



# 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, Dec. 9, 2008 Volume 8 Number 6

## 13<sup>th</sup> ANNUAL CHRISTMAS DINNER

Freda and Everett Cook would like you all to know even though they won't be in town, friends are planning their annual Christmas Dinner at the Milo Town Hall, on Christmas Day at noon. The festive meal is free to anyone who would like to attend, so make your plans now.

The ham dinner with all the fixings will be served by members of the community.

Freda and Everett would like to send a great big "thank you!" to the area merchants who have donated items for the scrumptious meal. Your hosts: Terry and David Knowles and Nancy and Walter Cook.

## Penquis Hoops By Karen Clark



Here it is again! High School basket ball and its fans; and if the opening game played Saturday night at Penquis against Penobscot Valley of Howland (boys) with new Coach Jamie Russell at the helm is anything to gauge what the season will be like ... Well... Penquis.. will be winning a majority of their games.

This game was a barn burner with Penquis finally coming out on top 39-35. Starters for Penquis are: Seniors: Ryan Bailey-F Joe Leland-F and Kris Foss -G; Junior starter -Caleb Stanley-C and Sophomore starter Bryan Russell-G with Justin Artus-G Chad Badger -F Eddie Cobb-G Phil Larrabee-F and Jesse McLaughlin-G seeing plenty of playing time coming off the bench: The team is filled out with Luke Grinnell, Taylor Delano, Shane Emery, Klay Stevens, and Aaron Maguire. You should be hearing good reports from Jamie Russell's team also.

### Penquis Boys Schedule

Home games for the month of December are as follows:

Dec 9<sup>th</sup> Schenck; Dec 17<sup>th</sup> PCHS of Guilford; Dec 23<sup>rd</sup>

Hermon; Fort Kent Home game on the 27<sup>th</sup> is Varsity boys and girls starting at 1 Pm: ( It is on Saturday:) Varsity games follow approx. 15 minutes after the finish of the JV games.

Penquis Valley's Annual book fair is now on its way here! Starting December 8th, you'll be able to go into the school library and purchase books of all different genres. There will be something there for everyone!

Book Fair Times and Dates: December 8-10 starting 8 a.m.-7 p.m. December 11-12 starting 8 a.m.-4 p.m.

December 15 starting 8 a.m. and ending at 12 p.m.

## On Friday, December 12, 2008 at 9:00 a.m.

the Milo Elementary School invites all members of the community to the dedication of their new playground, the Clayton Johndro Memorial Playground. Events will include a special presentation by the elementary school students, including reading of essays written by students about the new playground and presentation of a thank-you card from the students to the Johndro family, a ribbon cutting ceremony at the playground, and a reception for community members and students. Gifts made by the Johndro Family, Harold Alford Foundation, local businesses, and other contributions by community members will be acknowledged at this event, formally marking the completion of the playground project.



Mrs. Carey - We would like to honor a special little girl this week as our Terrific Kid. We have seen wonderful changes in this little girl since school began in September. Now she shares, tells us stories, loves to sing, is a great colorer, dresses herself completely from boots to hat, waits patiently for her turn, and loves playing with her new friends. She is not that big and the new playground equipment seemed a little too big for her at first; but just this week she has discovered this playground is "just right" and she can keep up with the best of them! We are very thankful to have Ashlynn Bouley in our kindergarten family.

Mrs. Walker - We are pleased to choose this girl from our generous, kind and caring Kindergarten class this week. She is like a little sponge soaking up all the new skills and concepts. She likes to come to school each day and is very happy to be a helper in the room and outside on our new playground. She is a good role model during calendar and story time each new day. She tells me she is going to be a teacher when she grows up

and I get done!!!!!! This TK gives oodles and oodles of compliments to us all each day to make us feel good about ourselves. Congratulations to this new TK. Way to GO Bethany Cyr!!

Mrs. Hayes - Our terrific kid has been with us for most of the week and we are so happy to have him work and play with us every day. He is so happy to do calendar time, lunch graph, classroom music, jobs and story time. Triston Webb enjoys his friends and he enjoys his school. We are proud of his progress. Thank you terrific kid, Triston Webb.

Mrs. Barden - It was a hard choice this week for terrific kid. My whole class is working carefully and neatly. They are remembering that a man in a red suit will be coming soon! One girl has really shone in math class. We had number stories and she was a good listener every time. She is practicing her reading. Great job, McKayla Surdick- Lewis.

Mrs. Tardiff & Mrs. Hussey - This girl comes in every morning and gets straight to work. She is improving in her reading and penmanship. She is a great little sister and a caring friend. Congratulations to Megan Robbins.

This girl has been working hard to improve her organizational skills and get work done on time. She 's making good progress in reading and is a great math student. She is bubbly and friendly. We love having Rachel McMannus in our class.

Mrs. Bessey - The terrific kid this week in our room always come in with a smile and a funny story or joke. He's worked very hard this week to be organized and careful in his daily work. He is a good friend to all and tries hard to do what is expected of him. He does a nice job taking care of his space and remembering to let others take care of themselves. He is very patient and caring. Congratulations Mitchell Carey

Mrs. Mills - Our terrific kid is a hard worker. He is usually smiling and happy. When he is sad, it doesn't last long. He has a love of Pokemon and is always reading new facts about the characters. He is a good friend to others and a helper at the end of the day. It is great to have Cooper Brown in our class.

Mrs. Whitney - 4Whitney's terrific kid for this week has been very responsible in getting his work done. He has also been a good example to his classmates. Thank you for your continued cooperation in the classroom Colin Beckett.

Ms. Patton - Ms. Patton's Terrific Kid this week is Charles Artus. In class, we have been working with the "Three R's:" Respect, Responsibility, and Restraint. Charles is showing amazing improvement in all three areas. I am so proud of him. He really is a pleasure to have in class. Congratulations Charles Artus.

Mrs. Knowlton - The TK in Mrs. Knowlton/Mr. Dean's room this week has been hard at work getting his spelling done on time, editing his work and doing everything asked of him this week. He is an active member of the outing club and a TERRIFIC bass player in the band. Congratulation on being our TK this week Chris Johnson!!!!

Mrs. Clukey - This week my terrific kid is someone who could have terrific kid any week so far this year. She is a very pleasant young lady, well liked by her peers and staff alike. She gets her work done on time, is well organized, and gives any assignment her best shot. So for these reasons I am giving Anna Rideout the TK from 6C this week.

Ms. Dixon-Wallace - This week's Terrific Kid in DW 6 is a girl who has been working very hard on improving her study habits. She has been doing a great job completing all of her class work and homework on time and has remembered he planner everyday. I am very proud of Kendra Cross and her dedication

to improving her study habits. She is an active member of the Civil Rights Team and the band and is a pleasure to have in class. Congratulations, Kendra, for being this week's DW 6's TK!

## Eastern Area Agency on Aging's Local Meals for ME Dining Hall Happenings

- ☆ Happy Holidays. This is going to be a busy month for our seniors. We are inviting all area seniors to join us at the dining halls and enjoy a delicious lunch. Suggested donation for a meal is \$3.00 for registered seniors and \$5.00 for all others - non-seniors included.
- ☆ Meals for ME meals are held at the Milo Town Hall dining room Mondays and Thursdays, at 11:45. Come early for Bingo and other activities.
- ☆ Brownville Meals are held at the Quarry Pines Recreation Hall Fridays at 11:45. Come early for activities.

### Activities in Milo:

- ☆ Thursday, December 11, Birthday Party and "make a snowman".
- ☆ Monday, December 15, Ron Coates, "Mr. Banjo Man" will be performing at 11:00 a.m. Please invite all your friends and family for this fun activity.
- ☆ Thursday, December 18, Holiday Meal decorations and sing along.

### Activities in Brownville:

- ☆ Friday, December 12, Birthday Party and "make a snowman."
- ☆ Thursday, December 18, Holiday meal, decorations and sing along.
- ☆ No meals in Brownville December 19, and 26.

### **HOLIDAY MEAL**

Baked Ham with Raisin Sauce  
Mashed Sweet Potato  
Broccoli Casserole  
Dinner Roll  
Apple Pie

Brighten a senior's day - become a Meals For ME volunteer.  
Call 943-2488 to make your reservation.

### **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](http://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](mailto:val04463@verizon.net) or call 943-2324.

Nancy Willinski, 10 Belmont St. Milo, Maine 04463, e-mailed to [nancy2310@roadrunner.com](mailto: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!



### Ryan Bailey in a clutch shot at the foul line



L  
ily

Melanson, Alexis Hazelton, and Cassidy Parker were honored as Terrific Kids at our December 5<sup>th</sup> assembly.

Mrs. Nott: Lily is my terrific kid this week. This week she donated two pieces of jewelry that her mother made to the 5th grade Boston trip auction. Lily is always thinking of others and ways that she can help them. Lily has been working hard to add more sentences and details to her writing. She is a wonderful artist and a great friend.

Mrs. Johnston: My T. kid is Alexis Hazelton. Today is her last day with us. She has been with us for a short time, but has quickly adjusted to our routine and made lots of new friends. She comes in with a smile, ready to get her work started, almost always remembers to have her planner signed, and does a great job on all of her work. We are going to miss her!

Miss K.: Cassidy is always a Terrific Kid. She works hard to exceed the standards in all academic areas. Cassidy rereads and edits all written or mathematical assignments before handing them in. She helps me organize the classroom. It's exciting to be her teacher. Thank you, Cassidy.

**Announcement: Our Holiday Program is scheduled for December 17 at 6 PM.**

Bus Awards: Alyssa N., Levi B., Dakota K. Caught Being Good Prize Winners: Sonny H., Jordan, Natasha, Miranda, Lily

### Lagrange PTO Fall Raffle Winners:

(Thank you all for your support!)

\$200 Mary Kay Gift Basket: Miss Laurie

\$100 Walmart Gift Certificate: Michelle Hamm

\$100 First Aid Kit: Eddie Badger

Furnace or Boiler Cleaning-donated by E.Thomas Heating:  
Jay Orndorff

½ Cord wood: Bill Lewinn

Lia Sophia Jewelry Set: Bill McCausland

Pampered Chef-Large Round Stone with Handles: Jen Stone Hand Towel Set: Jack Eastman

### Milo Business Association Being Explored

*There will be an initial meeting to explore forming a Milo Business Association on Monday evening, December 15 at 5:30 pm. We will meet at Sandee's Restaurant, 66 Park Street, in Milo where the back room has been reserved for us. We should be finished by 7 pm, as that is their desired closing time!*

*It is important to have as many business leaders in Milo as possible present to have a good representation. A few cannot continue to carry the ball for everyone else.... so please encourage anyone with an interest in Milo's business to attend! Dinner is a la carte and will be provided at no cost to you.*

### Milo Free Public Library News

Judith D. Macdougall

As I sit here (Thursday) ready to write up the column, I am looking out at a very dismal day. As I live on a back road, there is an inch or two of snow in the driveway (actually ice) and slush on the road. The sky is very gray. In fact, there was actually a sprinkle this morning. We did enjoy warmer, sunnier weather earlier this week. I even dried heavy clothes out side on the line Tuesday. That was a lovely December day.

This is the slow time at the library. Not that patrons don't come in, but that reading is down. Many of our women patrons are too busy with holiday preparations to read as much as they regularly do. They are busy with crafts, making gifts and extra baking. I can remember before I worked at the library (over 30 years ago) that I might not get into the library for the 3 weeks or so between Thanksgiving and Christmas even though I was a regular patron at other times. We still have readers, of course, and lots of juvenile Christmas books are circulating. Last Saturday Dearle and I brought up the juvenile Christmas books from where they are stored in the reference room closet. Dearle set aside the everyday books and decorated the juvenile area with our Christmas collection. When she finished, the room looked very festive. A young mother who often takes out about 25 juvenile books at a time was amazed at our collection. "Where do you keep them hidden"? she said. We explained we had to store

them downstairs as there was just no room for our collection upstairs. She enjoyed being able to select books from such a large collection, and we were glad to see the Christmas collection circulate.

Many of the patrons coming in are our groups. On Mondays Eve Salley, director of the Learning Center, is downstairs from 2:00-5:00p.m. meeting with GED students. She usually has a small group at all times.

On Wednesday and Friday our teenage boys meet downstairs very informally to visit and play card games. Other young people use the reference room space as a quiet place to work with their wireless laptops. There is more space downstairs, and they do not have the hustle and bustle of the patrons and young parents with children as we have upstairs.

We also have our Three Rivers Readers Book Club meeting here on the third Tuesday of the month. The library isn't open at the time, but they are patrons who are here and add to our patron count.

On Wednesday of this week we were asked if it would be possible for a knitting group to meet downstairs evenings. I could not see any reason why not but said that I would have to check with the trustees first. In all likelihood we will be adding another group who will be using the library. How nice to have our library used by many patrons upstairs and down.

Our newest books from Baker & Taylor are all ready to circulate.

Cornwell, Patricia	SCARPETTA
Cussler, Clive	ARCTIC DRIFT
DeMille, Nelson	THE GATE HOUSE
James, P.D.	THE PRIVATE PATIENT
Koontz, Dean	YOUR HEART BELONGS TO ME
Plain, Belva	CROSSROADS

**LIBRARY HOLIDAY HOURS**

The Library Will Be Closed **WEDNESDAY, DEC. 24**  
And will open again on **MONDAY, DEC. 29**

The Library Will Be Closed **WEDNESDAY, DEC. 31**  
And will open again on **MONDAY, JAN. 5**

**Library Winter Hours**

**Mon.-Weds.-Fri. ---2:00-8:00 Saturday 2:00-4:00**  
**Tel. 943-2612**



Fran Brewer ( Josie's daughter ) accepts check for Josie Morrison, the winner of American Legion Post #41 of Milo Veterans Day 50/50 raffle. Josie is recovering from a hospital stay and was unavailable to accept the

check. Hopefully Josie is on her way to recovery as we all miss her.

**Key Club With Camille**

Hey there! Its the Penquis Valley Key Club again just updating you on what we've been up to. The Key Club meets every Thursday in room 13 of the Penquis Valley High School, at 11:45. The officers of the Key Club include, Josh Clement - President, Katy Korona - Vice President, Camille Cramer - Secretary, Hanna Backus - Treasurer, Paige McGuiness - Historian, Kelsey Ottmann -Bulletin Board Editor, Katie Joyner-Robertson and Val Robertson as advisors.

Key Club is very excited for our upcoming event that will be held for a week long! Yes, I said a whole week! The week of the 15-19 is Key Club Awareness Week, meaning that all that week Key Club will be participating in daily activities to promote the thought of Key Club around our school. Each day will have its own theme. For example, Monday will be Show Your "K" in Every (wearing Key Club clothing), Tuesday will be Kudos to Key Players (acknowledging Key Leaders), Wednesday will be Connect the K's (acknowledging our Kiwanians), Thursday will be Bring a Friend to Key Club, and Friday will be our annual Rock Around the Clock Day!

Rock Around the Clock is an activity that the Key Clubs holds involving 2 things: Friends and Fun! Every year our school club invites surrounding clubs in the area to come spend the night at our school from 6:30 p.m. to 6:30 a.m. and just have fun. It's a great way for clubs to join up and talk about what their doing, get new ideas, and relax with people you have common interest with. Penquis is looking to see about Dexter, Guilford, Dover, Greenville, and other schools to come participate with us. Key Club works hard-- that's very evident in our community-- but we also love to play just as well!

Key Club has 3 people who we just can't wait until Connect the K's to recognize. One is Mr. Jim Lord, a new addition to the Kiwanis Club this year, and also a great supporter of the Key Club. This past week while members were at a project, Mr. Lord came with hot dogs and sweet sausages for everyone! You know these working teenagers eat like bottomless pits, and it was great to have an adult acknowledge the work that they did. Also, Key Club would like to recognize Mr. and Mrs. Treworgy, who have donated money and time to our club, and are such positive influences on each and every member. I say it from the bottom of my heart, and on the Key Club oath that Milo, Kiwanis, and Key Club would not be the same without these two wonderful, inspiring, dedicated people. Thank you, all of you, for your endless support to us.

Penquis Valley Key Club is proud to support, serve, recognize leaders 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

**Community Calendar**

**Tuesday, December 9**

9:00a Womancare Outreach

1:00p Milo Garden Club

3:00p MSAD #41 Technology Committee

5:00p Milo Water District

6:00p Line Dancing

6:00p Lake View Assessors

6:00p Milo Area Writers Group

6:30p Post #92 Bingo  
 6:30p Milo Selectmens Meeting  
 7:00p Sebec Historical Society Meeting  
 7:00p Sebec Village Associates

**Wednesday, December 10**

6:30a Three Rivers Kiwanis  
 9:00a Milo - VA Advocate  
 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  
 7:00p Overeaters Anonymous  
 7:00p Bowerbank Selectmen

**Thursday, December 11**

11:45a Meals for ME  
 4:30p Tae Kwon Do Class  
 6:00p Boy Scout Troop #112  
 6:30p BJHS Card Party  
 7:30p Composite Lodge #168

**Friday, December 12**

9:00a Milo : Career Center  
 11:45a Meals for ME  
 6:15p Post #41 Bingo  
 7:30p Piscataquis Lodge #44

**Saturday, December 13**

2:00p Milo : American Legion Auctions

**Sunday, December 14**

2:30p Tiny Tigers Tae Kwon Do  
 6:00p Alcoholics Anonymous  
 6:00p Scrapbooking  
 6:30p K.I. Riders  
 7:30p Alcoholics Anonymous

**A Bit of Veteran's History**

By Richard L Graves Sr.



Joseph P. Chaisson was the first hometown soldier to be killed in action during World War I.

On February 24, 1918, serving with Company F, 103<sup>rd</sup>, 26 Division, during combat actions in France, Joseph paid the ultimate price. We continue to honor his service and sacrifice. The American Legion Post 41 was named in his honor and his picture is proudly displayed upon the Post walls.



Every Memorial Day a special flower bouquet is placed upon his grave site in the Milo Cemetery.

Now when you pass the American Legion Post on lower Main Street and see the newly restored sign proudly displaying Joseph P. Chaisson, you will know some of the history behind the name.

**WHAT'S UP DOC?**

By: Dr. Kevin Chasse

**Q:** Is there a way to prevent carpal tunnel syndrome? Will stretching help?

Carpal tunnel syndrome is caused by the overuse of the forearm, wrist, and hand musculature causing increased inflammation to the tendons that are surrounded by the carpal bones as well as the carpal ligament that wraps around the wrist. When chronic inflammation develops, it can congest the wrist/carpal region and can cause pressure on the median nerve resulting in numbness, weakness, and pain, particularly to the thumb, forefinger and middle finger digits. If this condition continues to persist, carpal tunnel surgery may be necessary. To prevent this from progressing to the point of requiring surgery, stretches and massage to the forearm flexors and wrist region is quite helpful. Deep tissue massage to the distal forearm muscles and tendons can help to reduce muscle tightness and contracture which progresses further into inflammation and congestion leading to carpal tunnel symptoms. Appropriate stretches help to manage and further release the tension in the forearm and wrist region. Furthermore physical therapy modalities such as ultrasound and electric stimulation can oftentimes be helpful as well. If symptoms are continuing to persist, a trial of cortisone injections in the wrist may be helpful prior to surgical consideration.

Hope this information is helpful.

Feel free to contact me if you have any further questions!

[Drchasse@verizon.net](mailto:Drchasse@verizon.net)

**This Christmas season, don't forget the animals at PAWS!!**

The Milo Farmer's Union on Park Street graciously allows us to have a receptacle in their entry-way. Needed items are listed there, and can be purchased there. Items we use are also available at Three Rivers Feed, such as bales of wood chips, and can be left on the porch of the shelter. You may also donate your returnables to PAWS. And as always, your generous donations of money in the cans at the registers at the Milo Farmer's Union make PAWS possible! Thanks to you, we have helped more than 15 dogs and 200 cats this year!!

**GRAMMIE McCLEARY'S WEATHER DECEMBER 1973**

9 & 10-Cloudy am rain pm. 11-Rain am snow pm. 12-Cloudy am rain pm. 13-Sunny & cold-26° at 12. 14-Rain all day-34° at 12.  
15-Cloudy am.

**On December 11<sup>th</sup> @ 6:00pm at the Milo Town Hall the group from The University of Maine will be hosting our second work session and would like to invite you and anyone that you would like to invite to be an active participant in the process.**

**BROWNVILLE ELEMENTARY TERRIFIC KIDS**



K-Trevor Hathorn 1-Spencer Black  
2-Lexis Goddard 3-Jericho Prado  
4-Colwyn Johnson 5-Mashilla Harrison  
6-Ryan Robinson



Citizen of the Week - Lillian Perkins

# NEW YEAR'S PARTY/DANCE

**Spend Less- Party Local!!**



Milo Town Hall Auditorium  
9pm to 1 am  
FREE party favors,  
FREE finger foods,  
50/50 raffle.

Music by Neptune Entertainment. Great light and effects show. Tickets available NOW at Just Teasin' hair salon — 13 Prospect St. — Milo \$15 per person BYOB All people attending this event must be 21 or older.

This event is sponsored by Neptune Entertainment in association with the Milo Recreation Department.