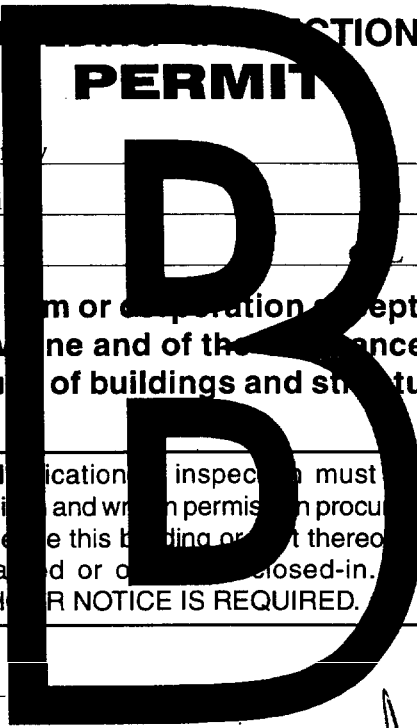


DISPLAY THIS CARD ON PRINCIPAL FRONTAGE OF WORK CITY OF PORTLAND

BUILDING INSPECTION

PERMIT



Please Read Application And Notes, If Any, Attached

Permit Number: 051050

PERMIT ISSUED
SEP 23 2005

This is to certify that PICKUS OWEN B /The Signage
has permission to Signage 1 Sidewalk 1 wall sign
AT 978 FOREST AVE

143 A065001

provided that the person or persons, firm or corporation accepting this permit shall comply with all of the provisions of the Statutes of Maine and of the ordinances of the City of Portland regulating the construction, maintenance and use of buildings and structures, and of the application on file in this department.

Apply to Public Works for street line and grade if nature of work requires such information.

Notification of inspection must be given and written permission procured before this building or part thereof is laid or closed-in. HEAVY NOTICE IS REQUIRED.

A certificate of occupancy must be procured by owner before this building or part thereof is occupied.

OTHER REQUIRED APPROVALS

Fire Dept. _____
Health Dept. _____
Appeal Board _____
Other _____

Department Name

Jeanie Bourke 9/21/05
Director - Building & Inspection Services

PENALTY FOR REMOVING THIS CARD

City of Portland, Maine - Building or Use Permit

389 Congress Street, 04101 Tel: (207) 874-8703, Fax: (207) 874-8716

Permit No: 05-1050	Date Applied For: 07/29/2005	CBL: 143 A065001
-----------------------	---------------------------------	---------------------

Location of Construction: 978 FOREST AVE	Owner Name: PICKUS OWEN B	Owner Address: 2 CHABOT ST	Phone:
Business Name:	Contractor Name: The Signery	Contractor Address: 299 Forest Avenue Portland	Phone (207) 879-7700
Lessee/Buyer's Name	Phone:	Permit Type: Signs - Permanent	

Proposed Use: Commercial / Signage 1 panel insert on existing freestanding sign & sidewalk sign	Proposed Project Description: Signage 1 panel insert on existing freestanding sign & sidewalk sign
--	---

Dept: Zoning Status: Approved with Conditions Reviewer: Marge Schmuckal Approval Date: 09/20/2005

Note: 8/9/05 I called the lessee concerning the wall sign & left a voice mail explaining that the building wall sign is **Ok to Issue:**
 not permitted in the R-P zone on hold in m's hold area
 9/2/05 tenant (Walter) will not put a permit on the building, but will have a sidewalk sign and replacement insert signs
 9/19/05 received approval from owner to do signage and updated sign info.

1) This permit is being approved on the basis of revised plans submitted. Any deviations shall require a separate approval before starting that work.

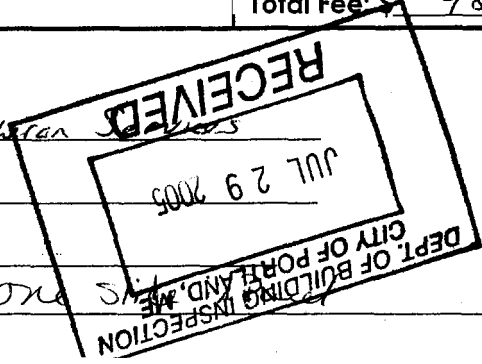
Dept: Building Status: Approved Reviewer: Jeanine Bourke Approval Date: 09/21/2005

Note: **Ok to Issue:**



Signage/Awning Permit Application

If you or the property owner owes real estate or personal property taxes or user charges on any property within the City, payment arrangements must be made before permits of any kind are accepted.

Total Square Footage of Proposed Structure <i>8 sq ft</i>		Square Footage of Lot	
Tax Assessor's Chart, Block & Lot Chart# <i>143</i> Block# <i>A</i> Lot# <i>65</i>		Owner: <i>Owen Pickus</i>	Telephone:
Lessee/Buyer's Name (If Applicable)	Applicant name, address & telephone: <i>A Bout of Health</i> <i>480 Forest Ave</i> <i>nd,</i>		Total s.f. of signage x \$2.00 per s.f. plus \$30.00/\$65.00 for H.D. signage = Total Fee: \$ <i>225.18</i> Awning Fee = Cost Of <i>30</i> Work: \$ Total Fee: \$ <i>48</i>
			
Ave ce Ave			

IF THE REQUIRED INFORMATION IS NOT INCLUDED IN THE SUBMISSIONS THE PERMIT WILL BE AUTOMATICALLY DENIED AT THE DISCRETION OF THE BUILDING/PLANNING DEPARTMENT. WE MAY REQUIRE ADDITIONAL INFORMATION IN ORDER TO APPROVE THIS PERMIT.

<i>Walt</i>	-
-------------	---

This is NOT a permit, you may not commence ANY work until the permit is issued.

SIGNAGE/AWNING PRE-APPLICATION QUESTIONNAIRE

PLEASE COMPLETE ALL INFORMATION

ADDRESS: 980 Forest Ave Portland ZONE: ~~CB~~

CBL: 143 A65

SINGLE TENANT LOT? YES _____ NO MULTITENANT LOT? YES NO _____

MORE THAN ONE SIGN TOTAL WITH PROPOSED SIGN? YES NO _____

TENANT/ALLOCATED BUILDING SPACE FRONTAGE (FEET):

Length: 170' Height: 18'

INFORMATION ON PROPOSED SIGN(S):

FREESTANDING (e.g., pole) SIGN? YES NO _____ DIMENSIONS PROPOSED: 6" x 42"

BLDG. WALL SIGN? (attached to bldg) YES NO _____ DIMENSIONS PROPOSED: 24" x 48"

INFORMATION ON **ALREADY** EXISTING AND PERMITTED SIGN(S):

FREESTANDING (e.g., pole) SIGN? YES NO _____ DIMENSIONS: International Pylon - close to street

BLDG. WALL SIGN (attached to bldg)? YES _____ NO DIMENSIONS: _____

AWNING? YES _____ NO DIMENSIONS: _____

LOT FRONTAGE (FEET): _____

AWNING YES _____ NO _____ IS AWNING BACKLIT? YES _____ NO _____

HEIGHT OF AWNING: _____ LENGTH OF AWNING _____ DEPTH: _____

IS THERE ANY COMMUNICATION, MESSAGE, TRADEMARK OR SYMBOL ON IT? YES _____ NO _____

IF YES, TOTAL S.F. OF PANELS WITH COMMUNICATIONS/MESSAGE/TRADEMARK/SYMBOL? _____ s.f.

A SITE SKETCH AND BUILDING SKETCH SHOWING EXACTLY WHERE EXISTING AND NEW SIGNAGE IS LOCATED MUST BE PROVIDED. SKETCHES AND/OR PICTURES OF PROPOSED SIGNAGE ARE ALSO REQUIRED.

SIGNATURE OF APPLICANT: Walter P. P. P. DATE: 7/29/05

***** FOR OFFICE USE ONLY *****

CHECKLIST FOR SIGN/AWNING APPLICATION

Applicants for a sign *or* awning permit are required to submit the following information to the Code Enforcement Office at the time of application:

- Certificate of Liability listing the City as additional insured if any portion of the sign abuts or encroaches on any public right of way, or can fall into any public right of way. Amount must equal \$400,000.00.
- Letter of permission from the owner indicating the permissions granted and the tenant/space building frontage.
- A sketch plan of lot, indicating location of buildings, driveways, and any abutting streets or rights of way, lengths of building frontages, street frontages, and all existing setbacks. **Indicate on the plan all existing; and proposed signs with their dimensions and specific locations. Be sure to include distance from the ground and building facade dimensions for any signage attached to a building.**
- A sketch or photo of any proposed sign(s) indicating *content, dimensions, materials, source of illumination, and construction method, as well as specifics of installation/attachment.*
- Certificate of Flammability required for awning or canopy at time of application.
- UL# required for lighted signs at the time of Final Inspection. Failure to provide this information will invalidate the Sign Permit.
- Pre-Application Questionnaire completed and attached. Photos of existing signage attached.

**Permit Fee for signage or awning-with-signage:
\$30.00 plus \$2.00 per square foot of sign.**

**Permit Fee for awning-without-signage is based on cost of work:
\$30.00 for the first \$1,000.00, plus \$9.00 for each additional \$1,000.00.**

Base Application Fee for any Historic District signage is \$65.00 instead of \$30.00

BUILDING PERMIT INSPECTION PROCEDURES

Please call 874-8703 or 874-8693 to schedule your inspections as agreed upon

~~Permits expire in 6 months, if the project is not started or ceases for 6 months.~~

The Owner or their designee is required to notify the inspections office for the following inspections and provide adequate notice. Notice must be called in 48-72 hours in advance in order to schedule an inspection:

By initializing at each inspection time, you are agreeing that you understand the inspection procedure and additional fees from a "Stop Work Order" and "Stop Work Order Release" will be incurred if the procedure is not followed as stated below.

A Pre-construction Meeting will take place upon receipt of your building permit.

- | | | |
|-------------------------------------|--|--|
| <input type="checkbox"/> | Footing/Building Location Inspection: | Prior to pouring concrete |
| <input checked="" type="checkbox"/> | Re-Bar Schedule Inspection: | Prior to pouring concrete |
| <input checked="" type="checkbox"/> | Foundation Inspection: | Prior to placing ANY backfill |
| <input type="checkbox"/> | Framing/Rough Plumbing/Electrical: | Prior to any insulating or drywalling |
| <input checked="" type="checkbox"/> | Final/Certificate of Occupancy: | Prior to any occupancy of the structure or use. NOTE: There is a \$75.00 fee per inspection at this point. |

Certificate of Occupancy is not required for certain projects. Your inspector can advise you if your project requires a Certificate of Occupancy. All projects DO require a final inspection

If any of the inspections do not occur, the project cannot go on to the next phase, REGARDLESS OF THE NOTICE OR CIRCUMSTANCES.

CERIFICATE OF OCCUPANICES MUST BE ISSUED AND PAID FOR, BEFORE THE SPACE MAY BE OCCUPIED

<u><i>Michael G. Bond</i></u>	_____
Signature of Applicant/Designee	Date
<u><i>Donna Martin Admin</i></u>	<u>9-23-05</u>
Signature of Inspections Official	Date

CBL: 143 A 065 Building Permit #: 051950



Table 2.3

Residence-Professional (R-P) Zone

Freestanding Signs

Area	30 sq. ft.
Height	8'
Setback	5'
# Permitted Per Lot	1 (a)

- (a) Lots fronting on two or more streets are allowed one freestanding sign of equivalent size for each street frontage with vehicular entry, provided such signs are not readily concurrently visible.

Building Signs

None allowed, other than incidental and/or directory signs.

Sidewalk Signs

Design, Location, and Construction Standards

Quantity

One sign per establishment for each street *frontage* having a public entrance, provided that all dimension and location standards are met. When standards would not otherwise permit a sign, a sign may consist of multiple listings.

Sign Dimensions

Single Listing: Maximum width is 24 inches or such lesser width sufficient to retain 4 ½ feet of unobstructed sidewalk width perpendicular to major flows. Maximum height is 40 inches to top of sign in place. Minimum height is 30 inches to top of sign in place.

Multiple: Maximum width is 30 inches or such lesser width sufficient to retain 4 ½ feet of unobstructed sidewalk width perpendicular to major flows. Maximum height is 40 inches to top of sign in place. Minimum height is 30 inches to top of sign in place.

Location

Minimum distance between signs is 20 feet. Maximum distance of sign from public entrance of advertiser is 20 feet. The City may vary these distances for exceptional physical circumstances where public safety and streetscape aesthetics will be maintained. However, under no circumstances shall signs obstruct vehicular stops, benches, fire hydrants, or other street visual amenities. Signs shall be located near the curb rather than the building face.

Materials and Graphics

All signs shall be of an A-Frame type design, shall be constructed of durable, weather-resistant materials and finish, shall have no moving parts, and shall be non-electrified. All signs shall be maintained in a clean and original appearance. Sign materials, graphics, and finish shall be of a unified design and shall be compatible with the local streetscape. All signs shall have horizontal braces spanning each side of the sign to assure rigid support. Lettering shall be legible and consistent.

Sign Removal

All signs shall be removed when the business is closed or while **any** snow or ice exists on the walk within eight feet of the sign in any direction.

Insurance

No permit shall be issued unless the applicant **has** posted in advance with the City a Certificate of Liability listing the City as additional insured in the amount of \$400,000.00.

Enforcement

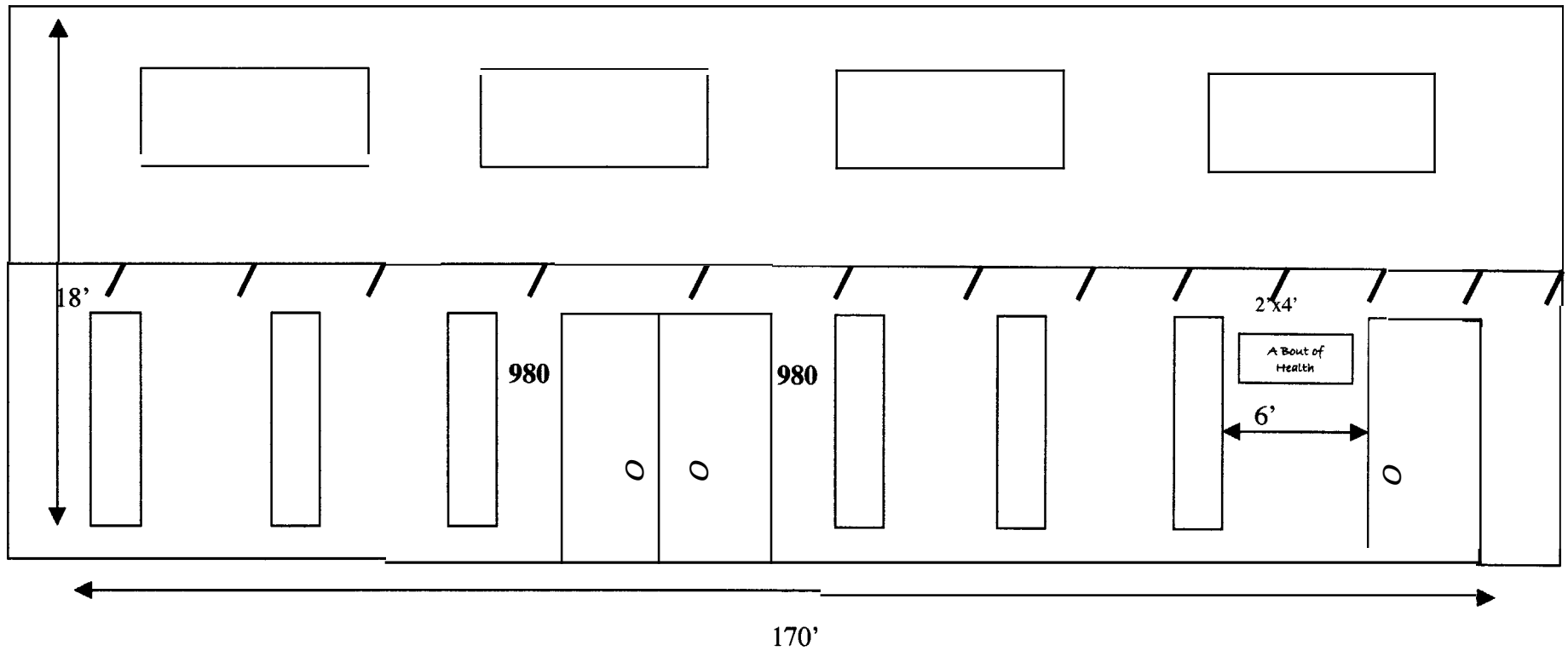
A sign may be removed after notice to the owner and the permit, if issued, may be revoked if the sign does not conform to the standards herein.

For a sidewalk sign permit, come to City Hall, 389 Congress Street, Room 315, With:

- _____ Certificate of Liability Insurance
- _____ Drawing of sign showing dimensions and design work
- _____ Payment of \$30.00 plus \$2.00 per s.f. of signage.
- _____ Complete application with pre-application questionnaire and checklist completed.

Face of 980 Forest Ave, Portland

A Bout of Health-Acupuncture & Massage 980 Forest Ave Suite 107, Portland, ME 04103 207-878-3300



Total Sq. Ft 3060

Our Size: 1 story, Width- 21 Ft Height – 9 Ft Total Frontage: 189 Sq. Ft

NEW BUSINESS DECLARATIONS

R0510591A

A BOUT OF HEALTH
 980 FOREST AVE
 UNIT #107
 PORTLAND ME 04102

Agent J.P. HENDERSON ASSOCIATES, INC
 Phone (207) 799-1586
 Agent # 18000-057

OF BUSINESS:

Partnership

Period: ONE YEAR from 07/07/05 to 07/07/06

Declarations page together with the policy jacket, the policy form and any endorsements, completes this policy. Coverage begins at 12:01 A.M. Standard Time at the covered premises.

POLICY PREMIUMS AND CREDITS

Basic Annual Premium	Endorsements Premium	State Taxes or Fees	Total Annual Premium	Add'l/Return Premium
\$400			\$400	

INSURED PREMISES

Address if Different	1	UNIT #107	PORTLAND ME 04102
Business Description	OFFICE		

PROPERTY COVERAGES

			Premium
POLICY DEDUCTIBLE	\$50	OPT. COV./EXT. BLDG GLASS DEDUCTIBLE	
BUILDING (COV A)		Limit (Yes/No)	
ACV OPTION		No	
AUTOMATIC INCREASE		4%	Included
BUSINESS PERSONAL PROPERTY	Limit	\$10,000	\$378.00

OPTIONAL COVERAGES

			Premium
OUTDOOR SIGNS	Limit		
EMPLOYEE DISHONESTY	Limit		
MONEY & SECURITIES	Limit	\$2000/\$1000	Included
ACCOUNTS RECEIVABLE	Limit		
VALUABLE PAPERS	Limit		
FORGERY & ALTERATION	Limit		

TOTAL PREMIUM PER BUILDING \$400.00

LIABILITY AND MEDICAL PAYMENTS

EXCEPT FOR FIRE LEGAL LIABILITY, EACH PAID CLAIM FOR THE THE FOLLOWING COVERAGES REDUCES THE AMOUNT OF INSURANCE WE PROVIDE DURING THE APPLICABLE ANNUAL PERIOD. PLEASE REFER TO PARAGRAPH D.4 OF THE BUSINESS LIABILITY COVERAGE FORM.

	LIMITS (000's)	PREMIUM
LIAB & MED EXP (OCCURRENCE/GEN AGG/PROD COMP OPS AGG)	\$1,000/ \$2,000/ \$2,000	Included
MEDICAL EXPENSES	\$5	Included
TENANT FIRE LEGAL LIABILITY	\$100	\$22.00

ENDORSEMENTS

	Premium	Premium
SEE ATTACHED PAGE		

NOTE: THE POLICY PROVISIONS REQUIRE THAT A \$400 MINIMUM PREMIUM CHARGE NORMALLY APPLIES. IF YOU CANCEL PRIOR TO EXPIRATION DATE, WE SHALL RETAIN AT LEAST \$300 REGARDLESS OF TERM.

COUNTERSIGNED BY AUTHORIZED REPRESENTATIVE

Maine Centers for Healthcare
2 Chabot Street Westbrook, Maine 04092
Phone (207)857-9311 Fax: (207) 857-9324

Confidential Health Information Fax

This transmission contains personal health information that you are required by law to maintain in a confidential manner. Re-disclosure is prohibited. Failure to maintain confidentiality or redisclosure without authorization could result in penalties as described in State and Federal law.

TO:

Name: _____

Office / Organization: _____

Telephone # : _____ Fax # : 347-7855

FROM:

Name: Connie

Department: _____

Fax sent: Date: _____ Time: _____ # of pages (including cover) _____

Urgent Reply Required Other _____

Remarks:

Please hold this fax
for Tenant downstairs
Unit #107 Merritt Kenbridge
They will stop in today to pick up.

Warning. This message is intended only for the person listed above. The attached information is confidential and considered privileged by-law. If the reader of this fax is not the intended recipient, you are hereby notified that any dissemination, distribution or copying of this information is strictly prohibited. If you are not the intended recipient, please notify us and shield this information. Thank you for your cooperation.

Greetings Marge,

I have the proof that I need for the second pylon sign as you suggested, but I am still waiting for the letter of approval from the building manager.

I need:

Your full name + title
mailing address

Thank-you

Walter Selens
A Bout of Health
980 Forest Ave. Suite 107
Portland, 04103
O - 878-3300
Cell - 838-4394
Fax - 878-3314



Connie Nadeau
Office Manager
Maine Centers for Healthcare
2 Chabot St.
Westbrook, ME 04092

Marge Schmuckal
Portland City Hall
389 Congress St. Room 315
Portland, ME 04101

Re: **A** Bout of Health – Acupuncture & Massage, Walter R. Selens, LMT

Dear Ms. Schmuckal,

It has come to my attention that you need my written permission for the tenants of a building that I manage (**A** Bout of Health at 980 Forest Ave) in order for them to continue to receive a permit for signage for their office.

I understand that they cannot get a permit for a sign on the building itself, despite my permission, due to zoning laws. Although they do have my permission to have an additional sign for the Pylon on ~~the~~ side of Forest Ave that complies with Portland City Codes. I also give them permission for a temporary sidewalk sign for local sidewalk traffic visible only during open hours of operation.

If you have any questions, please feel free to contact me at 207-857-9314 extension 225.

Thank you for **your** attention to this matter.

Sincerely,



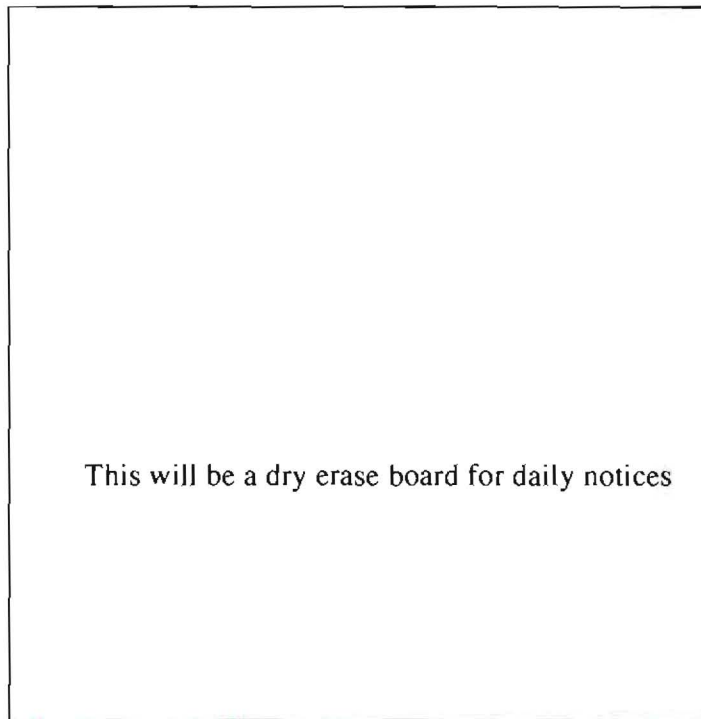
Connie Nadeau
Office Manager for 980 Forest Ave. Portland



878-3300
Walter Selens
980 Forest Ave

A BOUT OF HEALTH


Acupuncture & Massage




This will be a dry erase board for daily notices

(207) 878-3300

3'



2'



two-sided, total 12 sq. ft



A Bout of Health


Acupuncture & Massage (207) 878-3300

The replacement
panel inserts

Approved BY: _____

Date: _____

PLEASE REVIEW THIS PROOF CAREFULLY!
AND SEND COPY BACK TO THE SIGNERY THANK YOU

 <small>250 FOREST AVE. PORTLAND, ME PHONE 878-7700 FAX 878-8770</small>	JOB INFO #8091 DESIGNER MS	(2 Each) .080 Aluminum [4 Total] 6.25" x 42.5" HP Intense Blue HP Cranberry FILE: a bout of health street sign 8091.plt 2005-08	INSTALL <input type="checkbox"/> YES <input checked="" type="checkbox"/> V <input type="checkbox"/> B	<h2>Walter Selens</h2>
--	---	---	---	----------------------------

BY SIGNING OFF ON THIS PROOF, YOU ARE GIVING THE SIGNERY THE GO TO PRODUCE THIS WORK TO THE SPECIFICATIONS LISTED

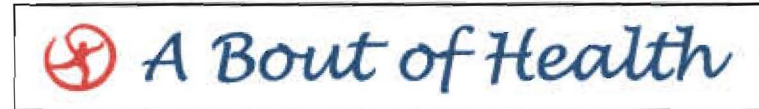
Until approved Job and Deposit is made, This proof is property of The Signery



(1) White Alumalite **Installed**
 24" x 48"
 Blue Snap Trim
 HP Intense Blue
 HP Cranberry

6

**Not Installed -
 They will pickup when complete**






(2) .080 Aluminum
 6" x 42"
 HP Intense Blue
 HP Cranberry

3585

Approved BY: _____

Date: _____

**PLEASE REVIEW THIS PROOF CAREFULLY!
 AND SEND COPY BACK TO THE SIGNERY THANK YOU**

 <small>1889 FOREST AVE. PORTLAND, ME PHONE: 878-7700 FAX: 878-1070</small>	JOB INFO DESIGNER 	See Above for Details FILE: a bout of health signs.plt 2005-07	INSTALL <input checked="" type="checkbox"/> YES <input checked="" type="checkbox"/> V <input type="checkbox"/> B	
--	---	---	--	---

BY SIGNING OFF ON THIS PROOF, YOU ARE GIVING THE SIGNERY THE GO TO PRODUCE THIS WORK TO THE SPECIFICATIONS LISTED

Until approved Job and Deposit is made, This proof is property of The Signery



CITY OF PORTLAND, MAINE
Department of Building Inspections

_____ 2-29 20 05

Received from W. B. Selens Ltd

Location of Work 980 Forest Ave

Cost of Construction \$ _____

Permit Fee \$ 48⁰⁰/₁₀₀

Building (IL) ___ Plumbing (I5) ___ Electrical (I2) ___ Site Plan (U2) ___

Other Sign

CBL: 143 - A - 65

Check #: 259

Total Collected \$ 48⁰⁰/₁₀₀

THIS IS NOT A PERMIT

No work is to be started until PERMIT CARD is actually posted upon the premises. Acceptance of fee is no guarantee that permit will be granted. PRESERVE THIS RECEIPT. In case permit cannot be granted the amount of the fee will be refunded upon return of the receipt less \$10.00 or 10% whichever is greater.

WHITE - Applicant's Copy
YELLOW - Office Copy
PINK - Permit Copy