

# VIENNA RECORD



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

VOLUME XVI, NO. 6

DECEMBER 2012/JANUARY 2013

## NOTES FROM THE TOWN CLERK & TAX COLLECTOR

Some information that you might like to know; Dog tags are in. If you need to license your dog/s please do so before January 31, 2013. Licensing is \$6.00 (neutered/spayed) or \$11.00 (Dogs capable of producing young)

Nomination papers will be available on Thursday, December 13th. They will be due back in my office on or before Saturday, January 26th. Hours for that Saturday are 1:00 PM -4:00 PM.

Thank you to all the Ballot clerks and a special thanks to those who volunteered their time.

Once again office hours:

- Tuesday 8-12
- Wednesday 8-11
- Thursday 8-12 and 4:45-7
- Last Saturday of the month 1-4.

If you are unable to make these times, call for an appointment.

\*\*\*\*Please take note that I will be closed Tuesday, December 25 and Tuesday, January 1.\*\*\*

Happy Holidays!

Connie Smith  
Vienna Town Clerk

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## MINUTES FROM THE TOWN SELECTMEN MEETINGS

September 25, 2012

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

1. Linwood reported that three loads of tar had been used to patch Stream Road, Tower Rd. and Bean Rd. Clean-up of debris from last week's storm has been

completed. A culvert on Egypt Pond Rd. has been repaired. The 25 mph sign has been moved just beyond the tar on Klir Beck Rd.

2. Received and signed the acceptance letter from Stephen Hopkins for the town audit.
3. Processed abatements.
4. Reviewed and distributed the

mail.

5. Reviewed the minutes from the Town House Committee meeting dated 9/24/12.

October 2, 2012

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

(Continued on page 2)

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

Meader, Jr.

1. Warrant #19 was reviewed and signed.

2. Selectmen accepted a \$50 donation to the Vienna Fire Department. It will go to the FD Operating Expense Account.

3. Junior reported that four hours of ditching was done on Kimball Pond Rd.

4. Mail reviewed and dispersed.

October 9, 2012

Present: Dodi Thompson, Chris Smith, Laura Church, Brian Church

1. Reviewed and distributed the mail.

2. Received and reviewed the final letter from Stephen Hopkins regarding the town audit.

3. Chris reported from Lenny Meader that a few boards and a sill need to be replaced at the sand/salt shed.

4. Verified the 2012 Tree Growth Report.

5. Verified the Sale Ratio Analysis

6. Brian Church inquired about capital improvement funds for the Fire Department as they

currently to not have enough required bunker gear for each fire fighter.

October 23, 2012

Present: Dodi Thompson, Chris Smith, Laura Church, Brian Church

1. Reviewed and distributed the mail.

2. Signed the 2012 Municipal Valuation Return (State of Maine).

3. Received a memo from Bernstein Shur regarding amendments to Maine's Freedom of Access Act. Municipalities are required to designate a public access officer to be trained in the new regulations. Dodi was unanimously designated.

4. Brian turned in chimney cleaning donations for the Fire Department. He also brought a bill and donation for the new light on the flag at the Community Room. Sign and flagpole have been re-done by John Jones and Heidi Dunn.

5. Voted to accept General Assistance Appendices for October 2012 for October 2013.

November 6, 2012

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

1. Reviewed and signed Warrant #21.

2. Received additional chimney cleaning donations from Brian.

3. Linwood reported that work needed to be done to repair the wash-out on the Besse Rd. from the recent storm. He will be requesting permission from the landowner by Klir Beck Rd. to lengthen the bus/plow turnaround for safety and visibility. He repaired a clogged culvert on Bean Farm Rd.

4. Reviewed and distributed the mail.

November 13, 2012

Present: Dodi Thompson, Chris Smith, Laura Church, Linwood Meader, Roger Reville

1. Linwood reported that work was in progress to repair the wash-out on the Besse Rd. as well as ditching. Another area for repair was at the corner of Trask Rd. and Rt. 41.

2. Roger came to discuss three concerns.

## FROM THE HEALTH OFFICER: HOW TO BREAK A SMOKING ADDICTION

Everybody knows that smoking is bad in all kinds of ways, but most smokers have found that it is extremely hard to stop! That's because one's body becomes both habituated and usually addicted to smoking and the nicotine it delivers. And smoking has become financially very expensive as well. In this article, I want to offer suggestions, based on decades of trying to help 100s if not 1000s of smokers, about what strategies seem to help people kick the habit.

At the risk of overkill, let me review quickly the damage smoking does. Most importantly it increases bronchitis and emphysema usually by age 50+ that then kills people by suffocating them over the next 10-15 years, unless they die from smoking-related lung/throat/gullet/bladder cancers, or heart disease, sooner. It markedly increases those diseases as well as asthma in adults and children living in the same house. Smokers die about 10+ years sooner than those who do not. Does smoking help anything? The answer is not much. It does keep smokers' weights down about 5-10 lbs; a few patients with rare conditions like Crohn's disease of the bowel get some disease suppression, and it transiently relaxes those who are habituated/addicted.

First some general principles on quitting: if possible, undertake quitting with others, friends or in a class; formal and informal social pressure helps. Avoid situations that you habitually associate with smoking, like bars, a cup of coffee in your old smoking haunts, or old smoking companions not interested in quitting. Set a quit date and perhaps taper to it; quitting suddenly works for many, tapering for fewer; and stopping in the middle of a respiratory illness like a cold is often easier. Don't be discouraged by relapses; most people who stop

go back to smoking several/many times before succeeding. Second, use some aids:

**Hypnosis** helps some people.

**Medications** (with a clinician's prescription) help many succeed; there are 3 classes used and most health insurance, if you have it, cover some of the cost. Even though the last Maine legislature cut coverage for these prescriptions for MaineCare patients, I expect and hope that decision will be reversed soon next year.

- First and oldest, hence usually least expensive, are the various forms of low dose nicotine. The nicotine patch (Nicoderm, Habitrol, Prosten), changed every 24 hr and using 21 mg patches the first 2-3 wk, then 14 mg patches for another 2-3 wk, then 7 mg ones for a similar or longer period of time helps achieve cessation in about 25% at one year and costs about \$100/month. The 2 or 4 mg gum pieces (Nicorette, and other brands I'm sure now) chewed up to 20 pieces a day, costs about the same and achieves similar cessation rates. Nicotrol inhalers and nasal sprays cost more but do as well as the gums and patches.
- Bupropion (as Zyban and generic, the long-acting forms) works when taken as 150 mg daily for the week before cessation then increased to twice a day when one stops and used for at least 2 months. Costs are in the same \$100+/month range and success rates, when used alone, are also 25% at one year; but can be as high as 36% when used in combination with nicotine medications as described above.

*(Continued on page 6)*

**FROM THE TOWN PLANNING BOARD**

MINUTES OF THE REGULAR MEETING OF THE VIENNA PLANNING BOARD  
HELD SEPTEMBER 26,2012

At 5:45 PM Regular members Waine Whittier, Nanou Laliberte, EdLawless and Creston Gaither visited Al Vereeken's Flying Pond site (map 10 lot 10-W) and subsequently met with contractor Adam Gottlieb at the Seymour site on Flying Pond (tax map 11 lot 00 W-16) and then visited the Morins' site on Kimball Pond Road (tax map 3 lot 19). Details of these visits and the proposals considered appear in the permits subsequently issued.

At 7:00 PM the Board, the aforesaid members being joined by regular member Alan Williams, met at the Town House. Also present were Al Vereeken and Walter & Wendy Morin. Minutes of the August 22 meeting were read and accepted.

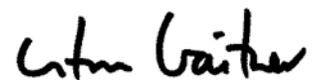
The Board then considered the aforesaid Vereeken and Seymour and Morin applications. Details of its findings and actions appear in the permits subsequently issued.

The meeting adjourned at 8:00 PM

On September 29 Alan, Creston, Nanou and Ed met at the Burnett site on Flying Pond (tax map 10 lot 36-F) to consider the Burnetts' proposal to jack up the existing structure by approximately 3 feet, and install a foundation under the main structure and not the deck. The Board understands that the proposal includes no new plumbing and no change in use; the structure's "footprint" will not change.

The Board made findings of fact as per Section 16.D. of Vienna's Shoreland Zoning Ordinance (SZO), found this proposal conforming, and voted to authorize Creston to issue a SZO permit for this work in the usual form of a letter, subject to the following conditions:

- 1). soil erosion and runoff are to be minimized by the workmanlike installation of a silt fence or equally effective measure(s);
- 2). any excess material shall be transported outside of the shoreland zone.
- 3). Tree removal is to be the minimum necessary to complete the project.



Creston Gaither, secretary

## NOTICE:

Maine Residents Property Tax and Rent Refund  
“Circuitbreaker” Applications may be downloaded  
from the Maine Revenue Services website at:

**[www.maine.gov/revenue/forms/homepage.html](http://www.maine.gov/revenue/forms/homepage.html)**

You may also get an application by calling 207-624-7894  
and leave your name and mailing address.

The state is currently taking apps for 2011 taxes.

## **MOUNT VERNON COMMUNITY PARTNERSHIP CORP. (CPC)**

### ***THE BUSINESS DIRECTORY IS BEING UPDATED***

The Community Partnership is updating the Mount Vernon and Vienna **BUSINESS DIRECTORY**, which we published in 2008. More than 100 businesses were listed in that directory, and we want to be sure every business in our two towns is listed in the new directory. If you have a business in either town, please give us the following information:

The category of your business (for instance, ARTIST, AUTOMOTIVE REPAIR, LANDSCAPING, ETC.).

The name of your business.

A brief description describing your business with any special information (such as hours open, season open, etc.).

Your name and town location.

Your phone number, email address, and web address (if you have either).

Give the information to Val Hoff by calling her at 293-3132 or emailing her at:

[mainebonecarving@yahoo.com](mailto:mainebonecarving@yahoo.com).

We hope to publish the directory in the fall.

**WE CAN'T WAIT TO FIND OUT ABOUT ALL THE GREAT BUSINESSES IN  
MOUNT VERNON AND VIENNA!**

## FROM MARANACOOK ADULT EDUCATION

RSU 38 Maranacook Adult Education Daytime Enrichment Classes Beginning in January 2013!

RSU 38 Maranacook Adult Education is pleased to announce the addition of daytime enrichment classes to our Winter 2013 course schedule!~ We will be using the Professional Development Center located at 73 North Rd, Readfield.

Preliminary plans include morning computer classes for seniors, genealogy and craft classes.

Adult Education catalog will be in homes around Dec 28, 2012.

Watch for our special registration event on Saturday, January 12, 2013 to receive a discount.

Let us know what else you'd like to see! ~ We want to hear from you. Email at [adulthood@maranacook.org](mailto:adulthood@maranacook.org) or call us at 207.6854923, ext 1065.

Don't forget Holiday Boxwood Tree class, Tuesday, 6-8 p.m., December 11! For details on this and other courses, and to register, please visit <http://maranacook.maineadulted.org>. For more information, email us at [adulthood@maranacook.org](mailto:adulthood@maranacook.org) or call 685-4923, ext 1065. We look forward to seeing you.

## SMOKING (FROM PAGE 3)

- Varenicline (as Chantix, no generic) taken 1/2-1mg by mouth twice a day, started a week before quitting and for at least 3 months afterward, reportedly results in 43% stop rates at one year, but costs \$250/month and can cause agitation and even suicide rarely.

**Finally, work, play and eat, if you can, in places where newer state no-smoking laws prohibit it, including in outdoor eating and other public places**

So it's not easy and, most importantly, don't be discouraged if you don't succeed the first time. Most people don't. The majority succeed over several years. So don't give up; keep trying! It is the single most important thing you can do for your own and your family's health.

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



## 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 during the school year. 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.

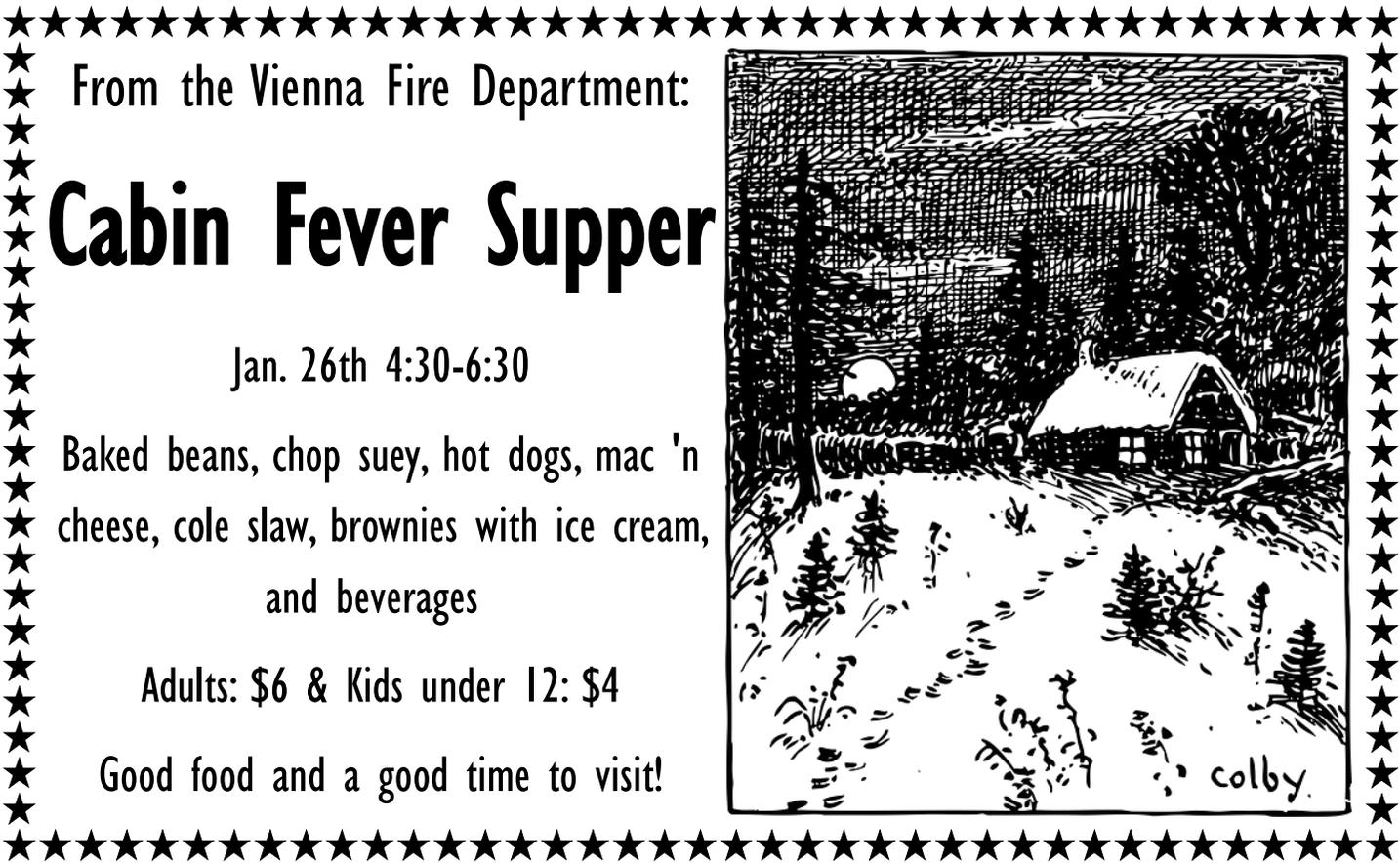


*Mark your calendars!*

## DECEMBER 2012/JANURARY 2013 EVENTS

- The North Vienna United Methodist Church invites you to let this be the year. Let this be the year that you and your family celebrate Christmas in special way with carols, candles, and the Christmas story. Join us for **Christmas Eve Service** at 7 p.m. for a celebration of this holy night. All are welcome!
- **Cabin Fever Supper** - Jan. 26th 4:30-6:30 - Baked beans, chop suey, hot dogs, mac 'n cheese, cole slaw, brownies with ice cream, and beverages - \$6 Adults & \$4 Kids under 12 - Good food and a good time to visit!





From the Vienna Fire Department:

# Cabin Fever Supper

Jan. 26th 4:30-6:30

Baked beans, chop suey, hot dogs, mac 'n cheese, cole slaw, brownies with ice cream, and beverages

Adults: \$6 & Kids under 12: \$4

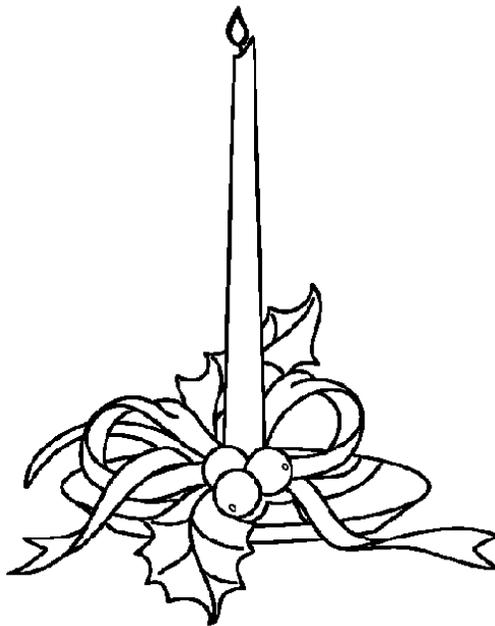
Good food and a good time to visit!



## COMMUNITY SHOP & SWAP

*If 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.*

## Make this the year . . .



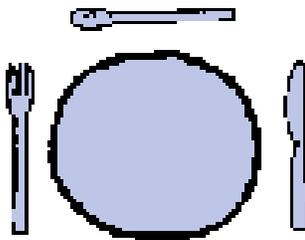
Join us for the Christmas Eve Service at the North Vienna United Methodist Church, 572 Tower Road.

December 24th at 7:00 p.m.

Candles, Carols, and the Christmas Story - Everyone is welcome!

COMMUNITY SUPPORT

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



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FROM THE EDITOR

Have any news or advertisements for the *Vienna Record*? You may email articles etc. to me at [church5@fairpoint.net](mailto: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 February/March 2013 issue of the *Vienna Record* need to be e-mailed by January 24th.** Please send items as a word document (.doc), rich text format (.rtf), or .jpg. Do not send newsletter articles or pictures as a .pdf or other format.

Laura Church

**MINUTES FROM SELECTMEN'S MEETINGS (FROM PAGE 2)**

3. Storage of voting equipment etc. at the Community Room.

4. The floors at the Community Room need to be stripped and sealed.

5. A file cabinet (and contents) belonging to the town needs to be transferred to the Town House.

November 20, 2012

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

1. Reviewed and signed Warrant

#22.

2. Linwood reported that the work on the Besse Rd. has been completed with the exception of placing hay in the new ditches.

3. Reviewed and distributed the mail.

4. Received information regarding the possible installation of a cell tower on Besse Rd. The Planning Board has already been notified of the situation and will be holding a public hearing on this issue when more informa-

tion is available.

5. Received the 2011 Town Audit.

November 27, 2012

Present: Dodi Thompson, Chris Smith

1. Chris and Dodi met briefly - general discussion.

2. Chris reported that nomination papers for municipal officials will be available on December 18<sup>th</sup>.

3. Reviewed and dispersed mail.



# TOWN OF VIENNA, ME

**Selectmen, Assessers and Overseers of the Poor**

Dodi Thompson      Chris Smith      Laura 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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