



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, April 28, 2009 Volume 8 Number 26

In Loving Memory of Murrel Harris



December 16, 1945-April 29, 2006

We will always remember the wonderful life you lived, and we'll keep alive the memories we have, by remembering all you did. For you were so special to all of us; a remarkable man indeed, your love, laughter, and great mind reflected a heart that believed.

Although we miss you so very much, we know we'll see you again and as we all gather we'll continue to share all the special times we went through.

For these are the memories that warm our hearts as we honor the memory of you. One of the greatest gifts in my life was to know and to love you.

We love and miss you so very much~
Your Family

Editor's Note: When I removed the photo of Murrel from its frame I noticed a note written on the back by Melanie Hussy. I think it exemplifies the way kids loved Murrel.

"Laurel, Murrel was the favorite guest reader in my second grade classroom! The kids all knew him and were so glad to see him! They loved sports with him, but were glad to see him as a reader too!" End of quote.

Not a day goes by that we don't miss our friend.

"Classics Yesterday and Today"

The Annual Three Rivers Kiwanis Variety Show

Friday, May 8th

Doors open at 6 p.m.

Show starts at 7 p.m.

Milo Town Hall

Pleasant Street, Milo

Cost:

Adult: \$6

Child: \$4

Family: \$20

Stop by our homemade snack
and beverage table too!

Funds Raised To Support



RIF
Reading Is
Fundamental

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@myfairpoint.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

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!

Penquis Boy Wins First Outing By Bill Sawtell

Penquis 7, PCHS 2

Guilford, April 4- Recently hired coach Jeremy Allen won the first game of his career as his Patriots downed the Pirates here getting solid contributions from three pitchers en route to the 7-2 win.

The boys from down river came up with four runs in their half of the sixth to break open a fine pitching duel between Penquis's Kiel Larson and Brandon Smith and PCHS ace Dwight Noble, who had given up just one hit and one run until that juncture.

Penquis added two more insurance runs in the seventh.

PCHS scored its lone two tallies off Penquis's third hurler of the day, Eddie Cobb, who fanned the Pirate's Number Three hitter, Yaal Kand, to end the hostilities.

Penquis's three hurlers struck out a total of 12 men and allowed just four hits.

Receiver Brad Brown doubled and singled to lead the eight-hit attack.

Kaal Kand singled twice to pace the Pirates.

Penquis	000	014	2
PCHS	000	000	2

WP Smith LP Noble
Umpires Deiso and Lee



What does a fellow do to make his wife's 50th birthday one she will remember? Donnie Richards came up with this "Elegant" idea. You hire a "stretch-limo"..invite a few friends and go out to dinner! Happy 50th Birthday Janet!



Key Club With Camille

Hey there again! It's the Penquis Valley Key Club just updating you on what we've been up to. The Key Club meets every Thursday in Room 13 of 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.

Spring is here finally! Hasn't it been wonderful to have flip-flop wearing, short pants shakin', T-shirt rocking weather?! I know myself and the rest of majority of the high school student body think so and boy weren't we ever ready for vacation this week! To kick off our spring activities, Key Club has partnered up with the Builder's Club and Kiwanis for the annual M.S. Walk! On the 25th of April the Key Club will leave early that Saturday morning and head for the Brewer auditorium to begin setting up the walk. We are part of the set up crew this year! Participating in the walk are as follows:

for Key Clubbers.. Kambrea Atkinson, Hanna Backus, Carolyn Bess, Rebecca Carpenter, Josh Clement, Camille Cramer, Alex Drummond, Britnee Genthner, Ashley Goodine, Billy Kinsman, Kelsey Ottmann, Shelby Patten, Aaron Richard, Spencer



Traylor, and Shane Woodard. The M.S. Walk is something that the club has been planning and looking forward to for quite sometime. Ever since our member, Kambrea Atkinson, had her Aunt Tammy Cogle, who is an M.S. patient and advocate come to speak to our club, we knew this was something that we wanted to be a part of. Tammy is also daughter to one of our family Kiwanian members Bobby and Tanya Ellison. Personally, I find it a wonderful thing when we can have a role model such as Tammy reach out to the youth and adults in a community that she herself grew up in. It is both inspiring and uplifting to see that our community has the possibility to shape someone's life such as Tammy's and I find her one of the great examples of what makes up Milo and the surrounding areas. Key Club would like to thank Tammy for taking the time out of her busy schedule that we all experience to come and educate us on multiple sclerosis. I can guarantee you it has done nothing but benefit us as a club and spreading out to the community as well as a beneficiary.

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.**

Attention all Penquis Valley High School Alumni:

The Penquis Valley Alumni Association is having their annual meeting on August 8, 2009, at the Brownville Junction Alumni Building. We don't know all the details yet, but if you can be in the area on that date, please join us. There are some of us that intend to make a party out of it; so please come and join in the fun. Who knows who you will be able to see and catch up with that you may not have seen in many years. More details will follow in the next few months; but we wanted to get the date out so you could make plans to attend. If you have any ideas on what to do for this year's event or want to help, please email me.

Hope to see you in August,
Gerry Demers, Class of '73
Penquis Valley Alumni Association President
demersg@embarqmail.com

The Milo Garden Club will host the GCFM District Meeting at the Methodist Church in Milo on May 7. Registration and coffee at 9:30. Call 943-8801 by May 2 to reserve your noon meal.

Milo Free Public Library News

Judith D. Macdougall

This past week has certainly been spring in Maine. A mix of everything, sunshine, rain, blustery wind and very warm temperatures. There was almost a little snow one morning. For a short while the rain on my windshield looked partly white. But we, who have lived here for years, know that spring does not come smoothly to Maine. The daffodils in front of the post office are opening; can black flies be far behind?

On Tuesday the librarians had their monthly luncheon. There were 5 of us present. Unfortunately, of the missing one was in ill health, one was working and one was on vacation. We met at Elaine's Basket Café and had a lovely luncheon and visit. We were pleased that Audrey Chadwick was back from her 6-week vacation in Florida. She entertained us with details of her trip. She was glad to leave Florida when she did, though, as she said the temperatures were rising to 85 degrees---with humidity. We were very glad to have Josie Morrison with us, too, as she had had a real set-back the week before and had to spend several days in the hospital. She was feeling much better the day of the luncheon and will be resuming her rehab schedule soon. We are so pleased she feels able to work on Saturdays again. Pam was not with us, as she was away to London with her sister. We all hoped she was having a great time and not having too much of the type of weather which we were getting on that day---heavy rain. I'll report more about Pam's vacation in the next column when we hear about all her doings.

For patrons who are hearing about all these library luncheons and wondering if library money is allowing librarians to have themselves a high-old-time every month, it is not so. The library sponsors one annual luncheon for the librarians and substitutes. However, we staff members enjoyed the get-togethers so much we decided to continue them monthly, but each library staff member pays for her own lunch. We really enjoy getting to know each other and visiting in a relaxed setting.

Tuesday was a busy day for Margaret Pinette and myself as we both belong to the Three Rivers Readers Book Club which meets on the third Tuesday. Tuesday evening again found us both involved with the library. There were 8 of us present, and Barbara Crossman led us in a discussion of *No Time to Wave Goodbye* by Ben Wicks. This book is about the evacuation of 3,500,000 English children from the cities to the country during World War II. Ben Wicks, an evacuee himself, posted notices in newspapers in various countries asking anyone who had any experience in the evacuee situation to write their story and send it in. Many of the evacuees had pleasant situations and learned to love the country life, to enjoy new foods, and to feel that the situation really broadened their outlook. Others did not have a good experience at all. The Readers expressed surprise that children were not allotted to folks, but rather that hosts could choose from the groups at

the town halls. Of course, the cutest little girls and the strongest boys were chosen first. We were also surprised that there was an allotment given for each child to the host family. The foreword was written by Michael Caine, who was also an evacuee at the age of 6. He credits his experience to encouraging his love of the country, which continues to today.

A discussion of possible future books also came up. A play was mentioned as a possibility, an autobiography (one member stated this was better than a biography, as the subject was alive at the end), or a classic (here the merits of Charles Dickens and Anthony Trollope were debated). In May the group will be reading *The Glass Castle* by Jeannette Walls with Joyce Philbrick as the leader. In June Margaret Pinette will be discussing *Olive Kitteridge* by Elizabeth Strout.

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

Saturday 2:00-4:00 Telephone 943-2612

4-H Afterschool Youth Go Rock Climbing



Twenty-five youth in the Milo 4-H Afterschool Program took part in a rock climbing experience at the University of Maine in Orono. Trained individuals taught the youth the importance of wearing a harness, how to climb the wall safely using their feet, and the right places for them to place their hands on their ropes. The climbing center features a 32' climbing tower and a 45' long x 12' high bouldering wall. Krista Dearborn made it to the top of the wall. Congratulations Krista!

Having the opportunity to climb the rock wall at Maine Bound offered these youth an opportunity to learn new 4-H life skills such as personal safety, healthy lifestyle choices, self-esteem and character building. A very special thank-you goes to the following adults who were drivers/chaperones for this adventure: Melvin Ames; Barb & Terry Baker; Linda Champagne; Natalie & Phil Hitchcock; Sue Stetson; Mary Watters; Heather Wentworth and Linda & Willis Whitten.

Maine Bound is a program of Campus Recreation at the University of Maine. It is based out of the Maine Bound Adventure Center. Maine Bound offers a comprehensive outdoor experience for all skill levels. By combining recreation and education, their programs offer adventure opportunities for every lifestyle while instilling skills that are used in everyday campus life. The professional staff and devoted

student instructors are passionate about educating everyone in all the responsible fun and adventure that the majestic Maine outdoors has to offer.

Another Aspect of Alcohol Awareness in Maine:

Preventing Alcohol Abuse in Maine's Workplaces through
New online tool: [Workalert www.maine.gov/workalert](http://www.maine.gov/workalert)

With the economy struggling to survive, Maine businesses simply cannot afford workplace losses due to alcohol and substance abuse. And the harm to our families and communities touches us all. The annual cost of substance abuse in the workplace is estimated in the billions of dollars each year, and in Maine alone it is over half a billion dollars. In today's economy, employers are looking for ways to reduce costs, including healthcare costs, and to at least maintain, if not increase, their goods and services.

Low productivity, workplace injuries, low employee morale, employee illnesses, and poor company image are some of the effects that substance abuse can have on the workplace and can eventually affect the bottom line. The cost in dollars from substance abuse can be at least \$10,000 for one employee including days lost to sickness, healthcare costs, ER and hospital costs and hiring and retraining a new employee.

Studies have shown that preventing problematic substance use through an effective alcohol and drug free workplace policy can be an important component in helping reduce both the social and economic costs of substance abuse.

To support a statewide prevention effort, the Maine Office of Substance Abuse has created Workalert. This easy-to-use online tool found at www.maine.gov/workalert takes the user through a series of questions which help workplaces develop a policy that fits their needs.

This effort is being highlighted as a part of the statewide Alcohol Awareness efforts for April. The Maine Alliance to Prevent Substance Abuse worked with Governor Baldacci to declare April as Alcohol Awareness month in Maine to align with national efforts. It is a time to highlight these issues and seek ways to address them in our communities.

The facts about workplace substance abuse and its cost in Maine may surprise you:

- Lost productivity due to substance abuse totaled more than \$155 million in Maine in 2005. (Maine Office of Substance Abuse (2007) *The cost of alcohol and drug abuse in Maine 2005*. Augusta, ME: Author.)
- On average, a construction company in Maine with 10 workers will have one that has a substance abuse problem.
- 14% of Maine adults 21-24 report working while feeling the effects of alcohol. (Maine Office of Substance Abuse, 2004 *Maine General Population Drug and Alcohol Survey* <http://www.maine.gov/dhhs/osa/pubs/data/2004/genpop04.pdf>)

Your local Healthy Maine Partnership, **The Piscataquis Public Health Council**, can provide training and technical assistance to workplaces that need more info on substance abuse issues and help in developing a program that includes an effective alcohol and drug free workplace policy.

Drug-free workplace programs which include a strong policy make good business sense. These programs help lower recruitment and training costs and worker's compensation costs which result in fewer work-related accidents. Data on cost savings of Employee Assistance Programs (EAPs) alone shows that for every dollar spent in preventing problems there can be a fifteen-dollar savings in dealing with the consequences of performance problems.

Drug-free workplace programs can save employers money due to fewer absences, lower turnover and lower medical claims of employees. These programs also send the message throughout the company, "This company cares about me and my family. This is a good place to work." Employees who feel valued at work are happier and more productive.

For more info and materials on worksite wellness, help with Workalert, and substance abuse prevention and treatment, contact **Community Partnership Specialist Shannon Bishop of the Piscataquis Public Health Council at 564-4184.**

A Bit of Veteran's History

By Richard L Graves Sr

Kristin (Lee) Hersey

Three Rivers Kiwanis, Milo-Brownville

April 22, 2009

Regular Morning Meeting

The meeting was called to order at 6:40 a.m. There were fifteen members in attendance at the regular morning meeting at Sandee's Restaurant on Wednesday. We had an inter-club from Dover with five members visiting and a reminder that their canoe race is Saturday, April 25th. Josh was present from the Key Club. Leroy Finson was our visitor today. Lance Harris has a birthday this week and Janet Richards.

We received information from the Hampden Kiwanis about a Texas Hold Em, No Limit Poker Tournament on May 2nd at the Hampden Kiwanis Civic Center. Doors open at noon and tournament starts at 1:00, the fee is \$103.00. The Inaugural Gerrish/Engdahl Kiwanis Foundation of New England Gold Tournament will be held in Providence, R.I. on Thursday, August 13, 2009 in behalf of KPTI. We have also received requests from Camp Sunshine and Camp Capella that the board will take up at the May Board meeting.

We received \$21 in Happy/Sad dollars-happy the raking is done; happy to see Lee here; happy to see rain for growing; Dover Canoe Race; grand-daughters wedding; Republican party formation on May 27th; new golf drivers; Sugar Bob's knee; Stephanie is in Florida; Go Bruins; Go Red Sox; Gary Nelson Trumpet man; 70 degrees in Bermuda; George is happy to see a good crowd and we have a need for next year's officers.

The fifth Wednesday meeting is at Elaine's Café at 6:00 p.m. at \$12.95 plus tax and tip per person. May 6th is our annual meeting and May 13 is our Lt. Governor's visit. Heidi will stand in for George on the 13th.

Kiwanis One Day is May 16th and Jan has a sign-up sheet and information available. Bobby will be arranging for pre-registrations at other races prior to our June 20th race. The chuck wagon will sell food after the race. Nancy will be helping with registrations. Stephanie is looking forward to the Variety Show and Ethelyn is working on a costume for the Kiwanis act.

Keegan Cox and Maureen Kline spoke as community organizers from the "Change That Works Campaign" on national health care and the Employee Free Choice Act, sponsored by the Maine State Employee Association. The emphasis is on fixing the health care crisis and that in turn will help the country's financial crisis. This is a bi-partisan project that involves letter writing campaigns to our Maine representatives in support of national health care reform. Members had an opportunity to ask questions and discussed issues such as other countries' national health care programs and pharmaceutical companies.

Mr. Cox also discussed the Employee Free Choice Act that would stream line the unionization process and a guarantee of a contract in 6 months if a majority of employees vote to unionize. It is an attempt to allow unionization and eliminate employee fear of retaliation and loss of their job if involved in union activities. We would like to thank our speakers for providing our program today.

Meeting adjourned at 7:30 a.m.

Respectfully submitted,

Heidi Finson-Secretary



A member of Joseph P. Chaisson Post 41 for five years shares her experience as a veteran of the Global War on Terrorism. Kristin graduated from Penquis Valley High School and joined the Maine Army National Guard at age 17 in September 20th, 2001.

Attending basic training at Ft Leonard Wood, Missouri, special training followed as an 88M truck driver and combat lifesaver. Kristin was assigned to the 1136th Transportation Company that deployed to Kuwait and Iraq under the command of the Third Army. Upon return Kristin remained in the company for seven years while earning a Bachelors Degree at the University Of Maine.

The highlight of her career occurred in 2006 when she competed and was selected Soldier of the Year for the Maine Army National Guard. Kristin was selected to march in the Memorial Day Parade, Washington D.C. and carry the State Of Maine flag on stage at the Memorial Day concert on the lawn of the Capital Building. Presently Kristin lives in the Washington D.C. area and is employed by the Office of the Secretary of Defense.

Penquis Valley Alumni News

By Seth Barden

We are currently planning the details of our reunion weekend & annual meeting on August 8th. If you'd like to help or have some ideas, please email pvhs@trcmaine.org. Also, our annual newsletter is now out. Visit our website at <http://pvhs.trcmaine.org/> to view it.

Class of 1999 - 10 Year Reunion

August 8, 2009 - 6:00pm
Wildwoods Lodge, Brownville

Class of 1989 - 20 Year Reunion

Saturday, July 18th, 2009.
9:30 a.m.: A tour of Penquis Valley High School
11:30-1:30: Family Day at the Brownville Village Playground, Church Street. Pack a lunch.
Grills available.
Bring your own lawn chair.
6 p.m.: 20th year class reunion,
Brownville Jct. Alumni Hall, Lasagna dinner provided.

Please send in a variety of middle & high school photos in advance along with \$5 for a memories DVD we'll show that night made by Tricia Lundin Stanhope. You'll get one to take home. Alumni planning committee members currently include Staci McKusick Beaulieu, Chrissy Tyler Goodine, Shannon Greaney Bishop, Scott Burton and Lee Clark. If you would like to attend a meeting or provide input in another way, please contact us.

Staci: 943-2889 beaulieu10@myfairpoint.net
Shannon: 943-3151 sbishop31707@yahoo.com
Chrissy: goodine15@yahoo.com

Class of 1984 - 25 Year Reunion

The class of 1984 is in the planning stages of getting their 25th year reunion planned for this summer. There will be an informational meeting on May 9th at Elaine's Basket Cafe at 8:00am to get things finalized and ready to go. We are hoping to shoot for August 8th also as a date for the reunion so that we can tie in to the Alumni Association Meeting and also The Junction has a concert planned for that night.

Class of 1969 - 40 Year Reunion

The Penquis Valley High School first graduating Class of 1969 will be holding their 40th Class reunion. The gala celebration will be held August 1st, but we need addresses. If anyone knows the addresses of 1969 alumni please call 965-8021, 965-9871, or 943-2473. Anyone interested in working on this reunion is welcome and should come to the meeting on Wed., April 29th, 5pm, at Milo Elementary School.

If your class is holding a reunion this year and you'd like your information listed here and on our website, email pvhs@trcmaine.org.



Photo: L to R Advisor - Katie Joyner-Robertson, Josh Clement, Jessica Clement, Camille Cramer, Britnee Genthener, Hayle Durant and Kambrea Atkinson

Key Club with Camille...

I think it is finally safe to say that spring is on it's way! (rhyming?) I'm sure most all of you got out to enjoy the beautiful weather that we had this past weekend. Clear blue skies, high temperatures, and a warm breeze. Of course members of the club had to get out there and soak up the sun, also, but probably not in a way most others did. This past Saturday Key Club took part in the annual M.S. Walk held at the Brewer Auditorium. After meeting at our local Superintendent's office here in Milo, we car-pooled to the big city at an early hour of 7:00. In a previous article I mentioned a rather large group of club members that initially intended to be apart of the walk. Unfortunately due to many sport schedules the list was decreased by quite a few people. Either way with the kids we had a good cause was supported. Involved were myself, Camille Cramer, Josh Clement, Britnee Genthner, Billy Kinsman, and Kambrea Atkinson.

Kambrea, whose aunt had previously come to speak with us about the National M.S. Society, has taken great efforts to make M.S. support a known cause. Having her aunt come speak to the club, getting us involved with the walk, and even forming a class presentation around the Multiple Sclerosis issue, she has gotten the word out! The school and community is very lucky to have Kambrea as such an active leader. Everyone has their own little niche in which they excel, and Kambrea has certainly found hers!

Furthermore, the walk began at around 9 o'clock. It started at the Brewer Auditorium, traced over the bridge, went through downtown Bangor, back over a second bridge, circled up around central Brewer and then finally made its way back to its origin. The whole thing totaled out to 5 miles.. and we made every step!

Also, Key Club would like to recognize a few other people that joined our little group for the walk. A family member via Kiwanis, Frank Cochrane and Billy's mother Mrs. Kinsman. We even had two Builders Club members jump on board with us: Jessica Clement and Haley Durant. We were so glad to have you all at the walk with 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.



Three Rivers Community

of Maine

Atkinson Bowerbank Brownville LaGrange Lake View Medford Milo Sebec

www.trcmaine.org - team@trcmaine.org

Community Calendar

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

Monday, April 27

- 9:00a - Monday Morning Quilters
- 11:45a - Meals for ME
- 2:30p - Milo : 4-H Afterschool Program
- 4:00p - Penquis Solid Waste Corp.
- 6:30p - Atkinson Selectmen
- 7:00p - Alcoholics Anonymous
- 7:00p - Piscataquis Amateur Radio Club

Tuesday, April 28

- 9:00a - Womancare Outreach
- 6:30p - Post #92 Bingo
- 6:30p - Milo Selectmen
- 7:00p - Sebec Planning Board

Wednesday, April 29

- 6:30a - Three Rivers Kiwanis
- 9:00a - Milo : Career Center
- 10:00a - Church Thrift Shop
- 5:00p - Class of 1969 Reunion Meeting
- 6:00p - Wednesday Night Quilters
- 6:30p - Boy Scout Troop #115
- 7:00p - Overeaters Anonymous

Thursday, April 30

- 11:45a - Meals for ME
- 4:30p - Tae Kwon Do Class
- 6:00p - Boy Scout Troop #112
- 6:00p - Post #92 Meeting
- 6:30p - BJHS Card Party

Friday, May 1

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

Saturday, May 2

- 5:30p - Brownville : Potluck Dinner & Variety Show

Sunday, May 3

- 2:30p - Tiny Tigers Tae Kwon Do
- 2:30p - Post #92 Auxiliary
- 3:30p - Square Dancing
- 4:00p - TRC Meeting
- 6:00p - Alcoholics Anonymous
- 6:00p - Scrapbooking
- 7:30p - Alcoholics Anonymous

Public Notices

Site Ideas

<http://blogs.trcmaine.org/trc/?p=58>

We're looking for your ideas on how we can better improve TRC. Got an idea for a new section? Something we can do to improve our site? Let's talk!

We are looking for some fresh ideas.

New Milo Webcam?

<http://blogs.trcmaine.org/trc/?p=56>

We're looking for a sponsor for a new webcam in Milo. Click the link above for more information.

TRC Corner

By Seth Barden

Welcome to the new TRC Page! Check this page every week for the latest news and updates from the TRC website. Every week will have our Community Calendar, Public Notices, a featured business, and a puzzle.

Volunteers Needed

Our organization is run entirely by volunteers and we are always looking for more help. All you need is a computer and the internet. We mostly need people to help us gather information from the local area for the different sections of our website. If you've got some spare time and would like to help us out, contact us to find out how you can help!

Classified Ads

We offer a classified ads section on our forums, but it doesn't get much use. Please visit forums.trcmaine.org to post your advertisement, or drop it in one of the Three Rivers News donation boxes. Ads placed online will appear on this page in the coming weeks.

Featured Business



Three Rivers Redemption & Feed

16 West Main Street, Milo
207.943.2155

We offer seasonal plants, vegetables, feed for pets and livestock plus garden supplies as well as serving as our bottle and can redemption center.

Want your business featured here? Email Judy at jmorrison@trcmaine.org.

SUDUKO

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What can TRC do for you?

TRC has several services that we offer to the public. We offer free websites and message boards to local organizations and clubs. We also offer a blog section to anyone who would like to write a blog relevant to our area. [Contact Us](#) for more info.

Saturday, May 2, 2009 Milo Elementary School, Belmont St., Milo -

As elementary-age students throughout the Piscataquis area look forward to spring, thoughts turn to outdoor fun. Hundreds of area kids will be hopping on their bikes to take a spin around the neighborhood, visit friends or to independently make their way to important destinations such as the park or store.

Cycling is a fun and healthy way to stay active and enjoy the outdoors. It's also a leading cause of unexpected injuries. In fact, every year, more than half a million bicyclists visit hospital emergency rooms because of cycling mishaps. Nearly one quarter of those injured in bike-related accidents are youth.

To ensure that young cyclists are ready to ride safely, the Three Rivers Kiwanis is hosting their annual Kiwanis Bike Rodeo on Saturday, May 2, from 9 a.m. to 3 p.m., at Milo Elementary School on Belmont Street in Milo. All elementary school children, accompanied by an adult, are welcome to participate. The event is free.

"It's always great to see kids on their bikes, but riding safely is a must" says Jeff Gahagan, Three Rivers Kiwanis Rodeo Organizer. "Three Rivers Kiwanis presents this popular event so that young cyclists have the opportunity to learn the rules of the road. Equally important is that they understand the importance of wearing well-fitted safety helmets.

The Kiwanis encourages area families with young children to take part in this community safety event. Participants will rotate through bike riding skill and safety stations and have the opportunity to earn a bicycle safety certificate.

The effectiveness of helmets can be reduced by as much as 50 percent if they are not fitted properly. Volunteers and the event will adjust helmets for every participant.

To make it "cool" to wear helmets, consider the following tips:

- Encourage helmet use before "being cool" matters. Put helmets on children when they begin riding tricycles. Make it a habit.
- Be a role model. Younger children are strongly influenced by the example of their parents and older siblings. Establish a household rule that applies to everyone: if you ride a bicycle, wear a helmet.
- Participate in a bicycle safety program such as the Three Rivers Kiwanis Bike Rodeo. Bring along a few of your children's friends so they can learn about safety as a group.
- Be prepared to take a stand when peer pressure is working against the use of helmets. Be firm. Don't back down.

Ten tips for safe bike riding: (from Consumer Product Safety Commission).

Always wear a bike helmet.

2. Stop and check traffic before riding into a street.

3. Don't ride at night.

4. Obey traffic signs and signals.

5. Ride on the right-hand side of the street.

6. Check your brakes before riding.

7. Give cars and pedestrians the right-of-way.

8. Wear light or bright-colored clothing so that motorists can see you.

9. Be extra careful turning left - motorists don't expect it.

10. Avoid broken pavement, loose gravel and leaves - which can cause you to lose control of your bike.

The bike rodeo will be held rain or shine. Kids should bring their bicycles. If you have questions or need directions on the day of the event, call Jeff Gahagan at 943-2202 or email at jeff@townofmilo.net

Bike Rodeo

This Saturday

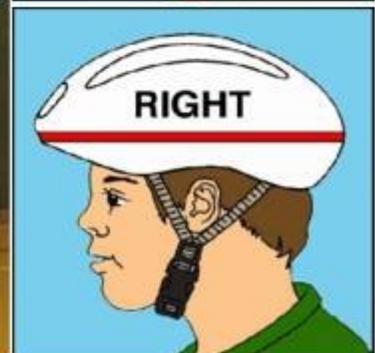
Date: Saturday, May 2nd

Time: 9 AM—3 PM

Place: Milo Elem. School

Cost: FREE

Sponsored By: Three Rivers Kiwanis



Think Safety First