October 10, 2008

The Weekly Sentinel 45

Energy Seminar Yields Donations for Heating Assistance



L to R, Row 1, Julie Twombly, Vicky Baer, Linda Grimaldi Raymond, Mi Li Wang, Charles Katis, Row 2 Mike Snyder, Gordon Brown, State Sen. Connor, Jim McDonald, Karen and Marcus Dieboldt, Hugh Talty, Marge McKenna, Phil Parker and other attendees. (*Photo courtesy Elegance by Design.*)

WELLS -

Recently the Associated Business Leaders (www.ABLne. com) and Estates On The Beach sponsored an Energy Seminar at East Restaurant and Lounge, Rt. 1 Wells, where a panel of specialists gave advise on how to save energy in homes and businesses. The many attendees

gave voluntary donations, which were delivered to local energy fund programs.

Companies represented included Marcus Construction, Dead River Energy, Russell Parker Appraisers, Our House Interior Designers, Home Check in Maine, Countrywide Bank and Snyder Electric.

"Clean For A Reason" Foundation Offers Help for Women Undergoing Cancer Treatment

BERWICK -

You do not need to be a researcher, doctor or nurse to have a positive and dramatic impact on the life of a cancer patient. The Cleaning For A Reason Foundation and "4 Corners Clean" are proving this every time they leave a clean home for a woman receiving treatment for cancer – for free!

"4 Corners Clean" is proud to announce its role as a local Partner of Cleaning For A Reason.

"We have always helped women simplify their lives. That's what we do. So being part of the Cleaning For A Reason Foundation is a natural fit for our company," explained owner Diane Dyer.

If you know someone who can benefit from the free cleaning offered by "4 Corners Clean" the Cleaning For A Reason Foundation, please call the foundation at 877-337-3348, visit them at www.cleaningforareason. org, call Diane at (207) 698-5798 or email her at 4cornersclean@comcast.net.

"I have three small children and been taking chemotherapy for over 19 months," says a woman undergoing treatment for cancer in the Seacoast area, "The free cleaning of my home was a Godsend."

Cole Brown Estates Offers Local Retirement Option



Cole Brown Estates in Eliot offers retirement housing options for locals 55 and over who want to live in a home which requires less maintenance without leaving Southern Maine. (Weekly Sentinel photo)

By Devin Beliveau Staff Columnist

ELIOT -

If you are at least 55 years old, and ready for a brand new house that will require less maintenance, but not ready to leave the area, then Cole Brown Estates may be for you.

Cole Brown Estates (CBE) is a retirement community that was opened last year by developer/manager Russ Sylvester of S&J Construction Inc. There are 43 sites for new homes, with 9 households already constructed and filled, and several more sales pending. According to Sylvester, the homes "are low to the ground, single-floor living, not a lot of stairs, with features that will make residents' lives easier in the years to come (bathroom grab bars, wide hallways, lever door handles). This place is extremely quiet and private, very secure, well-lit with sidewalks connecting all facilities including the (future) resident clubhouse." The energy-star certified homes are manufactured in Vermont and Pennsylvania, and then shipped to Eliot.

Sylvester's motivation be-

hind CBE was to "make retirement for locals possible right here. People can stay where they are from." Living out Sylvester's vision are new CBE residents Jane and Tyler Spinney. The Spinneys are Eliot locals who moved into their new CBE home in April. "We wanted to stay in Eliot if we could. We had a very big house that we had to downsize from," Jane Spinney explained. "This house seems like it's going to be very easy to heat in the winter. It's very comfortable, the neighbors are great, we're just very happy here. They really are quality homes."

"All on one floor was the big thing, and the price, and the taxes are lower too," added Tyler Spinney.

According to Sylvester, "The people that are coming here have a commonality. They're semi-retired empty-nesters who want to reduce costs and don't want to worry about maintenance," The average CBE resident age is 65.

Cole Brown Estates is located on the Whitetail Ridge Road in Eliot.

Sales Associate of the Month



Jon Finch, Associate Broker (Courtesy photo)

WELLS -

Coldwell Banker Residential Brokerage Of New England Is Pleased To Announce That Wells Resident Jon Finch, Associate Broker Of The Coldwell Banker Residential Brokerage Office In Saco Has Achieved Sales Associate Of The Month Status. Finch Received The Honor For Achieving The Highest Number Of Listings And Sales For The Month Of August.

Finch Accepted The Honor From Kevin Robert, Manager Of The Coldwell Banker Residential Brokerage Office In Saco. "Jon Has ContinuouslyAchievedExceptional Results Through His Professional Skills And Knowledge To Ensure That His Clients And Customers Receive The Guidance And Marketing Expertise Needed Into Today's Real Estate Environment," Said Robert. "We Are Proud To Have Jon On The Coldwell Banker Residential Brokerage Team."

Finch Began His Real Estate Career In October Of 2005 And Has Received The Sales Associate Of The Month Honor For Six Of The Last 12 Months. He Was Also Awarded With Coldwell Banker Residential Brokerage's "New Associate Top Producer" Award For The State Of Maine In 2006. During His Career Finch Has Received The Designations Of Senior Real Estate Specialist And New Homes Specialist, And Is Also Certified Through The Cartus Network As A Marketing, Inventory, And Referral Specialist.

Academy attains CPR Safe certification



Teachers at the Portsmouth Christian Academy learned about safety and health factors as required by the CPR Safe Certification Program. Pictured are young students giving Kindergarten Aide, Mrs. Sears, a lift on the stretcher. (*Courtesy photo*)

It was every teacher's nightmare. A third-grade student approached Terri Frost's desk at lunchtime in obvious distress. "She was holding her throat and her lips were turning blue," Frost recalls of the experience several years ago. "I asked her if she could breathe and she shook her head no." Frost knew from the First Aid/CPR class that she needed to perform abdominal thrusts on the girl to clear the airway. After sending for help, Frost stood behind the girl and began the thrusts. Nothing happened. "The second time, a thick piece of pepperoni flew out of her mouth and sailed across the room," Frost says.

"I always hoped I would never have to use the training, but when the time came, I'm glad I knew what to do."

Frost, now a seventh-grade teacher at Portsmouth Christian Academy, was on hand Friday, September 26, 2008 when PCA received certification as a CPR Safe School from McGregor Memorial EMS in Durham.

Portsmouth Christian Academy has become the latest school in the state of New Hampshire to be certified as CPR Safe. Working closely with McGregor Memorial EMS, a non-profit EMS and community educational outreach agen-

cy, Portsmouth Christian Academy staff dedicated their professional development time to learning how to save a life. Through hands on training with life-like manikins and practice AED's, several McGregor instructors led all staff members through the compressions and rescue breaths of CPR, as well as the lifesaving application of the school's defibrillator.

The CPR Safe certification recognizes a school's commitment to child health and safety and, ultimately, makes the school and community a safer place for all. McGregor designed this pro-

See ACADEMY page 50...