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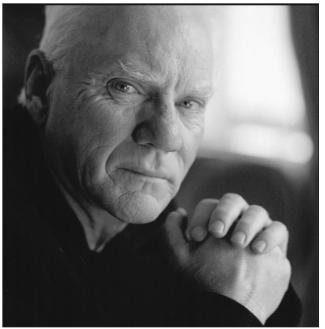
VOLUME 13, NUMBER 6

So Many Movies, So Little Time

by Gregor Smith

or ten days in mid-July, year-round residents and summer visitors alike will have a rare opportunity not only to watch nearly 100 independent films from Maine and beyond and but also to talk to the filmmakers afterward. The fourteenth annual Maine International Film Festival will take place from Friday, July 15 to Sunday, July 24 at Railroad Square Cinema and at Colby College

For the first time in its history, the festival will not show any films at the historic Waterville Opera House. The century-old downtown theater is closed for long-needed renovations, but is expected to reopen next January. Instead, the festival will be using Given Auditorium in the Bixler Art and Music Building at Colby for the major festival screenings.



Malcolm McDowell

The festival opens on July 15, at 6:30, with a showing of *The Athlete*, a biography of Ethiopian 1960's, McDowell has appeared in nearly 70 films runner Abebe Bikila. Running barefoot through streets of Rome in 1960, Bikila became the first African to win an Olympic gold medal and the first person in history to win the gold at the marathons in two consecutive Olympics. These victories are just the beginning of the life story of this previously unknown athlete, which takes him from the Equator to the Arctic Circle.

The next night will see the presentation of MIFF's Mid-Life Achievement Award. Each year, the festival chooses a Hollywood luminary to honor. Past Achievement Award winners include Sissy Spacek, Ed Harris, Jonathan Demme, and John Turturro. This year, the laurels go to Malcolm McDowell.



In Good Time

A prolific actor whose career began in the midand television series in the past decade alone, with ten more in various stages of completion. McDowell, whose has made a career of playing villains, may be best known for starring in Stanley Kubrick's controversial 1971 classic, A Clockwork Orange.

Following the 6:00 p.m. award presentation will be a showing of O Lucky Man! (1973), an autobiographical fantasy starring McDowell and based on one of his first jobs, as a coffee salesman. Besides O Lucky Man! and A Clockwork Orange, three other McDowell movies will be shown at the festival: Never Apologize (2007),



3:10 to Yuma

Continued on page 2







Continued from page 1



Don Fendler

Assassin of the Tsar (1991), and Tank Girl (1995). Based on a cult comic book, this last film is a funny, gory, scary, silly, grab-your-girlfriend-andhold-her-tight kind of movie. It will be shown at the Skowhegan Drive-In on July 21 at 8:30 p.m., the only festival screening not taking place at Railroad Square or Colby.

Maine Films

MIFF always has a strong contingent of films shot in Maine, about Maine, or by Maine filmmakers. This year, Maine is represented by five documentaries, most prominent of which will be Huey's In Good Time: The Piano Jazz of Marian McPartland, which will have its world premiere at MIFF's Centerpiece Gala on Tuesday, July 19, at 6:30. An homage to the groundbreaking, 93year-old, jazz pianist, composer, and host of a long-running and much beloved program on NPR, the film includes interviews with its subject goes by just the one name, will introduce the screening and answer questions afterward.

Festival goers will have a chance to meet Donn Fendler, who became and remains famous for having been lost in the woods near Mt. Katahdin for nine days in 1939. The film, *Finding* Donn Fendler: Lost on a Mountain in Maine 72 Years Later, is directed by Waterville native Ryan Cook and Derek Desmond, who, with Fendler, will be at both screenings, on July 16 at 12:30 and July 24 at 3:30, to introduce the film and take questions.

The other Maine-connected feature films are We Still Live Here (As Nutayunean), which chronicles the resurrection of the Wampanoag language (which is similar to Passamaquoddy) in southeastern Massachusetts; The American Folk Festival, which presents a behind-the-scenes look at a festival that has brought both American and international folk musicians to the Bangor waterfront for three days in August since 2005; and An Uncommon Curiosity: At Home and in Nature with Bernd Heinrich, which shares a year in the life of this insightful naturalist who lives in Maine and Vermont.

Re-Discoveries

In recent years, MIFF has included several "rediscoveries," classic films that have been undeservedly neglected. This year, the festival will show new or restored prints of Martin Scorsese's Taxi Driver (1976), Bernardo Bertolucci's The Conformist (1970), Sergei Eisenstein's Battleship

and excerpts from her performances. Huey, who Potempkin (1925), Delmer Daves's 3:10 to Yuma (1957), and R.W. Fassbinder's long-lost, science fiction epic, World on a Wire (1973). Film goers will also be able to see rare archival prints of Portland native John Ford's *The Quiet Man* (1952); Carmine Gallone's Madame Butterfly (1954); and two 1930's documentary shorts, A Bronx Morning and The City, the latter with a score by Aaron Copeland.

Tickets

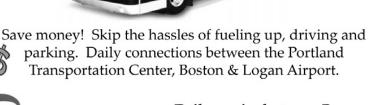
For \$200, you can buy a Full Festival Pass, which grants the bearer admission to all festival events. If you don't have as much time, money, or stamina, you may get a Partial Pass for \$85. The Partial Pass is good for ten admissions, up to two per showing, to any festival screening, including special events. Individual screenings cost \$9 per person, \$12 for special events, e.g. the Opening and Closing Ceremonies, Centerpiece Gala, and Mid-Life Achievement Award. Festival passes and individual tickets are available both online and at the door. The MIFF website, www.miff.org, also includes times and descriptions for all festival films.

Most of the films to be shown during the festival will not be "coming soon to a theater near you," or even return to Railroad Square later for a regular, week-long run. So if you love movies, come to the festival and take a chance on some wonderful films that are outside the Hollywood mainstream. You will be amazed at what you











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Summer in the Belgrades_511.indd 1



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Fishing with local guide Mike Guarino

The Long Voyage Ended, **Another Beginning**



At a 2009 MIFF reception at Spring Gallery in Belgrade Lakes (left to right) Sam and Alan Sanborn of Railroad Square Cinema, Festival Director Shannon Haines, Ken and Beth Eisen, co-founders of MIFF.

7 ork by Beth Eisen and in Her Spirit Using Her Materials by Artists Who Knew Her" is the subject of an exhibit at the Waterville Public Library, July 1-31, 2011.

The show appropriately overlaps this year's Maine International Film Festival, which Beth founded and programmed, and is a fitting tribute to her vibrant life: 12/8/1960 - 5/30-2010.

Beth was an outstanding area artist, owner of Eisen Arts, and the show is a collaboration between Beth Eisen and other artists who knew her. Her own work is represented, as well as pieces by seven other artists, made in part from Beth's vast store of materials, ideas and spirit.

The many people who knew Beth locally and through MIFF are invited to visit and enjoy the show. The Waterville Public Library, at 73 Elm Street, is open weekdays 10 am-7 pm.

re in the Belgrades

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Legacies

The Man Who Never Left Belgrade

e's surfaced once again! ■Belgrade's Most Famous Missing Person, Joseph Force Crater, a judge who had been recently appointed to the New York State Supreme Court in 1930 by then-Governor Franklin D. Roosevelt, is the subject of renewed speculation in the book "The Man Who Returned" by Peter Never Quinn

Published by Overlook Press in 2010, Quinn's book about Crater's disappearance on August 6, 1930 has been labeled a history mystery, a fictitious rendition of a true story that for all the investiga-

tive world knows could be just as Quinn has ordinary, and still isn't, for summer residents. penned it.

Quinn's forte is New York City, understandable since the author was corporate director for Time Warner, and although most of the 336-page book does not leave the cityscape, for those brought up in Belgrade with tales and lore about Crater, it is interesting to be apprised of Crater's other life.

Since the beginning of Belgrade's tourist trade, what local residents knew and still know of the itics were turbulent and corrupt, the Depression people who seasonally settle here in terms of their "away" lives is practically nothing.

of better means (indeed rich) who had the dal, which Crater, in Quinn's setting, might be. typical totally unpretentious lakeside summer elegant mahogany speedboat, and a maid, a cook and a chauffeur. His lifestyle was nothing out of the ordinary for the Belgrades in those days. He came to Great Pond for peace and quiet - and fishing - and slipped away occasionally and a little bit mysteriously for business and that, too, was not out of the



Judge Crater's lake shore gazebo on Great Pond,

But in Quinn's book we find out where he went and what that place was like, and, even though Crater's motives are conjured, the life and story of the tumultuous times in New York City isn't. The Quinn story is set in 1955, 25 years after Crater disappeared and although many scenes reflect the fifties there are also many flashbacks to the forties and the thirties.

In terms of the New York that Crater trod, polwith its massive unemployment, foreclosure and bankruptcy was settling in, and Governor Crater was no exception: he was a New Yorker Roosevelt had no desire to be attached to a scan-

Quinn describes Crater as a Tammany memcottage, the younger attractive wife, the ber, who worked the polls, proved himself an ace at arguing New York's election laws and was made law secretary to a Tammany bigwig. This in turn led to his being recommended to the Governor for an appointment to the State Supreme Court, at the tender age of forty. He was appointed to an interim position and set to run for a full fourteen-year term the following

November. During the summer there was some cloudy issue about a full-scale investigation into a practice on the part of unnamed politicians to sell appointments to the bench, and just as the inquiry was about to begin, in August 1930, State Supreme Court Justice Joseph Force Crater bid two dinner companions good night, entered a cab, and was never seen again.

In regard to Belgrade, Quinn has changed the name of Great Pond and the layout the community, i.e. Belgrade Lakes Village is somewhat altered, but he got

the role of Belgrade right. References to a cabin in the pines, retreating there from New York City for peace, the single law officer who doubled as a carpenter (or was it the other way around), the general suspicion of the brigade of reporters and snoops who descended on the area, the understanding "summer" neighbors, and the loyalty of locals in protecting their vacationers from publicity all smack of accuracy.

Eighty years later remnants of the Judge Crater legend remain in the Belgrades: his cabin, his ice house, his former kitchen across the road (kitchens were often in separate buildings in those days to minimize risk of fire) and his "summer house" a rustic open gazebo overhanging the lakeshore.

Will there ever be any answers to his disappearance questions? Probably not, although interest is periodically piqued by new discoveries of old graves. Interest is also piqued by new books about Crater. "The Man Who Never Returned" is one of them. It is well written, and it is available at the Belgrade Public Library, unless a man named Crater has checked it out.





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Watershed Wisdom '

More Aliens and UFOs

by Peter Kallin

few weeks ago we talked a bit about "alien **A**invaders" from foreign (to our watershed) ecosystems. Since that article appeared, BRCA's Courtesy Boat Inspectors have inspected nearly 4000 boats at our seven public ramps and removed plants from about ten of them, including invasive milfoil coming out of Messalonskee Lake. The BRCA and the DEP have also each done surveys of the infested cove at Salmon Lake in the last month and so far have found no sign of new growth of the Eurasian water milfoil there. This is a good thing and we are continuing to keep our fingers crossed. We devote a lot of effort to combating invasive plants and with good reason. A study done a few years ago by Eiswerth et al. estimated the economic impact of a Eurasian water milfoil infestation on recreation at 30 to 45 million dollars annually per watershed.

Of Maine's 6000+ lakes and ponds, 33 are known to be infested with invasive plants, including Eurasian and variable leaf milfoil, curly-leaved pondweed, European naiad, and hydrilla. That this is a relatively small number, is a tribute to Maine's strong "Milfoil Law" and the small army of paid and volunteer courtesy boat inspectors that man public boat launches in order to help boaters learn about the dangers of invasive plants and how to inspect their boat before launch and after recovery. Unfortunately the one that was added to the list last year was our own Great Meadow Stream running between North Pond and Great Pond.

Maine's "Milfoil Law" (LD1812) was enacted in 2001 and makes it illegal to transport any aquatic plant or plant fragment, invasive or not, on the outside of a vehicle, boat, trailer, or other equipment. It requires all motorized boats used in freshwater to display a lake and river protection sticker that costs \$10 for residents and \$20 for nonresidents. This sticker is now part of the regular registration for Maine residents and no longer a separate sticker. There are substantial fines for noncompliance with this law- up to \$250 for failure to display the sticker, \$500 for transporting any plant fragment (\$2500 for repeat offenders), and up to \$5000 for transporting

an invasive plant. Funds raised from sticker sales are used for outreach and education programs and to help pay for courtesy boat inspection (CBI) pro-

The Belgrade Regional Conservation Alliance (BRCA) administers one of the largest CBI programs in the state on behalf of our local lake associations. Every summer, we work with the Lakes Environmental Association (LEA), the Maine Congress of Lake Associations (COLA) and DEP to train our team of paid and volunteer CBI's that man (and woman) up all seven of the public boat launches in the Belgrade Lakes and at most of the sporting camps with private ramps. In the past two years these trained inspectors inspected over 10,000 boats annually between Memorial Day and Labor Day and prevented invasive plants from entering the Belgrades six times (and leaving Messalonskee

Continued on page 18...

Peter Kallin, Executive Director of the Belgrade Regional Conservation Alliance (BRCA), can be contacted at 495-6039 or brca@gwi.net, or visited at the BRCA Office, The Boathouse, Belgrade Lakes.





Surface Use Restriction: Great Meadow Stream, Belgrade and Rome, Maine

Pursuant to 3 8 MRSA 8 1864, the Maine Departments of Environmental Protection (DEP) and Inland Fisheries and Wildlife hereby establish a temporary Surface Use Restriction on Great Meadow Stream (Belgrade, Rome and Smithfield) and in a small portion of North Bay in Great Pond. The restriction extends from where Rte 225 crosses Great Meadow Stream southward to a line just beyond where the stream enters North Bay of Great Pond. The accompanying image details the extent of the surface use restriction. The southern extent of the restriction (i.e., approximately the yellow line on the accompanying image) will be marked with "Closed Area" buoys deployed and maintained by DEP. By this Order, no motorized watercraft may enter or travel this reach of Great Meadow Stream or the small portion of North Bay in Great Pond except for:

- emergency situations where property or human safety is endangered and
- boat travel specifically allowed by the DEP to survey for and remove invasive plants, deploy fragment nets and buoys, and remove debris from and maintain fragment nets.

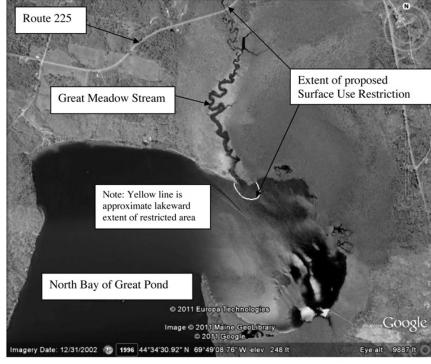
The purpose of this Surface Use Restriction is to enable effective suppression of the invasive aquatic plant Myriophyllum heterophyllum (variable leaf water milfoil) and to prevent spread of this plant within the Stream and Great Pond during plant removal work in summer and fall 2011. This Surface Use Restriction is in effect from July 1, 2011 until ice formation in late fall or early winter 2011-12 unless canceled in writing by the Departments. The restriction may also be extended beyond 2011 if the agencies deem it necessary to achieve the objective of plant removal in the stream. ORDERED BY: Department of Environmental Protection Department of Inland Fisheries & Wildlife

Conservation-

Surface Use Restriction, Great Meadow Stream and Great Pond in Belgrade, Rome, and Smithfield

Maine DEP, June 30, 2011

This Google Earth image shows the extent of the approved surface use restriction on Great Meadow Stream and where the stream enters North Bay of Great Pond, Belgrade. Four or five "Closed Area" buoys will be anchored along the yellow line shown below. At least two signs, one in Great Pond and another at the Rte 225 crossing of Great Meadow Stream, will state the restriction and duration





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Activities & Outings -

Starting this weekend and for the next three weeks in July and August, area music lovers will be able to enjoy the sweet strains of classical music in a series of free concerts at Colby College. The performances are part of the third annual Atlantic Music Festival, which has brought talented undergraduate and graduate performers to the campus for the past two summers, since the festival's founding in 2009.

Held concurrently with the festival, the institute helps students of composition, conducting, opera, piano, and strings hone their craft. They have weekly private lessons, attend coaching sessions and master classes, and perform. Their instructors are doctoral fellows and well established professional performers and music school faculty members

Most of the students, who pay tuition to come to the institute, are working toward bachelor's or graduate degrees at leading conservatories. Some come for two weeks, others for all four. Altogether, around 100 students, faculty, and fellows will take part in the festival, and at least 20% will come from other countries.

The first public concert of this year's festival will be on Saturday, July 16, when the AMF Orchestra will play Bartok's Romanian Folk Dances, Mendelssohn's E minor Violin Concerto, and Schubert's Fifth Symphony. The orchestra will perform three more times during the festival, on the following two Saturdays and on Friday, August 5.

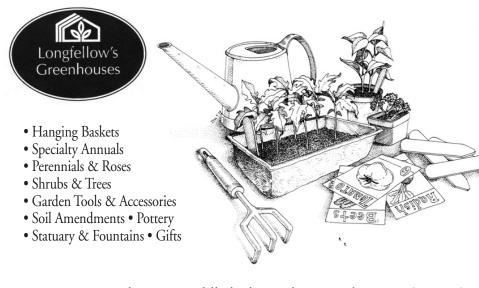
In addition to the weekend orchestral performances, the festival will have a series of salon concerts on Wednesdays and Fridays, July 20, 22, 27, 29, and August 3. Inspired by the parlor gatherings of the social and intellectual elite in centuries past, these more intimate performances will, according to the AMF website, lead to a meaningful exchange of ideas and emotions from artist to artist, as well as from artist to audience.

Atlantic Music Festival Returns to Colby



The orchestral concerts and salon recitals will all take place in Lorimer Chapel and will start at 7:00 p.m. All are free, but festival organizers encourage concertgoers to make reservations and donations on the festival's website, www.atlanticmusicfestival.org. Additional performances may be added. For the latest information, visit the website or call the festival's office at 888-704-1311.





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- Guided Trail Walks are available May-October, except during inclement weather. All tours are free and open to the public.
- Monday 8 am Inland Woods/Pine Ridge Trails, Waterville, moderate
- Tuesdays 5:30 pm Rotary Centennial Trail, Benton, easy
- Wednesdays, 8 am Messalonskee Stream Trail, Oakland, more difficult
- Thursdays, 5:30 pm Head of Falls, Waterville, easy
- Fridays, 8 am Quarry Road Recreation Area, Waterville, easy

For more details and updates on other walk locations and times visit www.kmtrails.org or call 861-3292.

Hospice Volunteers of Waterville Area

• The 10th Annual "Susan McConnell Memorial Swing for Hope and Hospice Golf Tournament" to benefit Hope's Place, a grieving children and teen program of Hospice Volunteers of Waterville Area, will be held Monday, August 1, at Natanis Golf Course in Vassalboro. Registration 8 am, team scramble/shotgun start 9 am, luncheon and awards 2:30 pm. Cost per player \$80, Natanis members \$40. Sponsorships are available to businesses and individuals at several levels. Memorial sponsorships available. 873-1493 or 873-3615

Open Farm Days

• Maine's popular Open Farm Day will be Sunday, July 24, 10 am-4 pm (hours vary from farm to farm), with dozens of farms open free to the public. Lists of farms by county, hours, directions and other details are available at www.getrealmaine.com. 287-3702

Belgrade Lakes

• The Harold Alfond Memorial BRCA Pro Am Golf Tournament to benefit the water quality programs of the Belgrade Lakes, will be held on Wednesday, August 10 at the Belgrade Lakes Golf Club. A reception for all lake association members and friends of the Belgrade Lakes will be held at the club at 5 pm following the tournament. The cost is \$25 per person. For more infor-

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mation about the event or about joining a team call the Belgrade Regional Conservation Alliance at 495-6039.

• On the second Thursday of each month Friends and Neighbors Luncheons are held at the Union Church in Belgrade Lakes from 11:30 am-1 pm. Everyone is welcome; free, donations are accepted. The schedule for the summer/fall is: July 14, August 11, September 8, October 13.

Farmington

• The Maine Jazz Camp, under the direction of jazz vocalist Christine Correa, offers the public the free opportunity to hear great jazz educators and players as they take turns leading performances Sunday through Thursday at 8 pm and student performances on Fridays at 6:30 pm and Saturdays at 10 am, weeks starting July 10 and July 17, at the Roberts Learning Center, University of Maine at Farmington. 778-7758

Greene

• The Araxine Wilkins Sawyer Foundation offers free entertainment twice monthly on Fridays at 2 and 7 pm, except Thursday, July 11, Children's Day, there is only a 2 pm show. The summer/fall schedule is: July 22 - "Nature Odyssey," in North America by naturalist/nature photographer John Green; August 11 - Children's Day program featuring Dennis Labbe, as "Mr. Magic;" August 12 -"The Magician" Dennis Labbe combines magic, illusion and comedy; August 26 - Erica Brown & The Bluegrass Connection, fiddle and traditional Bluegrass; September 9 - Larry Irwin singer/songwriter, timeless folk favorites and originals; September 30 - "Pakistan & Afghanistan" by Marlin Darrah, a photographer's journey from Kabul to the Khyber Pass and the Tribal zone. www.sawyer-foundation.com, 946-5311

Hallowell

- "The Artists of Hallowell" exhibit now on view at the Harlow Gallery presents Performing Arts Showcase evenings, 5-8 pm each Friday through July:
- July 15 Katie Daggett
- July 22 Ed DesJardins
- July 29 The Colwell Brothers

For more information visit www.harlow-gallery.org

Hinckley

• Summer History programs every Thursday at 1 pm at the L.C. Bates Museum on Route 201. Come explore the past of Maine! July 7-August 18. Try on clothes, do chores, and play with old fashioned toys. 238-4250

Madison

• The Skowhegan School of Painting and Sculpture on Lake Wesserunsett offers the 2011 Barbara Lee Artist Lecture Series, free and open to the public. Remaining in the 2011 season are: Friday, July 15 - Chris Ofili; Wednesday, July 20 -Judy Pfaff; Friday, July 22 - Alex Katz and Sharon Corwin; Friday, July 29 - Suzan Frecon; Friday, August 5 - David Land, Paul Mellon Distinguished Fellow; Saturday, August 6 -Mobius Artist Group will perform John Cage's "Variations VIII." All lectures begin at 8:30 pm except August 6 begins at 7:30 pm. The School is a residency program for emerging visual artists, started in 1946. For directions email mail@skowheganart.org; to confirm dates and times call 474-9345.

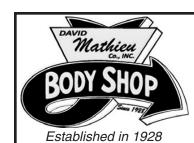
Monmouth

• Monmouth Museum has a new publication, "Monmouth and Her Poets," which includes poems, verse and writings from 1800-2011 with a direct connection to Monmouth, written by residents, graduates of Monmouth Academy or people with deep family roots in the town. Shelia Sanford, President the museum, writes in the introduction, "authors of our works were friends and neighbors prominent in the community who could be called upon to say a few words to mark the occasions. They lauded the graduates; they sent our soldiers off to war and welcomed home the heroes. They wrote ditties and odes, songs and dirges. They composed the lines engraved upon headstones. Now they return to us again and they are joined by other voices for a new century." "Monmouth and Her Poets" is available only at the Monmouth Museum Gift Shop, on Main Street in the old General Store. The donation of \$15 will benefit the collections and exhibits of the museum's nine buildings. Open hours are Wednesday-Sunday, 1-4 pm; escorted tours are available. 933-2287

Smithfield

• North Pond Fun Fest, Saturday, July 16, across

Continued on page 20



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AUGUSTA

 Arboretum, 6 miles of year round walking trails open dawn to dusk, Visitor Center open Mon-Fri 9pm-4pm, Viles Arboretum, 626-7989, www.vilesarboretum.org, 153 Hospital Street.

Capitol Complex, State Street

- Maine State House, Hall of Flags, House and Senate Rooms, Klir Beck dioramas, Mon-Fri 8 am-5 pm, book tours at Maine State Museum, walk-ins welcome 9 am-1 pm, www.maine.gov
- 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
- Governor's Mansion, 1830 Blaine House, Tue-Thu 2-4 pm, 287-2121, www.blainehouse.org
- Maine State Museum, Tue-Fri 9 am-5 pm, Sat 10 am-4 pm, \$2 adults, \$1 ages 6-18, 287-2301, www.mainestatemuseum.org
- Maine State Library, 287-5600, Mon-Sat opens 9 am.
- Children's Discovery Museum, CDM, hands-on displays, actives, Tue-Thu 10 am-4 pm, Fri-Sat 10 am-5 pm, Sun 11 am-4 pm, admission, 622-2209, www.childrensdiscoverymuseum.org, 171 Capitol St,
- **Kennebec Historical Society,** Wed-Fri 10 am-2 pm, 622-7718, www.kennebechistorical.org, 107 Winthrop St. University of Maine at Augusta, University Drive
- Danforth Gallery, Jewett Hall, art exhibits, UMA-1234, www.uma.edu/DanforthGallery
- Holocaust and Human Rights Center of Maine, Michael Klahr Center, 621-3530, www.hhrc.uma.edu
- UMA Fitness Trail, 2 miles of wooded trails, near Civic

Riverfront/Downtown

- Old Fort Western, 1754 fort, house, store, 1-4 pm daily, admission \$6, 4-14 years \$4, 626-2385, www.oldfortwestern.org Cony St.
- Riverfront Park, boat launch, Greenway Trail, playground, eastside Kennebec River
- Kennebec River Rail Trailhead, Maine State Housing Authority parking lot, www.krrt.org, Water St.
- Museum in the Streets, walking/history tour, www.augustamaine.gov, downtown.
- Farmers' Market at Mill Park, Sun 2-6 pm, 626-2305, www.farmersmarketmillpark.org/, North Water St.
- Farmers' Market at Turnpike Mall, 549-5112, Wed and Sat 10 am-1 pm, Western Ave.

BELGRADE LAKES

- Great Pond Mailboat, 215-7520, Mon-Sat, 10 am, Post Office, Main St.
- Spring Gallery & Sculpture Garden, Modern Art Foundry, Thu-Sun 11 am-5 pm and by appointment, 495-3113, www.springgallerymaine.com, 81 Main St.
- The Belgrade Community Center for All Seasons, swimming, gym, playground, picnic area, rec programs, library, 495-3481, www.belgrademaine.com 1 Center Dr.
- Union Church Coffee House, second Sat of month, 7:30 pm, \$5, 495-3599, Main St.
- Belgrade Historical Society, monthly meetings, 465-7924
- Farmers' Market, Sun 8 am-1 pm, Thu 2-6 pm, 465-7058, www.belgradelakesfarmersmarket.org, Main St.
- Peninsula Park on Long Pond, picnic tables, Main St.

FAIRFIELD

- Fairfield Historical Society, 1890 Cotton-Smith House, Tue 9 am-12 noon, 1-4 pm, 453-2998, www.fairfieldmehistoricalsociety.net, 42 High St.
- Farmers' Market, 948-5724, Wed 2-6 pm, Sat 9:30 am-1:30 pm, Nazarene Church parking lot, 81 Main St.

FARMINGTON

- Farmington Historical Society, 778-2835, Wed and Sat, 11 am-2 pm, July-August, 118 Academy St.
- Nordica Homestead Museum, opera singer Lillian Nordica costumes, jewelry, mementos, 778-2042, Tue-Sat 10 am-12 n and 1-5 pm, Sun 1-5 pm, 116 Nordica Lane, Holley Rd.
- Contra Dance, 491-9928, www.starleft.org 2nd Sat of the month, all welcome, 6:30-7:30 pm family dance, 8-11 pm regular dance, admission, Grange Hall, Bridge St, Rt 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, Fri 9 am-2 pm, Better Living Center parking lot, Front St; Saturday 8 am-12 noon, Main St.
- Meetinghouse Park and Gazebo, weekly concerts throughout summer, downtown
- Fairgrounds, events throughout summer, Franklin County Fair in Sept, High St.

GARDINER

- Artdogs and Circling the Square Fine Art Press, 1-5 pm Fri, 10 am-4 pm Sat, 582-2108, www.theartdogs.com, 275-277, Water St.
- Johnson Hall Performing Arts Center, 582-7144, www.johnsonhall.org 280 Water St.
- Farmers' Market, 582-3100, www.gardinerfarmersmarket.org, Wed 2-6 pm, rain or shine, The Common
- Kennebec River Rail Trail, terminus near Gardiner/Randolph Bridge, 6.5 miles to Augusta
- Waterfront Park, picnicking, events throughout summer, Kennebec River

GREENE

 Araxine Wilkins Sawyer Memorial, free monthly entertainment programs, 946-5311, www.sawyer-foundation.com, 371 Sawyer Rd, off Rt 202

HALLOWELL

- Harlow Gallery, Kennebec Valley Art Association, 622-3813, www.harlowgallery.org Wed,Thu, Sat, 12-6 pm, 160 Water St.
- Gaslight Theater, 626-3698, www.gaslighttheater.org City Hall, 1 Winthrop St.
- Museum in the Streets, history/walking tour, www.historichallowell.org, downtown
- Farmers' Market, 622-1350, Sun 11 am-3 pm, north end of Water St.
- Vaughn Woods, 166 acre park/trails, Middle St.
- Kennebec River Rail Trail, to Augusta, Farmingdale/Gardiner, downtown
- Waterfront Park, weekly summer concerts, North Water St.

HINCKLEY

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

KINGFIELD

- Reinhart Gallery Art Center, 266-4656, 245 Main St, www.ianreinholt.com/gallery.html
- Ski Museum of Maine, by appointment, 265-2023, 256 Main St, www.skimuseumofmaine.org
- Stadler Gallery, 265-5025, 12-4 pm daily or by appointment. 225 Main St, www.stadlergallery.com
- Stanley Museum, 265-2729, www.stanleymuseum.org, memorabilia/displays on Stanley Steamers, Tue-Sun 1-4 pm, 40 School St.

LIVERMORE

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

MADISON

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

MONMOUTH

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

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MOUNT VERNON

• D.E.W Animal Kingdom, Zoo, 293-2837, www.dewanimalkingdom.com, Tue-Sun 10 am-5 pm, \$10, 918 Pond Rd, Rt 41

New Portland

- Nowetah's American Indian Museum and Craft Shop, 628-4981, daily 10 am-5 pm, free, 628-4981, 2 Colegrove Rd, Rt 27, www.nowetahs.webs.com/
- Wire Bridge, 1864, probably only wire suspension bridge in U.S., off Rt 27

NEW SHARON

• Farmers' Market, Sat 9 am-1 pm, Douin's Market, 491-9025, 150 Mercer Rd, Rt 2

Norridgewock

- Norridgewock Historical Society Museum, 1838 building, Sat 10 am-3 pm, 634-5032, www.norridgewock.com, Mercer Rd, Rt 2
- Oosoola Park, picnic area, great playground, boat launch, on Kennebec River, Rt 8

OAKLAND

• Macartney House Museum, Oakland Area Historical Society, 465-7549, Wed 1:30-4:30 pm, 1815 home with antique furnishings and Oakland artifacts, 25 Main St.

READFIELD

• Readfield Historical Society and Museum in 1823 schoolhouse, 685-4662, www.readfieldhistorical.com/, Thu and Sat 10 am-2 pm or by appointment, Rt 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, Rts 135/225
- Trails: Mount Philip on Rt 225; The Mountain on Rt 27; French's Mountain and Kennebec Highlands, Watson Pond Rd; 495-6039, www.belgradelakes.org, maps available at BRCA, Belgrade Lakes

SIDNEY

- New England Music Camp, concerts free and open to the public, famous Bowl-in-the-Pines on Lake Messalonskee, 465-3025, www.nemusiccamp.com, Rt 23
- Sidney Historical Society, 547-3142, http://www.rootsweb
- Silver Spur Riding Club, horse shows, www.silverspurmaine.com/, River Rd/Rt 104

SKOWHEGAN

- Margaret Chase Smith Library, residence, home, museum exhibits, 474-7133, www.mcslibrary.org, free, Mon-Fri 10 am-4 pm. 54 Norridgewock Ave.
- **History House Museum**, l800s local history and culture, 474-6632, www.skowhegan.com/historyhouse, Tue-

Fri 1-5 pm, Elm St.

- Fairgrounds, weekly horse shows/competitions at covered arena, Skowhegan State Fair in Aug, 474-3621, Madison Ave.
- Farmers' Market, Wed 3-6 pm, Sat 9 am-1 pm, weekly entertainment, 938-3906, Skowhegan Savings Parking Lot, Old Grange Hall, Madison Ave.

SMITHFIELD

- Fairview Grange suppers, 362-2791, every Wed in summer, 5 pm, Village Rd, Rt 8
- Sunbeam Roller Rink, Wed, Fri, Sat 7-10 pm, 362-4951, 830 Village Rd, Rt 8
- Sunset Camps, public beach, 362-2611, www.sunset-camps.com, Village Rd, Rt 8

UNITY

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

WATERVILLE

- Aqua City Actor's Theatre (ACAT), 873-7000, www.acattheatre.org. Waterville Opera House Studio Theater, Main St.
- **Museum in the Streets,** downtown history/walking tour, *www.the museum in the streets.com/waterville.htm*
- Two Cent Bridge, historic foot bridge over Kennebec River, Head of Falls park/events area, Front St.
- Colby College Museum of Art, 859-5600, www.colby.edu/museum/ Tues-Sat 10 am-4:30 pm, Sun 12-4:30 pm, free, Colby College Campus, Mayflower Hill
- Thomas College Art Gallery, 180 West River Rd.
- Waterville Historical Society Redington Museum, 1814 home, pharmacy, 872-9439, www.redingtonmuseum.org. Tue-Sat tours at 10 and 11 am, 1 and 2 pm, 62 Silver St.
- Waterville Opera House, 873-7000, www.operahouse.com, 93 Main St.
- **Farmers' Market,** Thu 2-6 pm, 680-2055, www.waterville-farmersmarket.org, The Concourse parking lot.

WAYNE

• Farmers' Market, 873-7000,

http://waynefarmersmarket.weekly.com, Sat 9 am-noon, Town Green, next to Post Office, Main St.

WILTON

• Wilton Farm & Home Museum, 645-2091, 645-4578, www.wiltonmaine.org, Sat 1-4 pm or by appointment, Canal St.

WINTHROP

- Norcross Park, playground, picnic site, boat launch on Maranacook Lake, downtown.
- Farmers' Market, 395-4244, www.camarkets.com, Tue and Sat 9 am-1 pm, parking lot, downtown,

Additions/Updates/Corrections: Please contact Summertime in the Belgrades with any changes to this Directory.

ASSOCIATIONS/GROUPS

THE BELGRADES...

- East Pond Association, Smithfield/Oakland, www.eastpond.org
- North Pond Association, 152 Madison Avenue, Skowhegan, ME 04976, 474-8988, www.northpond.net
- McGrath Pond/Salmon Lake Association (MP/SL), RR 2 Box 2800, Belgrade, 04917. 465-3983, www.salmonlake.org
- Great/Long Ponds: Belgrade Lakes Association (BLA), PO Box 551, Belgrade Lakes, 04918, 512-5150, www.belgradelakesassociation.com
- Friends of Messalonskee Lake Watershed, PO Box 532, Oakland, 04963, www.snowpond.org
- Belgrade Regional Conservation Alliance (BRCA) and BRCA Conservation Corps, PO Box 250, Belgrade Lakes, 04918, 495-6039, www.belgradelakes.org
- Belgrade Lakes Region Business Group (BLBG), PO Box 596, Belgrade Lakes, ME 04918. 495-3700, www.belgradelakesmaine.com
- Maine Lakes Resource Center / Docks to Doorways,
 PO Box 431,Belgrade Lakes, 04918,
 www.dockstodoorways.com

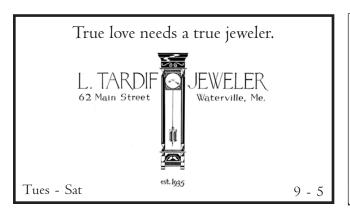
BEYOND...

- Maine Congress of Lake Associations (COLA), PO Box 426, Belgrade, 04917. 1-877-254-2511, www.mainecola.org
- Friends of the Cobbossee Watershed, PO Box 5003, Augusta, 04332-5003, 621-4100, www.watershedfriends.com
- Franklin County Soil & Water Conservation District, 107 Park Street, Farmington, 04938, 778-4279, www.franklineswcd.org
- Kennebec County Soil & Water Conservation District, Central Maine Commerce Center, 21 Enterprise Drive, Augusta, 04330, 622-7847, ext. 3, www.kcswcd.org
- Kennebec Land Trust (KLT), PO Box 261, 134 Main St., Winthrop, ME 04364, 377-2848, www.tklt.org
- •Kennebec Messalonskee Trails, PO Box 2388, Waterville, 873-6443, www.KMTrails.org
- Kennebec River Rail Trail, PO Box 2195, Augusta, 623-8162, www.krrt.org
- 30 Mile River Watershed Association (30 MRWA), Kimball Pond in Vienna to the Androscoggin River, 293-2181, www.30mileriver.org
- Parker Pond Association, Mount Vernon/Vienna. www.parkerpond.org
- Central Maine chapter of the **New England Mountain Bike Association (CeMeNEMBA)**, 1154 West Road, Belgrade, ME 04917. 441-6227, www.cemenemba.org

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Calendar —

- ...Thursday 7/14 McGrath Pond & Salmon Lake Association Annual Meeting, 6 pm, 465-3983, North Belgrade Community Center, Route 8, North Belgrade.
- ...Friday 7/15 Sunday 7/24 MIFF, the Maine International Film Festival, independent and international films, many guest filmmakers present, special events, excitement downtown, 861-8138, www.Miff.org, Railroad Square Cinema and Colby College, Waterville.
- ...Wednesday 7/13 through Saturday 7/16 -"Sugar," the Some Like It Hot musical, 474-7176, Lakewood Theater, Route 201, Madison.
- ...Thursday 7/14 through Sunday 7/17 -"Room Service," Allen Boretz and John Murray's hilarious farce about a group of actors trying to get a play produced before a gaggle of creditors close in and shut them down, Preview on Thursday, Opening Night on Friday, 7:30 pm Thurs-Sat, 7 pm Sun, 933-9999, The Theater at Monmouth.
- ...Friday 7/15 through Sunday 7/17 New England Paint Club Horse Show, free, open to public, great family outing, visit barns, covered arena, concessions, 474-2947, Fairgrounds, Route 201, Skowhegan.
- ...Friday 7/15 "Beasts and Books," appropriate for ages 3 to 6 with a parent, animal stories told in the museum with a craft to make and take, 45 minutes to one hour, 10 am, 238-4250, L.C. Bates Museum, Route 201, Hinckley.
- ...Friday 7/15 Katie Daggett, Parforming Arts Showcase evening at The Artists of Hallowell exhibit, 5-8 pm,
- ...Friday 7/15 Gawler Family Concert, featuring John, Ellen and Elsie Gawler along with some friends, sponsored by the Friends of the Belgrade Public Library, adults \$10,

- children \$5, under 5 free, 7 pm, 495-3508, Center for All Seasons, Route 27, Belgrade.
- ...Friday 7/15 New England Music Camp Camper Recital, open to the public, free of charge, everyone welcome, 7:30 pm, 465-3025, Route 23, Sidney.
- ...Friday 7/15 Poetry Readings by Robert Farnsworth and Carolyn Gelland, 7:30 pm, free, 685-3612, Cary Memorial Library, 17 Old Winthrop Road, Wayne.
- ...Friday 7/15 Cafe Vienna, by Richard Pearson Thomas, presented by the Arts Institute of Western Maine & the Nordica Memorial Association, performed by PORTopera Young Artists, set in a Vienna coffee house circa 1907, the plot deals with the intersecting lives of four of the shop's patrons, charming, whimsical, amusing, and tuneful, 7:30 pm, admission \$12, free for children 17 and under, Nordica Auditorium, University of Maine, Farmington.
- ...Saturday 7/16 Old Hallowell Day, 5K Road Race, sidewalk sales, arts and crafts, food, parade, music, www.hallowell.org, Water Street, downtown Hallowell.
- ...Saturday 7/16 Old Hallowell Day Book Sale, get a great deal on used books and videos, support the library by purchasing a copy of local author Danny Blake's "Remember the Good Stuff?" or "Recipes from Hubbard Free Library" cookbook compiled by the Friends of Hubbard Free Library, 9 am-12 non, 622-6582, Hubbard Free Library, 115 Second Street, Hallowell.
- ...Saturday 7/16 27th annual Maine Audubon Society Loon Count, 7-7:30 am, to volunteer call a local lake association or 781-6180, sgallo@maineaudubon.org, statewide Maine.
- ...Saturday 7/16 "Coastal Habitat," Children's Program, \$1, 10 am, 238-4250, L.C. Bates Museum, Route 201, Hinckley.
- ...Saturday 7/16 East Pond Association Annual Meeting, 10 am, will focus on the

- efforts of the new Action Teams, a cookout will follow, also a training session for anyone wishing to become certified as a Courtesy Boat Inspector, Smithfield Municipal Building, Route 8, Smithfield.
- ...Saturday 7/16 North Pond Fun Fest, exciting jam packed filled day of FREE lake associated events, 10 am-2 pm, 474-8988, downtown Smithfield.
- ...Saturday 7/16 "A Journey Across the Universe," A Story of Love, Hope, and Youth told through the music of the Beatles, by Teens, Tech and Tour Young Performers Camp, 10 am, 474-7176, Lakewood Theater, Route 201, Madison.
- ...Saturday 7/16 Wood Carving Demonstration by George Gray of Chickadee Tree Service, wood carving skills with a chainsaw, 11 am-1 pm, sponsored by the Friends of Hubbard Free Library, 622-6582, lawn of Hubbard Free Library, Hallowell.
- ...Saturday 7/16 Monthly Bean Supper, 3 kinds of beans, 2 types of American Chop Suey, hot dogs, coleslaw, bread, rolls, pie, all you can eat, adults \$7, under 5 free, family or 4 or more \$20, 4:30-6 pm, Mt. Philip Grange, Routes 27 and 225, Rome.
- ...Saturday 7/16 Atlantic Music Festival Opening Concert, 7 pm, free, reservations encouraged at www.atlanticmusicfestival.org, 859-4353, Colby College, Waterville.
- ... Maine Barrel Races, Silver Spur Riding Club, Route 204, River Road, Sidney.
- ...Sunday 7/17 Monmouth Museum and Cumston Hall tour with the Kennebec Historical Society, 1:30 pm, 622-7718, 751 Main Street, Monmouth.
- ...Sunday 7/17 The Maranacook String Band, bluegrass and beyond, 2-4 pm, free, 620-6231, Norcross Point, Maranacook Lake, Winthrop.

- ...Sunday 7/17 New England Music Camp Concert, rain or shine, free to the public, everyone welcome, 3 pm, 465-3025, Bowl in the Pines, Route 23, Sidney.
- ...Sunday 7/17 Barbie and the Band, Summer Concert Series, 5 pm, 474-6894, Philbrick Gazebo, Coburn Park, Water Street, Skowhegan.
- ...Monday 7/18 Old Crow Band, 7 pm, Meetinghouse Square, Main Street, Farmington.
- ...Tuesday 7/20 Free concert, 11:30 am-1 pm, Bandstand, Meetinghouse Square, Main Street, downtown Farmington.
- ... Tuesday 7/19 Meet local author Shirley Hanley, of Randolph, as she reads her poetry and discusses her children's book, "Horse Memories of Luck Ahead," dealing with grief in a way that does not scare children but gives them some comfort, book will be available for sale and signing, 6:30-8 pm, 582-3312, Gardiner Public Library, Water Street, Gardiner.
- ...**Tuesday** 7/19 Rock on the River, 7-8:30 pm, boardwalk on the Kennebec, north end Water Street, Hallowell.
- ...Wednesday 7/20 "Capture Wild Animals on Paper," art program for children and adults printmaking, 1pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.
- ...Wednesday 7/20 Public supper, 5 pm til gone, Fairview Grange, Smithfield.
- ...Wednesday 7/20 Geology Hike, with retired geologist Mel Croft, learn of the area's unique geological features, 5 pm, location TBA, sponsored by the Belgrade Regional Conservation Alliance, 495-6039, Main Street, Belgrade Lakes.
- ...Wednesday 7/20 Grandfamilies Group Meeting, for relatives stepping in to raise the children, on-site childcare available - call

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591-6278 to reserve, 6 pm, The Children's Center, 1 Alden Avenue, Augusta.

...Wednesday 7/20 – Atlantic Music Festival, Salon Series I, free, reservations encouraged at www.atlanticmusicfestival.org, 7 pm, Lorimer Chapel, Colby College, Waterville.

...Wednesday 7/20 - "The Compleat Wrks of William Shakespeare, abridged," runthrough of all of Shakespeare's comedies, histories and tragedies by a cast of three actors, 7:30 pm, 933-9999, The Theater At Monmouth.

...Wednesday 7/20 - New England Music Camp, Camper Recital, open to the public, free of charge, everyone welcome, 7:30 pm, 465-3025, Alumni Hall, NEMC, Route 23, Sidney.

...Thursday 7/21 through Sunday 7/24 -"Moon Over Buffalo," comedy, 474-7176, Lakewood Theater, Route 201, Madison.

...Thursday 7/21 – Summer History Program, explore the past of Maine, try on clothes, do chores, and play with old fashioned toys, 1 pm,238-4250, L.C. Bates Museum, Route 201, Hinckley.

...Thursday 7/21 – William Shakespeare's "Much Ado About Nothing," 7:30 pm, 933-9999, The Theater At Monmouth.

...Thursday 7/21 - Ian Sherwood, lyricist, singer, songwriter, 7:30 pm, \$15, 946-SHOW, Unity Centre For the Performing Arts, 42 Depot Street, Unity.







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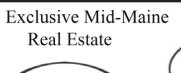
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Kennebec Corridor News & Notes -

A Huge Day in Hallowell

ld Hallowell Day 2011, Saturday, July 16, promises a grand celebration of "all things Hallowellian," with a calendar of events starting at 6 am to well after dark that is filled with activities and events, food, fun and fundraisers, sales and markets, artists everywhere, competitions, a large parade, fireworks, and music throughout the day.

New this year: Frisbee Golf, 12-2 at Vaughn Field, discs available or bring your own, free. Also new this year: Souvenir Tiles, the Bodwell House painted by Whitney Wei, \$10 each.

Old Hallowell Day festivities begin the night before with "Artists of Hallowell" at the Harlow Gallery and "Art of Maine" at the Bank of Maine, a Heavenly Bean Supper at Old South Church, the 19th Annual Cribbage Tournament at Club 223 and music - Katie Daggett at the Harlow Gallery and bands at The Wharf.

Start Saturday - THE Day - with breakfast at Cohen on the Meadows at 7 am or Sacred Heart Church at 7:30 am - and a 5K Road Race. At 8 am and 9 am, let the booths open, the sales begin. Buy "treasures," a Walking Tour Map, the 2011 poster by David Beaudoin, Historic Hallowell mementos, books-books-books, and munchies to music by Marcia Gallagher at the pre-parade party at Hattie's. The Arts and Crafts Festival on Central and Water Streets runs from 9 am - 5 pm, the Old Hallowell Day Riverwalk Food Court from 9 am-9 pm.

An historic highlight: from 10 am to noon join Barber Shop 75th Anniversary Celebration. Dom's, 156 Water Street, was established in 1936 and is the longest-running business in Hallowell.

Also at 10 am, The Parade down Water Street. It's an annual favorite! Who knows what the crowd will see? Pick a spot early. It will be crowded, and a lot of fun!

As American as pie, and strawberry shortcake, and chainsaw wood carving, the events continue. Schedules are available at local stores or at "headquarters" - Slate's Bakery. Pick a desti-







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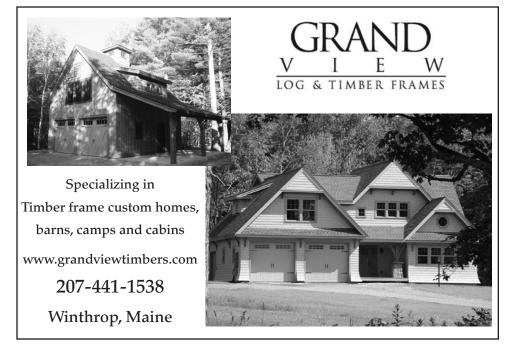
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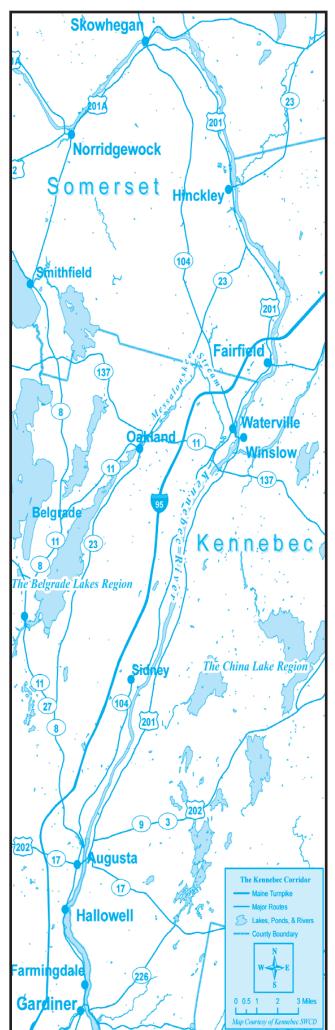
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nation or stroll and discovery - Old Hallowell Day is perfect for both.

History, art, exercise, music is everywhere on this special day and, of course, food. Visit the Fire Department display and FREE kid activities with the children. Watch the Bocce Tournament, take a free Trolley Tour, go to the book signing by Jeff Romano, and listen to bands throughout the evening.

Finally, at 9 pm: Fireworks. The Grand Finale! Fireworks will be set off from Butternut Park on the Chelsea side of the Kennebec for a fabulous view from all of downtown Hallowell.

Old Hallowell Day is officially over but the historic town doesn't slow down. Tonight and every night of the week, there is entertainment, night life, food, and great sidewalk strolling.

For a complete, detailed schedule and other information about Hallowell visit www.hallowell.org.



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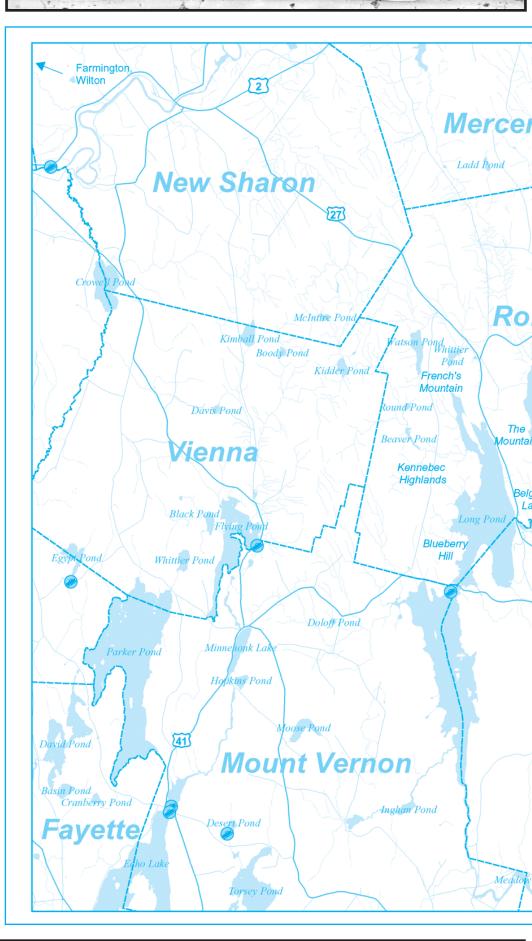




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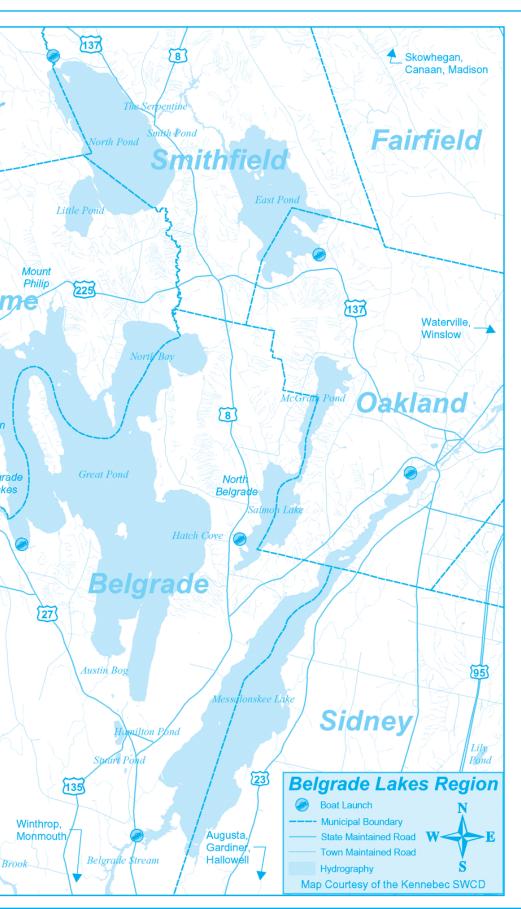
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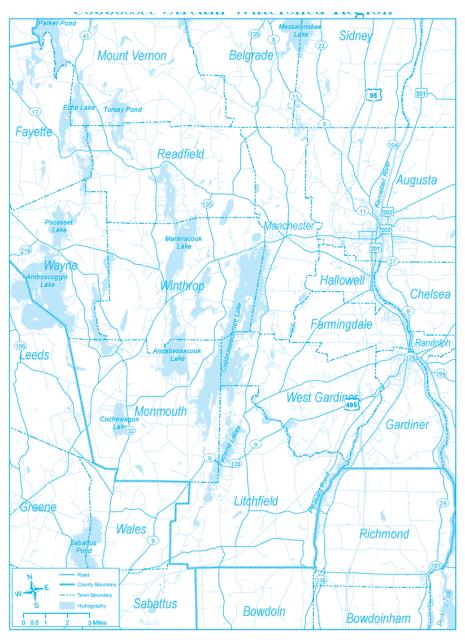


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Outdoor Adventures With KLT

The Kennebec Land Trust and the KLT Outing Club each offer some inter $oldsymbol{1}$ esting outdoor adventures for the remainder of the summer. The Kennebec Land Trust has a Horseshoe Island Canoe/Kayak Trip scheduled for Sunday, August 7, from 8-10:30 am. The trip will be led by Nathalie Woolworth, expert kayaker, and trail builders, Erik and Jon Lund for a tour of KLT's islands on Cobbossee Lake. Meet at the outlet dam on Cobbossee Stream; park along Collins Road. Pre-registration is required.

The KLT Annual Meeting at the Wayne Yacht Club on Sunday, August 21 includes three field trips from 2-4 pm for all ages: a Gott Pasture or Mount Pisgah hike or a Perkins paddle. From 4-6 pm there will be a Potluck BBQ and a brief annual meeting. Bring kayak, canoe, and bathing suit. Photographs of KLT properties will be on display. Go to www.tklt.org for information about submitting photographs to the exhibit.

The Kennebec Land Trust Outing Club (KLTOC), a new outdoor activityoriented club offering a wide variety of events to active adults ages 18 to 35 has scheduled a Paddle, Picnic, and Swim at Perkins Woods on Androscoggin Lake on Saturday, July 30 at 10:30 am. Nathalie Woolworth, KLT Conservation Assistant will be the kayak guide. Meet at the Wayne Yacht Club, paddle to Perkins Woods for a picnic and swim, followed by ice cream at Tubby's in

On Saturday, August 27 at 4:30 pm there will be a Sunset Paddle to Sunset Beach on Hodgdon Island, Lake Cobbossee for a picnic and swim. Join guide Nathalie Woolworth.

KLTOC is free to KLT members or \$5 per outing. Become a member with a donation of \$30 or more at www.tklt.org; gifts are fully tax-deductible.

For more information call 377-2848.

9th Annual "Friends on the 4th" 5K July 4, 2011 Top 25 Race Results

Place	Name	Town & State	Time
1	LUKE FONTAINE	AUGUSTA ME	0:15:40
2	SAM SEEKINS	SOUTH CHINA ME	0:15:45
3	JEFF JONES	FARMINGTON ME	0:15:56
4	NICK SCOTT	BOOTHBAY ME	0:15:58
5	PATRICK FOURNIER	ROME ME	0:16:07
6	MICHAEL PAYSON	FALMOUTH ME	0:16:14
7	CHASE BROWNW	BOOTHBAY HARBOR ME	0:16:22
8	JONAH JONES	FARMINGTON ME	0:16:36
9	BRIAN MCLAUGHLIN	BARRINGTON RI	0:16:42
10	NATHANIEL SCHWEHM	BOOTHBAY ME	0:17:13
11	EVAN VINCENT	MANCHESTER ME	0:17:20
12	SEAN PERRY	PORTLAND ME	0:17:22
13	KAMERON SOUZA	EAST WINTHROP ME	0:17:22
14	DAVID WEATHERBEE	MONMOUTH ME	0:17:24
15	ED VANTASSSAEL	WINTHROP ME	0:17:30
16	LUDO BRUYEREST	BRUNO QC	0:17:34
17	KEVIN LEWIS	WINTHROP ME	0:17:43
18	JARROD LENFEST	WINDSOR ME	0:17:47
19	JOSH RINGER	HALLOWELL ME	0:17:50
20	WILL LUNDQUIST	AUGUSTA ME	0:17:59
21	WES DANFORTH	WINTHROP ME	0:18:07
22	MARC HACHEY	WINTHROP ME	0:18:19
23	SAM HOUSE	BELGRADE ME	0:18:28
24	DAVID WIRTH	PITTSBURGH PA	0:18:33
25	EMILY DURGIN	STANDISH ME	0:18:37





Cobbossee Corner

Record Numbers For 9th Annual "Friends on the 4th" 5K!





Winners pose with trophies: Luke Fontaine, overall title with a time of 15:40 and Emily Durgin, women's title winner with a time of 18:37.

Start of the 9th Annual "Friends on the Fourth" 5K Race on Monday July 4, 2011

The 9th Annual "Friends on the 4th" 5K ■ Run/Jog/Walk road race attracted a record field of 586 participants, continuing its trend of increasing the field every year since 97 entries toed the line in 2003, the inaugural year of the race. Held on the 4th of July in Winthrop, ME, the overall winner for this year's race was Luke Fontaine of Augusta, ME with a time 15:40. Emily Durgin of Standish, ME, took home the women's title with a time of 18:37.

With much of the course following the beautiful eastern shore of Maranacook Lake, the race is now the largest race of its kind in central Maine. Participants for this year's race came from across New England and the country, representing a total of 20 states; runners joined us from as far as Canada, Great Britain, Austria and New Zealand! Major sponsor for this year's race was Homestead Realty in Winthrop; Gold level sponsors were Kennebec Savings Bank, the China Dine-ah, G&E Roofing, On Target Utility Services and Charlie's Family of Dealerships; and Bronze level sponsors Lipman, Katz & McKee, The Copy Center and American Awards. Additional support for this year's event included Pine State Trading Company, PFG-NorthCenter, Tim Horton's, Poland Springs, College Carry Out, Bagel Mainea, Road ID, DR Struck, and the Winthrop American Legion Post 40.

Complete results along with a photo gallery for this year's race can be found on the Friends website at www.watershedfriends.com 🤰





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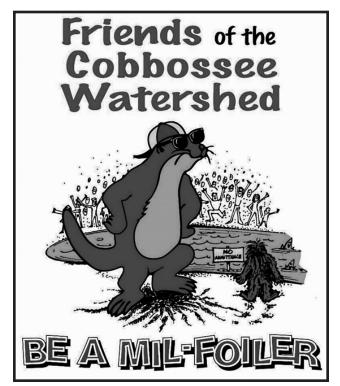


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Upcoming —

- The Artistree 2011 Summer Open House, "Artistree For Al Seasons," will take place on Saturday, July 23, 9 am-4 pm, at the Belgrade Community Center for All Seasons. Over 90 plus juried Maine artisans will be present at this free admission show to sell their crafts. Local musicians and a Farmers' Market are also scheduled. 923-3194
- The Grand Hotel concert, indie rock band, free, 6:30 pm, on front lawn, 626-2415, Lithgow Public Library, 45 Winthrop Street, Winthrop.
- On Saturday, July 30, the new Lakes Resource Center in Belgrade Lakes will hold its Grand Opening. www.dockstodoorways.com
- Belgrade Fire and Rescue will hold its 5th Annual Auto Show on Sunday, July 31 next to Belgrade Central School; gates open at 8 am, awards at 2 pm; \$5 for car and driver, \$3 for spectators, under 6 free, rain or shine. 215-6142
- The Eastern Maine Agility Dog Show is scheduled for Friday-Sunday, July 29-31 at the Skowhegan Fairgrounds. Free admission, covered arena. 474-2947
- The Taste of Greater Waterville, sponsored by the Mid-Maine Chamber of Commerce, will be held on

Wednesday, August 3, 11 am-11 pm. 660-4939

- The Spinney Brothers from the Annapolis Valley of Nova Scotia will be performing at the Unity Centre for the Performing Arts on Thursday, August 4 at 7:30 pm. Their musical identity is the sound of traditional, southern-flavored bluegrass. \$15.948-7469
- Tom Seiling, widely acclaimed singer and songwriter, will perform a FREE, very participatory family program, the show consists of humorous children's songs, Tom accompanies himself on guitar, banjo, harmonica, and drum machine, refreshments will follow the program on Friday, August 5 at 3 pm, 622-6582, Hubbard Free Library, 115 Second Street, Hallowell.
- The Monmouth Fair will be held August 3-6. This is a small family agricultural fair with midway, animal exhibits, crafts and animal pull events. www.monmouthgrows.com/monmouthfair
- Mercer's Old Home Days celebration will be held Friday through Sunday, August 5-7. 634-2332. www.mohdshutterfly.com
- New England Music Camp in Sidney will be holding its 75th Anniversary Celebration August 5-7.465-3025
- The Annual Loon Calling Contest in Belgrade

Lakes will be on Saturday, August 6; sign up at 6:30 pm. 495-3312.

- The 2011 Wilton Blueberry Festival will be Friday and Saturday, August 5 and 6, with many crafters, sales, food, children's activities, bingo, live entertainment and more. www.wiltonbbf.com
- On Wednesday, August 24 at 7 pm the Belgrade Historical Society will meet at 7 pm at the North Belgrade Community Center to hear about the "History of the Advent Christian Campground from the 1880s," presented by the Campground's own historian, Duane Crabtree.
- The End of Summer Hoorah! Automobile & Motorcycle Show & Swap will be Friday through Sunday, August 26-28 at the Farmington Fairgrounds. Bikes, cars, fabulous food, music and more! 778-4215.

...Watershed Wisdom continued from page 5 at least 20 times). More importantly, they helped to educate over 10,000 boaters about the importance of inspecting their own boat whether there is an inspector there or not.

We are also actively fighting the variable milfoil infestation in the Great Meadow Stream, organizing hand pulling by volunteers and staff as well as placing benthic barriers on clumps of plants. If you would like to help with these efforts please call 495-6039 to volunteer. It's messy but rewarding work but I guarantee you will make some new friends who care about the lakes. As part of that

Continued on page 19...



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Conservation Too **-**

ach season we write at least one article to Lsing the praises of buffers. I suppose this is that week. While it is already mid-July, there is still time to design and plant a good vegetative buffer on your property to help intercept any erosion that may be coming from your land use over the summer. This is the time of year when you may have the most human activity on your property. All those people wandering around, playing croquet, launching boats or throwing sticks to the pet dog tend to trample the ground and cause erosion. Add to that the flashy rain storms and the runoff from roofs driveways and the camp road and a great deal of erosion can happen. Landowners can use buffers to control

Water runoff can cause severe erosion and carry some pretty unhealthy "stuff" into our waterways. A buffer's job, as the name implies is to come between that water runoff and the waterbody we wish to protect. The term for such a buffer when located near the water's edge is a riparian buffer. It is located in the riparian zone. For our purpose, that means some sort of buffer planting between our buildings, driveways, patios or lawns and the waterway into which the water runs.

runoff into waterways and filter that water to

remove sediment and chemicals.

If you talk to a forester or a farmer with large fields they may refer to buffers more than 100 feet wide used to treat large volumes of water

Time for 'Buffers'

by Dale Finseth

runoff from bare soil areas Conditions that might occur right after a wood harvest or plowing a field for corn. Someone with commercial property may be required to create a buffer to collect and treat stormwater runoff coming from buildings and parking areas. Some sort of regulation may mandate their definition of a "buffer.

The average homeowner or camp owner has a different set of criteria. While they may need to design and build a specific buffer because of State or local permits, most simply want to decrease the impact of their land use on the lake or stream's

water quality. Bravo to those folks' motivation! Most focus on a riparian buffer since it will be located close to the water's edge.

The better buffer is one that is designed and constructed to replicate the natural buffer that may still exist near your property. A Natural Buffer demands the least maintenance and can be very effective. Ideally a riparian buffer is made up of five tiers: the canopy, shrub, under-story, ground cover and, last but not least, the duff.

•Canopy – The larger trees that break up the impact of wind and rain. These are long lived trees which will shade your yard for decades. If you don't already have them, they take years to



Lawns are not enough to serve as a buffer.

- •Shrubs These are taller plants or 'short trees'. They also break up wind and rain and can add color and privacy to an area. Their mid-level root zone helps stabilize the soil and soak up
- Under-Story These are shorter plants helping to thicken the vegetative cover over the soil. It might include colorful short shrubs addingContinued on page 20

Articles contributed by the Kennebec County Soil & Water Conservation District in Augusta who can be contacted at the District office on 21 Enterprise Street at 207-622-7847 x 3 or check our website at www.kcswcd.org

...Watershed Wisdom continued from page 18

effort, the State has issued a Surface Use Restriction (SUR) prohibiting motorized boats from the Great Meadow Stream and the area of North Bay in Great Pond marked by the yellow buoys. A map of this area is printed elsewhere in this issue and posted at the boat ramp. Please stay out of that area to prevent inadvertent spreading of the invasive plant through fragmentation.

While plants are the most visible of the aquatic hitchhikers, there are numerous other Unwanted Floating Organisms (UFOs) that our inspectors are looking for and trying to keep out of our lakes. In addition to invasive fish such as northern pike and walleyes, other potential aquatic invaders include





Quagga mussels, Zebra mussels, Chinese Mystery

Snails, Rusty crayfish, and a particularly pernicious diatom called Didymo, more commonly called, "rock snot." While Quagga and Zebra mussels, have not yet been found in Maine, they are common in the Great Lakes and are spreading out from there. Last year, Laurel Lake in western Massachusetts became infested. If your boat is coming from these waters, it should be thoroughly washed and inspected (including the live well) before launching in Maine waters. Chinese mystery snails are present in Maine, including Salmon Lake, Great Pond, and the Messalonskee Stream near where it enters the

Kennebec River. They are larger (about the size of a golf ball) than any native Maine snails and you should thoroughly inspect all surfaces of your boat if you are in these waters. If you detect mystery snails, please contact the Center for Invasive Aquatic Plants (CIAP) of the Maine Lake Volunteer Monitoring Program (VLMP) at mciap@mainevlmp.org to report your find. They are trying to document its spread in Maine. If you catch a walleye, please keep it, kill it, and call our local fisheries biologist, Bobby VanRiper at 547-5314.

....Continued on page 26

Advertising in Summertime in the Belgrades really works! Call Erle Morse at 207-495-3777 for rates and information.



It's Free!

Melinda Ann is coming to Great Pond July 16 (Sat), then Long Pond July 17 (Sun). For more information about how you can be aboard this floating, educational classroom call: Captain Phil at 508-971-2496.

A Laker's Dozen #9: Dogs, humans, and boats should never be washed in the lake.

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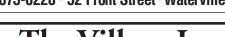
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Accommodations -

Abenakis All Season Camps, 1339 Augusta Rd. (Rt 27), Belgrade, 495-2294, www.abenakiscamps.com

Alden Camps, American Plan cottages, boat rentals, 3 Alden Camps Cove, Oakland, 465-7703, www.aldencamps.com

Among the Lakes Bed & Breakfast, Rt 8, North Belgrade, 465-4900, www.amongthelakes.com

Bear Spring Camps, 60 Jamaica Point Rd., Rome, 397-2341, www.bearspringcamps.com

Belgrade Cottages Guide Service, fishing, lake tours, canoe/kayak trips and rentals. 9 Bass lane, Belgrade 314-8469 www.belgradecottages.com

Castle Island Camps, American Plan, Castle Island Rd, Belgrade Lakes, 495-3312, www.castleislandcamps.com

....Notebook continued from page 7

from Sunset Camps! Join this exciting jam-packed filled day of FREE lake associated events. The day starts with the Maine Audubon Loon Count; meet at the Smithfield Grange 6:15-6:30 am. (No boat, no problem, call 362-5533). From 7-7:30 am register for the Loon Call 5K at the Smithfield Baptist Church. From 10 am-2 pm learn about Milfoil, North Courtesy Boat Inspection, Association, lead tackle exchange via Unleaded Loon Project, fishing line recycling, Smithfield Historical Society and much more. For children face painting, science FUN for KIDS, pictures with the Milfoil Menace, sno-cones and much more. Have fun, meets neighbors, open to everyone, especially welcome are residents of town surrounding North Pond - Smithfield, Rome, and Mercer. 474-8988

Waterville

• Waterville Opera House & Missoula Children's Theatre present three exciting weeks of summer theater camp for kids entering grades 1-8: July 25-30 - "The Secret Garden," August 1-6 - "King Arthur's Quest," August 8-13 - "Alice in Wonderland." Camps run Mondays-Fridays 9:30 am-4 pm, Saturday performances at 3 pm. Held this year at Strider Theater on the Colby College campus. \$200 per session or \$500 for all three; sibling discount available. www.operahouse.org, 873-7000

Winthrop

• The application deadline for artists interested in exhibiting at the 24th Annual Sidewalk Art

Maple Leaf Self Storage

Belgrade Me - 3.3 mi off Rte 27 on Route 135

495-2191

The Village Inn, 1 & 2 bedroom suites, Rt 27, Belgrade Lakes Village, 495-3553, www.villageinnducks.com Whisperwood Cottages, American Plan, boat rentals, 103

Kozy Cove Cottages, Rt 8, Salmon Lake, Belgrade, 465-0959,

Taylor Woods Rd, Belgrade, 465-3983, www.whisperwoodlodge.com

Wings Hill Inn, Rt 27, Belgrade Lakes, 495-2400, 866-495-2400, www.wingshillinn.com

RESERVATIONS SERVICES

www.kozy-covecottages.com

Belgrade Vacation Rentals, 81 Main St, Belgrade Lakes, 495-4011, www.belgradevacationrentals.com

Clee & Dee LLC, 40 Belgrade Road, Oakland, 465-4430



Festival is August 1, 2011. Forms are available at www.winthropchamber.org. Entry fee is \$55. Type of Art includes: painting, digital photography, pottery, jewelry, wood, metal, ceramic, leather, and other. The Sidewalk Art Festival is Saturday, August 20, 10 am-4 pm. 377-8020

...Conservation Two continued from page 19

interest that will grow in the shade of the canopy. *Ground Cover – These are low growing plants and vines that help slow down water flow and can add color and surface roots to help limit erosion.

• Duff – The 'duff layer' is the accumulation of leaves, needles and other plant matter on the forest floor. It absorbs water, traps sediment and prevents erosion. Its micro-organisms break down plant material and recycle nutrients.

Designing a buffer takes some planning. Start thinking about your site: Is it steep or flat? What are the soil conditions? How much sun is available? Just as important: "How do you use the property?" Is your footprint pretty light on the land or do you regularly host large groups? Do you use the water's edge heavily for boating or swimming? You need to answer these questions to best design an effective buffer. Remember... the objective is to use the buffer to minimize your impact on water quality. ...and there is still plenty of time to plant your buffer!

Contact your local lake association or the Kennebec District for more information. The Maine DEP and the UMaine Extension service also has excellent materials to use.



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Boats, Daily or Weekly 495-3312 Rentals for Long Pond Only

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By foot or unit



Dining

Augusta

• Riverfront Barbeque & Grille, 300 Water St., Augusta. 622-8899, www.riverfrontbbq.com

Belgrade

- Belgrade Lakes Golf Club, lunch/snacks, West Road, Belgrade Lakes, 495-4653, www.belgradelakesgolf.com
- The Village Inn, Rte. 27, Belgrade Lakes Village, 495-3553, www.villageinnducks.com
- Whisperwood, Salmon Lake/McGrath Pond, Taylor Woods Road, open to the public by reservation only, 465-3983, www.whisperwoodlodge.com
- Wings Hill Inn and Restaurant, Rte. 27, Belgrade Lakes Village, 495-2400 or 800-495-2400, www.wingshillinn.com

Oakland

- Alden Camps, Lunch or dinner by reservations, Sat. -Wed., space permitting. 3 Alden Camps Cove, Oakland. 465-7703. www.aldencamps.com
- Riverside Farm Market & Cafe, 291 Fairfield Street, Oakland, 465-4439. www.riversidefarmmarket.com

Readfield

• Emporium Le Kitchen, rbittar@iqacc.com 685-7348 -

Waterville

- Cacciatores. 150 JFK Plaza, Kennedy Memorial Drive,
- Dairy Queen. 13 KMD Plaza, Waterville, 872-2220; and 161 College Ave, Waterville, 873-1677, www.dairyqueen.com
- Restaurant & Pub at the Waterville Grand. 375 Upper Main Street, Waterville. 873-0111.

Winslow

• Lobster Trap & Steakhouse. 25 Bay Street, Winslow. 872-0529. www.lobstertrap-seafood.com.

Winthrop

- Peppers Garden & Grill. 357A Main Street, Winthrop.
- Sully's Restaurant & Tavern. 38 Main Street, Winthrop. 377-5663, 377-5808

SPERWIND LODGE F Fishing Boat Rentals on Salmon Lake & McGrath Pond South end of Salmon Lake All boats shown in North Belgrade on our website Now open to the Public for Dining by reservation only, 465-3983 Breakfast 8:am - 9:am, Dinner served at 5:pm Daily menu listed on our website Boat docking available for Lake Residents www.whisperwoodlodge.com

The Brass Knocker Gift Shop

39 Main Street Route 27 •



Yes, at 92, Lydia is Opening for her 65th Season

Wednesday, Thursday, Friday, Saturday 11:00 - 3:00 Shop 495-3345 Home 495-2795

The Small Garden Guide -

Gardens That Provide Therapy Community Garden for Grandfamilies

'n Bangor, Families and Children Together, an association for grandfamilies and other relatives ▲stepping in to raise the children, and the City of Bangor are hosting a community garden for grandfamilies this summer. Staffed by volunteers who garden with the children, the project provides many benefits to the kinship families, including a positive learning experience for the child, time for the grandparents to connect with other grandfamilies, and fresh produce to help save money on grocery bills. The produce will be shared among the children who garden or donated to other families in

Summer garden times are Mondays from 3-4:30 pm and Thursdays from 5-6:30 pm. For more information contact Anna at 941-2347 or alibby@mainekids-kin.org

Hospice Memorial Healing Garden

therapeutic outdoor space for Hospice patients, family caregivers, people who are grieving, $m{\Lambda}$ Hospice workers and members of the community is the goal of the Hospice Memorial Healing Garden adjacent to the Hospice Community Center on Main Street in Waterville. Part of a long term strategic plan since 1996, the land was purchased in 2006 and a corps of volunteers formed in 2009. The restorative power of nature as a healthy coping strategy is one of the fundamental functions of the Healing Garden, for members of the community as well as people typically served by Hospice. The grief and stress of life transitions is compounded today by the economic downturn and global

Visitors can enjoy the careful planning which went into the garden, including handicapped accessible pathways, a cabin for support group meetings, a patio, seating throughout the garden and plantings that provide privacy, all contributing to the mission statement which welcomes them for a time of relaxation, conversation, remembrance, quiet reflection and healing amidst the gentle companionship and beauty of nature. For more information visit www.hvwa.org

(Other gardens which visitors seek for therapeutic value are the Hospice Garden maintained through Hospice Volunteers of Somerset County in Coburn Park in Skowhegan and Longfellows Greenhouses on Puddleduck Road in Manchester.)

acciatores "An Italian Steakhouse"

Waterville's Best Dining Experience

Now Serving PRIME RIB Fridays and Saturdays

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150 JFK Plaza • Waterville **Next to TJ MAXX (Kennedy Memorial Drive)** 872-9700 (Reservations Accepted) www.Cacciatores.com



From the TOP of BELGRADE LAKES

Take a scenic shuttle ride from the parking area to our clubhouse and enjoy a relaxed snack, lunch, or cocktails on our outside decks or inside the clubhouse.

Belgrade Lakes Golf Club West Road, Belgrade Lakes



FOR ALL YOU VEGGIES AND LOCAL FOOD

Cut your own flowers Or let us create a country bouquet for you while you watch! COME SEE THE ANIMALS

AT OUR HORSE POWERED FARM Pick your own veggies or let us and you choose them! for the month of July!

Open 7 days 9-6 Where children and veggies grow! Come visit the farm Rt.27 Belgrade, Maine • 207.495.2593 www.winterberryfarmstand.com

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Sunset Cruises Canoe and Kayak Rentals

See What's NEW at Waterville DQ®! Along with our old favorites, DQ® is now offering fabulous ORANGE JULIUS treats at our Kennedy Memorial Drive store!

Premium Fruit Smoothies, low fat and fat free Julius® Fruit Drinks and juicy hot dogs. SWEET! Stop by our KMD store year round to enjoy a sweet deal on a new treat!





13 KMD Plaza • 872-2220 161 College Ave. • **873-1677** www.dairyqueen.com www.dairyqueen.com





-Business Directory-

ACCOMMODATIONS See page 20

ADVENTURE

Belgrade Cottages Guide Service, fishing, lake tours, canoe/kayak trips and rentals. 9 Bass lane, Belgrade 314-8469 www.belgradecottages.com

Maine Wilderness Tours, fishing, canoeing/kayaking, lobster picnic, bird watching, 7 Croquet Ln, Belgrade, 465-4333, www.MaineWildernessTours.com

Paradis Outfitters, 3675 Middle Rd, Sidney, 547-GUNS, www.paradisoutfitters.com

AIRPLANE RIDES

AirLink, LLC, float plane rides. 2 LaFleur Rd, Waterville, 859-0109 or 609-712-0866 (cell), www.airlinkconnection.com

ANTIQUES

Barbara's Antique & Collectibles Group Shoppe, Rt 201, 414 Lakewood Rd, Madison, 474-2550

Stoney Creek Antiques, 881 Civic Center Drive, Augusta, 626-9330

AUCTIONS

James D. Julia, Inc., 203 Skowhegan Rd (Rt 201), Fairfield, 453-7125, www.juliaauctions.com

AUTOMOTIVE

Mathieu Auto Body and repair services, 6 Allen Street, Waterville 872 5578, www.davidmathieucompany.com

BANKING

Kennebec Savings Bank, 150 State St, Augusta, 622-5801, www.kennebecsavings.com

Maine State Credit Union, 200 Capitol St, Augusta, 623-1851, www.mainestatecu.org

Skowhegan Savings Bank, Rt 27, Belgrade, 495-7787, www.skowsavings.com

BEVERAGES

Jokas' Discount Beverage, 52 Front St, Waterville, 873-6228

BICYCLES

Auclair Cycle & Ski, 64 Bangor St, Augusta, 623-4351, www.AuclairCycleSki.com

BOAT COVERS

Waterville Auto Top & Upholstery. 1042 Kennedy Memorial Dr, Oakland, 465-7847

BOAT LIFTS

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

Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney. 547-4114, pep@pivot.net

BOAT MOORINGS

Great Pond Marina, 25 Marina Dr, Rt 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

BOAT RENTALS

Belgrade Canoe & Kayak, Rt 27, Belgrade, 495-2005, 242-6331, www.kayakandcanoe.com

Castle Island Camps, Castle Island Rd, Belgrade Lakes, 495-3312, www.castleislandcamps.com

Great Pond Marina, 25 Marina Dr , Rt 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

Whisperwood Cottages, 103 Taylor Woods Rd, Belgrade, 465-3983, *www.whisperwoodlodge.com*

BOAT REPAIR

Kennebec Boat Repair, 907 Oakland Road, Belgrade, 465-9012, www.KennebecBoatRepair.com

Mobile Marine, 897-1032 (home) or 897-8433 (cell) Belgrade Boat Shop, 936 Augusta Rd, Belgrade, 485-6953

BOAT SALES AND SERVICES

Belgrade Canoe & Kayak, Rt 27, Belgrade, 495-2005, 242-6331, www.kayakandcanoe.com

Clark Marine, 57 Puddledock Rd, Manchester, 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

Power Equipment Plus, 2309 Belgrade Rd, (Rt 27), Sidney, 547-4114, pep@pivot.net

Trailside Performance, 797 Augusta Rd (Rt 201), Winslow, 873-2366, www.trailsideperformance.com

BOAT STORAGE

Belgrade Boat Storage, 41 Pinkham's Cove Rd, Rt 27, Belgrade, 495-3415, boatstorage@roadrunner.com

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

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

funonthewaterstartshere.com

Great Pond Marina, 25 Marina Dr, Rt 27, Belgrade Lakes, 495-2213, www.greatpondmarina.com

Hamlin's Marine, 290 West River Rd, Waterville, 872-5660, www.hamlinsmarine.com

Kennebec Boat Repair, 907 Oakland Road, Belgrade, 465-9012, www.KennebecBoatRepair.com

Maple Leaf Self Storage, 688 Manchester Rd, Rt 135, Belgrade, 495-2191, 441-5529

Mid-Maine Marine and RV, 885 Kennedy Memorial Dr, Oakland, 465-2146, www.midmainemarine.com

Trailside Performance, 797 Augusta Rd, Rt 201, Winslow, 873-2366, www.trailsideperformance.com

BOOKS

Children's Book Cellar, 52 Main St, Waterville, 872-4543, *kids-bookseller@verizon.net*

Re-Books, 25 East Concourse, Waterville, 877-2484

BOTTLE AND CAN REDEMPTION

Jokas' Discount Beverage, 52 Front St, Waterville, 873-6228

BUILDERS

(See also Electricians, Kitchens, Plumbers, and Excavating) **Bellavance Construction Company Inc,** 31 Hulin Rd,
Belgrades Lakes, 495-2492

Craig's Carpentry/North Bay Estates, Rt 8, North Belgrade, Craig Alexander, 649-3749

G&L Contracting, Adam Gardner, Belgrade, 215-7951 **Grandview Log & Timber Frames,** 72 Burtons Ln, Winthrop,

441-1538, www.grandviewtimbers.com

LakeHouse Renovations, Joint Venture Company, Liberty Rd,
Readfield, 685-7393 or 242-3663, www.adedesignbuild.net

Mainely Molding & Restoration, 449 Wilder Hill Rd,

Norridgewock, 634-2821, lanca@tds.net

BUILDING FOUNDATIONS AND JACKING

Bellavance Jacking Co, LLC, 31 Hulin Rd, Belgrades Lakes, 495-2492

BUILDING MATERIALS

(See also Flooring, Stonework and Windows)
Gagne and Son, 28 Old Rt 27, Belgrade, 495-3313,
www.gagneandson.com

Hammond Lumber Company, Auburn, Bangor, Belgrade,

Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com

BUS SERVICE

Concord Coach Lines, 9 Industrial Dr, Augusta, 1-800-639-3317, *concordcoachlines.com*

CANOES AND KAYAKS

Belgrade Canoe & Kayak, Route 27, Belgrade, 495-2005, 242-6331, www.kayakandcanoe.com

Belgrade Cottages Guide Service, fishing, lake tours, canoe/kayak trips and rentals. 9 Bass lane, Belgrade 314-8469 www.belgradecottages.com

CHAINSAWS

Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney, 547-4114, pep@pivot.net

CLOTHING

New Balance Factory Outlet, 13 Walnut St, Skowhegan, 474-6231

COMPUTER CONSULTANTS

Samara Consulting, Macintosh Consultant, Michael Breault, 24 Welch Rd, Wilton, 645-5083, cell 578-0226, mbreault@samaraconsulting.com, www.samaraconsulting.com

DINING

(See Dining Directory on page 21)

DOCKS

G&L Contracting, Belgrade, 215-7951, agardner81@yahoo.com Hammond Lumber Company, Auburn, Bangor, Belgrade, Brunswick, Fairfield, Farmington, Greenville, Portland, Skowhegan, 866-HAMMOND, www.hammondlumber.com Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney, 547-4114, pep@pivot.net

Trailside Performance, 797 Augusta Rd, Rt 201, Winslow, 873-2366, *www.trailsideperformance.com*

ELDER CARE

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

EXCAVATING

Belgrade Boat Storage, 41 Pinkham's Cove Rd, Belgrade, 495-3415, boatstorage@roadrunner.com

Bellavance Construction Company Inc, 31 Hulin Rd, Belgrade Lakes, 495-2492

David Stevens, P.O.Box 146, 103 Grandview Dr, Belgrade, 465-3815, cell 314-0314

EYE CARE

Maine Eye Care Associates, 325 E. Kennedy Memorial Dr, Waterville, 873-2731, www.MaineEyeCare.com

FARMSTANDS

Riverside Farm Market & Cafe, 291 Fairfield St, Oakland, 465-4439, www.riversidefarmmarket.com
Winterberry Farm, 538 Augusta Rd, Rt 27, Belgrade,
495-2593, www.winterberryfarmstand.com

FINANCIAL PLANNING

Golden Pond Wealth Management, 129 Silver St, Waterville, 873-2200, *goldenpondwealth.com*

Kennebec Wealth Management, 150 State St, Augusta, 622-5801, www.kennebecsavings.com

FLOORING

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



FLOWERS AND PLANTS

Longfellow's Greenhouses, 81 Puddledock Rd, Manchester, 622-5965, www.longfellowsgreenhouses.com

Pierce's Greenhouse, 407 Belgrade Rd, Oakland, 465-7788

GALLERIES

Artisan's Barn, 163 North Rd, Readfield. 685-9787, www.thearti-sansbarn.com

Spring Gallery & Sculpture Garden, bronze castings, 81 Main St, Belgrade Lakes, 495-3113, www.modernartfoundry.com

GIFTS

The Brass Knocker Gift Shop, Rt 27, Main St, Belgrade Lakes, 495-3345

Day's General Store, 180 Main St, Rt 27, Belgrade Lakes, 495-2205, *www.go2days.com*

Kozy Cottage, 13 Church St, Oakland, 465-0959, www.kozy-covecottages.com

The 1830 House on Long Pond, 134 Main St, Belgrade Lakes Village, 495-3277, www.the1830houseonlongpond.com

The Village Peddler Gift Shop, Lake Shore Dr, Belgrade Lakes, 495-7707

GOLF

Lakewood Golf Course, 803 Lakewood Rd, Madison, 474-5955, www.lakewoodgolfmaine.com

Natanis Golf Course. 735 Webber Pond Rd, Vassalboro,

622-3561, www.natanisgc.com

GRANITE

Have Granite Will Travel, 42 South Mitchell Rd, Troy, 948-5952, www.mainegranitekingcom

GROCERIES

Day's General Store, 180 Main St, Rt 27, Belgrade Lakes, 495-2205, *www.go2days.com*

HAIR CARE

Hair Reflections, 849 Kennedy Memorial Dr, Oakland, 465-7848

HEALTH CARE

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

Inland Hospital clinics at Wal*Mart Supercenters, walk-in health care, 201 Civic Center Dr, Augusta, 620-8570; 80 Waterville Commons Dr, Waterville, 680-2110, www.inlandhospital.org

ICE CREAM

Dairy Queen, 13 KMD Plaza, Waterville, 872-2220; and 161 College Avenue, Waterville, 873-1677. www.dairyqueen.com **Day's General Store,** 180 Main St, Rt 27, Belgrade Lakes, 495-2205, www.go2days.com

INSURANCE

John M. Fortier, State Farm Insurance, 16 Silver St, Waterville, 873-1101, *john@johnfortier.com*

JEWELRY

Larsen's Jewelers, 57 Main St, Waterville, 872-6301, 800-697-1874, www.larsensjewelers.com
L.Tardif Jeweler, 62 Main St, Waterville, 872-7542,

KITCHENS

800-834-3638

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

LAKE ASSOCIATIONS

Belgrade Lakes Association (BLA), Long Pond and Great Pond, PO Box 551, Belgrade Lakes, 512-5150, www.belgradelakesassociation.com

LANDSCAPING

Foster Tree Care and Landscaping, 3675 Middle Rd, Sidney, 547-4376, 547-4640

G&L Contracting, Belgrade, 215-7951, agardner81@yahoo.com **Lakeside Landscape,** 13 Station Rd, Belgrade, 465-3039, 831-7053, 632-1086, lakesidelandscape1@yahoo.com

Longfellow's Greenhouses, 81 Puddledock Rd., Manchester, 622-5965, www.longfellowsgreenhouses.com

Lynch Landscaping, Skowhegan, 474-2420,

lynchlandscaping.com

Native Notions, 213 West Rd, Belgrade, 495-6040, 314-9538, nativenotions@hotmail.com, www.nativenotionslandscape.com

LAND SURVEYING

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

LAWN AND GARDEN EQUIPMENT

Power Equipment Plus, 2309 Belgrade Rd, Rt 27, Sidney, 547-4114, pep@pivot.net

MEATS

Ballard Meats & Seafood, Myrtle St, Manchester, 622-9764, 1-800-564-6328

MOVIE THEATERS

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

PHARMACY

Kennebec Pharmacy & Home Care, 43 Leighton Rd, Augusta, 626-2726, www.kpprx.com

PHYSICAL THERAPY

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

PIANO LESSONS

Diane Gorman, *Gorman3366@roadrunner.com* 906 Manchester Rd Belgrade 495-3222

PICTURE FRAMING

The Framemakers, 46 Main St, Waterville, 872-8927, www.the-framemakers.com

PLUMBING

Paul Hanna's Plumbing, Belgrade Lakes, 495-3805 Houle's Plumbing, Heating and Air Conditioning, 19 North St, Waterville, 872-6762, www.houlesphac.com

PROTECTIVE COATINGS

Normile Sealcoating, pavement and roofing, 332-4131, normile.chris@gmail.com

REAL ESTATE DEVELOPMENTS

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

REAL ESTATE

Coldwell Banker Thomas Agency, 75 Main St, Winthrop, 377-2121, www.coldwellbankerthomas.com

Day's Real Estate, 262 Augusta Rd, Rt 27, Belgrade Lakes, 495-3111, 1-888-495-3111, www.daysrealestate.com

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

Rizzo Mattson Realtors, 219 Capitol Street Augusta, 622-9000, 800 894 7979, www.rizzomattson.com

Snow Pond Realty, 40 Belgrade Rd, Oakland, 465-4430, 458-0874, www.snowpondrealty.com`

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

The Swan Agency Sotheby's International Realty, Pam Armour, 374-2020, www.swanagency.com

RESERVATIONS

See page 20

RESTAURANTS

(See Dining Directory on page 21)

RETIREMENT COMMUNITIES

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

SCHOOLS

St. Michael School, grades pre-K through 8, 56 Sewell St, Augusta, 623-3491, www.smsmaine.org

SEAFOOD

Ballard Meats & Seafood, 55 Myrtle St, Manchester, 622-9764, 1-800-564-6328

Lobster Trap & Steakhouse, 15 Bay St, Winslow, 872-0529, www.lobstertrap-seafood.com

SECURITY SYSTEMS

Cayer Security Services, Inc, 208 College Ave, Waterville, 453-9177, *www.cayersecureity.com*

SELF STORAGE

Maple Leaf Self Storage, 688 Manchester Rd., Rt 135, Belgrade, 495-2191

SEPTIC SYSTEMS

Bellavance Construction Company Inc, 31 Hulin Rd, Belgrades Lakes, 495-2492

Stanley's Septic Tank Service & Construction, 187 Norridgewock Rd, Fairfield, 453-9819, 1-800-660-7826, www.stanleysseptic.com

SHOES AND SNEAKERS

New Balance Factory Outlet, 13 Walnut St, Skowhegan, 1-877-623-7867

STONEWORK

Gagne and Son, 28 Old Rt 27, Belgrade, 495-3313, 1-800-339-3313, www.gagneandson.com

THEATER

The Theater at Monmouth, Cumston Hall, off Rt 135, Monmouth, 933-9999, www.theateratmonmouth.org

TREE CARE

Foster Tree Care and Landscaping, 3675 Middle Rd, Sidney, 547-4376

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Lakeside Veterinary Clinic, 88 Libby Hill Rd, Oakland, 465-7387, 465-8387

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The Jar Project at Belgrade Lakes' **Spring Gallery**

The Jar Project, a collection of sixty art-filled **L** jars by sixty artists with connections to Maine, is on exhibit at the Spring Gallery & Sculpture Garden, Belgrade Lakes, for the sum-

The brainchild of Portland-based artist Alex Sax, the Jar Project highlights the creative contributions of local talents, fusing their individual creations together in an installation that is in equal parts evocative, nostalgic and strange.

The jar is an emblem of an era when lives moved at a slower pace and people had a stronger connection to nature, community and sources of nourishment. Whether the jars contained canned peaches, pickles, garlic or tomato sauce, marbles, pennies, seashells or gumdrops, the items in the jars add richness and piquancy to our lives and keep vibrant a pre-technological vision of human existence. Like those jarred mementos of the extraordinary and the ordinary in everyday life, the creations of artists deepen our living, preserving and enhancing the tastes and textures of our experience in the world, culling meaning from it all - the trivial to the profound.

The jars in the exhibit vary in size, color and texture, and contain a range of genres and mediums, including drawings, paintings, photographs, sculptures, and mixed media The project was first displayed as part of "Product: A Temporal Artist Marketplace" at Whitney Art Works in Portland.

In Maine, artists, farmers, and citizens cohabitate, celebrating both the natural bounty and the human industry that defines the state and valuing preservation, sustainability, community-supported agriculture and the arts.

The Jar Project thrives on the spirit of Maine, enabling artists who have lived or spent time in Maine to preserve and present their work in this most relevant medium.

For a list of artists represented in the exhibit visit www.jarproject.net.

The Spring Gallery Gallery on Main Street in Belgrade Lakes is open Thursday-Sunday, 11 am-5 pm, May 28 through September 4 and on weekends during September through October 9. For more information contact 495-3113 or go to www.springgallerymaine.com



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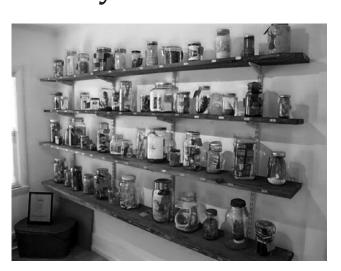


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- Fishing **-**

id you see that massive thunderstorm this past week? I kept waiting for Dorothy from the Wizard of Oz to come zooming by. This time of year the storms can pack a wallop and anglers and boats need to be aware. The storms move quickly across the lake too, so if you see lightning or hear thunder it's best to find a safe spot. It's because of these storms that we decided to put a new mooring in at the dock. After diving down to the bottom of the lake a number of times to fix the new chains, I couldn't help but notice all the big smallmouth swimming past. So, I decided to free dive the lake for a while and see what they were up to. The lessons learned by getting down into their environment are priceless. First, the water was about 12-feet deep and much colder on the bottom. I didn't put a thermometer down there but it was a significant change. Second, the fish were all hugging the bottom and feeding on crayfish. I actually watched a smallie chase a crayfish and inhale it. Awesome site! The little lobsterlook-a-like scooted about 2 feet very quickly and the bass nailed him with such force that he turned up the bottom a bit. A third observation was that when I looked up toward the surface from the bottom of the lake, I could see crystal clear! I think this is why we've been catching so many big bass on topwater. They are obviously feeding and hanging out on the bottom, but it's only two or three tail flicks and they are at the surface! One last observation that is worth mentioning - golf balls sink! I was amazed at the number of golf balls. Maybe it's best if the local golfers practice at the driving range than into the water (or on the ice during winter).

So in addition to storms, smallmouth and golf balls, another fish has been stealing the show lately. Black Crappie invaded the Belgrades some years ago but this year they are bringing their A-Game. We've caught some of the biggest crappie I've ever seen and the good news for anglers is the fish are still relatively shallow. East Pond is quickly becoming a crappie Mecca in the Belgrades and the lake offers both size and quantity. The single best way to catch crappie is by fishing small live bait under a slip bobber, but you can also catch them on hair jigs and small Rapalas, etc. They are minnow eaters and like to hang near weeds or sunken timber. We always have our best luck at dusk or on very overcast days. They seem to feed best in low light.

The resurgence of the American Bald Eagle in the Belgrade Lakes region is a true success story. For as long as I can remember we've had eagles flying around the area, but this year they seem to be everywhere. There are established nests on all

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Storms, Smallmouth and Golf Balls

by Mike Guarino



Star fishermen Colby Carrier takes after his dad and shows off his 6lb largemouth!

the lakes in the chain and spotting an eagle or two is common during each fishing trip. Personally I think it's a testament to the efforts of so many people working hard to improve our water quality. The eagles seem to be thriving! There are three eagles that often hang out in an area I like to fish. This past week we witnessed an amazing site when a large mature eagle swooped down right in front of the boat and snatched up what appeared to be a good sized white perch. Just as the eagle headed skyward a second eagle came screeching in and smashed sideways into the first bird. I think the first bird was even more surprised than we were! In the end, the more aggressive bird stole the perch and flew into a nearby tree to feed. I've seen eagles up close before, but these were so close that we could hear the collision and feathers mashing together. What I wouldn't give to have had the video camera rolling when that event took place. The eagle photo in this article was taken on the eastern shoreline of lower Long Pond. The bird liked hamming it up for the camera and





Marty Wyen from New Jersey caught this giant crappie on Thursday!



allowed us to get quite close. While I don't like to harass any of the local wildlife, we used the electric trolling motor to slowly cruise by the bird. In the end, the bird never took flight and we simply glided away with some terrific pictures. Good luck this week!

Mike Guarino can be contacted at 465-4333 www.mainewildernesstours.com





Pet World

Ear Infections

Cummer is the best time for swimming in the lake. But dogs, like peo-Ople, suffer from some water-induced summer maladies. The most common issues that we see with water-loving pooches are ear infections.

When we are sensitive to the mood and behavior of our four legged friends, it is often apparent when they are feeling pain. Once the cause of the pain has been identified and the risk of reducing it assessed, giving them relief is an important next step. For traumatic injuries, often relief is needed in varying degrees for a relatively short period of time. Chronic pain may require a longer term solution.

These ear infections are caused when water (any water, even clean water) enters the ear canal and stays there. Floppy-eared dogs are especially prone to ear infections because when their ears flop over their ear canals, a moist warm environment is produced. Next, yeast begins to grow in this environment. Once the yeast colonize the ear, making a dis-

tinct odor, and irritating the skin cells, bacteria move in and the ears become very painful. The bacteria and yeast create a disgusting, soupy mess and in just a couple of days ears can become horribly infected. Once this happens, your veterinarian will look at the bacteria and yeast under a slide to determine which antibiotic will work the best for your dog's infection and instruct you on how to clean the ears and medicate them properly.

The best way to keep your dog's ears healthy is to be proactive in preventing these infections. If your dog is going to be wet for any reason (bath, swimming, out in a hard rain), his ears should be cleaned as soon as possible. A specifically designed veterinary ear cleaner should be used. These cleaners are gentle on sensitive skin and contain drying agents so that no liquid is left behind in the ear. If your dog is prone to ear infections, his ears should be cleaned weekly in the summertime even if he isn't being adventurous, as routine maintenance.

Pet World, a weekly column by Dr. Eleanor Sabean Dr. Sabean can be reached at Lakeside Veterinary Clinic lakevets@roadrunner.com or by phone at 465-7387

...Watershed Wisdom continued from page 18

Rusty crayfish are already established in the Belgrades in Great Pond. These crayfish, native to the Ohio River Valley, can be more aggressive than the native Maine crayfish and can displace them from their habitat. So far, this pest has not been that successful here, perhaps due to our aggressive smallmouth bass population, but it needs to be monitored. Both the University of Maine and the Maine VLMP are continuing to monitor the spread of Rusty crayfish in this area. It is thought that these invaders were brought in by an out of state fisherman who brought live bait with him. Fishermen should be aware that is illegal to bring live bait into Maine from out of state and it is illegal to release unused live bait into Maine waters whatever the source. Live bait should only be purchased from licensed Maine bait dealers who are only allowed to sell native, non-invasive species.

Rock snot is not yet present in Maine but it is present in Vermont in the upper Connecticut River. This organism forms dense mats on the bottom and looks like what you think based on its common name. It can be spread by anglers, especially those who wade in felt soled boots. Any time you move between waterbodies, to prevent inadvertent spread of UFOs, you should thoroughly wash and dry your equipment before fishing in new waters.

To learn more about any of these organisms, please stop in the BRCA office. We have brochures on some of them. Another good source is the CIAP web site at: http://www.mainevolunteerlakemonitors.org/mciap/

Enjoy the lakes, but beware of aliens and UFOs. Don't pick up aquatic hitchhikers!

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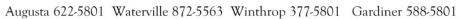
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Business

Inland Hospital Invests in Downtown Waterville

new family care practice is available in Adowntown Waterville - Inland Family Care, which opened on May 16 in the Ames Department store space on The Concourse.

Initially, the new space opened with two providers: Family Physician John Bonney, MD and Family Nurse Practitioner Jennifer Penney, FNP. More healthcare providers are currently being recruited.

The new practice uses an open scheduling concept so patients can be seen quickly. Other plans for the location are to offer mental health services through Kennebec Behavioral Health.

The Ames space has been vacant for over ten years. Inland invested \$1.5 million in renovations.

Inland Family Care was recently featured in a "Business Spotlight of the Month" through the Mid-Maine Chamber of Commerce. In a writeup in the Chamber newsletter, President Kim Lindlof complimented Inland Hospital for opening the downtown family care offices.

Shannon Haines, executive director of Waterville Main Street commented that the practice will positively impact the downtown district through job creation and increased traffic. The Care, please call 873-1036.

Healthy Men...Better Businesses

Talling all men: Make it a priority to be and blood pressure checked - free of charge. informed about your health and well-being. Knowing your numbers will help you live the longest, healthiest life possible.

Free health screenings are just part of Men's Maintenance on Wednesday, July 20 between 4 and 7:30 pm at Inland Hospital in Waterville. The annual men's health event is an opportunity for men of all ages to learn key aspects of their health and easy ways to make healthy choices in a fun, casual atmosphere.

With diabetes, obesity, and access to care major issues in Central Maine, Men's Maintenance will focus on screenings and accessing proper healthcare.

Dr. John Garofalo, a family physician with New Horizons Health Care in North Anson is the featured speaker and will share insights into how men can take small steps to gain big rewards for a healthy future. Dr. Garofalo's, "Just the facts, Man!" talk is scheduled for 6 pm.

Men are encouraged to get their cholesterol

Other screenings will include heart risk assessments, sleep assessments, Body Mass Index readings, hearing risk assessments, skin damage analysis, vision screenings, and more. There will be a healthy cook-out, wellness exhibits from dozens of local organizations, chair massages, fun demos as well as disc golf demos on the lawn area, and door prizes galore - from Sea Dogs tickets and a Boston Red Sox ball signed by Jed Lowrie to whitewater rafting and adventure park tickets and disc golf certificates.

Attendees who participate in at least 4 screenings will be entered to win a free car detailing by Central Maine Motors (\$159 value).

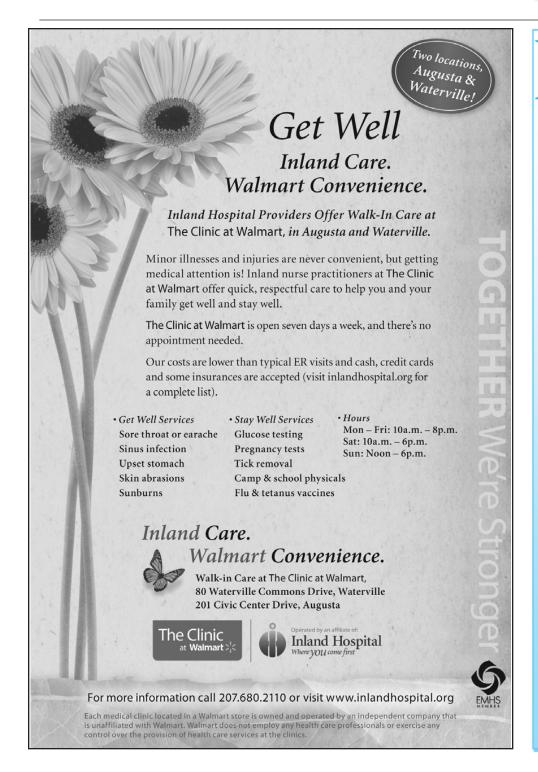
This community event is provided at no charge by Inland and will be held at the hospital, located at 200 Kennedy Memorial Drive in Waterville.

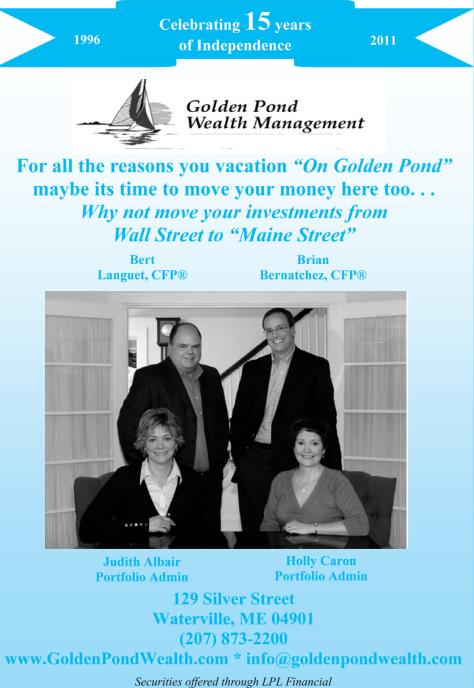
No advance registration or appointments are required. For more information, contact inlandhospital@emh.org or call 861-3392.

family practice is expected to attract 150 patients a week and grow to 400 as new practitioners are

For more information about Inland Family

Advertising in Summertime in the Belgrades *Call Erle Morse at 207-495-3777* for rates and information.





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Ernie will discuss his book, read excerpts from it, and sign copies. Books will be available for purchase at the event, or you can bring your own, if you've already purchased one.

Admission is free and open to the public.

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COBBOSSEE LAKE~ Sweet 3 br home w/well landscaped grounds. Some wood floors and excellent views from the house. Daylight walkout bsmt



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