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Volume 15• Issue 47
September 18, 2026 • Week 3

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Christmas Candlelight Service at Reeds Mill Church



Submitted photo

MADRID - All are welcome to the Christmas Candlelight Service on December 20, 3:00 PM, at Reeds Mill Church, 995 Reeds Mill Road in Madrid. Built in 1892, the church remains as it was at that time - a simple one-room sanctuary filled with Holy energy! Step back in time and experience a celebration under the light of the kerosene lamps, with additional lighting from many candles. Sing all your favorite carols, participate in a brief message, and hear the reading of the Christmas Story. This service, started in 2004, has become a beloved family tradition, no matter how big or old your family is! For more information, call 207-639-2713 or email vrobie@live.com, and be sure to visit our website: *www.reedsmillchurch.org*.

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MAINE CALENDAR OF EVENTS

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 Late submissions may not be published.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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FITNESS CLASS SCHEDULE

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

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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.

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



Rangeley Lakes Chamber Executive Director Ally Kaiser accepts the 2026 Dana F. Connors Chamber of the Year Award. Pictured left to right... Dana Connors, Alexandra Kaiser, Lisa Mejorado. Photo courtesy of the Maine State Chamber of Commerce.

RANGELEY — The Rangeley Lakes Region Chamber of Commerce has been named the 2026 Chamber of the Year by the Maine State Chamber of Commerce. The award was presented Thursday, October 1, at the Maine State Chamber's Annual Meeting, Dinner & Gubernatorial Debate at the Cross Insurance Arena in Portland.

The Dana F. Connors Chamber of the Year Award recognizes outstanding local chambers of commerce across Maine for their leadership, community impact, and contributions to the state's business environment. The Rangeley Lakes Region Chamber was a finalist for the award in both 2025 and 2026.

"This is an exciting moment for our community and our organization," said Alexandra Kaiser, Executive Director of the Rangeley Lakes Region Chamber of Commerce. "I couldn't be prouder of our small but mighty team, our dedicated board, and the incredible community we serve. This recognition belongs to everyone who shows up for the Rangeley Lakes Region every day." More than 400 business, government, and community leaders from across Maine attended the event. In addition to the Chamber of the Year Award, the evening included the presentation of the Dirigo Award to The Geiger Family and Geiger for more than 140 years of contributions to

Maine's economy, as well as a live gubernatorial debate presented in partnership with NEWS CENTER Maine.

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Scam Alert Bulletin Board

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To protect yourself, avoid answering calls from unknown numbers. If you answer a suspicious robocall, hang up without pressing any buttons. Check with your phone provider about call-blocking options and consider adding your number to DoNotCall.gov. While this can reduce unwanted telemarketing calls, it won't stop scammers who ignore the rules.

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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We all need it – STRETCH!

Yesterday, right in the middle of my workday, I received a phone call from my sister in Florida.

"What are you doing?" She asked.

"I'm doing my cats and cows," I replied.

"What?" She said, sounding a little confused.

"Yoga stretches!" I explained.

"I thought you were working!"

"I am! But my coworker inspired me to start stretching throughout the day. Her physical therapist recommended doing the Cat and Cow poses every hour to help with her back problems. So, I'm supporting her while being proactive about my own health. You know how much I sit during the day!"

My sister laughed and said, "I didn't think you needed any inspiration to do all that wacky stuff!"

Well, she does have a point! But seriously, why shouldn't we all take a few minutes throughout the day to stretch? Whether you're sitting at a desk, working on your feet, driving, cooking, or running around taking care of everyone else, your body deserves a little attention.

I told her, "It's a great idea to get away from your desk or whatever you're doing and stretch every hour. It only takes a couple of minutes, and



it's good for all of us. You should try it! You don't have to do anything fancy. Just find a few gentle stretches that feel good."

Like so many women, my sister spends much of her day taking care of others. She's constantly lifting, tugging, pulling, carrying, and doing things for the people around her. Sound familiar?

We can be so busy looking after everyone else that we forget about the one person who needs our attention the most: OURSELVES!

And then came an interesting part of our conversation.

My sister began telling me about a recent trip to the emergency room. Her hips had locked up so badly that she could barely walk! The doctor gave her a cortisone shot and explained that she was extremely tight and needed to work on her mobility and stretching. He also referred her to a physical therapist.

Well, isn't that ironic?

Here I was, encouraging her to stretch, and her body had already sent her a pretty loud message that it was time to pay attention!

"How wonderful!" I told her. "To all you physical therapists out there, I LOVE YOU! And massage therapists, the same goes for you!"

Seriously, these professionals play such an important role in helping people maintain mobility, recover from physical problems, and learn how to take better care of their bodies.

Exercise, stretching, and massage therapy can all be valuable parts of a proactive approach to muscle health and mobility. We shouldn't wait until something hurts or stops working properly before we start paying attention.

Think about it. We sit too much. We stand too much. We bend, lift, twist, carry, reach, and repeat the same movements day after day. Our muscles get tight, our joints get stiff, and sometimes our bodies simply tell us they've had enough!

Why wait until we're in pain to do something about it?

I was so happy to hear that my sister would be seeing a physical therapist. I know she'll benefit from learning the right movements and stretches for her body. I also encouraged her to ask about gentle movements she could incorporate into her day, such as Cat and Cow and Child's Pose, one of my personal favorites.

You don't have to be a yoga expert, join a gym, or spend an hour exercising to start taking better care of yourself. Sometimes all it takes is getting up, moving around, taking a few deep breaths, and giving your muscles a little attention.

Here's my challenge to you: STRETCH!

Set a reminder on your phone if you have to. Get away from your computer. Step away from whatever you're doing. Give yourself five minutes every hour to move and stretch gently.

And remember, if you have pain, injury, or limited mobility, get professional guidance about which movements are right for you.

We are often so busy taking care of everyone and everything else that we forget to take care of ourselves. But our bodies carry us through every single day. Don't they deserve a little love in return?

So, let's stop putting ourselves at the bottom of the priority list. Be proactive. Keep moving. Keep stretching. Your body will thank you!

Live Long. Live Well.







Notable Thanksgiving traditions

Metro

Thanksgiving is a family-centric holiday that revolves around the dinner table and encourages celebrants to acknowledge all that they have to be thankful for. Thanksgiving is celebrated in October in Canada and in November in the United States.

Many Thanksgiving traditions focus on community events and sumptuous feasts, but they don't stop there. Here are some of the more notable traditions people can embrace on this day of giving thanks.

• Roasting turkey: Many foods will grace the Thanksgiving dinner table, but turkey is the star of the show. Roasting remains the most popular way to cook a turkey, but deep-fried and even rotisserie turkey have become more popular in recent years.



Metro photo

• Watching the parade: Millions of people tune into the broadcast of Macy's Thanksgiving Day Parade, and many more line the streets of New York City to watch it in person. The Macy's parade was first held on November 27, 1924, and was only suspended for three years during World War II. The parade features musical events, special guests and pop culture balloons that navigate streets lined with skyscrapers.

• Turkey trotting: Believe it or not, wild turkeys can run at speeds up to 25 miles per hour in short bursts, according to Lake Erie Nature & Science Center. Perhaps inspired by these speedy birds, turkey trots are popular on Thanksgiving Day. People of all ages start the holiday by running or walking in these charity events.

• Watching football: Watching professional football on television is a popular Thanksgiving custom. The Detroit Lions and the Dallas Cowboys always host an afternoon game on Thanksgiving. Each year, the National Football League also schedules a third matchup in primetime featuring other teams. In 2026, the lineup features: Chicago Bears at Detroit Lions (1:00 p.m. ET), Philadelphia Eagles at Dallas Cowboys (4:00 p.m. ET) and Kansas City Chiefs at Buffalo Bills (8:20 p.m. ET).

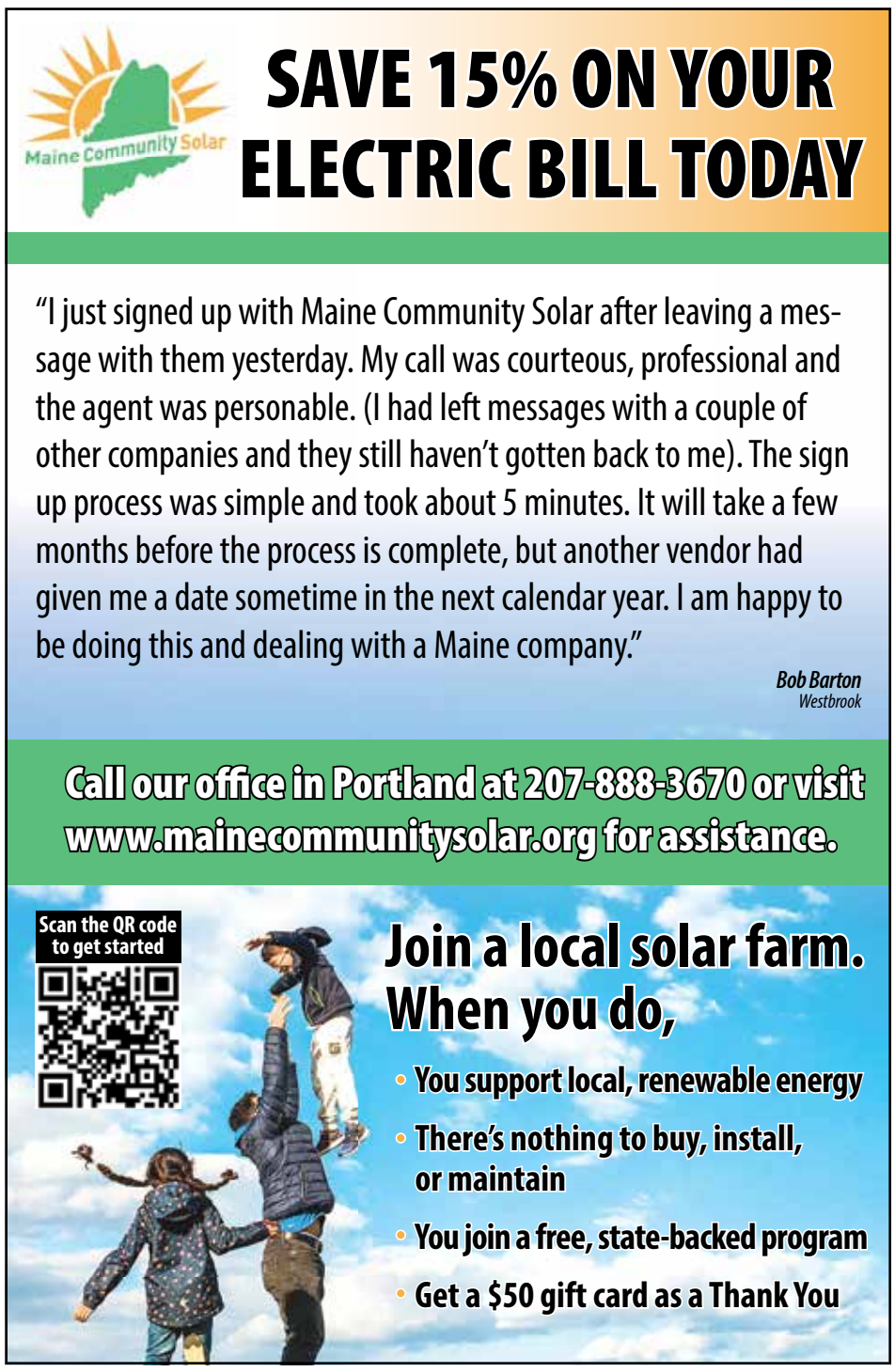
• Early holiday decorating: Many households will decorate for Christmas immediately following the clearing of the Thanksgiving turkey from the table. Some may even decorate before guests arrive on Thanksgiving.

• Tuning into "A Charlie Brown Thanksgiving": Some families watch this beloved Charlie Brown television special the night before Thanksgiving, enjoying the movie's snack menu of jelly beans, popcorn and toast.

• Celebrate "Friendsgiving": People who may not have relatives close by often gather with close friends to commemorate friendships and express their gratitude for one another.

Thanksgiving marks the first holiday during the whirlwind celebratory season. It's filled with many traditions that people across the United States and Canada enjoy.





AL ANON MEETINGS

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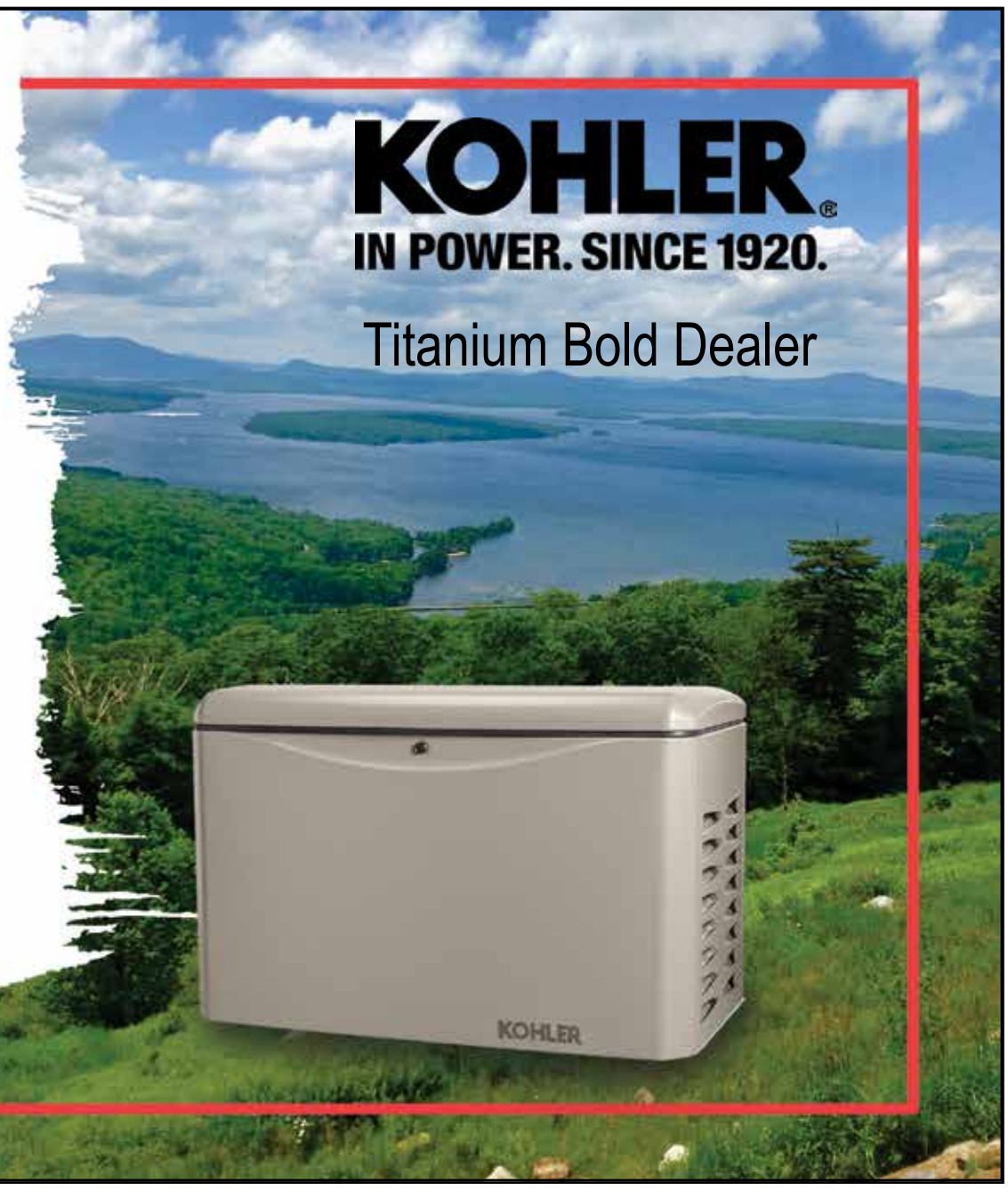
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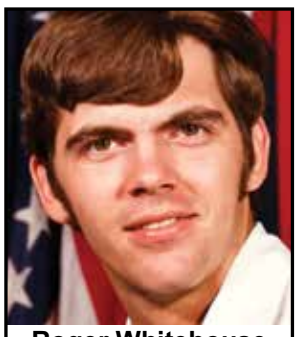
Stephen Theriault
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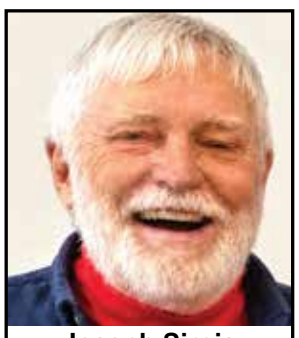
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1969-1973



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Love, Michelle, Bruce, & Rick



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