

November 15, 2018

What you need to know about November's election results

First, the record number of political ads flooding the airwaves has finally ended! From the outset, polling places across the state were packed. In addition to long lines for those waiting to pick up their ballots, people waited in equally long lines after having cast their votes to insert their ballots into the municipal voting machines. This may become a more common phenomenon as rank choice voting (RCV) in federal races will force towns and cities to separate ballots into different machines. For those towns that rent only a few voting machines, that adds time to the process. That said, there were few, if any, reports of problems at voting stations, despite the near record turnout.

What's Not in Flux...

- ♦ **Referendums: Question 1**, the citizen's initiated question that would have established "Home Care for All" funded through a 3.8% tax on individuals, families and businesses that make more than \$128,000 a year was soundly drubbed – rejected by 63% of voters. Opposition to Question 1 was comprised of a coalition of business groups (that included the Maine State Chamber, whose staff members Ben Gilman lead the campaign, and Megan Sanborn who served as campaign coordinator), home care providers, hospitals and legislators from both parties.

All **four bond questions**, totaling nearly \$200 million in funding, were approved by voters yesterday.

This money will go toward improving our infrastructure system, including, roads, bridges, water treatments, and our ports. Also, included in that \$200 is money to upgrade our community college systems and to make improvements in all seven University of Maine facilities.

- ♦ **Maine's Next Governor: Janet Mills will become Maine's next governor** and our state's first female governor. By a 52-43 spread, Mills defeated Republican businessman Shawn Moody, with Independent Terry Hayes garnering 6% of the vote. After a hard fought but mostly civil campaign, Mills will take office in January, replacing outgoing Republican Paul LePage after eight years in office.
- ♦ **Congressional Seats:** With respect to our federal races, **U.S. Congresswoman Chellie Pingree and U.S. Senator Angus King easily won reelection**, despite the use of rank choice voting for the first time ever in a Maine election. In fact, both initially scored above the 50% mark in vote tallies, meaning that RCV never even came into play in those races. Pingree will become part of the new Democratic majority in the U.S. House. Her longevity of service may well mean important committee assignments for her during the next two years.

Continued on Page 4...

Maine's Question 1 defeated decisively

Large margin of voters reject tax increase

Opponents of Maine ballot Question 1 are celebrating a big victory this election season. The NO vote prevailed with more than 60% of voters rejecting a massive tax increase to fund universal home care.

"The resounding defeat of Question 1 is a huge victory for Maine people, families, businesses and senior and disabled citizens across the state," said Ben Gilman of the Maine State Chamber and campaign manager of the No on Question 1 campaign. "Maine voters said no to higher taxes on families and businesses, and yes to protecting our senior and disabled citizens. Maine voters sent the message loud and clear, policies that harm our hard-working families and businesses and our most vulnerable people have no place in Maine. Mainers cannot be duped by misleading information and feel-good sound bites promoted by groups like the Maine People's Alliance, and we will not be guinea pigs for out-of-state activists and wealthy super-donors with a national agenda that is wrong for Maine."

Question 1 would have imposed an additional 3.8% tax increase on more than 60,000 Maine families and more than 20,000 businesses, most of them small companies, to create a new \$310 million program to fund home care for Mainers regardless of their income. If passed, Question One would have been the largest tax increase in Maine history and would have made Maine the highest taxed state in the country.

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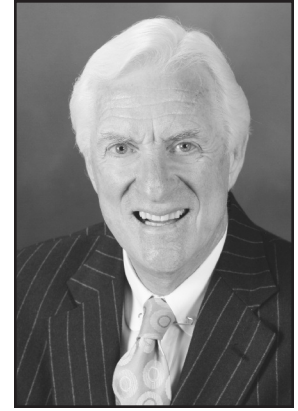
About the Maine State Chamber of Commerce:

Since 1889, the Maine State Chamber has been fighting to lower your cost of doing business. Through our Grassroots Action Network and OneVoice program, we work with a network of approximately 5,000 companies statewide who see the value in such a service and provide the financial support that keeps our access, advocacy, and assistance efforts going strong. As Maine's Chamber, we make sure that the business environment of the state continues to thrive. The Maine State Chamber of Commerce advocates on behalf of their interests before the legislature and regulatory agencies and through conferences, seminars, and affiliated programs.

A message from the president...

"Your voice is critical to our work..."

by Dana F. Connors



With the election season behind us, we now turn our attention to the legislative session ahead. On Wednesday, December 5, the 129th Maine Legislature will take their oath of office and convene their First Regular Session. Until then, the parties in both bodies are busy electing leadership and making committee assignments. Legislation will be submitted and printed before we know it, and public hearings will begin in just a few months.

Our preparation also begins this month as we convene our five policy committees – Energy and Natural Resources, Taxation, Human Resources, Manufacturing Council, or Education and Workforce Development. The committees are a critical component to our advocacy work, and the input of our members is critical to developing the Maine State Chamber's policy positions on each session's submitted legislation. We have scheduled an overview meeting to highlight the important issues we anticipate in the First Regular Session of the 129th Maine Legislature. **If you are able to join us on Thursday, December 20, 2018, for 9:00 a.m. to 11:00 a.m. at Bangor Savings Bank on Western Avenue in Augusta, please confirm your attendance by emailing kmorrell@mainechamber.org.**

I encourage each of you to consider participation in this meeting and in our public policy committees. Your voice is critical to our work at the Statehouse and the Blaine House. Without your input, the Voice of Maine Business would not be as effective and respected as it is today.

On behalf of the Maine State Chamber's staff and board, we wish you a bountiful Thanksgiving holiday! ☐

Maine State Chamber announces new subcommittee to focus on manufacturing issues

Chamber partnership with Manufacturing Institute's "Dream It. Do It." network raises awareness to modern manufacturing jobs

The Maine State Chamber of Commerce is pleased to announce its new subcommittee, the Maine Manufacturing Council. Donna Cassese, consultant of government affairs for Sappi, will serve as council's chair, and Linda Caprara will serve as staff to the council. The council will focus on legislative issues important to Maine's manufacturers.

"Maine's manufacturing sector has changed over the years," comments Dana Connors, president of the Maine State Chamber of Commerce. "But it is still alive and vibrant here; it still provides jobs and incomes for Mainers; and, it still deserves a strong, active, and respected voice at the Statehouse. We are answering that call by establishing the Maine Manufacturing Council."

In addition, the Maine State Chamber has partnered with the Maine Department of Economic & Community Development to bring the "Dream It. Do It." (DiDi) program to Maine. A program of the National Association of Manufacturers' Manufacturing Institute, the Maine State Chamber is the newest member of the Dream It. Do It. network. The chamber's Manufacturing Council will market the DiDi program here in Maine to students, parents, and schools to raise awareness of careers in modern manufacturing and inspire the next generation of workers to pursue careers in the industry.

"Through this partnership, we will have increased access to market-tested materials targeting young people, parents, and teachers about modern manufacturing," notes Connors. "As we continue to work toward Maine's future workforce goals, this program is an important component in the ongoing strategy to reach youth and encourage them to consider manufacturing careers."

Established in 2005, "Dream It. Do It." is a unique national network of professionals dedicated to engaging, educating, and employing today's students in high quality manufacturing jobs, while educating career influencers like parents and educators. Manufacturing career exploration is done in communities across the nation, and Dream It. Do It. is the collection of more than 10 years of best practices, knowledge and experiences. The initiative offers local manufacturers, schools, community-based organizations, and other stakeholders the opportunity to partner with a respected national platform to promote manufacturing as a top tier career choice in the United States.

Maine State Chamber member companies and organizations interested in participating in the Manufacturing Council or the DiDi program should contact Linda Caprara by calling (207) 623-4568, ext. 106, or by emailing lcaprara@mainechamber.org. □

Educate Maine releases 2018 Education Indicators for Maine report

Of all our economic development strategies, education is the one with the greatest return on investment. Investment in the education of Maine people creates lifelong learners, opens pathways to promising careers, and produces civically engaged citizens. Educate Maine's annual *Education Indicators* report is a trusted, nonpartisan resource, developed to better understand Maine's entire education system – early childhood through post-secondary. Educate Maine has identified ten indicators which it believes best measure Maine's educational performance. These ten indicators follow the path of each Maine child as he or she grows and learns. Please visit www.educatemaine.org/research-reports to read the full report.

Report Overview...

Educate Maine is a business-led education advocacy organization championing college and career readiness, and increased education attainment. Our annual Education Indicators report is a trusted, nonpartisan resource developed to better understand Maine's entire education system—early childhood through postsecondary. This Executive Summary highlights key findings and trends found in the report.

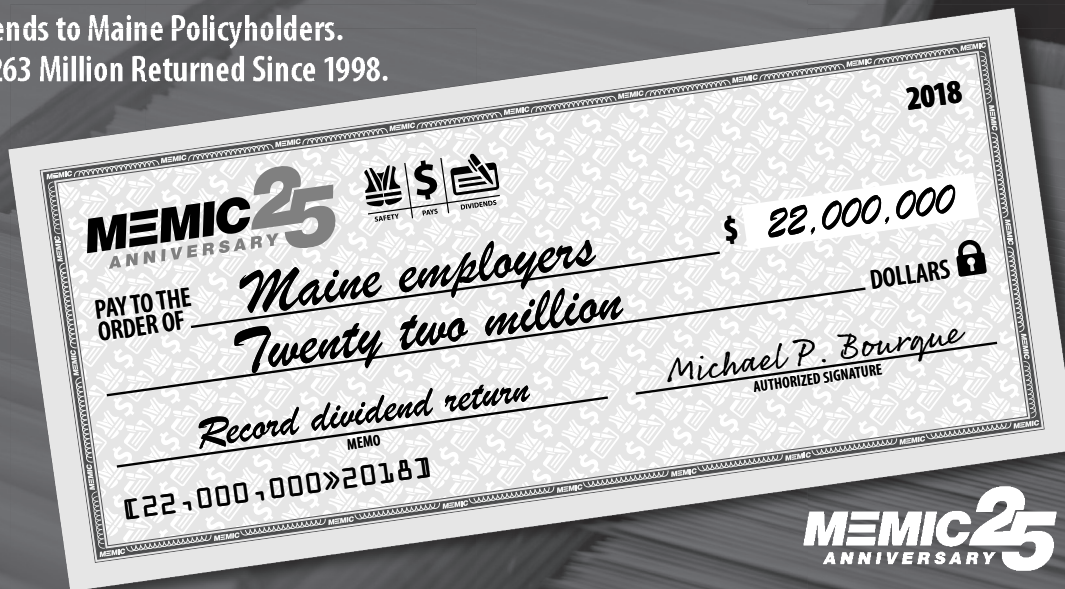
Key Findings and Trends...

- ♦ 42% of 3- and 4-year-olds attend a private or public preschool in Maine. Only 36% of children from families with income below 200% of the poverty level are enrolled in

Continued on Page 7...

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Election Results...

(Continued from Page 1...)

Democrats have taken control of both legislative branches. The fact that they are in complete control of the Maine State House and Senate is not in doubt, but...

What's in Flux...

♦ **The Margin of Victory:** In the **Maine State Senate**, it appears that Democrats have secured at least 21 seats, a gain of at least four seats. That means, the best Republicans can hope for is 14 seats.

In the Maine House, Democrats extended their plurality to a significant majority. As of this writing, results for some races appear to be all over the place. That said, by one observation, the count could be 85 Democrats, 58 Republicans, and six Independents, with two seats not currently showing results. *Please be advised, these are very preliminary*

numbers and are in no way official.

It is likely that, while the final tallies may change, there can be no doubt that the Maine State House will be in solid democratic control for the next two years.

♦ Lastly, **Maine's Second Congressional District** – one of the most competitive and costly races in the nation – remains undecided, locked in virtually a dead heat, with incumbent Congressman Bruce Poliquin at 46% and his challenger, former Maine House Assistant Majority Leader Jared Golden, with 46.1%. Two other independent challengers received 8% combined. This race will go to a second ballot under RCV. What does that mean? Basically the lowest vote getter is dropped from the calculations, and their second choice votes applied to the higher ranking candidates, and so forth, until one of them tops the 50% mark.

This has never happened in a general election before in Maine, so

state election officials are in uncharted territory. Because the constitutionality of RCV has been called into question, at issue will be whether the loser of the process files suit to contest the election. Neither candidate has indicated with any certainty they would do so, but one still wonders ...

And, Lastly...

Democrats have not had single party control in 10 years. That said, there is likely to be significant pent-up demand for action. What that action looks like and how it is translated, remains to be seen. It is expected that leadership from both parties and all four caucuses will meet during the next two weeks to elect their leaders for the 129th Maine Legislature. At the same time, you can expect announcements from the Mills' team regarding transition plans.

It is a time of change at the Maine Statehouse. We will be keeping a close watch on events there, and let you know about events as they transpire. □

Live and Work in Maine partners with key state and regional business and tourism groups to launch “Boomerang Weekend”

Thanksgiving is one of the busiest travel weekends of the year, with many Mainers now living out of state coming back home to spend the holiday with family and friends. Live and Work in Maine, a private-sector initiative designed to promote the Maine employment brand to the national talent market, is seizing on the opportunity to connect with these people who already know Maine and the unsurpassed quality of life it offers—and let them know their home state is, more than ever, a vibrant career destination.

In partnership with the Maine State Chamber of Commerce, the Portland Regional Chamber of Commerce, Visit Portland, and Portland Downtown, Live and Work in Maine is hosting the inaugural Boomerang Weekend over the 2018 Thanksgiving holiday, with a variety of grassroots and social media activities planned to help encourage people to return to their home state to start or advance their career while enjoying all Maine has to offer.

“Our mission is to raise awareness about the diversity of career opportunities throughout Maine,” says Ed McKersie, founder of Live and Work in Maine. “Targeting Boomerangers – people who have a connection to Maine but currently live outside the state – during arguably one of the busiest weekends of the year for this group to return home, is one of the ways we are delivering on this mission.”

Planned activities throughout the weekend include sponsorship of the Portland Thanksgiving Day 4-miler road race and eye-catching giveaways such as Live and Work in Maine t-shirts, koozies and more will be at local bars, restaurants, hotels, and other businesses to help spread the word about what a great career destination Maine is today.

“As a family-owned, Maine-based business that’s 110 years old, Dead River Company credits our progress not only on Maine’s growing economy but on the people that we hire. It’s our people that set Dead River Company apart. They’re a

skilled and talented workforce, people who are committed to exceptional customer service and giving back to the communities where we live and work in,” stated Guy Langevin, vice president and chief administrative officer at Dead River Company. “There are not only job opportunities available at Dead River Company, but an abundance of career opportunities across many sectors available throughout the state of Maine. I encourage those looking to relocate to here or to come back home to Maine to let Live and Work in Maine help you find the right position for you and your family. Because of its quality of life and companies recognizing the importance of work-life-balance, there is no other state I’d rather live and work and raise a family in than Maine,” concluded Langevin.

“We are excited to be partnering with Live and Work in Maine in this important effort,” said Dana Connors, president of the Maine State Chamber of Commerce. “Our mission is to empower the state’s business community to collaboratively advance a proactive agenda for economic growth and prosperity in Maine and ‘Boomerang Weekend’ checks off all of those boxes.”

“From a growth perspective, finding and retaining workforce is the region’s main issue,” said Quincy Hentzel, Portland Regional Chamber of Commerce’s CEO. “Of course it was only a matter of time before Maine’s entrepreneurial energy would find a novel way to tackle this problem. Ideas like Boomerang Weekend highlight some of the startup mentality we’ve seen grow out of the region and state in recent years, and we think it will be a good start to making sure Maine’s next workforce knows they have a spot here.”

“With the populations swelling to 36 million in the state of Maine during the tourism season it’s incredibly important that we continue to grow our workforce in order to take care of our guests who make up

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For the most current information, visit www.maine-chamber.org



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We're proud to support the Maine State Chamber of Commerce and their mission to empower our business community to work together and thrive.



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Boomerang Weekend... *(Continued from Page 5...)*

Maine's #1 industry, "said Lynn Tillotson, president and CEO of Visit Portland.

Casey Gilbert, executive director of Portland Downtown, added, "Live and Work in Maine has identified an important economic driver for our state – those who wish to return to take advantage of the amazing quality of life that Maine has to offer. As the Greater Portland Region continues to grow, as well as other major cities and towns across the state, there are evermore opportunities for arts and culture, entrepreneurship, and innovation to bloom. As our country and our state continues to experience trends, such as aging demographics, it is all the more essential that we welcome, with open arms, those who wish to make our great state their home – either for the first time, or once again."

More information on the bars and businesses participating in Boomerang Weekend can be found at www.liveandworkinmaine.com. □

Question 1 Defeated... *(Continued from Page 1...)*

Maine's State Economist warned in an economic impact report that, "If adopted, the proposal would adversely affect several significant economic and demographic measures." The report predicted that Maine's population, labor force and employment would drop markedly, and that personal income and state GDP losses would be significant.

Question 1 also was deeply concerning for those who support recipients of home care. An unaccountable board with zero oversight would have been established to manage the universal home care program. The private health information of care recipients would have been exposed and shared with an unlimited number of groups, violating federal privacy law. With no income or residency requirement, caregivers feared wait-lists for those truly in need.

Former Maine Supreme Judicial Court Chief Justice, Dan Wathen, opined that Question 1 likely would have been in violation of the Maine and U.S. Constitutions.

Nearly 40 Maine health care, home care

and business organizations joined together to oppose Question 1. Also opposed were all Maine candidates for governor, Independent U.S. Senator Angus King, former Governor John Baldacci (D), incumbent Governor Paul LePage (R), and the overwhelming majority of state legislative candidates, including legislative leaders.

Question 1's main proponent was the Maine People's Alliance. The majority of funding behind Question 1 came from large, out-of-state donors and special interest groups.

"We are pleased with the decisive defeat of Question 1, and looking forward, we believe it is time for Maine to take a hard look at legislating by referendum," said Gilman. "Deciding tax policy and important issues such as how we care for our seniors and disabled citizens in a one-sentence question on the ballot without thorough debate, discussion, and the inclusion of all stakeholders is not in anyone's best interest. Nor is it an efficient or wise use of resources. This process must change."

For more information on the opposition to Question 1, please visit www.StopTheScamMaine.com. □

Workplace Marijuana Education Initiative

We are excited to announce a new free program that is being offered to Maine employers as they grapple with the challenge of marijuana use by their employees. The law firm, Brann & Isaacson, working in partnership with business groups, including the Maine State Chamber of Commerce and the Retail Association of Maine, will offer Maine employers guidance on managing marijuana in the workplace. Services include:

- ♦ Telephone consultations;
- ♦ Access to sample drug policies;
- ♦ Workshops across the state; and,
- ♦ Bulletins on new development.

If you want more information about tricky topics such as drug-testing for marijuana, dealing with an impaired employee, understanding the differences between employee use of medical versus recreational marijuana, this initiative will offer you legal resources and education.

For information about this program, please contact Peter Lowe by calling (207) 786-3566 or by emailing plowe@brannlaw.com. You may also want to visit Peter's webpage at brannlaw.com. □

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Voice of Maine Retail

Educate Maine Report... (Continued from Page 3...)

preschool, compared with 49% of those with higher family income.

- ♦ 75% of school districts offer public preschool and 44% of 4-year-olds attend one of those public programs, up from 19% in 2000.
- ♦ 98% of Maine school districts offer full-day kindergarten. This is a significant increase from 51% of districts in 2002.

- ♦ 36% and 40% of students in the 4th grade are proficient in reading and math.
- ♦ 39% and 36% of students in the 8th grade are proficient in reading and math.
- ♦ There is an achievement gap for low-income students in reading and math. Maine has not made progress in closing this gap.
- ♦ 87% of Maine students graduate from high school in four years, making Maine a standout in the nation.

- ♦ Only a third of high school students are proficient in math and over half are proficient in reading in 11th grade.
- ♦ The achievement gap seen in earlier grades carries forward into high school, negatively affecting graduation rates and proficiency scores of low-income students.
- ♦ For every 100 students entering high school, 87 will graduate, 55 go to college, 46 return for a second year, and 30 will graduate with a 2- or 4-year degree on time.
- ♦ 44% of Maine adults hold a certificate, industry credential, or college degree. This has increased over the past few years. It reaches our goal of 44% by 2019 ahead of schedule and gets us closer to our goal of 60% by 2025.

TEN INDICATORS

INDICATOR	WHERE WE STAND	2019 GOALS
PRESCHOOL PARTICIPATION	42% of 3- & 4-year-olds are enrolled in public or private preschool	50% of 3- & 4-year-olds will be enrolled in a public or private preschool
PRESCHOOL ACCESS	44% of 4-year-olds are enrolled in public Pre-K	64% of 4-year-olds will be enrolled in public Pre-K
FULL-DAY KINDERGARTEN	75% of Maine school districts offer public Pre-K	Maine will offer consistent and quality public Pre-K programming to 100% of Maine 4-year-olds
4TH GRADE ACHIEVEMENT	98% of Maine school districts offer full-day kindergarten	100% of Maine school districts will offer full-day kindergarten
8TH GRADE ACHIEVEMENT	36% and 40% of 4th grade students are at or above proficiency in reading and math, respectively	Maine students will increase their proficiency in reading to 44% and in math to 54%
HIGH SCHOOL ACHIEVEMENT	39% and 36% of 8th grade students are at or above proficiency in reading and math, respectively	Maine students will increase their proficiency in reading to 45% and in math to 47%
COLLEGE-GOING & PERSISTENCE	59% and 35% of 11th grade students are at or above proficiency in reading and math, respectively	70% and 55% of Maine 11th grade students will be proficient in reading and math, respectively
COLLEGE COMPLETION	87% of Maine students will graduate high school in 4 years	90% of Maine students will graduate high school in 4 years
COLLEGE COST & DEBT	63% of Maine students enrolled in college within one year of graduating from high school	66% of Maine students will enroll in college within one year of graduating from high school
MAINERS WITH POSTSECONDARY CREDENTIALS OF VALUE	84% of Maine first-year students returned for a second year at a college institution	88% of Maine first-year students will return for a second year of college
	56% of Maine and 63% of New England students graduate college within 150% of normal program time	Close the college completion gap with New England
	The average net cost of college for Maine students is higher as a percent of per capita income than New England: 39% Maine vs 35% New England	Close the cost and debt gap with New England
	Maine students have a higher annual debt burden as a percent of per capita income than New England: 17% vs 12%	
	44% of Maine adults have a postsecondary credential of value	44% of Maine adults have a postsecondary credential of value

EDUCATION INDICATORS IS AVAILABLE AT EDUCATEMAINE.ORG/RESEARCH-REPORTS © 2018 Educate Maine

Policy Implications...

- ♦ **Access and Participation:** High quality preschool lays the foundation for success. Maine needs more of its children participating in these programs and must ensure that quality affordable options are available statewide for all families.
- ♦ **Proficiency and Graduation:** The time spent in elementary, middle, and high school should help students gain and hone the skills and experiences needed to be successful in life. This is a time for gaining proficiency in critical content areas as well as in critical life skills that will prepare them for all experiences as adults.
- ♦ **Aspirations and Completion:** Individual and economic growth depends on people pursuing and completing some postsecondary learning. This includes traditional 2- and 4-year college as well as certificates and industry credentials. This happens when those opportunities are affordable, when students are supported to succeed and complete, and when postsecondary plans result in a job. □

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UNE receives \$900,000 grant to support accelerated bachelor's program in nursing

The University of New England received a \$900,000 grant from the Helene Fuld Health Trust to provide meaningful scholarship support for Accelerated Bachelor of Science in Nursing (ABSN) degree students on its Portland Campus. UNE's ABSN pre-licensure program option provides a rigorous, fast-paced 16-month program of study to students who have earned a prior bachelor's degree and aspire to a career in nursing.

In making the announcement, President James Herbert noted the significance and timeliness of the Fuld Trust's investment here in Maine. "UNE has been actively working to increase nursing enrollment in a strategic effort to pipeline more nurses into Maine's workforce. The Helene Fuld Health Trust's gift will greatly expand UNE's ability to attract promising nursing applicants to this excellent program, provide access to those with financial need, and deliver practice-ready nurses to address the nursing shortage. We are immensely grateful for the Fuld Trust's vision and generosity."

The University of New England's nursing program has a long history of service, recently celebrating its milestone 50th anniversary and the graduation of more than 2,200 nurses to the Maine and U.S. workforce. The Accelerated Bachelor of Science in Nursing program is a highly sought after option for study and has grown significantly since the program's launch in 2013, with more than 100 students in two cohorts enrolled during spring 2018. Due to the strong demand and the projected statewide nursing shortage, UNE will start a new summer cohort for the ABSN program in

2019, increasing the program's enrollment by 50 percent.

The Helene Fuld Health Trust, located in New York, is the nation's largest charitable trust focused solely on the support of nurses and nursing education. Established in 1935 by Leonhard Felix Fuld and his sister Florentine in honor of their mother Helene, the Fuld Trust has made a profound impact on the nursing profession. The grant to UNE will establish a \$750,000 endowment yielding scholarships for ABSN students in perpetuity, with \$150,000 allocated to current use scholarships during the next three years.

UNE will engage its strong donor base to maximize the Fuld Trust's gift through matching funds during the next three years. A plan for this match initiative is already underway.

"We are extremely proud of our nursing program and honored to be selected for this award by the largest charitable trust in the country devoted to nursing education," said dean of the Westbrook College of Health Professions Karen Pardue, Ph.D. "The Helene Fuld Health Trust's support is a wonderful testament to UNE's reputation for excellence and the talent of its faculty and students."

UNE Director of Nursing Jennifer Morton, D.N.P., M.P.H., agrees. "Our students work incredibly hard. The program has achieved exceptional licensure pass rates that exceed both the state and national average, and many are accepted into highly competitive residency and graduate programs to further their education. Most importantly, they are passionate about improving health outcomes and providing patient-centered care." □

Maine businesses asked to sign resolution in support of "60% by 2025" MaineSpark goal

MaineSpark is a 10-year commitment from Maine's most influential education and business leaders to work together to ensure that Maine's workforce is productive and competitive. MaineSpark is powered by a coalition of organizations—schools and universities, nonprofits and foundations, government agencies and businesses—with a common goal: by 2025, 60% of Mainers will hold education and workforce credentials that position Maine and its families for success.

MaineSpark organizations connect people with the education, training, jobs, programs and resources needed to thrive in Maine's robust and changing economy. MaineSpark currently has more than 150 professionals from business, non-profit, government, and education agencies and 75 leading Maine agencies that have signed the resolution of support.

As an active member of the MaineSpark Coalition, the Maine State Chamber is asking its members to consider showing their support for the MaineSpark effort by:

- 1 Signing the resolution in support of the MaineSpark "60% by 2025" goal (please email Megan Sanborn at the Maine State Chamber, msanborn@mainechamber.org, for a copy of the resolution); and
- 2 Sharing your story with us. What does your organization plan to do to help Maine achieve this important goal? (please email Megan Sanborn at the Maine State Chamber, msanborn@mainechamber.org, with any success stories or plans).

For more information or to review the MaineSpark fact sheet, please visit www.MaineSpark.me. □

MAINE STATE CHAMBER *of* COMMERCE

2019 Events Calendar

**Thursday and Friday,
February 7-8**
Leadership Summit
(Board event)

Sunday River's Jordan Grand
Hotel and Conference Center,
Bethel

Thursday, March 14
Business Day at the Statehouse
8:00 a.m. to 12:00 p.m.
Hall of Flags, Second Floor
of the Maine Capitol Building,
Augusta
Snow Date: Thursday, May 2

Tuesday, March 19
Legislative Strictly Social
5:00 p.m. to 7:30 p.m.
Senator Inn and Spa,
State & Embassy Rooms,
Augusta
*In collaboration with the
Kennebec Valley Chamber of
Commerce*

Wednesday, April 24
Leadership Summit II
(Board event)
5:15 p.m. to 9:00 p.m.

Continued on Page 11...

2050
Maine's Long-Range
Transportation Plan



MaineDOT needs your input for Maine's Long-Range Transportation Plan 2050

MaineDOT is currently drafting a long-range plan, *Maine's Long-Range Transportation Plan 2050*, and wants your input! Not unlike the rest of the United States, Maine is experiencing several issues that will affect transportation over the next 20-30 years. Input from partners, stakeholders and the public will provide guidance and insight on the strategies needed to achieve Maine's transportation goals by supporting a data-driven approach to address the many challenges facing the state during the next several decades.

MaineDOT has created an online survey to increase participation in their public outreach process. The survey can be accessed from the Long-Range Transportation Plan webpage at mainedot.gov/longrangeplan or by accessing the survey directly at <https://mainelongrangeplan2050.metroquest.com>. Additionally, you are encouraged to share this information with your stakeholders and partners, and anyone else you think would be interested in providing input.

The survey will remain open through November 30, 2018. MaineDOT plans to complete this effort by the end of 2018, and roll it out to the public in early 2019. □

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- Gov. Paul LePage



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Serving Cumberland and York counties.

U.S. Department of Labor's Veterans' Employment and Training Service launches HIRE Vets Medallion Program



The U.S. Department of Labor Veterans' Employment and Training Service (VETS) recently announced the HIRE Vets Medallion Program to recognize organizations that have invested in employing and retaining veterans.

The Honoring Investments in Recruiting and Employing American Military Veterans Act of 2017 (HIRE Vets Act, or the Act), signed by President Trump on May 5, 2017, requires the Secretary of Labor to establish a program, by rule, that recognizes employer efforts to recruit, employ, and retain veterans. Employer-applicants meeting criteria established in the rule will receive a "HIRE Vets Medallion Award." As described in the Act, there are different awards for large employers (500-plus employees), medium employers (51-499 employees), and small employers (50 or fewer employees). Additionally, there are two award tiers: Gold and Platinum. For each award, the employer must satisfy a set of criteria. Verification of these criteria includes a self-attestation by the applicant and a check for violations of veteran related DOL labor laws by the U.S. Department of Labor.

Additional information about criteria, timelines, fees, and VETS demonstrations can be found on the website at www.hirevets.gov or by contacting HIREVets@dol.gov.

Criteria...

Criteria for recognition vary by level (Platinum or Gold) and employer size (Large, Medium, and Small). Most awards do not require the employer-applicant to satisfy all of the above criteria. Please see the Final Rule for additional information about what criteria apply to each award or download a table with all criteria at www.hirevets.gov/themes/hirevets_theme/assets/vets/vets-criteria-table-CY19.pdf.

Timelines...

Beginning in 2019, VETS will solicit applications no later than January 31; stop accepting applications on April 30; finish reviewing applications no later than August 31 and select the employers to receive HIRE Vets Medallion Awards no later than September 30; notify employers who will receive HIRE Vets Medallion Awards no later than October 11. VETS will also notify applicants who will not be receiving an Award at that time; and, announce the names of award recipients at a time to coincide with Veterans Day 2019. □

2019 Events Calendar... (Continued from Page 10...)

Senator Inn & Spa, Augusta

April/May (TBD)
Washington, D.C. Fly-In

Tuesday, June 4
Southern Maine
Regional Breakfast Meeting
7:30 a.m. to 9:00 a.m.
Anthem Blue Cross and Blue
Shield, 2 Gannett Drive,
South Portland

Wednesday, June 19
Kennebec Valley
Regional Breakfast Meeting
7:30 a.m. to 9:00 a.m.
Bangor Savings Bank,
Senator Way, Augusta

Wednesday, June 26
Maine Highlands Regional
Breakfast Meeting
7:30 a.m. to 9:00 a.m.
Location TBD
*In collaboration with Bangor
Region Chamber of Commerce*

Thursday, June 27
Northern Maine Regional
Breakfast Meeting
7:30 a.m. to 9:00 a.m.
University of Maine at Presque
Isle, St. John & Aroostook
Rooms, Presque Isle

Friday, September 6
Scramble for Scholars
Annual Scholarship
Golf Tournament
The Samoset Resort, Rockport □

Flemish Master Weavers receives special foreign trade zone designation, saving 130 Maine manufacturing jobs

EDITOR'S NOTE: This article was originally written by J. Craig Anderson and published on October 30, 2018, in the Portland Press Herald. It can be viewed at pressherald.com/2018/10/30/sanford-rug-maker-receives-job-saving-foreign-trade-zone-designation.

The company has said that it might have to cease manufacturing and order fully made rugs from overseas if it did not receive the trade zone designation, which will allow it to forgo a tariff of nearly 9 percent on rug fibers imported from Turkey.

Company President Johan Moulin said several elected officials assisted in the trade zone designation effort, including U.S. Sens. Susan Collins and Angus King, Gov. Paul LePage and U.S. Reps. Chellie Pingree and Bruce Poliquin.

"In this time of political division, all of them strove together to achieve a positive result for the people of Maine as well as for Flemish Master Weavers," Moulin said Tuesday in a prepared statement.

The company was caught between



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U.S. competitors that pay no tariffs because they produce their own yarn, and increasingly large overseas competitors that can undercut prices with lower labor costs. However, it faced an uphill battle in its quest for the trade zone status because of objections from within the U.S. textile industry.

Moulin has said the company was planning a major expansion of its 210,000-square-foot manufacturing facility that would add jobs, but that the threat of new tariffs had the potential to thwart those plans. If its trade zone status had been denied by the U.S. Department of

Commerce's Foreign Trade Zones Board, he said, competitive pressures likely would have forced the company to phase out domestic manufacturing altogether, and the factory jobs in Sanford would have been eliminated.

The foreign trade zones program was authorized by Congress in 1934 and is used to support U.S. companies in competition with foreign entities by allowing delayed or reduced duty payments on foreign merchandise, as well as other savings. The Foreign Trade Zones Board licenses designated sites as foreign trade zones. □

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- Attend monthly webinars to engage with other community members



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C3.PYD.org

The Maine Business Leadership Network (MEBLN), a program managed by the Maine State Chamber of Commerce, is preparing for the launch of Campus Career Connect (C3). Campus Career Connect is an online, accessible group e-mentoring platform designed to support employment goals of college students and transition-aged adults with disabilities.

C3 offers a safe environment for individuals to improve their general employment readiness skills, as well as receive mentoring around disability-specific workplace topics, such as disclosure and self-identification, requesting accommodations, and accessible transportation.

Community College students will access professional and peer mentors to increase their networks, receive advice, and gather support about achieving goals. They will also participate in topical webinars related to employment readiness and engage in live networking and interview fairs hosted by the Business Leadership Networks. □

Want to be a mentor?

Please contact Megan Sanborn or Kelsey Morrell by calling (207) 623-4568, ext. 108 or ext. 104, or by emailing msanborn@mainechamber.org or kmorrell@mainechamber.org. More information will be available at mainebln.org in the coming weeks!



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WORKPLACE WELLNESS

HEALTHY EMPLOYEES MAKE CENTS!

How to stay healthy, fit, and safe during the winter season

The winter season can be busy and exciting. With so many events like family dinners, holiday parties, and the preparation and planning for gift giving, we have plenty of distractions to keep us from focusing on our health and taking care of ourselves as we would normally.

Furthermore, once the holiday season is over, many people experience a lull in their motivation to stay active. Some people begin to experience depression or feelings of anxiousness over expenses that accumulated throughout the holidays. Others let diet and healthy eating habits fall by the wayside. Often, given the weather, exercise is sacrificed for warm nights spent indoors on the couch.

With shorter days and colder weather, finding the motivation to stay healthy and fit can be difficult. And that can lay the foundation for a weakened immune system, posing a greater risk of developing illness or injury. No wonder they call it the winter blues. What's more, the colder weather creates a number of safety risks to us and to those around us, and some of which we may not even be aware.

Recognizing safety risks and patterns of illness or low energy ahead of time is key to preventing them — or at least to dealing with them as they arise. There are countless winter wellness tips and ideas available to ensure you have lots of ways to stay healthy, fit and safe this holiday season and beyond. These healthy winter habits will help you to recognize where your health falls short and what you can do to boost it during this time of year.

Diet and Exercise Tips...

While the winter season might increase the risk for weather-related injury, the biggest risk to our overall health is a lack of attention to diet and exercise routines. During the holidays, we find ourselves so busy finalizing travel plans, finishing up with tasks at work, buying and wrapping gifts and crossing everything off of our checklists that we forget to prioritize our healthy habits.

As if all the insanity of the holidays isn't detrimental enough to our healthy habits, the

chilly and unpleasant weather can also make it very difficult to find the motivation to get to the gym or head outdoors for exercises. In tandem with this, the additional time spent indoors means many of us snack more than we would typically at other times of the year. This combination that can quickly add on the pounds and reduce our happiness and self-esteem over time.

Maintaining proper diet and exercise routines is also necessary to ward off illness. It is estimated that up to 20% of the United States population gets the cold or flu each year. Wintertime presents a higher likelihood to develop cold and flu than during any other season. Here are some winter diet and exercise tips to show you how to stay healthy and fit during winter's colder months:

1 Calm Your Carb Cravings

The cold season tends to ignite our cravings for more carbs and comfort foods. Why? After you consume these delicious treats, your serotonin levels rise, making your brain think you are happier. And as the day wears on, your carb cravings get stronger and stronger.

To counter this, try eating a protein-packed breakfast to keep your energy levels up throughout the day. If by the time the afternoon rolls around you're still craving sweets or carbs, be sure to have low-fat and healthy snacks on hand. However, if you can, finding a way to increase your serotonin levels without food is the best way to beat the carb cravings.

2 Add Omega 3 Fatty Acids

Omega 3 fatty acids are a healthy type of fat that are naturally found in many food types including fish, plant seeds and nuts. Omega 3 fatty acids are great for reducing joint pain and stiffness as they are a natural anti-inflammatory. Studies have also shown that omega 3 fatty acids help lower levels of depression, which people commonly feel during the short-er days of winter

3 Cook With Mushrooms

There are several species of mushrooms that have immune-boosting health benefits. That's because mushrooms have naturally-occurring antibiotics. This gives them medicinal properties, which helps us to fight off many types of illnesses. Next time you're at the grocery store, be sure to stock up on varieties like white button or shitake mushrooms and add them to your meals this winter.

4 Eat More Fiber

Soluble fiber found in apples, oats and nuts is an important way to decrease inflammation and boost immune system function. Soluble fiber also helps reduce cholesterol levels in the body and aids in weight loss and protection against diabetes. This is an especially important winter health tip for seniors who require a high-fiber diet to protect their digestive systems.

5 Eat More Green and Orange Vegetables

Sticking primarily to vegetables and fruits that are dark green and orange is important in ensuring you're getting healthy nutrients, sugars and fats. Spinach, kale, Swiss chard, squash, carrots and oranges are all delicious during the winter. There are plenty of recipes available to incorporate these items into your regular winter diet.

6 Cook With Spices

Onions, garlic, ginger and cilantro are the perfect items to add flavor to your dishes. Not only do they make food taste great, but they're also shown to help improve immune function. Turmeric is a spice traditionally used in Chinese and Indian medicine. Its main active ingredient is called curcumin, which gives curry its yellow color. This spice helps to combat a number of conditions including inflammation and heart disease, and it acts as a powerful antioxidant.

Continued on Page 15...

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7 Plan Your Exercises a Week in Advance

Try to stick to a weekly exercise plan so you don't put off your regular exercise activities. On Sunday night, write down your exercise schedule for the next seven days. Choose your exact workout routines, activities or exercises for each day and how long they will be. Knowing what you're scheduled to do each day ahead of time makes it easier to stick to. If you can, line up your workout schedule with a friend to encourage each other to stick with it and stay motivated.

8 Workout at Home

If you have no desire to head outdoors for your workout, then never fear. There are plenty of resources online that supply fun workout videos and exercises. These resources offer a variety of workouts including yoga, strength training, aerobics and other body-weight exercises. Check out Pinterest for tons of great resources so you can get fit in the comfort of your own living room.

9 Get a Wii Fit

Just like the online workout videos, a Nintendo Wii Fit is a fun and convenient way to stay fit during winter and have fun at the same time. This gaming device provides virtual workouts to direct the user through a number of exercises like yoga, strength training, aerobics and more. It can be adjusted to fit your personal goals from cardiovascular improvement and disease prevention to muscle building and weight loss.

These diet and exercises tips are great, specifically in the winter, but they can also be used year-round. By reminding yourself that spring will be here before you know it, you'll stay motivated to provide proper attention to your body and health habits during the winter.

When employees feel good, they tend to perform better. That's why most Chamber BlueOptions' plans come with employee discounts on health products and services, as well as an online come with employee discounts on health products and services, as well as an online health and fitness program. Just contact your Anthem-appointed insurance producer for more information, or visit the Chamber's BlueOptions web page (www.mainechamber.org/blueoptions.php) to find a producer.

For more information on the Chamber BlueOptions health plan, please contact Peter Gore by calling (207) 623-4568, ext. 107, or by emailing pgore@mainechamber.org. You may also contact Kelsey Morrell at ext. 104 or kmorrell@mainechamber.org.

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