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Rangeley Lakes Region Chamber of Commerce named finalist for 2026 Dana F. Connors Chamber of the Year Award



Submitted Photos

RANGELEY — The Rangeley Lakes Region Chamber of Commerce has been named a finalist for the Maine State Chamber of Commerce's 2026 Dana F. Connors Chamber of the Year Award, marking the second consecutive year, the organization has earned this distinction.

The award recognizes outstanding local chambers of commerce across Maine for their leadership, community impact, and contributions to the state's business environment. The winner will be announced at the Maine State Chamber of Commerce's Annual Meeting, Dinner & Gubernatorial Debate, held

Thursday, October 1, 2026, at the Cross Insurance Arena in Portland, Maine.

"I couldn't be prouder of our small but mighty team, our dedicated board, and this incredible community we serve. Being named a finalist for this award, for the second year in a row, proves that even a small, rural chamber like ours can make big waves. This recognition belongs to everyone who shows up for our community every day," said Alexandra Kaiser, Executive Director of the Rangeley Lakes Region Chamber of Commerce.

The Rangeley Lakes Region Chamber was also a finalist for the award in 2025, when

the honor was awarded to the Bangor Region Chamber of Commerce. This year's Annual Meeting & Dinner will bring together more than 400 business, government, and community leaders from across the state. In addition to the Chamber of the Year Award, the evening will include the presentation of the Dirigo Award, honoring Gei-

ger for more than 140 years of contributions to Maine's economy, and a live gubernatorial debate presented in partnership with NEWS CENTER Maine.

More information about the event is available at mainechamber.org. About the Rangeley Lakes Region Chamber of Commerce Since 1955, the Rangeley Lakes Region

Chamber of Commerce has represented an area that spans five communities and more than 110 lakes and ponds. RLRCC supports over 140 businesses, sharing our love for this beautiful part of Maine that we call home. The Chamber's primary goal is to promote the Rangeley Lakes Region year-round, attracting visitors and benefiting

our member businesses economically.

Mission: The Rangeley Lakes Region Chamber of Commerce supports a vibrant, year-round community by serving as a central resource for residents and visitors, elevating local businesses and non-profits promoting the region's natural beauty while honoring our heritage.



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MAINE CALENDAR OF EVENTS

OCTOBER

Oct 4 - Friends of the New Gloucester Public Library annual Fall Book and Bake Sale, 12:00 – 3:00 p.m., New Gloucester Public Library, 379 Intervale Road, New Gloucester.

Oct 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/highpeaksalliance/event/woodswalks/>.

Oct 16 - Artist Reception celebrating the works of Carol Sullivan (“Exploring Silk), 5:30 – 7 p.m., 2493 Main St., Rangeley, come on out to meet the artist, enjoy complimentary refreshments and a beer/wine cash bar.

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.

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

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

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.

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 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.

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](https://www.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 pre-payment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

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

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CANCELLATIONS
None listed.
POSTPONEMENTS
None listed.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for

specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

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



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@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.

Reader RECIPE

Muffins

with Yellow Cheese

Ingredients

- 250 g of wheat flour
- 1½ teaspoons of baking powder
- 1 medium carrot (80 – 100 g) grated on a medium grater
- 150 g of cheese (e.g. cheddar) grated on a medium grater
- 75 ml of oil
- 220 ml of milk
- 2 eggs
- ½ a teaspoon of salt

other spices – optional:
pepper, sweet or hot paprika, chili and/or herbs to taste, e.g.- parsley (fresh or dried), oregano, chives, etc.

Additionally:

- 30 g of yellow cheese for topping the muffins
- paprika powder, for sprinkling (optional)

All ingredients should be at room temperature.

1



Sift the **flour** with **baking powder**, add **salt**, and your chosen spices into a bowl; set aside. In another bowl, pour in the **milk**, **oil**, lightly beaten **eggs**, grated **carrot**, and **cheese**, along with chopped **herbs**.

2



Combine the contents of both bowls, mix with a fork, stirring in one direction until just combined **DO NOT use a MIXER**.

3



Line a standard muffin tin with cupcake liners. Fill the batter almost to the top of the liners. Sprinkle the top with **grated yellow cheese** and lightly dust with **paprika**.

4



Bake at **370F** for about **25 minutes** (depending on the type of an oven) or until a toothpick comes out clean (note: the muffins may seem a bit wet on the toothpick because of the melted cheese. There shouldn't be any raw batter on the toothpick). Take them out and let them cool on a wire rack.

Submitted by Adrianna G. ♥

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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*

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MOVIE REVIEW

by Lucas Allen

ONE NIGHT ONLY

(Universal Pictures)

Romantic comedies always have their target audience, with young girlfriends/wives looking for a good laugh and cry, along with the boyfriends/husbands having to suffer, getting dragged into watching with them. Each of them follows the same conventional plotline with enough cliches and tropes to drive the most cynical of viewers crazy. So, here is something pretty unconventional, though pretty unusual, type of rom-com unexpectedly landing in theaters with “One Night Only.” No stranger to the genre, director Will Gluck previously helmed the 2023 hit “Anyone But You.”

Because premarital sex was deemed illegal, Congress enacted that for one night a year, single people are allowed to have sexual relations for only twelve hours. In New York City, lots of singles are ready to party and mingle for that period of time, though many people still reject the mandate. Owen (Callum Turner) is a young pizza shop employee who has just been dumped by his girlfriend (Maya Hawke) and now has to spend the night looking for some casual love, though he is having trouble looking for a condom. Another single person he keeps running into during the night, an aspiring singer named Allie (Monica Barbaro), is simply looking for Mr. Right, but finds one roadblock after another.

This turns the night into a series of misadventures in search of a quick hook-up for each of them, even

though both of them have no interest in each other. It involves some shady people, the authorities, and a local singer named Ezra Stone (Charlie Gillespie) putting on an anti-mandate concert. But before the sun comes up, they will soon realize that they each have made a connection all along.

Sure, the plot setup is basically a rom-com spoof of “The Purge” movies with sex being substituted for murder and crime. It is a very preposterous and far-fetched idea; the more you think about it, there is no way any politician (republican or democrat) could ever conceive something that insane. However, if you are willing to go along with it, you will still get an outrageously funny film that is very reminiscent of 80’s sex comedies like “Porky’s” or “Fast Times at Ridgemont High.” In this case, there are plenty of young adults in their 20’s and 30’s spending one night doing the nasties.

Although it can get pretty predictable at times, the movie still has that unconventional and largely cliché-free storyline that makes it stand out on its own. There is an irresistible charm in seeing two people race to their goal separately and together, that helps carry the comedy and romance almost simultaneously. It does make for a fun date movie for those tired of them being made year after year.

The two main actors also carry their scenes with great commitment, no matter the low-brow humor involved. While their romance chemistry

may seem lacking, their comic chemistry remains strong enough to help the film earn those big laughs. Turner has that boyish charm that works for his character, while Barbaro also shines with her singing voice, much like her Oscar-nominated performance in “A Complete Unknown.” Oddly enough, one of the film’s running gags involves her character singing rewritten versions of popular songs for commercials for medical creams.

It’s worth noting that the film is littered with cameos from some recognizable names. The biggest one is ex-Brat Packer Molly Ringwald as Owen’s mother, having her own special date night with a stranger. That stranger happens to be played by LeVar Burton, so it is odd-yet-hilarious to see the “Star Trek” legend and beloved host of “Reading Rainbow” in a film as crazy as this.

“One Night Only” is one of those movies that is likely to split audiences down the middle over the plot alone, but the movie is still a fun watch regardless. It’s best recommended for anyone willing to try something different and out-of-the-ordinary from the same-old stale repetition of the genre.

THE MOVIE’S RATING: R (for sexual material, language, and brief nudity)

THE CRITIC’S RATING: 3.25 Stars (Out of Four)

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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



photos submitted by High Peaks Alliance



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 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.

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TRAVEL *by Victor Block*
ROANOKE

I recently visited a small city – a population of about 100,000 – which offers visitors a full menu of things to see and do. It’s a center of arts and crafts, elegance and culture, with a choice of indoor and outdoor attractions. The community sits in the Blue Ridge Mountains, which extend from Pennsylvania to Georgia.

This is a flat, low-rise place where man-made attractions are grouped close to each other. Yet minutes away by car awaits some of Mother Nature’s magnificent handiwork.

Roanoke’s story began in the 1740s, when two settlers from Pennsylvania acquired land near salt licks which were crossed by trails laid down by Native Americans and animals.

Those salt marshes loaned their name to Big Lick, the first village in the Roanoke Valley. Several years later, Big Lick came to be known as Roanoke which was derived from the Indian word “Rawrenock,” the shell beads that were by indigenous people.

The city played a role in the Civil War, serving as a supply center for Confederate troops. Its most iconic attraction is the Roanoke Star, a 100-foot-high illuminated structure. Center in the Square is occupied by museums related to African American culture, local history and science.

When I wasn’t taking in information about these miscellaneous topics, I was exploring other chapters of Roanoke’s past. The local music scene began to flourish in the early 20th century, focused on folk and bluegrass influences. Over time, they were augmented by country, rock and jazz. Visitors today may swing and sway at concert venues, music halls and impromptu Jam sessions at restaurants, breweries, wineries and farmers’ markets.

One of the more interesting places I happened upon was



Paddling canoe on Roanoke River

Black Dog Salvage, an off offbeat institution. Its sprawling show rooms are packed with “architectural salvage,” antique items, artwork, vintage goods and souvenirs.

Even if you don’t intend to purchase anything, it’s worth a visit for anyone who loves quirky vintage items. Viewing the seemingly endless array of artifacts, I concluded that anyone who doesn’t find what they were looking for doesn’t really need it.

For those so inclined, the Roanoke region offers more than 1,000 miles of trails for hiking, biking and paddling. These include over 400 miles of mountain biking paths which account for its being designated as the mountain biking capital of the east coast. While I had left my wheels at home, I experienced some of the reasons for that accolade during walking outings along stretches of several trails.

Another experience with an interesting story to tell was driving along a stretch of the Blue Ridge Parkway, which winds through Virginia and North Carolina. Much of that road was constructed in the 1930’s as part of the New Deal programs that President Franklin D.



The Roanoke Star

Submitted photos



Roanoke is a low-rise city as “America’s Favorite Drive.”

Enjoying scenic views from that freeway and equally inviting scenes in and close to Roanoke, Virginia are two of many reasons to include that town on your travel itinerary list. Throw in its artsy vibe, eclectic collection of museums and other attractions, and the question is why you haven’t included the community on your must-see travel list?

Adding to the sense of history in Roanoke was my stay at the Promissory. That building opened its doors as a bank in 1882 and helped to finance and shape the city in its early days. Now it’s a boutique hotel, event venue, Spanish-inspired restaurant and wine bar.

For more information about Roanoke, log on to visitroanokeva.com.



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Bob Barton
Westbrook

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

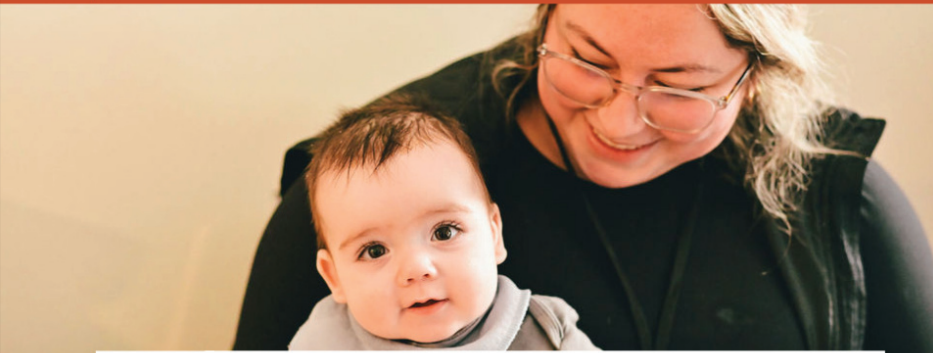
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How Scammers are Exploiting
Product Recalls

As food and product recalls continue to make headlines, criminals are following suit. They send texts, emails, or other messages claiming that a product you purchased has been recalled and that you’re entitled to a refund or free replacement.

The message may look legitimate, appearing to come from a retailer or manufacturer you trust. It urges you to act quickly and click a link to claim a refund or verify your account. But in reality, the link

takes you to a fake website designed to steal your login credentials and personal or financial information.

If you receive a message like this, don’t click. Instead, go directly to the company’s official website or app to verify the recall and check your account. You can also confirm recalls through the Food and Drug Administration and U.S. Consumer Product Safety Commission, which maintain lists of recalled products at fda.gov/safety/recalls and cpsc.gov/recalls.

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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Overlooking Flagstaff Lake from Cranberry Peak



Cranberry Peak via the Bigelow Range Trail

Photo by Brett Bannister

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