

COMMUNITY NEWS

Rangeley Fit 'n Big Loser Challenge to kick off Grand prize announced in weight loss challenge

RANGELEY — Winter got you feeling lethargic? Want to go some place warm? Then get out and get ready to get healthy.

The second annual Rangeley Fit N' Big Loser Challenge kicks off on Jan. 12 at the Rangeley Region Rehab and Wellness Pavilion for a second round of weight loss competition. The grand prize is again a weeklong stay at the Los Milagros Resort in Cabo San Lucas on Mexico's Pacific coast. Airfare is also included in the prize.

"Los Milagros is a small boutique hotel in the center of town," said Errol Wentzell, winner of last year's competition. "It's a very nice place."

Wentzell, 69, of Rangeley entered the competition on a team with along with his wife, Terri. By the end of the 12-week contest Wentzell had dropped a combined 66 pounds and inches and his wife made it into the 20-plus club, having lost more than 20 pounds and inches.

"I saw what the prize was. And we had been talking about doing a program to lose weight anyway," said Wentzell during a phone interview from Florida, recalling why he and his wife decided to enter last year's competition.

And what advice does the winner of the 2008 challenge have for this year's entrants?

"You just gotta stick with it. I stayed right with it the whole time with no cheating, which was tough. You stay on a low fat diet and exercise. I didn't do any exotic exercises... mostly I rode the bike. The secret is to pick a program that suits you and stay with it. Being on a team makes you more competitive," Wentzell said. "The staff and everybody at the clinic were very helpful."

According to Erin LaRochelle, physical trainer at the Wellness Pavilion, approximately 60 people have signed up for this year's contest.

Anyone wishing to enter can register until Wednesday, Jan. 7. Weigh-ins will take place on Jan. 7 and 8. Orientation for the contest is on Jan. 8 from 6 p.m. to 8 p.m. That day the Wellness Pavilion will be closed for exercise from 5:30 to 6 p.m.

For more information about the 2009 Rangeley Fit N' Big Loser Challenge, contact LaRochelle at 864-2900 or by e-mail at erin@rangeleyhealth.org.

To learn about Los Milagros Hotel visit the Web site at www.losmilagros.com.mx.

Dufour Succeeds Daigle at Camden National

CAMDEN — Rendle A. Jones, Esq., chairman of the Board of Directors of Camden National Corporation, announced that Gregory A. Dufour has succeeded Robert W. Daigle as president and chief executive officer of Camden National Corporation effective Jan. 1, 2009. This succession plan was previously announced at the company's annual meeting on April 29, 2008.

In addition to his new responsibilities, Dufour will retain the titles of president and chief executive officer for Camden National Bank and serve, on an interim basis, as chief executive officer for Acadia Trust, N.A., the cCompany's wealth management subsidiary.

Dufour, a native of Old Town, joined Camden National Corporation in April 2001 as senior vice president of finance and principal financial officer. In August 2002, he assumed the additional responsibilities of operations and technology. In January 2004, Dufour was named president and chief operating officer of Camden National Bank and chief banking officer of Camden National Corporation. He was named chief executive officer of Camden National Bank in January 2006. Dufour also serves as a director of Camden National Bank and Acadia Trust, N.A.

Under Dufour's leadership, Camden National Bank expanded its footprint into the western and down east Maine markets with the mergers of UnitedKingfield Bank and Union Trust Company, respectively. Prior to

joining Camden National Corporation, Dufour, a graduate of the University of Maine, served as managing director of Finance for IBEX Capital Markets in Boston after holding several management positions with Fleet Financial Group.

Dufour resides in Rockport, with his wife, Doreen, and three children. He and his wife have been active in the area's youth and high school hockey programs. Dufour serves on the Board of Trustees of The General Henry Knox Museum and on the Board of Directors of The University of Maine Alumni Association. Dufour also is the CEO Advisor to the American Bankers Association Marketing Network.

"It is a privilege to lead an organization such as Camden National Corporation and follow in the footsteps of Bob Daigle," said Dufour. "One of the greatest aspects of this position is the opportunity to work closely with our communities, help foster economic growth in the State of Maine, and work with more than 400 employees as well as an engaged Board of Directors who are all focused on serving our customers and shareholders."

Beginning Jan. 1, 2009, Daigle will fulfill a six-month duration as senior executive consultant to Rendle A. Jones, and serve as senior advisor to the corporation's executive management team.

Lobster dinner benefits Honduras Project

FARMINGTON — The Franklin Association UCC Honduras Partnership will be serving up Maine lobster dinners at the Old South Church on Main Street Saturday, Jan. 17 at 6 p.m. Tickets for the dinner are advanced sales only.

The meal will include corn chowder, whole Maine lobster, coleslaw, roll, beverages and homemade dessert. Single lobster dinner is \$13.50. Twin lobster dinner is \$20. Dinner will be accompanied by some homegrown music featuring Katie Wegner Norton on fiddle.

Tickets can be purchased at the Old South Church office located in the Holman Parish House or by calling 778-0424 or Carl Wegner at 778-3902.

Proceeds will fund the FAUCC Honduras Partnership 2009 projects in the impoverished community of El Junco, Santa Barbara, Honduras.

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