



# Three Rivers News

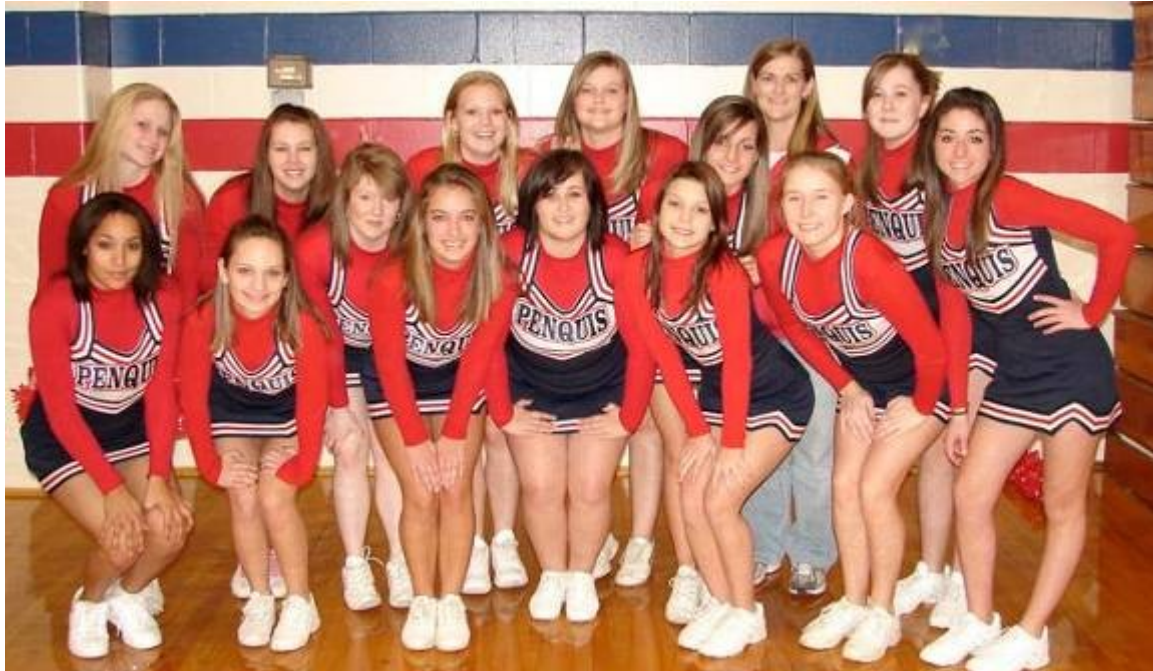


<http://news.trcmaine.org/>

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, Jan. 20, 2009 Volume 8 Number 12

## Penquis Valley Cheerleaders



### JV GIRLS



## JV Boys



## Varsity Boys



## Varsity Girls





No game at Penquis would be the same without the Pep Band. For many years these hardworking musicians have had the gym rocking for all the girls and boys games. Not all schools have their bands play at games, and the atmosphere just isn't the same. Keep up the good work.

### Milo's Terrific Kids

Mrs. Carey - Our Terrific Kid has made so much progress the last few weeks we would have to spell Progress with a capital "P"! He is much better at being able to control his behaviors - I think turning Super Six has made a difference. He loves Legos and can create very detailed structures. His classmates love playing with him because he is a bundle of energy and makes every playtime fun. We are proud of this special friend



and are thankful to have Izaak Krause in our kindergarten family.

Mrs. Walker - WE are pleased to honor this little girl for her sweet ways and constant enthusiasm for school. She is pleasant and well-mannered everyday. This T-K is like a sponge and is soaking it all in everyday in 2009!!! She can wiggle and she can giggle and we are proud of her accomplishments. Way to go!!! Congratulations Lilly Lagasse.

Mrs. Hayes - Our terrific kid has warmed our hearts this week. She has been so polite and she has cooperated with her teachers and friends during class activities. She has done her best journals and made a good effort on her schoolwork. We are proud and happy to see the progress in Cheryl Cianci. Thank you, Cheryl!

Mrs. Barden - Our terrific kid is a great little girl. She works very hard at everything. Her reading is improving and she has got our surveys in math down pat. We are glad to say that this is the second time that Lani Rideout has earned the right to be our TERRIFIC KID. Yeah for Lani!!!!

Mrs Tardiff & Mrs. Hussey - The temperatures may be dropping, but we have warm feelings for our Terrific Kids. This girl is doing wonderful work in math right now. She has been attentive and volunteers answers. She tries really hard in her work. Keep up the good work, Brooke Champeon.

Emily is friendly, helpful, and always follows the "I Care" rules of our classroom. She comes in with a smile and works hard. We love having Emily Monahan in our class.

Mrs. Bessey - Our terrific kid this week is a young lady who is trying very hard to learn all that she can. She even asks for extra homework. She is always willing and ready with her math answers and does extra writing in her journal. She takes her time and does a very careful job in handwriting. Faith is working on being positive and cheerful. It's great having Faith Brown in our class.

Mrs. Mills - Our terrific kid has worked hard this week. She has gotten all her work done on time. Her behavior has been super. Her attitude is great. It is great to have Olivia Kuchinski in our class.

Mrs. Whitney - 4Whitney's Terrific Kid is new to our district, but doing an awesome job adjusting to our school. She is fitting in well in our room and our 4th grade group. Congratulations, Christina York.

Ms. Patton - Ms. Patton's TK this week is a young lady who is full of energy and imagination. I can always count on this girl to liven up the classroom, or make us all laugh. She always has wonderful, creative ideas and she has been working really hard at being responsible and having her planner signed every night. Congratulations to Rayne Berry.

Mrs. Knowlton - Our TK has been working very hard lately to stay focused and get her work done and she is making good progress in this area. She always participates in class discussions and has great science ideas! Congratulations to our 5K terrific kid, Miranda Pomerleau!

Mrs. Gillis - Like Martin Luther King, Jr., he's been kind and caring,

Like a bumble-bee buzzing, he's been busy all day,  
Like a Minuteman, he works at moment's notice,  
Like Orion in the sky, this boy is a Hunter.

Congratulations to Hunter Lewis!

Mrs. Clukey - SIX C'S TERRIFIC KID THIS WEEK COMES TO SCHOOL EVERYDAY WITH HER ASSIGNMENTS COMPLETED. THAT MIGHT BE WHY SHE IS ALWAYS IN A POSITIVE FRAME OF MIND. SHE MOST DEFINITELY HAS AN UPBEAT PERSONALITY AND IS FRIENDLY TO ALL. AS YOU MIGHT HAVE GUESSED, THIS CAN GET HER INTO TROUBLE EVERY ONCE IN A WHILE. BUT FOR THE MOST PART SHE IS A PLEASNT ADDITION TO OUR SIXTH GRADE CLASS, SO CONGRATULATIONS TO CHELSEY GERRISH 6C'S TK THIS WEEK.

Ms. Dixon-Wallace - This week's Terrific Kid in DW 6 is a student who has a great couple of weeks. He has been more focused on his class work, being a positive member of our classroom community and taking responsibility for his actions. I have heard only positive feedback from his other teachers. Mrs. Russell really appreciated Cody Andrick's help with snowshoeing last week with her kindergarten phys ed classes. He was patient, encouraging and very positive. Keep up the great work and attitude, Cody!

## Cook School News

Seanta Rediker, Misty Keith and Michael Nutting were honored as Terrific Kids at our January 16<sup>th</sup> assembly. Mrs. Nott: Seanta is my terrific kid this week. Seanta always comes in with a smile and ready to start her day. She does a good job



following classroom rules and routines. Seanta is a good friend and liked by all of her classmates!

Mrs. Johnston: Misty is new to our school and has adjusted well. She comes in every day with a smile on her face and ready to go to work. She remembers her planner almost every day and she works hard on all her assignments. She is polite and a good friend in our classroom.

Miss K.: Michael is my Terrific Kid this week. Michael has worked hard for this recognition, as have his Mom and Dad. Michael completed his in-class assignments, his homework and had his planner signed each day. He's worked hard to follow all directions and to stay on task. Michael did a great job reciting his lines from Martin Luther King's "I Have a Dream" Speech. Keep up the good work, Michael.

Bus Awards: Miranda, Sonny H., Cassidy Parker Birthday: Kyle 10, Cassidy 11, Miss K., Miss Laurie Caught Being Good Prize Winners: Kelena, Seanta, Miranda, Sonny P., Kortnie

Congratulations to all our Terrific Kids.



All the COOL kids at the Cook School celebrated their birthdays at our recent assembly.

One of the Birthday Kid's, (Ms. K), Brother Steve is tentatively scheduled to be on QVC at 7 AM on Jan 28. He will be selling his amazing Kazekups.

But, if you want a Kup, you can get a better deal at Kazekup North!!!

Check out Kazekup.com (or giftsbykaz.com--- to see other items) to see this awesome product! Kazekup North. No shipping!!! 943-2529.

The fourth and fifth grade class celebrated the life of Martin Luther King Jr. by presenting his "I Have a Dream"



speech. They did a fantastic job.

### BROWNVILLE'S TERRIFIC KIDS

K-Savannah Boislard 1-Camron Bailey 2-Ashton Babin  
3-Wyatt Keller 4-Derek Robinson 5-Alyssa Murano 6-Amber



Willinski



Citizen of the Week Zena Baker

**GRAMMIE McCLEARY'S WEATHER JANUARY 1972**  
20-Sunny & windy am Cloudy pm Snow in evening. 21-Sunny & windy. 22-Cloudy. 23-Mostly foggy am Sunny pm. 24-Snow then partly cloudy. 25-Snow & rain. 26-Windy cold & sunny.

## 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

**To learn more about Three Rivers Kiwanis go to:**

**<http://www.threeriverskiwanis.org/>**

## 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!

## Concussion Awareness

Dr. Warren "Skip" MacDonald of Orthopedic Surgeon and member of the FA medical Team will be presenting this one-hour session for parents, coaches and players on Thursday February 5<sup>th</sup> (with a snow date of February 12<sup>th</sup>). The session will cover what a concussion is, how to identify its symptoms, and when it is safe to return to play. According to MacDonald---- concussion is under-diagnosed and under-treated even in 2009. Concussion is an injury that can have a life time of consequences.. The final decision about playing is ultimately the parents' and this discussion is designed to give useful, understandable information.

MacDonald attended the International Conference on concussion at Fenway Park in May 2008 on this topic and will be sharing the latest information. The session is sponsored by the Foxcroft Sports Boosters and will start at 6:00 pm at the Student Center at FA. The session is free and there will be light refreshments. FMI please and to pre-register, call Jane Conroy at 564-3265.

### To The Editor:

This was sent to me by Sue Mackey Andrews who was on the Consolidation Committee for over a year almost, before SAD #41 asked to be included. The others that were on the Committee were from Greenville, Beaver Cove, Bowerbank, Shirley, and # 68 Dover-Foxcroft, Sebec, Monson and Charleston. After we joined we were approached by #12 Jackman and Moose River, which was also accepted. WE also talked with Corinth and Howland and they elected to go with others. We need 1200 students in order to form this AOS,

SAD #41 has only 700+ students, so we need either the Greenville group and or the Dover group in order to form a union.

Susan also sent this message to me: Number 1 and number 2 don't apply to us because we are an AOS model and not an RSU. The last one, on the penalties, suggests that a SAU who votes "YES" won't be penalized even if their partners vote "NO". She is urging a "YES" vote for #41 and #68 (Sue is from Dover) She feels that we could make a good partnership from this and result in savings AND educational improvements. She is confident of that.

Bear in mind that this vote is only to form ONE Central Office, with one Superintendent. There is no talk of bussing children to other schools, and we were assured by Sue Gendren that there is no money now and maybe not for at least 15 years to build a Regional School.

It is my understanding that the penalty for the first year will be a little over \$107,000, with a 2% mil increase; we don't know what the next year penalty will be, but as long as we are not in either an AOS or an RSU we will keep getting penalties. If you will read the third paragraph they tell you what is going to happen if we vote this down, there is not enough time to be in compliance with the law, and we must have all the work done by July of 2009. I guess that the key words here are: IN COMPLIANCE WITH THE LAW". I am sure that you have been reading about the larger schools that will be voting this down. Those are the schools that get little or no subsidy from the State. I don't have the figures here right now as to how much Penquis gets. I can get that from our Town Manager or for you Milo people you can ask your town manager. If you have questions after reading this, please email me, I will answer what I know, or get the answers from Sue Mackey, Nancy or Sophie Wilson.

I was the Selectperson for the Town of Brownville on the committee, with Nancy Cook as the Town member (Nancy was also a committee chairperson), and Stacy Slagle was the Brownville School Board member. Each Town in this Union was represented by three committee members.

We will all (SAD 41, SAD 68 and the Greenville, Jackman and surrounding towns) be voting on January 27<sup>th</sup>. Brownville will be at the Brownville School starting at 9am through 8pm. I will be there and Nancy will leave literature for you to read. The one thing that we all felt was that the main concern was for the children, that they will have the best education that we can give them. We also kept in mind that the way the world is going with the recession, and people losing their jobs, that we do have to think about keeping our taxes down, which was the other main concern. Our children are our future. Some were worried that teachers would lose their jobs, but all contracts will be honored. The Central School Board will get its members from the present school board members from each town in the AOS. Each town will be represented. I hope this will answer some of your questions. Most of us have been through this before, and some of us lost our high schools, so if we can keep our high school for as long as we can, we need to do that.

Thanks, Linda Coburn

## Front row: Piscataquis Public Health Council's Community



**Partnership Specialist Shannon Bishop, Officer David Henderson of Milo PD, Officer Jeff Pomerleau of Greenville PD, Sgt. Mike Gould of Piscataquis County Sheriff's Office, Robin Mayo, Community Partnership Director for Piscataquis Public Health Council. Back row: Officer James Emerson of Dexter PD, Dover-Foxcroft Police Chief Dennis Dyer, Officer Guy Dow of Piscataquis County Sheriff's Office, Officer David Wilson of Piscataquis Sheriff's Office, Sgt. Terry Smith of Milo PD, Brownville Police Chief Nick Clukey, Greenville Police Chief Scott McMaster, and Lt. Bob Young of Piscataquis County Sheriff's Dept.**

## Piscataquis Public Health Council Receives Grant to Address Underage and High Risk Drinking

Dover-Foxcroft, ME— The Department of Health and Human Services' Office of Substance Abuse (OSA) recently announced the release of funds to the Piscataquis Public Health Council as one of twenty-eight community partners across Maine involved in preventing underage alcohol use and reducing high risk drinking in Maine.

"Underage drinking and high risk drinking are community problems" said Guy Cousins, OSA Executive Director. "By funding these partnerships across Maine, we help communities to actively be part of the solution".

"This funding provides us with a great opportunity to collaborate and support local law enforcement, and allows us to support local retailers with employee beverage/seller server trainings" said Robin Mayo, Community Partnership Director, Piscataquis Public Health Council. "We have been working at addressing underage and high risk drinking within our communities and this will really enhance our efforts."

Funded through the Substance Abuse and Mental Health Service Administration's Center for Substance Abuse Prevention, OSA has awarded Piscataquis Public Health Council an eighteen month supplemental grant of \$56,159 that will focus on reducing alcohol through collaborations, policies, enforcement, and education.

The Piscataquis Public Health Council will partner with police departments in Dover-Foxcroft, Milo, Brownville, Greenville, and Dexter, as well as the Piscataquis County Sheriff's Department. The police departments will work collaboratively to enforce the State's Model Underage Drinking Enforcement Policy that each department has adopted locally. Active party patrols will be conducted through scheduled patrols that look for underage drinking in known party locations or in response to reliable information that a party will occur at a specific time or place. Passive Party Patrols will occur when law enforcement responds to a community report of an

underage drinking party currently in progress. They will work to enhance and improve call-out teams for handling underage drinking parties.

The Piscataquis Public Health Council also has agreements with School Union 60 in Greenville and MSAD #12 in Jackman to work on School Substance Abuse policy development.

The Piscataquis Public Health Council will also be contracting with Frank Lyons, of BC Consultants, a twenty-three year veteran of Liquor Licensing Enforcement, who will be providing beverage seller/server trainings to local area retailers and is a certified instructor with the Maine Criminal Academy. The training will help retailers prevent costly violations and civil suits, instill more confidence in alcohol servers and potentially reduce liquor liability insurance premiums (dependant upon insurance carrier approval).

Piscataquis Public Health Council, a local Healthy Maine Partnership, is located at 897 West Main Street in Dover-Foxcroft on the Mayo Regional Hospital campus in the Old Mayo Building. For more information on this new program or how to get involved, call 564-4184 or e-mail Community Partnership Specialist Shannon Bishop at sbishop@mayohospital.com.

For more information on this grant, visit the OSA website at [www.maineosa.org](http://www.maineosa.org).

## Milo Free Public Library News

Judith D. Macdougall

Hasn't today (Thursday) been a frigid day! but I try not to complain out loud as I still prefer the cold weather to the heat and humidity of summer. I had to scurry around while outside today to get from my car to warm stores, but I feel more alive in cold weather than I do on a hot and sticky day. I know there are lots of folks who disagree with me, but there are many of us cool-weather people too. A postscript to that last paragraph as I type this column on Friday: I still prefer the cooler weather, but Friday's low temperatures really tested that thought.

In spite of the frigid weather on Thursday I had a wonderful Tri-County meeting that morning at the Thompson Free Library. There were 8 librarians present representing Dexter; Dover, both public and school librarians; Guilford; Milo with both public and school librarians; and Valerie Osborne, our NMLD consultant.

Nancy Grant, the librarian at Penquis Valley, instructed us in pbwikipedia. Actually I had never used a wireless laptop but Helen Fogler, director of the Thompson Free Library, loaned me one and gave me some quick, brief instructions. Of course, the laptop didn't work exactly the way it was expected to (or did I do something wrong) but with lots of help from Nancy, I was soon finding my way around the wikipedia site. Nancy explained how useful the site is for instant messaging no matter where the correspondents were geographically, and how to connect in many other ways. Nancy also amazed us by showing a video camera smaller than a cigarette package. It could attach to a TV or connect to a computer and cost about \$130. Such items and their uses are just beyond my comprehension. What will they think of next? Nancy took us to various sections of pbwiki, where I found tools fascinating. I must take the time to explore further such sections as Blogs, Diiew (social book marking), Flickr (photo sharing), Ning (social networks), Skype (free audio

[telephoning] on the internet), and Twitter and Tumblr (free use available online scrapbook).

From computers and networking we moved the discussion to books. Nancy explained she has from 20-35 students helping as staff in the Penquis Library. Junior and senior students can get credit for volunteering if they wish. She also lets the student staff members review preview books, which they prepare, read and write up for the Penquis site.

Nancy's presentation was fascinating but more than most of us could take in during one session. Helen suggested that perhaps Nancy could review the material for us and give us more bits at future Tri-County meetings. Nancy agreed to give that suggestion a try.

It was a productive meeting, and I will have to practice more in order not to forget what Nancy taught us until we can get together for her to teach us more.

The newest books in our library are:

Browne, Sylvia	NF	ALL PETS GO TO HEAVEN (The Spiritual Lives of Animals)	
Burke, Jan		THE MESSENGER	
Crusie, Jennifer		STRANGE BEDFELLOWS	
Evanovich, Janet		PLUM SPOOKY	
Garwood, Julie		FIRE AND ICE	
Harris, Charlaime	LG PT	THREE BEDROOMS,	ONE
		CORPSE	
Hill, Joe		IRISH ROSE	
Krentz, Jayne Ann		RUNNING HOT	
McCullough, Colleen		THE INDEPENDENCE OF MISS MARY BENNETT	
McKevett, G.A.		A BODY TO DIE FOR	
Mundy, Liza		NF MICHELLE (Obama)	
Nafisi, Azar	NF	THINGS I'VE BEEN SILENT ABOUT	
Spindler, Erica		BREAK NECK	
Woods, Stuart		MOUNTING FEARS	
Young, William		THE SHACK (We've had several requests for this book)	

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

## Three Rivers Kiwanis, Milo-Brownville

January 14, 2009 Business Meeting

There were thirteen members in attendance at the meeting at Sandee's Restaurant on Wednesday morning. We had an inter-club present from Dover-Foxcroft with six members and an inter-club present from the Key Club with Josh, Camille, Stephanie, and Val.

Eben DeWitt led us in the Pledge of Allegiance and Herb Dunham offered the Morning Prayer. Jim Lord was not present for the Thought for the Day. Lois' grandson, Tyler Trask, has a birthday this week. The club received information on the Nashville Convention in June if anyone is interested in attending.

The Lt. Governor sent a list of events coming up: Dover-Foxcroft Kiwanis Social on February 10<sup>th</sup> at Abel Blood's Pub. Contact 564-2187 if you want to make reservations. \$15.00 per person; Woman Care will sponsor a Valentines Dance at the Higher Learning Center; March 6<sup>th</sup>-8<sup>th</sup> is the New England District Training Conference in Mansfield, MA.; May 8<sup>th</sup>-15<sup>th</sup> is the Official Governor's visit to Bermuda; the YANKIWANIAN is available on-line; and, there will be a Div. 2

Training Meeting in February in Dexter: more information will follow.

Tammy Cogle, Bobby's daughter, from the MS Association and the new director of the YMCA will speak next week.

Happy/Sad dollars (\$17)-Digital TV coming soon; 77 days to opening day of baseball; Lee to get better; happy to be here; ½ day of school; basketball games; school consolidations getting close; inaugurations; dog loves the snow; snowshoeing; concern for Jeeter the dog; and sad because Jan's dog ate the gingerbread decorations from the Christmas tree.

Committee reports: Thanks again to Ronnie Knowles and Ethelyn's jamboree crew for the Secret Santa fund. Thanks to Bonnie and her Secret Santa crew and all the elves for their work. More families and children served than in the past and more money raised and spent. Josh will get weatherization kits to Jeff for local families.

Val is working on the Kiwanis Kids Korner for the spring and will have more information later. Camille discussed Brownville Elementary School's interest in Kiwanis in the school. Possible projects are K-Kids or Bringing Up Grades. Discussions around this will continue and individuals identified to lead a project.

Website is up and running and the site address can be found in the Kiwanis Newsletter this week. Contact Jim Macomber if you have photos or information you want posted to the website. Val has contacted Dell about a printer problem and a new printer has been sent for publishing the Kiwanis Newspaper. Virgil reported to the board that donations are down for the Newsletter at this time.

Board Actions: Approved \$500.00 matching grant to Redevelopment Grant. Our club is tracking volunteer hours and chairperson of projects needs to keep track and report hours to the Secretary. Official Lt. Governor visit will be in February. We will be sending a reminder out for 2008-09 dues. The second half of dues is due in April. We will also send out the next year's dues bill in August. We have \$1910.00 collected with \$1402.50 outstanding that will be due in April.

There will be an addendum to the board minutes to adjust the Secret Santa fund to reflect a balance of \$987.00 towards next year's Santa fund. Jeff is working on the 501c3 process and is sending a check to the state for our corporate fees of \$260.00. Jim Lord is working on a membership drive. We currently have 45 members.

Officer vacancies are Vice-President and President Elect for 2009-10.

Don't forget to visit the Builders Club meetings Mondays at 11:06 a.m. and Key Club Thursdays at 11:45 a.m.

Meeting adjourned.

Respectfully Submitted, Heidi Finson, Secretary

## TRC Community Calendar

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

### Tuesday, January 20

9:00a Womancare Outreach

11:30a Mt. Katahdin Senior Citizens

6:30p Support Our American Recruits

6:30p Post #92 Bingo

6:30p Milo Selectmens Meeting

7:00p United Methodist Women

**Wednesday, January 21**

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, January 22**

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

**Friday, January 23**

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

**Sunday, January 25**

2:30p Tiny Tigers Tae Kwon Do  
3:30p Sebec Freedom Riders Snowmobile Club Meeting  
6:00p Alcoholics Anonymous  
6:00p Scrapbooking  
7:30p Alcoholics Anonymous



**WHAT'S UP DOC?**

BY: DR. KEVIN CHASSE

**Q:** I have heard that you have to keep going to a chiropractor once you start. Is that true?

**A:** No. Patients typically present to a chiropractic office with complaints of back pain, neck pain, headaches, or sciatica. A treatment trial is recommended until symptoms either resolve or reach a plateau of improvement. Most patients respond favorably to chiropractic treatment, but not all. Occasionally, patients will reach a plateau of improvement where residual symptoms continue to persist off and on. Such patients often times feel the value of periodic treatments to help manage their chronic or recurrent symptoms. But not all patients require ongoing care. Many patients respond fully and completely and do not require any further treatment beyond an early trial. Other patients feel the value of periodic maintenance visits to help minimize the recurrence of pain and stiffness.

*We would like to extend a heartfelt thank-you to the individuals and businesses who helped make the Annual Christmas Dinner at the Milo Town Hall a success, We appreciate those who helped set up, serve meals, delivered meals, provided desserts and gave monetary donations. Special music provided a wonderful atmosphere.*

*Most of all, thank you to Everett and Freda Cook, whose generous hospitality created this tradition for our communities.*

*Ferri and David Knowles  
Walt and Nancy Cook*

Tell your cat and dog-loving friends about Maine's  
**Tax Check Off!**



Because there aren't enough homes for all of them...

Maine's state tax form (Schedule CP) now has a

**Companion Animal Sterilization Fund**

\$5    \$10    \$25    Other \$\_\_

the **Companion Animal Sterilization Fund** will be used to save lives by:



- Spaying/Neutering Cats and Dogs
- Preventing Unwanted Litters
- Lowering Shelter Intakes
- Lowering Shelter Euthanasias
- Reducing the Number of Feral cats
- Reducing Dog Bites

For more information Call **HELP FIX ME!**  
now at:  
**1.800.367.1317**

Maine Department of Agriculture, Food and Rural Resources  
Animal Welfare Programs  
LOW-INCOME SPAY/NEUTER PROGRAM



**N. Troy Richards shown here with his Mom and Dad, Janet and Donnie Richards along with his Grandparents "Tinker" and Sara Richards. Troy was guest of honor at a small family gathering Sunday at Pat's Pizza. He and his outfit will be deploying for training and then overseas duty at the end of January.**