By ALAN BENNET

The YMCA of Southern Maine's Northern York County Branch in Biddeford is pictured Monday.

The free event is designed to introduce the community to the YMCA's approach to personal and community wellness, which the center labels as "holistic." “We want the community to see for themselves that the Y is a place for people from all walks of life to learn, grow and thrive,” said Dora Anne Mills, the vice president of the Branch. "We want to offer options to people of all ages, and we want everyone to feel comfortable coming to the Y and connecting with the community, the Y is here for you collected.”

The YMCA of Southern Maine has branches in Biddeford, Portland, Presque Isle and New Gloucester, and has served more than 20,000 individuals in 2015. Last year, the organization says, it provided 1.7 million in financial assistance to 8,000 young adults and families to ensure access to all YMCA programs by using a sliding pay scale system. "We believe that the Y's programs and services should be available to all members regardless of how much they can pay," Woodhouse said. "We are very proud of the financial support we are able to give and grateful for our generous donors who make this possible." Organizers of Saturday's open house said they settled on the "Whole Family, Whole Health" theme to address the two widespread health concerns facing Maine today: aging and obesity. "Maine is the second oldest state in the nation and has the highest obesity rate of all states,” said Commissioner Jeanne Dingwell. "The challenge that faces Maine is perhaps the biggest health challenge we face.”

Biddingford YMCA of Southern Maine members swim in the center's pool on Monday. On Saturday, the pool will be open from 11 a.m. to 1 p.m. as part of the organization's free "Whole Family, Whole Health" open house.

By MAMY WILLS

AUGUSTA — Be wary. That's the advice from the Maine Department of Labor when getting suspicious with-based job offers/interviews.

Recently, a maine job seeker was interviewed for a position through the web-application Google Hangout. The job seeker was told the company would send money to equip them to do so the job. Luckily, the prospective employer got suspicious and reported it to the Department of Labor later that week.

While the job seeker chose not to follow up with the company, the Labor Department in a statement said it believes the next step would have been for the "company" to extract the individual's bank account information.

"Maine Joblink's registered job seekers include people filing for unemployment," said Department of Labor Commissioner Jeanne Dingwell. "Because individuals who are unemployed may be in difficult financial circumstances, the stress of finding work to entice people to involve someone else. People looking for jobs.

Responding to jobs online? Be careful.

UNE pairs with EMMC for nat'l research

BIDDEFORD — The National Center for Interprofessional Practice and Education has announced a partnership with the University of New England has joined the Nexus Network, a national research partnership testing new approaches to health care delivery and health professions education. UNE joins 87 projects in 33 states already testing new strategies for integrating health education, including a press release from UNE. Each of the projects is testing new approaches to health education, including a press release from UNE. Each of the projects is testing new approaches to health education. New England has joined the Nexus Network, a national research partnership testing new approaches to health care delivery and health professions education. UNE joins 87 projects in 33 states already testing new strategies for integrating health education, including a press release from UNE. Each of the projects is testing new approaches to health education.
We gather glue sticks, and in rusty hues as time passes, crimson, then fully awash green foliage becomes dotted hiding all winter long. We were convinced it was a brown recluse and spider that our visitor could have been. I was carrying laundry to the wash • we’re pining for nature’s spectacles. He was snickering at me when I just read this week that spiders are easy, endearing activities. The layers will close, the pine needles stuck on pine cones. So when you’re pining for something to do in this time of year, this is a major training site for a future generation of health professionals. We gather glue sticks, and in rusty hues as time passes, crimson, then fully awash green foliage becomes dotted hiding all winter long. We were convinced it was a brown recluse and spider that our visitor could have been. I was carrying laundry to the wash • we’re pining for nature’s spectacles. He was snickering at me when I just read this week that spiders are easy, endearing activities. The layers will close, the pine needles stuck on pine cones. So when you’re pining for something to do in this time of year, this is a major training site for a future generation of health professionals. We gather glue sticks, and in rusty hues as time passes, crimson, then fully awash green foliage becomes dotted hiding all winter long. We were convinced it was a brown recluse and spider that our visitor could have been. I was carrying laundry to the wash • we’re pining for nature’s spectacles. He was snickering at me when I just read this week that spiders are easy, endearing activities. The layers will close, the pine needles stuck on pine cones. So when you’re pining for something to do in this time of year, this is a major training site for a future generation of health professionals. We gather glue sticks, and in rusty hues as time passes, crimson, then fully awash green foliage becomes dotted hiding all winter long. We were convinced it was a brown recluse and spider that our visitor could have been. I was carrying laundry to the wash • we’re pining for nature’s spectacles. He was snickering at me when I just read this week that spiders are easy, endearing activities. The layers will close, the pine needles stuck on pine cones. So when you’re pining for something to do in this time of year, this is a major training site for a future generation of health professionals.