

Schools tackle bullying. See Health & Wellness, inside!



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SUNDAY, SEPTEMBER 25, 2016

Local seniors, third-world citizens benefit when you donate

By LIZ GOTTHELF
Staff Writer

SACO — That unworn pair of shoes in your closet could help some local seniors as well as some entrepreneurs in a third-world country.

Residents at the Paul Hazelton House senior apartments are collecting used shoes for Funds2Orgs. Shoes collected will be picked up by the organization and shipped

to developing nations around the world, including Haiti and many parts of Africa, where they will be sold to micro-entrepreneurs, according to information from the organization's website. Funds2Orgs will send a check to the Paul Hazelton House based on the weight of the items collected.

Patti Ellsworth, resident service coordinator at Paul Hazelton House, said the residents have held fund-

raising events in the past for various programs at the complex, and decided on a shoe collection drive.

She said the residents liked the charitable aspect of the fundraiser, and that instead of asking for money, they were asking people for something they would eventually get rid of instead.

"It will keep them out of the landfills and sent to a place where they will be utilized," said Ellsworth.

According to information from Funds2Orgs, more than 600 million pairs of shoes are thrown into landfills in the United States each year. As shoes decompose, they release toxins that can be harmful to the environment.

Ellsworth said people can donate any kind of shoes - even cleats, as long as they have "some life" left, except skates.

Ellsworth said Wednesday

they've collected about 35 bags, each with about 25 pairs of shoes.

Ellsworth said shoes are being collected through Nov. 5. Collection sites are located at the Paul Hazelton House, 7 Smith Lane, as well as the Dyer Library, Saco Police Station, Saco City Hall and Most Holy Trinity Church.

— Staff Writer Liz Gotthelf can be contacted at 282-1535, ext. 325 or egotthelf@journaltribune.com.



Local YMCA to hold free open house event

ALAN BENNETT/Journal Tribune

Biddeford YMCA of Southern Maine members swim in the center's pool on Monday. On Saturday, the pool will be open from 11:30 a.m. to 1 p.m. as part of the organization's free "Whole Family, Whole Health" open house.

By ALAN BENNETT
Staff Writer

BIDDEFORD — The YMCA of Southern Maine is offering a free day of fun, fitness and family bonding at its four southern Maine locations this Saturday.

The organization, also known as "the Y," holds open house events of this type every year, choosing a different theme each time. This year's theme, "Whole Family, Whole Health," was chosen to promote an idea of overall community health, rather than just physical strength.

"This fall we chose 'Whole Family, Whole Health' because we want to convey that wellness - in mind, body and spirit - can be cultivated by anybody regardless of their age, physical ability, cultural background or income," said Meaghan Woodsome, marketing director for the organization. "The YMCA of Southern Maine can play a role in helping folks create wellness for themselves - in a way that is meaningful to them."



ALAN BENNETT/Journal Tribune

The YMCA of Southern Maine's Northern York County Branch in Biddeford is pictured Monday. On Saturday, the center, along with the organization's locations in Freeport, Portland and New Gloucester, will open its doors to the public for free family fitness classes and open swim.

The free event is designed to introduce the community to the YMCAs approach to personal and community wellness, which the center labels as "holistic."

"We want the community to see for themselves that the Y is a place for people from all walks of life to learn, grow and thrive," Helen L. Breña, chief executive officer of the YMCA of Southern Maine, said in a release. "Whether you're interested in creating quality family time, setting a personal best, recovering from an illness, or connecting with community, the Y is here for you."

The YMCA of Southern

Maine has branches in Biddeford, Portland, Freeport and New Gloucester, and served more than 28,000 individuals in 2015. Last year, the organization said, provided 1.7 million in financial assistance to 8,000 youths, adults and families to ensure access to all YMCA programs by using a sliding pay scale system.

"We believe that the Y's programs and services should be available to everyone, regardless of ability to pay," Woodsome said. "We are very proud of the financial support we're able to give and grateful for our generous donors who make this possible."

Organizers of Saturday's open house said they settled on the "Whole Family, Whole Health" theme to address the two widespread health conditions facing Maine today: aging and obesity.

"Maine is the second oldest state in the nation and has the highest obesity rate in New England. We want the community to know that regardless of their current physical ability, family situation or financial capacity, they can improve their well-being at the Y," Woodsome said.

But the organization's main aim isn't to slim down

• See YMCA, Page A5

Responding to jobs online? Be careful

By TAMMY WELLS
Senior Staff Writer

AUGUSTA — Be wary. That's the advice from the Maine Department of Labor when getting suspicious web-based job offers/interviews.

Recently, a Maine job seeker was interviewed for a position through the web application Google Hangout. The job seeker was told the company would send money to buy equipment so he could do the job.

Luckily, the prospective employee got suspicious and reported it to the Labor Department last week.

While the job seeker chose not to follow up with the company, the Labor Department in a statement said it believes the next step would have been for the "company" to extract the individual's bank account information.

"Maine JobLink's registered job seekers include people filing for unemployment," said Department of Labor Commissioner Jeanne Paquette. "Because individuals who are unemployed may be in difficult financial circumstances,

scammers play on the need for work to entice people into overlooking what they might find concerning in other situations. The offer of what appears to be a good job that starts soon may be hard to pass up for job seekers in financial stress."

The job seeker had been contacted by a fraudster after posting a resume on Maine JobLink, a legitimate entity. The scammer used the account from a legitimate Maine employer to gain access to the site and target at least four people looking for jobs. The scammer contacted them by email and told them how to follow up. This included an interview through Google Hangout with a person posing as a Texas hospital president.

Except it wasn't. Labor Department spokeswoman Julie Rabinowitz said the concerned applicant contacted her local CareerCenter after participating in the Google Hangout interview. As well, the prospective employee called the Texas hospital, where staff there told her that no one from the hospital had participated.

• See Online Jobs, Page A6

UNE pairs with EMMC for nat'l research

BIDDEFORD — The National Center for Interprofessional Practice and Education has announced that the University of New England has joined the former's Nexus Innovations Network, a national research partnership testing new approaches to health care delivery and health professions education.

UNE joins 87 projects in 33 states already testing new models and methods of integrating health care practice and education, according to a press release from UNE. Each of the projects in the Nexus Innovations Network focuses on the real-world



SUBMITTED PHOTO

Dora Anne Mills is the vice president of Clinical Affairs and director of the Center for Health Innovation at the University of New England in Biddeford.

testing of effective inter-professional team-based strategies with the potential to improve the experience, outcomes and costs of health care.

In joining the Nexus Innovations Network, UNE

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Mommy's Corner

Pining for nature's arts and crafts

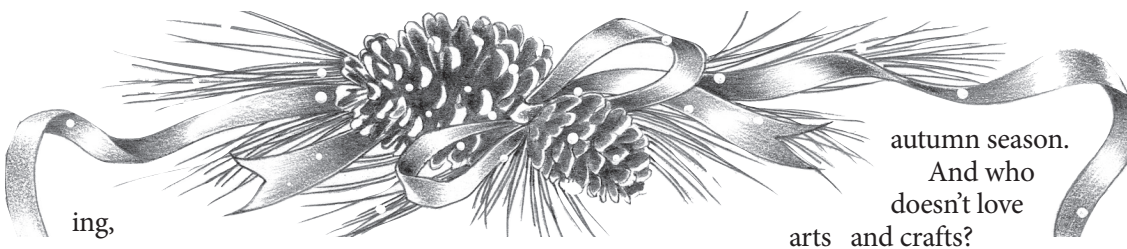
From a young age, our boys have found treasure-hunting in nature to be quite the fascinating thing. They enjoy a good Mother Nature-designed scavenger hunt as we traipse through quiet forest as snow slowly melts in March, leaving traces of what's been hiding all winter long. In September, our kiddos stand by our kitchen window and admire distant trees' brilliant leaves as the lush green foliage becomes dotted crimson, then fully awash in rusty hues as time passes, inviting the boys to run out and pluck up fallen red leaves to decorate the great indoors. We gather glue sticks, and our little guys put together a



Michelle Cote
The Rookie Mama

portfolio of foliage.

But somehow, nothing in nature's been more engross-



ing, more captivating for our mini-botanists than pine cones. From the time we had only one child just learning to toddle, he'd bend to collect pine cones at every chance outdoors. His younger brother has since shared this mighty intrigue.

Pine cones. Who knew? I'd never taken such a close look before at nature's floors.

Over time, we'd amassed plenty. I'd return home from work to see conical wonders lined up on our front steps sunning themselves.

My husband and I learned to check our mud room bench before seating to remove our boots, for fear of sitting smack on the beloved collection.

At first, we'd toss them back to the trees when no one was watching.

I kept some cute ones to tuck into houseplants, but we couldn't save them all.

Or could we? This year, I got to thinking about the versatility of pine cones.

As a culture, we tend to mad-dash through fall's cozy splendor and trample over its exquisite beauty, because, you know, Christmas shopping.

And how unfortunate. Certainly, autumn's season is a brief one.

It generously gives us a gorgeous harvest of pumpkins and apples.

But how easily getting ahead of ourselves to the holiday season can spoil the whole bunch.

One way to appreciate and stretch this beautiful season into the next is by decorating with – you guessed it – pine cones.

Think about it. During a time of year in which so many think of nature dying, I see nature as coming to life – indoors.

Fall's the time to fall in love with found items in nature and put them to decorative use.

Get the kids involved, and collect grapevines, branches, pine cones and more to create whimsical garlands, wreaths, and other festive decor.

These decorations can be carried out and enjoyed throughout fall and winter, and getting the kiddos involved in the hunt makes it all the more fun and sentimental, and perhaps make us more appreciative for the

autumn season.

And who doesn't love arts and crafts?

And free ones at that?

Using pine cones in swags, wreaths, garlands and more are versatile because they make for fantastic autumn and Christmas decorations.

And when you loop in lights, colorful ribbons, folds of burlap, it's a magically festive transformation.

So while we're trying to keep mum about Christmas during the short-lived mum season, we can enjoy the benefits of nature's arts and crafts adorning our home and front door much longer.

So mull over the idea of bringing nature indoors as you mull some cider. These are easy, endearing activities.

To use pine cones for crafts, be sure to prepare them for indoor use.

You're allowed to be sappy with sentiment, but your pine cones shouldn't be – or wet, or filled with bugs, for that matter.

Follow these simple steps to get your woody bounty indoor-ready:

1. Remove any debris or needles stuck on pine cones.

2. Soak them in equal parts water and vinegar for 20 minutes to get rid of any creepy crawlies. The layers will close up while wet.

3. Lay your pine cones out to dry overnight on old Journal Tribunes – after you've read them, of course.

4. Line them on a foil-lined cookie sheet and 'bake' in an oven preheated to 250°

for at least an hour.

As they full dry, the pine cone layers will re-open.

Keep a close eye and check frequently to be sure they don't burn. This process will melt the pitch from the layers and ensure no growth of mold or mildew. When your pine cones are dry, remove them and cool completely.

5. Craft away! Get your kiddos involved, and rock your favorite paints and glitter. Tie these conical shapes together with twine to create garlands, wreaths, ornaments, whatever you desire. Add evergreen sprigs for a touch of Christmas when the calendar flips to December.

Whatever you choose to do, there are hundreds of crafting websites ready with pine cone decor ideas.

Your creations will give off warmth and add a touch of charm to your home year after year.

And the best part? That creating these festive decorations and gifts was a result of exercise and ample fresh air, at little cost and plenty of love, while making memories with your kiddos.

So your pine cones for nature's arts and crafts, look no further than these little charming nuggets fallen from evergreens for memories that will ever last.

Happy crafting! And happy fall.

— Michelle Cote is the creative director of the Journal Tribune and a nationally-syndicated columnist. She enjoys cooking, baking, and living room dance-offs with her husband, two boys and a dog. She can be contacted at mcote@journaltribune.com.

Spouse the Spider Hero

I want everyone to understand that I know I'm a lucky woman. Spouse would do almost anything for me. He stands up for me, cheers me on, takes care of me if I'm sick (I get temporary control of the remote and the sofa), and he recognizes that anything he says or does could become fodder for this column.

Notice I said "almost." There is one area I cannot get him to take seriously and there are days when I doubt that whole "I'd take a bullet for you" thing because of this important subject our opinions differ on.

Spouse will not kill a spider for me.

I hate spiders. I know humans are much bigger than most spiders and there is seldom a good reason to be afraid of them. You can point out that they are almost always harmless, but after two spider encounters this week, I did some research.

I was carrying laundry to the washing machine in our basement when from the steps I spotted a huge spider – I mean, seriously huge – inside an empty laundry basket 6 feet away. I bellowed for Spouse to hurry downstairs with an empty jar of some kind so he could catch and release it. I would have preferred to squish it with a 5-pound weight (if I wasn't too scared to get that close), but that's not his style.

He took the laundry basket, spider and all, and walked up the steps and outside where he deposited the fang-toothed beast somewhere far away from the house, I hope. After peering around every corner as I started the laundry, I went on an Internet search and found at least three varieties of spider that our visitor could have been. I was convinced it was a brown recluse and immediately started debating about how

important it really was to do laundry or use the extra freezer or clean the cat boxes – anything that entails going into the basement. But it also could have been a nursery web spider or a grass spider or even a dark fishing spider. I'm trying to be positive. I'm positive I hate spiders.

These are the times when I wish Spouse would take a swing at things that freak me out like spiders, but he is an animal lover to the extreme. Besides, he thinks I'm a wimp who makes too big of a deal out of my arachnophobia. It isn't just big, scary-looking spiders that bug me. Even the small ones remind me of scorpions or tarantulas.

The other morning, I was cooking breakfast and one of those fast moving little spiders appeared out of nowhere, defying death by sidling along the edge of the stove. I know he was snickering at me when I cowered and yelped for the one person I should be able to count on to help.

Half-crumpled paper towel in hand, I was ready to squash the little sucker and toss his eight-legged tiny carcass into the trash, but "Someone" had to come along and catch him, except he didn't catch him (or her – whatever it was, it didn't belong on my stove). He picked the spider up and let it crawl on his hand ... until it jumped off and disappeared into the silverware drawer.

There I was standing at the stove trying not to burn my eggs while keeping a distance from the drawer, and the Spider Hero is digging through the forks, knives and measuring spoons trying to spot my mini adversary. He never found the spider. Now every time I open the top drawer, I stand back just in case. That thing may be little, but it had some serious spring.

I was just reading this week that spiders appear most often in early September, so I guess I can't do much about avoiding them. I did, however, put Spouse in charge of supper that night, just in case his beady-eyed buddy decided to make an appearance.

I guess I shouldn't complain. I do still believe Spouse would take a bullet for me – as long as no spiders were harmed in the process.

— Janine Talbot is adjusting to her empty nest in southern Maine with her spouse of 32 years and two and a half cats. She can be reached at janinevtalbot@gmail.com.



Janine Talbot
Mom of Many Words

• **Online Jobs**, From Page A1
ed in the interview and this was likely a scam.

Paquette said folks should continue to register with job banks like Maine JobLink and others to search for work, and she pointed out that working remotely is a legitimate form of employment.

But she also advised caution.

"When an employer is

asking you to buy equipment or saying they will send you money prior to filling out any paperwork, does not bother with a face-to-face interview or wants to interview you through a messaging system, you should be suspicious," Paquette said.

She advised folks to never give out their personal information over the phone or by email.

People who have seen similar emails for job applications from any job board, not just Maine JobLink, should call the Maine Department of Labor at 623-7900 (TTY users dial Maine Relay 711).

— Senior Staff Writer Tammy Wells can be contacted at 324-4444 (local call in Sanford) or 282-1535, ext. 327 or twells@journaltribune.com.

• **UNE Partnership**, From Page A1
will work with Eastern Maine Medical Center to study the impact on students, clinicians and patients of implementing interprofessional education.

"At UNE, our students are provided interprofessional team-based competencies while they are still on campus, before their clinical training," said Dora Anne Mills, M.D., M.P.H., FAAP, vice president for Clinical Affairs and director of the Center for Health Innovation. "As they enter clinical settings that help build those interprofessional team skills, such as at EMMC, we want to determine how those skills are impacting their learning, the way clinicians at EMMC practice, and the health outcomes of their patients," she said. "We are very excited to partner with EMMC in this ground-breaking research"

Interprofessional team-

based care involves multiple health workers from different professional backgrounds blending their expertise to provide comprehensive health services to patients. Patients and, as appropriate, their families are also members of the health team. The concept is not new, but health systems, governmental agencies and educational institutions are beginning to look at how to fully implement it in practice and measure its outcomes on patient care.

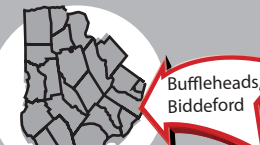
"This research is an excellent match between an innovative health system and an innovative health and sciences university, with both serving Maine and growing the next generation of health professionals," said EMMC's Felix Hernandez, M.D. "EMMC is a major training site for a variety of UNE health professions students, including those from osteopathic medi-

cine, pharmacy, physician assistant, physical therapy, occupational therapy and nurse anesthesia. By training some of these students in teams and researching which elements of team-based care are the most critical, we will be able to better serve our patients."

This IRB-approved project is estimated to take three years. Throughout the process, UNE and EMMC researchers will collect and submit HIPAA-compliant data, which won't identify patients, to the national center, where it will be aggregated with data from other projects and shared through reports and peer-reviewed publications. The hope is that it will provide evidence on the effectiveness and return on investment of interprofessional models in developing the skills necessary for high quality and efficient health care.

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