

From the Bangor Police: Saying goodbye to an old friend

Duck of Justice
From the Bangor Police Department Facebook page



We could not have done our job without Bob. The Police Department's mission could not be accomplished without excellent support staff. That includes many people but none of them more important than Bob Jackson. Bob is one of those people that actually loved his job and cared about how it was done. Jackson was the facilities manager at our station and before that, he did the same job at the old police department building which has been demolished to make room for a parking

area on Court Street. Bob started with the City of Bangor in 1974, working at the City Hospital as a dishwasher then doing other jobs in the dietary department. He delivered food to patients and anything else that was needed. He left for another job in 1981 but returned to the City Hospital maintenance crew in 1983 and then transferred to the Police Department in the same role in 1987 and has been with us ever since. Bob refused to have a get together when he left as he finds it hard to say goodbye in that way. We know Bob and we understand. Yesterday, Bob came back after a few weeks away to pick up a couple of tokens of our gratitude and to talk about his time with us or should I say, our time with Bob. It was all good. Bob used to have to use

the snowblower on the roof of our dilapidated facility at the Court Street building. That was always interesting and a little dangerous but Bob wanted the roof to stay on the top of building and we were supportive of it. When we left getting the old snowblower off the top of the 4 story building was a debacle in itself. The running joke around the building was never let Bob catch you doing his job because it would make him mad, more likely make him feel bad he didn't get to it yet as he was a one man band for many years. We would have to sneak the vacuum cleaner to an office if we spilled our popcorn or peanut shells so as to avoid the "evil eye" of Bob. We were trying to cut down his workload as he had so much to do, but he wanted to do it

all. He did a wonderful job and was proud of his work. He should be. I won't mention the leaks that we found constantly in a new heating system. Bob took care of it. First with a pail and later with a wrench and colorful words. Bob said his favorite job was snow removal and the worst job was mowing our formerly huge lawn with a 20 inch 1969 Briggs and Stratton push mower. That, and stepping on the "yard bombs" that the local dogs would leave as thanks to Bob for having good looking grass in the middle of an otherwise lawn free section of Bangor. We are going to miss Bob. Thanks for the friendship and the hard work, Bob Jackson. You will never be replaced. We will be here. Follow the Bangor Police Department on Facebook.



PHOTO COURTESY BANGOR PD
Former facilities manager Bob Jackson receives a plaque and other commemorative items from the Bangor Police, after more than 40 years of service to the City of Bangor.

Stay healthy, wealthy and wise this holiday season with these tips

Senior Beat
Carol Higgins Taylor



And so it begins. It's Thanksgiving. And tomorrow is Black Friday. Now, usually at this point I am ringing every bell I see and singing carols until even the dog avoids me. Not so much this year. Maybe time is just going by too fast. Feels like yesterday was Halloween. Or maybe it is the anticipation of the holiday stress that plagues us all. Maybe you are feeling a bit pressured and overwhelmed, too, especially if you are a

caregiver for an elderly loved one. As the holiday season approaches, many seniors and their caregivers begin to feel a sad or even depressed. But there are some ways to recapture the holiday spirit or to reinvent it altogether. First, watch out for unreasonable expectations. Holiday movies and childhood memories set you up for misery because one is fantasy and the other is of a time gone by, unable to be recaptured. It is said, finding joy in the moment is one of the keys to real happiness. While there is nothing like being with family during the holidays, let's face it – it can be stressful. Sometimes we have idealized visions of what should and should not happen during the holiday celebrations but that is a lot

of pressure for everyone. The image of perfection is bound to disappoint. Acceptance and a move forward can reduce stress, keeping the holidays cheerful. This is especially true if your loved one has a diagnosis of dementia making it more critical than ever to stay in the present. It is emotionally hard to accept that holiday traditions and celebrations will be very different now as your loved one's disease progresses. Here are some tips that can help you cope: • Focus on the person as they are now, not how they were in the past. • Simplify activities and rituals. • Limit your loved one's exposure to large gatherings which can be frightening to

a person with dementia. • Many people with dementia enjoy listening to the music of the season. • Keep decorations safe and simple and avoid those that are dangerous, poisonous or pose a choking risk. • Maintain the person's routine to decrease the chance of over-stimulation or confusion. Being in the midst of grief is especially difficult during the holidays. Often it's therapeutic to talk about your loved one and what the holidays meant to them. It may not be easy but will probably help. Suffering in silence can backfire. And then there is the food. One of the things we eagerly anticipate and sometimes dread is the once-a-year, calorie laden

treats that seems to be everywhere. While an important part of holiday celebrations, overindulging can make you more depressed and anxious. I remember the leader of a popular weight lost club I attended weekly once said, "A moment on the lips, forever on the hips." Irritating but true. If you have a specific food plan you're following avoid the food bullies. You know who they are. They say, regardless of your health requirements, "Oh just try a little. You can't deprive yourself." Yes, you can. We deprive ourselves every day. I am sorely deprived of diamond earrings but the mortgage must come first. And finally, finances. While being generous with

children, friends, grandchildren and great-grandchildren feels good, it is often a recipe for disaster come January when bills start piling up that can't be paid. And for seniors living on limited incomes, it is particularly dangerous. Best advice is to make a budget and stick to it. If you have family photos, it is very inexpensive to reproduce them for other family members. My cousin scans old family pictures and emails them to other family members. They are invaluable. So go forth and enjoy. The holidays are officially here. Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations in Bangor. Email her at bryantstreetpr@gmail.com.

Bangor Forward report shows lack of awareness of city assets

BY EVAN BELANGER
OF THE BDN STAFF

Nearly two-thirds of respondents in a recent online survey said they often don't take advantage of everything Bangor has to offer because they simply never hear about it. That's one of the findings Bangor Forward, an ad hoc initiative composed of residents, is seeking to highlight in a new report. The group partnered with students from Husson University's New England School of Communications to conduct 14 discussion groups with 124 Bangor residents over the course of several months and administer an online survey that reached 708 people -- 93 percent of whom live within 50 miles of Bangor. "We believe that this is potentially the largest sort of listening, outreach effort that has ever been done in Bangor," organizer Jeff Wahlstrom said. Bangor Forward volunteers hope local leaders and organizations will use the survey to craft a vision for the city's future that links economic prosperity and quality of life while utilizing the city's arts, culture and entertainment assets. In a report released to the City Council last month, the group noted that 64 percent of respon-

dents said the city does not promote itself well, though the city has all the elements of a destination city that would attract outside visitors. They also said the city does not promote itself well with residents. "Much of what we learned was how many opportunities are being missed to engage the people who already live here, that business opportunities are missed, opportunities for cultural activities are missed, because people don't know about them," Wahlstrom said. As a result, the group issued several recommendations, calling for the creation of a single source of information, such as new website to disseminate information about local arts and cultural events. Other recommendations included the creation of single brand that is used consistently to market the city, increased efforts to attract young people to the city and to develop the city's identity as a "college town" as well as continued investment in the downtown and waterfront areas. The recommendations appeared to gain little traction with the City Council during its regular meeting on Oct. 26, as councilors sought more specifics about how the goals in the report could be achieved

and who should pay for them. "It would be helpful to have a concerted community group that's working with the city to help move these recommendations forward over time," Councilor Joe Baldacci said at the time. Members of Bangor Forward said they have no desire to create a new nonprofit group or organization that would see the recommendations through to fruition. Instead, they are hopeful city officials and other groups and businesses will use the information to help realize their vision. However, Bangor Forward members said Friday they are in the process of forming a leadership committee that would provide more specifics as to how the outlined goals can be achieved. "It's still very much a work in progress at this point," Wahlstrom said. Members of Bangor Forward include Scott Blake, Mary Budd, Emily Shubert Burke, Deb Claflin, Jean Deighan, Lori Dwyer, Patty Hamilton, Kathy Hunt, Jennifer Khavari, George Kinghorn, Mary Lyon, Eric Marshall, Laura Mitchell, Glen Porter, Liam Riordan, John Rohman, Lynda Rohman, Kathi Smith, Jeff Wahlstrom, Lisa Wahlstrom and Mark Woodward.

'Vaping' shop and lounge now open in downtown Orono

BY NOK-NOI RICKER
OF THE BDN STAFF

The popularity of vaping - inhaling flavored and often nicotine-laced vapor using electronic cigarettes -- appears to be growing in Maine, with a vaping shop and lounge opening recently in downtown Orono and another one planned for Mars Hill. Everything Vapes opened on Oct. 24 at the corner of Main and Mill streets, and store manager Jaimee Batchelder said the owners are planning another store. "We're actually a chain store," Batchelder said recently in the shop's small lounge between puffs of thick white vapor. "We have two stores in Delaware and one in Pennsylvania. Hopefully, by the end of next week, we'll have one open in Mars Hill for Aroostook County customers." Everything Vapes carries a variety of e-cigarettes and e-liquids to fill them that are made in house using just four ingredients. The electronic devices heat the e-liquid, which is made of vegetable glycerin, propylene glycol, flavoring and, most of the time, nicotine, into a vapor that is inhaled. "It's mostly all propylene glycol," Batchelder said. The Food and Drug Administration lists propyl-

ene glycol as "generally recognized as safe," which means that it is acceptable for use in flavorings, drugs and cosmetics and as a direct food additive, according to the Centers for Disease Control. Vegetable glycerin and propylene glycol, the base for all the e-liquid flavors, are used in many common products. Vegetable glycerin, also known as glycerol, is a naturally occurring chemical used in some medicines, according to the health website WebMD. Some communities, including Portland, have banned vaping in public places where smoking is already prohibited. "Vaping has come so far over the years. We now know what is in it and what comes out," Batchelder said. "People worry about second-hand vape, but it's not smoke. It's vegetable glycerin. Nothing comes out except water vapor." Despite what Batchelder says, with e-cigarettes, now sometimes called vape pens, only hitting the American market around 2006, health experts say more study is needed. Most agree vaping is better than smoking cigarettes, which are filled with numerous harmful chemicals and have been studied for decade. The vaping store man-

ager said that many users start out as smokers trying to give up the habit. Typical pre-packaged e-cigarettes sold at convenience stores cost around \$10 apiece, and middle- and high-cost e-cigarettes range from \$25 to \$400. Not knowing the ingredients in the pre-packaged "big tobacco" e-cigs is one reason why vaping supply stores, where customers can choose from a selection of liquids to refill their vape pens, are becoming more popular, Batchelder said. "We have set ups for everybody, everything for the person who quit smoking to the hobbyist who wants the flavor," she said. The Orono shop cuts down drive time for vapers in the area who had to travel to at least Bangor before for supplies. A display with at least 20 different flavors for taste testing, some without nicotine, sits on the shop's counter.



Make a Date
Art, children, clubs, fairs, fundraisers, meals, museums, music, etc.

TheWeekly
CALENDAR

Lane Industries acquired by European company

A Connecticut-based construction company with offices in Maine will be purchased by an international firm with operations in more than 50 countries that brings in more than \$5 billion in revenue per year. Lane Industries Inc., which has offices in eight U.S. states, including one in Bangor, announced in a Thursday news release that Salini Impregilo Group had acquired the company. "This is a very exciting time for Lane employees," said Robert Alger, Lane Industries president and CEO. "We will have

an owner that truly understands our industry and wants to grow the business." Lane, which has about 4,600 employees nationally and 350 in Maine, said the deal will provide "additional financial strength" and the chance to "take a stronger foothold in markets it already operates in, as well as expand its growth into more profitable markets." Lane has satellite offices in Maine, Florida, Texas, North Carolina, Virginia, Pennsylvania and Illinois. The company works on highways, bridges and airports in the United States, but it also has international operations in the Middle East. It claims annual revenues of more than

\$1 billion. Salini Impregilo works on the same sort of infrastructure projects but specializes in hydropower and dams. Headquartered in Italy, it employs more than 30,000 people internationally. The \$406 million deal is expected to close early next year, subject to approval from Lane shareholders and regulatory filings. Lane's CEO and Connecticut headquarters will remain intact, according to the release. No major changes are expected in the operation of the Maine office. "At this point, everything's expected to stay the same -- business as usual," Lane spokeswoman Lauralee Heckman said Monday.

OCHC names Michael P. Jones new board member

Penobscot Community Health Care (PCHC) is pleased to announce that Michael P. Jones, CPA of BBSC CPAs (formerly Beatham, Bernier, Seekins & Colpritt, CPAs), has joined its board of director, said Jennifer Eastman, Esq., PCHC board chair. "We are so pleased that Michael has joined our Board of Directors. He brings a wealth of experience in the areas of finance compliance and ethics and will be a great asset to PCHC serving as the next Board Treasurer." Mr. Jones joined BBSC

CPAs in 2002 and currently serves as the firm's managing partner. Michael also leads the firm's assurance practice--overseeing audit, review, and compilation services to ensure compliance with professional standards, ethics, and regulations. Michael is the lead partner on many of BBSC's largest client engagements and serves clients operating in the low-income housing, construction, transportation and nonprofit industries. Mr. Jones earned his BS in accounting from the Southern New Hampshire University. He is a board member and treasurer for several local nonprofit organizations. Michael is a member of

the Maine Society of CPAs and the AICPA. As a Federally Qualified Health Center (FQHC), PCHC's Board of Directors serves as its governing body, responsible for financial oversight, strategic planning, defining mission and services, and ensuring compliance with legal and financial requirements, among other responsibilities.

You Name It
Goods, services and what-have-you: You'll find it in the Classifieds

TheWeekly