



The Biddeford Beat

THE CITY OF BIDDEFORD WEEKLY NEWSLETTER

MONDAY, JULY 22, 2019

VOLUME 19.29

Stay up to date on all things Biddeford!

Visit our website:

<http://www.biddefordmaine.org/>



Follow us on Twitter: [@BiddMECity](https://twitter.com/BiddMECity)



Follow us on Facebook:

[Facebook.com/BiddefordGovernment](https://www.facebook.com/BiddefordGovernment)

UPCOMING MEETINGS

Meetings are located in the Council Chambers at City Hall unless otherwise stated. Live meetings can be viewed on the [City of Biddeford website](http://www.biddefordmaine.org/) or on the Public Access Channel.

Thursday	July 25, 2019
6:30 p.m.	Airport Commission Meeting (Live)
Monday	July 29, 2019
6:00 p.m.	Downtown Committee Meeting (Live)

All meetings are subject to change. [Click here](#) to view updates on the full city calendar.

RECYCLING TIP OF THE WEEK

As a general rule, **if it's smaller than a Post-It, don't place it in your blue recycling bin.**

Once collected from the curb, your recycling is brought to a sorting facility. Anything extremely small in size cannot always be sorted properly, and it may end up contaminating correctly-sorted recycling as a result.

Common plastic items that are too small to recycle include coffee pods, straws, stray bottle caps, bread ties, and more. These items should be thrown in your green trash can.

Thank you for doing your part to reduce recycling contamination in Biddeford!



Post your ArtWalk photos to Instagram #biddefordartwalk



2019 BIDDEFORD ARTWALK

**NEW
TIME
& DAY:
4-7PM
THIRD
SATURDAY
OF THE
MONTH**

NEXT EVENT: JULY 20

HISTORY HIKE IN CLIFFORD PARK

Saturday, July 27, 9:00 a.m. – 10:30 a.m.

Join the Biddeford Historical Society for a moderate hike highlighting the park's quarrying past and its use by the city throughout the early twentieth century, when bands played to Sunday crowds. You will also learn about how the Clifford family made it possible for the city to obtain this forested gem within the city's urban center. Event is by donation and weather permitting.

COMMUNICATIONS SURVEY ON POLCO

[Click here](#) or visit Polco.us/Biddeford to participate!

What would you like to see in future issues of The Biddeford Beat? What additional platforms would you like to use to connect with the City of Biddeford? Please take the quick 5-question survey above to let us know! As a subscriber to The Biddeford Beat, we would especially appreciate your feedback.

We often receive questions about why Polco, our online civic engagement platform, requires you to create an account. This is because Polco uses the information you provide to verify your residency in Biddeford and ensure that responses are only counted once. The City does not have access to your data, and you will only receive an email when we post a new survey.

COOLING CENTER THIS WEEKEND

Due to the high temperatures predicted for Saturday and Sunday, Seeds of Hope Neighborhood Center at 35 South Street will be open to the public as a Cooling Center this weekend. Meals will not be served, but the air conditioning will be on and cold drinks will be available.

Cooling Center hours:

Saturday, July 20:

11:00 a.m. - 6:00 p.m.

Sunday, July 21:

12:00 p.m. – 6:00 p.m.

Please take a moment to review this graphic to make sure you know the symptoms of heat stress and how to prevent it! Stay hydrated and take frequent breaks out of the sun for your safety.

Beware of Heat Stress

Heat Stroke
Your body attempts to adapt to the heat through heavy sweating. You may become dehydrated and lose electrolytes as you lose water and electrolytes.

Symptoms
Fatigue
Nausea
Headache
Excessive thirst
Muscle aches/cramps
Weakness
Sweats, clammy skin
Slowed/weakened heartbeat
Dizziness

Heat Exhaustion
MEDICAL EMERGENCY
Your body is no longer able to cool itself and your body temperature rises dangerously.

Symptoms
Decreased sweating/urination
Hot, flushed, or dry skin
Rapid heart rate
Shortness of breath
Increased body temperature
Confusion, agitation, seizure or loss of consciousness

Find a cool place
Air-cooling systems help reduce heat exposure.

Stay Hydrated
Avoid sugary, caffeinated and alcoholic drinks

Know the Symptoms!

Preventing Heat Stress

Take Frequent Breaks

Slow Down!
Your body needs time to adjust to the heat. Don't overexert yourself performing physical tasks.

NOMINATION PAPERS FOR MUNICIPAL GENERAL ELECTION

Are you interested in running in the November 5, 2019 Municipal General Election? Beginning on August 5, Nomination Papers will be available in the City Clerk's Office for all registered voters who wish to seek the following political offices:

MAYOR -	125 SIGNATURES REQUIRED
COUNCILOR-AT-LARGE -	50 SIGNATURES REQUIRED
COUNCILOR BY WARD -	25 SIGNATURES REQUIRED
SCHOOL COMMITTEE (AT LARGE) -	25 SIGNATURES REQUIRED
WARDEN/WARD CLERK BY WARD -	20 SIGNATURES REQUIRED

The City Clerk's Office is open Monday through Friday, 8:00 a.m. to 5:00 p.m. All Nomination Papers are due in the City Clerk's Office with the required amount of signatures **no later than 5:00 p.m. on Thursday, September 5, 2019.**



NEW ADDITIONS AT BIDDEFORD DOG PARK

Thank you to Jim Godbout from [Jim Godbout Plumbing & Heating, Inc.](#) for his generous donation to provide water for the thirsty dogs visiting the Biddeford Dog Park. The spigot is located on the sign post as you enter the park. Volunteers from New Life Church also stopped by this weekend to help with the expansion of the small dog park and will be back in the fall to complete additional improvements. In addition, the walkway to the park has been paved and there are three new trees! The dog park is located in Rotary Park (550 Main Street).

TANK CLEANING AT THE WASTEWATER TREATMENT FACILITY

If you were on Water Street during the week of June 24th, you might have noticed an odor emanating from the Wastewater Treatment Facility. Do not fret! The facility is still doing its job of transforming the City's waste into sparkling clear water before releasing it back into the environment. The odors came from pumping down an aeration tank for routine cleaning and repair. Aeration tanks are bio-reactors and the core of the wastewater treatment process.



Bacteria and other microorganisms grow in the tank by feasting on our waste products. They take all the organic material that goes down our toilets, sinks, and showers and use it to replicate themselves. As they grow larger, they become heavier than the water and will quickly settle to the bottom, leaving clear water as they do. A large amount of air is blown into the bottom of the tank to speed these reactions up by supplying the microorganisms with an overabundance of oxygen. This is the same method of carbon and nutrient recycling that nature performs on its own all the time. We just speed it up by concentrating it all in one tank. Neat!

Supplying all that oxygen to the bio-reactor is the most energy intensive and expensive part of the process. Keeping these tanks clean and well maintained is an important part of keeping the facility running efficiently. This efficiency translates into energy savings, which saves the City money while keeping the Saco River clean and safe.

Were you unaware that the treatment of wastewater is a biological process? Would you like to learn more about how this vital utility is operated? Come check us out! We have two of the most pristine wastewater facilities in Maine due to the dedication and expertise of our staff. We are more than happy to show off the treatment plant and share what we know to help the general public better understand where our water goes when we are done with it. If you are interested in taking a tour of either of our two wastewater treatment facilities, email the Wastewater Department Superintendent at alex.buechner@biddefordmaine.org or call 207-282-1350.