



THREE RIVERS NEWS



www.threeriversnews.net

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
Tuesday, Aug 4, 2009 – Volume 8 Number 42

Wondering where Patty and Tammy have gone off to?

Here they are at Hospitality Hair and Nails- 45 West Main Street



Here they are!! In their new digs on Stoddard Hill. You'll have to take my word for it that Patty is there. She occupies the space shown in the photo on the left. Please excuse the light in the photos, but the space is so bright and sunny it is impossible to get a picture without it!!

Yes, it has finally happened...the Old Milo Community Hospital building is bursting with activity. Come on up for a visit any weekday after 9am. Both ladies are in separate rooms, but share a reception area that is huge and comfy. Walk-Ins are welcomed and encouraged! If you do have a short wait, feel free to wander through the building and check out the progress at Hobnobbers!

The phones aren't installed yet, so you absolutely need to come on up, check out the salon and schedule an appointment. The tanning bed and manicure station are also ready to go! A huge Grand Opening Celebration is planned in a week or two, so watch for the date and details!!

To get to into their area use the ramp or stairs on the end of the building, the door that Dr. Arnold used for his practice. COME ON UP!!

The Milo Garden Club is holding its annual Summer Fair Aug. 6 at the Milo Elementary School from 11:00-1:30. Perennials, indoor plants, homemade crafts, veggies, food, "nearly new" table, raffle, silent auction and a "by donation" luncheon. Fun, and something for all ages.



The weather didn't dampen spirits at the Penquis Valley High School Class of '89 20th Class Reunion. The day began with a tour of the high school, followed by a family get together at the Brownville Village Playground. Attendees were treated to a lasagna dinner that night at the Brownville Junction Alumni Hall. About 21 classmates along with numerous spouses and friends attended.

L to R (all maiden names) Hazen Conlogue, Marcia Young, Lynn Green, Danny Brawn, Staci McKusick, Steve Rideout, Dina Merrill, Chrissy Tyler, Billie Jo Lovell, Gordon Larry, Michelle Rhoda, Scott Burton, Sheena Bragg, Shannon Greaney, Danny Brackett, Brian Stanley, Jeff Owens, Sally Brewer, Nicole Hayden, Lee Clark, Matt Cook, Mary Lanphear, TJ Davis.

STATEMENT OF POLICY

The *Three Rivers News* is published weekly by the Three Rivers Kiwanis Club and Three Rivers Community Alliance. 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, Sandees, Milo Exxon, Rite Aid, Elaine's Café and online at WWW.THREERIVERSNEWS.NET. 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, e-mailed to, val@threeriversnews.net or call 943-2324.

Nancy Willinski, 10 Belmont St. Milo, Maine 04463, e-mailed to nancy@threeriversnews.net 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/>**

Three Rivers Kiwanis, Milo-Brownville

July 22, 2009
Regular Morning Meeting

Meeting called to order at 6:45 a.m. There were seventeen members present for the meeting at Sandee's Restaurant. Dover had three members present, Dexter had

one member present, and we had three visitors, Virginia, Crystal, Carl, and Dustin.

Eben led us in the Pledge of Allegiance, and Herbie offered the Morning Prayer. Frank provided a "Little Johnny" story. The Maccombers will be celebrating birthdays and an anniversary this week.

We have received a communication from Lt. Governor Gary in regards to fundraising to meet the Kiwanis International commitment to KPTI. We will address this at the August board meeting. We will be meeting July 29th at the Treworgy's camp for an evening meeting.

We had twenty-three dollars in Happy/Sad dollars-Virginia would like dad to have a happy birthday and Crystal is sad he has to work today; Walter is glad to be up this early; Paul notices that Chris isn't here today; Eben reports that the Farmer's Union will celebrate it's 92nd anniversary this weekend; Jim is taking twelve kids to Baxter; Key Club induction is July 30th at the town hall; Frank is happy the Red Sox are in second place, and Paul and Lee are very happy that the Yankees are in first, but Edwin knows the Red Sox are first in our hearts; Laurel would like us to keep Mark Demers in our thoughts and prayers; Jan and George have visiting family; and Tom caught a six pound fish.

Our speaker today is Doug Thomas, State Representative of Riply, Athens, Dexter, Harmony, Garland, and Charleston. Doug is serving his 3rd term as representative. Doug feels that we need to pass on a better life to our children and is concerned about the high cost of setting up business in Maine, cost of health insurance, and lack of freight rail services. There is a need to cut costs of production of materials in Maine.

Doug also addressed the loss of contracts to Maine businesses, such as happened to World of Flags recently, and how wrong this is in our own state. Doug provided ample time for questions and members had an opportunity to ask questions about topics such as electricity sources, Pine Tree Zoning, rail services, ISO grid and electricity costs, and the power and influence that lobbyists seem to have on our representatives. We do have the ability to vote out our representatives, if we are not happy with their representation of us in government.

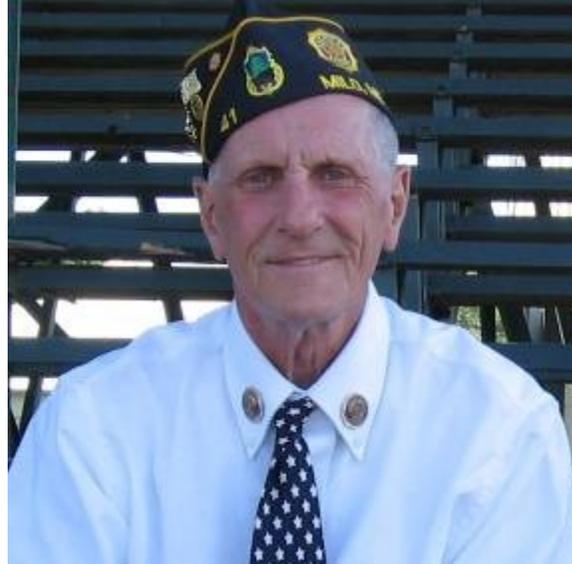
We would like to thank Doug for speaking at our meeting today. Meeting adjourned at 7:30 a.m.

Respectfully submitted,
Heidi Finson, Secretary

A Bit of Veterans History

Douglas N. Robinson of Orneville, a member of Joseph P. Chaisson Post 41 for nine years shares his military history starting with the U.S. Army Reserve at basic training, Fort Dix, NJ in 199 and after completing special training as a Highway Transportation operator (Tractor-trailer) he was assigned to the 619th Transportation unit in Auburn, ME where he served for seven years. In 1986 Doug transferred to the Maine Air National Guard 101st Air Wing, Civil Engineering as heavy equipment Operator.

In 2001 Doug was activated full time as the Wing supported Iraqi Freedom. Doug eventually earned the rank of Master Sergeant and his job became supervisor of the pavement and equipment section. Doug served 120 days at Tallil A.B. Iraq in 2006 and is presently at Sather Air Base near Baghdad, Iraq for another 180 day tour. Besides his engineering skill, he also receives weapons training as his photograph shows an ammunition belt of the grenade launcher. Doug and some of his fellow airmen participated in the Milo Memorial day Parade and provided a firing party at the cemetery ceremony.



LOCAL RAFFLE WINNER

Isabel Greaney of Brownville was the lucky winner of the American Legion Post 41 \$1000.00 gift certificate to the Milo Farmers Union IGA in Milo. " I am really enjoying this card and plan to make it last a long time." Isabelle is shown here with a winning smile on her face.

Winner Raffel



The good thing about this raffle is that only four hundred tickets are sold with four prizes; the odds are much better than other games of chance. The next raffle beginning in August will be a winner's choice with four \$250.00 gift cards from local merchants in Milo.

A son, Corey Scott Rolfe Jr., was born to Carrie Commeau and Corey Rolfe of Milo on June 30, 2009. Wt. 8 pounds 15 ounces.

A Bit of Veteran's History

By Richard L Graves Sr.

Frank H. Cochrane of Milo an active member of Joseph P. Chaisson American Legion post for seven years shares his memories of military service during the Vietnam Era. Entering the United States Army November 17th, 1963 he attended basic training at Fort Dix, New Jersey and advanced training at Fort Gordon, GA specializing in Signal communications and secondary Infantry skills. Upon completion Frank was assigned to the 1st Infantry Division (Big Red One" HQ & HQ Company, 2nd Brigade in Fort Riley, Kansas where he trained in combat operations evaluation with radio duties. In June of 1965 Frank was shipped to South Vietnam aboard USS George Washington troop carrier made for 5000 troops. They were carrying 7000 troops plus tanks. Bed racks inside the ship were four racks high and he obtained a top rack to avoid others having sea sickness. They landed at night in Vung Tau Harbor, South Vietnam. The ship ramp dropped and they waded ashore with duffle bags and rifles, being picked up by duc and half trucks they traveled eighteen miles north on Rte 1 to Bien Hoa.

Upon arrival and disembarking they came under sniper fire. No one had a defensive position. They hid and slept behind their duffle bags. No one was struck by the sniper fire. The next day they started building bunkers and eventually Marines provided security. One night Frank and another soldier were assigned an observation post outside a perimeter with a jeep and radio. The perimeter was a high bank of sand with Marine positions on top. They were sitting in a spot when they heard "plink", "plink". It took them a few minutes to realize the plink was bullets striking the vehicle apparently from a long range. They abandoned the vehicle and entered the perimeter through Marine positions. The following day inspection revealed numerous bullet strikes to the vehicle. Frank returned to the United States and was discharged in November 1965.

Piscataquis County 4-H Youth Attend Maine 4-H Days At Windsor Fairgrounds

Maine 4-H Days is a program of the University of Maine Cooperative Extension and is sponsored by the Pine Tree State 4-H Foundation.

Rebekah Amos (youth) from the Milo Musketeers 4-H Club said, "Making new friends and spending time for fun



activities with friends made her participation in this program very special." Linda Champagne Rebekah's mother said, "She learned how to bathe a chicken, to pull out chicken feathers & do not cut them off, and the beaks need to be trimmed, because they keep growing." Isaac Amos was not available for comment, but he did have a great time in his Rocketry track. The Rocketry Track was taught by Robin Kennedy from the Challenger Learning Center. Isaac was a rocket engineer, so he designed and built his own water rocket and calculated how high it would fly. His rocket was made out of a 2-liter soda bottle. Isaac's rocket flew so high that it landed on top of one of the metal buildings, causing much excitement to the participants inside.

The goat track at Maine 4-H days was designed for goat 4-H youth of all ages and ability levels. Barbara & Scott Raymond from the Capra Kids 4-H Goat Club said, "Excellent experience, because the 4-H kids in all the animal commodities came together to learn and have fun. The goat track was very educational especially the talk about goat nutrition and health. The youth had an opportunity to look through a microscope at fecal and blood samples. The youth gained a good understanding about judging and what to look for in a goat. Attending Maine 4-H Days gave the Raymond family lots of time together."

4-H is the youth development education program of the University of Maine Cooperative Extension. 4-H is the largest youth organization in the world. Any youth aged 5-19 may participate in the Maine 4-H program. For more information about the Piscataquis County 4-H Program, please contact Linda Whitten at 1-800-287-1491.

On July 6th and 7th area Girl Scouts met at The Junction for Girl Scout Twilight Camp. Both evenings girls participated in fun and skill building activities. Some activities were; fire and knife safety, knots, and a Leave No Trace presentation. We would like to say THANK YOU!!! to the Belvins for allowing us to use their place for a "Function at The Junction!". Also, keeps your eyes peeled for our local Girl Scouts to be taking orders for their product sales in September. Help our local troops earn money for troop activities. For more info contact Tina Farley - Penquis Product Sales Supervisor at 279-0102.

Milo Free Public Library News

Judith D. Macdougall

We certainly have had a spurt of hot weather these last few days (this is Thursday). I don't know why people like hot weather. Suddenly the air conditioners are in place and turned on, and the fans are spinning. Both machines annoy me. Air conditioners are noisy and fans blow things all around as they cool off the food on the table. To me a nice comfortable

temperature is great. I know the corn and hay both need warm weather though; one to grow and one to be dry enough for cutting.

Not too much going on at the library. The posters are coming in as this is the last day they will be accepted.(typing this on Friday). This always means we are finishing up the 6th week of the summer reading program. The judges will choose the winners tomorrow afternoon after the book sale. By the time you read this, the sale will be all over. We set it up this morning with a big crew taking books from the library to the town hall dining room. We had help from the Kiwanis Club, the Key Club, the Masons, our substitutes and interested citizens. I'll have a full report in next week's paper and I want to be able to say we sold many, many books, and received enough money to buy lots more. I hope you will all have stopped by to help us out and to say "Hi".

The reader for the Story Time this week was Donald Harris. He is retired but works hard for the American Legion all year around and this season is busy with Everett Worcester's Blueberry Farm. Don read to 10 children and 8 adults and teens. He said they enjoyed Maisie Makes Lemonade (doesn't that sound good in this weather) by Lucy Cousins. However, no matter how much lemonade Maisie made her elephant friend slurped most of it up. One of my favorite books that Don read was Lilly's Purple Plastic Purse by Kevin Henkes. My youngest granddaughter and I loved to share Lillie's exploits over and over.

When Don finished reading, he brought the books upstairs to us and gave his report. I also asked him if the Worcester blueberry fields had the fungus that has come down from Canada and is now in Washington county. He replied that the fields did not have the fungus, and that the blueberries were now available in local stores. I told him I had to buy some as blueberry pie was my favorite. Wasn't I astonished when sometime later, he came in with a quart of blueberries for me. Our Readers are great as I've said before. To finish off the story, I made a blueberry pie Thursday morning and still have berries enough for cereal. Thank you, Don.

After Story Time, Jane Price conducted Craft Time with Dearle Flint as her helper. Theresa Karpowicz (just 14 on that day) also helped. Jane led the children in making 3-D cards using a scrapbooking style. She had the basic cards ready for the kids and provided many decorations including tiny punched out apples, maple leaves, flowers framed figures, etc. She also had all kinds of stickers with a variety of sayings. The children worked diligently to create their cards. When they eventually came upstairs again, I asked several to show me their creations. They had all done a good job, and I praised them lavishly. One little first grader confided to me that this was not her card. It had been given to her by the little boy who had been working next to her. She carefully pointed out to me that he had put a sticker on it that read "Thinking of You". She in turn had given him the card she had made which read "Wish You Well". I was surprised that she confided this information to me. Children are so interesting.

Well, I'll close this column as I really don't have anything more to say. Hope we saw you at the Book Sale.

Library Summer Hours

Mon. -Weds. -Fri. ---2:00-8:00

Telephone 943-2612



Jeremy Raymond milking his goat during the milking competition at Maine 4-H Days measuring butterfat, protein & weight.



Capra Kids members learning how to show their goats

New 4-H Club

Piscataquis County is proud to announce the formation of the Capra Kids 4-H Goat Club under the leadership of Barbara & Scott Raymond from Parkman. Youth members include Jeremy, Nathaniel, Joshua & Victoria Raymond; Nicholas & Ashlie Blodgett & Shawn Maloon.

The Capra Kids 4-H Club participated in the Maine 4-H Days event at Windsor Fairgrounds. They sponsored a food booth during the event which enabled them to make around \$750. Area businesses donating to the 4-H food booth were P&L Country Market; Bob's Farm, Home and Garden; Goulettes IGA; Dover Save A Lot; Dover Shaw's; Steinke and Caruso Dental Care; Bud's Shop and Save; Herring Brothers; Guilford Rite Aid and Dover Subway. Reny's, Country Charm and Seaman's Wallpaper and Flooring also donated to the Take a Chance auction which raised over \$500 for each commodity (animal group such as goats, horses, dogs). The money from

both fundraisers will be used to send the kids to Eastern States competition in Springfield, MA.

The Capra Kids 4-H Club has also been very busy building a hay and grain box for their goats. They have also been learning how to show their goats in preparation for the Maine fairs and Eastern States.

In August, the club will be cleaning the goat pens/stalls at the Dover fairgrounds in preparation for the Dover Fair. The pens are in serious need of cleaning. The Capra Kids have taken on this responsibility as their community service project.

TRC Obituaries

Jean Louise Amero Hanson

October 19, 1930 - July 29, 2009

MILO - Jean Louise Amero Hanson, 78, wife of Harold Hanson, died July 29, 2009, with her husband and four children by her side at her home, after a short illness with cancer. She was born Oct.

19, 1930, in Charleston, the daughter of Blanchard and Helen (Fraser) Amero. Jean attended Charleston schools and graduated from Higgins Classical Institute in 1949. She married her husband of 58 years, Harold Hanson, Oct. 6, 1950. She was a former member and past president of Neoteric Club, former soloist and member of Aldworth Chapter Order of the Eastern Star and member of Milo Garden Club. She attended Park Street United Methodist Church and was a volunteer for many years in the Meals for ME program. She is survived by her husband, Harold of Milo; four children, Anne of Milford, Mass., David of Milford, Alan of Old Orchard Beach and Karen of Cape Elizabeth; nine grandchildren, six great-grandchildren; three sisters, Lois, Kaye and Norma; three brothers, Arnold, Albert and Gary; several nieces and nephews.

She was predeceased by a sister, Donna. Jean was loved by many and will be missed by all. A funeral service will be conducted 11 a.m. Friday, July 31, at United Baptist Church, Milo, with the Rev.

Michele St. Cyr officiating. Burial will be in the family lot at Evergreen Cemetery. Those who wish may make memorial contributions to Milo Meals for ME, care of Eastern Area Agency on Aging, 450 Essex St., Bangor, ME 04401. Arrangements are in the care of Lary Funeral Home. Messages of condolence and memories may be expressed at www.laryfuneralhome.com.

Penquis Valley Alumni Association Annual Meeting

The Penquis Valley Alumni will be holding its annual business meeting on Saturday, August 8th at 3:00 pm at the BJHS Alumni Hall in Brownville Junction. All members and anyone interested in joining are encouraged to attend. Annual dues is only \$10, and you had to attend PVHS, or work there.

For more information, contact Seth

Barden: 207.478.1735 -

pvhs@trcmaine.org

Learn about Lyme Disease

Lyme disease is caused by bacteria transmitted to humans by infected blacklegged ticks (also known as deer ticks). Symptoms include: fever, headache, fatigue, and a characteristic skin rash. If left untreated, infection can spread to joints, the heart and the nervous system.



Lyme disease is diagnosed based on symptoms, physical findings (rash) and the possibility of being exposed to infectious ticks. Most cases of Lyme disease can be successfully treated with a few weeks of antibiotics. Follow these steps to prevent Lyme disease:

- Use insect repellent with 20- 30% DEET on exposed skin and clothing.
- Use Permethrin (another type of insect repellent) on clothes only. One spray is usually good for several washings.
- Avoid wooded and bushy areas or areas with a lot of leaves—where ticks might live.
- If you do enter a tick area, walk in the center of the trail to avoid contact with overgrown grass, brush, and leaf litter. Be sure to cover skin with long pants, long sleeves, long socks and tuck your pants into your shoes.
- Check yourself, your children and pets for ticks daily after playing outside.
- If you find a tick remove it promptly with tweezers and contact your healthcare provider- if a tick has been on your body for less than 24 hours your chance of getting Lyme disease is small, so act fast.

For more information visit: www.cdc.gov/nceid/dzid/dli Lyme/

Buy Local Eat Fresh!

Why?

- Locally grown produce tastes better and has a higher nutritional value.
- You know where your food comes from.
- It supports Maine Farmers!



For more information visit: www.eatmainefoods.org

Local Maine Foods Available in August

- | | |
|---------------|--------------------|
| • Cucumbers | • Blackberries |
| • Corn | • Wild blueberries |
| • Tomatoes | • Watermelon |
| • Swiss chard | • Cantaloupe |
| • Onions | • Potatoes |
| • Parsley | • Garlic |
| • Herbs | • Peppers |
| • Scallions | |

For a complete seasonal availability chart visit: www.eatmainefoods.org

Y Fit Tip of the Month

Summer is a great time to be active outside!

Go for a walk, bike ride, wake boarding, or a swim. Don't forget to wear sunscreen (at least SPF 15 recommended), protective clothing such as a hat and sunglasses, and avoid exercising during peak sun time (10am- 4pm). Make sure to drink plenty of water.



Poultry—the #1 Source of Food Poisoning

Follow these food safety tips when grilling chicken or other poultry to prevent getting sick.

- Thaw poultry completely before grilling so it cooks more evenly. Defrost in the refrigerator, in cold water, or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165°F. Use a food thermometer - you can't tell it is cooked by looking.
- Never place cooked food on a plate that previously held raw poultry or meat.

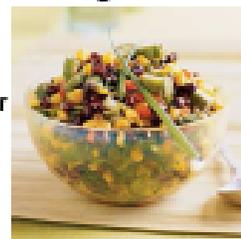
For more information visit: www.fightback.org



Try this Corn and Summer Vegetable Sauté

Most ingredients are available from your garden or local farmer's market.

Use parsley or chives in place of cilantro, if you prefer. Garnish with chives.



Yield: 6 servings (serving size: 2/3 cup)

Ingredients:

- 1 tablespoon canola oil
- 1/2 cup chopped green onions (about 4)
- 1 garlic clove, minced
- 1 cup sliced fresh okra (about 4 ounces)
- 1 cup chopped red bell pepper (about 1)
- 1 finely chopped seeded jalapeño pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup minced fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preparation: Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 1 minute. Add okra; sauté 3 minutes. Reduce heat to medium. Add bell pepper and jalapeño; cook 5 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper. Serve.

Breast milk is the best food for most babies

Breast milk contains all the nutrients a baby needs for the first 6 months of life. It also contains antibodies which help protect babies from illness.

The American Academy of Pediatrics recommends that a baby be breastfed for at least 12 months, but babies who breastfeed for only a short period of time receive health benefits too.

- Breast fed babies are less likely to have ear infections, lower respiratory infections (such as pneumonia and bronchiolitis), meningitis, urinary tract infections, and diarrhea.
- Breastfed babies are less likely to die from SIDS (sudden infant death syndrome).
- Breast milk is easier to digest, so breastfed babies may have less gas and discomfort than formula-fed babies.
- The benefits of breastfeeding last a lifetime! Children and adults who were breastfed are less likely to develop asthma, diabetes, obesity, and certain cancers later in life.
- Breastfeeding may also enhance brain development.

Breastfeeding has benefits for moms too. It may help reduce a woman's risk of developing type 2 diabetes, breast cancer, and ovarian cancer. Women who breastfeed burn more calories and tend to return to their pre-pregnancy more quickly!

For more information visit: www.marchofdimes.com

This publication is brought to you by Bangor Region Public Health and Wellness, a division of Bangor Health & Community Services

•103 Texas Avenue • Bangor, Maine 04401
207-992-4530 • www.bangormaine.gov



THE BACK PAGE

Brought to you by Three Rivers Community



www.trcmaine.org

Community Calendar

<http://www.trcmaine.org/calendar/>

- Monday, August 3**
 9:00a - Monday Morning Quilters
 11:45a - Meals for ME
 6:30p - Medford Selectmen
 7:00p - Alcoholics Anonymous
 7:00p - Sebec Selectmen
- Tuesday, August 4**
 9:00a - Womancare Outreach
 11:30a - Mt. Katahdin Senior Citizens
 6:00p - Piscataquis Writers
 6:30p - SAD #68 Board of Directors
 6:30p - Post #92 Bingo
 6:30p - Medford Planning Board
 6:30p - Milo Selectmen
- Wednesday, August 5**
 6:30a - Three Rivers Kiwanis
 9:00a - Milo : Career Center
 10:00a - Church Thrift Shop
 6:00p - Post #41 Dinner
 6:00p - Wednesday Night Quilters
 6:30p - Boy Scout Troop #115
 7:00p - Overeaters Anonymous
 7:00p - MSAD #41 Board of Directors
 7:00p - Post #41 Auxiliary
 7:00p - Post #41 Meeting
- Thursday, August 6**
 8:00a - Women's Ecumenical Breakfast
 11:00a - Milo Garden Club Summer Fair
 11:45a - Meals for ME
 4:30p - Tae Kwon Do Class
 6:00p - Boy Scout Troop #112
 6:30p - BJHS Card Party
 6:30p - Brownville Selectmen
- Friday, August 7**
 9:00a - Milo : Career Center
 11:45a - Meals for ME
 12:00p - Three Rivers Senior Citizens
 6:15p - Post #41 Bingo
 7:00p - Bowerbank Days Dances !!!
- Saturday, August 8**
 7:30a - Bowerbank Days
 8:00a - Bowerbank Days 5K Road Race
 9:30a - Bowerbank Days : Parade
 10:00a - Bowerbank Days : Drums and Bagpipes Concert
 10:30a - Bowerbank Days : Historical Display
 11:00a - Bowerbank Days : Kids Games
 11:30a - Bowerbank Days : Concert
 1:00p - Bowerbank Days : Lumberjack Competition
 2:30p - Bowerbank Days : Winners
 3:00p - Penquis Valley Alumni Meeting
 5:00p - Bowerbank Days : Boat Parade
 6:00p - Class of 1999 10th Reunion
- Sunday, August 9**
 2:30p - Tiny Tigers Tae Kwon Do
 6:00p - Alcoholics Anonymous
 6:00p - Scrapbooking
 6:30p - K.I. Riders
 7:30p - Alcoholics Anonymous

Public Notices

Bowerbank Days - August 7 & 8

<http://news.trcmaine.org/2009/07/Bowerbank%20Days%202009%20poster.pdf>

Two dances on Friday night and a Saturday packed with fun activities. visit the link for a list of events.

P.C.S.W.C.D. at Lakeview August 6

www.piscataquisswcd.org

The Piscataquis County Soil and Water Conservation District announces they will be holding a Gravel Road Maintenance Workshop on Thursday, August 6, 2009 from 8:00 am to 1:00 pm at the Lake View Plantation Boat Launch, off the South Shore Road. Intended audience is : municipalities, private road owners and road associations. Participants will learn basic road building and maintenance techniques using a Front Runner. The Front Runner grader/rake is an attachment that fits on pick-up trucks utilizing a snowplow mount and used for grading, maintenance, cleanup, landscaping, and snow removal on soft roads. Workshop participants can rent the Front Runner from the District. FMI or to register for the workshop contact Shelia Richard or Lynn Lubas at (207) 564-2321 or e-mail us at: info@piscataquisswcd.org

FEATURED BUSINESS



LaGoy's Sewing

45 Elm Street, Milo
 207.943.2370

Sarah Ray, owner, offers a large variety of supplies for the home crafter as well as offering lessons. She is currently working to increase the size of her store for an increased inventory. Cash or check only.

Dear Sober Moose

Dear Sober Moose is an advice column written by a community member with over forty years of clinical social work and counseling experience. Email your questions to the Sober Moose at sobermoose@trcmaine.org

The Dear Sober Moose column will be coming soon to the Three Rivers News! Email us your questions and see them online, and in an upcoming issue!

WORD SEARCH

T T H A G G W R U V
 G E O R G I A T C M
 N A C K W O E E C I
 E L O A M W B N Y S
 B A L N C A A N M S
 R B O S C T J E Q O
 A A R A H Z A S W U
 S M A S U H W S M R
 K A D O Y F H E A I
 A H O B E H L E D F

MISSOURI, COLORADO, NEBRASKA,
 GEORGIA, TENNESSEE, ALABAMA,
 ARKANSAS, IOWA

TRN WEEKLY POLL

Please visit our website to vote in the poll each and every week!

Do you think town garbage removal should be eliminated to cut taxes?

No 74.0%

Yes 25.0%

Undecided 1.0%

Total votes: 96

NEXT WEEK'S QUESTION:

Do you think MSAD41 administrators support the teachers enough?