A common phenomenon that occurs is when a person is asked how much they weigh, and they respond with "I don't know."

The answer is just as common as the question itself. In fact, it is so common that it is often referred to as the "I don't know" response. It is a sign of a lack of self-awareness, and it is often accompanied by a feeling of guilt or shame. This is because the person who answers with "I don't know" is acknowledging that they are not in control of their own body.

The "I don't know" response is often used as a way to avoid facing the truth about one's weight or body image. It is a way to avoid acknowledging the fact that the person is not happy with their body. It is also a way to avoid facing the fact that the person is not in control of their own weight.

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too, because there will be all these specialists just down the road. This will improve healthcare across our coastal communities.”

After discussing the facts and figures surrounding the expansion project, Flanagan returns to the theme of community. And why not. A community of friends, neighbors, employees and customers has figured prominently in the history of Viking Lumber.

Take for example a fire in 1987 that destroyed a just completed retail store at the Belfast location, claiming all the hardware, paint and supplies, along with the telephones, computers and office equipment. “After the fire, we couldn’t believe how many people showed up the next morning to help,” Flanagan said. “Employees and customers just pitched in and got us back on our feet. Because of that, we were able to open up for business the day after the fire.”

And take the financial crisis of 2008. While it would have been arguably a good business decision to lay off workers during the long recession that followed, Viking did not issue a single pink slip.

“Before the recession, our employees would come in early or stay late if we needed them,” Flanagan said. “They’d come in on their day off if we needed them. You do not walk away from that kind of loyalty. So, yes, we kept everyone on payroll.”

In that sense, Flanagan said, this gift to the Pen Bay Waldo Healthcare Foundation is, at its core, a gift from Vikings’ employees and customers. Employees like Ernie Saraiva, an outside salesperson who worked for Viking during those lean years, appreciates the sentiment. “In this day and age, when it seems like corporations are looking out only for profits, it’s nice to work for a company that looks out for its employees and its community,” he said.

Said Broo Temple, a relatively new hire at the Viking location on Route 1 in Lincolnville: “I appreciate that the company I work for cares about its employees and the places where we live. And I really appreciate the support for the hospital, knowing it will be there for me and my family if we need it.”

The commitment to employees and community started early for Viking Lumber. Judson Flanagan and his brother-in-law Gene Rich, opened Pine Tree Products in 1944 at the corner of Lincolnville Avenue and Miller Street in Belfast. They renamed the business Viking Inc. a year later.

At first, Viking produced barrel staves, pallets and box stock. In 1949 the company moved to Belmont Avenue, across from where the McDonald’s sits today. Here it operated as a dry kiln planer mill, wholesaling long lumber. It moved to its current location on Route 1 in Belfast in 1969.

In 1977, Jud asked his eldest son, David, to move home and join the Viking team. David took over the business in 1978 and was soon joined by his sisters, Erin and Maureen. Together they spent the next 35 years growing the business to nine locations stretching from Holden to Warren and counting 225 employees. “Our father led by example,” said Flanagan. “He impressed on us that you treat people the way you want to be treated.

Judson also taught his children about the responsibility to give back to your community. “Dad would tell us that, unfortunately, there are always going to be people who have a difficult time and that you have to help them if you can.” Those early lessons led to years of support for hundreds of community groups from soup kitchens to the Girl Scouts to New Hope for Women.

Asked what he might say to others who are in a position to donate to the PBMC expansion project, Flanagan’s message was direct. “I think this is the best way to have the largest impact on every individual life in our community,” he said.

“With your help, we can have state-of-the-art healthcare right here on the coast of Maine. Please support this campaign.”