

# FIRE & ICE

**It's that time of year again!**

**Time to brave the frigid water,  
to benefit the AYC's After School Program's Kids Kitchen!**

**Approximately 200 children receive a free, hot, well-balanced meal each day through our After School Program's Kids Kitchen. 67% of the children receiving a meal after school say this is the last meal of the day for them. Please help us make sure a child doesn't go to bed hungry.**

**Join us on**

**Saturday, March 9, 2013 @ 1:00 pm**

**at the Alford Youth Center (126 North St., Waterville, Maine)**

**for our**

**20<sup>th</sup> Annual Polar Bear Dip!**

**In honor of our 20<sup>th</sup> anniversary we have added a new and exciting twist –**

**FIRE & ICE COOK-OFF**

**In collaboration with Maine Restaurant Week, restaurants from all over the Central Maine area will be attending to bring you their tasty version of "Fire" while our generous supporters brave the "Icy" water.**

**To register for the Polar Bear Dip (and/or Cubby Bear Dip ages 1-12—11:00 am @ the Alford Youth Center indoor pool) please visit [www.aycme.org](http://www.aycme.org) to download a registration and pledge form . FMI contact Kim Fleming @ 207.873.0684 [kfleming@alfordyouthcenter.org](mailto:kfleming@alfordyouthcenter.org). Tickets to partake and vote in the "Fire & Ice Cook-Off" are \$5 a person or \$10 per family (registered Polar Bear Dippers receive a complimentary ticket).**

