



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

LIVE SIMPLY-LOVE GENEROUSLY CARE DEEPLY-SPEAK KINDLY

Tuesday, Sept 16, 2008 Volume 7 Number 45



Hope From The Ashes

By VALERIE ROBERTSON

[HTTP://WWW.YOUTUBE.COM:80/USER/ELLA882K6](http://www.youtube.com:80/user/ELLA882k6)
[HTTP://WWW.TRCMAINE.ORG/PHOTOS/THUMBNAILS.PHP?ALBUM=49](http://www.trcmaine.org/photos/thumbnails.php?album=49)

Saturday night at Hobnobbers Pub was phenomenal. We fed dozens of happy customers and our kitchen and wait staff was absolutely giddy at the end of the night. We dispersed around 9PM and were all excited to start a new day on Sunday the 14th. What Sunday actually brought was devastation and horror, and in the end thankfulness and hope.

At 3:45 am on Sunday, Kirby and I were awakened by a phone call from my brother Joel.

"The restaurant is on fire!" he screamed!

I hung up the phone, threw on clothes and as I started to leave turned to Kirby and cried "Shawn..is Shawn out?"

"I don't know," Kirby answered.

The next 10 minutes are a blur and cause nausea when I replay them in my head. I had opened Hobnobbers Pub with the help of my good friend Shawn Gray, who had moved back to Milo to help me and to be closer to his family. Shawn's dad is having surgery and Shawn wanted to be here for his Mom. Shawn was living in the apartment above the burning restaurant.

I jumped in my van and somehow made it downtown. When I passed Dr Arnold's offices at the old Milo Community Hospital building the view caused me to begin sobbing. The darkness had become light and I could see flames shooting from the upstairs windows of my building. It was an inferno. If Shawn was sleeping in his apartment there would be no way to get him out.

I vaguely recall stopping my van in the middle of the street on the bridge before Harmon's gas station, jumping out

and screaming...what I was screaming I don't recall. I turned and saw two people in uniforms and yelled "There's someone in there! Shawn lives upstairs!"

"He's right over there" replied the paramedic.

I glanced to my left and there was Shawn!

My knees buckled and I stumbled myself to him, grabbed him, hugged him and hugged him again!

"Are you OK?"

"Yes, he cried," I tried to put it out and....!"

"But you're OK ? ?" I interrupted.

"I'm OK but...."

"Are you really here?" I cried and then I slapped myself as hard as I could across my face. I was so afraid I was imagining the whole scene and that he was still in the fully engulfed building.

"I'm OK" he said for the third time and I fell to the pavement in relief. Shawn was OK.

"What about the Robshaws? Are they out?"

"Yes he answered. They are all up the street on the lawn of the Library."

"What about Sparkle, their dog?"

"He's there too."

From that point on the worst moments of my life stopped and I felt such relief that everyone was OK that the rest of the events were tolerable. Taken in perspective, a building is nothing. People and animals are important. Lumber and furniture are nothing.

As the next few hours passed a town stood and watched their history and heritage succumb to flames. At each beginning of a new building it would seem that the firefighters had control of the flames, but an orange glow would appear in an upper window and soon the whole upper level would be involved. First it went into The Milo Flower Shop, then, even more tragically, the Game Room. This was the home and livelihood of a couple with 5 children.

The fire spread rapidly to the old Milo Theater. Old dry lumber and clutter and debris in the former movie house burned with a new-found intensity. Next in line was Milo True Value, with its shelves of paints, chemicals and bullets. The firefighters worked fervently, even going onto the True Value roof to chop holes and try to get extra water to the base of the fire. It was at this point I became sick with fear. I was petrified that they would be killed. At the point the fire entered the True Value building I turned and ran down Elm Street towards The Milo Exxon. In front of Pokrywka's house I saw Mary Jean and stopped. I told her I couldn't watch anymore. It was daytime I noticed and I also noticed I was freezing cold.

Mary Jean asked me if I was cold and I told her I was. She said "let's go inside and have some coffee."

It was warm and smelled of coffee inside her cozy dining room, a huge contrast to the smoky scene I had left. We talked, sipped coffee and I warmed up. I realized that I was cold because I had left the heat of the fire. The fire was so huge and so intense that its heat was warming downtown.

I got my courage up and headed back to the horror. By then True Value was fully engulfed and the huge, oily black cloud of smoke rising from behind the store front was incomprehensible. Thankfully all the firemen were either on the ground on extension ladders. As I neared the corner of main Street by the Head Shop, I was told Chief Poulin was looking for me. I found him within minutes and he told me to come with him, that there were some items he wanted me to

identify. Along the way we ran into Shawn and I asked him to come with us. We proceeded a ways down Water Street and what happened from there on in has to be kept from the public until the case is finished. I do have to tell you that the true story of what transpired from 2-3AM during the early morning hours of September 14th is infinitely more interesting and bazaar than the idiotic stories people are fabricating. From bean pots, to pot that is smoked to drug factories the rumors abound. But believe me, the truth is a far better story.

So as Milo reels from the loss of our historical buildings and businesses we have to keep things in perspective. We made it through this catastrophe with no injuries or loss of life. In the remains of the buildings we have an ugly reminder of the night Milo burned. But we are also reminded that we have all of our residents alive and well, and we can remember the dedication and determination of the firefighters who worked so hard to save our Main Street. As we move forward, we'll do it with pride and hope. Milo may be down, but we are definitely not out!!

The links at the beginning of this story are videos and photos.. Thanks to all who sent pictures!

Donations will be accepted on behalf of those displaced by the fire at the Milo town office. Items have poured in so that basically what is needed by the Robshaw family, House of Pizza tenants and Shawn is money. They all have nothing so rebuilding their lives will take time and they are going to need to buy personal items and replace necessities. Thanks in advance for the help you will give.

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!

AREA SCHOOL NEWS

Key Club with Camille

By Camille Cramer

Hey there! Its the Penquis Valley Key Club again just updating you on what we've been up to. We just had our second meeting this past Thursday, Sept. 11, 2008. Every Thursday we meet in room 13 of the High School, at 11:45. The officers of the Key Club include, Josh Clement - President, Katy Karona - Vice President, Camille Cramer - Secretary, Hanna Backus - Treasurer, Paige McGuinness - Historian, Kelsey Ottmann - Bulletin Board Editor, Katie Joyner-Robertson and Val Robertson as advisors.

During our meeting we touched on events such as providing childcare at the Brownville PTO meetings, blood drives, and Walk to End Domestic Violence. We are happy to say that this past Monday, September 8, four of our Key Club members were able to provide childcare at the Brownville meetings, and that this upcoming Monday, four more memebers will be going also.

We just recieved confirmation from the Red Cross that our Key Club blood drives will be happening during the month of November. Official dates haven't been set, but we will sure to get them out as soon as possible.

Walk to End Domestic Violence is a fund raiser with the purpose of fighting against domestic violence in surrounding communities. The walk will be held at Guilford Middle School on October 4th. Registration begins at 8:00 a.m., and there will be a breakfast served in following for \$5.00. Last year, the Builders Club, which is the middle school subdivision of Key Club, was the group that had raised the most money for the event out of all others. This year 9 Key Clubs are proud to team up with the Builders Club, and try to raise even more money for such a great cause.

Penquis Valley Key Club is proud to support, serve and update our community every chance we get. After all, our motto is...Caring - our way of Life.

*Respectfully Submitted,
Camille Cramer*

PVHS Key Club Secretary

MILO'S TERRIFIC KIDS



Mrs. Carey - We are so proud of our Terrific Kid this week. He is a great listener, a great artist, a great worker, and a great

friend. It is really fun to work and play with this GREAT little guy! We are very lucky to have Dylan Shaw in our Kindergarten family.

Mrs. Walker - We are pleased in Kindergarten to honor this boy this week as our choice for TK. He is new to our school and is adjusting very well. He is learning to push in his chair, use indoor walking feet, and learning to stand quietly in a line. He loves to sing and is becoming a great role model for his new friends to watch. His has the best manners and is very polite at all times. He always remembers to raise his hand first before he speaks. Way to go and CONGRATULATIONS TK Christian Lyford. WE ARE PROUD OF YOU.

Mrs. Hayes - We have a special girl and a special boy again this year.

Our special boy is a great listener. He sits up front at story time and listens so nicely. He works very hard on his daily jobs. He is a great friend. We love having Ryan Golden in our classroom.

Our special girl is cooperating. We have seen a change in her behavior and work habits. She is working hard to get her work done on time. Her work is neat and she makes very nice pictures. She enjoys her friends and we enjoy having Courtney Rouleau in our classroom.

Mrs. Barden - Our terrific kid is a sweet little girl. She comes to school with a smile every day. She is practicing her reading and writing skills. Everyone wants to be her friend. Congratulations to Shelby Lancour!!!!

Mrs. Tardiff & Mrs. Hussey - This young man is a hard worker, willing helper, and active listener. He is a good friend to his classmates and we are happy to have him in our class! Congratulations Kaden Robinson!!

This young boy has been a wonderful student. He is trying very hard to use his best writing and make good choices. He is setting a good example for the first graders. Congratulations Micah Barry.

Mrs. Bessey - Our terrific kid has really shown us that a 3rd grader can be very responsible. Each and every morning he comes in with his planner signed, his homework done, and a wonderful smile on his face. He does his best in whatever he's asked to do and when he has a question he is very polite in asking it. He's very kind to everyone and plays well on the playground. It's a pleasure to have Austin Rancourt in our class.

Mrs. Mills - Our terrific kid this week is a wonderful young lady. She loves to volunteer for any job that needs to be done. She completes all her work on time. She has great manners and a wonderful attitude. I think it will be a great year for Hailey Reeves. Way to go!!

Mrs. Whitney - 4 Whitney's Terrific Kid is Clayton Preble. He has worked hard and been on task all week. Even when he went home sick, he got his make up work finished quickly and passed it in fast! Great job, Clayton!! Good example for others!

Ms. Patton - Ms. Patton's Terrific Kid this week is Alana Nickerson. Alana is always ready to volunteer and is a great listener during class. Every morning Alana walks through the classroom door with a smile on her face. She is a great friend and a pleasure to have in class.

Mrs. Gillis - Our girl this week is as sweet as a berry, Her work gets done promptly. She doesn't tarry, She was excited this week about gifts from Aruba, We enjoy the many drama voices of Zoe Berry. Congratulations, Zoe!

Mrs. Clukey -

THIS WEEK'S TK HAS MADE A SEEMINGLY EFFORTLESS TRANSITION FROM A VERY SMALL 4/5 CLASSROOM IN LAGRANGE SCHOOL TO A MUCH BIGGER 6 GRADE HERE AT MILO ELEMENTARY. SHE HAS EASILY MADE NEW FRIENDS AND IS KEEPING UP WITH HER STUDIES. SHE SHOWS RESPECT TO HER PEERS ALONG WITH THE STAFF HERE AT MILO ELEMENTARY. I CAN SEE WHY MS. K TALKED SO HIGHLY OF HER. WE ARE VERY LUCKY TO HAVE LINDSAY TURNER AS OUR TERRIFIC KID THIS WEEK.

Ms. Dixon-Wallace - DW6 Terrific Kid this week is Logan Robinson! Logan has been a great assent to DW6 over the past three weeks. Logan has to wait for the last bus, (so he has time at the end of each day), he always put this time to good use. Somedays he can be found working hard on his homework and other days he asks if he can help with things in the classroom. Logan is a wonderful student and a great example to his classmates and younger students. I am very happy to have Logan as this week's TK.

COOK SCHOOL NEWS

The Cook School family gathered around the flag pole for a special ceremony remembering the victims of the Sept 11th attacks on the United States. Fourth and fifth graders explained what happened that morning and also demonstrated how the flag is moved to half staff. Everyone joined together to sing, "Grand Old Flag," "God Bless the USA," and "America,



the Beautiful." The students did an exceptional job with their presentation. Their singing was beautiful and extremely moving to all those in attendance.



Autumn Merritt, Emma Nutting, and Ethan Neal were honored as Terrific Kids at our September 12 assembly.

Mrs. Nott: Autumn Merritt is my terrific kid this week. She has done a wonderful job with her morning routine and getting back into the routines of school. Autumn has been doing extra work with me this week and she is doing a great job. Keep up the good work Autumn!

rs. Johnston: Emma is new to our school this year but has adjusted well to the routine. She works hard on all of her assignments, and is always ready to do more when asked.

Miss K.: Ethan has had a wonderful beginning to the school year. He is trying very hard in all academic areas and has a great laugh. Ethan does a great job doing his homework and getting his Planner signed. Thanks for making me smile!

us Kids: Kaela Perry, Kelena Spencer, and Harmony Pierce

ivil Rights Team Award: Bree-Anna Badger For being friendly and helpful.

irthdays: Kelena Spencer 7

aught Being Good Bag Winners: Dakota H., Michael N., Mackayla H., Donnie, Kylee

Piscataquis Lodge Looks to the Future

The Masonic family in Milo have found the present Masonic Building impractical. In an effort to better serve the needs of the lodge and the community, the Trustees of Piscataquis Lodge # 44 have acquired a new facility on outer Park Street. This building is relatively new, has ground level access, is ADA compliant, and better able to host public functions.

Piscataquis Lodge # 44 was chartered in 1823 in Sebec with Moses Greenleaf, the state's first geographer, as its master and many of the leading pioneers of this locality as members. There followed a continual endeavor to acquire better facilities for the teaching of its philosophical and ethical principles, for social and fraternal gatherings and for serving as a center for community support. In 1855 the lodge moved to Milo where, according to tradition, it first met in a shed belonging to the excelsior mill. It was soon meeting in Temperance Hall (this may have been the same building as we know as the Militia Hall). In 1863, it purchased this hall and by 1872 was looking for new quarters. These were acquired seven years later when the lodge paid \$1,100 to Abel Chase thus obtaining the upper floor of the new Chase Hall. This substantial building was located across the street from the present Bailey Lumber Company store. When this building was dismantled the original ceiling of the lodge hall along with its symbols was discovered above a "drop ceiling" put in when the building served as a school. Piscataquis Lodge remained in Chase Hall until 1906 when its elected trustees bought the third floor along with the kitchen and dining room on the second floor of the new bank building on Main Street.

The members of the lodge and the Eastern Star have been actively engaged in fund raising activities for the purchase of their new fraternal home. Included in these activities have been a very successful yard sale, a booth at the Piscataquis Valley Fair, and sales of metal artwork created by the Dewitt Machine and Fabrication Company.

Plans call for an ongoing open house series, get acquainted public suppers and formal dedication ceremonies to take place later this winter. It is hoped that other Milo community organizations will also use the new facilities for meetings and public events.

Anyone wishing to make a memorial contribution to the new lodge building should contact

Gerald Carey, Treasure of the Trustees of Piscataquis lodge at 943-2608 .

BROWNVILLE'S TERRIFIC KIDS



K- Justice Dodge 1-Autumn Finkle 2-Dustin Baker 3-Chris Morton
4-Dillon Watters 5-Zena Baker 6-Danielle Brawn



Citizen of the Week Lebo Paynter

GRAMMIE'S WEATHER

September 1991

- 16-Rain Sunny & cloudy-52° at 6:30 am.
- 17-Fog sunny hot-89° at noon.
- 18-M. sunny-60° at 10 pm.
- 19-Rain-56° at 6:30 am.
- 20-Cloudy am some rain pm.
- 21 & 22-Frost sunny windy.

Housing

LOOKING FOR APARTMENT

looking for an apartment for my parents, who wants to relocate to Brownville area. you can contact me Contact: Roxanne Hilton roxyh_05@yahoo.com or 207.279.4015

Milo Free Public Library News

Judith D. Macdougall

This past week I read an exciting non-fiction book, Black Wave by John and Jean Silverwood. Many years ago I set a goal for myself about reading. I preferred to read fiction and found myself racing through many books both trash and treasures. I decided I had to set limits, and my goal was that for every 5 fiction I read , I would have to read one non-fiction. I became more choosy about the fiction I read because I had to pay for it by reading more non-fiction. One other goal I set for myself was to read from as many different

Dewey sections as I would not allow myself to read just biographies or the 900's (geography, adventure, travel or history). Thus over the years I have read an interesting variety of non-fiction. Black Wave was part of this goal.

It is the true story of a sea-going family and the wreck that ended their trip and changed their lives. A successful business man, John Silverwood and his wife Jean, both experienced sailors decided the time was right to give their four children (ages 3-14) a taste of the thrilling life on the high seas. It had been John's dream to make such a voyage, so they purchased a 55 foot catamaran sailboat, the *Emerald Jane*, and began a journey that kept them traveling for two years. Their four children were less than enthused, especially the two older ones who had to leave friends. The parents and children forged new bonds on the ship, but even though they sailed into Paradise family problems abounded too. The voyage ended catastrophically when they wrecked on coral reefs.

Both John and Jean wrote separate accounts for this story. Jean wrote about the voyage of the *Emerald Jane*, the places they visited, the people they met and the events that took place. She also spoke of waking with a nervous stomach almost daily. John wrote about the trip after the wreck from his personal point of view, but during his recuperation period, he had also studied the account of a similar wreck which took place in 1855, the *Julia Ann* . He related the details of that wreck which made an interesting contrast to their own misfortune. John's writing of the family's events was more informal, more relaxed and read easily. Jean's writing was more tense, and of family problems and worries.

I am not a sailor and have never sailed so choosing to take my family on a trip such as this would seem like quite a gamble. The family obviously had money to be able to buy a large boat and to take two years for travel. This family made wonderful friendships, saw exotic countries and had incredible adventures, but they were also involved with modern day pirates and completed their voyage with a terrifying calamity. However, I found the book very interesting , their adventures very exciting, and the description of their family life realistic. Both writers seemed to tell an honest story. It made for a good non-fiction book to have chosen to pay for being able to read 5 fiction books.

We received a juvenile preview box from Lookout Books last week. We chose 16 books to keep for our library. One set of 6 was of great interest. The series title was: How Can I Deal With---. The different subjects were: Bullying, Divorce, New Baby, Racism, Step Families, and When People Die. That several children in each book presented their fears and worries was what we really liked about these books. Suggestions and advice were given pertinent to each subject. The answers were quite practical and suggested eliciting help from peers, parents, teachers and other adults. These answers were not just lists, but showed real children presenting realistic problems and worries and receiving practical advice. We think these books might be valuable for children and adults with similar problems to talk over together.

Library Winter Hours Mon.-Weds.-Fri.---2:00-8:00
Saturday 2:00-4:00 Telephone 943-2612

NO-COST WOMEN'S HEALTH SCREENING DAY

The Maine Breast and Cervical Health Program is funding a no-cost women's health screening day in Dover-Foxcroft on Tuesday,

October 21st. This program provides free healthcare to women who are between the ages of 40-64, have little or limited health insurance and who meet certain income guidelines. These health screenings will include a mammogram, Pap test and clinical breast exam all held on the same day for women who sign up for the program. Women who are unable to attend this screening day are encouraged to call Penquis to enroll in the program, as women can sign-up for the program at any time and schedule their mammogram and exam at their convenience. Dover- Foxcroft Family Medicine, Mayo Regional Hospital and Penquis are participating Maine Breast and Cervical Health Program Providers. Pre-registration for the Screening Day is required, as appointments are limited. Please call Penquis at 1-800-215-4942 and ask for Maria Staples.

I am starting a genealogy project to give to my children and several generations of my grandfathers family came from Medford, Maine. My grandfather Leon E. Hopkins was born and raised in Lagrange. I live in Carmel outside Bangor and need to know how I would go about researching the birth & death certificates for these ancestors? Some of them are buried there as well. I notice you cover the surrounding areas as well. What about the town of Lagrange as well? Any direction you can point me in would be helpful.

Thank you
Wendy Lawler
(lawlwen477@verizon.net):

TRC Community Calendar

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

Monday, September 15

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, September 16

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, September 17

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

Thursday, September 18

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, September 19

9:00a Milo : Career Center
11:45a Meals for ME
12:00p Three Rivers Senior Citizens
6:15p Post #41 Bingo

Saturday, September 20

No Events Today.

Sunday, September 21

2:00p Brownville Historical Society Meeting
2:30p Tiny Tigers Tae Kwon Do
6:00p Alcoholics Anonymous
6:00p Scrapbooking
7:30p Alcoholics Anonymous

Card 45ers at Brownville Jct Alumni building this week surprised Bob and Nel Hamlin with cake and punch honoring their 65 years of marriage... September 4th was their actual anniversary date. The couple were married in Dyersburg, Tennessee (1943) shortly before Bob was deployed overseas during World War II:



Three Rivers Kiwanis, Milo - Brownville Minutes of Meeting Sept. 10, 2008

Fourteen members gathered for the weekly meeting at Sandee's Restaurant. Eben DeWitt led the Flag Salute and Ed Treworgy offered the Morning Prayer. President Val Robertson welcomed six members of Dover-Foxcroft Kiwanis along with Builders Club members Haley Durant, Haley Knowles, and Jessica Clement, Penquis Key Club members Josh Clement, Camille Cramer, and Stephanie Vashon, and new member applicant, Bonnie Hurley.

An interclub consisting of Ed & Ethelyn Treworgy, Joanne and Eben DeWitt, George Barton and Lois Trask accompanied by Penquis Key Club members Camille Cramer and Stephanie Vashon attended the Dover-Foxcroft 70th Anniversary Celebration and Installation of Officers on Sat. night Sept. 13th.

A discussion was held regarding the need for two new board members and Jan Barton and Ethelyn Treworgy were elected to fill the vacant positions.

Pres. Val reported on the action taken by the Board of Directors at its meeting on Sept. 11th. A donation of \$ 100. was given to Heartwise and \$350. was approved for three Key Club members to attend the Key Leadership camp at Freedom, NH this weekend.

Jeff Gahagan did a brief overview of the finances of the club, which included a breakdown of the auction, variety show, golf tournament, and RIF program and calendar income and expenses. He also mentioned that left over bike helmets have been given for elementary school children who do not have helmets and some were also given to the police department to hand out when needed. Jeff also suggested that perhaps the bike rodeo could be combined with a bike parade and include the Rec. Dept and the Police Dept. next year to make it more of an event.

Rachel Bousquet has requested assistance with the Builders Club and Cathy Graves and Jim Lord volunteered to help with this.

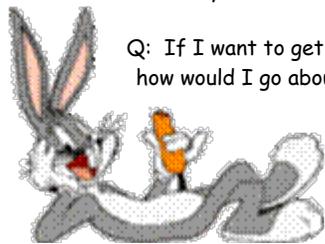
An announcement was made that Dexter Sunrise Kiwanis's Installation of Officers is Sat. Sept. 13 at the American Legion Hall in Dexter at 5:30 p.m.

Upcoming we have our Installation of Officers on Oct. 8th at Brownville Community Church and on Nov. 11th the Veterans Dinner.

Upcoming speakers include Tom Lizotte - HAD 4 New Services Update - on Sept. 17 and Sophie Wilson and Fred Trask - Penquis Solid Waste/Recycling Plans on Sept. 24.

Meeting Adjourned.
Lois Trask, Sec.

WHAT'S UP DOC?
By: Dr. Kevin Chasse



Q: If I want to get stronger by lifting weights - how would I go about doing it in a healthy way?

A: I am pleased to see that you are interested in going about this in a healthy manner. First, your diet will play an

important role in your success. Eat plenty of fruits and vegetables. NEVER consider steroids! By consuming a healthy amount of fruits and vegetables you are providing your body with everything it needs to build muscle. When you start strength training, start slow and graduate to higher intensity lifting as you become accustomed to the program.

*Come Help Us Celebrate....
Tanya Ellison's Retirement
&
60th Birthday
Saturday, Sept 20,
2008
At 7PM
Milo Town Hall
Join Us For Appetizers,
reminiscing and music.
BYOB*



*I would like to thank the hundreds of you who offered a hug, a kind word or encouragement. I am devastated a random act of evil can cause such loss, but I have gained a new and profound love for my town. Milo will be OK...
Valerie Robertson*