

Mainely Richmond



November Issue-2007

A Message From Thomas Fortier, Town Manager

Email: tomfortier@richmondmaine.com Phone: 737-4305 ext. 203

"If you bring the appropriate people together in constructive ways with good information, they will create authentic visions and sustainable responses to issues and opportunities within their communities."

Do you feel like you are one of those people that have good ideas and vision for the Richmond Community? If so, have you discussed your thoughts with your Selectmen? Have you attended a Board of Selectmen meeting, Economic Development Committee or Planning Board meeting lately? Are you aware that we have two openings on the budget committee, and that we are looking for members to serve on the Richmond facilities committee? Are you interested in serving on the Comprehensive Planning Committee? Have you e-mailed or telephoned the town manager? What are you waiting for? Get involved! Our community needs you!

In the September issue of the *Mainely Richmond*, we put a call out for volunteers. We received one phone call. We can do better than that. **YOU** can make a difference and have a say in what your community looks

and feels like tomorrow.

I hope you enjoy this issue of the *Mainely Richmond*. We have included pictures of the Town Sponsored Senior Citizen program open house celebration, town projects and we also feature a Richmond business that we are all very proud. Please support your local merchant!

As always, thank you for the honor of serving you!



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TOWN OF RICHMOND

26 Gardiner Street

P.O. Box 159

Richmond, Maine 04357

(207) 737-4305

TOWN OFFICE HOURS

MONDAY-FRIDAY

8:00 a.m. - 4:00 p.m.

Last Thursday of the Month

8:00 a.m. - 6:00 p.m.

Richmond Code Enforcement by: Doug Marble

Hope everyone enjoyed the Trick or Treating! Are you all enjoying the fall activities! With all the fun stuff to do such as leaf peeping, hunting, firewood gathering, apple picking, raking leaves and playing or watching fall sports, I thought it would be useful to write about topics of the season.

Cold weather is here for awhile and with it comes the heating season. I get a lot of questions on wood stoves this time of year. I thought I could save some phone calls by including some safety information. Wood Stoves must always be installed to the manufacturer's recommendations. If you are purchasing an EPA registered wood stove new or used, ask for the installation instructions. EPA compliant woodstoves have a registration plaque affixed to the rear of the stove, the stove manufacturers also list their contact information here. Contact the stove manufacturer, if you do not have the installation paperwork.

If the above task leads you to a dead end, or you have a pre-EPA woodstove, the State Fire Marshal has listed the following minimum clearances: From a woodstove to a combustible surface with no added protection: **Wood stove:** all 4 sides and top = 36 inches min. separation; **Stove pipe:** 18 inches of separation required. Use a UL listed wall pass through connector to penetrate a wall or ceiling. If you install one of the following on the wall: 24 gauge sheet metal with a ventilated air space; ½inch non-combustible insulation or cement board with a ventilated air space, or a 3 ½ in. masonry wall with a ventilated air space; you can reduce the separation distance from 36 in. to 12in.

With heating comes heat loss. I have had a lot of general contractors tell me they have never been informed or do not know about the "new in 2005" Building Code. I include a list, when a permit is issued for required building codes which I will be checking during inspections. You will receive this list when issued a permit to build or place a house in Richmond. I have included the insulation code for the newsletter, which can be used as a guide if

you are looking at making your house more energy efficient. This is a mandatory requirement for all new one and two family dwelling units.

Energy Efficiency, Building Envelope:

Maximum Glazing (window's & Door's) U-factor = 0.35

Minimum Insulation R- Value:

Ceilings: R-49 Walls: R-21 Floors: R-21

Basement Walls: R-11

Slab R-value & Depth: R-13, 4ft.

Crawl Space: R-20

An often overlooked area for insulation is the basement, slab or crawl space. The importance of energy conservation has recently found its way into manufactured housing. A new law enacted 8/06 requires manufactured home dealers to insulate the first floor [basement ceiling] of a manufactured home, unless the foundation is already insulated.

The holidays are fast approaching, since the next newsletter won't be out until January, and the fact that Wal-mart is already selling Christmas stuff, I would like to wish all of you a Happy Thanksgiving and a Merry Christmas.

CODE ENFORCEMENT HOURS

TUESDAY-FRIDAY : 8:00-4:00 P.M.

CALL DOUG MARBLE AT

737-4305 EXT. 205

OR

EMAIL

dougmarble@richmondmaine.com

Economic & Community Development by: Darryl Sterling

Downtown revitalization activities are in full swing. The Community Enterprise Façade & Streetscape Main Street sidewalk improvements project is happening now! The new sidewalks will consist of street print with a brick and granite look edge. Streetscape site amenities will soon follow.

Main Street façade work is continuing with remarkable improvements. Look for more building/storefront facades to be completed this fall and next spring.



Representatives of Richmond, State Legislators, area agencies and local businesses met with John Fitzsimmons, President of the Maine Community College System; and James Ortiz, President of Southern Maine Community College to discuss how Maine's Community Colleges can help the Richmond area achieve greater economic stability and prosperity...it was a great discussion! The meeting was held in the new conference facility at Newman Concrete Services in Richmond!

Two new businesses will be opening in downtown Richmond in the next two months; along with a local company expansion and a new company on the horizon.



Q. Can you identify this building?

A. Main Street Dairy Treat

New Fort Richmond Park sign on the Kennebec River.



SENIOR NOTES FOR SENIOR FOLKS



NOVEMBER EVENTS

Monday-November 5th: Craft Classes 1:00 p.m.

November craft will offer a holiday wreath making workshop done by Terri Parker. For details and a materials list, please call the center 737-2161.

Wednesday-November 7th

Pam Lindvall will be at the center to provide influenza vaccinations from 10:00 a.m.-12:00 p.m. Although there will not be a charge for this service, personal donations are appreciated.

Wednesday-November 14th: Holiday Pie and Bread Sale

Pre-order date!!! Order your holiday pies and breads by the 14th for pick up at the Senior Center on Wednesday, November 21st. Many seasoned bakers lovingly prepare pies and breads for your home style dinners. Call for selection!

Wednesday-November 14th: Medicare Advantage Plan, Wayne Ladner (Care assured)

10:00 a.m. Information on the advantages of the health plan that eliminates the need for a supplemental insurance for those who currently have Medicare Part A & B. This plan offers Medicare for Part D coverage.

Thursday-November 15th: Medicare Part D Specialist, Karen Crum (Senior Spectrum)

10:00 a.m. A short presentation, following Karen will help those who need help in selecting a plan. This is the enrollment time of year to pick a new plan.

Saturday, November 17th: Rocking Roscoe's in Mechanic Falls

9:00 a.m. Meet at the Senior Center to leave together for Mechanic Falls for a 10:30 a.m. sit down time. Breakfast buffet at the Seniors favorite from the Songo River trip. You will be responsible for paying your own meal ticket. We thought we'd like to return to sample a breakfast feast since everyone enjoyed the lunch there. Cost for the buffet is \$5.79 plus tax. Following breakfast, we will have an opportunity to shop at the Auburn Mall for two hours. A minimum of twenty (20) people is necessary to schedule this trip. There will be no charge for this trip and you may sign up for this at the Town Office.

No rain dates will be scheduled for events that are rained out. All trips leave from the Senior Center at 314 Front Street. Hours are Monday-Friday 8:00 a.m.-3:00 p.m.* 737-2161

In the event of bad weather the Senior Center **WILL NOT BE OPEN!** We wish to insure the safety of our Seniors!

You **must sign up and pay for** all trips well in advance to insure your seat or participation with the group. **Refer to deadlines** under each activity listed for this information!!!!

Game Days is every Wednesday from 12:30 to 2:30 p.m.; Monthly Planning Meeting are the first Monday of each month at 9:30 a.m. at the Senior Center For further information and details please contact: Betty Pratt or Terri Parker @ 737-2161

SENIOR NOTES FOR SENIOR FOLKS



DECEMBER EVENTS

Saturday, December 8th: Festival of Trees at the Goodwill/Hinckley School

Located in Hinkley, Maine. Features Christmas trees decorated by various organizations. Admission is FREE but donations to Goodwill Hinckley would be greatly appreciated so they are able to continue this spectacular display for the public to enjoy. You MUST sign up for this trip by December 3rd to reserve your spot on the bus! Following our trip to view the holiday trees we will stop for lunch. Cost of the trip is free but the cost of your dinner is on you! Spot to be announced.

Wednesday, December 12th: Senior Potluck Holiday Party

Held at the Senior Center at 314 Front Street. A list will be started for those wishing to bake or cook their specialty food to put together a local feast. Gifts will be exchanged for those who choose to participate. If you choose to participate, men should bring a gift suitable for a male, women should bring a gift suitable for a female. Please help us be fair to all and keep your gift price below \$10. Please contact the Senior Center at 737-2161 to give us a pre-party head count. Call as soon as possible to let us know what you would like to contribute for the potluck meal.

General Updates and Reminders

Monthly planning meetings will now be held on the first Monday of each month at 9:30 a.m. at the Senior Center. These meetings are held for the purpose of planning activities that we will offer to all area seniors who wish to join. Please consider participating to help our program stay strong and fun for all. With the hiring of a Senior Community Service Employment Program (SCSEP) assistant to Director Betty Pratt, the Senior Center will now be open daily from 8:00 a.m. to 3:00 p.m. Please drop by for a visit or be sure to check the Senior Community calendar for scheduled events.

The Golden Oldies would like to keep the center open for area Senior Citizens who wish to support the Town Sponsored Senior

Program and utilize our beautiful and freshly decorated space. The center offers several conference tables as well as dining and kitchen facilities. Please call to reserve the center as there are already many pre-scheduled activities on our calendar.

At the last monthly planning meeting it was discussed that Potluck Dinners might be an exciting way to get acquainted, have a tour of the new Senior Center and get to enjoy lots of locally prepared specialty dishes. Dates and times will be announced following YOUR input regarding this new event. In the meantime feel free to drop by the center and give us your ideas.

If anyone has a special storytelling ability, travel pictures or slide show, talent or hobby

please contact the center to discuss the possibility of sharing that with other seniors.

Look for exciting upcoming events and announcements on the posters in the front windows of the Senior Center.

We are once again pleased to announce that this year the Emerson and Lane Post 132, Richmond will be presenting to the Senior Center a check for \$350. A huge thank you to the American Legion!

A donation basket was given to the Center by Beulah Dube for the purpose of collecting canned and dry foods to donate to the Shepherd of Faith Food Pantry. We would appreciate everyone's help to fill this basket. Stop in with donations soon!

Senior Center Grand Opening Success...



Richmond Area Health Center

Join us at Marcia Buker School for indoor walking daily Monday through Thursday 3-5p.m. sponsored by RAHC, MoveMore and the Richmond Town Sponsored Seniors. There will be no walking November 11,21,22 or December 6. Also Dec 22-Jan1st for the holiday break. Please use the front entrance and wear clean shoes. Good exercise, fellowship and fun in a safe environment to help keep you fit during the long winter.

Thank you Christine Holzinger, MA for an uplifting presentation on the health benefits of the Power of Positive Thinking held Sept 26th at the Town Sponsored Senior Center.

Flu shots will be available as soon as supplies arrive for RAHC pa-

tients. RAHC will be hosting at least 2 flu shot clinics for donations available to the public in November. Call for availability and dates at 737-4359.

Major change is in progress at RAHC. We are transferring our medical records from paper to computer (also called electronic medical records). EMR will allow us to maintain better security of your confidential information and gives providers instant Access to potentially lifesaving information such as medical histories, allergies, lab test results and a list of prescribed medications, it also allows us to transfer your information to specialists, hospitals and insurance companies with the push of a but-

While any change of this magnitude can be difficult, EMR will ultimately result in safer, more cost effective, efficient patient care. We believe the benefits will outweigh any initial inconvenience while we are completing these changes. We thank you for your patience while we become more efficient to better serve you.

Need a healthy snack? A once cup serving has 90 calories, is fat, sodium and cholesterol free and an excellent source of high dietary fiber. Choose firm, shiny, smooth-skinned apples, fresh smelling with intact skin. Remember an apple a day keeps the doctor away!

The Senior Citizens Group News...By: Pauline Beasley

The Richmond Senior Citizen Group is a small group of senior citizens that have been helping others since 1999. The group was first formed at Irma William's home.

We receive donations from the wonderful folks in the community whom have given great support to us. We wish to extend a thank you to all residents and businesses.

Lunch, beano and games are every Tuesday, lunch is at noon and beano and games are 1 to 3p.m. at the Historical Society at 164 Pleasant Street, all are welcomed. Thanks to Jay Robbins and his family for use of the building. Also, we wish to thank Barbara Barter who is the coordinator for this project.

We have the "Serve Program" which is food that comes in each month at a lower price. Hazel Hinkley is the

coordinator of the program and can take your orders when you pick up your food each month at the Grange Hall or during Tuesdays Game Day.

We would like to thank the Grange for letting us use their building each month. Also, thanks to Kenny Beasley who transports the food from Portland each month for us.

Special thanks to Bruce and Scott Beasley who help keep our senior citizens from falling in the winter by plowing, shoveling and sanding. We would also like to thank the town for letting us use sand and salt. We have been able to do this for four winters.

Recently we had a fall foliage outing to Rockland and lunch at Moody's Diner. Thanks to Andrea Gilpatrick for coordinating the trip.

SPECIAL EVENTS:

Monday, November 12th "Christmas Shopping Trip"

To the Fox Run Mall in New Hampshire. The bus will leave "Wadleigh's" at 9:00 a.m. For more information Call 737-2620 or 737-2190 or 737-5795.

Saturday, December 1st "Christmas Supper"

The price of this dinner will be \$5.00 and we will be doing pre-sale tickets. We will be giving a small gift to all that attend. Connie Smith will be coordinating a Spiral Arts Class date to be set.

For further information or to make a donation contact the Richmond Senior Citizen Group at P.O. Box 154, Richmond, ME 04357 or call 737-5795 for Pauline Beasley.

Thanks to the hard work of the town employees, volunteers and board members, Richmond is moving in the right direction!

Richmond is experiencing a downtown revival with the help of grant money from the State Department of Economic Development and private investment. Buildings are getting face lifts, businesses are opening and expanding and the streetscape is improving. A key component to economic development is the waterfront. The waterfront committee is working to improve usage, water access and facilities. The Town also is working with the State to enhance opportunities on Swan Island.

In the words of our Town Manager Thomas Fortier, we are no longer saying "we can't do it, but instead how can we do it." Under this mantra, progress is being made on numerous fronts: we are restoring our downtown, expanding services and uses at the waterfront, improving our schools through regionalization, and enhancing senior programs and facilities, revamping our land use ordinances, pursuing "green" policies and much more. All this is being accomplished while lowering property taxes.

Unlike other areas in Maine, school regionalization is proving to be a great opportunity for Richmond. We are partnering with Dresden, Farmingdale,

Hallowell and Monmouth. Richmond's Regional Planning Committee (RPC) members are O'neil LaPlante, Chair of the RPC, Nancy Jodoin and Seth Goodall. The RPC's function is an advisory role only. The RPC will recommend a plan to each municipality's elected school board, which will then be sent by those boards to their respective voters. It is anticipated that the local referendum will occur in June, 2008.

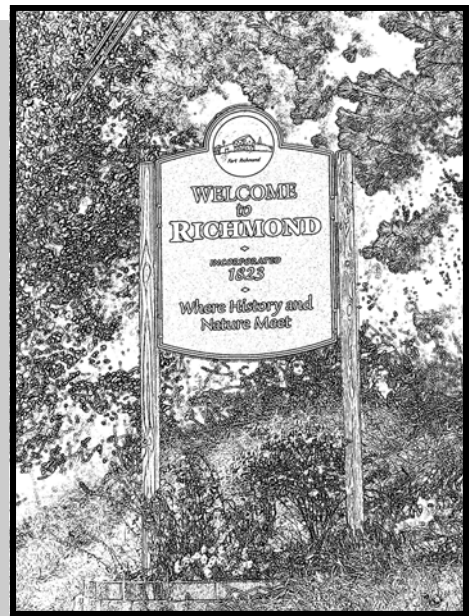
If passed, there will be a transition period, with new RSU Board of Directors gaining control on July 1, 2009. The public is encouraged to attend the first informational meeting on Wednesday, November 14th at 7:00 p.m. in Monmouth (Location TBA). Additional meetings are being planned in the other communities. Stay tuned for more comprehensive information as the proposal is formalized.

In October, the Richmond Seniors expanded into their own meeting space on Front Street in the Southard Block. Many thanks to the Nash family for generously donating the meeting and office space to the Seniors. It is important that we work hard to make the program a success that offers services to all seniors, with an eye toward expanding its reach regionally to our neighbors.

Finally, the town is reviewing its land use ordinance and green policies. It is important our town moves forward with the appropriate land use ordinance that enhances our sense of community, protects our rural character and encourages smart growth. The green initiative is aimed at reviewing our municipal and school policies on energy efficiency, transportation, and replacement of inefficient equipment.

Much more can be accomplished today, tomorrow and in the future with the help of our towns people. Have you volunteered lately?

Selectboard Member Seth Goodall can be reached at:
sagoodall@yahoo.com
or 737-4797



November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
						TAXES DUE
11	12	13	14	15	16	17
	Office Closed					
18	19	20	21	22	23	24
			Closing at 12p	Office Closed	Office Closed	
25	26	27	28	29 Open Until 6p	30	

Schedule of Events

- 11/3/07-Holding Area 9a-3p
- 11/4/07-Holding Area 9a-3p
- 11/5/07-Fire Dept. 6:30p
- 11/5/07-Budget Com 6:30p
- 11/7/07-School Bd. 7p
- 11/8/07-Selectmen Mtg. 7p
- 11/12/07-Town Office Closed
- 11/17/07-Holding Area 9a-3p
- 11/18/07-Holding Area 9a-3p
- 11/19/07-Economic Dev 7p
- 11/20/07-Selectmen Mtg. 7p
- 11/21/07-School Bd. 7p
- 11/21/07-Town Office Closing at 12p
- 11/22/07-Town Office Closed
- 11/23/07-Town Office Closed
- 11/26/07-Fire Dept 6:30p
- 11/27/07-Planning Board 6p
- 11/29/07-Town Office Open until 6p

News from the Richmond Planning Board...

The Richmond Planning Board will now be meeting once a month on Tuesdays and on an as needed basis. The board currently has a vacant alternate member position, if you are interested in being a member of your local planning board please call 737-4305 ext. 208. Since January of 2007 the board has nominated a new Chairman Michael Lane and Vice Chairman Russ Hughes, members include Tom Nugent, Jeff Severance, Ed Mackenzie, Nicole Briand and secretary Laurisa Loon. The board has received 11 applications so far this year, recently approved was new construction at 58 Main Street, a 6 lot subdivision on Lincoln Street, and two façade renovations. Some applicants are still going through the application process while others were found not needing planning board approval. All planning board minutes are held at the town office and made available to the public, minutes and agendas will be available on the new town website later this month.

The Parent Teacher Group would like to extend a big **Thank-You** to all area business, teachers and citizens for all your support and help in raising approximately \$4,500. during the Marcia Buker Auction! Thank you everyone!

RICHMOND DAYS COMMITTEE NEEDS YOU!

We are looking for new volunteers to help plan next year's annual celebration. Our next meeting is Thursday, 5 pm, November 29, at the Town Office, or contact:

Charlie Ipcar at 737-2187 (ipbar@gwi.net) if you have an interest in working with us this year.

The **Town Office needs help** for 20 hours a week. We need someone to help with filing, typing, photocopying, and general office cleaning.

If you are over 55 and are interested please contact Laurie Boucher at the Town Office at 737-4305 ext. 200 or email at: lboucher@richmondmaine.com

December 2007

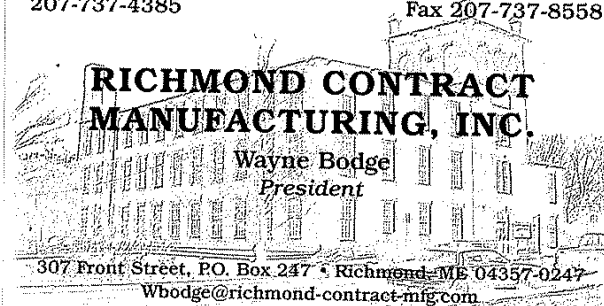
Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Office Closed	25 Merry Christmas	26	27	28	29
30	31					

- 12/1/07-Univ. Wst. 9-12p
- 12/3/07-Fire Dept. 6:30p
- 12/3/07-Budg. Com. 6:30p
- 12/4/07-CDBG 6P
- 12/5/07-School Bd. 7p
- 12/6/07-Selectmen 7p
- 12/10/07-Fire Dept. 6:30p
- 12/10/07-Economic Dev. 7p
- 12/11/07-Plan Bd. 6p
- 12/17/07-Fire Dept 6:30p
- 12/18/07-Selectmen 7p
- 12/19/07-School Bd. 7p
- 12/24/07-Town Office Closed
- 12/25/07-Town Office Closed
- 12/27/07-Town Office open until 6p

HOLDING AREA CLOSED DECEMBER-MARCH


207-737-4385 Fax 207-737-8558




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President

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Alice E. Knapp
Attorney at Law



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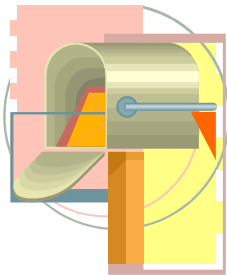
Stop in and see us in our new location,
for all your insurance needs.

Important Notice regarding your mail box...



The Postal Service would like to thank each and every postal patron for their effort in maintaining safe access to your mail boxes. This is a good time to take a serious look at the approach to our curbside boxes and the condition of the post your mail box is attached to. As well, it is a great time to make sure your mail box is secure and in good shape.

October was mail-box fix-up month. I have been working closely with the Public Works crew in identifying mail boxes that may be an issue with the snow removal equipment. Mail



the mail box sits on should be 45" from the ground.

Resident mail boxes and posts that were observed to be potentially a problem have been notified by mail along with a policy statement from the town. Most boxes need to be moved back, or up. Individual letters will identify which, or both needs to be

box posts accomplished. A date of when this needs to be done was en- minimum of closed. Complying with the three feet back towns guidelines will ensure from the paving that if your box is damaged dur- ment and the ing plowing, that it will be re- lowest point of paired. Boxes that are not the perch that brought up to the correct height or distance from the pavement, will be the individual residents responsibility.

Thank you for your attention to this matter.

As always, please feel free to bring any questions concerning your postal service to my office. David Thompson, Richmond Postmaster, 737-2233.

Winters Approaching...A Message from Public Works

Now that winter is approaching I would like to take a few minutes and remind everyone that we have a winter parking ban from November 15th to April 15th from 11p.m. at night until 7a.m. in the morning. Regardless of weather conditions this will be strictly enforced. We recently completed a mailbox survey over the summer months with the postmaster. Anyone's mailbox that is a problem to the snowplow has been sent a notice.

These mail boxes will need to be adjusted so they will be in compliance with the towns mailbox standards. If these mailboxes are not adjusted the town will not be responsible for any damage. Just a reminder it is a privilege to have your mailbox in the right of way. For more information please call Dick LaChance at 737-2035 or email at:

publicworks@richmondmaine.com

Don't Forget to Register Your Dog!

Don't forget your dogs need to be registered by January 31, 2008. The cost is \$6.00 for neutered and \$10. for non-neutered. A fine will be assessed for animals found not registered.

We will be having a rabies clinic in January for people whose animals need shots,

look for the date and time in our January edition of *Mainely Richmond* or call Judy Savage, Town Clerk at 737-4305 ext. 202 for more information. This year there are new tags—No Stickers. These are available starting October 15, 2008 example to right.



A Message from the Richmond Utilities District

We are getting close to that time of year when people will begin winterizing their homes and preparing for the cold months ahead. The District would like to remind you to take in your outside meters before we start getting frost or they will freeze and break. We also ask that you make sure that any drafts in your basement be sealed up to help prevent frozen water pipes.

A lot of people don't realize how much water is wasted through small leaks and how easily they can be prevented. The chart below shows what can be lost over a three month period if leaks are not fixed. The District also asks if you notice any unusual pools of water in your home or neighborhood that you call us so that we can correct the problem.

Waste per quarter at 60psi water pressure

Diameter of Stream		Gallons of waste over three months
0	1/16"	74,000
0	1/8"	296,000
0	3/16"	666,000
0	1/4"	1,181,500

BUDGET COMMITTEE OPENINGS (2)

&

PLANNING BOARD ALTERNATE MEMBER POSITION (1)

Call the town office for more information at 737-4305 or submit a letter of interest to:

Town of Richmond
P.O. Box 159
Richmond, ME 04357

REUNION DINNER

November 17, 2007 at 4:00 p.m. at the Richmond Fire Department a "reunion dinner" hosted by the Richmond Fire Fighters Relief will be held for current and former Richmond firefighters. It will be a catered dinner.

YOUR ADVERTISEMENT HERE!

TO PLACE AN AD CALL LAURISA LOON AT
737-4305 EXT. 208

OR EMAIL AT

laurisaloon@richmondmaine.com

RICHMOND AREA HEALTH CENTER

24 GARDINER STREET
RICHMOND, MAINE 04357

By Appointment
Tel.: (207) 737-4359

Linda Hermans, MD
Catherine Lockwood, MD
Tom Bartol, NP
Shelley Hickey, FNP

A HealthReach Community Health Center

D & D COLLECTIBLES

D & D COLLECTIBLES is a small business owned by Dick Crossman who lives at 16 Hideaway Lane, which is just off the Alexander Reed Road in Richmond. I buy and sell collectibles and antiques and would be more than willing to look at your few or many items you might want to sell and tell you what I can pay for them. I have a special interest in old postcards, albums, military items, postcards, albums, jewelry, books, magazines, vintage hats, clothes, fishing items and tools. Give me a call @ 737-4201 or email at Red6B17@gwi.net and I will get back to



JEREMY PURINGTON

ASSOCIATE BROKER

177 Pleasant St.
Brunswick, ME 04011

Business (207) 729-9912

(800) 405-0959

Cell (207) 522-3637

Fax (207) 729-3971

Web jeremypurington.com
jeremy@gwi.net



Umberhine Library News

How would you like to have a library you can be proud of? We can do that! How would you like to have an adult reading room, with comfortable chairs and possibly a gas fireplace, to read the paper or meet friends? We can do that too! How would you like to have enough space in the aisles to allow you to step back and actually see what is on the top or bottom shelf? We will absolutely do that! How would you like to have plenty of public computers? Yup, we can do that too. How would you like to have a library that is wireless, so that you can bring your own lap top and enjoy high speed internet? We plan to do that too. How would you like to have a children's room, which is bright and warm and fun to be in, which is separated by glass so it's quiet? We can do that! How would you like to have a meeting space in the library for public use? We can do that. How would you like to have a library with plenty of natural light which feels like a great place to spend an afternoon? We've got it all covered!

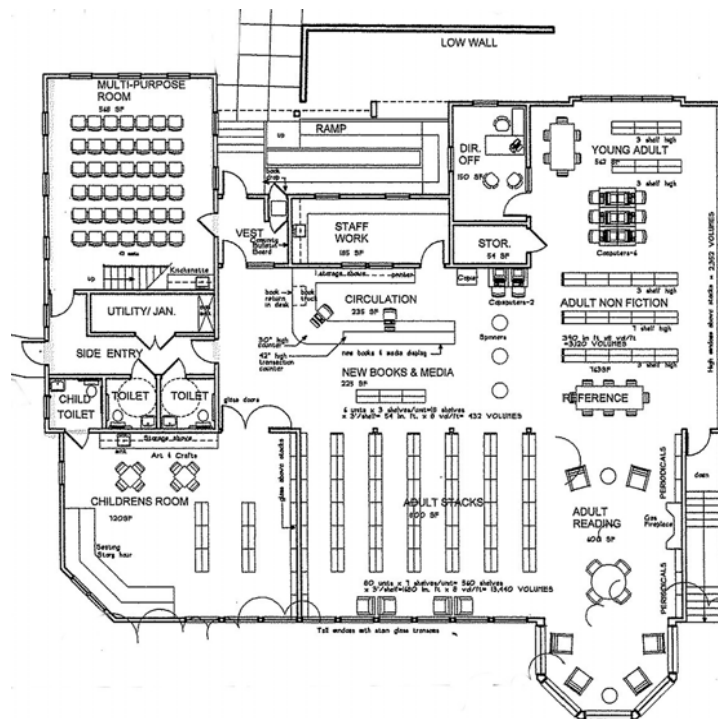
For the past year, the Library Board of Trustees has been working to design a library which would fully serve the needs of the community. We presently function in a building built to be a home in 1840. Though once charming, the library

has greatly outgrown its space. We presently function in 922 S.F. of useable space which is neither energy efficient nor handicapped accessible. Our plan is to remove the condemned eastern wing of the building and the 1980's children's addition and to renovate the original Umberhine building. The renovated portion of the library would house a meeting room, a small kitchenette and 2 handicapped accessible bathrooms. An addition would be added to house our growing collection of both fiction and non-fiction books for adults and

"Libraries are as crucial to our survival as schools, hospitals, farms or any other institution we can name"-So watch us grow.

children, videos and DVD's, books on tape, Newspapers and magazines. The new library will be a single story building, in keeping with the style and historic nature of the town.

Proposed Library Diagram Below



Can You Help Us at the Library?

We need people who can straighten shelves. We need people who will adopt a shelf and keep it organized. We need people to help box up books. We would love to have someone help with cleaning. We need strong backs to help move 2nd floor book shelves.

Your library is on the move and we have plenty of things which need to be done before we all walk into a beautiful new library space. If you are interested in being part of this process, please come into the library and introduce yourself to Donna or Bette!

Be on of Richmond's First Families!

The Isaac Umberhine Public Library is beginning a capital campaign to fund a new library. The first 50 families or individuals to pledge \$1,000. to the library fund will be our "Nifty Fifty." Make your donation all at once or spread it out by paying once a month for a year. Join the club and watch us grow!

Meet Dr. LaVallee Your Local Chiropractor

I have met many of you over the past year. You may say “Hey that’s Dr. LaVallee; he takes care of John, one of my neighbors.” In case you do not know me, I am in the photo on the right. I am writing to tell you how a childhood bout with Asthma and a fall off a skate board half pipe changed my life. When I was 22 years old during my last year of undergraduate school, I fell approximately 15’ off a half pipe while rollerblading. When I landed on my mid back I heard a loud “crack” which was the sound of two of my vertebrae breaking. I was not able to feel or move my hands or feet for 5 minutes. When this time passed, I was very thankful that I began to feel tingling in my fingertips, followed with the ability to move my fingers and toes. Within ten minutes I was able to move again, however with severe pain between my shoulder blades.

Being an athlete through college, I played a lot of hockey and was a member of the USM Lacrosse team. I was used to being injured and applying the “male mantra” of “put your boots on, walk it off, cowboy up.” For most of the injuries I had experienced in life this practice typically worked and I was better within a week. Fortunately for me this time it did not work. I walked around in college for 7 weeks heavily medicated and experiencing a great deal of pain. At this point I was unable to rotate most of my body unless I spun at the feet due to the massive amounts of swelling. I was barely able to function, study or sleep. I was recommended by a friend to see their doctor; they felt he would be able to help me. The medications were not working, I

could barely move, I did not have anything else to lose. So the next day I visited the doctor. To my amazement he was a wellness based chiropractor who took x-rays on me as well as an impressive computer test that assessed my nervous system. He informed me that the X-rays revealed that I had a severe compression fracture 1/3 of the way through one of the vertebrae of my mid back and that it had mostly healed but was severely out of place. He also guessed that I had athletic induced asthma by the information from the computerized nervous system test and if I fol-



lowed his recommendations I would be out of pain without taking medications and able to move around again. What he said next is what surprised me most. He stated that “Do not be surprised if your asthma never returns if you follow my recommendations although I can not guarantee it since I do not have lightning bolts coming out of my fingertips.” I asked him why he thought this is possible and he explained that everything in the human body is controlled by the nervous system, including your muscles and organs and that if there is any pressure on the nerves that control these structures they malfunction and do not work properly often without any symptoms of pain. All

that has to be done is to simply allow the brain and the body to talk to one another properly and we typically heal ourselves. I was very skeptical and simply wanted to be out of pain.

I followed his recommendations of care and was out of pain within a short period of time. I was amazed that after 2 months I started lacrosse season and did not have my usual asthma attacks. To this date ten years later I have never had an asthma attack. Because of this I asked more questions and discovered that chiropractic is effective in many conditions such as migraines, low back pain, and carpal tunnel syndrome and that it also works well for asthma, dizziness, ringing of the ears, IBS, chronic heartburn and sinus issues just to name a few. After seeing and talking to so many patients in his office that had a variety of non pain conditions as well as pain conditions that had become well, I decided to enroll in a post graduate chiropractic program in Iowa. I wanted to be able to help people the way that I had been helped and teach people what I had learned. Previously I had been preparing for medical school. Through my education I have been trained to recognize, diagnose and treat a number of conditions.

What does this cost?

You may be surprised to find if you respond to this ad by December 21st, you will receive a complete complimentary consultation and chiropractic screening without cost to you. Why so little?

Dr. LaVallee, Continued...

I am glad you asked. My purpose as a chiropractor is to help as many people as possible live healthier, happier lives. The consultation and screening you will receive at LaVallee Chiropractic will likely be the most in-depth of your entire life. We make the highest quality care affordable to everyone in our community. Our patients appreciate the cordial, personal atmosphere within our office. We are located in a great location on Main Street in Richmond with wonderful views of the river. Our patients also enjoy the ability to get in and out of the office with a limited wait (no longer than 5-10 minutes from your scheduled appointment time)

to me. I pride myself on making sure everyone does not feel rushed and gets the care they need and deserve.

In Summary, I became a Doctor of Chiropractic to help has many people as possible to live a happier and healthier life, just as I was helped when I was younger. The staff and I offer a warm friendly atmosphere with a limited wait to see the doctor. We offer excellent service at a fair fee, and we provide direction and education to help you in dealing with your clinical and at home care.

Make it a good day,
Dr. James LaVallee

My office LaVallee Chiropractic, located in downtown Richmond at 2 Main Street, Unit 1. You may call 207-737-2555 to schedule an appointment.



Around the Neighborhood...



The Fire Station roof being shingled this past October by Prout's Roofing.



Mark Zaharchuk, A Senior at RHS assist public works



Whether you are Buying or Selling Rely on Personalized Professional Service!

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