



Photo contributed

Businesses and service providers have found many ways to share their expertise with the community, and one new idea was a hit with everyone. In May, the Franklin County Chamber of Commerce and Franklin Savings Bank co-hosted the first Franklin County Wellness Fair. The event showcased related businesses and provided information and tools for a healthy lifestyle. Representatives from the Hridaya Hermitage yoga retreat in Industry and from the Farmington Elks Club Drug Awareness Program talked with visitors about their services and benefits. Other presenters offered information about essential oils, healthy cooking classes, mindfulness techniques, and ways to exercise without equipment.

## Summer festivals, performances and “Old Tyme” fun keep the greater Farmington area hopping

BY VALERIE TUCKER  
Correspondent

Down East Magazine has called Farmington one of “The Best Places to Live in Maine.” The town regularly receives accolades for its historic architecture and small town appeal.

The Franklin County Chamber of Commerce is organizing the annual July 4th parade and related activities around town. Check [franklincountymaine.org](http://franklincountymaine.org) for a schedule of events as they are posted.

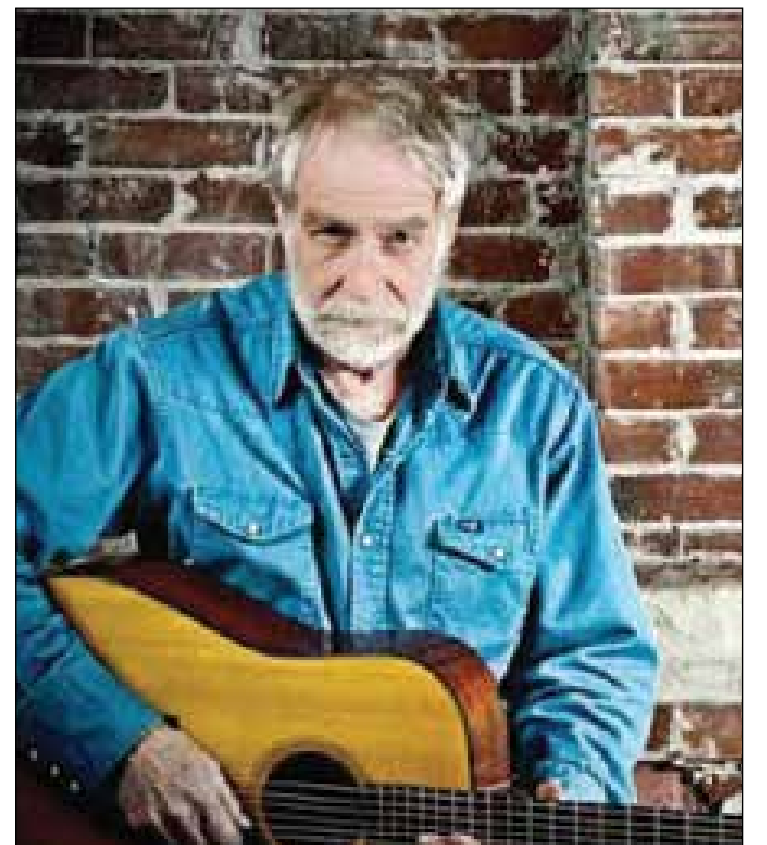
Music is part of the Farmington summer music scene. At 7:30 p.m. on June 25, at the University of Maine’s Nordica Auditorium, the Mastersingers USA men’s choir will perform a program of sacred music, folk songs and American spirituals. The group won first place in the 2003 Male Choir Competition at the International Musical Eisteddfod in Wales. Donations will be accepted at the door.

This year’s Maine Jazz Camp, from July 10-23, will offer free concerts, featuring some of the most talented professional jazz musicians in the country. On Sunday through Thursday, while camp is in session, the faculty concerts start at 8 p.m. in Roberts Learning Center. Student concerts are on Friday and Saturday at the close of both one-week sessions. For more information, visit [mainejazzcamp.com](http://mainejazzcamp.com).

The Downtown Farmington Association’s annual Summer Fest, with an “Old Tyme Fun” theme, will be on Friday, July 24 and Saturday, July 25. At 6 p.m. on Friday, Summer Fest will host a “Farmington’s Got Talent” contest at Meetinghouse Park. Participants can play an instrument, sing, dance, recite poetry, or share other talents with the audience. After the show, the Sunday Project dance band will play some great swing music from the Big Band era, as well as old standards from the ‘60s, like “Surfing, USA.”

Other events include a “meet & greet” with members of the popular North Woods Law television program, many musical performances around town, an historic horse and wagon tour around town with Paul Mills, fire truck rides, “Pie on the Porch” at the Holman House, disc golf, a street dance, and an evening concert at Meetinghouse Park. For more information, visit [downtownfarmington.com](http://downtownfarmington.com), call 491-5533 or email [susun@minikins.org](mailto:susun@minikins.org).

The Sandy River Farmer’s Market is open May through Oct., Fridays 9 a.m. to 2 p.m. on Front Street and from 9 a.m. to noon on Main Street



Kingfield POPS organizers have announced an exciting addition to the lineup for the 14th annual Kingfield POPS, which will take place June 25 at the Kennedy Farm. Dave Mallett will return to the POPS stage, joining the Bangor Symphony Orchestra, The Mallett Brothers Band, The Fogcutters and Ghost of Paul Revere.

in the District Courthouse parking lot.

The town has created a walking tour with signs that explain the historical significance of eight different areas. One stop is the North Church, at 118 High Street, which was built in 1873.

Other area festivals and concerts include the evening Kingfield Pops concert on June 25, which follows a day-long arts and crafts festival in the downtown. The Bangor Symphony Orchestra will be conducted and directed by Grammy Award winner Lucas Richman. Additionally on the slate to kick off the 14th annual concert is Dave Mallett, The Fogcutters, The Mallett Brothers Band, The Ghost of Paul Revere and the Western Maine Trash Can Band. For more information, visit [kingfieldpops.com](http://kingfieldpops.com).

Kingfield is also celebrating its bicentennial year with a full slate of activities, including the traditional Kingfield Days, a three-day celebration of music, parades, and historical displays and reenactments. For more information, visit [kingfieldme.org](http://kingfieldme.org) and [kingfield-bicentennial.com](http://kingfield-bicentennial.com).

The tiny town of Weld also is celebrating its bicentennial year and has a wide range of summer activities scheduled, including a fireman’s field day and chicken barbecue on July 2, a garden tour on July

9, a Weld Historical Society “Greatest Hits” program on July 13, a celebration of Webb Lake on July 16, an antiques appraisal day on July 19, and a street dance on July 29. For more information about each month’s activities, visit [weldbi-centennial.com](http://weldbi-centennial.com).

The Wilton Blueberry Festival on Aug. 5-6 claims to have the biggest parade in the entire state. The two days include a juried art show, road races, boat rides and a fireworks finale. Among the many musical performers will be a nationally known Elvis impersonator and country-western singer Debbie Myers. Also performing will be Mama’s Wranglers, an old-time western band and champion cloggers out of Las Vegas, Nevada. For more information and schedules, visit [wiltonbbf.com](http://wiltonbbf.com).

Phillips Old Home Days is always the third week in August. A few of the dozens of festivities include bathtub, bike and running races, a parade, street dance, and lumberman’s competition. The flower, quilt and photo shows and friendly competition showcase the talents of local residents. The plane rides, a children’s Wonderland party, train rides and the Duck Derby offer a unique opportunity to enjoy western Maine’s gifts. For more information, visit their Facebook page or email [phillipschamberofcommerce@yahoo.com](mailto:phillipschamberofcommerce@yahoo.com).

## Franklin Chamber members collaborate After Hours events planned for a year

BY VALERIE TUCKER  
Correspondent

Franklin County offers a unique blend of sophisticated culture and laid-back charm amidst natural beauty, outdoor adventure opportunities and business growth.

Despite economic challenges, communities and businesses in the rural western region have stayed closely knit and supportive of each other.

Franklin County Chamber of Commerce Executive Director Penny Meservier said she’s seeing new businesses opening and others expanding. Keeping members in touch with each other is critical, she said.

“Our goals include prosperity, success and partnership, both for our members and our communities,” she said. “A happy and successful business owner contributes to a happy and successful community, and the Chamber’s goal is to help everyone succeed.”

The Chamber offers local businesses the opportunity to network with other businesses and, each month, a member will host a Business After Hours gathering to socialize, learn about each other’s business or services and hear about their Chamber’s recent accomplishments and future plans. The board has added two new members, so Meservier is excited about the organization’s progress.

“Our calendar for the Business After Hours event is filled up through 2017,” she said. “That is a great indicator of the support businesses have for each other and for their communities.”

Recently, the Chamber and Franklin Savings Bank co-hosted the first Franklin County Wellness Fair at the University of Maine at Farmington. The event showcased

“Our calendar for the Business After Hours event is filled up through 2017. That is a great indicator of the support businesses have for each other and for their communities.”

FRANKLIN COUNTY CHAMBER OF COMMERCE  
EXECUTIVE DIRECTOR PENNY MESERVIER

related businesses and provided information and tools for a healthy lifestyle. Yoga, essential oils and a cooking classes, a mindfulness workshop, and a demonstration of ways to exercise without equipment were just a few of the offerings. Meservier said the turn-out was great.

The Chamber also published its annual Welcome Guide, with a directory of member information and profiles of local towns, recreation opportunities and visitor destinations. At the Walmart, the chamber offers a kiosk at both entrances; the guides are available at their office located on the far right on the outside of the store.

“The guide is great for visitors, those looking to relocate to the area and for those who live in the area who may need to rediscover it,” she said.

Chamber members also support their student popu-

lation and continuing education through their fundraising efforts. On Sept. 30, they once again will host the Seth Wescott and Franklin County Chamber of Commerce Golf Classic at the Sugarloaf Golf Course to support the Chamber’s scholarship program.

Each year, the organization also offers one or more David Robie Scholarships to Franklin County residents to encourage higher education or continuing education. Students going to school for a new career or skills training must plan to attend — or currently attend — an accredited, post-secondary school. This includes prospective high school graduates, current full-time college students or other residents returning to school. A high school equivalency test (GED) is acceptable. Scholarships are open to residents who have lived in the county for at least the prior 12 months.

### FRANKLIN COUNTY CHAMBER OF COMMERCE NEW MEMBERS IN 2016:

Foot & Paddle  
Hope Association  
Project Linus  
Maine Tax Lady  
Sparkes Hearing Services  
Liberty Mutual Insurance  
Beebow Family Crafts  
Randy Keach Auto  
Online New England/Enchanted Herbs and Botanicals  
Belton Hearing Aid Centers  
Farmington Historical Society  
Western Mountain Chiropractic & Sports Injury  
McDonald’s  
Herb & Earth, LLC



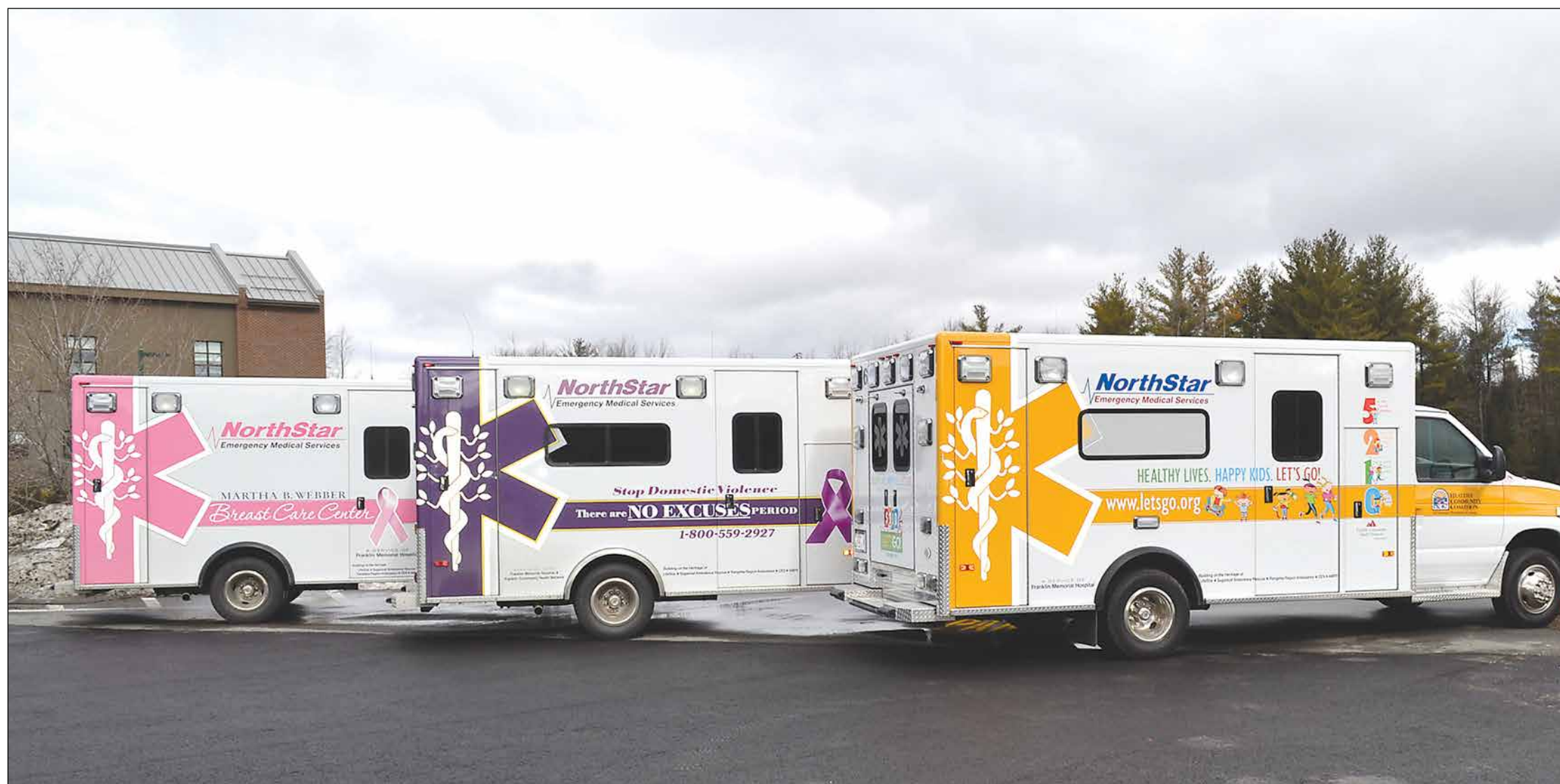


Photo contributed by FCHN

NorthStar EMS, the ambulance service for Franklin County, has become an unlikely candidate for community education. Executive Vice-President Gerald Cayer and NorthStar EMS Director Mike Senecal, along with several collaborators, decided to use them as moving billboards for public health awareness. "People might see ambulances on the road every day, so this is like a traveling bulletin board with great messages about issues we're all working daily to share with our communities," Cayer said. They started three years ago with a Domestic Violence Awareness message, added a Breast Health message in 2015 and recently unveiled its 5-2-1-0 Let's Go logo this year. The goal is to have all seven ambulances carrying community education messages wherever they travel.

# Ambulances serve as traveling billboards

## Health programs are on public display

BY VALERIE TUCKER  
Correspondent

Instead of waiting for patients to come to them through the doors of the Franklin Community Health Network's health centers and hospital, care providers are taking a more active role in the public education of the community — by using ambulances to provide information.

NorthStar EMS is the ambulance service of Franklin Memorial Hospital. Although an ambulance might seem to be an unlikely candidate for community education, collaborators determined that since an ambulance gets plenty of frequent attention, why not use it as a moving billboard?

Executive Vice-President Gerald Cayer's extensive background includes public health issues. He and NorthStar Director Mike Senecal knew funding was limited for a public relations

"People might see ambulances on the road every day, so this is like a traveling bulletin board with great messages about issues we're all working daily to share with our communities."

EXECUTIVE VICE-PRESIDENT GERALD CAYER, NORTHSTAR EMS

effort in Franklin County, a county the size of Rhode Island. The ambulances travel the state from Fort Kent to Boston, Cayer said, so they seized the creative opportunity.

"People might see ambulances on the road every day, so this is like a traveling bulletin board with great messages about issues we're all working daily to share with our communities," Cayer said.

NorthStar has ambulances in Carrabassett Valley, Rangeley, Phillips, Farmington and Livermore Falls, and they are rotated regularly. The service started three years ago with a used ambulance they overhauled and added to the fleet.

"We have information that

we have to have on every ambulance but, beyond that, we could use our imaginations," Cayer said.

Since a primary issue affecting every community is domestic violence, the first ambulance offered information for the Safe Voices crisis hotline and featured the hallmark purple logo that coordinated with the organization's public relations campaigns.

The second year, they featured awareness of breast health and the services of the Martha B. Webber Breast Care Center.

This year, the team decided to focus on the 5-2-1-0 Let's Go! campaign to combat childhood obesity and other health issues that children face. The num-

bers suggest that every child should have at least five servings of fruits and vegetables every day, spend less than two hours in front of a computer or TV screen every day, get at least one hour of physical activity every day, and consume no sugary drinks. The catchy colorful logo has been a big hit, and the feedback has been very positive, according to Cayer.

The numbers suggest that such regular community health education pays off with reduced health care costs for individuals, families and taxpayers. Cayer, along with other medical professionals and service providers, did a study of

community-wide cardiovascular disease prevention programs and outcomes over a 40-year span.

In 1970, only 10.8 percent of Franklin County's population was over the age of 65. Forty years later, 2010 census data indicated that same population has more than doubled to 23 percent. Comparisons of the median age over that same time period show the median age has doubled, from 26.8 years to 43.4 years. Nine percent of residents lived below the poverty level in 1970, compared to 16.8 percent in 2010.

The good news is that more residents of Franklin County have access to

quality medical care, with approximately one primary care physician per 853 residents in 2010, compared to one doctor per 1,870 residents in 1970. That increased contact between providers and patients made a big difference, officials reported.

Results, published in the Journal of American Medical Association, concluded that sustained, community-wide programs targeting such common health risks as cardiovascular disease could be modified successfully. Those changes were associated with reductions in hospitalization and mortality rates over 40 years, compared with the rest of the state.

Focusing on and promoting programs that address those health issues puts the communities one step closer to improved outcomes, local providers agree.

# Farmington Fair opens to 176th year of family entertainment

Presented by the  
Franklin County  
Agricultural  
Society

The Farmington Fairgrounds will open its doors on Sunday, Sept. 18, for the 176th year of musical entertainment, dozens of displays, horse racing, livestock exhibitions, competitions and rides. Children can listen to storytelling, watch marionettes, visit baby animals and even ride a sheep.

Daily exhibits last year include Mike Chase's Alderun Wood Creations and the Western Mountains Blacksmith's Shop. Last year a maple syrup sap house and a one-room school house were open as volunteers were available for tours.

The Exhibition Hall will be open daily from 10 a.m. to 9 p.m. Last year the midway offered ride specials during the week.

Pari-mutuel harness racing starts and with stake races will be planned during the week.

Fair campers can bring RVs and pop-ups to the grounds. Hook-ups are available; pets must stay outside the grounds.

For more information, call 778-6083, or email [farmingtonfair@beeline-online.net](mailto:farmingtonfair@beeline-online.net).



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# Salon, fish park join new business list

## Power tool shop, marijuana providers also open

BY VALERIE TUCKER  
Correspondent

The former Granary Restaurant building on Front Street has been empty for a few years, but that has all changed, according to Matt Dexter, the building's new owner.

**The Do Or Dye Salon, Spa and Piercing Studio** opened the doors to its new digs at 141 Pleasant Street. Located in the front section of the Granary building's upper level, the shop has become a popular spot for those working in town or living on the University of Maine campus.

Co-owners, Jennifer Hallock and Carl Stinchfield Jr., have been in the business for years and have an established clientele developed over more than three decades. Both pay close attention to the newest styles and coloring techniques. Both are from the area and graduated from local high schools, and both have traveled and worked in other salons, but they said their partnership in the new salon works perfectly for both of them.

"I've gone from Presque Isle to New Jersey, working for Regis Corp. in management, but there's no place like Farmington," Stinchfield said. "The diversity of the community keeps me on my toes every day." Hallock agrees.

"I was born and raised in Farmington," she said. "I am very excited about this new adventure in my hometown."

They offer 12-minute tanning booth sessions along with their hair care, spa, and piercing services. Hours of operation are 9 a.m. to 5 p.m., Monday through Wednesday, and 9 a.m. to 7 p.m. on Thursday and Friday. On Saturdays, they are open from 9 a.m. to 2 p.m. For more information, call 778-3673 or visit [www.doordye.net](http://www.doordye.net) and their Facebook page.

In that same building, former Granary owner Rick Mealey and his crew are readying the **Granary Brew Pub & Restaurant's** revival. Mealey opened the restaurant on June 1, 1998, and he has planned a June 1, 2016 opening. Although he has torn apart the old space, he has rebuilt the familiar old wooden bar. The new space will be very different from the original restaurant, but will have the same cozy and friendly feel, he said. The menu will offer affordable dining choices so that seniors, students and families can afford to dine out. He said he has hired wait staff and cooks and plans to be open daily for lunch and dinner.

Another new business offers family fun and outdoor adventure. On Titcomb Hill, fat rainbow and brook trout are splashing temptingly at the **Fish N Play** trout pond and park. Clayton King and his wife Janice have served generations as owners



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of CJ's Appliance Store. King said he had a dream, though. He decided to dig a huge pond on acreage across from their store.

Last year, he stocked hundreds of trout that were only six inches long. He has been feeding them 15 pounds of pellets each day, and they are ready for the grill, oven or frying pan this summer. The pond is deep and spring-fed, so the fish have thrived, he said. He has added picnic tables, swings, fireplaces and areas for recreation because not everyone wants to catch a fish. Some want to come for a picnic and play time.

"People can come here for relaxation and bring the family for a few hours of fun," he said.

He hopes to make the area popular for events, including weddings, reunions and other group events.

"This is a work in progress, and will have even more fun available as we go on," he said.

Since Fish N Play is a private facility, guests don't have to have a fishing license. People can get in some fishing before or after work without all the gear and time spent driving to a remote spot. The business will be open from 7 a.m. to 7 p.m., seven days a week as long as the seasonal weather permits. For more information, visit the Facebook page or call 778-3375.

Prices are \$10 per pole and 50 cents per inch for each fish the visitor takes home. General admission for a picnic is \$10 per table per day. Neither swimming nor pets are allowed.

Another new business is **Chuck's Got It - Pneumatic and Power Tool Sales,**

**Service and Repair.** Located at 449 U.S. Route 2 East, Chuck Majka, owner and the expert fixer of all power tools, originally planned to open his shop just for repairs. That simple plan has expanded somewhat because he's had so many customer demands for quality tool brands.

Majka is a factory-authorized technician for repair of Hitachi tools and Rolair compressors. He honed his sales and management skills working for a division of National Lumber Company in Massachusetts. He's also a familiar face to Franklin County residents as co-owner of the Sandy River Golf Course in Chesterville. The shop is open from noon to 5 p.m. on Monday, 7 a.m. to 5 p.m. Tuesday

through Thursday, and from 7 a.m. to noon on Fridays. He's also available by appointment. Call 645-3300, visit [www.chucksgotittools.com](http://www.chucksgotittools.com) or his Facebook page for more information.

Certified medical marijuana providers work with patients who have chronic and complex health problems. These individuals have struggled to find alternatives to conventional medicine and now Franklin County patients can receive those services from **Herb & Earth LLC.**

The company's owners started first as patients with their own health problems. After they found that cannabis provided a non-toxic therapy without the harsh chemical side effects, they decided to help as many other patients as they could. After years of research and training, the owners of Herb & Earth offer clients certified herbalist consulting on the use of both cannabis and non-cannabis

plant medicines

The company also offers therapy dog services for patients. Herb & Earth educates patients on harm reduction, proper usage and titration, and offers ongoing consulting. All products are lab tested and grown organically.

Other services include delivery, classes on cooking with cannabis basics, proper handling, dosage, labeling and storage. Their first-time garden consultation includes instruction on growing from seed to cure, and many organic gardening basics. Most patients have cancer and are terminally ill, but some suffer from post-traumatic stress disorder and other challenging illnesses, they said. Prospective new patients must have a current doctor's recommendation and photo ID. For more information, call 639-4662, email [herbandearth@yahoo.com](mailto:herbandearth@yahoo.com), or visit the Herb & Earth Facebook page.



On Titcomb Hill, fat rainbow and brook trout are splashing temptingly at the Fish N Play trout pond and park.



**Pictured:** Lesley West, MD  
Cardiologist

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# Stiles characteristics grace Wilton golf course

## Berg played exhibition match here in 1946

BY VALERIE TUCKER  
Correspondent

Some of the best known American golf course architects turned ho-hum courses into works of art after the turn of the 20th century.

Growth in popularity of the game created a demand for more courses with complex challenges. Although the exact year is often a source of contention among golf historians, most agree that the "Golden Age" of golf course architecture began around 1916.

Courses designed at that time include the Pebble Beach course in California, designed by Douglas Grant and Jack Neville in 1918. In 1923, A. W. Tillinghast designed the Winged Foot Golf Club in Mamaroneck, New York. Bobby Jones and Alister MacKenzie designed the Augusta National Golf Club in 1933 in Georgia.

At Wilson Lake Country Club, the characteristics of another of those "Golden Age" golf course architects, Wayne Stiles, is still in play.

Stiles stayed quietly out of the limelight that many of his contemporaries enjoyed. He left behind a portfolio of 145 designs and uncountable consults on other projects. He was not inclined toward self-promotion, was rarely photographed, and primarily focused on pleasing his clients and designing enjoyable golf holes, according to the Wayne Stiles Society that preserves his legacy. His career as a landscape architect during his competitive golf years shows in his attention to trees, sight lines and shadings.

At some courses, much of his work has been preserved or restored; at others, virtually no Stiles features remain. In the early 1930s, he created the classic nine-hole layout that still sits today by the shores of Wilson Lake in Wilton. The Wilson Lake Country Club has made a commitment to the original Stiles characteristics over eight decades of play.

The course also has historical significance for the fact that, in 1946, the famous Patty Berg played an exhibition match here, setting the women's course record. Berg pronounced Wilson Lake to be "the best nine in Maine."

A professional golfer and a founding member and leading player on the LPGA Tour into the 1960s, Berg's 15 major title wins remain the all-time record for most major wins by a female golfer. She is a member of the World Golf Hall of Fame.

The Club's logo originates from a perfectly-preserved copy of the 1932 Wilson Lake bylaws, the year the Club began playing golf. On the front cover is the name of the Club, the year of the book and a distinctive shamrock.

"We carefully scanned the image and painstakingly recreated both the graphic and the typeface in a format that will now be used for a club logo, on our club gear and accessories," said Matt Barnard of Harris Golf, which owns the course. "It's a new look for the Club that also pays homage to its Golden Age legacy."

Although the routing at Wilson Lake includes five parallel holes, the uphill and downhill nature of their path from the clubhouse to the lower points of the property demand second shots of varying lengths. The 153-yard, par-3 second was described in a 1935 Maine golf guidebook as "one of the prettiest one-shotters in Maine," playing "from an elevated tee across a deep gully with woods close to the fairway on either side." It remains so today, Barnard said, although it might not seem so on the second loop, when it commences at the back tee, 218 yards from the pin.

Tee times may be booked by phone up to a week in advance by calling the pro shop at 645-2016. Online tee-times have become more popular, and can be made on the club's website. For more information, email [info@wilsonlakecountryclub.com](mailto:info@wilsonlakecountryclub.com) or visit [www.wilsonlakecountryclub.com](http://www.wilsonlakecountryclub.com).



Photo contributed by Harris Golf  
In the early 1930s, Wayne Stiles, an architect during the Golden Age of golf, created the classic nine-hole layout that still sits today by the shores of Wilson Lake in Wilton. The Wilson Lake Country Club has made a commitment to the original Stiles characteristics over eight decades of play. In 1946, the World Golf Hall of Fame champion Patty Berg played an exhibition match here, setting the women's course record. Berg pronounced Wilson Lake to be "the best nine in Maine." Pictured is the scenic 8th hole, at 329 yards, par 4.

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