

Lyme Disease: Prevention Is Critical!

With summer upon us, so are the ticks.

Ticks, of course, represent a primary vector for the spread of Lyme disease, a bacterial illness that can affect the skin, joints, heart and nervous system. Learning how to prevent ticks bites remains the best way to avoid infection.

Deer ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities when walking through grass. To avoid ticks, walk in the center of trails and avoid tall vegetation.

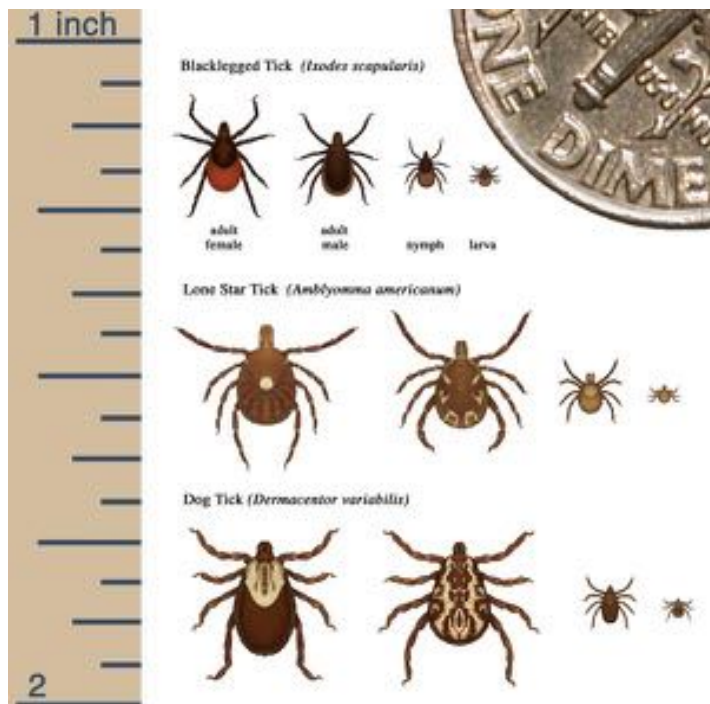
Use a repellent with DEET (on skin or clothing) or permethrin (on clothing or gear.) Repellents containing 20 percent or DEET can be applied to the skin and they protect up to several hours. Always follow product instructions! (Parents should apply repellents to their children to avoid application to hands, eyes and mouth.) Products containing permethrin can be used to treat boots, clothing and camping gear. Treated items can remain protective through several washings.

Check your body for ticks after being outdoors, even in your own yard, and conduct a body check upon returning from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts for ticks:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist



Lyme Disease often presents with a characteristic bulls-eye rash.



What Is Lyme Disease?

Lyme disease is a bacterial illness caused by a bacterium called, "spirochete." In the United States, the actual name of the bacterium is *Borrelia burgdorferi*.

Certain ticks found on deer harbor the bacterium in their stomachs. Lyme disease is spread by these ticks when they bite the skin of humans, which permits the bacterium to infect the body.

Lyme disease occurs in phases; the early phase begins at the site of the tick bite with a telltale bulls-eye pattern of red skin. Lyme disease is not contagious and it cannot be spread by contact with an infected individual.

Typical Lyme disease symptoms include fever, headache, and fatigue, in addition to the characteristic rash. If left untreated, infection can spread to the joints, heart, and nervous system.

Lyme disease is treated with antibiotics and patients treated with appropriate antibiotics in the early stages usually recover rapidly and completely.

If you receive a tick bite at work, make sure you fill out a health and safety incident report and have your supervisor sign it.

The telltale rash associated with Lyme Disease occurs in approximately 70 to 80 percent of infected persons, and begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days).

The rash gradually expands over a period of several days, and can reach up to 12 inches (30 cm) across. Parts of the rash may clear as it enlarges, resulting in a "bull's-eye" appearance. The rash usually feels warm to the touch but is rarely itchy or painful, and may appear on any area of the body.

ecomaine Annual Meeting Enjoyed By All

Speakers Offer Insight On Solid Waste Industry From Local, National Perspectives

From staff reports

The ecomaine Board of Directors welcomed a pair of new members, bid farewell to two others and appointed a new Secretary at the Annual Meeting, held on June 18.

William Shane, who has been the Town of Cumberland's alternate to the board, replaced Susan McGinty, who served on the board for 23 years, from 1992 to 2015, and chaired the ecomaine Recycling Committee for several years. Deborah Cabana, of Gray, replaced Gary Foster, who served on the board from 2004 to 2015, including four years as the board's Secretary from 2011 to 2015.

In addition, Michael Shaw, of Scarborough, was appointed as Secretary, taking the reins from Foster. Harrison's Matthew Frank, Portland's Troy Moon and South Portland's Jim Gailey were each reappointed as Chairman of the Finance Committee, Vice Chairman of the Board of Directors and Chairman of the Board of Directors, respectively.

"Both Susan and Gary served as board members representing their respective communities for many years, and their



SWANA Deputy Director Sara Bixby delivers her remarks at the ecomaine Annual Meeting on Thursday, June 18.



Attendees enjoy lunch at the 2015 ecomaine Annual Meeting.

commitment to ecomaine and its mission is deeply appreciated. They will be missed," Gailey said. "We welcome Bill and Deborah to the board, and we look forward to working with them on behalf of the people they represent."

Solid Waste Association of North America (SWANA) Deputy Director Sara Bixby delivered the meeting's keynote address. Her wide-ranging remarks provided insight about the solid waste industry from a national perspective.

"Now more than ever, I believe the success of solid waste systems is going to depend to an amazing degree on the people served – your constituents," Bixby said. "Our technologies are largely working to prove responsible processing and disposal. Our efforts to change behavior by changing the understanding of resource conservation are still falling short."

The event drew approximately 100 attendees, including Maine Department of Environmental Protection Commissioner Patricia Aho, who delivered last year's keynote address, representatives from the offices of Sen. Angus King and dozens of ecomaine employees.

In his remarks, **ecomaine** CEO Kevin Roche outlined both the high points of the previous year, which included a \$1 million rebate to **ecomaine**'s owner communities, and the challenges to come in the next.

"While the past year has been successful, we are not content to simply rest on whatever laurels we were fortunate enough to accumulate." Roche said. "One of priorities for next year is to develop a comprehensive program for hauler compliance, to ensure that all the material that is supposed to come to **ecomaine** arrives at **ecomaine**. This represents a critical component in the effort that made the rebate possible."

Retirement Fund Changes On Tap, Planning Seminar To Be Held

By Art Birt, **ecomaine Chief Financial Officer**

The 403(b) Investment Committee met on May 12, 2015 with Steve Eddy from The Old Port Advisors (Formerly IMCG), Tony Dientes, Missi Labbe, Tom Raymond, and Art Birt present. In addition to a review of the first quarter market results the following items were discussed:

- Plan volume & fees – Total monies invested in the 403(b) plans as of March 31 were about \$4.4 million and fees for the “new” plan vs the “old” plan are .5% less saving participants a total of about \$16,000 annually.
- Mutual Fund Changes -
 - Based on recommendations from the Old Port Advisors and data the committee has reviewed over the last couple of quarters the decision was made to replace the Heartland Value Plus fund with the DFA Targeted Value fund and the Columbia Acorn fund with the Janus Enterprise Fund. The funds being removed have underperformed their peers for an extended time period and we believe the new funds provide better opportunity for our employees.
 - In the interest of simplifying the fixed income selections the decision was made to remove all four of our current bond funds and replace them with The Vanguard Total Bond Market Index Fund and the Fidelity Advisor Total bond Fund. This will provide participants with an index fund (follows the overall bond market) and a managed fund (managers select the various investments) for fixed income.
 - It will take some time to work thru these changers with Met and all participants will be given ample notice to address these changes in their fund selections.
- Steve Eddy will be providing an education session on July 22, 2015 beginning at 7:30 in the first floor conference room. The subject will be “Understanding Social Security” and all employees are invited to this voluntary education session that will last about 60 minutes. Reminders will be forth coming.



If you have any questions please feel free to contact any committee member.

Don't Miss The Lunch & Learns!

As part of **ecomaine's** Wellness Program, you can earn up to 30 points for active participation with Lunch & Learns. More importantly, you can pick up some great information about how to make some positive changes that will help you improve your health and well-being.

Upcoming seminars include:

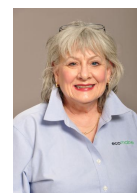
- POA's and Wills in relation to medical decisions; **Thursday, July 9, Noon, 1st-floor conference room**
- POA's and Wills in relation to medical decisions; **Thursday, July 23, 5:30 p.m., control room**
- POAs and Wills in relation to medical decisions; **Thursday, July 30, 5:30 p.m., control room**

You may also earn points by logging into the **ecomaine** Employee Assistance Program and reading or watching the monthly promotion. The current monthly feature is, “Effective Communication: Basic Skills.”

There are many other features in the archive that you may read or watch, as well. Log in by going to www.anthemEAP.com and using Program Name: MMEHT.

ecomaine Employees Retire

From staff reports



KT Snyder

ecomaine bid a fond farewell to four long-time employees recently.

Accounting Assistant KT Snyder, I & C Technician Jay Dientes, Landfill Supervisor Bud Waldron and Landfill Manager Tom Raymond were all honored for their years of service on June 30 at a breakfast event attended by family, friends and many of their colleagues.



Jay Dientes

Snyder has 3 years of service; Dientes has 21 years of service; Waldron has 10 years of service; and Raymond has 8.75 years of service.

Each received an embroidered jacket bearing the **ecomaine** logo, as well as the good wishes of everyone who worked alongside them over the years.

“We very much appreciate everything that KT, Jay, Bud and Tom have meant to **ecomaine** over the years, and we wish them well in the years to come,” **ecomaine** CEO Kevin Roche said.



Bud Waldron



Tom Raymond

ecomaine Partners With USM for Solid Waste Study

Project Could Help Beef Up Recycling Rate While Reducing Costs

From staff reports

ecomaine has partnered with USM Prof. Travis Wagner to conduct a study aimed at increasing Portland's recycling rate while reducing the cost by moving to larger, wheeled carts instead of the traditional “blue bin.”

The study, Wagner said, is being conducted in Portland but the results will be, “transferable to other Maine municipalities with the potential to reduce recycling collection costs, trash disposal costs, and increase the amount of recyclables collected and sold, resulting in reduced overall public service costs.”

Wagner's team of USM students began collecting data in the early summer from two Portland neighborhoods: the West End, which has a relatively high urban density, and Capisic, which has a relatively low urban density. The data collection will continue through July 17.

Specifically, the researchers are looking at, among other things, the amount of litter generated by open-top recycling containers and the quantity and nature of the materials set out as both trash and recycling by neighborhood residents.



University of Southern Maine students (Right to Left) Aaron Buckingham, Diana Twombly, Cyndi Gacosta and Joy Grandbois sort through several hundred pounds of garbage as part of a waste characterization study undertaken in partnership with **ecomaine**.



ecomaine Recycling Manager John Morin and Operations Manager Stephen Henderson sort through hundreds of pounds of recycled materials as part of a waste-characterization study undertaken in partnership with researchers from the University of Southern Maine.

Quantifying the nature and amount of Portland's garbage is dirty work; to assess the material, the researchers must sift through the material by hand, carefully assessing each piece of garbage to classify it, categorize it and weigh the results.

Several times a week, the city's garbage collectors deliver bags of garbage to a municipal facility near the **ecomaine** campus, where the student researchers, wearing protective equipment, slit open each bag and go through the hundreds of pounds of trash by hand.

Similarly, **ecomaine** staffers are doing the same thing with recycling, sorting material pulled from the recycling bins from the same neighborhoods.

The sorting, **ecomaine** Environmental Educator Leo Maheu said, will help determine how much recyclable material is being put in the trash and, conversely, how much trash is going into the recycling.

“The cost of dealing with trash is far higher than the cost of processing recycling,” Maheu said. “If we can divert more material to the recycling bins, we can save our communities a lot of money and reduce the use of increasingly scarce natural resources. That's a win/win for everybody.”

