



**Call 1-800-222-1222**  
 If you have a poisoning emergency



**Town of Exeter**

**Every 8 seconds someone calls a Poison Center**

What are the leading causes of poisoning for children and adults?

**Children**

- Cosmetics such as perfume or nail polish, and personal care products such as deodorant and soap.
- Cleaning products such as laundry detergent and floor cleaners.
- Pain killers such as acetaminophen and similar medications.

**Adults**

- Pain killers
- Sedatives (drugs used to reduce anxiety), hypnotics (sleeping pills) and antipsychotics (drugs used to treat mental illness)
- Household cleaning products.

**Where can people get help for poisonings?**

Poison centers can be reached at 1-800-222-1222. Dialing this number will connect you to your local Poison Center. Poison Centers are staffed by nurses, pharmacists and physicians. Here you can get help with poisoning emergencies and obtain information on ways to keep your family safe. Poison Centers are open 24 hours a day, seven days a week. The call is free and confidential.

For more information call your poison center at 1-800-222-1222 or visit [www.aapcc.org](http://www.aapcc.org) and [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov).

Dexter, Maine  
 Incorporated 1816  
**Town of Dexter**

**THE BAKER'S TABLE**  
  
 44 Newport Road, Corinna  
 To order call: 207-278-2253  
 207-278-BAKE

**SVH**  
 SEBASTICOOK VALLEY HEALTH  
 447 North Main Street, Pittsfield  
 487-4000 (tty 487-4590)  
[SebasticookValleyHealth.org](http://SebasticookValleyHealth.org)

PITTSFIELD 487-5576  
 487-3129  
 NEWPORT 368-4940  
 368-4751  
**Sebasticook Valley Federal Credit Union**  
 Your Community Credit Union, Making A World of Difference  
[www.svfcu.me](http://www.svfcu.me)  
 NCUA

**SPRING STREET Greenhouse and Floral**  
 325 Garland Rd., Dexter  
 924-7102 • 1-877-742-5119  
 Wendy & Tim Underhill PCF, mmfd

**SMITH'S GROCERY & LUNCH**  
 Route 11, Brownville  
 Open 7-7 • 7 Days A Week  
**965-8818**

**shaw's**  
 1073 W. Main Street  
 Dover-Foxcroft, Maine

**SEBASTICOOK FAMILY DOCTORS**  
  
 The Right Choice For Your Health  
[www.sebasticookfamilydoctors.org](http://www.sebasticookfamilydoctors.org)  
 1-866-364-1366

**S&L AUTO PARTS**   
 10 Park Street, Milo ME  
**943-2636**

*The Nor'easter*  
**Restaurant**  
 44 North Street, Dover-Foxcroft  
 Across from the Post Office  
**564-2122**  
 Tues. - Sat. 11 to 8, Sun. 11 to 6

**VARNEY CHEVROLET**  
 66 Somerset Ave., Pittsfield  
**487-5111 • 1-800-427-5115**

**PROUTY AUTO BODY**  
 1-800-464-8353  
 26 Summer St.,  
 Dover-Foxcroft

**REDDY HEALTH CENTER**  
 Make our Health Center Your  
 Medical Home for  
 Personalized Medicine.  
**207-924-7349**  
[www.ReddyHealthCenter.com](http://www.ReddyHealthCenter.com)

**ROWELL'S SALES & SERVICE GARAGE**  
 207-564-3434 • Dover-Foxcroft  
[www.rowellsgarage.com](http://www.rowellsgarage.com)

**Plum Creek**  
**Timber Company**  
 Greenville Jct. • 695-2241

Area's largest supplier of bagged feeds  
**Poulin Grain**  
**Perkeo Supply**  
**379-2900**  
**1-800-453-3337**

**NEWPORT ENTERTAINMENT CENTER**  
**NEC's**  
 We Are Newport's Fun-Center  
 Newport Plaza, Newport  
**368-2490**

**Maine Highlands FEDERAL CREDIT UNION**  
 Personal service. Shared value.  
 Dexter Dover-Foxcroft  
 Brownville  
 Guilford Greenville  
[www.MaineHighlandsCreditUnion.com](http://www.MaineHighlandsCreditUnion.com)  
 1-888-806-6920

**Mayo Regional Hospital**  
 Your partners in better health  
 897 West Main, Dover-Foxcroft  
**564-8401**

**Harris Drug Store**  
 Serving the Moosehead Area Since 1896  
 Pritham Ave., Greenville  
**695-2921**

**Hibbard Nursing & Rehabilitation Center**  
 A Skilled Nursing Facility and  
 Main Street West  
 Assisted Living Facility  
 Dover-Foxcroft, Maine • 564-8129  
[www.hibbardnursinghome.com](http://www.hibbardnursinghome.com)

**Ingraham Equipment**  
 3 Knox Ridge South, Knox, ME 04986  
**207-568-3245 • 1-800-236-4160**  
[www.ingrahamequipment.com](http://www.ingrahamequipment.com)

**KIMBALL INSURANCE, L.L.C.**  
 35 Hudson Ave, Guilford ME 04443  
 (207) 876-9777 (877) 844-3388  
 Fax (207) 876-2590  
[www.kimballinsuranceagency.com](http://www.kimballinsuranceagency.com)  
 \*Securities offered through United Planners' Financial Services of America, a Limited Partnership. Member FINRA, SIPC.

**Lumbra Hardwoods Inc.**  
 River Rd., Milo  
**943-7415**

**HARMON'S**  
 Fuel, Heating Oil, Propane Gas  
 31 Main Street, Milo  
**943-2561 or 1-800-564-3835**

**HARDWOOD PRODUCTS COMPANY LLC & PURITAN MEDICAL PRODUCTS COMPANY LLC**  
 "Companies that support its' community... Builds for the future"  
  
 31 School Street, Guilford, Maine 04443 U.S.A.

concrete@haleyconstructioninc.com  
**TRANSIT-MIX CONCRETE**  
 • WASHED - SAND  
 • LOAM  
 • FLOWABLE FILL  
 • CRUSHED • GRAVEL  
 MAIN PLANT:  
 165 Main St., Sangerville 876-4412

**H&R BLOCK**  
 64 E. Main St.,  
 Dover-Foxcroft  
**207-564-2363**

**Goulette's IGA**

**Dr. Gerrard W. Rudmin**  
 OPTOMETRIST  
 81 Spring Street, Dexter, ME 04930  
**924-3444**

**DUNHAM'S FURNITURE**  
 192 ELM ST. (RT. 2), NEWPORT 368-2088  
 1221 BROADWAY, BANGOR 947-0179  
 183 SPRING ST., DEXTER 924-3066  
 MON. - FRI. 9-5, SAT. 10-3  
[www.dunhamsfurniture.com](http://www.dunhamsfurniture.com)

**Garland Store & Exeter Country Store**  
 Garland • 924-6996  
 Exeter • 379-2044

**BUY HERE & PAY HERE**  
 for as little as \$500 Down  
 and \$40 A Week!  
**GERRY'S USED CARS**  
 We Are a Full Service Dept. \$45/hr.  
 266 Newport Rd., Corinna • 278-2205  
 • Oakland - 465-9566 • Skowhegan - 474-6700  
 • Veazie - 990-2206

"Representing The Industry's Leading Manufacturers"  
 7 Locations in Maine  
**Gilman Electrical Supply Co.**  
 53 Main St., Newport  
 368-4306 or 1-800-439-7937

**NAPA AUTO PARTS**  
 Howard A. Leland, President  
**Dover Auto Parts, Inc.**  
 27 Summer St., Dover-Foxcroft  
 564-2100 • 564-3353  
**NAPA Auto Parts**  
 Elm St., Guilford • 876-3594

**dexter print**  
 271 Number Ten Road  
 PO Box 108, Dexter, Maine 04930  
 Phone: 924-0028  
 Email: [dexterps@myfairpoint.net](mailto:dexterps@myfairpoint.net)

**MOTOR SUPPLY CO.**  
 Your Maine Source for Auto Parts  
 924-3704 368-5311  
 1-800-932-3704 1-800-498-5311  
 55 Grove St. Rt. 2, Triangle Plaza  
 DEXTER NEWPORT  
[www.motorsupplyautoparts.com](http://www.motorsupplyautoparts.com)

**DEXTER LUMBER**  
 21 Jennings Hill Rd.,  
 Off Rte. 94, Dexter  
**924-6408**  
 YOUR COMPLETE HOME BUILDING CENTER

**Dexter Boarding Home**

Custom Screenprinting and Embroidery  
**BERG SPORTSWEAR**  
 852 Dexter Road, Corinna, ME 04928  
**1-800-242-2374**  
 Phone: (207) 278-7740  
 Website: [www.bergsportswear.com](http://www.bergsportswear.com)

**BROOKS TIRE and AUTO SALES**  
 Rte. 7 Corinna Road DEXTER  
**924-7149 or 1-800-339-7149**

**BUD'S Shop'n Save**  
 DEXTER  
 NEWPORT  
 PITTSFIELD

**CORINNA AUTO BODY**  
 Rt. 7, Corinna • 924-6464  
 24 Hr. Towing  
 FREE for Collision Customers  
 Over 28 Years Automotive Experience

**Crosby and Neal**  
 Funeral Homes and Cremation Services  
 Dexter 924-6890  
 Guilford 876-3388  
 Corinna 278-2262  
 Newport 368-4331  
 Greenville 695-0303