

# VIENNA RECORD



A bi-monthly newsletter of the Town of Vienna, Maine

VOLUME XVI, NO. 1

FEBRUARY/MARCH 2012

## FROM THE VIENNA HEALTH OFFICER: DISEASE SCREENING: HOW MUCH, FOR WHAT, & WHICH PEOPLE?

In my last newsletter piece on home water testing for contaminants, I promised to do another on other home health risks. I shall do that in April, but this time I want to respond to a recruitment brochure encouraging me to be screened for \$75+ for 5 diseases, by a traveling ultrasound service in a nearby town office. It made me realize the immediacy of issues raised by such programs, their hidden risks, potential benefits, and personal and financial costs. I presume most of you, at least those over 40, receive these solicitations as regularly as I do

Screening for asymptomatic, serious disease, and curing it before it makes one sick, makes good theoretical sense. But while many screening tests are proposed, very few are supported by populations studies showing significant benefit enough to warrant their risks and costs. There are some that clearly do; we are all familiar with Pap smear screening for cervical cancer. As a result of its widespread implementation, cervical cancer rates are 1/5 of those 40-50 years ago.

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## MINUTES FROM THE TOWN SELECTMEN MEETINGS

November 22, 2011

Present: Dodi Thompson, Chris Smith, Brian Church

1) Worked on some property cards.

2) Dodi reported that she met with Lance Lemieux from the Loss Control Dept. of Maine Municipal (Risk Management/Workers Comp.) on Monday, November 21. He did an inspection of the Town House and the Fire Station/Community Building. Everything was satisfactory; he will send a follow up report.

3) Read and accepted selectmen minutes from November 1, 8 and 15.

4) Reviewed and dispersed mail.

December 6, 2011

Present: Dodi Thompson, Chris Smith, Brian Church, Marti Gross, Linwood Meader, Jr., Barry Emery

1) Reviewed and signed Warrant #23.

2) Reviewed and distributed mail.

3) Linwood reports that he had to do some road repair on the Stream Road.

4) Bob Leso, a forester from Chesterville, came in to get some information for a tree growth plan he is working on.

5) Filled out the Maine Municipal Association Workmen's Comp insurance forms for 2012.

6) Reviewed some abatement letters from assessor John Sexton. Abatements were done on three properties.

*(Continued on page 2)*

## VIENNA RECORD

## MINUTES FROM SELECTMEN'S MEETINGS (FROM FRONT PAGE)

December 13, 2011

Present: Dodi Thompson, Chris Smith, Brian Church, Peg Lang

1. Peg Lang came in to inform that someone is coming to measure the Town House windows which will be fitted with inside storm windows. The target date for building these windows is December 13<sup>th</sup> in Farmington. This is a United Way project. The windows will be installed sometime in January.

2. The selectmen worked on some tax abatements.

3. Reviewed and dispersed mail.

December 20, 2011

Present: Dodi Thompson, Chris Smith, Marti Gross, Linwood

1. Reviewed and signed Warrant #24.

2. Had long discussion on the fuel tank leak at the Town House. Downeast Energy was called yesterday morning because there was no heat. The service man came out, discovered that there was a hole in the tank and the fuel had all leaked out (estimate - 100 to 130 gallons) on the ground. DEP was called. Chris worked with them today to get it cleaned up. Meader's Construction did the work. Two loads of contaminated soil were taken to Scarborough. Downeast came back today and installed a temporary tank in front of the building. We think we should leave the temporary tank where it is, until a decision is made about a new heating system. Dodi will apprise the Town House Committee of the situation.

3. Mail was reviewed and dispersed.

December 27, 2011

Present: Dodi Thompson, Chris Smith, Brian Church, Marti Gross

1. Opened and distributed the mail.

2. Follow-up discussion on the oil leak at the Town House. Selectmen will meet with the Town House Committee on Monday, January 16<sup>th</sup> to discuss the situation and plan a course of action in regard to the temporary fuel tank.

January 3, 2012

Present: Dodi Thompson, Chris Smith, Brian Church, Linwood Meader, Marti Gross

1. Reviewed and signed Warrant #25 for 2011 and Warrant #1 for 2012.

2. The need to purchase a fire-proof safe and a fire-proof filing cabinet was discussed.

3. Had a general discussion of the upcoming 2011 Town Report and the 2012 budget for March Town Meeting.

January 10, 2012

Present: Dodi Thompson, Chris Smith, Laura Reville

1. Reviewed and dispersed mail.

2. Laura Reville picked up the 2010 and 2011 Tax Transfers in order to update the E911 address lists.

3. Had a general discussion of the upcoming 2011 Town Report and the 2012 budget for March Town Meeting.

January 10, 2012

Present: Dodi Thompson, Chris Smith,

Laura Reville

1. Reviewed and dispersed mail.  
2. Laura Reville picked up the 2010 and 2011 Tax Transfers in order to update the E911 address lists.  
3. Began work on the annual Town Report and Town Meeting Warrant.

January 17th meeting was cancelled due to icy road conditions

January 24, 2012

Present: Dodi Thompson, Chris Smith, Brian Church, Linwood Meader, Laura Reville, Marti Gross, Connie Smith

1. Dodi and Chris reported that they attended the January 16th meeting of the Town House Committee to discuss the furnace situation. The committee voted to NOT buy a new furnace at this time, but to buy a new oil tank to replace the old tank that sprung a leak. The new tank was installed today. It will be paid for by the Dorothy Waugh Trust Account.

2. On the day of the fuel leak, Chris submitted an application to the Maine Groundwater Oil Clean-up Fund to help pay for the clean-up of the oil that leaked from the old tank. The town has received the paperwork saying that the application was accepted with a \$500 deductible.

3. Laura Reville came in to do some research regarding updating E-911 addresses.

4. Selectmen worked on the budget for Town Meeting.

## FROM THE PLANNING BOARD

### MINUTES OF THE REGULAR MEETING OF THE VIENNA PLANNING BOARD HELD DECEMBER 28, 2011

The meeting convened at the Town House at 7:00 PM. Regular members present were Alan Williams, Ed Lawless, Waine Whittier and Creston Gaither.

On December 14 Creston and Alan and Ed and Nanou met at Creston's house to consider the l'Ansons' proposal to construct an 8' x 8' entryway over their existing porch, on their Klir Beck Road property (depicted on the Vienna tax maps as map 11 lot 48-F). (See permit issued Dec. 14).

Minutes of the October 26 meeting were read and accepted.

On November 23 Ed and Waine met informally but no others appeared and no formal business was conducted.

At 7:10 Health Officer Dan Onion appeared to ask whether the Notification of Construction Ordinance (NoCO) requires testing for lead paint in older buildings -- he had attended a related conference earlier in the month. He said that lead is mainly a threat to children under age 3 -- cases of elevated levels are appearing in Maine, mainly where older housing is involved. He said that lead detection is not expensive. He also asked about asbestos. The Board advised him that the current NoCO does not require lead or asbestos testing. Dan said we need some kind of education campaign. Waine suggested that a separate ordinance would be the best approach, possibly one requiring applicants to confirm that they've read some informational literature. Dan will continue to investigate and will talk with pertinent personnel from nearby towns.

Several recent permits were processed.

The Board considered the Van Woerts' request to essentially renew the permits they were issued on Nov. 1 2007 for their Whittier Pond parcel; (tax map 11 lot 67). No changes are proposed for the project. It was agreed that they do not need a new NoC permit as the footprint previously permitted is now well-established, satisfying the NoCO requirement that construction begin within a year of the date of a permit issued. Creston was authorized to issue a permit by letter which will essentially renew the 2007 SZO permit.

Creston was authorized to order the latest edition of the land use and planning law pamphlets.

The meeting adjourned at 7:30 PM.

Creston Gaither, Secretary

VIENNA RECORD

**FROM THE TOWN CLERK AND TAX COLLECTOR**

Mark your calendar for some important dates!

Upcoming Elections – Friday, March 9, 2012, Town officials Election will be held at the community building on the Kimball Pond road. The Polls will open at 4:00 P.M. and close at 8:00 P.M. Absentee Ballots will be available February 9th. For absentee voting, you can call me at 293-3383 for more information.

Who will be on the ballot? Running for:

- 1st Selectman - Doris (Dodi) Thompson
- 2nd Selectman - Chris Smith
- 3rd Selectman - Laura Church
- Road Commissioner - Linwood Meader, Jr. & Alan Williams

- Treasurer - Marti Gross
- Town Clerk - Connie Smith & Annie Tibbetts
- Tax Collector - Connie Smith & Annie Tibbetts

Town Meeting will follow Saturday, March 10 at 9:00 A. M. in the Community Building.

Reminder that my office hours are:  
Tuesday and Thursday 9:00 A.M. – 12:00 P.M.  
Thursday 4:45 P.M. – 7:00 P.M.

The last Saturday of the month from 1:00 – 4:00 P.M.

I also make appointments.

Connie Smith

**THE MOUNT VERNON COMMUNITY PARTNERSHIP (CPC)  
INVITES CITIZENS AND BUSINESSES FROM VIENNA TO A PUBLIC FORUM**

USDA Rural Development is coming to Mount Vernon for a Public Forum on Saturday, February 18, 2012, at the Community Center at 11:30 a.m. Individuals and businesses will not want to miss this forum! Rural Development offers over 40 programs through its Community, Business & Cooperative, and Housing Programs that provide a variety of services to rural communities and individuals in Maine. Here are a few of their programs:

- Businesses may receive financing that allows them to expand and to upgrade their renewable energy and energy efficiency.
- Fire, rescue and medical services, daycare centers, and schools can benefit from its programs.
- They provide water and sewer loan and grant programs.
- They've helped thousands of families become homeowners, many for the first time.
- Their multi-family housing programs provide apartments for families and senior citizens.

**If you have any questions, call Sandy Wright at 293-2582 or email her at [scwright@fairpoint.net](mailto:scwright@fairpoint.net).**

## ONGOING EVENTS

- **Mount Vernon Community Center Café** on Saturdays from 9:30-11:30 am. Coffee, food & conversation!
- **Men's Breakfast** on Tuesdays from 6:30-7:30 am at the Mount Vernon Community Center. Small donation appreciated.
- The 1st and 3rd Wednesdays of each month, **McGraffey Mountain Woodcarvers** meet from 6:00-8:30 pm at the Vienna Community Center. New and experienced carvers welcome. For More information about the meetings please call Norma Wing at 293-3725 or Ed Beach at 685-4779.
- **Creation Station**, a faith-based, arts-based after school program of the North Vienna UMC meets every Wednesday during the school year and is open to all children grades K-6. For more info call Laura Church at 293-3892
- **The Youth Group at North Vienna United Methodist Church** meets most Sunday afternoons. It is open to youth grade 6 and up. For more info call Laura Church at 293-3892.
- **Free Potluck Dinner** open to the public! - Last Sunday of every month - 11:30 am, right after Sunday Service - For more info contact Ken Wright Sr. 293-2189.



*Mark your calendars!*

## FEBRUARY/MARCH 2012 EVENTS

- **Vienna Union Hall Association Fundraiser: Chili/Chowder Supper** - Saturday, February 18th - 5:00 P.M to 6:30 P.M. at the Vienna Community Building - Suggested donation - \$7.00 - Net proceeds to benefit Union Hall Building Fund
- February 25th, Saturday at 5:30 PM - **Italian Dinner** at the Mount Vernon Community Center - \$7 per person, \$3 ages 5 and under
- **Mt. Vernon Community Center Concert: Sandy River Ramblers** (tentative) & Open Mic - Saturday, March 3rd - 7 PM - Donations welcome

VIENNA RECORD

# HELP WANTED!



The Vienna Volunteer Fire Dept. is recruiting new members who are willing to work hard to do important work for your community. All training & equipment provided.

Does this sound like you? Call Brian Church 293-3892

## Vienna Union Hall Association Fundraiser: Chili/Chowder Supper

Saturday, February 18th  
5:00 P.M to 6:30 P.M.  
at the Vienna Community Bldg.  
Suggested donation - \$7.00

Net proceeds to benefit Union Hall Building Fund



Dodi Thompson  
Chris Smith  
Brian Church

### SELECTMEN MEETINGS

1st & 3rd Tuesdays of every month 6:30 p.m. at the Town House



Vienna Town House - Rte. 41, Vienna, ME

### WORK SESSIONS:

2nd Tuesday at 6:30 pm  
4th Tuesday at 6:30 pm  
5th Tuesday at 6:30 pm (as needed)

TOWN OF VIENNA, ME  
PO Box 38  
VIENNA, ME 04360  
☎ 207 293-3087  
www.viennamaine.org

### Vienna Planning Board MEETINGS

The Vienna Planning Board meets on the 4th Wednesday of each month at 7:00 pm at the Vienna Town House Route 41, Vienna, Maine

For more information, call Waine Whittier, Chair at 293-2072 or Creston Gaither, Secretary at 293-2909

[www.viennamaine.org](http://www.viennamaine.org)

## FROM MARANACOOK ADULT ED.

RSU 38 Maranacook Adult Education has been awarded a mini grant by the Maranacook Education Foundation to provide bus transportation for adults and adult education students to visit college campuses. The grant runs from now through January 2013. Proposed visits are to the Augusta and Farmington campuses of the University of Maine, Kennebec Valley, Central Maine and Southern Maine Community Colleges, various apprenticeship programs and the Career Center.

"The grant is geared toward adult and adult education students to get them on college campuses and thinking about applying to colleges. Many have never been on a college campus," said Deb Bomaster, director of Maranacook Adult Education.

Adult students, those who work with adult students and others interested in the grant program may call Deb Bomaster at 685-4923 x1009 for more information, dates of the college visits and eligibility requirements.

Maranacook Adult Education is introducing new courses in 2012, especially in the area of professional development for businesses, teachers and medical office professions. The following courses are only those beginning from February 1 through March 8. Please check our website for more spring courses. Online registration is underway at <http://maranacook.maineadulted.org>. For more information, call 685-4923, ext 1065 or email us at [adulted@maranacook.org](mailto:adulted@maranacook.org).

### 2012 Classes:

- Intro to Tai Chi/Qi Gong, 8 Wednesdays, 7-8 p.m., begins February 1.
- Out the Door Basket, 2 Wednesdays, 6-8:30 p.m., begins February 1.
- Medical Terminology, 16 Wednesdays, 6-8 p.m., begins February 1.
- Medical Billing/Coding, 20 Mondays, 5:30-8:30 p.m. & 20 Wednesdays, 6-8 p.m., begins February 1.
- Certified Medical Administrative Assistant, 16 Wednesdays, 6-8 p.m. and 16 Mondays, 5:30-8:30 p.m., begins Feb 1.
- Medical Transcription Certificate, 16 Thursdays, 6-8 p.m., begins February 2.
- Stained Glass, 8 Mondays, 6-8:30 p.m., begins February 6.
- Driver Education, Mondays, Wednesdays & Thursdays, begins February 6.
- Supervisor and Leadership, online course, February 6-March 30.
- Recruiting and Retaining Gen X and Gen Y, online course, February 6-March 2.
- Reiki Level I, 5-9 p.m., Tuesday, February 7.
- Home Repair for Men: Beginning Electrical, 6-8 p.m., Tuesday, February 7.
- ServSafe Training, Wednesday, 9 a.m.- 5 p.m., February 8.
- College Goal Maine, 6-8 p.m., Wednesday, February 8.
- Free Technology Resources, 6-8 p.m., Thursday, February 9.
- Home Repair for Men:, Tiling 101, 6-8 p.m., Tuesday, February 14.
- Laptop Tune Up Clinic, 6- p.m., Wednesday, February 15.
- Yin Yoga: Loosening the Core, 4:30-6 p.m., Thursday, February 16.
- Outdoor Survival, 3 Mondays, 6:30-8:30 p.m., 1 Saturday, noon-4 p.m., begins February 27.

*(Continued on page 8)*

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## FROM MARANACOOK ADULT ED (FROM PAGE 7)

- Working with your Woodland, 6 Mondays, 6-8 p.m., begins February 27.
- Home Repair for Women, 5 Tuesdays, 6-8 p.m., begins February 28.
- Intermediate Conversational French, 8 Tuesdays, 6:30-8 p.m., begins February 28.
- Workplace Computer Skills, 5 Tuesdays, 6-8 p.m., begins February 28.
- Travel Series: Myanmar, 7-8:30 p.m., Tuesday, February 28.
- Zumba Manchester, 6 Wednesdays, 3:30-4:30 p.m., begins February 29.
- Baby Signing Time, 5 Wednesdays, 6-7 p.m., begins February 29.
- Country Counter Basket, 2 Wednesdays, 6-8:30 p.m., begins February 29.
- Caring for the Caregiver, 6 Wednesdays, 6-8 p.m., begins February 29.
- Re-Cane a Chair, 5 Thursdays, 6-8 p.m., begins March 1.
- Making Sense of Social Media for Small Business, 2 Thursdays, 6-8 p.m., begins March 1.
- Basic Computer for the Over 50 Crowd, 4 Thursdays, 3:15-4:15 p.m., begins March 1.
- Gymnastics for Children, 6 Fridays, time varies by age, begins March 2.
- Driver Education, Mondays, Wednesdays & Thursdays, begins March 5.
- Mobile Marketing, online course, March 5-30.
- Gender in the Classroom, online course, March 5-30.
- Online Learning & Teaching, online course, March 5-30.
- Students with Asperger's, online course, March 5-30.
- Video Marketing, online course, March 5-30.
- Advanced Website Strategies, online course, March 5-30.
- Facebook for Business, online course, March 5-30.
- Successful Survey Techniques, online course, March 5-30.
- Creating Cell Phone Apps for your Business, online course, March 5-30.
- Couponing 101: Save Hundreds of Dollars, 6-8 p.m., Tuesday, March 6.
- Reiki Level 2, Tuesday, 6-9 p.m., March 6.
- Woodworking, 7 Thursdays, 6-9 p.m., begins March 8.



MAINE  
**Adult Education**  
*Learning for Work and Life*

## FROM THE EDITOR

Have any news or advertisements for the **Vienna Record**? You may email articles etc. to me at church5@fairpoint.net or mail them to PO Box 146, Vienna ME 04360. The fee schedule per issue for advertisements is as follows:

1/8 page	\$8.00
1/4 page	\$14.00
1/2 page	\$26.00
full page	\$50.00

Checks may be mailed to me made payable to "Town of Vienna."

**Please note that all items or articles for the April/May 2012 issue of the Vienna Record need to be e-mailed by March 24th.**

Laura Church

## COMMUNITY SHOP &amp; SWAP

*f you have stuff that is not trash but is in your way, it is now possible to have it posted on the Vienna website and in this newsletter at no cost to you. Check here for things that people in Vienna may want to sell, swap or barter.*

*Just send a description of your item along with contact information to Laura Church at 293*

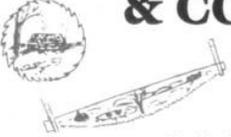
*-3892 or*

*church5@fairpoint.net.*

**COMMUNITY SUPPORT**

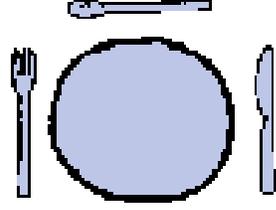
*Buying products and services locally will help develop the economic vitality of the community.*

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- small engine repair
- transportation available

News From  
**Vienna Historical Society**

Where Have All the  
 Soldiers Gone  
 Civil War Veterans  
 of  
 Vienna and Mount Vernon, Maine



by  
 Carol J. O'Connell  
 Vienna Historical Society

FIRST:

We have published a new book:

*Men who served in the Civil War and were born in, lived in, or buried in Vienna or Mount Vernon are honored in this book. A brief genealogical sketch of each is given, along with his service record. As much as possible, their post-war lives were traced and recorded, and photographs were included. Paperback, 86 pages, 8 1/2" x 11". \$15.00 each.*

SECOND

SEE OUR AWESOME NEW WEB SITE AT:

**WWW.VIENNAHISTORICALSOCIETY.COM**

## DISEASE SCREENING (FROM PAGE 1)

More recently, screening for colon cancer by colonoscopy has gained acceptance because studies show some benefit, though only in the range of 1/1000 people in whom it's done regularly. And, unlike Pap smears, there are bowel perforation and bleeding risks in all those 1000 ("number needed to test"). So the decision to screen that many, while helping only one, is more problematic, without even considering the financial costs. Another recent hot screening proposal, annual CT x-ray scanning of the chest for lung cancer in smokers, is being pushed despite much more unfavorable "numbers needed to test", unknown long term radiation risks, unnecessary chest surgeries for the many who prove to have "false positives" (a change only proven benign after surgery), and no overall benefit in survival for the screened people. Right now, several competing hospital systems in Maine have bought multi-million dollar CT machines to do this, and now have to recruit lots of patients to pay for them. But similar amounts spent on supporting people stopping smoking would be much more efficacious.

Which brings me back to those screening clinics. Some are clearly good and work. The hypertension/cholesterol screening done in Franklin Co., led by Dr. Burgess Record over the past 30+ years, has reached most of that county's population and effected an almost 50% decline in cardiovascular disease and deaths there, compared to adjacent Somerset and Oxford counties. Such screening for risk factors and altering them with medications and dietary changes (like helping people stop smoking, too) has a much bigger impact than trying to detect a disease after it appears and eradicating it.

It is the latter, less efficient strategy, which the ultrasound clinics follow when they offer to screen for carotid, leg, and aortic artery disease, osteoporosis, and others. Here there are huge issues with how many must be screened to find one who benefits, huge hidden costs and bother in investigating whether patients with positive tests have significant disease, false reassurance if tests are negative but falsely so,

and little or no evidence that eventually offered treatments do any good (see:<http://www.sciencebasedmedicine.org/index.php/ultrasound-screening-misleading-the-public/>).

All these issues become minor if a person has symptoms, in which case they should be seeing their primary care clinician to pursue them. These clinics are dangerous substitutes for people worried about symptoms.

So the old adage of "if it ain't broke, don't fix it" proves true for many, many population screening proposals, with some notable exceptions like cervical cancer, hypertension, mammography over age 50 (though the British don't think its worth it), maybe osteoporosis if you only use prescription medications with their risks for true osteoporosis not osteopenia, maybe prostate PSAs between age 50-70 if you are willing to accept draconian treatments if it's found, and on and on.

Be wary also of organizational and professional conflicts of interest, and cautious about which disease screening is worth it for you. Talk about it with your primary care clinician. Read what the US Preventive Services Task Force has to say and how it classifies (A through D, like school grades) each proposed screening procedure at [www.ahcpr.gov/clinic/uspstfix.htm](http://www.ahcpr.gov/clinic/uspstfix.htm).

I'm sorry it's so complicated, but it is important for you to know that. Many people, including physicians, misunderstand screening as black and white: all testing is good, positive tests warrant treatment, and all treatment cures all. None of those things, of course, is true.

Dan Onion  
Vienna Health Officer  
293-2076  
[dkonion@gmail.com](mailto:dkonion@gmail.com)

# TOWN OF VIENNA, ME

## Selectmen, Assessers and Overseers of the Poor

Dodi Thompson      Chris Smith      Brian Church

**Treasurer**      Marti Gross

**Town Clerk**      Connie Smith

**Tax Collector**      Connie Smith

**Road Commissioner**      Linwood Meader, Jr.

**Fire Chief & Warden**      Brian Church

**Health Officer**      Daniel K. Onion

**Animal Control Officer**      Donald Tibbetts

**Plumbing Inspector &  
Code Enforcement Officer**      John Archard

**Addressing Officer**      Laura Reville/Roger Reville

**SAD #9 Representative**      Helen Wilkey

**Cemetery Sexton**      Ernestine Emery



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