

On the Job

Mary Jean Labbe has joined Legacy Properties Sotheby's International Realty's York County-based real estate brokerage team, which has offices in Portland, Brunswick, Kennebunk, Camden and Damariscotta. Labbe has lived in Greater Boston and the New Hampshire Seacoast, and has been a resident of Kittery Point since 2007. She has experience with the Sotheby's International Realty brand, luxury residential properties and global marketing venues. A graduate of Wheaton College, Labbe also has business and financial services experience. She is active in the community, enjoys kayaking with her husband, Dave, and can be found walking her two yellow Labrador retrievers along some of Maine's beaches.

Labbe

Christina Daigle of Bangor, licensed veterinary technician, became one of two veterinary technicians in Maine to be accepted into the Academy of Veterinary Technicians in Clinical Practice. To be eligible for the exam, Daigle submitted 50-75 case logs and four in-depth case reports on challenging veterinary cases, logged more than five years of experience as a licensed veterinary technician, and accumulated more than 40 hours of continuing education in the year before admission. In November, Daigle traveled to Louisiana to take an exam to demonstrate that she is capable of providing a superior level of clinical practice.

Dr. David Rawcliffe has joined the medical staff of Penobscot Community Health Care's Brewer Medical Center, 735 Wilson St. Rawcliffe's practice centers on patient physicals, acute visits and health care maintenance. Rawcliffe received undergraduate degrees in zoology/genetics and nursing from the University of Maine in Orono and his Doctor of Osteopathic Medicine degree from the University of New England. Before joining Penobscot Community Health Care, he served as a primary care physician for St. Joseph Healthcare. He has practiced since 2006. Rawcliffe is board-certified by the American Osteopathic Board of Family Physicians.

Baker Newman Noyes of Portland elected CPA **Jeffrey Wheeler** as director of audit, effective Jan. 1, 2016.



Wheeler

Wheeler will succeed **Carl Chato**, who will be managing principal in the new year upon the announcement of Eleanor Baker's retirement in June 2016. Wheeler, a principal in Baker Newman Noyes' Manchester office, joined the firm nearly 14 years ago. He specializes in family businesses, private equity and venture-backed entities in the manufacturing, distribution, technology and service sectors. Wheeler is a sponsor representative of the University of New Hampshire Center for Family Businesses and serves as treasurer, board member and finance and investment committee member of the Boys and Girls Club of Manchester. Wheeler earned a Bachelor of Science in accountancy, with highest honors, from Bentley University.

To submit items for On the Job, please visit bangordailynews.com. Fill out the "News and Photos" form under the "Post News" button at the top of the home page and click "Publish" at the bottom when finished. Questions? Call Community Editor Julie Harris at 990-8285.

Family Self-Sufficiency Program to share \$439,537

AUGUSTA — MaineHousing and eight local public housing authorities statewide will share \$439,537 in funding from the U.S. Department of Housing and Urban Development to help low-income residents find higher-paying jobs and become self-sufficient through the Family Self-Sufficiency Program.

HUD Secretary Julian Castro announced late last week the awarding of \$75 million in grants to Family Self-Sufficiency Programs nationwide. Maine's program allocation supports public housing authorities that work to help residents increase their earning potential, improve their financial literacy, reduce or eliminate the need for welfare assistance, and make progress toward economic independence and self-sufficiency, according to HUD. The grants help public housing authorities hire service coordinators who work with residents to connect them to programs and services that already exist in their communities.

MaineHousing's Family Self-Sufficiency Program coordinator recently created a Coordinating Committee that includes members who are working to secure commitments of public and private resources for the FSS program participants throughout Maine.

Committee members include representatives from the Department of Health and Human Services, the Department of Labor including the Career Centers, the Department of Transportation, Caring Unlimited, New Ventures Maine, Women Unlimited, Western Maine Transportation, Central Maine Workforce Investment Board, FSS coordinators at local public housing authorities, and others.

Housing Choice Voucher Program (Section 8) participants and public housing residents who take part in the Family Self-Sufficiency Program sign a five-year contract in which they agree to work on a plan to be-

come independent. The residents strive to reach their education, financial literacy, and employment goals with guidance from an FSS coordinator, and start a savings account as a way to invest in their future.

The public housing authorities receiving grants are:

- MaineHousing: \$54,031.
- Portland Housing Authority: \$72,012.
- Lewiston Housing Authority: \$57,820.
- Bangor Housing Authority: \$57,050.
- Westbrook Housing Authority: \$40,607.
- Housing Authority of the City of Old Town: \$23,972.
- Housing Authority of the City of Brewer: \$52,832.
- City of Caribou: \$48,729.
- Augusta Housing Authority: \$32,484.

Web marketing seminar slated at EMCC

BANGOR — A Web marketing seminar on the latest online marketing trends will be offered 8:30 a.m.-noon Tuesday, Feb. 9, at Eastern Maine Community College, 354 Hogan Road, in partnership with Pulse Marketing Academy.

The seminar will offer breakfast, and sessions on creating an online marketing plan, creating an editorial calendar to produce engaging marketing content that generates Web traffic, optimizing website content for search engines, using email as a marketing tool, use of social media and search marketing to increase brand visibility, and increasing lead volume with a well-rounded inbound marketing strategy.

Pulse Marketing will provide copies of eBooks on B2B Marketing, B2C Marketing, Nonprofit Marketing and Social Media Marketing.

Presenter is veteran marketer Cintia Miranda, president of Pulse Marketing Agency. To learn more, visit pulsemarketingacademy.com.

Accounting SkillBuilder session in Augusta

AUGUSTA — Accounting for Temporarily Restricted Net Assets half-day SkillBuilder will be held 9 a.m.-noon Thursday, April 28, at Burton M. Cross Building, 9 State House Station, 111 Sewall St.

It will include a detailed discussion of how to track temporarily restricted donations and grants. There will be a heavy emphasis on using QuickBooks to accurately track these, but there is no requirement or expectation to bring your own laptop.

The session will include how to identify the characteristics of restricted grants and restricted donations; how to track expenses and expenditures related to restricted grants and donations; what happens when there is money "left over" at the end of the year; and how to reflect the net assets on your balance sheet.

Call 871-1885 or visit nonprofit-maine.org for information.

U.S. Cellular adds tower to enhance reception

PERRY — U.S. Cellular' new cell-phone tower site will increase U.S. Cellular's coverage in the towns of Perry, Pembroke, Robbinston and Eastport and is one of more than 380 sites U.S. Cellular has built across the state.

"At U.S. Cellular, we focus on providing the best wireless experience for our customers in Washington County through a high-quality network with national coverage along with the latest 4G LTE devices," said Matt Kasper, director of sales for U.S. Cellular in New England, said in a press release.

To select locations for new cell sites, U.S. Cellular has teams of system performance engineers who drive through the company's network coverage area, sometimes hundreds of miles a day, to test the signal strength and call quality. The company also listens to customer feedback to help identify the communities that would benefit from another cell site.

For information about network coverage in the area, visit uscellular.com/coverage-map.

Trader Joe's recalls cashews

CBS 13

Trader Joe's issued on Friday a recall of its Raw Cashew Pieces after the company said the supplier of the nuts warned that some bags may contain Salmonella bacteria.

"Out of an abundance of caution, all lots of Trader Joe's Raw Cashew Pieces have been removed from store shelves and their sale has been suspended while we investigate this matter," Trader Joe's said on its website.

Trader Joe's is looking for bags labeled "Best before 07.17.2016TF4." Customers can bring the bag to any store for a refund.

Salmonella can cause illnesses such as food poisoning and typhoid fever.

The recall affects stores in 30 states, including Maine, New Hampshire, Massachusetts, Connecticut and Vermont.

Forum

Continued from Page C1

their own service people to make sure work is done correctly. Also, find out about dispute resolution if you're not satisfied with the service that's provided.

There's a section of Maine law called the Service Contract Act, but it applies only to contracts on tangible personal property — goods costing more than \$100 and sold for noncommercial use. It requires that sellers of service contracts be licensed. You can find a summary of the law at maine.gov/pfr/insurance/faq/Service_Contracts.html.

You may determine you don't need an extended warranty for your home. You may instead decide to self-insure — that is, to set aside money on a regular basis to create your own insurance fund. If you need it to fix an appliance or make another repair, it's there. If such a need does not arise, you can invest the money or spend it on something else.

Consumer Reports looked at home warranties a few years ago and concluded that, for most homeowners, the self-funded approach makes the most sense. An exception, Consumer Reports noted, is when a house is for sale and the seller buys an extended warranty to reassure prospective buyers.

If you buy such a house, make sure the warranty is paid in full and know all the terms.

ConsumerAffairs.com offers comparisons of 15 of its top-rated home warranty plans. Read more at consumeraffairs.com/homeowners/aaa_warranties.html#guide-features.

Another website with reviews and related information is homewarrantyreviews.com.

Consumer Forum is a collaboration of the Bangor Daily News and Northeast CONTACT, Maine's all-volunteer, nonprofit consumer organization. For assistance with consumer-related issues, including consumer fraud and identity theft, or for information, write Consumer Forum, P.O. Box 486, Brewer, ME 04412, visit <http://necontact.wordpress.com> or email contactedir@live.com.

Chaga

Continued from Page C1

lates, which can reduce nutrient absorption, contribute to kidney stones and be harmful in high doses, and that it may with interfere with blood thinners and diabetic medications.

Those limitations of understanding haven't stopped David Conner, MD, a primary care physician in Caribou, from recommending moderate amounts of chaga tea, including to patients with diabetes. As an internist who incorporates aspects of traditional Asian medicine and acupuncture, Conner compares drinking chaga to drinking green or black tea, which also are rich in natural compounds, or making a point to consume anti-inflammatory spices such as cinnamon and turmeric.

"I'd rather have them drink chaga and take less of their medications," Conner said of patients with diabetes taking blood sugar-lowering drugs such as metformin.

Farmers and foragers sell chaga at farmers markets, local stores and online. In Presque Isle, the Bread of Life Bulk Food Store recently started selling it both dried and as hot tea in to-go cups as an alternative to coffee.

Washburn resident Christie Smart Cochran remem-



Grounds of chaga at Bread of Life Bulk Foods Store in Presque Isle.

bers her family drinking chaga tea when she was growing up in Aroostook County during the 1950s and '60s, and now she drinks it regularly. She thinks families like hers, from English and French lineages, would have learned about chaga from Micmacs and other Native Americans as their ancestors moved from northern New Brunswick and Maine generations ago.

"In ancient times, chaga was probably considered a gold among medicines," said George Paul, a Micmac cultural interpreter at the Metepenagiag Heritage Park in Red Bank, New Brunswick.

"In long travels, people would take dried roots in a

pouch along with chaga, which is rich with nutrients from the tree," Paul said. "After it was used in drinking, it was used to carry fire on long travels," acting as a slow-smoldering tinder. Paul learned about chaga and other wild medicines from his father, who cut wood pulp around the Miramichi River watershed, and he uses it and other botanicals regularly.

Some of chaga's advocates are starting to worry about its sustainability. "We're going to run out," Guay said of Chaga Mountain. "I don't know if it's going to be in my lifetime or not."

He said he gets calls weekly from loggers and others

who cut many pounds of chaga and look to sell it — without having first secured a buyer.

"Greed has taken over," he said.

Some will cut the whole tree down to access conks of chaga beyond their reach or dig too deep into the tree to remove every last bit instead of leaving some behind to regenerate.

In Wade, a small town along the Aroostook River, herbalist Natalia Bragg, who runs the Knot II Bragg Farm, shares those concerns.

Bragg supplies chaga to cancer patients regularly and recommends that healthy people looking for a forest tea should instead harvest the birch polypore. These white and brown mushrooms are less nutrient-dense than chaga but have many of the same compounds and are more prevalent, she said.

"Chaga requires a lot more old growth trees to be sustainable," as the fungus doesn't reproduce through spores until the tree dies, Bragg said, though she has successfully propagated the fungus onto new trees.

Part of keeping chaga sustainable, Bragg said, is for people who want to drink it to do so in moderation and to branch out and try other teas from other wild sources, such as the highbush cranberry.

"Chaga is only one of so many kinds of plants and trees that live here and are medicinal," Bragg said.

Chaos

Continued from Page C1

of Canadian salons was hard to maintain.

"It was too much, too fast," said York.

"We were selling out of product but couldn't get new inventory fast enough to keep everyone happy. We could have grown, but [we] were underfunded from day one," said York.

"Something like this takes millions and millions," she said.

With a pro such as Greiner at the helm, those problems will be resolved.

Originally launching with \$300,000 and 12 products, now she is focusing on one — Controlled Chaos Curl Creme. As she phases out her Use Me line, the company is a work in progress.

Eventually, the founder said, popular style agents such as matte paste will be re-introduced under the new label.

Greiner has agreed to put in \$60,000 to help with the rebrand and to hawk it on QVC.

"I went in with the idea of

reining it into one product," said York. "I walked away with my company being able to continue. We were running low on everything and did not have enough money to create more product. These are all great changes. It's going to be an even bet-

ter product." Sales have been humming since her "Shark Tank" appearance.

"We sold more over this weekend than we have this past year," said York last week, who calculated that 500 units sold within 30 min-

utes of the show's airing.

Is this how Paul Mitchell started?

"I work best under pressure. I feel that the universe forces things like this. If it hadn't aired till May, we would be out of business by then," York said.

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