



Three Rivers News



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SPONSORED AND PUBLISHED BY THREE RIVERS KIWANIS CLUB AND THREE RIVERS COMMUNITY ALLIANCE TO PROMOTE AND SERVE THE TOWNS OF BROWNVILLE, MILO, LAGRANGE, MEDFORD, AND ORNEVILLE

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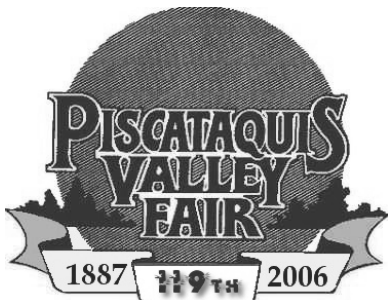


One fine Sunday in Milo...

August 12, 2006 dawned as one of the most beautiful days of the summer, and Jane Phaneuf took the opportunity to show off her newly built cart and pony. Aunt Kathy was out walking her niece, Annie Grace Hill, when the little girl spied "Brandon" taking a rest. The pony was as happy to see Annie as Annie was to pet him.

On Saturday, August 26, 2006

9 am to 1 pm, The American Legion Auxiliary and our Auxiliary Juniors are holding a Yard Sale at our Post in Brownville Junction. All proceeds will go towards activities for our local area Veterans! For further information please call the Post at 965-1953 or Cathy at 965-7888.



August 24, 25, 26 & 27 2006
AT THE FAIRGROUNDS IN
DOVER-FOXCROFT

MSAD#41 - First Day of School - Elementary and Penquis Valley students start school on two different days this school year.

*Monday, August 28th First Student Day for Kindergarten through Grade 6

*Tuesday, August 29th First Student Day for Grades 7 - 12



LITTLE LEAGUE ALL-STARS

The Little League All-Stars played a double header against Old Town last Saturday, beating them both games. Front Row: Tyler Pelletier, Ryan Hibbs, Jason Durant, Trevor Lyford and Darren Lewis. Back Row: Shane Emery, Devon Armstrong, Greg Hathorn, Skylar Beard and Klay Stevens

Milo Recreation Dept. announces Fall Fitness Classes

Starting Tues. Sept. 5th, from 6:00 - 7:00, Level 1 Yoga. This class will consist of feel-good, body beneficial stretches, beginner poses for strength and flexibility and a relaxation period. The class will teach you ways to let go of every day stress and let the body and mind become calm! This class requires a yoga mat, yoga blocks, pillow or towel and is great for **every body!** \$35.00 for the 8 week session. Location TBA

Starting Wed. Sept 6th from 5:10 - 6:00, Pilates/Yoga Stretch. Certified Pilates Instructor, Cindy Herbest, is introducing for the first time, a *pilates-based class! This class requires a yoga mat, and an aerobic mat or big towel for cushioning. \$40.00 for the 8 week session. Location - Milo Town Hall

Starting Wed. Sept. 6th from 6:00 – 7:00, Level 2 Yoga. This class will consist of more intermediate poses, vinyasa's that flow at a continuous pace and props for strength such as light weights, exercise bands, chairs and blocks. Want to kick your yoga practice up a notch, this is your class!

\$35.00 for the 8 week session. Location – Milo Town Hall
Sign up for both Wed. evening classes and pay special price of \$65.00

Special walk-in fee for ALL classes is \$7.00. For more information please call me. *NAMASTE*

Cindy Herbest Milo Recreation Dept. Group Fitness Instr.
943-2630

do yoga@midmaine.com

* This mind-body form of exercise emphasizes controlled breathing during movement while focusing on what the body is doing. It also focuses on developing strength, flexibility and stability in the core - abdomen and back – to build a foundation from which to rebalance and realign the body. In summary, Pilates mat work is a series of movements that flow from one to the other, causing muscle groups to strengthen and stretch according to their biomechanical needs.

Cindy Herbest is a Certified Pilates Instructor, having had her training at Springfield University through YUSA and completed the course in May 2006.

STATEMENT OF POLICY

Three River News is published weekly by Three Rivers Kiwanis. It is available Mondays at the Milo Farmer's Union, The Station Market, Graves' Service Station, Robinson's Fuel Mart, Reuben's Farmer's Market, The Restaurant, Milo Exxon, Rite Aid, Valerie Jean's, Milo True Value, and online at **WWW.NEWS.TRCMAINE.ORG**. Donations can be mailed to Valerie Robertson, PO Box 81, Milo, Maine 04463.

All items for the paper are sent to us; we are not reporters, and we rely on the public for our articles. Letters to the editor, social news, school news, items of interest, or coming social events may be submitted NO LATER THAN FRIDAY NOON to the following addresses:

Valerie Robertson, PO Box 81, Milo, Maine 04463 or e-mailed to, val04463@verizon.net or call 943-2324.

Nancy Grant, 10 Belmont St. Milo, Maine 04463, e-mailed to Nancy2310@adelphia.net or call 943-5809.

Please drop suggestions and comments into a donation box or contact one of us. We welcome your ideas. Opinions are not necessarily those of the editors unless otherwise stated. We reserve the right to edit any and all articles. We will not publish negative or controversial comments. The paper is written, printed, and distributed by unpaid volunteers. Donations are used to cover the expense of printing, paper and materials.

Valerie Robertson Nancy Grant Virgil Valente Kirby
Robertson

HOW TO RECEIVE THE THREE RIVERS NEWS BY MAIL

We have received many inquiries from readers as to how they can get the Three Rivers News delivered to their mailbox each week. The news is available by subscription in 30-week increments. For each 30-week subscription we ask for a donation of \$25.00 to cover the cost of printing and mailing. If you would like to sign up to get the news delivered, send your name, address and a check for \$25.00 to:

Valerie Robertson	Nancy Grant
P.O. Box 81	10 Belmont Street
Milo, Maine 04463	Milo, Maine 04463

BINGO...BINGO...BINGO!!!

THE MILO AMERICAN LEGION POST 41 HAS BINGO EVERY FRIDAY NIGHT A MEAL IS SERVED FROM 5:00PM UNTIL 6:15 PM

BINGO STARTS AT 6:15 AND ENDS AT 9:30.



SEE YOU THERE!

The Penquis Regional TRIAD will hold its regular monthly meeting on Tuesday, September 5 at 1p.m. in the conference room at Penquis C.A.P., 50 North St., Dover-Foxcroft. All are welcome to attend.

Rec. Dept. News

By John Pokrywka

Attention 5th and 6th grade soccer players!!

The Milo Recreation Department is looking for any children (5th and 6th grades) interested in playing on a travel soccer team. The season opener is on Saturday September 9th at Harris Field and will continue each Saturday until October 14th. The opponents include East Millinocket, Howland, Millinocket, Mattawamkeag, and Lee. Each Saturday one of the opponents will host the games on their home field. Please call the Recreation Department at 943-7326 for registration and practice times.

Bair's Driving School

Just a reminder that any child that is 15 years or older that would like to sign up for DRIVER'S EDUCATION is encouraged to do so. Please call 943-7326 for more information or to register.

Tennis Mixed Doubles Tournament

There will be a mixed doubles tennis tourney on Saturday, August 26 at the tennis courts located at Harris Field. To register or for more info please call Ernie Madden at 943-5500.

Thank You Soccer Clinic Coaches and Participants!

Just a quick line to thank Coach Cowing, Coach Rachel, Coach Noah and of course all of the parents and kids that participated in the summer soccer program. You all did a fantastic job and we look forward to working with this group in future. Enjoy the rest of the summer!! John



1st Annual Glenburn Co-Ed Softball Champs

Pictured are the winners. Front Row: Jenny Allen, Erin Weston, Erica Lyford. Middle Row: Tom Allen, Bob Allen Back Row: Jason, Jordan, Jeremy, Joey Allen and Matt Carey.

Devon Armstrong is all smiles. He should be; he hit "the big one" right over the fence during a scrimmage with Old Town.



The All-Stars aren't shy about getting their picture taken.....they are happy because they played so well as a team and went out and had a great time. Our thanks go out to Dean Bellatty and his staff that helped make the scrimmage possible.

**There are Kiwanis
birthday calendars
available for sale for
\$5.00 each.
Contact Sheri at
943-5031.**



To The Editors:

Today (August 14th) I had the pleasure of meeting Milo's new police chief and his wife. They confirmed a rumor that I had heard: Milo is going to have another eating place.

They say it will probably be November before they will be able to open - in the old M.C. Horne building - but there will be HOME MADE DONUTS when they do!!! (Of

course, the donuts will be calorie negative.) Remember Cecile DeLaite's home made donuts? Served while still warm! I can hardly wait. Whoops! I just drooled on my keyboard. Peggi Dean

Pine Tree Hospice will hold their monthly Board of Directors Meeting on Tuesday, August 29 at 6:00 PM. in the Mayo Resource Building. The public is cordially invited to attend.

The Hospital Auxiliary Variety Show will take place at the Center Theatre on Friday, August 25, 7:00 P.M.

The local Notables and the Junior Notables will be performing the following numbers: "All That Jazz", "Razzle Dazzle"; A Tribute to Harold Arlen including "Get Happy", "It's Only a Paper Moon", "Accentuate the Positive", "That Old Black Magic"; 3 songs from HIGH SCHOOL MUSICAL- "When There Was Me and You", "Bop to the Top", "We're All In This Together"; "Boogie Woogie Choo Choo"; and a Sesame Street song called "One Small Voice".

The Junior Notables include: Wesley Rouse, Camille Cramer, Maddie Ruffin, Ally Valvo, Courtney Badger, Haley Knowles, Alexis Larson, Tristen Beckett, Macy Carey, Jessica Preble, & Issy Ruffin.

Come out and support the Hospital Auxiliary and enjoy our local performers as well as others.

Admission for the Hospital Auxiliary Variety Show is \$10.00.

Traditions of a Milo-ite

By Kathryn Witham

Have you ever been taken so far aback that you didn't know what to say? That is where I am today....and where I have been since Val sent me the various letters to the editor via e-mail. Those people certainly were and are entitled to their opinions....as was I. The personal support that I have received since my "editorial" was published has been overwhelming though.....and I thank you all for your caring and kind words and sentiments. As I have told all of you who have phoned and written and stopped me on the streets and in the stores....you know that I am one of the most loyal citizens of this community. I would never intentionally degrade or demean Milo or any of its inhabitants. I'm quite sure that the members of the fire department know where my loyalties lie....perhaps I'm too passionate about my feelings for them....which might have been what led me down the slippery slope of "negative" editorializing when I thought they had been overlooked. I think it's important to emphasize the word "overlooked" because that was what I felt happened. That being said....I'm putting the incident behind me. Val offered to let me have the last word....and that is what I hope this column is.

Can you believe the price of gas? I never thought I would see the day that I had to weigh whether or not I could make a trip to Bangor based on the price of gas....and the gas gauge on my car. How are people going to get back and forth to work? How are we going to heat our homes this coming winter? Shall we cut back on groceries? Medicines? Clothes? (There will be no new outfits for me to start this school year.) I suppose that years of

indulging myself in vacations, shopping trips willy-nilly, owning and maintaining two properties and two vehicles, extravagant gifts for my family, etc., has finally caught up with me and I'm whining about the comeuppance.

We hosted a semi-successful family reunion last Saturday. We were incredibly busy the days prior to the party...keeping a watchful eye on the weather. We had discussed having a tent to put up over the picnic tables and lawn chairs. Our yard at camp is such that a tent would have been nice if it rained....but totally unnecessary if it didn't rain. Most of the week the forecast was for sun...perhaps a tad chilly...but sunny skies. We ditched the tent idea because it would be so much more pleasant without the hassle. Late Friday night we happened on a weather forecast that said, "Chance of some showers north of Bangor." Where did that come from??? Too late to get a tent then! All we could hope for was sunny skies quite a little bit north of Bangor.

That wasn't to be the case. The day dawned a beautiful sunny morning....out of nowhere it poured....then beautiful sun....then pouring rain....then sun....then rain. Not a chance that one single lawn chair could be sat in. We stood. The multitude of little kids found a massive frog pond....Why couldn't I think of a cool game to play with hundreds of frogs? I never saw so many frogs....or so many kids who weren't afraid to handle them. Yuck! Gave me the creeps! I wouldn't touch one of the things with a ten foot pole. Might give me warts!

Everyone pitched in with delicious salads, desserts, grilled meats, chips and dips and drinks. There were also hot dishes in crock pots and my beans in a big cast iron Dutch oven. We all ate our fill....and then some. My mother-in-law would have been proud of all of us. She never wanted there to be a shortage of food at any gathering....and she could put on a spread with very little lead time. She was a master at meal getting. So the turnout and the food were successful....the weather was less than successful. But, we crowded into the camp and made do, and had a good time despite the rain.

Our days at camp are few and far between now....I'm back to work and there are chores that need to be done at home before the weather cools off too much. We made the decision to come home during the work week, and go to camp on weekends if the weather looked promising. I'm always sad when we get to this time of year....torn between the two venues and the different responsibilities that go with both. This year my heart has been heavy....and I kind of feel like I'm just hanging out there somewhere waiting for some direction that isn't clear. Thankfully life seems to have a way of working itself out, and if you listen to your heart you hear the answers. In the meantime, I'm reading a wonderful series of books and I've felt like cooking and trying some new recipes. I'd like to find some time to craft, scrapbook and learn to quilt.

I know I've told you all this before, but if you've forgotten or haven't tried these yet....you need to. I've had absolutely rave reviews on my baked beans lately. I sometimes use my ceramic bean pot if I'm home....and when making a big batch at camp I use my cast iron Dutch oven with lid.

Easy Baked Beans - just as good for Saturday night as any I've ever made traditionally.

- 2 or 3 cans Baked Beans depending on the size of the crowd (I used the Bush Boston Recipe)
- 1 medium onion - sliced up (use more if you love cooked onion)
- 2 or 3 pieces of raw bacon cut in pieces
- squirt of honey...or
- squirt of barbecue sauce...or both
- squirt of yellow mustard (or a shake or two of dry mustard)
- a little water...1/2 to 2/3 cup

Cover with tin foil and the lid (ceramic pot or Dutch oven) and place in the oven at 350 degrees until the mixture heats through. I put these in at 10:30 or 11:00 a.m. and we ate at 1:00 p.m. They were bubbling when I took them out. When I had these beans at another function....they had cut strips of peppers (red and green) and added them as well. I'm having problems digesting green peppers these days so left them out.

Milo Free Public Library News

By Judith Macdougall

Last week we had learned about the Bendable Figures Recall shortly before I sent my column into Val's e-mail. So far we have not received any of the bendable cat and dog figures back into the library. We hope parents have become aware of this recall. . Please mention the Highsmith recall to parents of young children of your acquaintance. We have spoken to several who have come into the library, but have had no figures returned. Perhaps the children no longer have them. For those of you who do not know what we are talking about, I will explain. During the summer reading program the Milo Free Public Library gave out bendable dog and cat figures as reading incentives. On August 11 the library got word that Highsmith, the company that provided the figures to the libraries had had them tested and discovered that the lead content in these figures was higher than allowed. The company issued a recall that all the figures should be returned to the library. Although some sources have suggested that parents simply throw these toys away, Andrew E. Smith, State Toxicologist, has suggested that they be returned to the library in order that the effectiveness of the recall can be evaluated. Please return any cat and dog bendable figures your family might have received and inform any other parents you know.

We were sorry to learn that our 15 year old library volunteer, Brittany Armour, is having knee trouble and has been required to spend several weeks with complete bed rest. We are sorry that she is finishing her summer vacation in this fashion. She is way too young to have knee problems. Brittany, we miss you.

During this last week the Milo Free Public Library has partnered with the Maine State Library and has also joined TechAtlas. This past week we have been working on technology information as requested. Filling out the needed material online was time consuming and took both Pam (typing) and myself (reading instructions) to complete the forms. It is amazing how complicated these forms can become! I wonder what they'll want next.

On a positive note, here are some new books.

Philbrick, Nathaniel	NF MAYFLOWER (A story of courage, community and war)
Brown, Sandra	RICOCHET
King, Laurie R.	THE BEEKEEPER'S APPRENTICE

This book was given in memory of Ruth Hamlin Stairs by Beth Zaccaro and family

A donation made by Ethelyn Doane is THE FALSE INSPECTOR DEW by Peter Lovesy.

We have POSTERS from the summer reading program and hope their artists will come in to claim them. For those members who were unable to attend the party, we still have reading certificates for them and also gifts of reading bracelets and zipper pulls. Please come in to obtain your prizes.

**Please note: the Library will be closed on
SEPTEMBER 4
In Observance of LABOR DAY**

**Library Summer Hours
Mon.-Weds.-Fri.---2:00-8:00
Telephone 943-2612**

These Brownville Elementary Students were part of a school float during "Brownville Days". L-R Leah Word, Jessica Clement, Tiana Herbest, Gage McLaughlin, Jake McSwine, Trevor Lyford and Zach Slagle. The kids were really enjoying the parade.



M.S.A.D. #41 SCHOOL LUNCH MENU AUGUST-SEPTEMBER 2006

28-Juice, bacon/egg/cheese biscuit, and hash brown with fruit and milk every day.
29-Chicken nuggets, mashed potato, peas, and dinner roll.
30-Turkey club sand., cole slaw, and birthday cake.
31-Fishburger, oven fries, and hot carrots.
1-Pizza and garden salad.
4-LABOR DAY
5-Chicken burger, broccoli, and rice pilaf.
6-Spaghetti/meat sauce, cucumber slices, and garlic roll.
7-B.L.T. sandwich, cheesestick, and vitamin sticks.
8-Ravioli, cucumber/lettuce mix, oatmeal roll, apple crisp.
11-Ckicken fajita wrap and stir fry vegetable.
12-Chop suey, three bean salad, and dinner roll.
13-Turkey/gravy, mashed potato, creamed corn, slice of bread, and brownie.
14-Yogurt tray, salad, and maple roll.
15-Bread sticks, cheese/sauce, green beans, and fruited Jell-O®.
18-Cheese burger, mashed potato, and California blend vegetable
19-Egg salad sandwich and celery sticks.
20-Shepherd's pie, squash, and dinner roll.
21-Pizza and corn cobbetts.
22-Juice, chicken & rice burrito, lettuce/tomato, and chocolate pudding/topping.
25-Steak-um, scallop potato, and mixed vegetable.
26-Italian sandwich and carrots/dip.
27-Macaroni/cheese, baked ham, spinach, and wheat roll.
28-Taco, lettuce/tomato, potato wedge, and cookie.
29-Pigs-in-a-blanket, baked beans, cole slaw, and icy juicy.

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

K THROUGH 5 LUNCH - \$1.25 BREAKFAST - 75¢

6 THROUGH 12 LUNCH - \$1.50 BREAKFAST - 75¢

ADULT LUNCH - \$3.00

REDUCED LUNCH - 40¢ REDUCED BREAKFAST - 30¢

ALL RETURNED CHECKS WILL BE CHARGED A \$10.00

FEE

CURIOSITY SHOP NOTES

I sometimes tend to identify people younger than myself as young fellows or young women. So, I need to clarify the information about the theft of our wheelbarrow. The young fellow who took it was probably between 22 and 30 years of age. He was taller than 5' 5", wore a baseball type cap backwards, had on a clean white t-shirt, and was smoking. He definitely was old enough to know better. Even so, thank you for the nice thoughts and kind words Val.

IN OTHER NEWS-We recently received in stock some very interesting collectibles; pottery, steins, pictures and other vintage items.

Please remember that our hours are changing to Tuesday thru Saturday from 10-3 as of September 4th. We will be closed on Sunday and Monday.

We also wonder if anyone would be interested in taking part in a writing or reading group sponsored by The Curiosity Shops. Drop in and let us know or call Victoria at 943-2400 or Monica at 943-3041.

BRAND NEW AT MAYO REGIONAL HOSPITAL

A son, Ashby Wendell Ziemer, to Jessica and Jerry Ziemer of Milo on August 15, 2006. Wt. 7 pounds 14 ounces.

MEMORIES

(Reprinted from *The Town Crier*, November 10, 1966)

DERBY MOTHERS' SERVICE CLUB

The Derby Mothers' Service Club held an all day meeting in the home of Mrs. Avis Spear on November 8.

Mail was acknowledged from Pvt. Leroy Curtis, Ft. Dix, New Jersey, Sgt. Arthur Brown, Vietnam, Gladys Ricker, Mass., and Mr. and Mrs. Robert Fletcher, Waterville.

Recently three new names were added to the club file, Leroy Curtis, Raymond MacDonald and Gerald Hoxie, this making a total of 187 boys on the Derby list; 42 of them in active service at this time.

Allan Paul DC1 was in town on leave visiting relatives over the weekend, he is stationed at Ft. Rodman, Mass. PFC James Decker is now assigned to Ft. Irwin, California along with WO Philip Gray.

Books today went to Douglas Smart, mission at sea, Lt. Col. Allan Jose and Sgt. Arthur Brown, Vietnam.

Flowers were sent to the funeral of Mrs. Pauline Fletcher. A letter of resolutions was sent to Mr. and Mrs. Robert Fletcher, Waterville.

Mrs. Avis Spear reported sending birthday gifts for the months of November and December to Timothy Morrill, James Carver and Edward Degerstrom.

The mystery prize went to Blanch Smart.

Dues are payable at the next meeting which will be November 22 at the home of Mrs. Alvina Cyr.

FROM GRAMMIE'S WEATHER DIARY - AUGUST-1990

21-Lt. frost sunny-44° at 5:10 am. 22 & 23-Foggy sunny. 24-Sunny. 25 & 26-Sunny hot, 100° at noon.

27-Sunny hot thunder showers in evening-94° at noon.

IN MEMORIAM

In Loving Memory of DAVID R. LEATHERS Dec. 27, 1960 - Aug. 13, 2005. Forever in our hearts and minds, we miss you. With love and many fond memories, Your family

ATTENTION KIWANIS MEMBERS AND GUEST:

We have an evening meeting on August 30, at The Junction. Choices for dinner are Chicken and dumplings and Meatloaf. Please let Chris know if you are planning to attend. Remember to bring an item (wrapped) for the auction. You will want a couple of clues for the item. Proceeds will go to the administrative fund.

We will be inducting our new members and honoring our honorary members.

Contact Chris by Thursday if you plan on attending.

**There are Kiwanis birthday calendars available
for sale for \$5.00 each.**

Contact Sheri Conley

at

943-5031.

