

Attention Senior Citizens!!

Meals for Me is having a ball at The Milo Town Hall....

The Milo Town Hall dining room is a hub of activity on Monday and Thursday of each week, when "Meals for Me" serves a luncheon for all senior citizens. The name for the luncheon is now called "EAAA Community Café".

Anyone 60 years of age or older is cordially invited to come and enjoy a delicious, balanced meal as well as friendly fellowship.

"Bingo" is played at 10:45, not for money, but for gifts and books we bring in to share. Once a month, Leslie Lizotte, a representative from EAAA, is present to answer any questions and to aid anyone in matters of concern. Please know that Meals for me is NOT a "charity", but a time to enjoy a good meal, pleasant conversation and fellowship. A donation of \$3.00 is suggested for the meal.

Luncheon is served at 11:45 and you are asked to call 943-2488 to make a reservation or to ask for the menu for the day.

We hope to see you there!

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/>

PHOTOGRAPHY CLASSES

THE MILO RECREATION DEPARTMENT OFFERS DIGITAL SLR CAMERA CLASSES TO THE PENQUIS REGION-Taught by Kendra Pietras of Milo - Photographer www.kendrapietrasphotography.com

Thursday September 10, 2009 8:00 - 9:00

Thursday September 17, 2009 8:00 - 9:00

Thursday September 24, 2009 No Class

Thursday October 1, 2009 8:00 - 9:00

Thursday October 8, 2009

The 4 - week program will cost \$5.00 per person per class, \$20.00 for the 4 - week program. The classes will be held at Penquis Valley High School, Room 10, from 7:00pm - 8:00pm. Please bring your camera and your user's manual. You may pre-register with the Milo Recreation Department by calling Recreation Director Dickie Martin @ 943-7326 and leaving a message.

The Milo Recreation Department will be donating 1/2 of the concessions to Firefighter Mark Demers @ the Dexter

MILO RECREATION DEPARTMENT OFFERS FITNESS CLASSES

Wednesday, September 9 – October 21, 2009

Milo Town Hall
Wingler Auditorium

YOGA - This non-competitive class is just what your body needs in a busy and demanding world. Let the practice help you to improve strength and flexibility while providing insight into your ability to calm spirit, mind & body. Yoga can make a tremendous impact on the way you move and feel. Come join me and others who have discovered that Yoga does make a difference!
Yoga or exercise mat required.

Wednesday 6:00 – 7:00 pm

Seven week session - \$40.00

Group Strength – Using hand weights and bands for resistance to strengthen muscles, ligaments and joints. Weight training can change body appearance, make everyday chores easier, help prevent injuries, raise metabolism and help to slow down bone loss as we age.

Hand weights are required

Wednesday 5:00 – 5:45 pm

Seven week session - \$25.00

Take both classes for \$60.00!

Cindy Herbst is a Certified Group Fitness Instructor with over 20 years experience in Health and Fitness, teaching classes through the Milo Recreation Department since 1985.

"I am excited to resume classes here in Milo", says Herbst, "I have missed the people and look forward to seeing you all!"

For more information, please contact Cindy at 943-2630

soccer game on Thursday September 10th.

SENIORCIZE

Fitness Instructor brings new class for seniors to the Milo Rec. Dept.

Exercise is important at any age for good quality of life and it should be fun! Join Cindy and learn how to move through a variety of exercises designed to increase strength, flexibility, balance and eye-hand coordination. The use of exercise bands and light hand weights will be used for resistance training. Chairs will be available for those that are unable to stand for longer periods of time. Seniorcize is a great chance to socialize with others who care about their health.

The seven week program starts Tuesday September 15 and Thursday
September 17. 10:00 – 11:00 a.m.

\$35.00 for both days

For more information please call Cindy at 943-2630

**Milo Recreation Director Dickie Martin and the Milo
Recreation Volunteers.**

The Milo Garden Club will hold its first meeting of the season at Joanne DeWitt's cottage at LakeView on Sept. 8 with a luncheon, furnished by the committee, at 12 noon.

Bring a wrapped gift for auction, proceeds to go to Blessings in a Backpack. Dues for 2009-2010 are payable. Call Sara at 943-2068 if you need a ride.

BAKED BEAN SUPPER

Saturday, September 26, 2009

5:00pm to 6:30pm \$6 adults and \$3 children 12 and under BJHS Alumni Hall 67 Railroad Ave. Brownville Junction Sponsored by BJHS Alumni Association

PUBLIC NOTICE FOR THE RESIDENTS OF MILO/BROWNVILLE/ORNEVILLE CDBG HOUSING COMMITTEE
 THE CDBG HOUSING COMMITTEE HAS SCHEDULED A MEETING ON WEDNESDAY, DECEMBER 22, 2004 AT 6:00 P.M. AT THE MILO TOWN HALL TO CONSIDER ADDITIONAL APPLICATIONS FOR ASSISTANCE.

A Military Moment
 By Richard L Graves Sr.

Washington D.C. Cherry Blossom Time
 Every spring the Cherry Blossom Festival occurs in Washington DC .In 1912 the Japanese government provided three thousand cherry trees as part of the Tidal Basin. Did you also know that there is a Cherry Blossom Queen Contest and the winner leads the Cherry blossom festival parade? As a member of the United States Air Force Honor Guard in 1960 I had the



fortunate duty to escort one of the contestants onto the stage of an amphitheater. The assignment required our full class A dress and a practice in the afternoon before the contest. The contestant was an eighteen year old daughter of an Air Force colonel. She was very pretty, extremely friendly and outgoing, unfortunately she did not win. It was an extreme honor to perform the military bearing portion of this ceremony in front of hundreds of people in the theater and created just another military moment to remember.

YOUNG EQUESTRIAN RIDES WITH STYLE AND CLASS

Emma O'Connor on her mount Shadow at the East Ridge Stable horse show in Charleston in July. This was her first show, first event and first place!



Seeing a little eight year old girl on a

seemingly large horse can take a person's breath away but Emma's riding lessons have taught her to pretty much control any size horse. She does receive excellent training in riding plus learning about and caring for the horses she rides.

Emma has been taking lessons from Cassie Elia for almost a year at the Wild Ivy Farm in Bangor. She lives in Glenburn with her parents Michael and Jody O'Connor and sister Megan.



Emma on her mount Dancer at the Wild Ivy Farm horse show in August.

Do you remember how exciting it was when you found a caterpillar? These K-1 students at the Cook School have it in their classroom and will watch the metamorphosis.



Donnie is the first one off the bus on Tuesday when school opened in Lagrange. He said he was so excited to come back to school and he sure looks like it!



The PAWS YARD SALE, Will Be SEPT 11TH AND 12TH, From 8 TO 3.

LOTS OF GREAT ITEMS. WE HAVE HAD AN AMAZING AMOUNT OF DONATIONS, SO THANK YOU. IF YOU STILL HAVE SOMETHING TO DONATE PLEASE LEAVE IT ON THE PORCH AT 39 CLINTON ST. WE HAVE CRAFT ITEMS, KITCHEN THINGS, CLOTHING, GAMES, AND SO MUCH MORE THAT IT IS IMPOSSIBLE TO LIST IT ALL

We Are Also Holding A Raffle And The Prizes Are:

1. BENCH DONATED BY JSI, VALUE \$250,
 2. GIFT CERTIFICATE FROM HOSPITALITY HAIR AND NAILS \$20,
 3. GIFT CERTIFICATE FROM HOBNOBBERS PUB \$50,
 4. TOASTER OVEN,
 5. MOVIE PKG, 2 MOVIES, POPCORN, PEPSI, AFGHAN,
 6. BAKED GOODS. CAN WIN MORE THAN ONCE.
- WINNER WILL BE CONTACTED BY PHONE ON OCT. 6th.

Milo Free Public Library News

Judith D. Macdougall

VISTA HEARTH VOLUNTEERS JOIN UMAINE EXTENSION

SKOWHEGAN: The University of Maine Cooperative Extension is teaming with VISTA Hearth Volunteers, Judy Morrison of Piscataquis County and Carol Dyar-Eaton of Somerset County.

On August 24th, both VISTA volunteers were sworn into National Service, by Eileen Smart of the Tri State AmeriCorps/VISTA office, Concord, New Hampshire. Morrison and Dyar-Eaton will develop broad-based connections in their county, understand the multiple ways home energy impacts families, be able to foster idea-sharing and cooperation between local responders, and be sufficiently organized to insure high quality communication among all those engaged in creating a local heating council.

Maine HEARTH aims to connect the many generous responsees communities have developed to support those trying to stay safe and warm at home. The countywide councils will connect all responses in a particular region, foster coordination and replication of successful approaches, identify gaps in responsees to local needs, connect volunteers with opportunities to support responsees, and identify emerging needs that are most visible first at the local level.

For more information contact: Piscataquis Cooperative Extension Office, 165 E. Main Street, Dover-Foxcroft, Maine 04426 phone (207) 564-3301 or in Maine 1-800-287-1491, jmorrison@umext.maine.edu. And Somerset Cooperative Extension Office, 7 County Drive, Skowhegan, ME 04976 phone (207) 474-9622 or in Maine 1-800-287-1495 cedaton@umext.maine.edu

New VISTA HEARTH Volunteers (right to left) Judy Morrison and Carol Dyar-Eaton.



You've all heard the phrase, "Life is what happens when you're making other plans." Well, plans are what happened when we were trying for a normal library life. After a book sale this summer and an 8 week summer reading program with a final party, we at the library were ready to get back to a more normal schedule. It was not to be. I knew there had been talk of a new tiled floor, but there was no time set, and without a set time I find I can cheerfully ignore coming events.

On Monday, August 31, Jeff got serious and asked Pam and me to pick out a tile color at J&S Furniture. Fine. I had been part of acquiring a new tile floor for the library in 1995 and was not too keen on going through the process again, but we could pick out a tile color. No problem! Pam and I agreed on Glacier, a light and pretty gray. That was easy.

Later that afternoon I heard from the town office. I was asked what days the library would be closed, and did I have a crew to help me? Two men from the town crew would be provided to give us a hand. Well, I'll tell you Wednesday was a busy day! I made a trip in to see John Drinkwater to set up a schedule. Jim, his son, arrived in the library later that day to check things over, suggested what had to be moved, etc.,etc.,etc. Pam and I conferred in our spare moments on what we could be planning to do to get ready, and I made lots of phone calls. Time was of the essence here! Pam made posters to inform the public of the days we'd be closed--- closed Sept 9th and opening again on Sept 21st. All this time we were keeping a busy library going, and announcing to regular patrons that we would be closed for two weeks. Our downstairs had 7 teens, 2 youngsters and mothers, (all young people playing various forms of card games), and 3 adults on laptops. Upstairs we had computer users and patrons taking out enough books to tide them over for the duration of our closing. By the end of the day and thanks to the wonderful generosity of community members, we had a crew for Wednesday to help move the library materials allowing John and Jim to tile one half of the library floor. This saga will be continued and completed in three weeks.

Along with the haste of making flooring plans, there have been changes in our staff too. Several weeks ago the town office put an ad in the Gazette for applications for substitutes. Pam and I looked the applications over carefully and made our decision to interview the candidates we felt would be best for the library. Our final choice was Rochelle Williams. She has completed all the processes that were necessary and has officially been added to our list of substitutes. The librarians had their monthly luncheon today (Friday), at Elaine's and 5 substitutes and one guest had their chance to meet Rochelle. She already knew two of them and Pam and me so she wasn't completely at sea, and now she will feel more comfortable in our group. We had a lively time today as we had a full double table of ladies. I'm so glad we have these lunches as we all enjoy eating and meeting and getting to share news and ideas with each other. It is such fun. Of course, the news of the day was the new library floor.

PLEASE NOTE THE LIBRARY WILL BE CLOSED ON WEDNESDAY, SEPTEMBER 9th OPENING ON MONDAY, SEPTEMBER 21st I'm sure we will not be back in perfect shape at this time--So please ignore the mess.

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

(beginning Sept. 26th) Telephone 943-2612

Three Rivers Kiwanis, Milo-Brownville

August 26, 2009-Regular Morning Meeting

Meeting called to order at 6:45 a.m. There were eighteen members in attendance at the regular morning meeting at Sandee's Restaurant. The Dover club had three members in attendance and Camille and Stephanie from the Key Club were present. Our guests were Virginia Macomber and Wayne Clukey from the Dexter club.

Eben led us in the Pledge of Allegiance and Edwin offered the Morning Prayer. Val Robertson and Carl Wilson have birthdays this week and the Bartons celebrate an anniversary. We received an invitation to the Dexter Sunrise Installation on September 19th at the American Legion Hall in Dexter at 6:00 p.m. Contact Corinne Neal at 924-5522 to RSVP. The cost is \$12 per person at the door.

We received information on the 2010 Bermuda Cruise and you can see Heidi if you would like the dates and registration information. Doc also brought a letter from Heart Wise that we will address at our board meeting in September. The fund raising walk event is October 3rd.

Dave Kutcher will be our speaker September 2, Tom Kittredge on September 16th, and Ron Demeris on the 23rd. Our



installation dinner will be on September 30th at the Hob Knobbers, more information will follow. Bonnie is continuing to work on Secret Santa by collecting items as they become available. She also asks if we find good deals on items such as socks, the school will get them to children who need them.

We had \$15 Happy/Sad dollars-Virginia is happy it is the first day of school and her dad is happier but Stephanie is not happy at all; Ted Kennedy passed on; Golfing is good; Cathy is here today; Bobby is getting calls for auction items; Red Sox gained a game; and Laurel has \$1800 in Pampered Chef sales.

Our speaker today is Debbie Somers, the new Regional Manager for Penquis, from Dover-Foxcroft. This is a newly created position to provide community outreach in the Piscataquis region. The mission of Penquis is to Prevent, Eliminate, and Reduce Poverty.

There are five major departments in the Penquis agency. In 2007 the value of services in Milo was \$650,000 and \$183,000 in Brownville. Penquis also employs 35 individuals who live in the Piscataquis region.

The focus of the Regional Manager is to open doors of communication and to identify the needs of the communities then work together to meet those needs. Edwin has asked how Kiwanis can work with Penquis to meet the needs of the children and teens in the area and will address the board on an idea to develop a Recreation Center.

You can contact the local Penquis office at 564-7116 to learn more about services available such as Housing, Energy, Foster-Grandparent program, Lynx Transportation, Financial Services, and Family Enrichment. You can also visit the Penquis website at: www.penquis.org We would like to thank Deb for speaking and look forward to receiving information from the agency on services available to our community members.

Meeting adjourned at 7:30 a.m.

Respectfully Submitted, Heidi Finson, Secretary

Milo Rec is Scoring Big!!

Dickie Martin is the new Director at the Milo Rec Dept. and he is doing an amazing job! He has given his position his full-time attention and his love of Milo, kids and people sure shows! The

following pictures show the enthusiasm and fun the kids bring to sports, and Dickie wants to make sure the community sees how exciting a Middle School or High School game can be!!!

Dickie plans on attending every game and we can expect many more great pictures!!



THE 1ST PHOTO IS BECCA GLIDDEN TRYING TO STOP A GOAL..

THE 2ND PHOTO IS TREVOR LYFORD TAKING A SHOT ON GOAL..



James Gerrish # 3 is with the soccer ball while Matt Vachon # 21, Randall Hathorn # 9 and Cevonte Johnson # 7 in following. The young men won the first game of the year.. Great job..



Jessica Preble # 24 attempts to score a goal with Lil Costello #32 looking on. The ladies lost with a strong effort by all.

Public Notices

P.A.W.S. Annual Fall Yard Sale

P.A.W.S. is holding their Fall Yard Sale and Raffle on Friday September 11 and Saturday, September 12 from 8:00 a.m. to 3:00 p.m. at the shelter. Please leave items that you donate for the yard sale on the porch at 39 Clinton Street, Milo. Everything except TV's are gratefully accepted. Then come and find a great deal at the yard sale ! Something for everyone. Raffle tickets on sale for an assortment of prizes also.

D-F : Draft Stoppers Workshop

The University of Maine Cooperative Extension is hosting a Free workshop on Friday, September 11 from 10:00 -11:00 AM at the Extension building in Dover-Foxcroft. Participants will make two draft stoppers, one to keep & one to give away in recognition of National Day of Service Day. Bring a sewing machine and a spool of dark thread. All other materials will be provided. Preregistration is required as space is limited. Call 564-3301 no later than September 9 .

Will you help ?

<http://www.bangordailynews.com/detail/115628.html>

Milo firefighter, Mark Demers, is living with cancer. He and his family want to attend the annual firefighters convention in Kennebunk on September 11,12, and 13. Mark has attended the convention for 21 years in succession - missing only the first one after he became a volunteer firefighter. Mark won't let cancer keep him home this year either. We can all help Mark and his family along their way by leaving a donation at the Milo Town Office. We very much want Mark to know that more people than he realizes love, respect and admire him. Checks are being made out directly to Mark. Cash will be accepted as well. If you can help, please do !!!

Volunteer Fair

http://campaign.constantcontact.com/render?v=001R1xxEUKLc2fGUwT52FIZWqCwMIragL8yEIDi5Zv9lfJwVksPJZROFVaTpsWdbpd12ASOGORRhf2BeKiaLbNMz18N0v2NxYZ2d6X0rz9qMAZw8Db46IC9fzQ7CHggb5lnh1x64IqYZfpJ6OfUel4MVCktxOdk_Kx

To be held Tuesday, October 13, 2009 at the University of Maine, Orono. Keynote Speaker: Martin J. Cowling of People First - Total Solutions ! Early Bird Registration \$75.00 and scholarships are available ! Save 25% when your agency registers on VolunteerMaine.org and posts a volunteer opportunity. We have 20 \$50.00 scholarships to give away ! The application is simple and should take less then 10 minutes. Apply Now ! Click title for full details.

TRN WEEKLY POLL

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

Are you ready for school to start back up?

- Yes 40.5%
- Its the most wonderful time of the year 32.4%
- Never 27.0%
- Total votes: 37

NEXT WEEK'S QUESTION:

Did you go to the County Fair this year?

SUDOKU

		1		9	5	3		
		4	8					
8	3		4					2
					7	1	4	
	2		1		4		9	
	1	6	3					
9					3		1	8
					8	6		
		8	6	4		7		

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A HUGE Thank you to Sharon Littlefield of Guilford for the beautiful beds she makes for our kitties!!! THEY LOVE THEM!