



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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Church Annual Old Home Sunday-Hymn Sing

MADRID – In honor of being placed on the National Historic Register, Reeds Mill Church, the non-denominational Christian "Church in the Wildwood" located at 995 Reeds Mill Road in Madrid, will celebrate this milestone at its annual Old Home Sunday on August 30. Old Home Sunday, a time-honored tradition, is the perfect time to recognize this achievement. We start with a pot-luck picnic at noon and hold a worship service at 1:00 PM. All are welcome! This special Sunday celebrates all those who have worshiped at and served the church in order to keep it going since it was built in 1892. The Rev. Laura Church will be leading our worship that day.

In addition, the annual Hymn Sing is scheduled for September 13 at 7:00. Another beloved tradition, this evening gath-



Submitted Photo

ering is the ideal time to see the church lit at night with the original kerosene lamps. This year's Hymn Sing will be dedicated to the memory of Wade

Bredeau, who, along with his brother Ward, asked the simple question in 1978 that began this tradition, "What would the church look like at night

with the lamps lit?" Join us for singing the "old-fashioned" hymns. Flashlights are recommended. FMI – call 639-2713 or visit reed-smillchurch.org.

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MAINE CALENDAR OF EVENTS

AUGUST

Aug 23 - Concert at Norcross Point, Katie Daggett & Ed Desjardins, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

Aug 30 - Concert at Norcross Point, Keiyana Marie Trinidad, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

OCTOBER

October 14 - Shiloh Pond Community Forest (Kingfield), 10 a.m., 200 acres owned by the Town of Kingfield and stewarded by High Peaks Alliance, featuring two ponds, wetlands, a small waterfall, and a scenic forest trail, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeak-salliance/event/woodswalks/>.

MONTHLY MEETINGS

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.

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.

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, 10-11 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 Tuesday from 6-8 pm at the Parks and Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

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

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

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

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

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

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

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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.

FITNESS CLASS SCHEDULE

monday	tuesday	wednesday	thursday	friday	saturday
	8-9AM Total Body Strength w/ Brit	8-9AM Essentrics w/Kristi	8-9AM Total Body Strength w/ Brit	8-9AM Total Body Strength w/ Brit	
9-10AM Super Circuit w/ Hawk	9-10AM ALL LEVELS SPIN w/ Cyn	9-10AM Super Circuit w/ Hawk	10-11AM Gentle Flow Yoga w/ Holly	9-10AM Super Circuit w/ Hawk	9-10:15AM All Levels Yoga w/ Kristina
10:15-10:45AM Functional Fitness w/ Hannah	10:15-11AM Chair Yoga w/ Hannah	10:15-10:45AM Functional Fitness w/ Hannah		10AM-11AM Gentle Yoga w/ Kyle	
11AM-12PM Water Aerobics w/ Diane	4-5PM Karate (Kids) w/ Dan	11AM-12PM Gentle Yoga w/ Kyle	5-6PM Karate (Kids) w/ Dan	11AM-12PM Water Aerobics w/ Diane	
11AM-12PM Gentle Yoga w/ Kyle	5-6PM Power Yoga w/ Hannah	3-6:30PM Jiu Jitsu w/ Shawn	6-7PM Karate (Teen/Adult) w/ Dan		10AM-11AM Gentle Yoga w/ Kyle



SCAN ME
For updated online schedule

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SWIM LESSONS



@rangeleyhealthandwellness

RHW is a nonprofit community organization dedicated to promoting health, wellness, and quality of life in the Rangeley Lakes Region.

Through fitness programs, physical therapy, youth and senior activities, community partnerships, and educational initiatives, RHW serves residents and visitors of all ages. As a nonprofit, Rangeley Health & Wellness relies on grants, fundraising events, and charitable contributions to make wellness programs accessible to the entire community.



MAINE OUTDOORS

v. Paul Reynolds

TROUTLESS IN TIMBUKTU

If you were to drive your dinged-up old Chevy pickup, or even your shiny new Ford 150, to my favorite remote trout pond near Timbuktu, Maine, it would take you about the same time as a driving trip to watch the Boston Red Sox at Fenway Park.

You get the idea. It is a haul, a lot of it on dusty logging roads where heavily log laden Peterbilts may be just around the corner or over the brim of the hill.

But, if you like to catch trout on a fly, it is worth the trip. Or at least it has always been so.

Back in early June my sons and I made our annual pilgrimage to Timbuktu and “the pond” for our trout fix. There was no disappointment. The brookies were as accommodating as they have always been this time of year over the more than half a century that I have fished this Heritage Water. Only one fly was needed when the fish were feeding. A # 14 or 16 Hornberg with a yellow body filled the bill for the duration.

This year, for the first time ever, Scotty and I decided to try the pond in early July. Of course, we realized that the



Submitted photo

fishing might be slow due to warming waters. But the old timers always maintained that on this particular trout trove you could always manage a hookup all summer long, at least during the evening rise. We knew, too, that a vaunted Green Drake hatch was always an alluring possibility.

A wise man once said that “Disappointment is simply expectation meeting reality.”

It was not to be, this dream of ours about revisiting our delightful June trouting experience on the pond. Reality came upon us in a variety of ways,

mostly weather related. The forecast for a “chance of showers” in Northern Aroostook County turned into a mostly drizzle with a few breaks in between for setting up our tents and camp. We got on the pond with fly rods just before dark, but no matter how much you gink up your fly, it is not easy to get a good float in a steady drizzle. Scotty tried a Maple Syrup with a sinking line, but no avail.

We turned into our camp tents fishless, but not before we found some solace in pan fried moose steaks, a few cribbage games

and a couple of Old Stump blowers.

On day two, the weather looked like it might break. The sun peaked through, and with high hopes we spent the morning fishing nearby pond number two, which seemed to have cooler water. Again, we tried them all: dry flies on top, fast stripping the Black Ghost and assorted wet flies, and even down below with Maple Syrups, Golden Retrievers and Woolly Buggers. Nothing, nada.

And then, at midday,

the wind began to blow. Blue sky transformed itself into low-hanging, fast-moving clouds with dark edges.

We checked the forecast on our weather radio: “Severe thunderstorms expected in Northern Maine with wind gusts to 75 mph. Possible tornadoes.”

The fishing trip is over. Time to pack up. Those skimpy, nylon Big Store tents with the pathetic toy stakes don’t do well in high winds, not to mention a tornado.

Timbuktu is a long way to go for just one

night, fish or no fish. On the trip home we looked at each other with slight smiles of resignation, unspoken acknowledgement that fishing can be like that, and at least we tried.

Fishing writer and armchair philosopher Arthur Macdougall, Jr. hits the proverbial nail on the head when he opines that “If we knew all there is to know about fishing for trout, would we not give it up for something more interesting?”

Golf is fun, but I would still rather fish for trout if given a choice. That special pond near Timbuktu is not going anywhere, and one fishless July day there does not dampen our passion. It only makes us count the days and months until next June when the hatch is on, and the trout are active once again.

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.

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Fraud Watch Network

Tech Support Scams

A new surge of tech support scams is threatening consumers. Criminals use scary warning pop-up messages, or cold calls pretending to be a major software company to gain access to your device.

Many modern tech support alerts closely resemble real system warnings, making them difficult to detect at first glance. Vulnerable targets include standalone home computers, tablets used for online banking, and personal laptops used in busy public Wi-Fi areas.

If your screen freezes or a strange alert pops up, pause before reacting. Reflect on what you might have heard (or read) about scams that start out like this. To clear the warnings, you may have to shut down your device to get rid of them.

To help stay safe, keep your operating system and antivirus software up to date. If you are concerned that your device may be compromised, get it checked out at a repair shop you trust.

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.



Keep Your Balance Boomers

Did you know that we all lose our balance over time as we age if we do not work at keeping it strong? After the age 50, balance ability declines steadily with each decade and by age 70, many people lose up to 30–40% of their balance-related functions; this includes muscle strength, reaction time, and sensory functions.

Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults. Also did you know falls are the leading cause of injury-related deaths among adults 65 plus. Did you know that over 3 million older adults are treated in emergency rooms each year for fall injuries? Did you know that poor balance is one of the top 3 risk factors for falls, along with muscle weakness and vision problems

Here are 3 of my favorite simple daily exercises to improve balance and stability.

- 1. Single leg stands** – We should do this exercise throughout the day or several times a day when hanging out around the house. It’s easy and simple to do and helps immensely to keep balance strong.
- Stand behind a chair or alongside the kitchen counter or bar to hold on to for a little support until you can let go freely.
 - Lift one foot off the ground and hold for 20 to 30 seconds
 - Switch legs and alternat doing this for 5 to 10 minutes a day.

- 2. Heel to Toe Walk** – Some of you may know this one, it is similar to what the police officer has you do when pulling you over for a DUI.
- Walk in a straight line, placing the heel of one foot directly in front of the toes of the other for 20 steps
 - Keep your shoulders back and posture upright and eyes forward without looking at your feet. Use a wall or chair for support if needed for the first couple of times until you get used to it.
 - Stand behind a chair and hold lightly for support
 - Lift one foot off the ground and hold
 - Switch legs

- 3. Chair squats** – chair squats are great for lower body strength and stability and help with balance. By using a chair, it helps coordinate and active the correct muscles in the correct position in a very safe way.
- Sit in a sturdy chair with feet flat on the floor
 - Stand up slowly (use hands if needed)
 - Lower yourself back down with control.
 - Do 10 of these and take a little 2-minute rest and do 10 more or as many as you can take and gradually increase as you get stronger.
- As with anything in life, Consistency is key! Even a few minutes each day can help improve balance, reduce risks of falls, and increase ease of movement.
- Live Long, Live Well

DID YOU KNOW?



FALLS ARE THE **LEADING CAUSE** OF INJURY-RELATED DEATHS AMONG ADULTS 65+.



OVER **3 MILLION** OLDER ADULTS ARE TREATED IN EMERGENCY ROOMS EACH YEAR FOR FALL INJURIES.



POOR BALANCE IS ONE OF THE TOP **3 RISK FACTORS** FOR FALLS, ALONG WITH MUSCLE WEAKNESS AND VISION PROBLEMS.

2026 Maine Shrine Lobster Bowl a winner again

By Bill Van Tassel
LEWISTON - The annual Maine Shrine Lobster Bowl was held at Lewiston High School on July 18 in front of a huge, rain-soaked crowd of parents, peers, grandparents and friends. The traditional All-Star game of sorts features some of the best recently graduated senior players from schools throughout the state, from York to Houlton.

The rain during the first half of the game didn’t dampen the enthusiasm of the fans, players or cheerleaders. Like the players, the cheerleaders from East and West high schools got together during Lobster Bowl Week to practice and get to know each other well. Sixty-plus schools nominat-

ed a few of their top senior players and cheerleaders to take part in the once-in-a-lifetime event, with the final selection of athletes chosen by the Maine Coaches Association.

The event has been held 35 times since 1990 and has raised over a million dollars for Shriners Hospitals. The generosity of the fans and local Shrine members in time and money continues to provide medical and therapeutic treatment for thousands of young people with orthopedic disabilities, burn injuries and cleft palate conditions. Much of this care is given regardless of a family’s ability to pay.

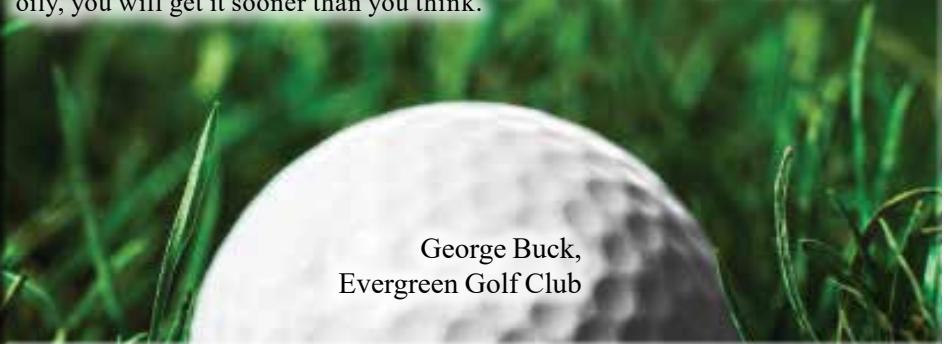
Over the years the Western teams have come out on top at winners, but the point is not the scores or who wins. The young people competing have a wonderful time doing one of the things they enjoy doing, whether it is occupying the field or cheering for the crowd and the East-West Teams. The winners are the children who get the caring medical and personal support from the Shriners Hospital personnel. The 2026 event raised a record \$317,385.

Incidentally, the game was an outstanding battle and fun to watch even in the soaking first half. Some of the plays looked almost college-level. The lead went back and forth a little with the West making an exciting, late comeback to win 28-26. Before awards were passed out, there were handshakes and hugs happening amongst the players, cheerleaders and Shrine personnel that were present all day to keep things organized and moving along.

Evergreen Golf Club

Tip of the Week

I have spoken about this subject many times in the past, but it bears repeating. It’s about “tension in the swing”. One of the greatest descriptions I have heard was from the great Sam Snead. He once described his swing as being “oily”. It’s easy to know what he is talking about when you just think about that. Smooth, silky and oily. Also, it’s important to be sure that your grip is kind of loose and sloppy, the difference is staggering. So, the next time you are practicing or playing, think oily, you will get it sooner than you think.



George Buck,
Evergreen Golf Club

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ASK ABOUT GOLF CLASSES All Levels

Decent people and a dropped raisin

I realize there is a smattering of decent people quietly roaming the backroads of our planet. However, it seems like a growing challenge to stumble upon a true specimen..

Pause your reading now and imagine me standing at kitchen counter last night slicing some edibles, when a small bit of something falls to the floor just in front of me. I initially glance straight down to where it must have landed. Nothing in sight. Oh, it must have hit the front of my foot and bounced forward under the dishwasher. I go to my knees and look, but do not spot the speck of future, mice fodder.

I am pressed to continue my search seeing nothing to my left or right. So, I look behind me over the rest of the kitchen, staring at clean, gray ceramic tiles. No little fleck of increasingly irritating edible in sight. It may be on that mysterious journey to China where all dropped (and never found) objects of any kind end their joyous travels. I recall as a youngster, if I had lost something my mother would say, “It’s probably in China by now. Pray to Saint Anthony to find it.” [Anthony is the Roman Catholic Patron Saint of lost things.] If you are always misplacing or losing things like me, you begin calling him just Tony.

Now, let the reader stop and recall all the tiny items that have you have dropped and mysteriously disappeared from your clumsy life. Maybe they all be in the Far East. You might now imagine why so many of the things (other than electronics) that we buy, Made in China, fall apart. All our dropped delights are gathered by low-paid workers and thrown into a vat then processed into whatever the end product is supposed to simulate.

I started looking over the entire kitchen. While on the hunt I made a good guess it was a raisin that wandered off. I was preparing a Waldorf Salad with apples, celery, and raisins. “Hey, I think, raisins are the same color as the chairs around the table.” Facing desperation now I go to the far-distant stretches of our kitchen. On my knees, hiding next to the fourth chair leg I have inspected, sits the unwittingly camouflaged, dried grape. I know beyond any doubt, this raisin has been purposely designed somewhere by some deranged, obsessive/compulsive imp to irritate me.

The chopped apples still resting on the countertop have not yet turned brown, though this adventure has taken all of five minutes. There is still a chance I may be able to eat this dish. However, I am presented with another dilemma. Do I return the item to the salad bowl, having now cheated the Chinese workers out of a tiny portion of collected droppings that magically skulk their way to Hong Kong from the kitchen floors around the world?

Well, what have “dropped delights” and Chinese workers got to do with an honest search for decent people? I do not know. It is too philosophically difficult for me to even ponder. I would advise you to just keep looking for that missing raisin - or paper clip - or button - or chocolate chip - or earring, -or aspirin.... or...whatever.

If you have similar thoughts as mine noted in the first two sentences in this chronicle of mental digressions, here is a final thought. This quote was on my daily tear-off calendar this morning: “The world is full of decent people. If you can’t find one, be one.”



If you have a favorite recipe you would like to share with our readers we would love to publish it for you. Please email recipe to: articles@turnerpublishing.net

This Italian comfort food hits the spot

“Comfort food” is an umbrella term that refers to a wide array of dishes. For fans of Italian food, there may be no dish that fits the comfort food mold better than lasagna. Lasagna can be made with a wide array of ingredients, and each iteration of it qualifies as comfort food. That’s certainly the case with this recipe for “Lasagna With Zucchini and Meat Sauce” from Lines+Angles.

Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

- 2 large zucchini, rinsed and trimmed
- Salt
- 12 dried lasagna noodles
- 1 pound ground beef
- 1½ teaspoons ground black pepper
- 1 small green bell pepper, rinsed, trimmed and diced
- 1 onion, peeled and diced
- 8 ounces tomato paste
- 15 ounces canned tomato sauce
- 3½ tablespoons red wine
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 egg, beaten
- 2 cups low-fat ricotta cheese
- 2 tablespoons chopped fresh parsley
- 2 cups shredded mozzarella cheese
- 2 cups grated Parmesan cheese



1. Preheat oven to 325 F. Coat a deep 9 x 13-inch baking pan with nonstick cooking spray.
2. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.
3. Bring a large pot of salted water to a boil over high heat. Add the noodles and cook until al dente, 8 to 12 minutes. Drain, immerse in cold water to cool and drain again. Lay the noodles in a single layer on a baking sheet and cover with plastic wrap.
4. Meanwhile, in a large skillet, set over medium-high heat, cook and stir the ground beef and black pepper for 5 minutes. Drain excess grease from pan. Add in green pepper and onion; cook and stir until beef is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano. If sauce is too thick, add a small amount of warm water. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
5. Meanwhile, stir egg, ricotta, and parsley together in a bowl and mix well.
6. To assemble lasagna, spread 1/3 of the meat sauce into the bottom of prepared pan. Then layer 1/3 of the cooked lasagna noodles, 1/3 of the zucchini slices, 1/2 of the ricotta mixture, 1/3 of the mozzarella cheese. Repeat the layers ending with a layer of zucchini followed by a layer of noodles. Spread Parmesan cheese evenly over the top; cover with foil.
7. Bake for 45 minutes. Remove foil; increase oven temperature to 350 F, and bake an additional 15 minutes. Let stand for 5 or 10 minutes before serving.

Tip: This may be assembled a day ahead. Refrigerate until ready to bake.

Metro



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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*

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



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ALANON MEETINGS

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High Peaks Alliance conserves Mosher Hill Falls as the Bernard and Jean Kinney Family Forest

FARMINGTON — High Peaks Alliance has conserved Mosher Hill Falls, now known as the Bernard and Jean Kinney Family Forest, preserving the 199-acre forest for public access and community use. The property features a scenic loop trail, the striking 45-foot Mosher Hill Falls, mature conifers, and wetlands.

Named a “community gem” in the State of the High Peaks reports, the Bernard and Jean Kinney Family Forest will remain open for public enjoyment, recreation, and stewardship for years to come.

Steve Kinney, the former owner of the property conserved by High Peaks Alliance and now known as the Bernard and Jean Kinney Family Forest, said, “I chose to name this reserve in honor of my parents because of several factors. My father, being of Irish descent, had a true love of the land and enjoyed spending as many hours as possible out in the woods and pastures of his own property. He was an excellent steward of the land and instilled in us, his children, the importance of caring for it. My mother also enjoyed nature and the outdoors. She hiked, biked, kayaked, and enjoyed cross-country and downhill skiing. Between the two of them, we were shown the importance of nature and to value the beautiful state that we have been blessed to call home. My father has passed, but my mother, at 101, will be part of the ceremony celebrating this special place named in her honor.”

For years, locals and visitors have come to Mosher Hill Falls to hike, wade at its base, explore the woods, and enjoy a quiet connection with nature. Its dramatic waterfall, forest, and wetland habitat make it one of the most distinctive landscapes in the region.

Doug Dunlap, Farmington resident, Alliance board member, and longtime Maine outdoorsman, said, “Our kids loved to visit the falls and explore the surrounding woods in their growing-up years, and now return with their own children. I am grateful that other families, anyone of any age, will have access to this gem, forever.”

On August 8, the community is invited to a Ribbon Cutting Ceremony to celebrate the conservation of this property. The event will include brief remarks, a walk to the falls, and time to explore the new trail improvements. Please RSVP to know how many to expect.

The Bernard and Jean Kinney Family Forest will also



photos submitted by High Peaks Alliance

serve as a place for hands-on learning and community connection. The Alliance will use the forest as a learning site for Foster Tech’s Forestry and Wood Harvesting and Outdoor Leadership Programs, helping students apply classroom learning in a real-world setting.

On August 12, the Alliance will host a Tree ID and Bird Ecology Walk at the Bernard and Jean Kinney Family Forest. Led by District Forester Julie Davenport and The Wilderness Society’s Peter McKinley, the walk will give participants a chance to learn about tree species, bird habitat, and the ecological importance of the site. Registration is required.

The conservation of Mosher Hill Falls was made possible through the generous support of the John Sage

Foundation, Maine Mountain Collaborative, Lands for Maine’s Future, Susan and Fritz Onion, the U.S. Forest Service Community Forest Program, private donors, Acme Land Surveying, and Acorn Engineering.

“Mosher Hill Falls is a magical place just out of Town where the Kinney Family has allowed people to enjoy for the last 20 years,” said Brent West, Executive Director of High Peaks Alliance. “Now the community will always be able to explore the gorge and enjoy the waterfall. Additionally, this forest will be used as a learning forest for Foster Tech’s Forestry and Wood Harvesting and Outdoor Leadership Programs.”

For more information about Mosher Hill Falls and upcoming programs, visit HighPeaksAlliance.org.

Rangeley Congregational Church Women’s Fellowship donates \$12,000 to charity

RANGELEY - This past year, Rangeley Congregational Church Women’s Fellowship participated in two summer festivals in Rangeley and our Annual Holly Fair, where handmade crafts, Rada cutlery, jams, and baked goods were sold. All proceeds from these events are donated to charity. On Friday, May 8th, the women of the Rangeley Congregational Church and our Women’s Fellowship community met to distribute \$12,000 to charity. Once again, we were fortunate to be able to distribute donations to 15 wonderful organizations, with a large percentage of these benefiting people in the Rangeley region.

Following is a partial list of organizations which re-

ceived funds from our proceeds: Rangeley Meal Site, The Giving Tree, Rangeley Library, Grandmother’s Purse, Rangeley Ski Scholarship program, Sargent Family Community Fund – Just One Day, Arbor House, Safe Voices of Farmington, Andwell Health Partners, Western Maine Community Action, Farmington Animal Rescue, and other national & international charities.

The Rangeley Congregational Church Women’s Fellowship’s participation in summer festivals and Holly Fair have generated proceeds which have benefited many organizations for over 30 years. Since 2017, the Women’s Fellowship organization has donated over \$80,000

to charity.

This year marks our 31st Annual Holly Fair which will be held on November 21st at the Rangeley Congregational Church Barn from 10 am to 2 pm. Please come and find our tent at the 2026 Strawberry and Blueberry Festivals where your purchases will continue to help us, help others.

With sincere gratitude, the Women’s Fellowship organization thanks the Rangeley community and summer visitors for supporting our efforts this past year. We are grateful for the opportunity to continue this important mission in 2026.

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