



Three Rivers News



<http://news.trcmaine.org/>

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

LIVE SIMPLY-LOVE GENEROUSLY CARE DEEPLY-SPEAK KINDLY

Monday, Aug. 18, 2008 Volume 7 Number 41

Our town hall is more accessible thanks to the addition of a brand-spanking new ramp. The amazingly well-crafted addition was installed at the wonderfully low cost of \$1500 thanks to the labor being provided free of



charge by Mountain View Correctional Facility (the former Charleston Correction Center). Jeff and the select people are to be commended for arranging the project, and we sure thank the folks at Mountain View .

Speaking of the Milo Town Hall (How's that for a sequel?), I am getting so excited about the Comedy Show on the 31st of August. I received this message from Travis Cowing;

Dear Fans of Travis Cowing-

I'm coming "home" on August 31st (Sunday before Labor Day) for a big comedy show.

This time I am bringing a couple of special guests including Ryan Waning and

as the headliner Mr. George Hamm. George opens for Bob Marley all the time and he is just getting back from LA (no, not LaGrange).

He has performed all over the country and the world - you're in for a treat.

Tickets are \$12 per person, and \$20 per couple.

Show starts at 8 PM and the Town Hall will be open at 7PM. See everyone there-Travis.

To the Children and Parents at Brownville Elementary,

Recently, I made the very difficult decision to leave Brownville Elementary. It wasn't something I thought I'd ever do at this point in my career, and certainly not when I left school in June. However, the opportunity to try something new and challenging opened up in just the last couple weeks, and I'll now be the teaching principal in Lagrange.

It's hard to know what to say except thank you for your support over the years. The parents, townspeople, and businesses

have always stepped up when it's been for the kids. It's such a terrific school with wonderful children and a great staff.

I look forward to meeting the people of Lagrange and can only hope to have the same kind of support. Thanks again. Sincerely, Lynn Weston



Ladies of the Lake Red Hatters just love to go out for lunch and have a great time doing it. On Tuesday the monthly gathering was held at Elaine's. Even a few of the locals got caught up in the "festivities:" Y'All Come Back Next Year... Won'tcha!

STATEMENT OF POLICY

Three River News is published weekly by Three Rivers Kiwanis. It is available Mondays at the General Store and More, 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, Elaine's Café 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 Willinski, 10 Belmont St. Milo, Maine 04463, e-mailed to nancy2310@roadrunner.com 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. 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 Willinski Virgil Valente Kirby
Robertson

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!

PVHS Reunion

The Penquis Valley Alumni Association held its 3rd meeting on August 9. The turnout was small but enthusiastic. We even had two graduates attend from Kansas and Georgia; Donna Pender and Charmaine Fontaine. The classes of '78 and '88 were well represented as they were having reunions all weekend celebrating their 20th and 30th years since graduating. Gerry Demers was elected President. Seth Barden, Vice President. Julie Andrews - Secretary and Lynn Gerrish Treasurer.

Saturday night there was a very large crowd attending the Aerosmith Tribute Band concert at "The Junction". There were some glitches in gathering individual classes together but this was our first attempt at a whole school alumni activity so we'll try and correct things before next time. But the concert was great and it was certainly a party atmosphere. Everyone seemed to be have a good time. Although the class of '98 wasn't having their official reunion there was a large group there following the wedding of their classmate Derek Perkins the night before.

If you're a graduate we'd like to have you contact Lynn Gerrish to pay your \$10/year dues. Please include your email address so we can get up to date information. For more information click on the "Alumni" link on www.trcmaine.org. To send information for the next newsletter contact Seth Barden

at pvhs@trcmaine.org. Let us know what's going on with you.

Greetings from a new cub scout pack in Brownville Junction.

Pack 112 would like to share some news and pictures with you!

Pack 112 has been busy over the last couple of weeks.

We started with a bottle drive on July 27th, where the boys brought in over 3000 bottles. We would like to thank Brownville Junction and other's that donated bottles to us from Milo for all your support with that bottle drive! We would also like to thank Steve, Michelle, and Ron for all there help counting all those bottles at the General Store and More!

The next event we did was a rather dirty job...but we all had fun doing it just the same. We got lots of support from The Belvin's for our community service event...and learning about "Leave No Trace." We did a trash/bottle pick up and at times sorting bottles from the trash at the Junction Store on August 10th, after a weekend of excellent festivities. To our very great surprise The Junction Store donated all those bottles and cans to Pack 112 totaling 1900 bottles. Thanks Mr. Belvin! Once again Steve and Ron at the General Store and More were right there counting. Thanks again!

The boys present for this event were Cory Oulette (Tiger), Andrew Gallant (Bear), and Hunter Harrison (Bear). Nice Job Boys!

Thank You!!

Bill Gallant Cubmaster Pack 112

Enclosed are some pictures taken at the clean up event.

Picture 1: Andrew Gallant and Hunter Harrison



Picture 2: Left to right: Crystal Gallant (Bear Leader) Courtney Brown (Committee Chair) Andrew Gallant and Cory Oullette.
 Picture 3: Andrew Gallant and Corey Oullette



Welcome Nealie!!

Carly Jean Morey is excited to announce the birth of her baby sister, Nealie Jacqueline. Nealie was born at the Birthplace at Mercy Hospital in Portland on July 8, 2008 at 12:22 p.m. She weighed 7 pounds and 14 ounces and measured 21 inches long. Proud parents are Ben and Jill Morey of Windham. She is the granddaughter of Robert and Norma Morey of Milo and Wally and Nancy Russell of Brownville. Great-grandparents are Charles Russell and

James and Shirley Fletcher, all of Milo, and Jacky Brann of Dexter.

REUNIONS & AEROSMITH

What a day and night!

Despite a slight shower in the afternoon on August 19th, the class reunions went off without a hitch. As many as 30 classmates showed up for the class of '78. Some traveled from as far away as Arizona and Kansas.

Hamburgers and hot dogs were provided to accompany the dishes and extras brought by everyone. Food, stories, hugs and some laughs were shared by all.

We were entertained in the evening by the Aerosmith at



The Junction. It was great to see everyone having a good time.

Many thanks to the Belvin's for allowing us to have our reunion at their camp grounds and to Kelley and Robin for keeping our class of 1978 in touch with each other; we appreciate all you have done.

Pictured – Kneeling: Jamie Russell, Allen Monroe, Beth Zimmerman, Janet Smith, Robin Lyford, Susan Robinson and Darlene Thibodeau.

2nd row: Randy Burton, Tracey McPheters, Kelley Carroll, Tina Graves, Janet Grant, Danny Towne, Annette Caron, Donna Hall, Mark Ekholm and Kathy Averill.

Back row: Brent Bailey, Richard Grant and Jeff Larson.

Absent when the photo was taken: Tanya Bragdon, Sherry Mullens, Ken Shorey, Karen Belvin, Chuck Larson, Dennis Marshall, Cindy Jay, Vinnie Slaigle and Jeff Durant.

GRAMMIE'S WEATHER

AUGUST 1969

18-Rain clearing in evening.

19-Foggy am Rain windy-70 at 7 am.

20 & 21-Sunny windy & cool-60 at 7:50 pm.

22-Mostly sunny & windy-46 at 6:15 am.

23 & 24-Sunny & warm.

GET READY FOR BACK-TO-SCHOOL AT SPLIT ENDS SALON & DAY SPA

For the month of August get 10% off any chemical service. Students don't forget to schedule your back to school haircuts and as always:

WALK-INS ARE WELCOME!

Please call 943-2500.

WHAT'S UP DOC?

By: Dr. Kevin Chasse



Q: I have been lifting weights. I'm noticing that I am building muscle, also feeling more fit. Will stretching lengthen my muscles? I am really looking to get bulked up! Should I stretch or not?

A: Yes you should stretch!

Doing so before you lift weights will help prevent and/or limit the possibility of hurting yourself. Stretching between workouts will help minimize being tight and limiting movement. Stretching will also increase muscle definition and tone, making your muscles look more healthy and defined.

I hope that answers your questions!

Dr. K

drchasse@verizon.net

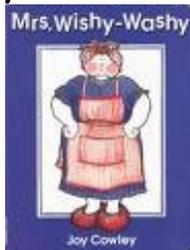
Milo Free Public Library News

By Judith D. Macdougall

Last Saturday was our big book sale. We had had so many books donated to us that we were glad that the date for the library sale had finally come around. We had not seen some of our basement floor for months (we don't have a lot of space). On Friday the 8th at 9:00a.m. a crew headed by Kathryn Witham and myself gathered at the library to supervise the move of the many books to the town hall dining room where the sale was to take place. JSI, the store furniture factory, had loaned us a large 2 shelved rolling table. What a great idea! It held 6-8 boxes of books. Then Carroll Witham, Paul Bradeen, Frank Cochrane or Allen Monroe pushed it up the hill to the town hall. Up the ramp it went and right into the dining room where a crew consisting of Sheilah Bissell, Gwen Bradeen, Joanne DeWitt, Carolyn Dillon, Victoria Eastman, Dearle Flint and Debbie Page were unloading the books and setting them out on the tables. Key Club members Hanna Backus, Jessie and Josh Clement, and Camille Cramer scurried back and forth from the library to the dining room carrying bags of donated books. It's good to be young.

By the time Kathryn and I got to the dining room, half the books were set out. With so much help soon everything was set up. I came back later to check on a missing clipboard and discovered 6-8 bags of books had been dropped in the room since we left. Were we ever going to get to the end of setting the books out?

Saturday morning Kathryn and I were there early and soon followed by Gwen Bradeen, Joanne DeWitt, and Dearle Flint. We set out more books, organized a bit and were ready for business. Our hours were 9:00-2:00 and by 9:00 we were



busy. Customers were fairly steady all morning. We agreed to bargains, put lower prices on some sets when folks seemed interested, and had a busy productive day. Even during the sale, folks brought in donations of books but, thankfully, they bought more than they brought. By the end of the day we had sold a lot of books, but still had many books left. We set aside a box of very good non-fiction that we thought would be useful to the Swan's Island Library that was burned out a few weeks ago, Victoria Eastman took all our paperbacks and Kathryn and I disposed of the rest which were mainly Reader's Digest Condensed Books. These latter just do not sell. We were pleased to make \$328 for the library, and we were happy to have a lot of good books go to new homes. We thank everyone who donated books to our sale. Thank you very much.

On Wednesday, August 13 the last Story Time of our Catch The Reading Bug summer reading program took place. Deborah Walker, a Kindergarten teacher, read to 9 children. She had borrowed several brand new very large picture books from the Milo Elementary School. The children enjoyed the reading very much, especially the Mrs. Wishy Washy series by Joy Cowley. The very large books enabled the reader to show the illustrations to all the children easily. Debbie also led the children in singing and dancing to the music of some insect songs.

This was the last Story Time as our summer reading program ended on Friday, August 15. Eight weeks have gone so fast, and summer is nearly over.

The Library will be closed on
MONDAY, SEPTEMBER 1ST

Library Summer Hours
Mon.-Weds.-Fri. ---2:00-8:00

The Library Will Be Open On Saturdays
After Labor Day
Starting September 6th





Brownville Community Church has an Old Home Weekend annually. Shown is the woman who won the \$104.00 50/50 raffle prize.



Of Brownville Days supplied by Karen Clark. To see dozens more, go to www.trcmaine.org and check out the photo album.

Here are some candid shots

Note of thanks:

We feel blessed and truly humbled by all of the well wishes, generous donations, and volunteers that helped make the benefit BBQ such a success last weekend. We are so thankful to be part of such a caring community. You all certainly showed what neighbors helping neighbors is all about!!

We would also like to thank the Belvin's for allowing us to have this event at the Junction. Their kindness and generosity towards our family members as they set up for the event was above and beyond what we had hoped for.

Thank you for the laughs and wonderful memories that will be with us forever. From the bottom of our hearts we wish to say Thank You and God Bless you!!

Raymond and Patricia Stanhope

TRC Community Calendar

Visit <http://calendar.trcmaine.org/> for a full listing.

Monday, August 18

9:00a Monday Morning Quilters
11:45a Meals for ME
7:00p Alcoholics Anonymous
7:00p Sebec Selectmen
7:30p Pleasant River Lodge #163

Tuesday, August 19

9:00a Womancare Outreach
11:30a Mt. Katahdin Senior Citizens
5:30p Line Dancing
6:30p Support Our American Recruits
6:30p Post #92 Bingo
7:00p United Methodist Women
7:00p Sebec Village Associates

Wednesday, August 20

6:30a Three Rivers Kiwanis
9:00a D-F: VA Service Officer
9:00a Milo: Career Center
10:00a Church Thrift Shop
12:30a Milo - VA Service Officer
6:00p Sons of Post #41
6:00p Wednesday Night Quilters
6:00p Men's League Soccer
6:30p Boy Scout Troop #115
7:00p Overeaters Anonymous

Thursday, August 21

11:45a Meals for ME
4:30p Tae Kwon Do Class
6:00p Boy Scout Troop #112
6:00p Brownville Snowmobile Club
6:30p Line Dancing
6:30p BJHS Card Party
7:00p Milo Historical Society Meeting

Friday, August 22

9:00a Milo: Annual JSI Golf Tournament
9:00a Milo: Career Center
11:45a Meals for ME
6:15p Post #41 Bingo

Saturday, August 23

12:00p PVHS Class of '98 Reunion
6:00p Adult Co-Ed Soccer

Sunday, August 24

2:30p Tiny Tigers Tae Kwon Do
6:00p Alcoholics Anonymous
6:00p Scrapbooking
6:00p Men's League Soccer
7:30p Alcoholics Anonymous

Stuff

BOX SPRING, MATTRESS AND BUREAU
I am looking for a twin size box spring and mattress or a good futon w/mattress. I am also looking for a bureau in good shape. Contact: Brenda rosecreekgal@hotmail.com

Dear Readers-From this week on the *Three Rivers News* circulation day will be moved from Monday to Tuesday!!

Quick PAWS update!! We had 4 adoptions this week! Yay!! The best part is the 4 adoptions were 2 pairs of kitties going to 2 homes!! We love it when that happens!!



REFLECTIONS FROM THE CAMPAIGN TRAIL

Sue Mackey Andrews,
Candidate for Senate District #27

Thanks to everyone in Brownville and Brownville Junction for a great parade day on Saturday! We had a fun time at the breakfast, marching in the parade and afterward, greeting folks at the Piscataquis County Democratic Booth. *Thanks for the warm welcome!*

Many people are worried about the coming winter and their ability to stay warm while still paying for food and medications. This week's column provides information about a variety of energy resources – everything from tips to buttoning up your home for tighter energy conservation, to assistance programs for low and middle-income individuals covering a range of energy needs. Lower income households may qualify for heating assistance and energy improvements at no cost. Moderate-income households may qualify for low cost energy loans.

The demand for all kinds of assistance will be likely be far more than in previous years; please read this carefully and make the appropriate contacts just as soon as you can.

If you (or someone you know) cannot afford to heat your home, pay electric bills, or would benefit from energy improvements such as new insulation, a new heating system, or energy efficient appliances, help may be available from the **MaineHousing Authority** programs.

- Moderate-income households may qualify for low cost energy loans.
- Lower income households may qualify for heating assistance and energy improvements at no cost.
- Moderate-income households may qualify for low cost energy loans.

Maine State Housing Authority
353 Water Street,
Augusta, Maine 04330
Phone: (800) 452-4668,
Web site: www.mainehousing.org

Much more specific information on these opportunities can be found at:
<http://www.mainehousing.org/PROGRAMSHelp.aspx?ProgramID=32>

You can also get information on these loans by calling or visiting your local Camden National Bank office.

Additionally, lower income households may qualify for heating assistance and energy improvements at no cost.

- *The program that most Mainers are familiar with is called **LIHEAP** - The Low-Income Home Energy Assistance Program – which provides money to help low-income homeowners and renters pay for **heating costs**. Sources of heat may include fuel oil, propane, wood or pellets.*
- *If you receive residential **electric service** from an electric utility and you are not living in government subsidized housing, you may be eligible for assistance with your electric bills from your electric utility's [Low Income Assistance Plan \(LIAP\)](#).*
- *If you pay your own electric bill, you may be eligible for a new, energy-efficient refrigerator from MaineHousing's [Appliance Replacement Program](#).*
- *If your home is not as energy efficient as it could be, you may qualify for home weatherization improvements through MaineHousing's [Weatherization Program](#).*
- *If your heating system is in need of repair or replacement, you may qualify for the [Central Heating Improvement Program \(CHIP\)](#).*

You can ask about each of these MaineHousing programs by calling your local Community Action Program (CAP). When you apply for LIHEAP, you are automatically considered for the other programs.

<p>Penquis Community Action Program Penobscot, Piscataquis and Knox Counties 50 North Street Dover-Foxcroft, Maine 04426 Phone (207) 564-7116 Web site: www.penquis.org</p>	<p>KVCAP - Kennebec Valley Community Action Program Kennebec and Somerset Counties</p> <p>26 Mary St. Skowhegan, Maine 04976-9700 Phone 1-800-542-8227 Web site: www.kvcap.org</p>
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The Community Action Programs offer a wide range of programs to both low and moderate income households. They offer energy assistance programs, assistance with paying heating and utility bills, as well as transportation services.

If you are unable to leave your home to complete an application for these programs, an appointment will be made to visit you at your home.

Efficiency Maine

Efficiency Maine/Public Utilities Comm.
242 State Street,
Augusta, Maine 04333
Phone: (866) 376-2463
Web site: www.efficiencymaine.com

Efficiency Maine is a statewide effort to promote the more efficient use of electricity, help Maine residents and businesses reduce energy costs, and improve Maine's environment.

Governor's Office of Energy Independence and Security

Location: Maine State Planning Office
Phone: (207) 287-3292
Web site: www.maineenergyinfo.com

MaineEnergyInfo.com is a cooperative project of nine (9) State agencies to provide easy access to Maine energy information. This site provides links to Maine energy information located on dozens of State, federal, and industry websites.

USDA Rural Development

967 Illinois Avenue, Suite 4
Bangor, Maine 04402
Phone (207) 990-9160
Web site: www.rurdev.usda.gov/me

Section 502 and Section 504 Repair and Rehabilitation Loans can help qualifying Maine people update inefficient heating systems, windows, doors, etc.

In some cases, **other community resources** may be available to help.

• **211Maine** - 2-1-1 is an easy to remember telephone number that connects people in need with the community resources available to help meet those needs. The offers an on-line searchable database of community resources available in Maine.

- **General Assistance** - is a program that provides funds for basic living expenses for those who cannot afford them. Applicants are required to verify income and living expenses. Contact your local town office for further information. Your local town office may also be aware of other available funds in your own community.
- **Other** - Contact charitable or faith based organizations in your area for other possible assistance.

Penquis Community Action Program

*Penobscot, Piscataquis and
Knox Counties*
50 North Street
Dover-Foxcroft, Maine 04426
Phone (207) 564-7116
Web site: www.penquis.org

What Can Each of Us DO?

Communities are encouraged to set up "Neighbor to Neighbor" programs – where residents take responsibility for checking in (by phone or in person) with some senior neighbors, or individuals with disabilities, or those with other needs. This check-in can help to make sure that people are safe, warm and have enough to eat.

Work within your community to create WARMING ROOMS this winter – places where seniors and others with limited resources can go during the day for a warm meal, perhaps an educational program offered by a local organization, some social time with neighbors, or hobbies and crafts. *Everyone has a stake in this – law enforcement, town officials, churches, schools, community and civic groups and non-profit organizations, hospitals and health care providers, businesses ...*

Getting About and Around Rural Maine

Transportation to a variety of services and social activities, including Warming Rooms, may be arranged through volunteer drivers as well as the transportation services offered through your local CAP. *These transportation services are a link between people, resources and services, that sustain and improves lives by creating partnerships in local communities and are **NOT** limited to low income individuals.* In addition to a schedule of trips for medical, social service and life needs, individualized appointments can be made as well – all transportation requires a two-working-day advance notice. **If you are not low income, you can still use these services by paying a very reasonable fee.**

LYNX in Penobscot and Piscataquis Counties (207) 873-3695 Toll Free: 1-866-853-5969	KVCAP in Somerset County Waterville: (207) 877-5677 Skowhegan: (207) 474-8487 Toll Free: 1-800-542-8227
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Consider preparing a little bit extra for the family dinner and share this with your neighbor. Seniors are sometimes reluctant to prepare a meal for just themselves and, consequently, often do not eat regularly or well. This puts them at more risk, especially in extremely hot or cold weather.

Or, better still – invite them over for a meal and good conversation!

Energy saving tips for every home/business:

- Properly MAINTAIN your heating system. Have it cleaned annually and replace furnace filters once a month during the heating season, or as needed.
- CHECK the manufacturer’s label before insulating your water heater.
- CLEAN warm-air registers, baseboard heaters, and radiators as needed. Make sure furniture, carpeting or drapes don’t block them.
- Seal OFF unused fireplaces.
- REPLACE standard incandescent light bulbs with compact fluorescent light bulbs (CFLs) and save 75% of lighting costs.
- Washing and rinsing your clothes in COLD WATER can save \$50 a year. Your laundry detergent, not the water temperature, cleans your clothes.
- Turn OFF your lights when you aren’t in the room.
- REDUCE the thermostat setting when everyone is asleep or away from home. Consider installing a programmable thermostat.
- COVER your pans when cooking to reduce cooking time and the amount of heat needed. A lower setting can save you \$15 a year.
- Turn OFF your oven five minutes before you’re done baking to take advantage of built-up heat.
- CLEAN AND DUST the bottom and back of your refrigerator once a year. It will run more efficiently.
- UNPLUG electronics, battery chargers and other equipment when not in use. Taken together, these small items can use as much power as your refrigerator.
- Turn your water heater DOWN to 120° or the “Normal” setting when home, and to the lowest setting when you are away.
- Keep COOL by keeping windows and doors shut and closing the shades during the day.
- Run your dishwasher and clothes dryer only when FULLY LOADED.
- Make SURE that your dryer’s outside vent is clear and clean the lint filter after every load. (This is also a fire safety tip!)
- CHECK for air leaks around windows, doors, electrical boxes, plumbing fixtures, electrical outlets, ceiling fixtures, attic hatches and other locations where there is a possible air path to the outside. If you can locate an air leak, it may need caulking, sealing or weather stripping.



Getting everyone through this coming winter safely will mean working together, supporting one another, and looking out for each other. This is the essence of community.

What topic should I write about next? I’d like to hear from you with *your* ideas! You can call me at 564-8245, or e-mail me at Sue4SenateDist27@aol.com

In the meantime, enjoy the wonderful veggies and fruits from our local farmers, the Piscataquis County Fair and the return to public school!

My best,
Sue

Sue Mackey Andrews
Candidate for Maine Senate District #27

web site: www.Sue4SenateDist27.com