

# Unity Commons

A Student Publication

Summer 2018 Edition III



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## Letter from the Editor

Dear Unity Community,

It is my honor to present to you the Summer 2018 Edition of Unity Commons. This marks the third printed edition of our publication since its foundation last autumn. This summer, stories of Unity's past, present, and future fill these pages. Raina Sciocchetti summarizes the history of this land and its most notable contributors in *Unity, Maine: Not Your Average Small-Town Story*. Brandon Hoeckel shares the devotion of Unity Pond Pottery owners, Wendy and Espo, in *Unity Pond Pottery: Shaping the Community at the Potter's Wheel*. And Sage Rabito takes us to East Coast CDB, where medical marijuana caregiver, Kellie Julia, is redefining self-care while juggling a political campaign in *East Coast CBD: Cannabis for a Cause*. Inspirational individuals have for centuries paved the path for new ideas, new developments, and new neighbors in Unity. I believe that with a community founded in compassion, generosity, and determination, these paths will continue to unfold. Thank you for reading. Enjoy.

Sincerely,

Michelle Neal  
*Editor in Chief*

# Our Team

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# East Coast CBD: Cannabis for a Cause

By Sage Rabito

“[Marijuana is] not a ‘cure all,’ but it’s a ‘cure most,’” says Kellie Julia, co-owner of East Coast CBDs, a caregiver storefront located on Depot Street in Unity. Kellie is a China, Maine, resident who has worked as a behavior modification specialist for fifteen years. Currently, she is running as a Democrat for the Maine’s District 15 State Senate seat. But full-time, she and her husband, Dawson, are medical marijuana caregivers in Maine.

Marijuana, also known as cannabis, is a flowering plant that can be ingested in several ways, often for its psychoactive properties. It has been used for a variety of purposes since 6000 BC, but today it is classified as a Schedule I drug by the federal government, indicating that it has no accepted medical use and is considered highly addictive.

“A lot of people’s prejudices [on cannabis] just comes from not knowing.”

Since November 30, 2017, Washington D.C. and twenty-nine states throughout the country have legalized, to some extent, the use of medical marijuana. This trend of medical cannabis legalization stems from an influx of studies showing that certain cannabinoids, or the compounds inside marijuana, can help treat conditions like glaucoma, PTSD, chronic pain, and several others.

In 1999, the state of Maine legalized the prescribing and minor possession of medical marijuana. However, this law provided no way to legally obtain it. So, on November 3, 2009, residents voted ‘Yes’ on Question 5, the Maine Medical Marijuana Act, which established means to legally obtain medical cannabis.

In 2014, Kellie and Dawson’s storefront opened, which grows and sells its own MOFGA Certified Clean Cannabis (MC3), a certification that Dawson helped create with the Maine Organic Farmers and Gardeners Association, because cannabis cannot be federally certified as organic. They offer a large selection of both CBD (cannabinol) and THC (tetrahydrocannabinol) products to accommodate any patient, such as flowers, oils, edibles, tinctures, and capsules.



Kellie Julia, co-owner of East Coast CBDs. Photo courtesy of Sage Rabito.

Kellie named her store East Coast CBD, because, she says, “we’re probably the biggest [provider] of CBD strains of cannabis on the east coast.”

CBD is one of the cannabinoids in cannabis. Unlike THC - the compound that makes one feel “high” - CBD is non-psychoactive and can help treat anxiety, PTSD, seizures, severe pain, and opioid addiction. “We’ve had about a 60 percent success rate getting [addicts] off of their opiates...with cannabis,” said Kellie.

Marijuana is not just for “getting high,” as many might think. Just like CBD, THC has a wide array of medical benefits. Some of these benefits include anti-inflammatory effects and anti-carcinogenic effects, bone stimulating elements, pain relief, and stimulation for individuals with Autism Spectrum Disorder. Kellie says that, “THC has a role, and it’s helpful in so many other things as well. I usually find that most patients need THC and CBD together.”

Although she owns a medical storefront, Kellie is also in favor of an effective system for the sales of recreational marijuana. She does, however, want to maintain her store’s current medical focus, as “combining them... probably wouldn’t be great for the medical program.”

Kellie and Dawson value open mindedness, encouraging people to learn about the medical benefits of marijuana and its compounds. “A lot of people’s prejudices [on cannabis] just comes from not knowing,” she states.

Kellie acknowledges the controversial nature of medical marijuana. But to her, the conversation is more important than the controversy. “I think that everybody has good ideas and that everybody’s opinions are to be respected. Even if I don’t agree with them, I would listen to them.”

# Unity, Maine: Not Your Average Small-Town Story

By Raina Sciocchetti

"We celebrate today the birth of nation and the beginning of a town," President Chase proudly announced in his Centennial speech in 1904. The United States of America was 128 years old; Unity was 100.

Any local deeply rooted in the soil of a place views their town not unlike a nation: theirs to build into greatness, to fight for, to die for, and to preserve for all eternity. Since the day it was settled, Unity residents have displayed profound commitment to their town. "Here, they discovered opportunity and they turned it into Unity," writes historian James Vickery III in *A History of the Town of Unity, Maine* (1954). The people toiled, and Unity was born.

"Unity gradually assumed a more modern appearance but never relinquished the aura of a small town."

In 1774, settlers paddled their canoes up the Sebasticook River and found themselves in a lake they called Twenty-Five Mile Pond (now known as Winnecook Lake or Unity Pond). Eight years later, a Quaker by the name of Stephen Chase built a home on the east shore of the Lake. In 1804, Twenty-Five Mile Plantation officially became the Town of Unity.

The settlers worked, and Unity grew. Hotels, grist mills, sawmills, creameries, canneries, and tanneries sprouted up around the town and died later due to the changing Maine economy. At peak production, the Unity Cheese Factory yielded 200 pounds of cheese each day. A giant tree from Unity later served as a replacement mast on the USS Constitution, the world's oldest naval commission vessel still afloat. A tannery produced 100 tons of hides, annually. Ice harvested from Unity Pond was packed into ships and sent to the Atlantic Ocean.

Unity gradually assumed a more modern appearance but never relinquished the aura of a small town. By 1870 a train stretched from Belfast to Burnham. In 1902 telephone lines connected Unity to Dixmont Corner. The following year, Unity saw its first automobile. Eventually, the industries that sustained Unity became less and less profitable. Businesses closed, and the town's population dwindled. Surrounding towns fell into a pattern of decline.

Unity effectively avoided degeneration through the construction of a poultry industry and the developments that followed.

In 1932 Eddie and Florine Constable began a small chicken hatchery. Florine, working in Boston as a secretary, funded the project and performed necessary research at the Boston Public Library. Eddie transformed the money and the information into a chicken farm.

After a few rough years, the enterprise turned profitable. By 1944, the hatchery had grown exponentially, and thousands of chicks hatched every week and were hauled away on the local school bus by Bert Clifford, after he had dropped the children off at school.

Ultimately the poultry farm, and Bert Clifford, hatched the institution of Unity College.



A Unity College sign at the bottom of Quaker Hill Road. Photo courtesy of Michelle Neal.

Near the end of the 1950s, the poultry industry began to decline. In 1960, the operations moved to Belfast and later died. Around this same time, Unity said goodbye to the Portland Packing Company operation. Mr. Clifford, the bus driver and successful businessman, decided that he needed to do something besides transporting children and chickens. Worried that the town was falling into decline, he called a meeting with local business figures.

Potential options for renovations in the town were discussed. The board toyed with the idea of a 2-year college, but little progress was made. When Mr. Clifford's son, Gregory, was rejected from the Maine Maritime Academy due to colorblindness, their family grasped for alternative options. University of Maine was full; Bates, Bowdoin, and Colby were too expensive. Gregory ended up at Belknap College in Center Harbor, New Hampshire. As a result, Mr. Clifford witnessed a prime example of a small town that had birthed a small



four-year college. If Center Harbor could do it, so could Unity. The idea of a four-year college in Unity was born.

While Gregory was undergoing a change in collegiate plans and Mr. Clifford was dreaming about building a college, the Constables were wondering what to do with their empty chicken hatchery on Quaker Hill Road.

**"Out-of-state students experienced major culture shock as they transitioned from seeing city lights to grass and cows looming outside their windows."**

Although the board of gentlemen was diminishing rapidly, ten remaining members acquired 185 acres on Quaker Hill Road from the Constables, and the plans for a college unfolded. The college was incorporated in 1965 and opened for classes in September of 1966 with a grand total of 29 students. Registration reportedly took only 15 minutes. With a faculty of around 15, Unity boasted the best teacher-student ratio in the state of Maine.

Over time, the campus of Unity College became more of a school and less of a field. Enrollment grew rapidly. Dorothy (Dot) Quimby, the residing librarian from 1966 to 2001, commented later that the admissions people were apt to tell kids that Unity had swimming pools and all kinds of nice things to effectively sell them on the college. Out-of-state students experienced major culture shock as they transitioned from seeing city lights to grass and cows looming outside their windows.

"The word renaissance may be a bit strong for what has been going on in Unity for the past fifty years, because Unity was certainly not dead before that, or even comatose; but some signs of decay were becoming apparent," author Morgan Freeman notes, in her comprehensive history of Unity, Ordinary, Yet Extraordinary: Six Decades in the Life of Unity, Maine (2002).

Certainly, Unity underwent a significant transformation in the mid twentieth century. Homes and businesses underwent renovations. A local cow barn became the Unity Centre for the Performing Arts. A chicken hatchery became Unity College.

Unity College had notable economic, social, and cultural impact upon the area. "Oh, there was lots of criticism in the beginning, as you can imagine," notes Midge Prior, resident, in Freeman's book. "And lots of criticism and lots of disdain by the locals. They called them the Granola Group. But I think we owe a lot to them because they brought in a broader understanding."

Unity College is not the only establishment in Unity bringing variety to the tiny town. Unity is also home to Unity Raceway, Maine's first speedway, and Maine Organics Farmers and Gardeners Association (MOFGA), the oldest and largest state organic organization in the nation. An Amish Community, one of three in Maine, was established in Unity in 2008. The extent of diversity in such a small area is astounding.

The topic of small business and infrastructure growth has become increasingly relevant in recent years. There is an ongoing discussion regarding spheres in which Unity can be further advanced that includes food options, downtown renovations, opportunities for lodging, new businesses, and recreational facilities; however, determination to preserve the small-town elements of Unity remains fierce.

As the town of Unity moves toward becoming more of a destination while retaining its small-town identity, Unity College functions as a rapidly growing and increasingly developed institution. Unity College was once the child of this town. Now, the school has become more independent, but will always be at heart a manifestation of the dreams of Unity townsfolk who were haunted by the vision of a deserted town.



Outside of the Unity Historical Society, a bear statue greets passersby. Photo courtesy of Michelle Neal.

Unity, Maine, represents centuries of hard work and is a truly unique place, home to many special establishments and exceptional people. The citizens of Unity recognize the remarkableness of this town, as they are direct participants in the rich history of individuals, businesses, industries, and above all else, community. On the other hand, the students of Unity College are, for the most part, outsiders. We stand on Unity soil, but our lives are not written into its dirt.

Wherever our lives take us next, we cannot forget the opportunity we were given by Unity, the ordinary yet extraordinary town that chugged steadily through thick and thin and turned a chicken hatchery into a college.

# May

Sunday	Monday	Tuesday	Wednesday
<p>April 29</p> <p>10:00 am - Planting @ Maine Heritage Orchard            3:30 pm - Almost Maine @ UCCPA            7:00 pm - Full Moon Paddle @ OAC            Heirloom Fruit &amp; Tree Tour &amp;</p>	<p>30</p> <p>7:00 pm - Meditation Monday @ Wellness Center</p>	<p>May 1</p> <p>10:00 am - Transfer Tuesday @ Welcome Center            11:00 am - SASSMM @ Wellness Center            5:00 pm - Club How-To @ PW204            6:30 pm - Unity Selectmen Meeting @ Town Office            8:00 pm - Board Gaming with the DRL @ Wyman Commons</p>	<p>2</p> <p>7:00 pm - Lip Syn Student Center</p>
<p>6</p> <p>7:00 am - Troy's 68th Annual May Breakfast @ American Legion Hall            1:00 pm - Grow it Green: Plantings for Your Home and Garden @ MOFGA's Education Center</p>	<p>7</p> <p>Final Exam Period            7 am - Unity College Student Conference            7:00 pm - Meditation Monday @ Wellness Center</p>	<p>8</p> <p>Final Exam Period            10:00 am - Transfer Tuesday @ Welcome Center            8:00 pm - Board Gaming with the DRL @ Wyman Commons</p>	<p>9</p> <p>Final Exam Period            9:00 am - Organic Principles &amp; Practices - MOFGA's Education Center</p>
<p>13</p>	<p>14</p> <p>Final Grades to Registrar            May Session Classes Begin            May Session Drop Period</p>	<p>15</p> <p>Faculty Professional Development @ UCCAPA            10:00 am - Transfer Tuesday @ Welcome Center</p>	<p>16</p> <p>Organic Farming Practices: Livestock 101 @ Misty Brook Farm</p>
<p>20</p>	<p>21</p>	<p>22</p> <p>10:00 am - Transfer Tuesday @ Welcome Center</p>	<p>23</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>10:00 am - Transfer Tuesday @ Welcome Center</p>	<p>30</p>

Discover more events and details at our website:

[commons.unity.edu](http://commons.unity.edu)



# 2018

Wednesday	Thursday	Friday	Saturday
	<p>3</p> <p>5:00 pm - Come Boating! @ OAC 6:00 pm - Challenge Course @ Willard Climbing Wall</p>	<p>4</p> <p>Last Day of Spring Semester Classes 12:00 pm - Unity Unplugged! @ Amphitheater 12:00 pm - Yoga @ Tozier Gym 12:30 pm - Cardboard Kayak Race @ OAC</p>	<p>5</p> <p>10:00 am - Super Saturday for Admitted Students @ Welcome Center 9:00 am - Maine Permaculture Design Course @ MOFGA's Common Ground Education Center</p>
<p>10</p> <p>Organic Farming: Principles &amp; Practices @ Welcome Center</p>	<p>11</p> <p>10:00 am - Spring Sale @ Unity Pond Pottery</p>	<p>12</p> <p>May Commencement @ Tozier Gym 10:00 am - Organic Orchardng Workshop: Top Grafting Fruit Trees 7:00 pm - House Concert Series @ 93 Main Coffee Shop</p>	
<p>17</p> <p>Principles &amp; Practices 1 - Basic Handling @ Farm</p>	<p>18</p>	<p>19</p>	
<p>24</p>	<p>25</p>	<p>26</p>	
<p>31</p>	<p>June 1</p> <p>5:00 pm - Katahdin Woods &amp; Waters National Monument Tour 5:00 pm - Muscongus Bay: Maine Coastal Kayak Tour</p>	<p>2</p> <p>11:00 am - Shinrin-Yoku "Forest Bathing" Weekend Retreat @ Unity College</p>	

# Unity Pond Pottery: Shaping the Community at the Potter's Wheel

By Brandon Hoeckel

Upon arrival at Unity Pond Pottery, a shingled building sits unassumingly on a dirt parking lot. As you pass by its windows, you might see shelves stacked high with oddly-shaped figures. Once inside, you quickly learn that those figures are pieces of pottery at various stages of completion. The diversity is staggering, from tiny vases to massive spherical pots. While the majority of the stock goes to wholesale, there are a wide range of items available for purchase in-house. The pottery is exceptional - this is clear - but the real treasures of Unity Pond Pottery are the store's owners, Wendy and Robert "Espo" Esposito.

"After the glaze sets, several pieces are fit into a massive kiln, lovingly referred to as the 'car kiln,' due to its enormous dimensions."

Espo had been making pottery for a number of years before he and Wendy opened Unity Pond Pottery. He had worked in studios in several regions including New Mexico, New Jersey, and The Virgin Islands since 1971. His passion for pottery was discovered after graduating college with an electrical engineering degree. Wendy, on the other hand, grew up in Unity. In 1985, Wendy and Espo opened Unity Pond Pottery and have been a cornerstone of the community ever since. The couple wanted a business where local people could afford their artwork. Although the majority of their work is for wholesale, they also do plenty of custom orders. With pottery stationed in Bar Harbor, Bath, Belfast, Camden, Pemaquid, and Portland, Unity Pond Pottery is deeply rooted in Maine communities.

The retail section of the building is filled with a beautiful variety of pottery in every shape and shade. But beyond the cashier's counter is where the magic truly lies.

Through a small gateway is a treasure trove of pottery. At the potter's wheel, Espo molds the clay with the confident ease of a master craftsman. The pieces are then passed to Wendy, who carves designs into the pottery. Wendy also handcrafts pottery without using a

potter's wheel (known as the hand-building technique). When they're ready, the pieces are fired first in an electric kiln - in a process called bisque firing - and then glazed. After the glaze sets, several pieces are fit into a massive kiln, lovingly referred to as the "car kiln," due to its enormous dimensions. After the pieces are fired, they are left for two days to cool down inside the kiln.



Espo molds clay at his potter's wheel. Photo courtesy of Brandon Hoeckel.

Wendy and Espo are among some of the kindest and most interesting people you will ever meet. Strike up a conversation with the couple and you will discover not only their passion for pottery but also a passion for local business and the community. Wendy has spent the past four years working with the Unity Business Exchange to put local businesses on the map. Wendy also helps organize the tree lighting event in downtown Unity every Christmas season. For about twenty years, they have even offered free lessons around the time of the Common Ground Country Fair. This past month, Unity Barn Raisers and Veggies for All hosted the annual Empty Bowls event, to which Wendy and Espo donate several hand-crafted bowls each year. Empty Bowls is another fantastic example of the Esposito's commitment to their community. Their smiles and laughter brightened the dining room of the Unity Food Hub, just like their business and personalities have brightened the community for years.

Unity Pond Pottery, located at 222 Bangor Road in Unity, Maine, hosts three sales per year. Sales occur during the Common Ground Country Fair, the winter holiday season, and May 11th and 12th, for Mother's Day.



## Tune Into: Mixed Woods

By Kadence Foster

Mixed Woods has brought acoustic indie folk music to ear holes from Ohio to Maine since 2012. Kaela Campanella, an Adventure Therapy major at Unity College, and her partner Blake Parker,



Kaela and Blake at 93 Main. Photo courtesy of Noah Cunningham.

an Environmental Science graduate of Paul Smith's College, create a unique blend of mandolins, guitars, ukuleles, and voices that dance delightfully around any room.

Mixed Woods is named in honor of the coniferous and deciduous trees that represent Kaela and Blake's journey from the South to the Northeast. The band planted its Unity roots at the McKay Farm and Research Station's Coffeehouses, local open mic nights run by Unity residents Doug Nye, owner of The Dented Can music venue, and Pam Schilhab, who together formed the band Cantankerous. They have helped Blake and Kaela find their bearings in the community. Mixed Woods has since expanded their performances to "Music & Lunch" events at 93 Main Coffee Shop and open mic nights at Unity College.

Blake and Kaela value the conversation that music generates. Building community is the foundation of their interests. Blake attributes his inspiration as a musician to the power of sharing music. "I believe in the message that the music holds," he says. "If you do, and you value it, then there's value in sharing it. You create a rewarding experience in sharing; it counters the thought that music is a commodity."

Kaela's inspiration is similarly heartwarming: "Performing feels like I'm planning to skydive. It's exciting to prepare for, and it's also frustrating and stressful. It can be anxiety ridden, and you also get a sense of adrenaline during the performance. But after, there's a sense of accomplishment, and the feeling you have when

you're talking to others about the music makes you appreciate the vulnerability you just took part in. Music has held my hand through rough times, and it would mean a lot to me if I could give that back to someone." Follow Mixed Woods on Facebook and Instagram: @mixedwoods

## Good Guy, Dracula And the Power of Donating Blood

By Benjamin Hoeckel

Vampires have twisted dreams into nightmares for centuries, instilling fears of blood and needles in people of all ages. But when Dracula is removed from the scene and friendly nurses and other qualified staff take his place, shedding blood is not quite as intimidating, especially when it's for the betterment of other people! Throughout the academic year at Unity College, there are several opportunities to participate in blood drives. Giving blood may seem frightening - especially if you have a fear of needles - but donating blood saves lives. According to the American Red Cross, just one blood donation can save as many as three lives. Blood is needed every two seconds in the U.S., but only about 37 percent of the U.S. population is eligible to give blood, and only 10 percent of that group actually donates at blood drives.

Donated blood is used in a variety of medical practices. Women who experience complications during pregnancy, children with severe anemia, people who are seriously injured, and people undergoing surgeries are just a few examples where doctors use donated blood. The World Health Organization states that there is no non-human substitute for human blood, and blood has a shelf life of only 35 days, which further intensifies the demand for donations. People with Type O blood are what medical professions call "universal donors," meaning that anyone can use Type O blood no matter what their blood type is.

Even donors benefit from giving blood, writes Brianna Flavin in an article published by Rasmussen College. Donating can reveal potential health problems, reduce excess iron stores in your blood, lower your risk of heart attack and cancer, and help keep your liver healthy. The Memorial Sloan Kettering Cancer Center states that to donate blood, "you must be in good general health, weigh at least 110 pounds, and be at least 16 years old." To find out when the next Unity College blood drive is scheduled to occur, visit our Events Calendar at [commons.unity.edu/events/](https://commons.unity.edu/events/)

# Student Submissions



Outside of the OAC by Mark Bernick

Awake

By Kadence Foster

Nothingness surrounds  
Until light pierces the dark  
Then you can see all.

Heart of rising suns  
A Mind of clear skies with  
Clouds to pass the time.

Dawn's radiance sings.  
You spring from towering trees,  
Caught by wings of light.

**See more student  
work at our website:  
[commons.unity.edu](https://commons.unity.edu)**



Post Rain in Maine by Mark Bernick





## Papercuts

By Anonymous

Avoid. I don't want to pick it apart, weigh it, and put it under a microscope, because I feel almost as if it will be destroyed afterwards, or different, tampered with. But then I'll never know anything about it. A junk drawer is a waste if you don't know what's in it. And you think about it, you wonder, fantasize, and a curious mind ponders the possibilities. But oh it's a chore, there's just so much to go through...

And it is worth it? Once the drawer is organized, or perhaps not even organized, but you know exactly what's in there, it's over and the mystery has been solved. And maybe you're hurt that you thought you'd find something particular, or disappointed that you didn't feel fulfilled by doing it, just barely satisfied. Because nothing changed, you just know now. Are you avoiding it because you're afraid of the result? Is ignorance bliss or does time heal? Afraid because once you read a book, you'll never get a different ending?

Am I not allowing myself to because it hurts?

It hurts.

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**Also on our website:**

***A R.A.W. Performance in Belfast by Sierra Hopkins***

***Hittin' the Clubs on Campus: New Clubs and How to Join by Benjamin Hoeckel***

***Migrating Across Boundaries: Using Visuals to Tell Science and Nature Stories by Michelle Neal***

***Opinion: MOOve On – The Carnivorous Culture at Unity College by Max Pushaw***

***Empty Bowls and a Full Community by Michelle Neal***

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