone was friendly. "Johnny, do you understand what lying is?" "Yes, ma'am." "And you know that lying is wrong?" "Yes, ma'am." "To say that you wrote something when actually someone else wrote it is telling a lie. Do you un-

derstand?" "Yes, ma'am," I said, still without a clue. "I'm going to ask you again, who wrote this poem?"

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

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

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

"You have disappointed me greatly. I would never have taken you for a liar," she said, then wrote 'F for cheating' on my paper and stuffed it back in the folder.

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

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

Mrs. Crayfish
(not her real name)

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

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

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Safe Boating Starts With You - Early season boating safety reminders

Days like today are a not-so-subtle reminder that summer boating season is just around the corner.

But warm air doesn't mean warm water. Across Maine, water temperatures remain dangerously cold—even on the hottest spring and early summer days—and that mismatch can turn a fun outing into a life-threatening situation in minutes.

Boating safely and being prepared isn't just a recommendation; it is an essential responsibility. A few simple precautions can make all the difference for you, your passengers, and everyone sharing the water. Before you launch, here are some important reminders to help ensure your adventure is fun and memorable—for all the right reasons:



- Always wear a life jacket. If you think you will have time to put it on after you are in the water, think again.

- Stay alert and be aware of others on the water.

- Operate your boat at a safe and reasonable speed for your surroundings. You are responsible for your wake.

- Slow to headway speed within 200 feet of shorelines, marinas, and anchorages. "Headway speed" means the slowest speed at which it is still possible to maintain steering and control of the watercraft.

- Never drink and drive!

- Check the weather before leaving shore and carefully observe changing weather.

- Always wear an engine cutoff switch.

- Watch out for wildlife.

- Become familiar with the water body. Look at a map for depths and potential hazards. Lake

associations, Maine guides, and local wardens can be a great resource.

- Bring plenty of water to stay hydrated and wear a hat and sunscreen to avoid overexposure to the sun.

- Always tell someone where you are going, and when you will be back

Before you go, view all of Maine's boating laws at mefishwildlife.com/laws

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Maine Shrine Lobster Bowl Classic announces partnership with Maine Public

LEWISTON - The Maine Shrine Lobster Bowl Classic has announced a new partnership with Maine Public to broadcast the 2026 Maine Shrine Lobster Bowl Classic on July 18, 2026, from Don Roux Field in Lewiston, Maine.

Under the agreement, Maine Public will provide live television and online broadcasting for the game on July 18, 2026. Maine Public will have the official broadcast rights and sponsorship inventory for the annual all-star football game, expanding visibility for one of the state's most celebrated traditions while increasing awareness and fundraising efforts for Shriners Children's.

The partnership will feature a full television broadcast along with live streaming coverage, allowing audiences both in Maine and across the country to tune in. The enhanced production will include an on-location pregame show, in-depth interviews with coaches and players, and additional storytelling elements designed to highlight the athletes and the mission behind the game.

"This is a tremendous partnership for our efforts to raise awareness and funds for Shriners



Submitted Photo
Pictured: Joe Hersom, President of the Maine Shrine Lobster Bowl Classic and Rob Kennedy, broadcaster for the Maine Shrine Lobster Bowl Classic on Maine Public.

Children's," said Joe Hersom, president of the Maine Shrine Lobster Bowl Classic. "We are so proud of the accomplishments of the participants in the game and want to showcase their talents and effort on the field, but also in their charitable fundraising. Maine Public is going to be a great

partner for us to provide statewide coverage, plus expand our reach and secure more sponsorship opportunities because of their longstanding reputation for broadcasting Maine high school sports. We're really excited to put together a tremendous product and broadcast that will leave a lasting legacy

for everyone involved." Maine Public, which has a longstanding tradition of broadcasting high school sports across the state, will bring its experienced production team and expanded capabilities to the event, including new broadcast enhancements and digital distribution. On-air talent for

the broadcast will include Rob Kennedy providing the play-by-play along with color commentator Rob Munzing and field reporter Jack Webb.

"This partnership with the Maine Shrine Lobster Bowl Classic is a great opportunity for Maine Public to continue our coverage

of high school sports in Maine as one of the longest standing traditions in the state. This game provides an opportunity for Maine Public to secure sponsors who want to support the game and Shriners Children's Hospitals. This truly is more than just a game, and we're excited to be able to provide coverage for the Maine Shrine Lobster Bowl Classic. We are looking forward to the broadcast and highlighting the participants for all their achievements," said Cory Morrissey, Marketing Lead at Maine Public.

The Maine Shrine Lobster Bowl Classic is one of Maine's premier high school football events, bringing together top graduating seniors from across the state. Each year, the game raises thousands of dollars for Shriners Children's. Players, cheerleaders and coaches raise funds by reaching out to family, friends and businesses to support the game and raise money for a great cause. Last year, the Maine Shrine Lobster Bowl Classic donated \$125,000 to the two hospitals in Boston and Springfield, Mass. To learn more, visit MaineShrineLobsterBowl.com.

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New Dimensions FCU announces 2026 Future Ready Scholarship recipient Annabelle Hanscom

WATERVILLE – New Dimensions Federal Credit Union (NDFCU) is proud to announce Annabelle Hanscom of Messalonskee High School as the recipient of the 2026 NDFCU Future Ready Scholarship.

After reviewing several impressive applications, the Scholarship Committee selected Annabelle based on her academic achievements, volunteer work, references, essay, and overall application strength.

Annabelle will receive a total scholarship award of \$5,000, distributed as \$2,500 for the Fall semester and \$2,500 for the Spring semester. She plans to attend the University of Maine at Farmington this fall to pursue a degree in Early Childhood

Education.

One detail that stood out to the committee — Annabelle was the only applicant to submit a video essay as part of her application, showcasing both creativity and initiative throughout the scholarship process.

“We are pleased to support students like Annabelle as she pursues her educational goals and invests in her future,” said Ryan G. Poulin, CEO. “Her accomplishments and application exceeded our expectations. In addition, her passion for helping others made her an excellent choice for this year’s scholarship recipient.”

“Today’s students are stepping into a financial world that can feel overwhelming even for adults,” said Tammy

Poissonnier, Director of Marketing & Brand. “They are expected to understand saving, budgeting, credit, debt, and financial responsibility while navigating rising costs and economic uncertainty. That’s why financial education and guidance matter so deeply. As a financial institution, part of our responsibility is to help remove the ambiguity surrounding money and make financial confidence a natural part of life, not something young adults have to figure out on their own. Students like Annabelle demonstrate tremendous potential, determination, and initiative, and this year’s recipient truly stood out throughout the review process.”

NDFCU will also feature Annabelle in




Annabelle Hanscom

an upcoming website story, newsletter spotlight, and social media recognition celebrating her achievement and future goals.

For more information about New Dimensions FCU scholarships, please visit the New Dimensions FCU Scholarship page

in January 2027, when the program reopens for the high school students graduating in 2027.




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

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

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

*All positions offer competitive compensation and benefits.
M&H Logging & Construction, LLC is an equal opportunity employer*

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



HELP WANTED

SALE/MARKETING CONSULTANT

Ready for some fun? Do you enjoy being a part of your community, spreading Good News, being creative and helping businesses grow? Then this job is for you!

JOB DESCRIPTION:

Work from home office or company office. Base plus commissions on sales. This position is customer service and community focused and is responsible for generating advertising sales. You will be connecting with advertisers, businesses and the community via phone, email, Zoom, and in-person. Prospecting sales opportunities and selling print, digital ads, and direct mail flyers is the primary function of this position. Primary territory is Maine. Being involved and knowing the community is very important to the success of this position. The perfect candidate for this position must have a winning attitude and be competitive by nature and have the strong desire to help grow and nurture businesses and community. Knowledge of direct mail marketing and digital marketing is helpful. Must have 5 years sales experience, preferably in advertising or media. Must have a working knowledge of computer software programs such as Microsoft Office, social media platforms and database systems. Must be organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license. Opportunities for Sales Management is a natural progression for this position and anyone with sales and marketing skills in the media world should apply. We are an EOE. Full benefits included.

ABOUT THE COMPANY. Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine. We publish 20 Total Market Saturation, "Good Community News" Publications. We mail to over to 200,000 mailboxes in Maine and reach over 607,000 readers. Our publications are also accessible FREE online. In our magazine division, we publish one of the strongest state of the art cannabis magazines and a Maine craft brew magazine. We are a Maine, family owned business who have been supporting the communities we serve for over 30 years. We offer full benefits and company perks. If interested in learning more, please call 207-225-2076, or send resume to jobs@turner-publishing.net

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ALANON MEETINGS

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12th Annual Maine's Got Talent Held May 2 at Edward Little High School

AUBURN — Maine's Got Talent, presented by Maine Community Bank and Andwell Health Partners, returned for its 12th year May 2 at the Donald Gay Performing Arts Center at Edward Little High School. Proceeds from the event support Andwell's pediatric services.

Eight finalists took the stage after more than 300 performers auditioned during the year, organizers said. Justin Morin, incoming artistic director of Community Little Theatre, served as emcee. Judges were Julia Gagnon Haven, who placed sixth on Season 22 of American Idol and opened the show with a song; Pam Ashby, a recipient of the Ray Geiger Award from the L/A Metro Chamber; and Brad Mates, founder of Emerson Drive, which has recorded six U.S. top-20 singles and 23 Canadian top-10 singles. Audience voting determined the top finishers: Lindsey Miller (first), Julia Bryant (second) and Brandon Bercian (third).



Staff photos
First place winner Lindsey Miller, A lifelong Mainer and UMaine alum. She has been performing as a back up vocalist with Masterstroke Queen Experience for over a decade. She thanks Andwell Health Partners for all the incredible work they do and services they provide across the state. She says, "Smile big, let your light shine and go blue!"



Brandon Bercian, 3rd place winner pianist born in California and moved to Maine, he wishes to contribute to society one note at a time after graduating from high school.



16 year old Julia Bryant singer and guitarist from Limerick Maine . She enjoys performing at the family farm, Hilltop Boiler Maple Syrup as well as at church.

Mobile Friendly Community News and "Its All Good"

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You can also call the office and request an email publication as well at 207 225 2076.

Thank you for reading the Communities "Good News"

Happy New Year!



Scam Alert Bulletin Board



Social Security Notification? Take An Active Pause

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

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

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

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

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

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