



# The Biddeford Beat

CITY OF BIDDEFORD WEEKLY NEWSLETTER | Monday, November 6, 2017

Volume 17.38

A1

## UPCOMING MEETINGS

### Monday, November 6:

6:30 PM – Downtown Development Commission  
(Second floor conference room)

### Tuesday, November 7:

7:00AM – 8:00 PM – **ELECTION DAY**  
Voting takes place at the Tiger Gym at Biddeford High School located on Maplewood Avenue.

### Wednesday, November 8:

4:00 PM – Historic Preservation  
(2<sup>nd</sup> floor conference room)  
6:00 PM – Zoning Board of Appeals (live)

### Thursday, November 9:

5:00 PM – Finance Committee Meeting (live)  
6:00 PM – City Council Meeting (live)

### Monday, November 13:

6:30 – Policy Committee Meeting (live)

### Tuesday, November 14:

7:00 PM – School Committee Meeting (live)

For Full Calendar, [click here](#)



**ELECTION DAY**  
Polls will be open at Biddeford High School (Tiger Gym) on Tuesday, November 7<sup>th</sup> at 7:00am – 8:00pm.



## FREE WOOD DEBRIS DISPOSAL At Biddeford Transfer Station

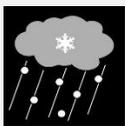
Residents of Biddeford can dispose of acceptable debris (wood wastes cut into 2 foot pieces) in 1 cubic yard quantities free of charge beginning Tuesday, November 7<sup>th</sup>, until Sunday, November 19<sup>th</sup> 2017.

[Debris must be brought to the Transfer Station during regular hours of operation](#)

**Non-acceptable items:**  
Sheetrock, Roofing Paper, Shingles

The Transfer Station is located at  
371 Hill St.

To receive email subscriptions to the Biddeford Beat, [click here](#)  
Thank you for reading!



## **Storm Preparation..... Are you ready for winter?**

After last week's rain and wind storm bringing power outages to several Biddeford residents and with winter quickly approaching, now is the time to re-evaluate how prepared you are for possible winter storms. The *Maine Emergency Management Agency* and *Maine Prepares* websites have great storm preparedness information. Here are some shared tips and ideas to consider before the snow begins to fall:

### **Make a Plan:**



- Think about what challenges you might face in an emergency then decide how you're going to weather the storm.
- Learn about emergencies most likely to happen where you live, learn, and work.
- Talk with household members about what you would do in an emergency.
- Make sure to plan for the needs of children, household members with disabilities, and pets.
- People with disabilities and functional needs should develop a plan with their support network, including transportation and in-home support services. Idea: Give a spare key to a member of your network along with information about your supplies and equipment.
- Check your home emergency supplies—what you have and what you need. [Assemble a Home Emergency Supply Kit and a Grab-N-Go bag.](#)
- Identify an out-of-town contact and make sure all household members have the contact number in writing. Printable emergency contact cards and other printable home plans can be found at [www.maineprepares.org](http://www.maineprepares.org).
- Choose three places to meet—one outside your home, one outside your neighborhood, and one outside your town.

- Determine directions and alternate routes.
- Practice your evacuation plan twice a year and drive or walk your planned routes.
- Check your home insurance coverage, including flood insurance, and talk to your insurance agent to learn more.



### **Stay Informed:**

- Make sure you have the correct information in order to make good decisions for yourself, your family, business or community.
- Learn how your community will alert you about emergencies.
- Subscribe to alert services for emergency information. MEMA offers e-mail alerts through the [Maine.gov subscriber service](#).
- Know the difference between weather watches, advisories and warnings and what you should do for each ([NOAA weather radios](#) can keep you informed).
  - [Flood: Watch, Warning and Advisory Criteria](#)
  - [Hurricane: Watch, Warning and Advisory Criteria](#)
  - [Summer Storms: Watch, Warning and Advisory Criteria](#)
  - [Winter Storms: Watch, Warning and Advisory Criteria](#)
- Identify local evacuation routes, transportation providers, warming/cooling centers, and regional shelters.
- Learn about the emergency plans put in place by your local schools, businesses, health care providers, etc.
- Think about how you will make sure that the information you have is accurate. Check out our "[Be Sure of Your Information](#)" fact sheet.
- Think safety at all times: TURN AROUND when roads are flooded. Keep generators OUTSIDE. Be CAREFUL with candles and kerosene lamps. STAY AWAY from downed power lines.

### Help Others:



- Share what you've learned with household members, neighbors, and extended family—talk about how you can help each other.
- If your office, school, or other place you spend time doesn't have an emergency plan, volunteer to help make one.
- Take advantage of local volunteer opportunities. You can join a Community Emergency Response Team (CERT), a County Animal Response Team (CART) and more.
- Join a not-for-profit or faith-based organization that is active in disasters across the state and beyond (See "Volunteer Opportunities" below).
- If possible, please consider giving donations at any time or disaster relief goods when requested to help disaster survivors in Maine or beyond.

### Carbon Monoxide Safety in Power Outages:

Warning signs of CO poisoning are flu-like symptoms without fever (such as headache, nausea, vomiting, dizziness, drowsiness, and confusion). CO poisoning can also result in coma and death. CO is an odorless gas emitted when burning most fuels. Improper operation or placement of alternative heating or power sources can result in poisoning when CO gas builds-up in enclosed spaces.

A State study of the CO poisoning epidemic, in the aftermath of the January 1998 ice storm power outages, found that improper placement of a gasoline generator, such as in a basement or garage, could increase the risk of poisoning up to 300-fold. When the power went out for several days after Tropical Storm Irene in August of 2011, carbon monoxide poisoning was the cause of two deaths and four non-fatal poisonings in Maine. In each case, the carbon monoxide came from improper use of using a kerosene heater in a room without any doors to other rooms opened, or failing to crack a window, also put people at increased risk for CO poisoning.

### To Avoid CO Poisoning During Power Outages:

- Place generators outdoors in the fresh air.
- Make a plan for how to keep your generator dry and protected from ice and snow so you are not tempted to bring it inside a garage or other enclosed structure. Generators also pose a risk of shock and electrocution, especially in wet conditions. Dry your hands before touching a generator.
- Ensure the generator is at least 15 feet away from home windows or doors
- Ensure the generator is not placed in an enclosed or semi-enclosed space (such as basement, cellar bulkhead or attached garage) where carbon monoxide can build up to dangerous levels.
- Use kerosene heaters in a well ventilated room, by either keeping doors to other rooms open or keeping a window partially open (at least 1 inch)
- Use only K-1 grade fuel in kerosene heaters. Follow instructions for setting the wick height.
- Do not use outdoor cooking devices indoors (such as gas or charcoal grills, gas camp stoves).
- Do not use indoor gas cooking stoves for heat.
- Keep chimney flue and a window open when burning decorative gas fireplace logs as a heat source.
- Place a carbon monoxide detector that is battery powered (or has battery back-up power) outside each sleeping area. CO detectors are in most stores. Look for the UL mark with the "Single Station Carbon Monoxide Alarm" statement.

### If You Suspect CO Poisoning:

If you or anyone in the home suspect you are being poisoned by carbon monoxide:

- Leave the house immediately, and then call your local fire department or 911.
- Seek medical attention by contacting either the Northern New England Poison Center (800-222-1222) or your physician after you

have left the area where you suspect the carbon monoxide is present.

- Do not go back into the building until you know the CO levels are safe.

### Generator Safety:

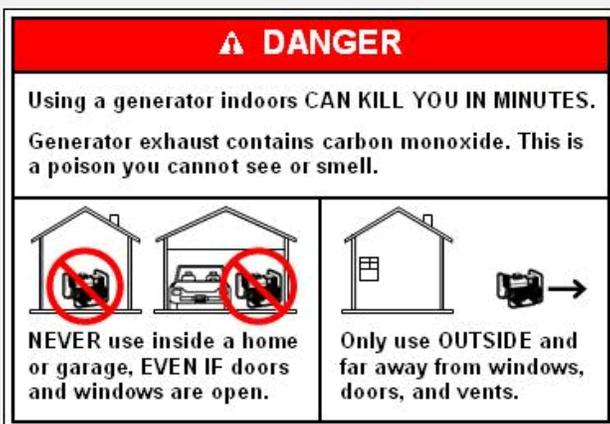
Portable generators are useful when temporary or remote electric power is needed, but they also can be hazardous. The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, fire and burns.

Every year, people die in incidents related to portable generator use. Most of the incidents associated with portable generators reported to CPSC involve CO poisoning from generators used indoors or in partially-enclosed spaces.

For more information, please visit <http://www.maine.gov/mema>.

To sign up to receive City of Biddeford Parking Ban Notifications, please [click here](#).

**Remember:** *The first person at your house to help your family in an emergency... is you!*



### Food Safety:

#### Consumer Guidance:

To help you determine when to save refrigerated or frozen food, and when to throw it out after a power outage that affects your refrigerator, here are some tips:

Discard any perishable food that has been above 40 degrees F for two hours or more, and any food that has an unusual odor, color or texture. If food has been kept above 40 °F for more than 2 hours,

## **J Richard Martin Community Center is a busy place!**

### **Programs and Services:**

This week's article will focus on the current services and programs that are administered within the J Richard Martin Community Center located at 189 Alfred Street. The community center houses several "tenants" with dedicated space for programs within the building. Those *tenants* include the Biddeford Recreation Department, Senior Programs (known as the 50+ club run by the Ross Center under the umbrella of the recreation department), Adult Education (run by the Biddeford School Department), La Kermesse Festival Committee, Meals on Wheels, Biddeford Support Center and the National Guard. There are also approximately twenty other organizations that occupy space within the building that run their own programs.

The **Biddeford Recreation Department** is the largest occupant of the building as it provides both youth and adult programs. Programs include youth sports, basketball, indoor soccer and wrestling. The facility also serves some of the department's special events such as the Community Youth Halloween Party and Holiday Party. Adult sport leagues are also available including pickle-ball, indoor soccer, and softball and volleyball leagues. There are also adult fitness programs such as kettlebell class and martial arts programs. The Biddeford Recreation Department office is located at the Community Center and schedules the use of all community space within the center. The Biddeford Recreation Teen Programs are run through the Teen Center which is located at Rotary Park. A variety of youth programs and classes such as afterschool Cub Care are run out of the schools as well. For more information on how to sign up for programs, you may visit the department's website at: [www.biddefordrec.com](http://www.biddefordrec.com).

The **Ross Center** hosts the **50 Plus Club** and many of the programs it serves. It is also home to the Recreation Staff that partner with the Club to

provide a wide variety of programs and services to the 50 Plus population. Some of these include 50 Plus Club Bingo, Adult Line Dancing, Book Discussion Club, Card Games, chess club, cribbage, scrabble, bridge, dominos, 50 Plus Club indoor walking, indoor horseshoes, karaoke & dinner, Knitting for Charity, Exercise classes, Tai Chi, Wii Bowling and Yoga. For more information and to sign up for membership, things to do and newsletters, contact the office at 282-5005 or go to: [www.biddefordrec.com](http://www.biddefordrec.com).

The number of registered participants for the gym related program exceeds 5,500 per year. The number of registered participants for the remaining recreation programs exceeds 11,250 per year.

The **Adult Education** Main Office (Learning Center) is located on the 2<sup>nd</sup> floor of the Community Center. They offer classes in business & skills training, personal enrichment and literacy. For more information on current program offerings you may visit <http://biddeford.maineadulted.org>. Participant traffic for the adult education programs vary, however spring and summer enrollment exceeded 1,300.

**Meals on Wheels** is a program run by Southern Maine Agency on Aging. It provides up to five meals each week to each participant in the program. Volunteers and Agency staff deliver five meals on Tuesdays or Thursdays and generally arrive between 10:30a.m.-12:30p.m. Meals are delivered frozen. If a hot meal is needed Southern Maine Agency on Aging's "Warming Crew" will come to the home and heat the meal. They also provide a daily wellness check by providing a service called "Phone Pals." Volunteers and staff are trained to make sure that clients are safe when they make their deliveries which provide peace of mind to clients and their families. For more information about this program as well as other resources and support programs, please visit: <http://www.smaaa.org/meals.html>. Personnel for the program totals approximately 23.

The **Biddeford Support Center** has dedicated space located within the J Richard Martin Community Center. The Biddeford Support Center began in 2015 when the City of Biddeford partnered

with SARSSM (Sexual Abuse Response Services of Southern Maine) to provide a free and confidential place for women and men to go and seek free and confidential advocacy to those affected by sexual violence. They provide a 24/7 crisis and support hotline (1-800-871-7741) that is staffed by advocates who have undergone training to best assist callers. The advocates listen, provide emotional support and offer resources to victim/survivors of sexual assault and their concerned others. Their support groups offer a tool for men and women to continue on their healing journey with peer support groups and yoga. They have advocates that can work with victims as they navigate the criminal justice system, offering accompaniment and information. The center provides a comfortable space and atmosphere and includes a room just for group sessions. The SARSSM will be starting up a child prevention class for parents and caregivers. For more information regarding the Biddeford Support Center and its services, please visit: <http://www.sarsonline.org>. The space is also shared with Hospice, Community Partnerships for Protecting Children, My Sisters Keeper, and Kids Free to Grow. Participants and general program traffic exceeds 1,250 people per year.

The **La Kermesse** Festival is held in Biddeford each year. A dedicated group of volunteers and businesses work throughout the year to plan for each festival. The Board of Directors and planning committees meet in dedicated space at the community center. The space is also shared with St. Jeans and Biddeford Cultural and Heritage Center. General traffic through the space is estimate at greater than 625 people per year.

Finally, **National Guard** retains dedicated space at the community center for recruitment and general administration with an estimated throughput of over 150 people per year.

Additional community groups and users include AA, AARP Tax Service, Adoptive and Foster Families, back to Basics, Biddeford LAX Meeting, Biddeford High School Cheering, Biddeford Soccer Club meetings, Biddeford Youth

Football meetings, private birthday parties, Caring Unlimited, Community Partners, Daisies Troop, Drum Circle, Girt Scouts of America Troop 1126, La Kermesse holiday party, Maine Behavioral Health, People Ready, Project Sunrise meetings, Red Hats, Rotary Auction, Special Olympic training, Transform Ministries, Volleyball Unlimited, Work Opportunities.

These are just some of many different services and programs that occupy the 43,000 square feet of usable space within the J Richard Martin Community Center. Over 20,200 people per year visit or provide services at the community center annually. This estimate does not include spectators for a particular event or multiple visits by participants for games or events that may make up an identified season. Give the diverse programming and the significant number of citizens served throughout the year, the facility is “well used”.