



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

Tuesday, September 23, 2008 Volume 7 Number 46



Milo's Fire –One week later

The photo to the right is the first known photo of the fire. Shawn Grey took it with his cell phone at 3:30 AM. The police are desperate to get photos from before that time or from the rear of the building. If you know of any, contact the Milo Police Department.

By Valerie Robertson

The above photo, taken by Macy Carey, is my absolute favorite of the fire photos. The photo to me represents what is wonderful, inspiring and hopeful to come from this horror. It is an image of what we value-comradery, friendship and small-town cooperativeness.

The following e-mail is my favorite e-mail I received after the fire. It is from Pricilla Bass, the correspondent who submits to our "In Memoriam" column in The Three Rivers News.

It is short and sweet and simply says "No Obits this week." For that we can all be thankful.

This week has been a whirlwind of interviews, meetings and story-telling. As you can well imagine, I am eagerly awaiting an arrest being made. On Friday evening, as I rode by what is left of Main Street, I sobbed. What could have been the absolute busiest and fun night yet at Hobnobbers wasn't going to happen. The cozy, busy nights during Hunting Season weren't going to



happen. The amazing group of workers shown in the photo on the next page weren't working, and laughing, and yes, they weren't hobnobbing! (Laurel, where were you hiding?)

Selfish of me to be feeling so sad? I hadn't lost my home as Shawn, The Robshaws, and the folks in the House of Pizza building had. I hadn't been in business for 14 years like Barbara and John had. I hadn't lost the memories of the best



times of my life as Sandra had.

But as did most of you, I lost what remained of the Main Street of my youth. A Main Street that bustled with activity when school or Dexter Shoe let out. A street that hummed of snow mobiles when a snowstorm hit. A street that smelled of roasted peanuts and "Evening in Paris" up at the top by The Ben Franklin and of "Bridge Bugs" at the bottom by "The New Swimming Hole".

Main Street was a wonderful safe place for us "hellions" to hang out. My earliest memory of "hobnobbing" was in Beulah's Restaurant and drinking coffee (it was supposed to "stunt my growth", might have stopped me from growing "up", but not "out!"), out of heavy beige, ceramic mugs. The crowd was young and there were high school boys, which was quite a draw for us junior high girls. Of course, there was also a draw for the high school boys- Marilyn Bailey, and Gail Burlock were as good-looking as they were friendly and efficient.

As time passed, we hung out at another spot on Main Street. I was too young to have been brave enough to hang with the teens in Papa Joe's, but I do remember eating an amazing "new" treat in the mid 1960's-PIZZA! Could have been Reuben's Pizza, but I'm pretty sure it was before Nancy Lancaster or Russell Gray had their business's in the spot I had Val's Pizza. That building ultimately blocked the fire from taking the House of Pizza.

Some of my best memories of my teen years center around "Tammy's Pantry", named after Russell's daughter. I worked there, along with Bonnie Pelkey and Peggy Decker. It was a dream job to be working where all the teens congregated and where the boys were. My best friend Valerie Thompson met the love of her life there-Clint Robinson. I remember eating French fries doused in watered-down ketchup, drinking fountain root beer and listening to the juke box! Geniuses' like Steven Stills, Grand Funk Railroad, The Moody Blues and CCR shared space with the pop tunes of Cher, Tony Orlando, The Jackson Five and The Cowsills.

I bought school clothes at Pullen's, and The Town and Country and my first Peace Sign earrings at Foshay's. After business hours I sat on the steps of the Masonic Block and waited for other bored teens to come hang out. On my way to school in the morning I walked up Main Street to meet up with my friend Valerie who was walking from 42 Park Street. I didn't mind the extra steps up Main Street hill on my way to Penquis; it gave me ample time to see the high school boys who rode by on their way to school.

Of course, Main Street took on new meaning for me in 1976 when I once again worked there. I got a job at Smokey's Pizza in May of that year, bought the business along with my inlaws Paul and Denise Robertson in October of the same year. In the three years that followed Kirby and I started our family and except for a short stint when Katie and Ben were toddlers, and Jean and Gary Robinson ran Val's Pizza, my kids spent much of

their youth there, as did Mike Harris, Heather Webb, Jeremy Cole and countless other young folks.

As Main Street evolved and businesses came and left, there were a couple constants-The Milo Flower Shop and Milo True Value. Sandra was always there and although Barbara and John were the new kids on the block when Val's was there, they became good friends.

Up the street, J and S Furniture is still there. I bought every piece of furniture there when Kirby and I were building our new home in 1980. What the future holds for them I don't know, but I sure wish them well.

We must all remember that there is still a heartbeat to our town. It starts with the businesses left behind; Tammy is still doing amazingly well in her hair salon, the head Shop, in the old Town and Country building. Brent Bailey and the crew are thriving at their "Mini-Mall" where the old A & P was. Kent Ladd is working out of the old Knowles' Garage location. Jack Webb's NAPA store is there and provides our town with all automotive needs. Harmon's may not still be a Texaco, but they are anchoring Main Street and will be for years to come. The House of Pizza is fighting to reopen, the damage is extensive, but can be repaired.

The Camden National Bank now sits on a spot that has seen many business and also was once leveled by fire. Let's hope we can fill the burned ruins across the street with thriving businesses.

I know I left businesses out. I know I left memories out. A person's life can not be completely recounted anymore than a town's history can be documented. But within all of us lies every memory and every story. They may not come immediately to mind, and they certainly aren't the same in each of us, but Main Street lives and we live and our new future will be our grandchildren's memories. (Hint, hint Katie). I plan on starting as soon as I can at building part of where their memories begin.

Thanks to everyone for all of your kind words, thoughts and letters. I have even heard from a cousin in the southern part of the state I didn't know I had. Good will come from this; we'll have to work for it, but I plan on doing just that. I know I have the support of all of you, as do the other brave souls who decide to rebuild. My roots in Milo go deep, and no fire, flood or other force of man or nature can uproot my dream. We business people must rally and rebuild. Our future depends on it!

John and Barbara talking with Governor Baldacci.



One of the other visitors to our town was Susan Collins. She is shown here with our newest photographer, Macy Carey, (Front, left) and her friends.

Fire Hits Home

By Camille Cramer

I was away at a school convention for Key Club in New Hampshire. We had been there since Friday, and it was now Sunday morning. I had gotten up at 7:30 after a long night of partying at the camp bonfire and having fun with new friends. I took a shower, and got ready for the day knowing that I would be returning home within a few hours. It was on my way to breakfast when I realized that I wasn't ready to leave. I had made new friends that weekend and I wasn't ready to part from them. It was almost like being away from reality. But I knew that reality was real, and camp life wasn't. Also on my way to breakfast I realized what my community means to me.

The majority of the kids that went to this camp were from large cities, with hundreds of peers in their graduating class. They came from places where you could walk down the street and be at the mall, or Wal-Mart, or even McDonald's. When I explained to them that I was from a place that the closest McDonald's was half an hour away, and that I had about 40 kids in my grade, their jaws dropped. They said I was sheltered. But what they didn't realize was that Milo was also a place where you could get up in the morning, walk to the store to get a jug of milk in your pajamas and no-one would think twice about it. In Milo, you knew every other person that walked by. When our sports teams went into championships, all local business would put up Penquis signs, and locals would make posters with each players name on them and hang them up on the ways out of town.

Town meetings often broke out into memories of the old times, and maybe a good, healthy argument or two. There's history behind this town. Milo used to be one of the most profitable, booming small communities around. People would take the train from all over Maine to come shop at all the little mom and pop shops that thrived in our little town. If you ever need a history lesson on Milo, just sit down with a born and bred Mainer, of course with a cup of coffee, and they would be more than happy to share with you.

Yup, that's what my New Hampshire friends didn't know. When I got into the mess hall and got on the phone with a friend back in town to tell me about the fire that wiped out Main St. of that wonderful Milo, and I started to cry, that's why they didn't know. And I don't think they ever will. Unless you've been here to experience the feel, and the sight, and even the smell of our town, you'll never know. Never.

Now, being back home, smoke clings to the air here. The sight is stomach turning. The pictures that depict the forest of flames engulfing our town wrenches at your heart. It'll never be the same. The Chic Theater, and all the movies, memories, first kisses, dates, and breakups that took place in there is gone. The ashes float in the sky, only to fall and find a place of remembrance in our hearts. It's a sad thing. Milo will never be as it was, but really... what made up Milo? Was it just the buildings and property? Or was it the people that put their heart and soul into their little town that they loved so much? Of course things have changed, but the people haven't.

We'll come together, just like we always have, and get through as a small, rural, middle-of-nowhere family.

Editors Note: Camille-Your amazing heart, soul and spirit ensure me that the future of Milo is in perfect hands! I love you! Valerie

Read about the fire in the Maine Sunday telegram...

<http://pressherald.maintoday.com/>

From Scout Packs 112 and 115



On Sunday, I got a call around 8 a.m. from Amy Gibson (a firefighters wife) telling me that most of Milo was on Fire. About a half hour later calls from the Pack families asking what we were going to do to help. Together, we drafted a plan. The plan was this: Get the community together to donate household, clothing, baby stuff and non-perishables for the displaced victims. We made our calls, got our permissions and we were off to the races.

Monday morning came, all the parents of Pack 112 sent the Cub scouts to school in full uniform in support of this rally. I called Q106.5 @ 8:15 a.m. to see if they'd run a community Q tip for us through out the day. They were happy to. We were all busy setting up shop at 10 a.m. when Q 106.5 pulled in and set up with us. We weren't at the IGA/Family Dollar lot for 5 minutes and the community was already pouring out their support via cash and donated items. By 11 my little utility trailer was full. J.R. put an announcement on the air asking for a couple of trailers to put more donated items into. Within minutes Kevin Nason and Brian Trask showed up with their trailers! These guys gave us and the community a challenge...Fill the trailers...which mind you wasn't a small task.

It was a success. We filled all the trailers and then some and raised upwards of over \$800.00 for the displaced families.

The Cub scouts came over after school. Those pictured are Andrew Gallant, Jason Lewis, Micah Barry, Colewin Johnson, Corey Oullette and leaders Eric Lewis, Brian Oullette, and Crystal Gallant As well as Colewin's dad, Mike Johnson with the rest of his family. Behind the scenes another Cub scout, Hunter Harrison and his sister Mashilla Harrison, a Juliette Jr. Girl scout from Brownville Jct. were at the Robshaw's new house helping clean out the garage with their grandfather, Al Donnelly.

Stacey Slagle rallied up the boys from Troop 115 after school. They helped unload one of the trailers which was chuck full of things from cloths, baby things and small appliances. They also unloaded a truck which was filled with beds, a crib and a computer for the Robshaws. It was wonderful to see other scouts out there lending a hand!

We would like to thank; Fred Trask for the use of his property. Brian Trask for the use of his trailer. Kevin Nason for the use of his trailer, and storage area as well as helping us haul it all there. Mr. Don Harris and Ms. Dorothy Brown, for taking the pictures of our event and getting information for us throughout the day. Q106.5 for letting everyone know where we were and the live entertainment they provided.

With everyone's efforts these families will be able to start anew and create new memories in their new homes. When it comes right down to it, though this community as a whole suffered a loss of great magnitude, we are all there for each other to rebuild the lives of those who suffered the greatest. That is something to be proud of.

God Bless, Bill Gallant, Cub master

Courtney Brown, Committee Chair

Crystal Gallant, Bear Leader



It's hard not to be happy with the great work the scouts did. Kayla Robshaw's heart is as beautiful as her smile and we know she and her family will be OK!



A great day for a bike ride and for showing you care.

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.

Read about the fire in the Maine Sunday telegram...

<http://pressherald.maintoday.com/>

WHAT'S UP DOC?

By: Dr. Kevin Chasse



Q: How do I achieve big bulky muscle as apposed to long lean muscles?

A: First and foremost your diet is key to achieving results! Eat healthy foods, fruits, veggies, meats, and drink plenty of water. Avoid "empty foods", or foods with lots of calories but no nutrition such as baked goods

and convenience foods. To get big bulky muscles you need to be dedicated to a rigorous weight lifting workout with heavy weights. Long lean muscles require more reps with a moderate amount of weight. To get bulky muscle, lift heavier weights with less reps. But be careful not to get injured.

I Hope this helps you with your exercise plans.

Have a great day!

Dr. K. 564-2211

Milo Free Public Library News

Judith D. Macdougall

What a terrible disaster happened in downtown Milo this past week! Thankfully no one was hurt. We dread to think of a fire ever happening to our library. The library is a brick building and stands alone which should protect it to a degree. As Pam types the books into the electronic cataloging, she is recording them onto her files and also is backing them up by sending them to several other files. Thus we are slowly acquiring an electronic file stored in several places to help to protect the acquisitions of our library for the future. We are trying to do whatever we can do to help.

On Tuesday evening, September 16, the Three Rivers Readers Book Club met with 13 members present. Virginia Foss, a new member joined the group that night. Judy Morrison led the discussion of Odd Thomas by Dean Koontz. Judy began with biographical facts of the author's life. The group was amazed to learn that he was 62 years old and felt the picture on the back cover could not be very recent. He had been in social services, had been an English teacher and had begun his writing with Sci/Fi. Odd Thomas, which is the main character's real name, is a fry cook who lives in Pico Mundo, CA. He is different from most people in that he can see dead people as if they were alive. A particular friend was Elvis Presley, who often joined him in his ordinary life. Odd was also able to see bodaches, evil wraiths, hovering around people who would later die violent deaths. As Judy led the discussion, she threw in many humorous asides and had us all laughing as she gave these facts.

Several readers agreed that they didn't actually like the premise of the book, although they thought they would like Odd. However, we all agreed that the author's descriptions were very good whether he was describing a sunset or something horrible. Most of us agreed that we were very glad that we had read it, and several planned to go on reading the other three books in the series.

At the October 21 meeting the group will be discussing The Known World by Edgar P. Jones. The discussion will be led by Roberta Laverty. On November 18 Jane Fairchild will lead a discussion on Time Must Have A Stop by Aldous Huxley. If anyone wishes to join the group, please call Gwen Bradeen at 943-2369. The Book Club meets on the third Tuesday downstairs at the library.

The library received a box of books from Baker & Taylor this past week. Here are the titles we have now. Several more books will be along later this month.

| | |
|-----------------|------------------------------|
| Atkinson, Kate | WHEN WILL THERE BE GOOD NEWS |
| Childs, Laura | DEATH SWATCH |
| Cleeves, Ann | WHITE NIGHTS |
| Gerritson, Tess | THE KEEPSAKE |

| | |
|---------------------|------------------------------|
| Klosterman, Chuck | DOWNTOWN OWL |
| Lustbader, Eric Van | FIRST DAUGHTER |
| McInerny, Ralph | THE GREEN RESOLUTION |
| Meltzer, Brad | THE BOOK OF LIES |
| Nelson, Willie | A TALE OUT OF LUCK (western) |
| Peters, Elizabeth | THE LAUGHTER OF DEAD |
| | KINGS |
| | (Vicky Bliss) |
| Proulx, Annie | FINE JUST THE WAY IT IS |
| | (short stories) |
| Smith, Haywood | WEDDING BELLES |
| Wiggs, Susan | JUST BREATHE |
| | Jobs |

PENQUIS - ASSISTANT CENTER COORDINATOR

Penquis, a social services agency serving Penobscot, Piscataquis and Knox Counties for over 40 years, is seeking a full-time (40 hrs/wk, 36 wks/yr) Assistant Center Coordinator to work at a Child Development center in Bangor.

This position is responsible for assisting with the daily activities of a preschool facility and the ancillary activities needed to provide comprehensive services to children and families.

Requires one semester or equivalent (6 months) of post high-school training/education in a child care arena (120 clock hours of early childhood education within the past 5 years or completed CDA training or 9 credit hours) and at least one year of paid experience working with children and families. The ideal candidate will have training and experience with social service outreach for families and children.

An application form and job description are available from Penquis, 262 Harlow Street, P.O. Box 1162, Bangor, ME 04402, Tel: 973-3500; TDD: 973-3520, from our offices in Dover-Foxcroft, Lincoln, and Rockland, or applicant may apply online at www.penquis.org. Applications will be accepted until the position is filled.

In accordance with federal regulations, Penquis does not discriminate. Reasonable accommodation will be made for otherwise qualified persons with disabilities. Penquis is a smoke free workplace.

~Community Connection~

VOLUNTEERS FOR EASTERN AREA AGENCY ON AGING

Got an hour a week? Would you like to brighten a senior's day? Become a volunteer driver for the meals for meal program. Or if cooking is your game we can always use volunteers in our kitchen and dining halls. Call Robin 943-2488 Contact: rlyford@hotmail.com or 207.943.2488

AREA SCHOOL NEWS

From Milo Elementary

Mrs. Carey - We are very happy to honor a special little girl as our Terrific Kid this week. She works and plays COOPERATIVELY with her new classmates and is sort of like a little "mother hen" when it comes to helping her friends. She is learning to play tennis with Mrs. Davis and I think she is probably a future Penquis Tennis Star! Maybe we'll see her play in the U.S. Open some day! We are very thankful to have Isabelle Sickles in our Kindergarten family.

Mrs. Walker - We have had a very, very busy caring and sharing week in Milo and in Mrs. Walker's Kindergarten this week. WE have chosen a super little guy to honor this week. HE came right in on Monday with a great big smile and a hug for his teacher and drew a picture for me. He said he had lost

all his stuff but not his great attitude for school and his classmates. We have talked a lot about the fire and FIRE SAFETY and even BUS SAFETY and the drivers showed us how to get out of a bus on fire. WE all have learned a lot this week. Students have willingly come to school and shared their books, their toys, clothes and crayons for him but it was Alvin who first offered and gave his snack to a friend on Monday because she had forgot her snack. WE are proud and glad to have Alvin Robshaw in our Kind and Caring Kindergarten Family.

Mrs. Hayes - Our special girl has learned the rules of cooperation, respect and listening. Her schoolwork is great and her attitude is growing and growing and growing in a very positive way. Thank you Oriana for being a wonderful school friend. She is going to try very hard to let everyone else in her class be first in line all week. We are proud of you, Oriana Goodine.

Our special boy is a hard worker and trying very hard to listen during story time and work time. He is doing his very best in all his work and he is proud of himself and we are proud of him as well. He is a teacher pleaser and very polite. He always says "I'm sorry" even if he doesn't need to. We are happy to have Jonathan Higgins in our class.

Mrs. Barden - Our terrific kid this week is a real charmer. He loves school and is always ready to help. He is working hard in speech and reading. His laugh is infectious! Congratulations to Ethan Robinson.

Mrs. Tardiff & Mrs. Hussey - This girl has been through a lot in the last few days and she has maintained a great attitude. She is very cooperative and helpful in the class. She works hard and follows the "I Care" rules in our classroom. She sets a great example of how to be an active listener for others in the class. Congratulations to Cymeria Robshaw.

Emily is a wonderful first grader. She's cooperative and gives her best effort on all tasks. She is an active listener and enjoys story time. Emily is working hard on her reading skills and enjoys learning new math games. Great job, Emily Herbest!

Mrs. Bessey - Our terrific kid this week is always looking for ways to help others out. From passing out work to offering to assist others in their work she is always ready. Her work is always done and pleases and thank you's are plentiful. We are very lucky to have Lanie Badger as our terrific kid.

Mrs. Mills - Our terrific kid has been a great friend this week. He has shared with classmates and been very patient with them during disagreements. That is not always easy. I am pleased with his attitude and work ethic. He is definitely a hard worker. Way to go Ryan Allen.

Mrs. Whitney - 4Whitney's Terrific Kid this week has spent more time on task and has gotten more work done without as many reminders. She has gotten along well with classmates and others. She has shared interesting things during sharing time



including caterpillars, chrysalises and a monarch butterfly! Great improvement Tabby Lemon, keep up the good work!

Ms. Patton - Ms. Patton's Terrific Kid this week is Cody Guarino. Cody is a very motivated student. He is always one of the first students to get "right down to work." Cody is an awesome example to the younger students. He is very responsible and is always aware of his voice and body. I know it is going to be a great pleasure to have Cody in my class this year! Congratulations Cody!!

Mrs. Knowlton - We had another terrific week in 5K! As always, it is a real challenge to choose just one terrific kid! This week we decided to choose someone who shows exceptional skills in many areas, including leadership. This student has shown himself to be extremely responsible for himself, his work and for setting the example for others around him. He is an outing club member, will soon be a member of the band and he is a terrific reader, writer and math student.

Congratulations to Jarod Webb for exhibiting exceptional leadership skills.

Mrs. Gillis - Mrs. Gillis Grade 5

This girl is artistic, creative and fun,
She gets down to business when there's work to be done,
To Cymeria and Alvin she's a caring big sister,
She loves her dog, Sparkles, a really great sniffer.
Congratulations, Tamron Robshaw!

Mrs. Clukey - This week's terrific kid from 6C is a very hard worker. He gets all his assignments done and then volunteers to assist anyone else who might need help. He is my material's handler, an important job of passing out things to the other students as needed and retrieving things I need throughout the day. When Mrs. Davis needed help with tennis lessons for the younger kids this student stepped up to the plate. I can't think of anyone more deserving of the title terrific kid than this terrific kid Patrick Creighton.

Ms. Dixon-Wallace - DW6's Terrific Kid this week is Rebecca Peirce. Rebecca is one of the fabulous Lagrange students that joined our school this year. She is a member of the Civil Rights Team and takes that role very seriously. She is very concerned for her fellow classmates and the well being of all students here at Milo Elementary. She is joining her former teacher Ms. K and the other Wellness Warriors in this Sunday's Koman Race/Walk for the Cure in Bangor. Rebecca you are a great role model for all of us and I am very proud to have you as this week's TK!

Cook School Terrific Kids

Makayla Pierce, Jordan Prendergast and Colleen Demaris were honored as Terrific Kids at our September 19 assembly.

~Mrs. Nott: Makayla does a great job with her morning routine. She is a very careful worker and makes sure she does her best. She is a good friend and was very helpful and welcoming to our two new students this week. Keep up the great work Makayla!

~Mrs. Johnston: My T kid this week is Terrific every week. She brings back her homework every day, remembers to get her planner signed, and works hard to get her work done in class even when there are distractions. She is polite and friendly and is a great role model in our room.



~Miss K.: It's been a wonderful experience getting to know Colleen. She is extremely polite, completes all of her assignments, does all of her homework and gets her Planner signed each night. Colleen goes above and beyond on every assignment. She strives to do her best at all times. What I enjoy most about Colleen is that she has a tremendous love of learning. Whether it's reading or math or SS or Spelling or Science or any other subject, she is always thinking and putting ideas together. Did I mention she has a wonderful singing voice? Congratulation Colleen!

Bus Kids of the Week: Donnie Williams, Dakota Higgins, Kyle Estes

Civil Rights Citizenship Award: Ethan Neal For being friendly and nice.

The following students received Academic Medals for Meeting



or Exceeding the Standards on the Spring 2008 MEA's: Colleen, Natasha, Bridgette, Gerald, Michael D., Harley, Sariah, Dakota, Cassidy, Harmony, Michael N.

Birthdays: Trinity Moulton 5

Caught Being Good Prize Winners: Sonny H., Makayla, Sha-Lynn, Cassidy, Lily

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

NURSE'S HEART ATTACK EXPERIENCE

Women and heart attacks (Myocardial infarction).

I am an ER nurse and this is the best description of this event that I have ever heard. Please read, pay attention, and send it on! Diane K. in AZ

FEMALE HEART ATTACKS

I was aware that female heart attacks are different, but this is the best description I've ever read.

Women and heart attacks (Myocardial infarction). Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack ... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.

'I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might've brought it on.

I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation---the only trouble was that I hadn't taken a bite of any thing since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the footrest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told

her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the Cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stents to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the Paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand.'

1. Be aware that something very different is happening in your body not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heart burn preparation and go to bed, hoping they'll feel better in the morning when they wake up which doesn't happen.

My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said 'Call the Paramedics.' And if you can, take an Aspirin.

Ladies, TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER - you are a hazard to others on the road.

Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.

Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI

(unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

I SUPPORT DOUGLAS SMITH FOR STATE SENATE

Dear Editor:

I am writing in support of Douglas Smith for the State Senate, District 27 including all of Piscataquis County, northern Penobscot and part of Somerset County.

I have known Doug for over 40 years beginning with our student/teacher school association; Doug was Probate Judge during my 20 years as a Piscataquis County Commissioner; and we are both members of Kiwanis which provides service to our respective communities. I have absolutely no reservations as to his qualification for representing us, the Citizens of Senate District 27.

Doug Smith has the experience that is needed now, more than ever, in Augusta. His many years as a lawyer, Probate Judge, former legislative member of the House, and now a State Senator, certainly qualify him for serving another term in the Maine Senate.

Doug has worked on curbing state spending; trying to reduce taxes; reducing health insurance costs faced by both employers and consumers; and to make it more attractive for small business to operate in this State. Being a small businessman, Doug is well aware of the costs and difficulty of doing business in Maine. Every year, it seems, new taxes are added on our businesses across the State. In the last legislative session, the Democrats passed a new tax on soda, beer, wine and health insurance to help finance the costly State Dirigo Health plan. This was done during the very end of the session with very little, if any, public input. Doug voted against this unfair tax. Maine citizens will have a chance to vote on this tax in the November referendum.

Senator Douglas Smith also sponsored, in the last session, legislation to prohibit public schools from providing birth control devices to students without parental consent. The legislation was in reaction to action taken by the Portland School Committee. However, the bill was withheld by the Democratic leadership for some unknown reason. I believe Doug's bill would have represented the thinking of most conservative voters in District 27.

I urge the Citizens of Senate District 27 to support Senator Douglas Smith of Dover-Foxcroft for another term as our Senator.

Thank you.

Eben DeWitt

Piscataquis County Commissioner (Ret.)

Milo, Maine 207-943-2486

TRC Community Calendar

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

Tuesday, September 23

9:00a Womancare Outreach

5:30p Line Dancing

6:30p Post #92 Bingo

7:00p Sebec Village Associates

Wednesday, September 24

6:30a Three Rivers Kiwanis

9:00a Milo: Career Center

10:00a Church Thrift Shop

6:00p Wednesday Night Quilters

6:30p LaGrange Selectmen

6:30p Order of the Rainbow

6:30p Boy Scout Troop #115

6:30p Brownville Selectmen

7:00p Overeaters Anonymous

7:00p Bowerbank Selectmen

Thursday, September 25

11:45a Meals for ME

4:30p Tae Kwon Do Class

6:00p Boy Scout Troop #112

6:00p Post #92 Meeting

6:30p Line Dancing

6:30p BJHS Card Party

Friday, September 26

9:00a Milo: Career Center

11:45a Meals for ME

12:00p Three Rivers Senior Citizens

6:15p Post #41 Bingo

Saturday, September 27

12:00p Milo: Fire Relief Benefit Cookout and Auction

4:30p Fall Baked Bean Supper

Sunday, September 28

2:30p Tiny Tigers Tae Kwon Do

6:00p Alcoholics Anonymous

6:00p Scrapbooking

7:30p Alcoholics Anonymous

Three Rivers Kiwanis, Milo - Brownville

Minutes of Meeting Sept. 17, 2008

Pres. Val Robertson greeted eighteen members of our club at Sandee's Restaurant last Wed. We were joined by nine members from Dover-Foxcroft Kiwanis, Virginia Macomber, Bonnie Hurley our latest applicant for membership, and members of our Builders Club and Penquis Valley Key Club.

Eben DeWitt led the Flag Salute and George Barton offered the Morning Prayer.

Dick and Cathy Graves and Don Harris and Dottie Brown traveled as an interclub to Dexter Sunrise Kiwanis's installation of officers on Sat. Sept. 13th.

Birthdays this week: Tanya Ellison on Sept. 18 (a combined birthday and retirement party was planned for her on Sat. Sept. 20 at the Town Hall).

Many sad dollars were given for the devastating fire that our town suffered on Sunday and for the loss of some of the town's history. But many happy dollars were given that no one was injured and for the new beginnings that will come out of the ashes. Other happy dollars were given for the birth of a new granddaughter; for all the visitors in the room today; successful cardiac catheterization; Harrigan family reunion; fond memories of the cokes and devil dogs after school at Daggett's restaurant back in the 60's, and for the ten fire departments who assisted Milo in our time of need.

Our speaker today was Tom Lizotte speaking about updates to news about Mayo Regional Hospital and HAD 4. There are thirteen towns that are part of HAD 4, Milo becoming one of them recently.

Milo Family Practice, which is an outreach portion of HAD 4, was started in 1999 and sees about 8,000 patient visitors a year. It currently has three doctors and a physician's assistant. Over the next several months, there will be some changes in staff, but with the same provider mix and same hourly coverage.

Mayo is now doing lab draws in Milo once a week. Seven new doctors have been recruited and HAD 4 has partnered with Millinocket and Penobscot Valley Hospital to bring an ear, nose and throat specialist to our area on a shared basis.

Dr. David McDermott will be leaving private practice to become the full time ER Chief and he is recruiting doctors to work in the ER.

Changes have been made in the substance abuse counseling program to include mental health issues that go along with this type of addiction.

In the area of women's health, there are two new OB/GYN doctors.

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

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

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

