... Serving the Central Maine Lakes & Kennebec River Corridor

-A Cider Mill Press Publication -

VOLUME 20, NUMBER 10

How to be More of a Mainer

by Esther J. Perne

You can't be from here if you're from there, or can you? Try these tips

Eat red hot dogs. Buy them in bulk, introduce them to guests, feed them to the kids and if you are ever at a function that offers a choice, pick red like a pro. (A little bit of distain for other colors is ok!) The crowning red hot dog tip is eat them with rolls that are split along the top.

Say "frig around", but don't say it in front of your mother if she is from away because only Mainers know that they mean idling away time on the trivial and don't mean the other meaning.

Invest in a vest...and live in it. Wear it indoors. Wear it outdoors. Wear it out. Have a vest for every season, just one - you will become recognized for - and rotate what you wear beneath it from cool tank tops to warm sweaters of wool. The secret temperature control is zipper control - up tight to the neck when you are cold, down when you are not.

Drive a "vehicle," the catch-all general term (never say car) for whatever you drive. Carry a canoe on top (never mind if you ever use it) and you are "in". Add a dog (or a Golden Retriever) inside or in the bed if your vehicle is a truck and you truly belong - at least to the dog.

Always answer with "no problem." It puts the requester at ease and it is non-comi-



Photo by Michael Breault

no problem is. The expression also is a link (from French "pas de probleme") to Maine's major her-

Adopt a Me-me. Me-me means Grandmother to tal. You don't really have to do whatever the Maine's large Francophone population although everyone should have one. Me-mes are a little bit stern yet beaming with love. Like you wouldn't dare not to eat your vegetables (even if you are a grown man) but you know there are always some

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Saturday, August 11

delicious homebaked cookies waiting for you.

Never use your front door unless your house is for sale in which case you would want to cut a path and clear the bushes. Otherwise, join the back door culture where family, friends and especially visiting dignitaries can enter the mud room and/or kitchen directly.

Drink coffee strong. You know what mud looks like. You're on.

Eat cheese with pie, develop a taste for grape nut ice cream, pour maple syrup into your beverages and onto anything else you will consume, learn what fiddlehead means, and practice baking whoopie pies. Maine's commercial whoopie pies are fantastically good but making your own is a source of Mainer pride.

Plan for fall. Purchase a plaid shirt - to go under that vest - and stage

your yard with blue tarps - ostensibly to cover piles of wood, machines that are used during the summer, sports equipment for which there is no storage room and stuff you will never take to the dump but should.

Plan for winter! Take up bingo and snowmobiling; follow high school basketball, especially the playoffs that bump the regular TV schedule; and start a business repairing mailboxes, which is no joke.

If you're from there can you ever become from here? Possibly...and won't it be fun trying.

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Saturday, August 11th - 7:00 PM

Union Church - Route 27 in Downtown Belgrade Lakes \$5.00 Donation at the Door Refreshments

WINTHROP % SUMMER FESTIVAL

AUGUST ART*FINECRAFTS*MUSIC 18 * 2018 FOOD * GAMES & FUN **RAIN OR SHINE**

SATURDAY 9 am - 3 pm ■ THE 31ST ANNUAL WINTHROP SIDEWALK ART FESTIVAL ON MAIN STREET

painting, photography, pottery, jewelry, fabric arts, fine crafts, and more! Live music and great local food. 7:30 -11 AM ■ UNITED METHODIST CHURCH 'WHALE OF A SALE,' household goods, furniture, sporting goods and more, 58 Main Street.

9AM - 2 PM ■ WINTHROP CONGREGATIONAL CHURCH LUNCHEON & LAWN SALE 10 Bowdoin St., lobster rolls, salads, baked goods, silent auction, crafts, jewelry, and second time around items for sale.

9am - 2 pm ■ ST. ANDREW'S EPISCOPAL CHURCH SUMMER FAIR 219 Winthrop Center Road (Route 135) private vendors, trash and

treasures, bake sale, books and a luncheon with hamburgers, hotdogs and pulled pork.. 10am - 2 pm ■ COMMUNITY MOSAIC help finish this wonderful stained-glass piece

with Artist Faith Benedetti in downtown Winthrop 2 pm ■ CONCERTS AT NORCROSS POINT ON MARANACOOK LAKE Informal Talent Show, sign up and FMI: Contact Elizabeth Peters, at bettybizarre@aim.com or at

facebook.com/concertsatnorcrosspoint **CHILDREN'S ACTIVITIES**

10:30 am ■ 'NATURALIST AS ARTIST' Charles M. Bailey Public Library, Bowdoin St., hands on children's art program.

1 - 2 pm
SUMMER READING PARTY at Charles M. Bailey Public Library.

SUNDAY 2 pm CONCERTS AT NORCROSS POINT ON AUGUST 19 MARANACOOK LAKE Sons of BE's, rock 90's and beyond.

The Winthrop Lakes Region Chamber is grateful to its 2018 sponsors for their generous support of the sidewalk art festival and other chamber events.



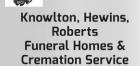












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where you live



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ummertime in the Belgrades

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East Pond Association Annual Meeting Highlighted by a Report on the Alum Treatment



s part of the East Pond Association 2018 Annual Meeting, 77 members A of the resident's group, whose mission is to be shepherds of the lake, celebrated the success of the group's campaign to fund and execute an algae-reducing alum treatment.

An illustrated three-part presentation, featuring a review of the science of the alum treatment and water quality data collection, governmental approvals by the US EPA and state agencies and a highly successful fundraising campaign was done jointly by Whitney King, representing Colby College, Charlie Baeder, of the 7 Lakes Alliance and Jerry Tipper, East Pond Association's fundraising chair. Each played a key role in the success of the initiative.

Colby College's Whitney King's presentation focused on the science of algae blooms, the history of data collection on the lake and the science of how the alum treatment was prescribed, applied and evaluated. He also thanked the many Colby students who participated in the multi-year research project that justified the alum treatment that helped to make it possible.

7 Lakes Alliance's Charlie Baeder reviewed the lake and watershed data collection that preceded the alum treatment, underscored the importance of US EPA approval in sanctioning the treatment and underscored the importance of local government and public support, evidenced by the print and TV coverage surrounding the treatment.

East Pond Association Fundraising Chair, Jerry Tipper reviewed the more than 175 residents, commercial enterprises around the lake, foundations interested in the preservation of the lake and the participation of the East Pond Association Board of Directors in raising the \$1,037,000 that allowed the alum treatment to go forward. He also announced that an additional \$50,000 remained to be raised, which prompted spontaneous commitments of a number of members present, shrinking that number significantly.

The meeting was a celebration of not only the success of the alum treatment campaign, it also represented renewed commitment by members of the East Pond Association to the lake's future. Using the motto of the campaign, "Everyone involved was part of the solution."





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—The Luckiest Boy—

A Village Stroll in 1959 – Part IV

by Rod Johnson

Walking the East side of Main Street in Belgrade Lakes has taken us three weeks so far, and we may not finish today. Let's give it a shot. Last Thursday we finished our day at my parent's home which is directly across from what we now call the Lime House. We will continue northerly, which we call down street—contrary to going "up" North. We now step back into 1959.

The Johnson's driveway on the north side of the house actually separates their land from a small lot that has the old Belgrade Lakes Library on it. The building appears rather drab from lack of maintenance. Scaly white pillars hold up the small ornate porch and the outer skin is darkened cedar shingles. A large gold leaf sign saying LIBRARY adorns the area over the door. The building sits back from the road perhaps 40 feet and we all wander up and peek in the windows. The top half of the sash is beautiful diagonal pains of stained glass that is leaded into place. Shelves line the walls and are still full of books. Oak desks and chairs are present and one can imagine people from our past sitting quietly and reading their choice picks. The lawn is kept mowed by my parents and I so it doesn't look like a hay field. [The history is that the land was obtained by the newly formed Belgrade Lakes Library Association for one dollar in 1908. The library functioned for about four decades and became defunct sometime in the 1940's due to lack of interest and people to staff it. The building was torn down in the early 1970s. The only few remnants that were saved are the pillars, now holding up the porch on Jan Partridge's home and business, the sign and a few chairs. The books were offered to area libraries.]

Next on the docket is a big rambling house in poor repair. It is owned by Calvin Hanson and his family. There are clearly children here as kids' bikes and other toys are scattered on the small front lawn and in the driveway.



The old Belgrade Lakes Library

Calvin is a truck mechanic by day and he also does much of the work that Ed Megill needs done to keep the Locust House up and running. [The home is sold about a decade later to Robert Stokinger who quickly resells the house to me when I return home from the Service in 1971. I live there until 1985 and my children Brad and Rebecca are raised there. The home now belongs to Carl Cook.]

Another fifty feet North and yet another of the long narrow homes appear. It belongs to Maurice and Becky Webster who have a young family.

*Continued on page 15**



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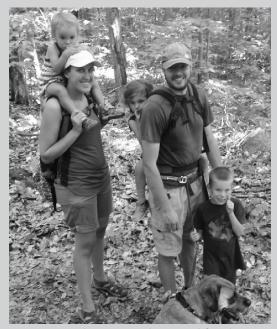
The summer is flying by. The weather has continued to be variable- mostly hot and humid with a few thundershowers, but occasionally really nice for hiking in the shady woods. Lots of events going on in town and also outside. It is heartening to run into so many families out enjoying the local trails. On a recent hike up The Mountain, I met Kim and Forrest Fyrberg, their three kids, and the family dog coming down. They live in Oakland and are frequent visitors to French Mountain and Mount Phillip and were visiting The Mountain for just the second time. They love having the 7-Lakes Alliance (7-LA) Trails nearby to take the whole family out for fun, healthy, and low-cost recreation. Slightly further up the trail, I met the Mohr Family coming down with their dog. The Mohr's have had a camp for many years on Rockwood Drive on lower Long Pond in Belgrade. Their oldest daughter is now a nursing student at Villanova but was home for the summer and the whole family was out for a healthful hike.

Last week was also the inaugural 7-LA (former BRCA) 5K Trail run on Roundtop Mountain. Thirty-three intrepid souls braved the rains to run a special course that linked several pieces of different trails together. Among the participants were Heather, Angie, and Lisa, three good friends from New Hampshire, at least one of whom has a camp on nearby Echo Lake. They had hiked the Roundtop Trail with their kids a few years ago and thought it would be fun to run it in the rain together this weekend. I missed the finish of the race but

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Kids Outside on Conserved Land

by Pete Kallin



Kim and Forrest Fyrberg and family



Extended Mohr Family hiking The Mountain.



George and Linda Smith with son, Josh, and granddaughter, Ada, cutting the ribbon at the Ezra Smith Wildlife Conservation Area in Mount Vernon.



















Spacious Belgrade Colonial is beautifully family-friendly

BELGRADE - Here on a quiet lane in a pleasantly private neighborhood of a handful of executive Colonials is a cherished family home that is ready to welcome a lucky new family.

Wonderfully spacious behind its deep, farmer's porch, at 3,444 square feet on three levels of living, the nineroom Colonial has three or four bedrooms (septic is for three) and 3.5 baths. The bedrooms include one on the lower level with its own full bath a second master suite, if you like.

The single-owner, 2003 home is quality-built. Floors are hardwood, doors solid wood. The kitchen is finely finished, with stainless appliances and granite surfaces including a two-level

The upstairs master suite features two daylight walk-in closets, each with built-ins. Above the two-vehicle garage is a great, 26-foot-by-34-footbonus room large enough for several purposes (exercise, media, etc.) at once. And of course the huge back deck expands living space, too.

Please note that the seller is also offering the abutting, 1.43-acre lot, for \$28,500. The buyer of the package could then enjoy an excellent buffer,







build a second dwelling/establish a family compound. The Belgrade Lakes location

or have the opportunity to

is a big plus – barely 5 minutes to Belgrade village, the renowned golf club, and the Community Center for All Seasons – not to mention Great Pond with its public beaches and boat launches. The property is also a quick commute to Augusta, Waterville and Farmington, and a few minutes over an

The home at 7 Scribner Lane, Belgrade, is listed for sale at \$366,000 by Pam Armour of Hoang Realty in Augusta. Please contact Pam at 314-7445, 623-0623, or pbrunye@yahoo.com; and visit www.hoangrealty.com.



Pam Armour

















www.hoangrealty.com • 31 Western Avenue • Augusta, Maine 04330 • 623-0623



Calendar Directory

TOWN BY TOWN...

GREAT VISITS, AWESOME OUTINGS – ART, MUSIC, CULTURE, HISTORY, RECREATION, FARMERS' MARKETS, TRAILS, SCENIC SITES, AND MORE...

AUGUSTA

- Viles Arboretum, 224 acres with 6 miles of year round walking trails, including art and sculpture trail, open dawn to dusk, Visitor Center open Monday-Friday, 9 am-4 pm, admission free, 626-7989, www.vilesarboretum.org, 153 Hospital Street
- Farmers' Market at the Arboretum, indoors, Friday 1-5 pm
- Art in the Capitol, Maine Arts Commission monthly self-guided exhibits in State House hallways (Mon-Fri 8 am-5 pm), Blaine House (call for times), and Maine Arts Commission Office (8:30am-4:30 pm), 287-6746, mainearts.maine.gov
- Children's Discovery Museum, CDM, hands-on displays, activities, Tuesday-Thursday 10 am-4 pm, Friday-Saturday 10 am-5 pm, Sunday 11 am-4 pm, admission, 622-2209, www.childrensdiscoverymuseum.org, 171 Capitol Street
- Danforth Gallery, Jewett Hall, art exhibits, UMA-1234, www.uma.edu
- Governor's Mansion, 1830 Blaine House, Tuesday-Thursday 2-4 pm, 287-2121, www.blainehouse.org, State Street
- Holocaust and Human Rights Center of Maine, Michael Klahr Center, Monday-Friday 8 am-4 pm, 621-3530, www.hhrc.uma.edu, University of Maine at Augusta, off Route 27
- **Kennebec Historical Society,** Wednesday-Friday 10 am-2 pm, 622-7718, *www.kennebechistorical.org*, 107 Winthrop Street
- Maine State Museum, Tuesday-Friday 9 am-5 pm, Saturday 10 am-4 pm, \$2 adults, \$1 ages 6-18, 287-2301, www.mainestatemuseum.org
- Maine State House, Hall of Flags, House and Senate Rooms, Klir Beck dioramas, Monday-Friday 8 am-5 pm, book tours at Maine State Museum, walk-ins welcome 9 am-1 pm, 287-5600, www.maine.gov, State Street
- Maine State Library, Monday-Saturday opens 9 am, 287-5600, www.maine.gov/msl/, State Street
- Museum in the Streets, walking/history tour, www.augusta-maine.gov, Water Street/downtown.
- Old Fort Western, 1754 fort, house, store, 1-4 pm daily, admission \$6, 4-14 years \$4, 626-2385, www.oldfortwestern.org, Cony Street
- Riverfront Park, boat launch, Greenway Trail, playground, eastside Kennebec River
- **Kennebec River Rail Trailhead,** Maine State Housing Authority parking lot, 623-8162, www.krrt.org, Water Street
- University of Maine at Augusta Fitness Trail, 2 miles of wooded trails, near Civic Center, Route 27
- Farmers' Market at Mill Park, Tuesday 2-6 pm, 626-2305, www.farmersmarketmillpark.org/, North Water Street
- Farmers' Market at Turnpike Mall, 549-5112, Wednesday and Saturday 10 am-1 pm, Western Avenue

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STATE & LOCAL PERMIT APPLICATIONS PREPARED & PRESENTED

• Belgrade Lakes Market, 320-8303, careybor@yahoo.com, Sunday 8 am-1 pm, Main Street

Land Surveyors Civil Engineers Planners

- Great Pond Mailboat, 592-1537, Monday-Saturday 9:15 am, Post Office, Main St.
- The Belgrade Community Center for All Seasons, pool and lakefront, gym, playground, picnic area, rec programs, 495-3481, www.belgrademaine.com, 1 Center Drive
- Union Church Coffee House, check for schedule, 7:30 pm, \$5, 495-3599, www.unionchurchmaine.org, Main Street
- Belgrade Historical Society, 495-2973, belgradehistoricalsociety.org
- Belgrade Lakes Market, Sun 8 am-1 pm, Main Street
- Peninsula Park on Long Pond, picnic tables, Main Street
- Maine Lakes Resource Center, 512-5150, www.mainelakesresourcecenter.org, 137 Main Street

FAIRFIELD

- Fairfield Historical Society, 1890 Cotton-Smith History House, every Tuesday 9 am-12 noon and 1-4 pm and second Saturday of month, 453-2998,
- www.fairfieldmehistoricalsociety.net, 42 High Street
- Farmers' Market, 948-5724, Wednesday 2-6 pm, Saturday 9:30 am-1:30 pm, Nazarene Church parking lot, 81 Main Street

FARMINGTON

- Farmington Historical Society, Titcomb House Museum, 778-4275, Wednesday and Saturday, 11 am-2 pm, July-August, www.farmingtonhistory.org, 118 Academy Street
- Nordica Homestead Museum, opera singer Lillian Nordica costumes, jewelry, mementos, 778-2042, Tuesday-Saturday 10 am-12 noon and 1-5 pm, Sunday 1-5 pm, www.lilliannordica.com, 116 Nordica Lane, Holley Road
- Contra Dance, 491-9928, www.starleft.org 2nd Saturday of the month, all welcome, 6:30-7:30 pm family dance, 8-11 pm regular dance, admission, Grange Hall, Bridge Street, Route 43, West Farmington
- University of Maine campus and Arboretum, four walking tours with informal guide pamphlet to campus trees, 581-1541, www.umaine.edu/arboretum/, downtown
- Farmers' Market, 778-6602, Friday 9 am-2 pm, Better Living Center parking lot, Front Street; Saturday 8 am-12 noon, Main Street
- Meetinghouse Park and Gazebo, weekly concerts throughout summer, downtown
- Fairgrounds, events throughout summer, Franklin County Fair in September, High Street

GARDINER

- Artdogs and Circling the Square Fine Art Press, Friday 1-5 pm, Saturday 10 am-4 pm, 582-6600, www.theartdogs.com, 275-277 Water Street
- Johnson Hall Performing Arts Center, 582-7144, www.johnsonhall.org 280 Water Street
- Monkitree, art exhibits, 512-4679, www.monkitree.com, Tuesday-Friday 10 am-6 pm, Saturday 12-6 pm, 263 Water Street
- **SpinOff Studio**, 588-7297, *spinoffstudio.org*, Monday-Friday 8:30 am-4:30 pm, 405 Water Street
- Farmers' Market, 512-8022, www.gardinerfarmersmarket.org, Wednesday 2-6 pm, rain or shine, The Common
- Kennebec River Rail Trail, 623-8162, www.krrt.org, access near Gardiner/Randolph Bridge, 6.5 miles to Augusta
- Waterfront Park, picnicking, events throughout summer, Kennebec River

GREENE

• Araxine Wilkins Sawyer Memorial, free entertainment programs, monthly - Friday 2 and 7 pm, 946-5311, www.sawyerfoundation.com, 371 Sawyer Road, off Route 202

HALLOWELL

- Harlow Gallery, Kennebec Valley Art Association, 622-3813, www.harlowgallery.org Wed-Sat, 12-6 pm, 160 Water Street
- Gaslight Theater, 626-3698, www.gaslighttheater.org City Hall, 1 Winthrop Street
- Museum in the Streets, history/walking tour, www.historichallowell.org, downtown
- Farmers' Market, 622-1350, Sun 3-6 pm, Water Street
- Vaughn Woods and Homestead, 166 acre park/trails/homestead, Middle Street
- Kennebec River Rail Trail, www.krrt.org, to Augusta, Farmingdale/Gardiner, Water Street
- Waterfront Park, deck/walkway on Kennebec River, North Water Street

HINCKLEY

• L.C. Bates Museum at Good Will-Hinckley School, early 20th century natural history and cultural exhibits, nature trails and camps, adults \$3, up to 17 years \$1, 238-4250, www.gwh.org Wednesday-Saturday 10 am-4:30 pm, Sunday 1-4:30 pm, Route 201

KINGFIELD

- Ski Museum of Maine, 265-2023, www.skimusuemofmaine.org, 256 Main Street
- Stanley Museum, 265-2729, www.stanleymuseum.org, memorabilia/displays on photographs, violins and Stanley Steamers, Tuesday-Sunday 1-4 pm, 40 School Street

Livermore

• Washburn-Norlands Living History Center, 18th-19th century mansion/farmstead/schoolhouse, library, chapel, 897-4366, www.norlands.org, admission, living history tours Tuesday and Thursday 1-4 pm, 290 Norlands Road

Madison

- Lakewood Theater, Maine's Summer Theater, Young Performers Camp, 474-7176, www.lakewoodtheater.org, Route 201
- Skowhegan School of Painting and Sculpture, 474-9345, www.skowheganart.org, summer evening artists lecture series, East Madison Road

Моммоитн

- Monmouth Museum, local and regional Maine history, Wednesday-Sunday 1-4 pm, 933-2287, www.monmouthmuseuminc.org, 751 Main Street
- The Theater At Monmouth, The Shakespeare Theater of Maine, Cumston Hall, 933-9999, www.theateratmonmouth.org, Main Street

MOUNT VERNON

• D.E.W Animal Kingdom, Zoo, 293-2837, 918 Pond Rd, Route 41

New Portland

• Nowetah's American Indian Museum and Craft Shop, 628-4981, www.nowetahs.webs.com/, daily 10 am-5 pm, free,



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628-4981, 2 Colegrove Road, Route 27

• Wire Bridge, 1864, probably only wire suspension bridge in U.S., off Route 27

NEW SHARON

- Farmers' Market, Saturday 9 am-1 pm, Douin's Market, 491-9025, 150 Mercer Road, Routes 2/27
- New Sharon Historical Society, Saturday 1-3, 778-4167, Routes 2/27

Norridgewock

• Norridgewock Historical Society Museum, 1838 building, Saturday 10 am-1 pm, 634-5032, www.norridgewockmuseum.com, Mercer Road, Route 2

• Oosoola Park, picnic area, great playground, boat launch, on Kennebec River, Route 8

OAKLAND

- Macartney House Museum, Oakland Area Historical Society, 465-7549, Wednesday 1:30-4:30 pm, 1815 home with antique furnishings and Oakland artifacts, 25 Main Street
- Town Parks, playground, picnic tables, swimming area, boat launch area, Belgrade Road on Lake Messalonskee and McGrath Pond Road on McGrath Lake
- Farmer's Market, Friday 2-6 pm, 465-3094, Pine Acres Parking Lot, 895 Kennedy Memorial Drive

READFIELD

• Readfield Historical Society and Museum in 1853 school-house, 685-4662, www.readfieldhistorical.org, Thursday and Saturday 10 am-2 pm or by appointment, Route 17, Readfield Depot

ROME

- Mt. Philip Grange, suppers 3rd Sat of month, 4:30-6 pm, all you can eat beans, cornbread, rolls, chop suey, pies, Routes 135/225
- Trails: Mount Philip, Route 225; The Mountain, Route 27; French's Mountain and Kennebec Highlands, Watson Pond Road; for information call 495-6039 or visit www.belgradelakes.org; maps available at BRCA, 137 Main Street, Belgrade Lakes

SIDNEY

- New England Music Camp, concerts free and open to the public, Bowl-in-the-Pines on Lake Messalonskee, 465-3025, www.nemusiccamp.com, 8 Goldenrod Lane, Route 23
- Sidney Historical Society, 724-8032, www.sidneyhistoricalsociety.org, 2986 Middle Road
- Silver Spur Riding Club, horse shows, River Road, Route 104

SKOWHEGAN

- Margaret Chase Smith Library, residence, home, museum exhibits, 474-7133, www.mcslibrary.org, free, Monday-Friday, 10 am-4 pm, 54 Norridgewock Ave.
- History House Museum, 1800s local history and culture, heirloom gardens, free, Tuesday-Saturday, 10 am-4 pm, 474-6632, www.skowheganhistoryhouse.org, 66 Elm Street
- Fairgrounds, weekly horse shows/competitions, free public events, covered arena, Skowhegan State Fair in August, 474-3621, Madison Avenue, Route 201
- Farmers' Market, Wednesday 3-6 pm, Saturday 9 am-1 pm,

weekly entertainment, 938-3906, Somerset Gristmill parking lot, downtown

SMITHFIELD

- Fairview Grange, 362-2791, Route 8
- Smithfield History Society "The Groves House," 634-4392, 21 Lakeview Drive
- Sunbeam Roller Rink, 362-4951, 830 Village Rd, Route 8

UNITY

• Unity College Centre for the Performing Arts, folk genre music, 568-3147, www.unitymaine.org, 42 Depot Street

WATERVILLE

- Aqua City Actor's Theatre (ACAT), 873-7000, www.acattheatre.org. Waterville Opera House Studio Theater, Main Street
- **Museum in the Streets**, downtown history/walking tour, www.themuseuminthestreets.com/waterville.htm
- Head of Falls Park/Two Cent Bridge, historic foot bridge over Kennebec River connecting Waterville and Winslow, Front Street
- Common Street Arts, 872-2787, www.commonstreetarts.org, Wednesday through Saturday noon to 5 pm, Thursday until 6 pm, 93 Main Street
- Colby College Museum of Art, 859-5600, www.colby.edu/museum/ Tuesday-Saturday 10 am-5 pm, Sunday 12-5 pm, free admission, Colby College Campus, Mayflower Hill
- Colby College Special Collections, Miller Library, Monday-Friday 10 am-12 noon and 1-4 pm, free admission
- Thomas College Art Gallery, 180 West River Road
- Waterville Historical Society and Redington Museum, 1814 home and pharmacy, 872-9439, www.redingtonmuseum.org.

 Tuesday-Saturday tours at 10 and 11 am, 1 and 2 pm, 62 Silver Street
- Waterville Opera House, 873-7000, www.operahouse.com,
 93 Main Street
- Farmers' Market, Thursday 2-6 pm, 680-2055, www.watervillefarmersmarket.org,

WAYNE

• Farmers' Market, 685-4657,

http://waynefarmersmarket.weebly.com, Saturday 9 am-noon, Town Green, at the Mill Pond, Main Street

WILTON

• Wilton Farm & Home Museum, 645-2091, 645-4578, www.thewiltonfarmandhomemuseum.org, Saturday 1-4 pm or by appointment, 10 Canal Street

WINSLOW

• Fort Halifax on the Kennebec River, historic fort tower, park, Route 201

WINTHROP

- Norcross Park, playground, picnic site, boat launch on Maranacook Lake
- Farmers' Market, 446-2899, Tuesday and Saturday 9 am-1 pm, town office parking lot, 17 Highland Avenue

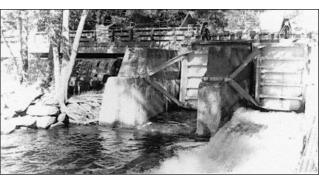
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The Dams Keeper Report

Well, unlike our neighbors to the south, central Maine is still in a moderate drought. As of this writing we have received a slight increase of 2.67" of precipitation in the past 10 days with a measly .74" forecasted for the next 10! This is not helping matters as we continue to lose 3/10" of water levels PER DAY! One does not need to be a rocket scientist to do the math and conclude that we will be in real dire straits by Labor Day without some help in the way of real precipitation.

As of this writing, Great Pond has actually come up 6/10" in the past week and is now 5.52" below full pond. Long Pond continues to drop and has now hit 10" below full – last year at this time we were just 1.2" below full. It is suggested that anyone in a vessel other than a kayak or canoe, lift their lower units when traveling under Long Pond's Castle Island bridge.

Salmon is now also 10" below full and it is recommended that anyone navigating the channel between Salmon and McGrath also lift their engines a bit to clear the many obstacles.

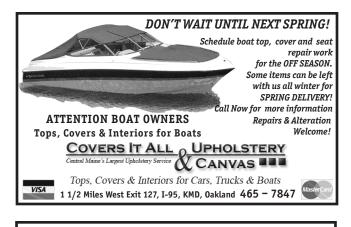
I knew from past experience that a 10" below water level was the absolute bottom limit to get my boat off of its lift on upper Long Pond and sure enough, I just barely got it off yesterday. But I did forget that in order to access and remove the lift canopy, I had to have the boat back on the lift. Just another senior moment in a long string of them nowadays!

Enjoy the family, your vacation and this incredibly beautiful weather!

Dick Greenan



Secretary, Belgrade Lakes Watershed Dams Committee





Craig Pooler
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Email: belgradeboatstorage1@yahoo.com
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- Calendar —

Thursday 8/9 through Saturday 8/18 – Skowhegan State Fair, midway, harness racing, exhibits, food, fun, entertainment, live music every night, shows daily, more, 474-2947, www.skowheganstatefair.com, Fairgrounds, Route 201, Skowhegan.

Thursday 8/9 and Friday 8/10 - "Little Shop of Horrors," presented by New England Music Camp Musical Theater, 7:30 pm, 465-3025, Alumni Hall, Route 23, Sidney.

Thursday 8/8 through Saturday 8/11 – "The Legend of Georgia McBride," 474-7176, Lakewood Theater, Route 201, Madison.

Friday 8/10 and Saturday 8/11 – Readfield Festival Days, activities for all ages, food, history presentations, 685-4939, downtown Readfield.

Friday 8/10 - Celebration Party! End of Summer Reading Program, music games, refreshments and book giveaways, with Sarah and Gene Roy, 10:30 am, 465-7533, Oakland Public Library, Church Street, Oakland.

Friday 8/10 - "The True Story of Little Red," 1 pm; "Twelfth Night," 7:30 pm, 933-9999, Cumston Hall, Main Street, The Theater At Monmouth.

Friday 8/10 – The Sandy River Ramblers, free admission, 2 and 7 pm, 946-5311, The Araxine Sawyer Memorial, 371 Sawyer Road, Greene.

Friday 8/10 - 15th Annual Wine and Cheese Soiree, to benefit Readfield Historical Society, 5-7 pm, 377-2299, Readfield Historical Society building, 754 Main Street, Readfield.

Friday 8/10 - Sassquatch, Waterfront

Concert Series, free, 6-7:30 pm, Waterfront Park, Gardiner.

Friday 8/10 - "Mystery at the Museum – Resurrecting Rachel (Coburn) Parker," presented by Trustee Kay Marsh, 7 pm, free to the public, refreshments offered, 474-6632, Skowhegan History House Museum, 66 Elm Street, Skowhegan.

Saturday 8/11 - 13th Annual Doc and Mardie Brown 5K Road Race and 1 mile Fun Run, proceeds to benefit the Alfond Youth Center, 7 am registration, 873-0684, Alfond Youth Center, North Street, Waterville.

Saturday 8/11 - Splash N' Dash, Kennebec Valley YMCA 425 yards swim, 5K run, single or double division, benefits the Strong Kids Annual Campaign, 8 am, 622-9622, 31 Union Street, Augusta.

Saturday 8/11 - Belgrade Historical Society Fair, lawn sale, book table, baked goods, plants, crafts, costume jewelry, exhibits and more, 10 am-3 pm, 495-3581, Old Town Meeting House, Route 135, Belgrade.

Saturday 8/11 - Adopt A Shoreline Workshop, join the fight against variable milfoil in the Belgrade lakes, sponsored by the 7 Lakes Alliance (formerly the Belgrade Regional Conservation Alliance), 11 am, 495-6039, Maine Lakes Resource Center, 137 Main Street, Belgrade Lakes.

Saturday 8/11 – History Walk of Readfield Depot village, following a photo show that depicts the depot in its heydays, led by historian Dale Potter-Clark, 10 am, 377-2299, Readfield Historical Society, 754 Main Street, Readfield.

Saturday 8/11 – North Pond Flotilla Parade, prizes for most festive and creative, 362-1009, no rain date, 10 am, north side of Hight Island, North Pond.

Saturday 8/11 - Oakland Alumni Annual

Banquet, advance reservations required, doors open 10:30 am, buffet lunch noon, 441-7055, Elks Lodge, 76 Industrial Street, Waterville.

Saturday 8/11 – Silent Auction bids close, 685-3612, Cary Memorial Library, Wayne.

Saturday 8/11 - 1st Annual Bluegrass Music Festival at the Sandy River Music Barn, featuring Blistered Fingers, Back Woods Road, Wilf Clark & The Misty Mountaineers, extra large tent, hard, dry area for RV parking, rain or shine, 1-9 pm, 504-0138, Route 134, Starks.

Saturday 8/11 – "Twelfth Night," 1 pm; "Enchanted April," 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Saturday 8/11 - Amazing Mammals, amazing diversity from anteater to platypus, baboon to sloth, 1-2 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

Saturday 8/11 - "The Princess and the Pea," Missoula Children's Theater, 2 pm, 873-7000, Waterville Opera House, Main Street, Waterville.

Saturday 8/11 - New England Music Camp free concert, 3 pm, 844-476-6976, Bowl in the Pines, Route 23, Pond Road, Sidney.

Saturday 8/11 - Union Coffeehouse presents Simons & Goodwin, folk singers, plus open mic, 7 pm, \$5 donation at door includes refreshments, Union Church, Main Street, Route 27, Belgrade Lakes.

Sunday 8/12 - "Dial M For Murder," 1 pm, "Enchanted April," 7 pm, 933-9999, Cumston Hall, The Theater at Monmouth.

Sunday 8/12 – Volunteers training session, to work at Mid-Maine Homeless Shelter, 2-4 pm, 872-8082, 19 Colby Street, Waterville.

Sunday 8/12 - New England Music Camp

free concert, 3 pm, 844-476-6976, Bowl in the Pines, Route 23, Pond Road, Sidney.

Sunday 8/12 – Barbie Demo, Coburn Park Concert, 5-6:15 pm, bring lawn chairs and blankets, 474-0527, Philbrick Gazebo, Coburn Park, Water Street, Skowhegan.

Monday 8/13 - Don Campbell, music of Dan Fogelberg, 7:30 pm, ticketed event, 844-476-6976, Alumni Hall, Snow Pond Center for the Arts, Route 23, Pond Road, Sidney.

Tuesday 8/14 - Chewonki "Bugmobile," 10-11 am, 495-3508, Center For All Seasons, Route 27, Belgrade Lakes.

Tuesday 8/14 - Annual Ice Cream Social and RB Hall Band, create your own sunday, bring your own chair, 6:30 pm, parking lot of TD Bank, Macartney House, Main Street, Oakland.

Tuesday 8/14 – "Enchanted April," 1 pm; "Richard III" by William Shakespeare 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Tuesday 8/14 - Quarry Road Summer Race Series, 5K, 6 pm, day-of registration opens at 5 pm, kids fun runs 5:30 pm, www.quarryroadraces.com, off North Avenue, Waterville.

Wednesday 8/15 - Pilates Mat Class, all welcome, classes geared toward ages 55+ and those healing from injury, bring a pilates mat, \$10, 9:30-10:30 am, 362-4772, Smitfield Town Office Complex, Route 8, Smithfield.

Wednesday 8/15 - Family Art in the Afternoon, create your own inspired by the museum, art materials provided, 238-4250, L.C. Bate Museum, Route 201, Hinckley.

Wednesday 8/15 – "Richard III" by William Shakespeare, 1 pm;









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"Pride@Prejudice," 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Wednesday 8/15 - "The Rise and Fall of Axe Making in Maine," with Howard Hardy, local historian and tool collector, 6 pm, 465-7533, Oakland Public Library, 18 Church Street, Oakland.

Wednesday 8/15 - Creating An Ethical Will, free workshop, 6:30 pm, 377-2354, Winthrop Center Friends Church, 219 Winthrop Center Road, Winthrop.

Thursday 8/16 - Last day for Silent Auction at the Theater at Monmouth, to support artistic and education programs, 933-9999, Cumston Library Reading Room, Main Street, Theater At Monmouth.

Thursday 8/16 - Big 50th Anniversary Celebration, Camp Tracy, see the Vision of the Future, share stories, pictures and memories, 872-7092, McGrath Pond Road, Oakland.

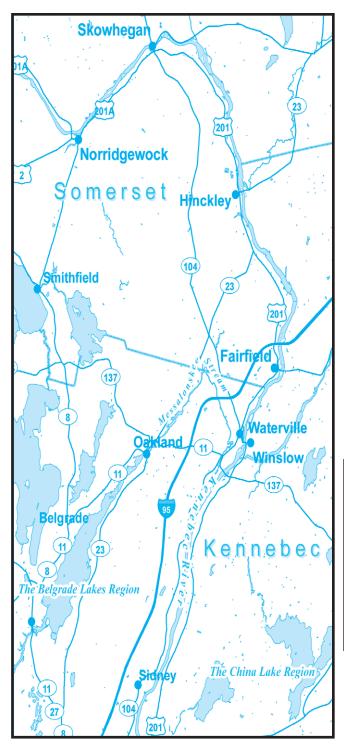
Thursday 8/16 – "The True Story of Little Red," Family Show, 1 pm; "Enchanted April," 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

Thursday 8/16 - World of Wonder, presented by Leland Faulkner, master theatre artist, Children's Day 2 pm only, for all ages, children should be accompanied by an adult, free admission, 946-5311, Sawyer Memorial, 371 Sawyer Road, off Route 202, Greene.

Thursday 8/16 - Music in the Park, in the gazebo, 6-9 pm, Waterfront Park, Lake Messalonskee, boat landing, Oakland.

Thursday 8/16 through Sunday 8/19 - "A Funny Thing Happened on the Way to the Forum," 474-7176, Lakewood Theater, Route 201, Madison.

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\$50,000 Raised for Run of River Whitewater Recreation Area

Recreation Area, sited for the Kennebec River Gorge that washed away during the flood of 1987. in downtown Skowhegan.

mental data collection required for permitting.

"We are thrilled that we're gaining momentum work to raise money to cover this gap. with Run of River fundraising and that people Cannon, Run of River Committee member and Main Street Skowhegan executive director. "We can't years. thank the Quimby Family Foundation and the donor enough for their support—it's tremendous."

engineer Committee, with project Kleinschmidt Associates and architect McLaughlin er from the proposed site of the whitewater park. Whitewater Design Group, met with Brookfield and Wildlife Service, and other agencies to determine requirements for permitting.

intends to use \$25,000 of the grant funding for field data collection, which will include bathymetric sur-

The Run of River Committee has raised \$50,000 to veying of the riverbed and a debris survey to deterfund next steps of the Run of River Whitewater mine the location of remains from the railroad bridge

Data from the field work will be used to create A Quimby Family Foundation Grant for \$25,000 computer-generated 3D hydraulic models for fishand a \$25,000 matching gift from a Maine eries review—a requirement by agencies in recent Community Foundation Donor Advised Fund will meetings. These 3D models will cost an estimated help cover the costs of next steps, including supple- \$65,000, leaving a \$40,000 gap in funding. While data is being gathered this summer, the committee will

Once the committee has completed all requirebelieve in the project enough to invest," said Kristina ments, permit applications can be submitted. The permitting process is expected to take one to two

Committee members hope to start construction for the whitewater park in the summer of 2021, a time-During the last six months, the Run of River line that will coincide with the installation of a fish passage apparatus at Weston Dam, located just upriv-

In addition to funding, the committee received Renewable, U.S. Army Corp. of Engineers, U.S. Fish other good news last week—Skowhegan has been named an Outdoor Sports Institute (OSI) Community Partner. OSI will work with the Run of River As a result of these meetings, the committee Committee and Main Street Skowhegan to foster and grow an active group of outdoor recreation enthusi-

Continued on page 14...



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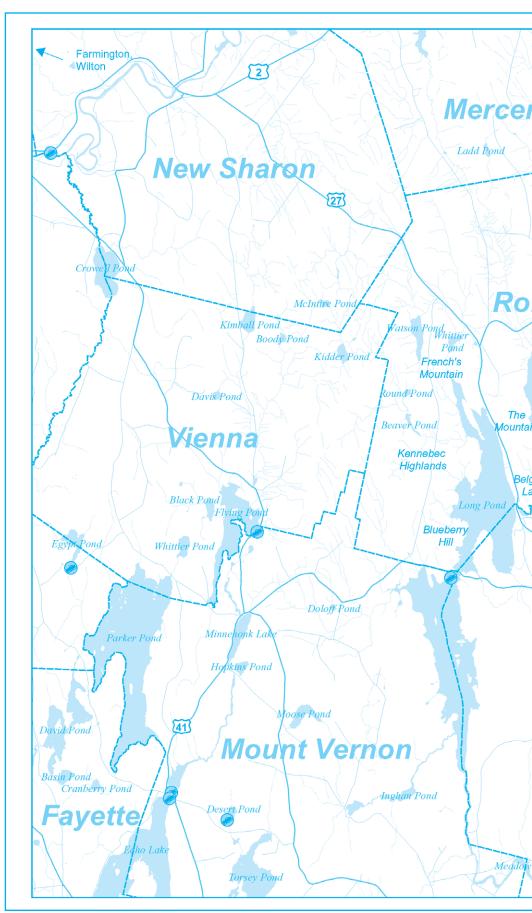
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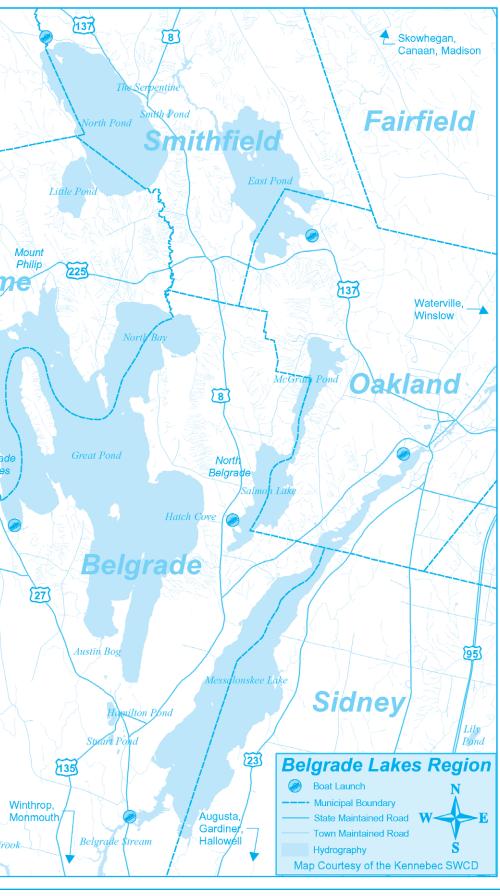
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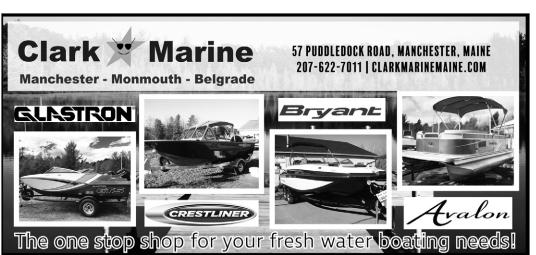


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Upcoming

AUGUST

- The 3rd concert in the Waterville Rocks Series is scheduled for Friday, August 17, 6 pm, in Castonguay Square and will include performances by Enter the Haggis and Muddy Ruckus. 509-3365
- The Annual Sidewalk Art Festival in Winthrop will be held on Saturday, August 18, 10 am-3 pm; showcasing regional artists, local foods, music and more. 377-8020
- The Union Fair and Maine Wild Blueberry Festival is scheduled for August 18-25. Children's Day, new this year, Saturday, August 25. www.unionfair.org
- The Mt. Philip Grange in Rome will hold its monthly public supper on Saturday, August 18 starting at 4:40 pm.
- On Wednesday and Thursday, August 22 and 23, 9 am-4 public. 495-3508 pm, the annual Maine Farm Days will be held at Misty Meadows Farm in Clinton, a large dairy farm, featuring a kid's tent, equipment displays, wagon tours, exhibits and concessions. Free and open to the public. www.MaineFarmDays.com
- On August 22-26, the 51st Blistered Fingers Family Bluegrass Music Festival will be held at Litchfield Fairgrounds with 12 bands, a Kids Academy, camping, food, field pickin' and more. Children 16 and under free with adult. 873-6539
- A Book Sale will be held at Lithgow Public Library in Augusta, Friday, August 24, 9 am-4 pm and Saturday,

August 25, 9-11:30 am in the Community Meeting Room. 626-2415

- "Marriage is Murder" will be presented August 24-26 and August 31-September 2 by the Gaslight Theater in Hallowell. 626-3698
- On Saturday, August 25, 9 am-3 pm, Blessings in a BackPack/SnackPack is having an In-Door Yard Sale at the Baptist Church, 45 Church Street, Oakland. 616-0093
- The Windsor Fair is scheduled for Sunday, August 26 through Labor Day, September 3: free parking every day, campground, race simulcasting daily, barns and exhibition halls, Historical Society museum, midway and full entertainment. www.windsorfair.com
- On Wednesday, August 29, at 6 pm, the Belgrade Public Library on Depot Street, will hold a presentation by Astrophotographer Mike Taylor. Free and open to the

SEPTEMBER

- The annual Skowhegan Craft Brew Festival will be Saturday, September 1 to showcase breweries, wineries, fermenters, eateries that serve local harvest and live music. VIP hour 2-3 pm; festival 3-7. 612-2571
- Run For The Horses 5K to benefit Double B Equine Rescue will be held on Monday, September 3 near Lake Wesserunsett.

runsignup.com/Race/ME/Madison/RunForHorses5K

• On Friday, September 7 the Maine Preservation Gala

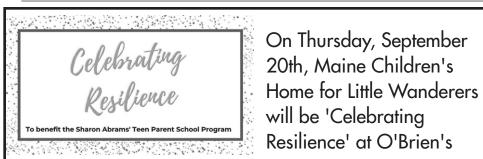
- will be held at the Portland Masonic, 415 Congress Street with music, gourmet hors d'oeuvres, desserts and complimentary wine and beer in support of preserving Maine places that matter. 847-3577
- The Pirates of Penzance, the musical by Gilbert and Sullivan will be performed September 13-23 at The Theater At Monmouth, 933-9999
- The Common Ground Country Fair will be Friday through Sunday, September 21-23 in Unity. Gates open 9 am. 568-4142
- The Fryeburg Fair, celebrating its 168th year, will be held Sunday, September 30 through Sunday, October 7, with Harness Racing Tuesday, October 2 through Sunday, October 7. Senior Citizens Day is Tuesday. 935-3268

OCTOBER

- Enjoy a "Return to Self" Fall Weekend Yoga Retreat October 26-28 at the Nature Retreat Center in Denmark offered by Readfield/Augusta resident Nicole Hudson. www.WonderFreely.com
- On Friday, October 26, 2 and 7 pm,"An Allagash Haunting," a film by Tim Caverly, will provide an evening of suspense and thrilling anticipation by a visit to the Maine Woods, at the Sawyer Foundation in Greene. Free and appropriate for all ages. 946-5311

NOVEMBER

• A 5K Run on the Rail Trail or Walk in Capitol Park to support Free ME from Lung Cancer will be held on Sunday, November 4 at the Kennebec Valley YMCA in Augusta. 215-9035



On Thursday, September Resilience' at O'Brien's

Event Center at the Best Western in Waterville from 5:30 pm - 8:00 pm. This year's celebration recognizes the hard work and dedication of some past and present pregnant or parenting teens to complete their high school education and become successful parents. Past and present teen parents will share their stories of the Sharon Abrams' Teen Parent School Program and we will also have a number of silent auction items to bid on and support our fundraising! The event will start at approximately 6:00 PM with a social and silent auction bidding available at 5:30. Tickets are \$40 and are available online (celebratingresilience.eventbrite.com) or by calling (207) 872-0261



Continued from page 19

arsenic test kit. You can find a lab at this website: wellwater. ➡maine.gov, or call the Main Lab Certification Officer at 207 - 287 - 1929. You can also request a kit to test for radon, uranium, fluoride, bacteria, nitrites and nitrates as well. A test kit will arrive in the mail with empty bottles, directions and forms to fill out. Follow the directions and mail the bottles back to the lab with the forms. You can also watch a video on how to do a water test on Youtube (go to youtube.com/user/MainePublicHealth). Your test results will be mailed to you.

There are several Maine Water Testing Labs in this area (a complete list can be found at wellwater.maine.gov):

- 1. State of Maine Public Health & Environmental Testing Lab, Augusta, 866-522-4385.
 - 2. Northeast Labs Inc., Winslow, 207-873-7711.



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Conservation Too -

rennebec County remains a County full of farms. While there are fewer dairy farms there are more large ones and about the same number of cows are being milked. We have some of the largest dairy farms in Maine. Clinton is referred to as the "Dairy Capitol of Maine". One of those farms, Misty Meadows Farm, will be hosting Maine Farm Days this year on Wednesday & Thursday, August 22nd and 23rd. The public is invited to visit Misty Meadows Farm, a large dairy farm which hosts Maine Farm Days Agricultural Trade Show. They grow hundreds of acres of their own feed, mostly corn, and raise many of their own replacement cows. They harvest truckloads of feed for their animals and they milk about 700 cows. They manage a total herd of about 1,200. All this work is on display for the public to visit during the two days of Maine Farm Days.

The Stoughton family owns and operates Misty Meadows with their extended family and dozens of employs. The farm operation continues to work right through the two-day event and offers itself up for the public to tour through a Natural Resource Conservation Services [NRCS] wagon tour which explains the operation as you travel around the farm's property.

In addition to the actual farm operation. Maine Farm Days has large fair tents filled with displays and people to answer questions about farming operations and display products. Workshops and demonstrations occur throughout the day. It is seen as an opportunity for the farm to be a good neigh-

Maine Farm Days Soon. Visit a Very Large Working Dairy Farm

By Dale Finseth





bor and show the public where food comes from and how that food is produced. There is an entire tent set up for children's activities and displays. While that tent is primarily for kids, it generates a great deal of adult interest! There will be contests for Pies, a milking contest; ice cream making; demonstrations of ag harvesting methods; a giant

corn maze and an entire series of workshops presented by the University of Maine Cooperative Extension. It is a full two days. Again, this year they will feature a "Rain fall simulator" which demonstrates potential rainfall erosion problems and how different vegetation can mitigate the impact of storm water. The woodlot demonstration area will be moved to a different area for a different presentation.

And it is all free to the public. Bring some money for the Chicken BBQ though! Thanks to the Stoughton family as they open up their farm to the public. It is an 'up close and personal' experience. And it is all free to the public.

Like the rest of the State, Kennebec County has been adding farms and farmers rather than losing them. Many of the new farms are smaller. Fewer of them are dairy. But the mix of farming in Maine has become more and more diverse over the past decade. Support your local farms and farmers. Plan to visit Maine Farm Days for any part of the two days. Join us anytime from 9 a.m. until 4 p.m. Bring your family and friends. Stay for the day. There is food available. Check out more information at their website www.mainefarmdays.com or our website at www.kcswcd.org and select the Maine Farm Days tab.

For information about any of our conservation projects please contact Dale Finseth at 622-7847, x 3 or check our website at www.kcswcd.org

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Accommodations

Alden Camps, rustic lakeside cottages on East Pond, since 1911, American Plan meals, boat and motor rentals, dining and lobster bake open to public by reservation, 3 Alden Camps Cove, Oakland, 465-7703, www.aldencamps.com

Castle Island Camps, cottages on the water on Long Pond, American Plan meals, boat and kayak rentals, Castle Island Road, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Notebook

The Village Inn, rooms near the water, in the heart of the Village, 157 Main Street, Belgrade Lakes, 495-3553, www.villageinnandtavern.com

Belgrade Vacation Rentals, lakeside camp and cottage rentals throughout the area, long and short stays, many size accommodations and rates, 1-800-760-1503, www.belgradevacationrentals.com

Lakeside Cottage Rentals, featuring over 70 private homes, 24/7 customer friendly service, 25 Marina Drive, Belgrade Lakes, 592-5577, 495-4046, www.lcrentals.com

and walked nearly 200 miles to Biddeford, Maine. He found work as a brick maker and is recognized as the city's first permanent French-Canadian settler and French voter. In 2015 his great-great-grandson,

Attean Family Pow Wow Ray Shevenell, retraced the pioneering journey from

• Tribal representatives from Maine, New England and around the country will be at the Maine Wildlife Park, Route 26, Gray Saturday, August 11 and Sunday, August 12 for two full days with native dancers, drummers, craft vendors, singers and traditional food booths. This year new activities, food, music and more. All day, rain or shine. 657-4977

Bicycle Coalition of Maine

• BikeMaine 2018: La Terre Entre Deux will be held September 8-15 in the St. John Valley of Aroostook County. bikemaine.org

Belgrade

- Belgrade Bible Church is seeking donations of school supplies to be distributed to students of all ages for the 2018-2019 school year. The church is also taking donations for the clothes closet and donations of new underwear and socks of all sizes. Please donate by August 15. Distribution of supplies will be made on August 18, 9 am-12 noon. The goal is to supply 50 families. 495-2200
- Belgrade Health Center is holding a School Supplies Drive in celebration of National Health Center Week (August 12-18) to support Belgrade Central School. The drive will end Friday, August 31. Donations will be accepted at the Health Center during business hours; they must be new and unused or unopened. Examples are: No. 2 pencils; colored pencils; pink rectangular erasers; glue sticks; lunch bags or boxes; marker sets; boxed crayons; blunt-ended scissors; composition notebooks; construction paper; backpacks and tissues. 495-3323

Greene

• On Friday, August 24 "The Home Road" will be presented by Tonya and Ray Shevenell and 2 and 7 pm. The film follows the story of Israel Shevenell who in 1845 at 19-years-old left his home in Canada

...Continued from page 9

asts in Skowhegan. Led by local stakeholders, the initiative will include trainings, programming, and outdoor gear to teach people the skills to recreate safely.

"We are excited that OSI recognizes Skowhegan as a community that has great potential when it comes to outdoor recreation," said Cannon. "With the plans for the Run of River Whitewater Recreation Area—which will be a venue for whitewater paddling, hiking, mountain biking, crosscountry skiing, and more-it's critical that we engage our local residents and offer them the knowledge and tools to use the recreation area."

Skowhegan

Compton, Quebec to Biddeford. 946-5311

- The horse show schedule for the remainder of the 2018 season at the Skowhegan Fairgrounds will include:
- August 31-September 3: Annual State Appaloosa Horse Show, 368-4914
- September 8 and 9: AHAME Autumnfest Horse Show, 272-0082
- September 13-16: Downeast Medal Finals
- September 21-23: The Maine Event Horse Show,
- September 29: Special Olympics Maine Equestrian Competition, 879-0489

Waterville

- Literacy Volunteers Waterville Area is seeking volunteers who would like to tutor adults in a 1-to-1 setting. There will be a tutor training workshop on Saturday, September 15, 9 am-3 pm at the United Way office in Waterville. lvwaterville@gmail.com or 873-7786
- Central Maine Tech Night, Thursday, August 9, 5-6:30 pm, at the Hathaway Creative Center, presents August 2018 Tech Talk: Frank Appunn CISSP, PhD of Thomas College on "Cyber Warfare Targets All of Us - What is going on?". For more information contact Central Maine Growth Council. gdonegan@centralmaine.org

Wayne

• The Wayne Community Church is seeking donations of gently worn but CLEAN clothing for men, women and children as well as accessories and linens. The sale will take place on Saturday, September 15, 8 am-1 pm. 100% of the proceeds benefit Wayne Community Church and the outreach programs. 978-312-1735 or 685-4504

The committee and Main Street Skowhegan intend to make trainings free for all, and plans are in the works to create a gear locker that would allow residents to borrow equipment like kayaks, canoes, mountain bikes, cross-country skis, and more at no

"We want to make sure that people from Skowhegan and the local area can get out and get active in the river and on the trails. We want Run of River to be more than just an attraction for people from away; we want it to benefit our local community members as well," said Cannon.

Continued on page 15...



157 Main Street/RT 27

Belgrade Lakes, Maine 04918

villageinnandtavern@gmail.com

207.495.3553

www.villageinnandtavern.com

Dining

Augusta

• Riverfront Barbeque & Grille and Gin Mill Lounge, world class barbeque, seafood, pasta and vegetarian entrees, full service dining, catering, bulk take out, 300 Water Street, Augusta, www.riverfrontbbq.com, 622-8899

Belgrade

- Sadie's Boathouse Restaurant at Great Pond Marine, hearty contemporary American fare, 25 Marina Drive, Belgrade Lakes, 495-4045, 242-1273
- Spiro & Company, gourmet Greek food, Main Street, Belgrade Lakes Village, www.spiroandcompany.com, 441-2103
- The Village Inn and Tavern, 157 Main Street, Route 27, Belgrade Lakes Village, 495-3553, www.villageandtavern.com

• Winterberry Farm Café, homemade treats, pie, cookies, granola bars, grilled organic cheese sandwiches, veggies, drinks, Route 27, Belgrade, 649-3331

Oakland

- Alden Camps, lunch or dinner by reservation Saturday-Wednesday space permitting, lobster bakes on Friday night by reservation, 3 Alden Camps Cove, Oakland, www.aldencamps.com, 465-7703
- Riverside Farm Restaurant & Wine Market, simple, wholesome food and drink since 1990, 291 Fairfield Street, Oakland, www.riversidefarmmarket.com, 465-4439

Oakland - Wines & Spirits

• Tree Spirits, tasting room for award winning wines and spirits made from local apples, pears and maple syrup, tours available, 152 Fairfield Street, Oakland,

Bill P. is out mowing the lawn, his shoulders glis-

tening with perspiration around the shoulder

straps of his "old man t-shirt." He gives us a nod

that went unnoticed by most as he puffs on a Pall

Mall while pushing the mower. His old dull red

Dodge plumbing truck sits forlornly in the side

driveway, with weeds growing up past the rusted

bumpers. Bill's plumbing days are pretty much

over, although he still tinkers on some camps to

keep them going. Old Bill is one of my best bud-

dies as he gave me a 4 horsepower Champion

outboard about 5 years ago when I was 7. Mrs. P.

(Sybil) runs her store in the summer complete

with soda fountain, lunch bar and knick-knacks.

Until 1954, she ran the telephone switch board in

their home. My mother Elsie, Violet Meservey

and Edna Clement all helped part time with the

switchboard, but now the telephone company has

built an automatic switching station up the street.

During the summer months the older teenagers

hang out at Sybil's Store in the evening and rev-

up their Fords with glass pack mufflers. I see and

hear them from my house and hear them squeal-

ing tires when they leave at night. Burning rubber

was the term they used. Mother says I can't go

down there because I'm not old enough. The

place buzzes in conjunction with Ma Nagem's bar

just across the street at the Lake Shore Hotel. A big

fluorescent beer sign is lit at night over at Ma's

and the teenage boys are always trying to get a

Sybil, young Bill and wife Marie remodel the

house and have lived there since 1970. They

have raised their daughters Ann Marie and

Louise in this house. Now, when I walk by I see

young Bill mowing the same lawn that his Dad

www.treespiritsofmaine.com



...continued from page 4

Once again the yard is scattered with toys. The house sits precariously close to the next one (perhaps 4 feet). We kids who grew up here were forever running down the narrow alley between the two homes. [The home burns a few years after we visit, is a total loss and the remnants are torn down. The Websters are safe and move to a home on the West Road. Neither adjacent home was seriously damaged due to the good work of the Belgrade Fire Department.]

We move along about 10 giant steps to the north. The houses here in the village are crammed together like city dwellings. A very large home sits close to the road and runs nearly back to Mill Stream. This is one of my favorites. The owners named Halstead sell a few Mercury outboards from their stream docks and also some new-fangled plastic boats. My father Clifford says the boats are probably worthless because they are not wood and will break. I say I don't care! The green 5 horsepower Mercury is what I covet, and soon buy a 10 horsepower instead with lawn mowing money. [The Burger family buys the home in the 1960's and raise a large family there. The kids attend Belgrade schools. Perhaps 2 decades ago the home is purchased by Tony Yotides, owner of Christie's Store in Belgrade. The home is remodeled and now well kept by Tony.]

Wow, it is clear now that we will not make beer there. [After the passing of Old Bill and our ending goal today, which is the bridge past Day's store. There is something like 7 more homes and businesses to cover and lots of history with some of them, so Part V will go next week. Let's go one more home before Mo and Ester cut us off from rambling. YUP—it's the Pulsifer House, situated directly across from the Lake Shore Hotel. Remember, this is 1959. Old

> "Run of River is going to be a game-changer for Skowhegan-economically and from a health and wellness perspective—and we're working hard to make sure the plan becomes a reality," Cannon said.

Peoples BOOK

USED BOOKS BUY · SELL · TRADE 605 Wings Mill Road Mount Vernon, Maine 620-2392

mowed in 1959. Marie and Bill have made some changes but Sybil's store is still going with a tenant called The Maine Made Shop!] Skowhegan Parks & Recreation Department, and invested local citizens are working together to construct this trail as well as others in the region.

Winterberry Farm grows flowers. We are the flower farmer of Kennebec county. Hundreds of annual and perennial varieties of flowers, we grow them in our gardens, in our fields and in our unheated greenhouses. We grow our flowers for everyday special moments, cut flower bouquets, wedding bouquets, and cut your own.

VILLAGE INN

AND TAVERN

If you are a member of our CSA they are part of your summer share. If you go to the farmers markets there are many bouquets to choose from, flower and herb! Our farmstand has bottles and vases filled with cut daily flowers. If you would like a tour we can do that too.

Mary is a master floral designer with over 35 years' experience. Her designs are simply magnificent. She uses natural material, dried berries and twigs to enhance the cut flowers in her bouquets. We are a full service floral service and we deliver to your camp in the Belgrade lakes.

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on Great Pond Bass Lane, Belgrade Starting at \$ 159,900 with Private Boat Slip



sehead51@roadrunner.com

...Continued from page 14

These announcements come only a few short weeks after Run of River Committee partner Main Street Skowhegan received a \$10,000 grant for development of a trail sited for the whitewater recreation area in downtown Skowhegan. The committee, Main Street Skowhegan, Somerset Woods Trustees, the



-Business Directory-

ACCOMMODATIONS

See page 18

ACCOUNTING AND TAX PREPARATION

Joy M. Intriago, CPA, 87 Main Street, Belgrade Lakes. 482-0636

ADIRONDACK CHAIRS

Maine Adirondack Chairs, 97 Holman Day Road, Vassalboro, 620-2592, www.maineadirondackchairs.com

ANTIQUES

Hathaway Mill Antiques, Multi-Dealer Emporium, 10 Water Street, Waterville, 877-0250, www.athawaymillantiques.com

ART

Colby College Museum of Art, 5600 Mayflower Hill, Waterville, 859-4000, www.colby.edu/museum/

ART AND OFFICE SUPPLIES

Berry's Stationers, 835-B Kennedy Memorial Drive, Oakland. 716-1076

BANKING

Skowhegan Savings Bank, 450 Civic Center Drive, Route 27, Augusta, 1-800-303-9511, 623-2300, www.skowsavings.com

BEVERAGES

Tree Spirits, 152 Fairfield Street, Oakland, 861-2723, www.treespiritsofmaine.com

BICYCLES

Auclair Cycle & Ski, 64 Bangor Street, Augusta, 623-4351, www.auclaircycle.com

BOAT COVERS

Covers It All Upholstery, 1042 Kennedy Memorial Dr, Oakland, 465-7847, www.watervilleupholstery.com

BOAT LIFTS

Hammond Lumber Company, Auburn, Bangor, Belgrade, Boothbay Harbor, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemiquid, Portland, Skowhegan, Wilton, 1866-HAMMOND, www.hammondlumber.com

BOAT MOORINGS

Great Pond Marina. 25 Marina Drive, Route 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

BOAT RENTALS

Castle Island Camps, Long Pond, 441 Castle Island Road, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Great Pond Marina, 25 Marina Drive, Route 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

Clark Marine, 57 Puddledock Road, Manchester,

BOAT SALES AND SERVICES

622-7011, mail@clarkmarine.biz, funonthewaterstartshere.com Hamlin's Marine, 290 West River Road, Waterville, 872-5660, www.hamlinsmarine.com Mid-Maine Marine and RV, 885 Kennedy Memorial Drive, Oakland, 465-2146, www.midmainemarine.com

BOAT STORAGE

Belgrade Boat Storage, 31 Pinkham's Cove Road, Belgrade, 495-3421, 314-3287, www.belgradeboatstorage.com

Belgrade Lakes Marine and Storage, Inc, 366 Augusta Road, Belgrade, 495-2378, www.belgradelakesmarine.com

Clark Marine, 57 Puddledock Road, Manchester, 622-7011; and Route 202, Monmouth, mail@clarkmarine.biz,

funonthewaterstartshere.com Great Pond Marina, 25 Marina Drive, Route 27, Belgrade Lakes, 495-2213,

www.greatpondmarina.com

www.midmainemarine.com

Hamlin's Marine, 290 West River Road, Waterville, 872-5660, www.hamlinsmarine.com Mid-Maine Marine, 885 Kennedy Memorial Drive, Oakland, 465-2146,

BOOKS

Children's Book Cellar, 52 Main Street, Waterville, 872-4543, childrensbookcellar.com The People's Book Shop, 605 Wings Mill Road, Belgrade/Mt. Vernon, 620-2392, nosehead@roadrunner.com

BUILDERS

Craig's Carpentry/North Bay Estates, Route 8, North Belgrade, Craig Alexander, 649-3749 **G&L Contracting,** 116 Lakeshore Drive, Belgrade Lakes, 215-7951, 495-2325, 233-7408, gandlcontractingmaine.com

LakeHouse Design, Build, Renovations, 17 Birchwood Road, Augusta, 242-3663, www.lakehousedesignbuild.com

BUILDING MATERIALS

Hammond Lumber Company, Auburn, Bangor, Belgrade, Boothbay Harbor, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemiquid, Portland, Skowhegan, Wilton, 1866-HAMMOND, www.hammondlumber.com

CAMP JACKING

John Webster, Jacking and Leveling, 32 Webster Way, Belgrade. 495-2965

COMPUTER CONSULTANTS

Macintosh Solutions, Michael Breault, 24 Welch Road, Wilton, 645-5083, cell 578-0226, www.michaelbreault.net

DINING

See Directory on page 15

DOCKS

G&L Contracting, 116 Lakeshore Drive, Belgrade Lakes, 495-2325, 215-7951, 233-7408, gandlcontractingmaine.com

Hammond Lumber Company, Auburn, Bangor, Belgrade, Boothbay Harbor, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, Wilton, 1866-HAMMOND, www.hammondlumber.com

ELDER CARE

Maine-ly Elder Care, 28 Center Street, Oakland, 465-3249, www.maine-lyeldercare.com

ENGINEERING

Thayer Engineering, septic design, storm water mitigation, permitting, 17 Hasson Street, Farmingdale, 582-7762, www.thayereng.com

EXCAVATING

Belgrade Boat Storage, 31 Pinkham's Cove Road, Belgrade, 495-3421, 314-3287, belgradeboatrentals.com David Stevens, P0 Box 146, Belgrade, 465-3815,

cell 314-0314

EYE CARE

Eye Care of Maine, 325 E. Kennedy Memorial Drive, Waterville, 873-2731, 1-800-660-3403, www.Maine2020.com

FARMSTANDS

Winterberry Farm, 538 Augusta Road, Route 27, Belgrade, 495-2593, 649-3331, www.winterberryfarmstand.com

FINANCIAL PLANNING

Golden Pond Wealth Management, 129 Silver Street, Waterville, 873-2200, www.goldenpondwealth.com

FIREWOOD

J & M Logging, Inc. 853 Civic Center Drive, Augusta, 622-6353, www.jmlogginginc.com

FLOORING

Hammond Lumber Company, Auburn, Bangor, Belgrade, Boothbay, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, Wilton, 866-HAMMOND, www.hammondlumber.com



GENERATORS

Generators of Maine, 262 Augusta Road, Belgrade, 495-2285, www.generatorsofmaine.com

HEALTH CENTERS

Belgrade Regional Health Center, 4 Clement Way, Belgrade Lakes, 495-3323, www.healthreachchc.org, belgradechc.org

HOME CARE

Assistance Plus, 1-800-781-0070 ext. 408, www.assistanceplus.com

INSECT CONTROL

Mosquito Banditos,,

mosquitobanditos-maine.com, 613-5656

JEWELRY

L.Tardif Jeweler, 62 Main St., Waterville, 872-7542, *ltardifjewelers.com*

KITCHENS

Hammond Lumber Company, Auburn, Bangor, Belgrade, Boothbay, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, Wilton, 866-HAMMOND, www.hammondlumber.com

LAKE ASSOCIATIONS

Belgrade Lakes Association (BLA), Long Pond and Great Pond, PO Box 551, 137 Main Street, Belgrade Lakes, 512-5150, belgradelakesassociation.org

LANDSCAPING

G&L Contracting, Belgrade Lakes, 215-7951, 495-2325, 233-7408, gandlcontractingmaine.com **Lynch Landscaping,** Skowhegan, 474-2420, *lynchlandscaping.com*

MOVIE THEATERS

Railroad Square Cinema, call for titles and times, 17 Railroad Square, Waterville, 873-6526, www.railroadsquarecinema.com

MUSEUMS

Colby College Museum of Art, 5600 Mayflower Hill, Waterville, 859-5600, www.colby.edu/museum/

PAINTING

Innovative Painting LLC., Epoxy Sales & Services, 462-4822, *jonesbrian67@yahoo.com*

PHYSICAL THERAPY

Dockside Physical Therapy, 47 Main Street, Belgrade Lakes, 495-3195, 512-2544, Fax 512-2545

PIANO ENJOYMENT

Diane Gorman, 191B Bartlett Road, Belgrade, 495-3222

Take it Outside continued from page 5....



Mel Croft, current 7-LA Board President assured me the smiles coming across the finish line were as bright as those at the start.

The reason I missed the finish was because I was at the dedication ceremony for the Ezra Smith Wildlife Conservation Area along the Hopkins Stream in Mount Vernon. My friends, George and Linda Smith, recently donated a 125-acre woodlot to the Kennebec Land Trust (KLT) and helped KLT raise additional funds that purchased additional acreage along the stream and put up some interpretive signage. The result is a new, 165-acre KLT Preserve that is named in honor of George's father and dedicated to teaching young people about wildlife and the importance of conserving Maine's wildlife and their habitats. They have almost a mile of kid-friendly trails with plans for more and a small covered sign-in kiosk where visitors can pick up a free copy of a short book George recently wrote called, "Walk my woodlot with me: A guide for Visitors." Roughly 50 dedicated conservationists, including Senator Angus King, gathered last Saturday in the rain to watch George and Linda, their son, Josh, and granddaughter, Ada, cut the ribbon officially opening the site to visitors. There is a small parking lot for the ESWCA off the east side of Rt-41 about _ mile south of the intersection with Blake Hill Road in Mount Vernon.

Take advantage of the rest of the summer and get out on the lakes or hike or bike in the hills. And take a kid along. Visit the new ESWCA in Mount Vernon. You will be creating memories that will last. Check out the events at the 7-LA web site and the sign in front of the MLRC. On August 16th at 5:30, Dr. Chris Feurt of the Wells Reserve and University of New England will be giving a presentation on Community Watershed Management. I highly recommend it.

REAL ESTATE APPRAISALS

F.A. Rizzo Appraisal Company, real estate appraisal and planning for real estate, 495-3365, 458-4916, *farizzo@roadrunner.com*

REAL ESTATE DEVELOPMENTS

North Bay Estates, Belgrade, 649-3749, crgsnbe@yahoo.com

REAL ESTATE

Day's Real Estate, 262 Augusta Road, Route 27, Belgrade Lakes, 495-3111, www.daysrealestate.com **Hoang Realty,** 31 Western Ave., Augusta, 623-0623, www.hoangrealty.com

LakeHome Group, Main Street, Belgrade Lakes, 495-2500,

Lakepoint Real Estate, 221 Main Street, Belgrade Lakes, 495-3700, www.belgradelakepoint.com

Sprague & Curtis Real Estate, 75 Western Avenue, Augusta, 623-1123, www.spragueandcurtis.com

LODGING RESERVATIONS

See page 14

Changes?
Updates?
New contact information?
Please let us know...
mo.breault@gmail.com
or ebelnews@earthlink.net

RESTAURANTS

See Dining Directory on page 15

RETIREMENT COMMUNITIES

Granite Hill Estates, 60 Balsam Drive, Hallowell, 626-7786, 1-888-321-1119, www.granitehillestates.com

SCHOOLS

St. Michael School, grades pre-K 3-year-old through 8th, 56 Sewell Street, Augusta, 623-3491, www.smsmaine.org

SECURITY SYSTEMS

Cayer Security Services, Inc, 208 College Avenue, Waterville, 453-9177, www.cayersecurity.com

SURVEYING

Acme Land Surveying, 108 Fairbanks Road, Suite 5, Farmington, 778-4081, www.acmelandsurveying.com

WINDOWS

Hammond Lumber Company. Auburn, Bangor, Belgrade, Boothbay, Brunswick, Damariscotta, Fairfield, Farmington, Greenville, Pemaquid, Portland, Skowhegan, Wilton, 1-866-HAMMOND, www.hammondlumber.com



Julia Ward Howe 1917 Pulitzer Prize

by Martha F. Barkley

Battle Hymn of the Republic". I discovered this gem of a two volume biography when The Belgrade Historical Society had a tour of Merryweather Camp by the Shaw family members. They welcomed three pontoon boats of tourists from all over Maine. This happened several summers ago as a daughters learned well from their mother Julia Ward Howe. fundraiser.

Merryweather was a boys camp for forty years run by Laura Richards and her husband from Gardiner. Henry Richards had a failed paper mill business, so his wife Laura encouraged the running of a summer camp. Both Quentin and Kermit Roosevelt, sons of TR, attended. A WWI monument still stands near the beach and the Big House where camp projects are displayed. Both Greek and Latin tutoring were conducted during summer camp water sports of all kinds.

Laura Richards wrote many children's books as well. Among the ninety publications are biographies of Joan of Arc and Abigail Adams. Captain January was her most well known book for kids because it was made into a movie many years later with Shirley Temple. The Gardiner Public Library holds a wealth of information about the Richards family and most of her books. The beautiful yellow house where the family lived is not far from the library and still owned by the Shaw relatives.

wrote "The Battle Hymn of the Republic" when aroused from a dream at the Willard Hotel in Washington, DC. during the Civil War. It was set to the popular John Brown's Body tune. Lincoln was said to have cried when he story...) heard it.

life blossomed into a life of her own. Her husband Samuel Gridley Howe summer long to this day.

Tt was the first biography prize awarded by Pulitzer and written by Laura ran the highly respected Perkins Institute for the Blind in Boston and Richards and two other sisters about their famed Mother who wrote "The together they had six children. Like their poet mother, Laura became the talented writer. Maud Howe Elliot became the Newport RI Art founder. The third sister who helped with the Pulitzer biography of their mother was Florence Howe Hall who gave speeches for women's suffrage. All of these

> We thank the Shaw family for having our tour of the Merryweather Camp on Horse Point and its main lodge and many out buildings. They gave a book to our Belgrade Public Library that tells some of the boys camp history: check it out! Family tradition continues with water sports and meals together like long ago when Laura Richards and her husband ran a boys camp. The doctor on call at the camp was a mile away at Snug Harbor. We also thank the Shaw family for Oak Island and the natural setting for camping experiences.

> To think that Julia Ward Howe inspired her daughter Laura to become a prolific writer, another daughter Maud to help found the Newport RI Art Museum with her artist husband, and a third daughter Florence to give women's suffrage speeches. All of them enjoyed Merryweather Boys Camp and helped Laura run it along with her husband Henry.

Gardiner is a lovely town to visit nearby Belgrade. The old public library building on Main Street is a gem to enter and discover these wonderful Poetry and lyrics to popular tunes was Julia Ward Howe's talent. She books. Then drive up the steep hill to The Big Yellow House. Many beautiful homes. Laura helped her neighbor Edwin Arlington Robinson, poet laureate, during difficult times. (That is another Pulitzer Prize for poetry

Also, a boat ride along the Horse Point side of Great Pond facing Oak I borrowed only the second volume of this lengthy biography through Island, you will find many small red out buildings and the Big House with inter-library loan. From reviews, I read that after her husband died, Julia's rope anchored dock where the Shaw family enjoys Merryweather Camp all



spragueandcurtis.com

75 Western Ave. • Augusta, ME II AND MIS &



home located in the Village and near the first level bath & laundry, dining area/nook, forced hot air heat, some hardwood flooring, sement, 1 car detached garage. Large MLS#1364451 \$129,999



NEW LISTING-OAKLAND- Lovely Waterfront year round home built on McGrath Pond. Home features 100ft of frontage on the Pond. Also included in the sale is a second lot with an additional 85ft of frontage. The lots are on seperate deeds. Home heats efficiently with a monitor and features extensive insulation. Great deck with a hot tub! MLS #1363901 \$237,000



WEST GARDINER- WATERFRONT -Large private Lakefront lot with 691' water frontage! Rare opportunity to build your dream home on Cobbossee Lake. Water views from 3 different angles on this gorgeous peninsula! Last lot on the road for MLS #1251288 \$375.000



NEW LISTING-WINSLOW-One floor convenience in this nice Winslow neighborhood. Offering a spacious kitchen and living room. full bath and 2 bedrooms with hardwood floors. Detached two car garage. Close to everything! MLS #1364127 \$114.900



property, well maintained & managed. 2 Buildings- (1) 5unit, (1) 3-unit. 5-1BR. 3-2BR. Some new kitchens. flooring/painted, etc. Nice mix of units, 2 newer natural gas boilers, tenants pay their own hot water, each unit has coded elec doorknobs (no keys) A few tenants have private decks, mostly vinyl windows, good parking, in-town location close to Downtown. Excellent income producing units with a good rental history. MLS #1363845 \$259.900



NEW LISTING-MONMOUTH - Here's a Maine Cottage on lovely Cochnewagan Lake in Monmouth, Offering 3BR, bath and kitchen and LR. Large lot. Dock, most furnishings included. Big deck for relaxing or parties. Fish, swim, go boating, or just relax at your own Lake retreat! Just a few minutes to I-95. MLS #1364508 \$189.000



NEW LISTING-RICHMOND LAND-Nice wooden 3.4 acre lot with gravel driveway, cleared building envelope & previously soil tested. 420' of road frontage on Brunswick Avenue. Small shed on site Multi-use zoning, commercial or residential.
Convenient access to Interstate 295, or RT 201 to to Pleasant Pond. MLS #1363685 \$35,000



NEW LISTING-FARMINGDALE-MOTIVATED SELLER! Quality construction, this 3-4 bed/2.5 bath colonial w/beautiful open kitchen/ front to back LR w/ propane fil place, and formal DR. Spacious master suite shower & tub. 3 additional rooms and a full BA all on 2nd Finished bonus room above large 2 car garage. Well landscaped lot w/composite deck and fenced in backys great for entertaining. Generator hookup. 1.01 acre lot in lovely neighborhood. MLS #1363778 \$339.999



NEW LISTING - Farmingdale-Charming turn of the Century Victorian in popular Farmingdale. Unique home offers an apartment for extra income plus an indoor pool! If you don't swim, the pool room can also be used as a huge playroom or for storage! Home offers 3BR, 2BA, charming DR/LR/FR w/lovely trim and moldings. Fenced yard and 3 car garage Nice level lot. Convenient to everything! MLS #1361964 \$159.900

Belgrade Regional Health Center

4 Clement Way, Belgrade, ME 04917 • 207.495.3323 • BelgradeCHC.org

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Is Your Well "Well"?

by Marcel Schnee

its strong devotion to protecting and improving the quality of the water in its lakes; the water that we boat on, swim in, and fish from. However, there is other water around here that also deserves some attention. I refer to the water that we drink, cook with, and bathe in from our really cares? It is just another substance found in local wells. A bit of research into the state of our local well waters soon revealed that we should be asking ourselves this question, "Is my well well?" It turns out that the answer may be, "No". It also turns out that it would be wise for many of us to answer the question, "What exactly is in my well water, anyway?"

The answer just might be ARSENIC.

According to an April 11, 2017, article in the Portland Press Herald entitled, "Our View: Maine must make more noise on risks of well-water poisoning," "About 1 in 8 Maine wells has a level of arsenic higher than the federal standard, and in some regions - Down East, in the Augusta area and along the southern coast the rate is far higher. In Kennebec County, for instance, 29 percent of wells exceeded the federal standard." Unfortunately, Maine's Environmental Public Health Tracking Network found that only 57% of the wells in Kennebec County have even been tested for arsenic.

Arsenic is a naturally occurring chemical

The Belgrade Lakes Association is known for found in soil and rocks. Some rocks have higher levels of arsenic than others, and this is why about 1 in 10 drilled wells have high levels in their water (dug wells can have higher levels,

> Perhaps you are thinking, "Arsenic. Who nature, so how bad can it be?"

> Well, people who drink water with too much arsenic for many years are more susceptible to having skin, bladder, and lung cancer. It can also cause low birthweight and affect brain development in babies and young children. Other problems can also include: stomach pain, nausea, diarrhea, numbness or tingling in the hands and feet and changes in the skin. You can call 866-292-3474 toll-free in Maine or 207-287-4311 to talk to an expert about possible health concerns.

> There are dozens of pages of interesting research and well water data on the Maine.gov website under the Maine Center for Disease Control & Prevention tab (an office of the Department of Health and Human Services).

> According to Maine's State Toxicologist, Andrew Smith (whose study appears in the February 15 edition of Science of the Total Environment), showering and taking a bath in well water high in arsenic are not significant arsenic exposure sources for children and adults.

This is good news for the tens of thousands of Maine residents who likely have too much arsenic in their well water. He also found that switching to bottled water or installing an arsenic treatment system at the kitchen sink effectively reduce arsenic exposure when arsenic levels are below 40 micrograms per liter (less than 2 percent of Maine wells have levels above 40 mcg/liter). This is good news because this is usually less expensive to fix than installing a system that treats all of the water used in the house. should be noted that for homes with arsenic levels above 40 micrograms per liter, bottled or treated water should not only be used for drinking, but for all beverage and food preparation as well. This includes making drinks such as coffee, tea, juice, and infant formula.

There are two kinds of water filtration systems to consider for your home if needed. A "Point of Use" system fits under the sink and is a good choice if you are primarily worried about drinking and cooking. A "Point of Entry" system treats all the water in the house. You might want this kind of system if there are small children in your home. The Maine Center for Disease Control and Prevention gives specific advice for action at wellwater.maine.gov.

How do you go about testing your well water? Call a certified lab and ask for an Continued on page 12....



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