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-A Cider Mill Press Publication -

VOLUME 13, NUMBER 8

A Flurry of Fests

by Esther J. Perne



Frog Day at L. C. Bates Museum, July 30th, one of dozens of great mid-summer events.



t's the mid-time of summer and the season is a flurry of fests, of music, art, theater, antiquing, shopping, of sports events, outdoor functions and children's activities both fun and educational. There's a feast of small town and downtown celebrations, of festivals, of great opportunities to get out and about.

The Calendar of Events is packed with outings and activities every day of this week and next. It's time to check some of them out...

Let's start with once-a-season festivities. For the 29th consecutive year the Vienna Historical Society presents locally-written one-act historic plays performed by local talent in the historic Vienna Union Hall, July 28, 29 and 30. Refreshments will be sold by the local Mill Stream Grange.

On the other side of the Belgrades, on August 6 and 7, the Town of Mercer Old Home Days provides a glimpse of local talent, too, with a Whoopie Pie Bake Off, a Bog Water Carry competition, and a Street Dance with dancers decked out in their favorite Crazy Hats.

Nearby, Norridgewock also celebrates that weekend with a Family Fun-Fest and Fly-In August 6 and 7, combining air and ground activities, both serious -Young Eagles First Flight - and silly - a Candy Drop.

The annual Summer Festival for Farmington is July 29, an all-day event of downtown activities, sales, displays and entertainment uniquely combined with Art In The Park, an outdoor art show in Meetinghouse Square.

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Continued from page 1



Skowhegan starts its annual Summerfest and Moonlight Madness on August 4 through 7. Golf, a lobster bake, a big bike cruise-in, music and sales are on the agenda.

In Waterville, food is the focus with the Taste of Greater Waterville taking over Main Street on August 3, along with a REM yardsale, music, children's activities and sidewalk sales that last most of the week.

Let's continue with single subject events: Art Walks in Gardiner and Skowhegan, Car Shows in Belgrade and Sidney, art lecture series at



"Room Service" one of The Theater at Monmouth's summer plays.

Madison, the list goes on, the summer does, too.

outdoor weekly concerts along the Kennebec River in Augusta, Hallowell, Skowhegan, in the park in Farmington, the mini-park in Gardiner, at the New England Music Camp in Sidney, at Colby College in Yes, it's a flurry. Jump in and enjoy. Waterville, on the waterfront in Winthrop. This is

Skowhegan Art School and Harlow Gallery in the mid-point, too for the summer theater sched-Hallowell, children's theater in Waterville and ules, the museum programs, library presentations, historical society tours, conservation-oriented out-This is the mid-point for all the wonderful, free ings, and all the sites that have summer hours just waiting not to be missed.

> There's more to these summer outings than just the event: food, scenery, fellow fest-goers, local lore.























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Summertime in the Belgrades --A Cider Mill Press Publication--

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Welcome to the beautiful Belgrade Lakes Region. We at the Belgrade Regional Health Center hope you enjoy your stay and enjoy good health during your visit. We look forward to the return of our summer residents, as well as visitors to the area.

In case you do have a health concern while visiting, we are available to treat acute problems as well as chronic health conditions. Please call us for an appointment at 495-3323. We will see you as soon as possible at the health center. Our appointment hours are Monday through Friday, 8:00 AM to 12:30 PM and 1:30 PM to 4:30 PM, and Tuesday evening 5:00 PM to 7:00 PM.

If you have a major medical emergency such as chest pain, a severe breathing problem, cardiac condition, or major trauma, please call 911 or go to the nearest emergency room.

If you have a minor health condition such as poison ivy, a fish hook, laceration, etc, please try to call before arriving at the health center. We accept patients on a walk-in basis, but you will be asked to wait until our regularly scheduled patients are seen. If you call ahead, we can give you a scheduled appointment and likely reduce your wait.

We are located at 4 Clement Way, just off Route 27, 3 miles north of the intersection of Routes 27 and 135. We look forward to seeing you for any of your healthcare concerns.

Sincerely,

Amy Madden, M.D.

Vickie Chapman, A.P.R.N.

Matt Colaluca, PA-C

Megan O'Brien, F.N.P.

Jessica Hopkins, L.C. S.W.

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Sheepscot Valley Health Center Strong Area Health Center Western Maine Family Health Center www.HealthReachCHC.org

The Belgrade Lakes Region Business Group would like to thank its members, volunteers, and the town of Belgrade for helping to make the 4th of July a very special Celebration.

Le Kitchen at Readfield Emporium (see us on Facebook,com)

Entrées served with home baked bread, couscous pilaf, and salad. \$11.00 ea. Provençal. Pork loin or chicken sautéed in wine,&tapenade(KalamataOlives,capers) Grilled Ginger Chicken. Skewered glazed onions and chicken on ginger chutney Pork Loin Strips Modena. Sautéed with red wine, smoked bacon, rosemary& spices Grilled Chicken Béarnaise. Chicken, asparagus, mushrooms in a Béarnaise sauce Grilled Portobello Cap with sautéed Catalan spinach, spices onions, raisins, nuts Mediterranean Platter with kefta beef kabob, butter sautéed beef kibbee &falafel

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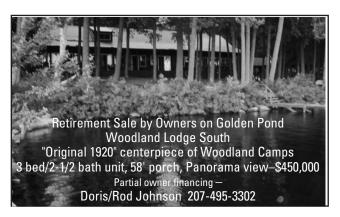
Pine Tree Camp to Host Ribbon Cutting to Celebrate the Completion of Harold and Bibby Alfond Dining Hall



undreds are expected to gather at Pine Tree Camp on North Pond in Rome on July 28 at 5 pm to celebrate the grand opening of the Harold and Bibby Alfond Dining Hall. The \$1.6 million dollar state-of-the-art building was made possible in part thanks to a \$500,000 grant from the Harold Alfond Foundation.

"We are delighted to support Pine Tree campers and their families with a new and more accessible dining hall," said Greg Powell, Chairman of the Foundation's Board of Trustees. "Now even more campers will be able to enjoy a very special summer camp experience right here in Maine's beautiful Belgrade Lakes Region."

"The support from the Harold Alfond



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Foundation was vital in completing this critical project," said Anne Marsh, Executive Director of Pine Tree Society. "The dining hall is the heart of any summer camp, and as the heart of Pine Tree Camp, the Harold and Bibby Dining Hall certainly breathes new life into the entire camp."

The Harold and Bibby Alfond Dining Hall is a significant project of Pine Tree Camp's master plan for capital improvements, which addresses each part of the camp's 285-acre campus. Developed five years ago, the plan's goal is to modernize Pine Tree Camp's campus while retaining the rustic summer camp environment. These modernizations will ensure the care, comfort and safety of hundreds of summer campers, and will allow Pine Tree Camp to provide innovative programming in the fall, winter and spring.

"Moving forward with the master plan was essential," Marsh said. "Many of the camp's buildings date back to the 1960s. In fact, parts of the dining hall dated back to the 1950s. Because so much has changed since these buildings were designed and constructed, Pine Tree Camp needed to transform to meet the evolving needs of the people we serve."

These needs have evolved in dramatic ways. Today, Pine Tree Camp serves many more campers, and their medical needs have increased. Many campers are unable to regulate their body temperature, making the heat and humidity dangerous. Today's campers use large, heavy motorized wheelchairs, yet Pine Tree Camp's buildings were not designed to accommodate them. The master plan addresses these changes and reduces extensive annual maintenance that aging buildings require.

Pine Tree Camp, a program of Pine Tree Society, is Maine's only ACA-accredited summer camp exclusively serving people with disabilities. Driving down the camp road, campers enter a barrier-free world designed so that each camper can fully participate in all the activities for which Maine is famous - fishing, kayaking, hiking on accessible nature trails and swimming - experiencing freedom and independence. Families benefit from a six-day respite from the demands of caring for a loved one with a disability. Pine Tree Camp has never turned away a camper due to inability to pay tuition. This open door policy has been firmly

Continued on page 27...



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Watershed Wisdom

Transpiring, Recyclable, Energy Efficient, Stormwater System

by Peter Kallin

aine has a strong Shoreland Zoning Act **W** that emphasizes protecting the integrity of the vegetation within 100 ft of a Great Pond. The rules are a bit complicated and often violated. There have been some serious violations in the news lately including one in Naples, ME, where the Town is seeking fines in excess of \$700,000. Closer to home, cases have recently occurred on Great Pond (Belgrade and Rome) and Salmon Lake. Belgrade is using penalties received to fund the new "Water Quality Improvement Fund" authorized by the voters at last year's Town Meeting. In these cases the violator usually argues, "It's just a tree! I'll plant new ones." Unfortunately it takes decades to replace a mature tree. And a tree is more than just a piece of standing wood with leaves on it. It is actually

a remarkable stormwater control system that is and small branches becomes coated with water better described as the Transpiring, Recyclable, Energy Efficient Stormwater System, or TREES for short. This key component of Mother Nature's basic watershed design is a wonder of efficiency, and coupled with vegetated wetland buffers, does an outstanding job of protecting the water quality of lakes and streams.

As anyone who has ever taken shelter under a tree during a rainstorm knows, trees do a great job of protecting the land under them. When the large raindrops hit the vegetation, they are broken up into many little droplets that continue to fall towards the ground, breaking up into ever smaller droplets as they hit more layers of vegetation, a process engineers would call "energy dissipation." The large surface area of the leaves

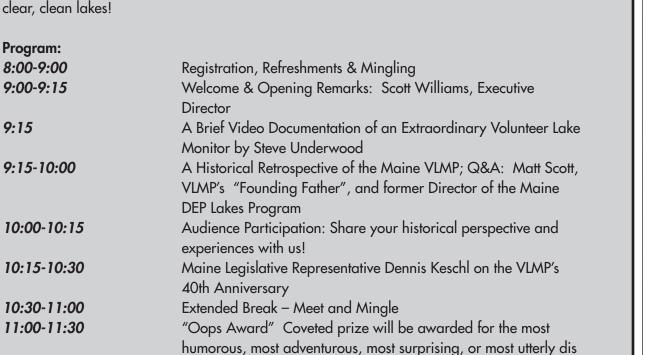
that never reaches the ground, a process hydrologists call "interception." The water that continues to fall to the ground ends up as a fine mist, or slowly moving drops that drip off the lower parts of the tree. This moisture falls gently onto a thick spongy "duff layer" of decomposing leaves and pine needles that comprises the forest floor, soaking in slowly. As the runoff filters slowly through the forest floor, it continues to soak into the sediments below where it enters the groundwater table. A substantial portion is taken up through the roots of the plants and transpires directly back to atmosphere via evapotranspiration from the leaves. Except in very large rain events, very little stormwater actually runs off from a forest.

Contrast this with rain that falls on a plowed field, paved surface, or a dusty camp road. The raindrop hits the ground at high speed, with enough kinetic energy to erode the surface of the soil and splatter up muddy water. This water begins to puddle up and move down the hill, carrying dirt, manure, or other pollutants such as oil or grease along with it. If the surface topography is steep, the stormwater gains momentum and continues to erode, picking up an even higher pollutant load. Typically the stormwater from these developed areas is routed rapidly through ditches and pipes directly to the nearest stream, river, or lake. The turbulent motion generates kinetic energy that allows the flowing water to carry a large load of suspended sediments. When the polluted water eventually reaches a large pond or lake, the velocity will slow and the suspended sediment will settle out. The coarser sediments settle rapidly near the shore forming a delta near the inlet (check out the north end of Long Pond where Route 27 drains into the lake at Tracy Cove) but the finer sediments (and attached pollutants) move out into the lake, creating turbidity, or cloudiness. These fine sediments settle very slowly, spreading pollutants and nutrients such as phosphorus to the deepest portions of the lake.

Under Mother Nature's system, thanks to the trees and surrounding vegetation, there is much less water flowing across the land surface

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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.



astrous lake monitoring experience. Winner will be determined

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viduals who have made a commitment to helping us learn more about Maine lakes, a discussion

ple who have truly made a difference in through their efforts to understand and protect Maine's



9:15

11:30-12:15

12:15

12:30

1:30



registration required)

Closing remarks: Scott Williams

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Wednesday, August 3,

On Sunday, July 31, the Belgrade Fire Department will hold its 5th Annual Auto Show, rain or shine, at the Belgrade Central School grounds. Gates will open at 8 am for show cars; judging begins at 10 am. Admission is \$5 per car and driver, \$3 for spectators, children under 6 free.

Classes for the show will include: Tuners, Foreign, Antiques, Street Rods, Corvettes, Camaros, Mustangs, Special Interest, Trucks – 4wd, 2wd and pre-'80, and the Best of the 50s, 60s, 70s, 80s, 90s, and 2000s. There will also be classes for Mopars and Motorcycles, 55,56,57 Chevys, Chevelles and Restoration in Progress. Special awards will be presented for Best in Show, Outstanding in Show, and Top Five Vehicles in the Show.

There will be a food booth and music all day. Toilet facilities will be available on the premises. No smoking, pets or alcohol are allowed on school grounds.

For more information call 215-6142. Entry to the Auto Show is on the Depot Road (off Route 27) near Hammond Lumber Company in Belgrade Depot.

Belgrade Fire/Rescue 5th Annual Auto Show







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Notebook -

Fiber Arts Tour Weekend

• Over 45 destinations located across Maine will open to the public for a Fiber Arts Tour Weekend, August 5-7, 10 am-5 pm. Sponsored by the nonprofit Maine Fiberarts located in Topsham, the weekend provides a chance for guests to visit working studios and farms and to participate in demonstrations, workshops, studio tours, children's crafts, and farm living. This is Maine's largest open studio tour and all activities are free and open to the public. Complete information including site descriptions, photos, driving directions, web links, contact information and demonstrations offered at each site is available at www.mainefiberarts.org. 721-0678

Maine Preservation

• Maine Preservation has moved to a new office: the beautiful Italianate 1858 Captain Reuben Merrill House at 233 West Main Street in Yarmouth. The National Register property is owned by Merry Chapin, the great-granddaughter of the original owner, Captain Merrill. Renewed activity in the landmark has led to significant help from residents and board members who have volunteered to restore the historic gardens, build shelves for the preservation library, donate antiques for an auction, and repair the ornate iron fence. Open House will be September 16-17 in conjunction with the Maine Preservation annual meeting. 847-3577

Annual Country Grass Festival

• Get your early passes until August 1st for the annual CountryGrass Festival held at Broken Acres Family Retreat, Jefferson, on August 19-21. Country legend, Tony Booth, will appear for two performances on Saturday, August 20. Other entertainment includes Ken and Jane Brooks, Step in Time Cloggers, Jeff Clark, Higgins Family, Slim Andrews, Sidekick Band, Dan Corbett, The Freedom Riders, and many others. Tickets are \$10 Friday and Sunday, \$20 Saturday. There is free camping, clean rest rooms and showers and a snack bar. 622-6772

Belgrade

• The Thursday Farmers' Market is back - in Belgrade Lakes Village in front of the boat shed owned by Great Pond Marina. The Thursday

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market is a mix of familiar Sunday vendors and Thursday-only vendors including Buttermilk Hill Farm of Belgrade with vegetables and pies, Emery Farm of Winthrop with mixed vegetables, and Stone Corner Farm of New Sharon with honey products. The Thursday market is held 2-6 pm. www.belgradelakesfarmersmarket.org

Farmington

- The Centennial Celebration of opera singer Lillian Nordica's final concert in Farmington, Maine - 1911, continues in August with three concerts:
- ...Sunday, August 14, 2 pm Voice and Flute recital by Lynn Floyd Crizer, soprano, and Rebecca Floyd Perchal, flute.
- ...Tuesday, August 16, 7 pm Master Class by Dr. Joseph Wiggett, professor of voice at California State University, Stanislas.
- ...Wednesday, August 17, 7:30 pm Nordica Day Concert featuring Joseph Wiggett, baritone, Shannon Connell, soprano, and Jesse Wakeman, tenor.

All concerts are at Nordica Auditorium at the University of Maine. Admission is by donation. 778-2042

Greene

• Dennis Labbe "The Magician"/"Mr. Magic" will be performing at the Araxine Wilkins Sawyer Foundation on Thursday, August 11 and Friday, August 12. Thursday is Children's Day with one showing at 2 pm only. This presentation is carefully tailored to suit the younger age group. Children must be accompanied by an adult. Friday's performances are at 2 and 7 pm and are for regular audiences. Dennis started practicing magic at the age of 7 and has been performing the magic arts professionally for the past 17 years. He performs both classical and comical magic and combines magic and illusion. Admission to all programs is free; the auditorium is air conditioned. 946-5311

Hinkley

• On Saturday, July 30,11 am-4 pm, the L.C. Bates Museum invites guests to drop in anytime to explore the world of frogs both in the museum and outside at the pond. Learn to identify frogs by their sounds, visit the pond with nets in hand to examine the frogs' habitat, look at frog skulls, bones, puzzles, and tracks and make a frog craft or mask to take home. Take a tour of bugs and

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CHILDREN'S

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animals that inhabit the frogs' wetland world and learn why frogs are important members of the Maine environment. Participants are encouraged to dress for the muddy pond and bring lots of wetland and frog questions. Rain or shine. Adults \$3, children \$1. 238-4250

Mercer

• Mercer Old Home Days are scheduled for Saturday and Sunday, August 6 & 7, featuring the following events:

Saturday 8/6:

- 9 am-3 pm Quilt Show & Craft Fair, Local Vendors, Kids Crafts & Activities
- 11 am Lobster Dinner, hosted by the Mercer **ATV Bog Riders**
- 1-3 pm Activities on the ball field, family fun events and crazy games
- 1 pm Bog Water Carry, ATV obstacle, hosted by Mercer ATV Bog Riders
- 7:30 pm Whoopie Pie Bake Off, behind Christy's Irving
- 8-11 pm Street Dance, with DJ Joe James & Matt James (92 Moose), bring your favorite Crazy Hat and be prepared for the Mr. & Mrs. Mercer Competition

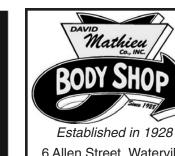
Sunday 8/7:

- 11 am-12:30 pm Turkey Pie Dinner
- 1 pm Program at the Mercer Meeting House, "Lil' Miss Mercer" Pageant & local talent For more information visit www.mohd.shutterfly.com or call 587-2225, 634-2332.

Norridgewock

• Norridgewock Family Fun-Fest and Fly-In will be held Saturday, August 6, 9 am-7 pm at the Central Maine Regional Airport. Rain date is Sunday, August 7. The Fest includes a Pancake Breakfast (Sat & Sun) 7-10:30 am, free (limited) Young Eagles First Flights for boys and girls age 8-17, Saturday 9 am-12 noon and a Spaghetti Supper Saturday 5-7 pm, rain or shine. Family Fun Events include a climbing wall, face painting, games, antique cars and tractors, airplane rides, music and entertainment, and a Candy Drop at 3:30 pm. Aviation events include a NEW Light Sport Aircraft display, a WWII Replica Aircraft, Spatial Disorientation Seminar with the "Vertigo Chair," airplane rides and the Young Eagles Program. There will be a Fire & Rescue Display. Admission and parking are free. Refreshments will be on sale. 634-2917

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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.

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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.
- Selah Boat Tours, Please call Captain Jim to arrange your tour of Great Pond today 207-495-8826

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, 1800s 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), 103 Taylor Woods Rd., 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

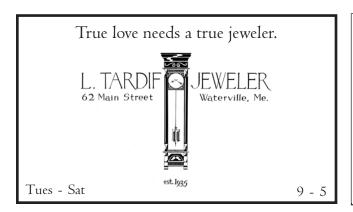
BEYOND...

- 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.xvatershedfriends.co
- 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





Belgrade Regional Health Center

4 Clement Way • Belgrade • 495-3323 Monday-Friday 8:30 am - 4:30 pm Tuesday Evening 5:30 - 7:00 pm



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Calendar —

...Thursday 7/28 through Saturday 7/30 -The KNEADING Conference and Artisan Bread Fair, hands-on demonstrations and lectures on progressive ideas in the art of wood-fired bread baking, local grain growing, milling and oven building, 947-6622, Skowhegan.

...Thursday 7/28 through Saturday 7/30 -Vienna Historical Society Plays, 29th consecutive year, "Tabby's TV" by Beverly Wight Smith and "The Dutch Detective" by cheryl Herr-Rains, 7 pm evenings, 2 pm Saturday matinee, \$5 adults, \$2 children under 12, refreshments sold by Mill Stream Grange, Vienna Union Hall, off Route 41, Vienna.

...Wednesday 7/27 through Saturday 7/30 -"Moon Over Buffalo," 474-7176, Lakewood Theater, Route 201, Madison.

...Friday 7/29 through Sunday 7/31 -Eastern Maine Agility Dog Show, free, open to public, covered arena, concessions, 474-2947, Skowhegan Fairgrounds, Route 201, Madison Avenue, Skowhegan.

...Friday 7/29 - Farmington Summer Festival and Art in the Park, vendors, demonstrations, flower show, music, food, Civil War Display, road races, children's activities, live entertainment, www.downtownfarmington.com, 779-2935, downtown Farmington.

...Friday 7/29 - "Opera on the Porch," program of light opera and popular songs presented by local reformers, part of Centennial Celebration of Lillian Nordica, 3:30-5:30 pm, 778-2042, Holman House, 227 Main Street, Farmingon.

...Friday 7/29 - Wesserunsett Arts Council Art Walk, tour of local art at businesses throughout Skowhegan, everyone is welcome, look for businesses tagged with red flags, 4-8 pm, downtown Skowhegan.

...Friday 7/29 - The Colwell Brothers,

Performing Arts Showcase, 5-7 pm, 633-3813, Harlow Gallery, Water Street, Hallowell.

...Friday 7/29 - Sunday 7/31 - Second Annual Make-A-Movie Weekend, kick off Friday 6-7 pm, turn in movies Sunday 6 pm, 377-4380, North Wayne Schoolhouse, North Wayne.

...Friday 7/29 through Sunday 7/31 -Shakespeare's "King Lear," the epic tale of a father's sorrow, opening Friday 7:30 pm, matinee Sunday 1 pm, Sunday 7 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

...Friday 7/29 - New England Music Camp Faculty Recital, 8-9 pm, 465-3025, Alumni Hall, NEMC, Route 23, Sidney.

...Friday 7/29 - Atlantic Music Festival, Salon Series IV, free admission, 7 pm, Lorimer Chapel, Colby College, Waterville.

...Friday 7/29 - 2011 Barbara Lee Artist Lecture Series, Suzan Frecon, 8:30 pm, free and open to the public, 474-9345, 529-0505, Skowhegan Art School, Old Dominion Fresco Barn, Skowhegan Campus, Skowhegan.

...Saturday 7/30 - Volunteer Lake Monitoring Program 2011 Conference, focusing on the 40-year history of the VLMP, great opportunity to socialize and network with other monitors, 8 am-1:30 pm, 783-7733, The Great Outdoors, Turner.

...Saturday 7/30 - Raspberry Festival, breakfast or lunch with raspberry foods, homemade pies and fresh berries, lobster rolls, pony rides, face painting and games, 8 am-2 pm, 395-4442, East Winthrop Baptist Church, just off Route 202, East Winthrop.

...Saturday 7/30 - Second Annual Sidney Historical Society Antique Car and Tractor Show, 8 am-2 pm, rain or shine, admission \$2 per person, \$5 for families, coffee, donuts and lunch available, 50/50 Raffle, music, prizes, 547-3342, Silver Spur Riding Club, 3130 West River Road, Sidney.

...Saturday 7/30 - Letterboxing, part navigation part scavenger hunt, 9 am, 495-6039, sponsored by the Belgrade Regional Conservation Alliance, The Mountain, off Route 27, Rome.

...Saturday 7/30 - "Endangered Animal Hunt," Children's Program, 10 am, \$1, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...Saturday 7/30 - "Remember Love," book signing with author Stacie Kerschner, 1-3 pm, 621-0038, Barnes & Noble, 9 Marketplace Drive, Augusta.

...Saturday 7/30 - "The Secret Garden," Missoula Children's Theatre performance, Waterville Opera House Summer Theater Camp, 873-7000, 3 pm, Strider Theater, Colby College, Waterville.

...Saturday 7/30 - Paddle, Picnic, and Swim at Perkins woods on Androscoggin Lake with the KLT Outing Club and Nathalie Woolworth, KLT Conservation Assistant and kayak guide, followed by ice cream at Tubby's, 377-2848, 10:30 am, meet at the Wayne Yacht Club, Wayne.

...Saturday 7/30 - Frog Day, drop in anytime for fun pond day activities, 11 am-4 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...Saturday 7/30 – New England Music Camp concert at "Bowl in the Pines," open to the public, free of charge, 3 pm, 465-3025, Route 23, Sidney.

...Saturday 7/30 - Night at the Museum,

"Rock Out," make your own rock collection to bring home, \$2 additional fee for supplies, 6:30-7:30 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...Saturday 7/30 - Atlantic Music Festival Orchestra III, conductor Jonathan Schiffman leads a very special concert with mezzosoprano Amaya Dominguez performing Berlioz's "Les Nuits d'Ete " and Beethoven's "Eroica Symphony," free admission, 7 pm, www.atlanticmusicfestival.org, Colby College, Waterville.

...Saturday 7/30 - Dance performance, sponsored by Live & Dance Strong and the Marlee Fund, in memory of Richard J. Randall, former President of the University of Maine at Augusta, to benefit a scholarship fund for aspiring Maine dancers, call 623-3488 for ticket information or visit www.liveanddancestrong.org, Winthrop Performing Arts Center, Winthrop.

...Saturday 7/30 – "Much Ado About Nothing," by William Shakespeare, timeless comedy in a WWII setting, 7:30 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

...Sunday 7/31 - Belgrade Fire/Rescue 5th Annual Auto Show, rain or shine, two dozen classes, special awards, great food, music, gates open 8 am, awards 2 pm, \$5 for car and driver, \$3 for spectators, under 6 free, 215-6142, Depot Road, next to Belgrade Central School, off Route 27, Belgrade.

...Sunday 7/31 - "Nasty Habits" band - super good times & classic rock and roll, Concerts at Norcross Point, 2-4 pm, 620-6231, the



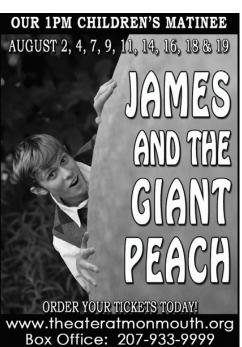
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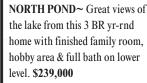




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...Sunday 7/31 - Annual Old South

Belgrade.

Vassalboro.

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to benefit the Belgrade/Rome Food Bank, 617-0702, Old South Church, Route 135,

...Monday 8/1 - "Swing for Hope and Hospice" Golf Tournament, team scramble with shotgun start at 9 am, luncheon and

awards 2:30 pm, numerous prizes and enjoyable tournament activities, to benefit

Hope's Place, a grief support program for grieving children and teens, Hospice

Volunteers of Waterville Area, 873-3615,

www.hvwa.org, Natanis Golf Course,



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Major Sponsors

...Monday 8/1 - Old Crow Band, 7-9 pm, Gazebo, Meetinghouse Square, Main Street/Route 27, Farmington.

> ...Tuesday 8/2 – Outdoor music concert, weather permitting, 11:30 am-1:30 pm, Meetinghouse Park gazebo, downtown Farmington.

> ...Tuesday 8/2 - "James and the Giant Peach," summer children's show, 2 pm, 933-9999, Cumston Hall, The Theater At Monmouth.

> > Continued on page 12...

WEDNESDAY, AUGUST 3 **DOWNTOWN WATERVILLE** 11:00 AM - 11:00 PM

imensions

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...Sunday 7/31 - New England Music Camp

Student Concert at "Bowl in the Pines," rain

Morning

or shine, free to the public, everyone welcome, 3 pm, 465-3025, Rt 23, Sidney.

...Sunday 7/31 – "Christmas in July," with

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- **Jumbo Maine Blueberry Muffins**
- **Baked Mac & Cheese**
- Our Own Chili
- Bean's Corner BBQ Beans
- **Corn Muffins**
- Fresh Biscuits
- Signature Strawberry Shortcake
- **Hand Cut Fries & Potato Chips**

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- Fresh Salad Bar every Friday & Saturday night
- **Our Own Potato Salad**
- 5 Signature BBQ Sauces!
- **Homemade Salad Dressings**
- Freshly Baked Bread
- Homemade Sausage Gravy
- **Belgian Waffles Real Corned Beef Hash**
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Calendar Continued •

...Tuesday 8/2 – Rock On The River weekly concert, free, 7-8:30 pm, Boardwalk, Kennebec River, north end Hallowell.

...Tuesday 8/2 – "The Compleat Wrks of William Shakespeare, abridged," runthrough of all Shakespeare's comedies, histories and tragedies by an amazing cast of three actors, 933-9999, Cumston Hall, The Theater At Monmouth.

...Wednesday 8/3 through Saturday 8/6

- Monmouth Fair, small family agricultural fair with midway, animal exhibits, crafts, and animal pull events, www.monmouthgrows.com/monmouthfair, off Route 202, Monmouth.

...Wednesday 8/3 - Friday 8/5 - Annual Summer Sidewalk Sales, bargain shoppers are sure to find great deals, 873-3315, Main Street, Waterville.

...Wednesday 8/3 - REM Yard Sale/Bake Sale, to benefit community projects, books, toys, knick-knacks, clothing, more, pie and other delights, 9 am-8 pm, if you have items to donate call 873-4444, REM Forum, The Center, 93 Main Street, Waterville.

...Wednesday 8/3 - Brent and Maya McCoy, bring us the "Secret Circus" with agents Honeymoon and Butterfly, world-class theater performers and comedians, "Lively Lunches" series, noon, in mini park next door to Johnson Hall, bring a lunch, Johnson Hall will sell snacks, sweets, and bottled water, no admission but donations will be accepted, in case of rain performance will be inside, 626-2385, johnsonhall@gwi.net, Water Street, Gardiner.

...Wednesday 8/3 – Taste of Greater

Waterville, food booths and children's events in Downtown Waterville starting at 11 am, Main Street closed to traffic 12-11 pm, entertainment starting 2 pm, ven- welcome, 8 pm, 465-3025, Alumni Hall, dor booths, sidewalk and in-store sales, restaurant menu service a la carte dining in the street and live music begins at 5 pm, Concourse Beer Garden for adults 21+ begins at 5 pm with live music, events are along Main Street and in the Concourse, 873-3315, downtown Waterville.

...Wednesday 8/3 - Capture Wild Animals on Paper, Summer Art Program for Children, create with pastels, 1 pm, 238-4250, L.C. Bates Museum, Route 201, Peach," summer children's show, 1 pm, Hinckley.

...Wednesday 8/3 – "Room Service," hilarious farce, 1 pm, 933-9999, Cumston Hall, The Theater at Monmouth.

...Wednesday 8/3 - Public Supper, 5 pm til gone, Fairview Grange, Rt 8, Smithfield.

...Wednesday 8/3 - Edible Plant Walk, forage through the woods and discover nature's bounty of edibles, sponsored by the Belgrade Regional Conservation Alliance, 5 pm, 495-6039, the Dolley Property, Watson Pond Road, Rome.

...Wednesday 8/4 - Sunset Concert Series, bounce house, concessions, 6 pm, ... Thursday 8/4 – Ellen Tipper Concert, Waterfront Park, Augusta.

...Wednesday 8/3 - Atlantic Music Festival, Salon Series V, free admission, www.atlanticmusicfestival.org, Lorimer Chapel, Colby College, Waterville.

...Wednesday 8/3 - "Blithe Spirit," by Noel Coward, comedy, 7:30 pm, 933-9999, Cumston Hall, The Theater at Monmouth.

...Wednesday 8/3 - New England Music Camp Faculty Recital, open to the public, free of charge, everyone Route 23, Sidney.

...Thursday 8/4 through Sunday 8/7 – "Once Upon A Mattress," 474-7176, Lakewood Theater, Route 201, Madison.

...Thursday 8/4 – Children's Summer History Program, 1 pm, 238-4250, L.C. Bates Museum, Route 201, Hinckley.

...Thursday 8/4 - "James and the Giant 933-9999, Cumston Hall, The Theater At Monmouth.

...Thursday 8/4 through Sunday 8/7 -Skowhegan Summerfest, Moonlight Madness - day one; Harvest Days Golf Tournament & Lobster Bake - day two; Bike Night - day three; Main Street Skowhegan's Cruise-In - day four; food, music, sidewalk sales, activities in downtown Skowhegan.

...Thursday 8/4 - "This Way," Portland roots rockers, Lithgow Public Library summer concert series, 6:30 pm, on the library lawn, free and open to the public, 45 Winthrop Street, Augusta.

local pianist and singer-songwriter performs from her latest album "The Juggler," sponsored by the Belgrade Regional Conservation Alliance, 7 pm, 495-6039, Union Church, Route 27, Belgrade Lakes.

...Thursday 8/4 – "King Lear," by William Shakespeare, epic tale of a father's sorrow, 7:30 pm, 933-9999, Cumston Hall, The Theater at Monmouth.



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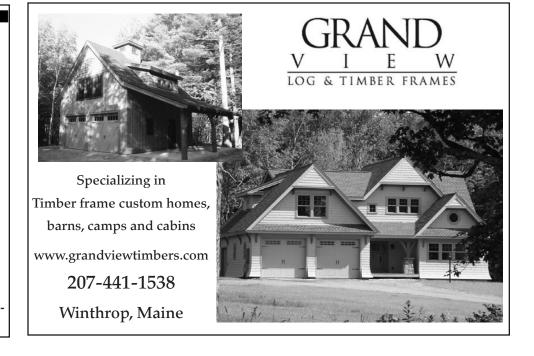
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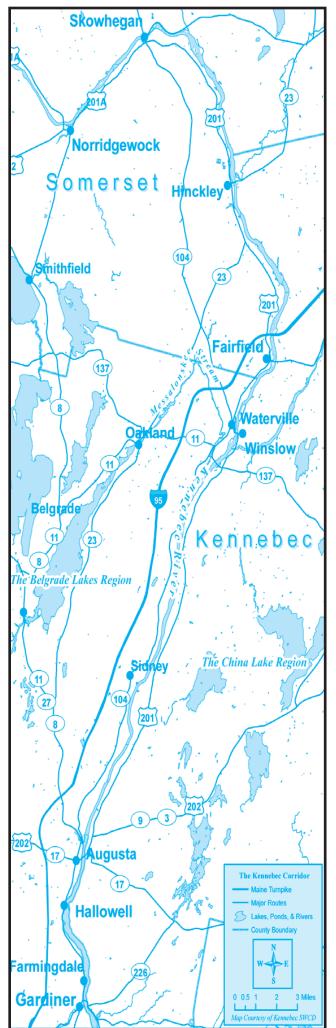
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www.sumbelnews.com

Antique Car and Tractor Show in Sidney



The Second Annual Sidney Historical Society Antique Car and Tractor Show will be held Saturday, July 30, 8 am-2 pm, rain or shine, at the Silver Spur Riding Club, 3130 West River Road. The program will include food - coffee, donuts and lunch available, a 50/50 Raffle, music and prizes. Admission is \$5 per participating vehicle; for the general public \$2 per person or \$5 for families. All proceeds benefit the Sidney Historical Society.

Car Classes will be: Best of Teens through 1980s, Corvettes, Mustang/Cammero, Street Rods, Rat Rods, Survivors, Trucks and Motorcycles. Tractor Classes include best of: pre-1939, 1940s-50s, 1960s-80s, Hit or Miss, and Garden Tractors. Spaces are available for crafts tables, flea market, and auto/tractor swap. Call 649-9156 or 547-3342.



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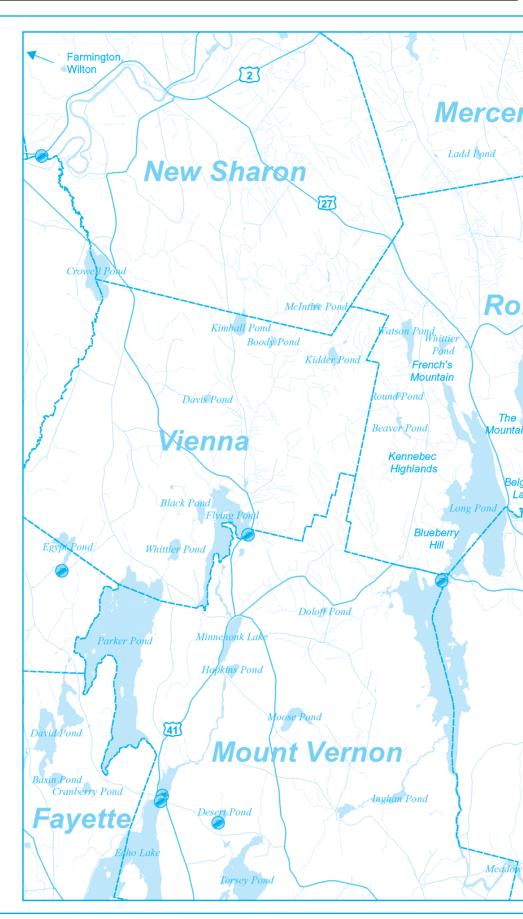




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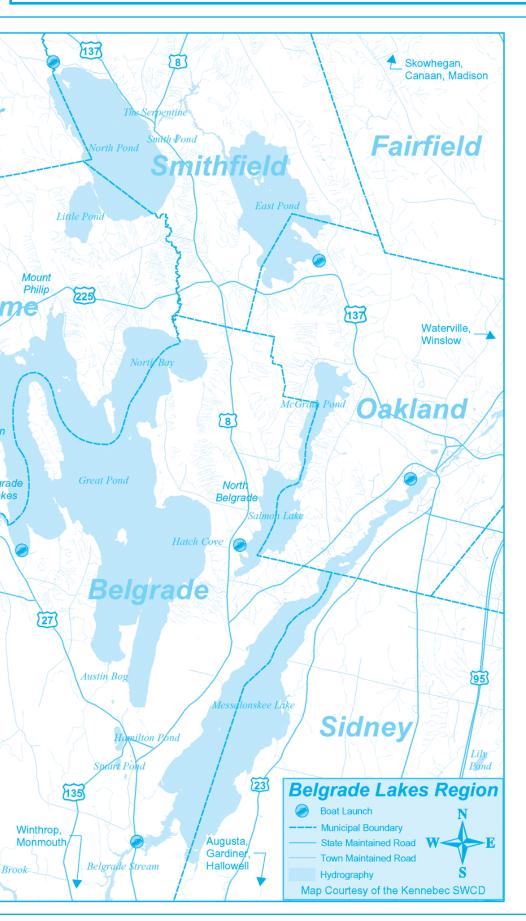
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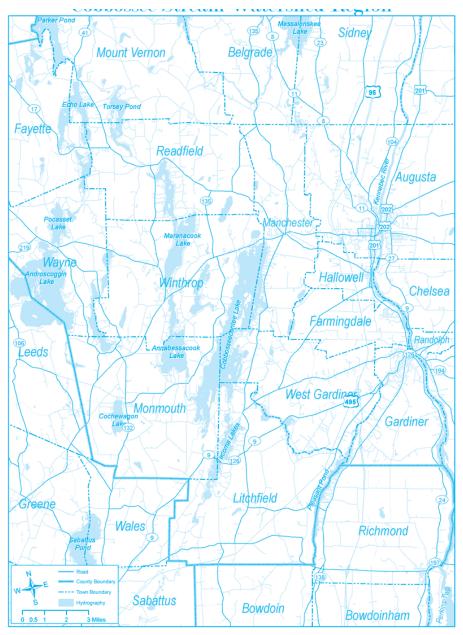
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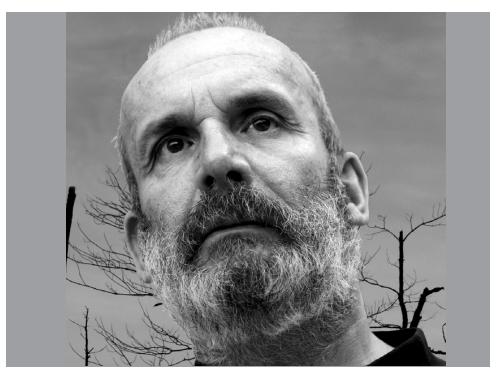


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Directed by David Greenham, King Lear opens Friday, July 29th at 7:30 p.m. Additional July performances will take place on July 30 at 1 p.m. and July 31 at 7 p.m.; and August 4, 10, 13 & 18 at 7:30 p.m.. Tickets are \$26 on opening night; all other performances are \$24 for adults, \$22 for seniors and matinees, \$20 for students. For questions and ticket reservations, please call our Box Office at (207) 933-9999 or visit our website, www.theateratmonmouth.org.

On opening night a lovely reception will be held after the show where audience members can enjoy complimentary food and drinks and an opportunity to meet with the director and members of the cast.







Cobbossee Corner

Cocktail Party Fundraiser

ark your calendars now for the 9th Annual adding to the festive evening. As always, a great "Friends Cocktail Party", scheduled for Wednesday, August 17, 2011 at a place on a lake in the Cobbossee Watershed soon to be announced.

Attendees will be serenaded by the sounds of a local band soon, as well, to be announced, with exquisite catering provided by White Flour Catering. This year's "microwave" auction - 6 items in 15 minutes - is back with a guest auctioneer, group of items will be auctioned off.

100% of all contributions go directly towards supporting the programs and projects offered by the Friends, as all out-of-pocket costs continue to be underwritten by the Jay & Terry Snider Foundation.

Don't forget to mark the date: Wednesday, August 17, 2011.

Canoe and Kayak Paddle

oin the Party and enter the Friend's annual Canoe and Kayak Paddle! (Also known as "Spotter's Sprint") This is open for both casual and competitive paddlers. You don't want to miss out on this new, exciting event! It is the only one of it's kind in the area.

It happens on August 21, 2011 at 10:30 in the morning at the State YMCA Camp in East Winthrop, Maine. You will want to get there early to get your race package and on-site registration.

Spotter's Sprint is a 1.5+ mile course off the Western Shore of picturesque Lake Cobbosseecontee. The race is open to all casual and competitive paddlers, and there are awards in 30 different category combinations.

A cookout provided by the YMCA Camp Staff will follow the awards ceremony and is included

in the registration fee for all contestants. Spectators are also welcome to attend the cookout for \$6/pp and there is no pre-registration required.

Sprague & Curtis Real Estate will be sponsoring this event again this year!

All paddlers must wear an approved PFD while in the water. There are no exceptions to this important rule.

Volunteers will be stationed by boat along the course, and the YMCA has ample parking facilities for participants and spectators.

Registration information will be here soon as well as amounts per person and other great stuff as well!

For more information, please contact the Friends Executive Director at 207-621-4100, or via email at ken@watershedfriends.com.

Fall Classic Tour of Cobbossee Watershed

The Friends of the Cobbossee Watershed are ■ starting a new event. It is a bicycle ride called the Fall Classic Tour of the Cobbossee Watershed. Each year it will feature a ride that tours a significant piece of our beautiful watershed. There will be mountains with views of streams and lakes, and roads that parallel the lakes and streams with birdseye views of them throughout the ride. The ride will begin and end in the same place and there will be a celebration at the end probably including a barbecue and a band. There may even be a feed and bathroom stop along the way. We hope to feature a photographer as well, and you will see outrageous support because local bicycle shops have asked to be a part of this.

This year, the ride will take place on Sunday, September 11th starting and ending at the State YMCA Camp in East Winthrop. The ride will start

at 9:30 and roll up route 135 toward Kent's Hill. It will then make it's way toward Wayne, and then over Mt. Pisgah, and through North and East Monmouth, and up along 135 again to the finish at the YMCA Camp. In Kent's Hill there are views of Torsey Pond, and many lakes not even in the Cobbossee Watershed in the Wayne and Fayette areas, as well as incredible views of Berry, Dexter, and Wilson Ponds as you go over Mt. Pisgah. The route will cover about 35 miles and you are welcome to ride it at a leisurely pace or you can blister it, whichever you choose.

There is a flat registration fee, and prizes for people that acquire pledges, and the prizes get higher in value as participants move up in the dollar amounts of their pledges. See the breakdown at BikeReg! 🦡







377-2121 Winthrop ME 04364





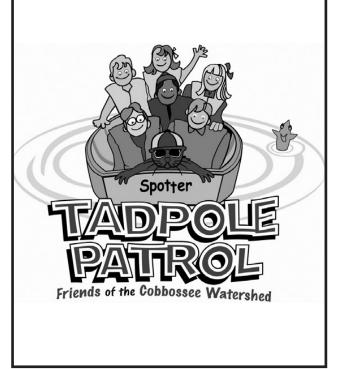
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- Upcoming —

- The Smithfield Maine Historical Society is holding a garage and food sale on Saturday, August 6, at the Groves House, 21 Lakeview Drive, 8 am-2 pm. 634-4392
- Celebrate in Belgrade Lakes with the annual Bean Hole Bean Supper put on by Belgrade Fire/Rescue and the Loon Calling Contest on Saturday, August 6. The supper starts at 5 pm.
- On Saturday, August 6, New England Music Camp's Annual Pops Concert will be held at the Messalonskee Performing Arts Center in Oakland at 7 pm. 465-3025
 and food. Advance sale tickets. 465-4439
 The August ice cream social for the Oakland Alistorical Society will be on Tuesday, A
- Mystery author Archer Mayor is coming to Waterville on Tuesday, August 9, for a book signing 2-4 pm at Children's Book Cellar, 52 Main Street. 872-4543
- On Wednesday, August 10, the Harold Alfond Memorial Belgrade Regional Conservation Alliance Pro Am Golf Tournament will be held at the Belgrade Lakes Golf Course at 11 am. 495-6039
- The 193rd Skowhegan State Fair will take place August 11-20, large midway, nightly entertainment, harness racing, exhibition halls, pulling events, livestock barns and competitions, food everywhere, and much more. 474-2947

- The Belgrade Community Center for All Seasons and the Belgrade Lakes Association will hold its 2011 Summer Lobster Bake fundraiser on Saturday, August 13. 495-3481
- Folksinger Bill Berlinghoff will be the featured performer followed by Open Mic Hour at the Union Coffeehouse in Belgrade Lakes on Saturday, August 13, 7:30 pm.
- Riverside Farm Market in Oakland is hosting an outdoor under tents Gypsy Jazz Festival on Sunday, August 14, noon to dusk, with three bands, and food. Advance sale tickets, 465-4439
- The August ice cream social for the Oakland Area Historical Society will be on Tuesday, August 16 at 6:30 pm in the parking lot of the TD Bank on Main Street in Oakland. The RB Hall Band will perform. 465-7549
- The Blistered Fingers Family Bluegrass Festival will be held August 25-28 at the Litchfield Fairgrounds. 873-6539
- "And Then There Were None" will be performed at Hallowell City Hall on August 26 and 27 at 7:30 pm, August 28 at 2 pm, and September 1, 2, and 3 at 7:30 pm. Ticket prices are \$12 for adults and \$10 for students or seniors. 626-3698
- Take a drive to Thorndike for a Public Chicken Barbecue on Saturday, September 3, 11:30 am, and a Yard Sale at 9 am, Thorndike Church, Route 139.

948-2455

• Matt Costa will headline the 5th Annual Hill 'n the Ville Music Festival, free event, on Saturday, September 10, 12-7 pm.

Ellen Tipper To Perform in Belgrade Lakes



On Thursday, August 4, at 7 pm, nationally-acclaimed singer-songwriter Ellen Tipper will perform at the Union Church in Belgrade Lakes. A native of the Waterville/East Pond area, Tipper recently released her second full-length album, "The Juggler," which features piano-driven, story rich songs inspired by life in Maine and by her travels around the world. Reviews hail the CD as "superbly crafted...delivered from the heart," "44 minutes of bliss...," "an amazing collection of music," "full of sensitivity, warmth and charm." The show is free to the public. 495-6039



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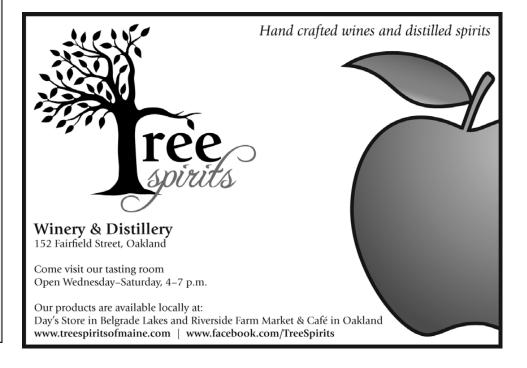
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Conservation Too –

iven the way our gardens are beginning to • produce it is time to be eating other local foods available at roadside farmstands, farmer's

markets and in your local grocery store. "Eating

local" is becoming much easier.

Over the past couple of years, the number of small farm operations which produce local products has grown. In Maine, the quickest growth in agriculture is coming from these smaller agricultural operations that grow fruits and vegetables, produce artisan cheeses or even produce locally processed food products. The primary arguments made in favor of eating locally are fresher food, food safety and knowing where your food comes from. Another issue receiving more attention is the question of how much energy is needed to get us our food. Those foods from around the world are likely to require much more energy to get them here and generate a larger carbon footprint.

A local orchard operator talks about how many gallons of gasoline it takes to get a bushel of California apples to your store instead of the ones from her orchard. The food on our dinner plate has traveled an average of 1,800 miles in order to finally get to our plate. That's a lot of

Gardens and Maine Farm Days

by Dale Finseth

hydrocarbons used to get our food to the table. The carbon footprint generated is not usually figured into the price. It seems inconsistent that our food must travel such a distance to get to us when we are able to purchase it from our neighbor and know exactly how it got to our plate. With the current use of "hoop houses" and green houses, growers are finding that they are able to extend their growing season by starting earlier in the spring and growing later into the fall.

Even here in Maine we have local choices throughout the year. But... you need to plan your menus around what is available not what you may be craving at the moment. Re-think some of your choices and give preference to foods that were grown or produced within 100 miles. There are far more choices than you may realize.

Later this summer on August 24th and 25th the annual Maine Farm Days extravaganza is on tap. Here is local food being produced on a grand scale. It is scheduled mid-week on Wednesday and Thursday. This is an opportunity for the public to visit a local farm as part of the "Maine Farm Days Agricultural Exposition". Misty Meadows Farm in Clinton, Maine will host this year. This is the same farm that hosted three and four years

But ... nothing stays the same on a farm. Come and see the changes. Misty Meadows Farm is a large dairy farm that grows hundreds of acres of their own feed and other crops. They grow all the forage they need to feed over 800 cows. They raise many of their own replacement animals. Misty Meadows Farm is a BIG operation. They milk over 500 cows which produce nearly 37,000 pounds of milk daily. For those of us who are not dairy farmers, that is about 4,400 gallons. On these two days in August, they open their farm to the public so we can see how that farming work is done. Take them up on their hospitality.

There are displays, a kid's tent, equipment displays, a wagon tour and many other activities over the two days. ... and it is all free to the

Make sure and plan to visit. Check out more information at their website at www.MaineFarmDays.com

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 5

towards the water. This water continues to be slowed and filtered by vegetation and rarely develops enough momentum to cause erosion or carry a heavy sediment load. As the flowing water approaches a stream or lake, it typically flows into a heavily vegetated wetland buffer that acts as a large sponge to absorb the water and further slow the flows, allowing suspended sediments to settle. Some of the fine sediments adhere to the surface of the plant stems in the water column, a process known as "adsorption." The end result is that the water finally reaching the lake is clean and clear.

Another important and often overlooked advantage to Mother Nature's system is that

much of the water entering the lake or feeder the Kennebec Highlands Project, to which we streams comes not over the surface of the land, but infiltrated through the ground. This not only filters and cleans the water but also chills it to the how you can help. On land that is developed, the groundwater temperature, which around here is about 50° F (10° C). Contrast this to water running off a hot asphalt road or parking lot in the summertime, which can easily exceed 80° F. The cooler water is much healthier for the lake, enabling higher dissolved oxygen levels and much happier fish, especially trout and salmon.

So, how do we protect our watershed and maintain high water quality? One way is to protect as much forested land as possible within the watershed. This is one of the main drivers for BRCA's land conservation programs, especially

have recently added over 1000 acres. Please visit our web site at www.belgradelakes.org to see answer is to mimic Mother Nature's system as much as possible in handling the stormwater runoff. At the new Maine Lakes Resource Center (MLRC), which should be opening shortly, all the runoff is infiltrated into porous pavers or infiltration trenches and filtered through a rain garden before entering the lake through the groundwater. Come visit the new center to check it out. Hopefully we can give you some good ideas you can implement on your own property.







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Thursday, July 28, 5 p.m. at the Belgrade Lakes Golf Club

After the meeting, join us for an old-fashioned cook-out with hamburgers, hot dogs, and cold drinks. A cash bar will be available.

All members and prospective members welcome. RSVP to Liz Fontaine at liz@colorstorminc.com or 207-592-5990.

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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

Sidney

• Alumni from all over the world are coming to New England Music Camp to celebrate the 75th Anniversary Celebration Weekend August 5-7, which includes:

...Friday 8/5: 7:30 pm - Student Honor Recital, Alumni Hall; 9 pm-12 am - Alumni Reception, Riverside Restaurant, Oakland.

...Saturday 8/6: 11:30 am-1 pm - Chicken barbecue in grove; 1:15-2:45 pm - 1812 Overture rehearsal at the Bowl in the Pines; 3-4:15 pm -"State-of-the-Camp" discussion in Alumni Hall; 7:30 pm - POPS Concert, Messalonskee Performing Arts Center, Oakland.

...Sunday 8/7: 10:30-11:30 am 1812 Overture rehearsal at the Bowl; 11:30 am - Ecumenical Christian Worship Service, Alumni Hall; 3 pm Concert, Bowl-in-the-Pines, combined performance of 1812 Overture. 465-3025

Skowhegan

• Take a tour of art and businesses during the Wesserunsett Arts Council Art Walk set for July 29, 4-8 pm. The following businesses will have exhibits: WISH - the creative pottery of David Ellis, paintings by Linda Swift and globes from the Worlds Seen and Foreseen show; (Peace, Love and) Happyknits - wood block prints of Robert Gray, Jr.; M.Thai Restaurant - the "intuitive" paintings of Julianne Reed; Whittemore's -Alexandra Bennett's series of nature photos, "Captivating Beauty;" Upstairs over Bloomfield's Video Art - Paul Gregoire's 1998 "Launching,"

Kozy Cove Cottages, Rt 8, Salmon Lake, Belgrade, 465-0959, www.kozy-covecottages.com

The Village Inn, 1 & 2 bedroom suites, Rt 27, Belgrade Lakes Village, 495-3553, www.villageinnducks.com

Whisperwood Cottages, American Plan, boat rentals, 103 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

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

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



and the TwaTones at Lakewood in 1986, and more; Vincent's Framing - Joe Kennedy's inventive sculptures; Leakos Gallery - Give the monkey a quarter, ring the bell and count slowly to 100...; Old Mill Pub - the paintings of Forrest Meader; Central Maine Artists Gallery and River Roads - both to be determined. www.wesarts....

Wayne/Winthrop

• A multimedia presentation about the volunteer work of the Mahatma Gandhi Foundation in Las Terrenas, Dominican Republic is scheduled at the Cary Memorial Library in Wayne on Thursday, August 11, 7-8 pm and The Winthrop United Methodist Church on Saturday, August 13, 9-10 am. Over 200 volunteers from 16 countries have helped at the Foundation in changing the lives of children, youth, and adults through literacy, education, sports, health and the environment. Jose Bourget and Annette Snyder, founders of the Foundation, will talk briefly about their work at the library they started which also serves as a community center for children and families. A reception will be held on August 11, 6-7 pm at the Wayne Community Church. 685-4657



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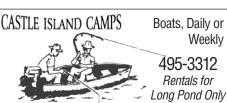
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www.whisperwoodlodge.com

in North Belgrade

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
- Pete's Pig, 81 Main St., Belgrade Lakes Village, 495-4095,
- 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

New Sharon

• Top of the Hill Grill, 54 Farminton Falls Rd. New Sharon. 779-0973. www.topofthehillgrillonline.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, 872-9700.
- 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.

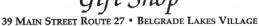
Winslow

• 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

The Brass Knocker Gift Shop





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

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

– The Small Garden Guide –

Summer Food Safety - Leave Bacteria Off Your Guest List

ooking forward to outdoor summer activities such as camping, boating and hiking? Of course, none of these events would seem complete without a few snacks or a nice lunch to keep us energized. Besides tuning into water and sun safety reminders, we must also keep in mind food safety rules. Foodborne illnesses increase in the warmer months, due to higher temperatures, higher moisture levels, and outdoor cooking issues. This summer, go to every picnic or BBQ packing an appetite along with a few safety tips, sponsored by the Belgrade Regional Health Center, 495-3323.

Keep Clean: Wash hands and cooking items thoroughly with warm water and soap. Bring plenty of fresh water for cleaning or moist towelettes if there will not be a water source where you are heading.

Do Not Cross-Contaminate: Raw meats should be wrapped tightly, ensuring that juices will not be transferred to other items in you cooler. Wash all plates, utensils, and cutting surfaces that may have had contact with raw meat.

Cook Thoroughly: When cooking meat, use a meat thermometer to ensure food has been cooked thoroughly. Refer to the USDA's meat temperature guide, which can be found on their website or at www.foodnetwork.com, for specific temperature guidelines.

Refrigerate: Food should be kept cold. Items



such as cold cuts, cooked meats, chicken and mayonnaise need to be kept in a cooler. In temperatures of 90° F or higher, food should not be left out for more than one hour.

Be sure to use reliable cooling containers: Some coolers can keep food colder for longer periods of time. Also, packing your cooler can make all the difference. Think about separating food and drinks, as the cooler containing drinks may be opened more often. For more tips on packing your cooler, visit www.keepyourcooler.com.

Remember, irresponsible food handling is an open invitation to bacteria. Keep bacteria off your guest list, this summer. Enjoy your outings and stay healthy!

For more information visit: www.fsis.usda.gov or www.belgradechc.org.

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-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,

AUCTIONS

626-9330

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

AUTOMOTIVE

Mathieu Auto Body and Mechanical Repair Services, 6 Allen Street, Waterville 872 5518, www.davidmathieucompany.com

BAIT & TACKLE

Fisherman's Choice Bait & Tackle, 22 Water St., Oakland, 465-7101

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, *kidsbookseller@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)

 $\textbf{Gagne and Son,} \ 28 \ Old \ Rt \ 27, Belgrade, 495-3313,$

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

FIREWOOD

J & M Logging, Inc., 853 Civic Center Dr., Augusta, 622-6353



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.theartisansbarn.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,

GROCERIES

622-3561, www.natanisgc.com

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

GROOMING

Dogwood Spa Pet Grooming, 682 Augusta Rd., Belgrade, 512-2423

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, 800-834-3638

KITCHENS

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.theframemakers.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

SPA

Belgrade Lakes Day Spa, "Your Premier Wellness Center" (207)495-2560, www.belgradelakesdayspa.com

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

VETERINARY SERVICES

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

WINDOWS

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

WINDOW TREATMENTS

Blind Time, 24 Meadow Hill Dr, Farmingdale, 621-9832, www.blindtime.com

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

Expressions -

"Remember Love"

..." for all children. Believe in the dreams that you have for your life; they are your gift..."

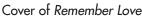
nember Love" by Stacie Kerschner is a I small book, child-sized and fancifully illustrated, with a very large message of beauty and reassurance - a message that children want and need to hear, especially from those entrusted with their care.

Kerschner's message to her own two young children (Sierra 8 and Caden 2), and to all the children in the world, is that they are loved and eternally appreciated, that they are special and unique and have a very important plan in life, that the spirituality of nature and of a greater creative being will comfort and guide them, and that there is always hope.

Promoted as a delightful bedtime story for children, "Remember Love" is an anytime story richly philosophic for all ages, the type of book to buy and save for a grand- or other significant child.

Kerschner, who grew up in the Belgrades and traveled the world, currently lives on St. Simons Island, Georgia. Her writing reflects her travels and her current coastal surroundings and also the greater universal theme of nature as wondrous, comforting and inspiring.





"Remember Love," published in January 2010, is Kerschner's first book. She is working on a second book, along with being a busy Mom, visiting the Belgrades, and traveling to book signings. She will be at Barnes and Noble



The author, Stacie Kerschner

in Augusta on Saturday, July 30, 1-3 pm to meet and talk with people interested in her writing and to personally sign "Remember Love." A percentage of sales will be given to non-profit children's charities around the world.

Passion in Vienna?

or the 29th consecutive year, the Vienna in Vienna Union Hall on Thursday and Friday, July 28-29 at 7 pm and Saturday, July 30 at 2 and 7 pm.

"The Dutch Detective," written in 1914 by Walter Ben Hare and adapted by Cheryl Herr-Rains, involves two newlyweds, a disgruntled father-in-law, two escaped psychiatric patients, the detective tracking them, and two women looking for their fiances, who all show up at the Readfield Depot where the local sheriff and lunch-counter proprietress cannot tell them apart. Someone will come "from away," two characters will turn out not to be who someone thinks they are, all will have a romantic ending,

and regardless it will be great fun.

The second show, "Tabby's TV," is set at a Vienna farmhouse back in the days when television was a novelty. It was written by Beverly Wight Smith, who plays the role of Tabby. The TV, a gift from visiting relatives, does not meet her bachelor son's approval. When Tabby returns home from a church musical with guests in tow, while he is sleeping, the household is disrupted by an unforeseen event. The next day, as assortment of characters come and go, while in search of romance. Will they find passion in Vienna? Or a one-way ticket out of town?

Admission is \$5 for adults and \$2 for children under 12. Refreshment will be sold by the Mill Stream Grange. Come early for good seats.



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Hanging Baskets



- Fishing **-**

uring the hotter months when the lake weeds are at their thickest, one fun way to catch largemouth bass is by throwing a frog imitating bait into thick cover. Frogs are ideal when fishing heavy cover because they are made to float over the top and go through the thick stuff with relative ease. They are also a blast to fish so they offer a great change of pace from rubber worms and jigs. There's a lot of different frogs on the market these days ranging from the Scum Frog too the new Spro series. They come in a wide range of colors and sizes, but personally I like to use traditional patterns of green or black. Personally, I've never seen a florescent orange or bright purple frog in the lake but I'm sure somewhere an angler swears by his lucky hot pink frog. I don't even know if I want to catch a bass that would eat a hot pink frog, but to each his own!

There's a variety of fishing tactics for frog fishing and fishermen can experiment with various retrieves too. For example in August we like to occasionally throw a buzz bait around heavy weeds and burn the lure over the heads of the bass to get a reaction strike. Sometimes this tactic will catch truly huge fish. You can fish a frog the same way. When swimming frogs quickly I like to use the 4-inch Zoom Horny Toad. The legs on this frog really kick up a wake that drives big bass crazy. When fishing slower I like the 2 _ inch Spro Frog Jr in leopard color (green/black). One thing that will help anglers up the odds of hooking into a big largemouth on a fake frog is to use a heavier braided line and a rather stout rod. I use a 7 foot medium action bait caster loaded with 60 pound power pro for my frog fishing, however you can fish frogs on a spinning outfit. Sometimes it's easier to "skip" the frog under docks or trees with a spinning rod too. The braided line doesn't have any stretch so when the bass takes the frog under, the angler should hesitate for a second or two and then set the hook very hard. Setting the hook too early will result in your frog flying over the boat without a bass attached to the hook. Lastly, the braid cuts through the weeds better so it makes it easier to haul your trophy out of matted grass. One word of warning though, northern pike love to hit these frogs and they have a tendency to bite you off. The braided line will help a little bit, but at \$9 or \$10 a frog it can get expensive!

In last weeks article I wrote about how we've been diving the lakes quite a bit this summer and checking out what the fish are up to. Well, I have

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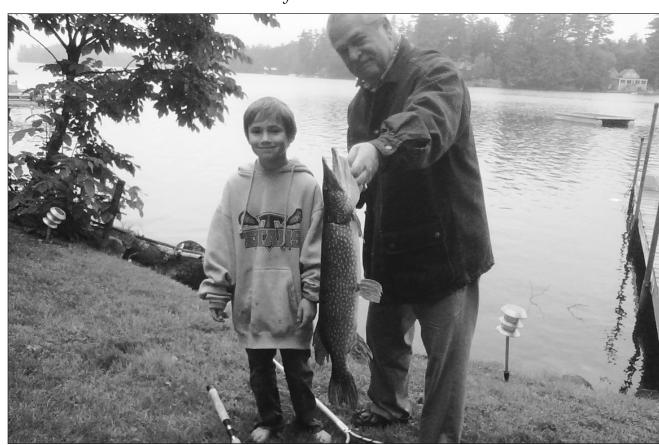
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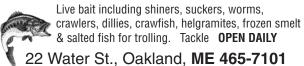
by Mike Guarino



Bob Croteau and his 9 year old grandson, Jackson Craig, visiting from MA, caught this 28 inch pike on July 2nd off Kim Moxcey 's dock at their camp on Messalonskee Lake.

a story from this week that I found interesting. Basically, we were free diving the shallows picking crayfish. I had two identical white buckets with holes poked in the lid to store the crayfish as we caught them. In one bucket we had about 30 crayfish and the other bucket was empty. I tied the buckets to the end of the dock and sank them to the bottom. Within minutes up to 9 smallmouth bass were swimming around the bucket that had the crayfish and not one bass was near the empty bucket. The bass couldn't see inside the pails, so they either could smell the crayfish or hear them clicking. Regardless, the fact of the matter is that those bass knew there was bait inside – amazing. After watching the bass for a while, I dove down and picked a small crayfish from under a nearby rock. I swam over toward the bucket, held the crayfish out in my fingers and a smallmouth about 14 inches long come over and ate the crayfish right out of my hand. It was one of the coolest experiences I've ever had. Next week we're going to try filming it with my underwater camera. If everything works out, I'll post the video and put the link in this article. Good luck fishing this week!

Fisherman's Choice Bait & Tackle







Damian Michael with a big Belgrade largemouth caught last week.

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





Pet World

All About Dog Breath

ther than the sweet milky smell associated with young puppies (otherwise known as "puppy breath"), there is generally not much that is pleasant about the oral smell of even our best canine companions. First and foremost, dogs can't brush and floss, and they don't really care to rinse or use mouthwash either. I doubt that many would bother even if they could, given the disgusting smelly things they eat and roll in when presented with an opportunity. However, for the more discerning owners and friends of dogs, breath issues can be a problem. There are contributing factors for some dogs that make their breath worse than usual, however. In addition, poor oral health in dogs can cause or be a sign of much more serious problems than bad breath.

Few of us take time to take a good look at our dog's teeth on a regular basis. Is there discoloration, blood or redness around the gums, broken or missing teeth? Is one side significantly worse than the other? The discoloration can be just staining of the teeth, or the start of plaque (ie. bacteria) and tartar. Tartar that gets very thick is known as calculus and can be just as hard as oyster shell. Once tartar and calculus get established, it is impossible to remove it and clean the teeth with just doggy toothpaste and a brush. It needs to be scaled off with dental instruments, taking good care not to damage the gums while doing so. Anyone who has tried to just brush their dog's teeth can appreciate that doing this on a dog who is awake is next to impossible. Even for routine cleaning, anesthesia is needed, but the results of a clean fresh mouth are worth it.

With time, gingivitis and calculus lead to disease above the gum line. Root decay and pockets, known as periodontal disease, can cause some serious problems when infection enters the bloodstream and travels beyond the mouth. These include root abscesses that can affect the eye, sepsis that can lead to pericarditis or valvular heart disease, spinal disease, kidney disease and others. Keeping a clean mouth is not only more pleasant, it is also an insurance policy towards good overall health, particularly in older animals.

Bad dental health is not the only cause of really bad breath however. Growths or tumors of the gums, jawbone, tongue, or lips can trap food or cause infection that can smell much worse than normal. Dogs can get foreign bodies such as pieces of stick, hair, bone or plant material caught between teeth or under the gum line

that can get nasty as well. Beyond the mouth, intestinal upset or organ disease can result in breath that is worse than normal. Skin diseases that cause them to lick themselves, sinus or other respiratory infections and dietary indiscretions also can make things worse. Some systemic diseases, such as kidney failure or diabetes mellitus, can also result in odd smells on the breath. An annual exam is the perfect time to mention changes you may have noticed in your dog's breath.

So where do we start cleaning things up? If you are starting with a clean (relatively) young mouth, look into home care options. Ask your vet what they have available. In a mouth that is not covered in tartar, enzymatic dog toothpastes help prevent its formation if used regularly. Many dogs come to accept brushing if it is introduced gradually and done gently. Dog toothpatstes come in flavors a lot of dogs like, and if brushing proves difficult, paste can at least be gently applied to the gum line without too much fuss. Never use human toothpaste on your dog - they will swallow it, which is not good for them. There are a number of effective dental care treats available as well, such as CET chews, Science Diet's T/D food and Greenies that also help "brush" the teeth by breaking off tartar and calculus as the dog chews, and using enzymes to break down its precursor, plaque. Be careful, though; not all products available really do what they say they do. There aren't many official checks and balances to ensure that their claims are valid; buyer

If your dog's mouth is already full of that brown nasty stuff, talk with your vet about what is involved with a good dental cleaning. Yes, some dogs do need yearly cleanings, particularly certain breeds who seem to grow tartar more easily, such as Shelties, Poodles, and Yorkies to name a few. The trick is getting committed after the teeth are clean to help maintain them at home. Having a nasty infected or broken tooth removed can make a world of difference to the breath, but think how much better the dog feels after it is removed. Even with dogs with horribly infected teeth, owners often exclaim "But he is still eating!"; of course he is - he really doesn't have any other alternative!

Cleaning up your dog's breath can involve some bigger commitment, such as a thorough dental cleaning at your vets, or maybe just some small steps, such as investigating and routinely giving effective dental treats. Better breath is sure to improve the old "human animal bond" - more face time, more treats - it can only help. Your dog will appreciate your efforts, even if he pretends he doesn't care and proceeds to go eat the gross (fill in the blank) he just found in the yard!

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

A Local Experience.



Bill Hill Augusta



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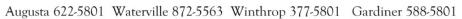
Tracy Warren Waterville

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Business

Women's Initiative Sparks Community Pride

Seeing a need and finding a solution is the founding premise of Women's Initiative, a project of Waterville's REM Community Network. Located at 93 Main Street, lower level, Women's Initiative provides an opportunity for women to come together and create a community which encourages and enriches their lives.

To date, Women's Initiative has established A Women's Place, "a safe environment where women from all walks of life feel welcome and nurtured," and where talents can be developed. Also Women's Initiative hosts The Crafting Circle on Tuesdays and Thursdays from 11:30 am-2:30 pm, where women can bring crafts they are working on, share crafting ideas, develop their talents, and learn new crafts.

The latest project for Women's Initiative is the Clean Up Challenge, scheduled for Saturday, July 30 at 9 am in the alley behind the Concourse. Beautifying the alley not only will make Waterville a cleaner community but it will make the streets more tasteful for the Taste of Waterville, scheduled for Wednesday, August 3.

...Continued from page 4

in place since Pine Tree Camp opened in 1945.

About the Harold Alfond Foundation

Founded in 1950, the Harold Alfond Foundation furthers the philanthropic legacy of Harold Alfond, the founder of Dexter Shoe Company and a longtime supporter of Maine communities in which he and his family worked and resided. Harold Alfond awarded matching challenge grants to organizations to build community partnerships and to inspire and leverage additional giving by others. He ensured that his philanthropy would live on by committing nearly all of his wealth to the Foundation, which continues to support charitable causes in the State of Maine.

WOMEN'S INITIATIVE CHALLENGES YOU TO HELP CLEAN IT UP



Date: JULY 30 Time: 9:00 AM Location: Waterville

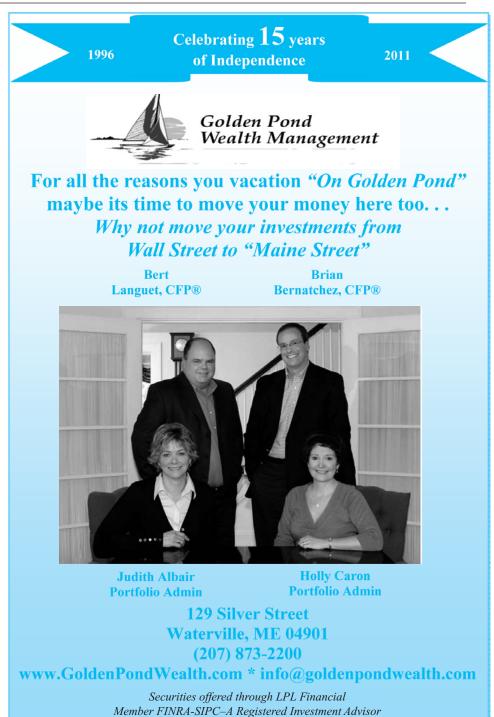
Behind Goodwill to the other end of the delivery area by the Library For more Info call us. 207-692-0290 11:30—5 pm

Taste of Waterville is coming soon.

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