3-2011

Island Times, Mar 2011

Kevin Attra

Follow this and additional works at: http://digitalcommons.portlandlibrary.com/itn_2011

Recommended Citation
http://digitalcommons.portlandlibrary.com/itn_2011/2

This Book is brought to you for free and open access by the Island Times Newspaper, 2002-2013 at Portland Public Library Digital Commons. It has been accepted for inclusion in Island Times Newspaper, 2011 by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.
Sides take form on secession debate

Peaks Islanders may get the chance to vote on secession this November, if a bill sponsored by Rep. Windol C. Weaver (R-York) goes through the legislative process. It is currently in the state legislature’s Revisor’s Office from which it will be produced in final form for introduction.

According to Russ Edwards, a member of the newly-revived Island Independence Committee which is supporting the bill, Rep. Weaver acted on his own initiative. “He came to us. We didn’t go to him.”

Its submission to the legislature came as a surprise to many Peaks Island residents who felt that the decision to pursue secession was made behind closed doors and otherwise bypassed the legal procedures required under the state law governing secession.

A group calling itself the Peaks Alliance was formed in mid-February to act as a forum for community debate about the bill, arguing that the decision to receive the issue of secession was made behind closed doors by a select few.

The Alliance held a well-attended meeting on Saturday, Feb. 19, moderated by Ed Danzinger who argued that Rep. Weaver’s introduction of the bill was premature and did not follow procedures required by state law. “Local due process was bypassed,” he said.

After the meeting, the public safety issues were asked to sign a petition calling on the legislature to require that the secession effort be put to a vote in accordance with procedures.

That process as outlined in Title 30-A, Chapter 113 of the Maine Revised Statutes is initiated with a petition calling for a municipal hearing on separation that must be signed by more than half the population of the territory wishing to secede.

A public hearing is then held, followed by an advisory referendum. Then the municipal government, in this case the City Council, must vote on the issue. If it approves secession, then a bill can be submitted to the legislature.

If the Council’s decision is in conflict with the referendum, then mediated negotiations must begin. According to the statute, if no agreement has been reach after six months, then the matter can be submitted to the electorate.

This was the point at which the secession movement of 2006, spearheaded by the IIC, had reached when the State & Local Government Committee voted 7-5 against the bill.

The committee made its rejection contingent on whether the City of Portland could show progress in addressing concerns about the island school, transportation costs and governance.

In response the city formed the Peaks Island Council, inaugurated on November 13, 2007, and the IIC, disbanding in deference to its authority.

After three years, the seven-member PIC resigned en masse last August, citing frustration with the City, whose decision to cut the police force in half allegedly triggered the stampede.

Rep. Weaver, who sat on the State & Local Committee in 2006 and voted in favor of secession – “I voted all the time,” he said – instigated his bill on the basis of those resignations.

“Here we are three or four years later and there’s still a problem,” said Rep. Weaver. “So, I called [the IIC] and offered to do this.”

Former members of the IIC – some were on the PIC – began meeting after the resignations and informally reorganized the committee. They held a community meeting on Sunday, Feb. 20.

Rep. Weaver is acting on the basis that all of the groundwork of the 2006 movement is still valid, which he said he verified with the State & Local Committee and the state attorney general’s office.

He noted the IIC’s claim that the community has changed since then, with a number of new families that came to the island after 2007.

“The council is still pushing forward and it’s important to continue.”

On the other hand, he added, please see SECESSION, page 13

The Machigonne II will be out of service for a routine deep dock starting Tuesday, March 1. Depending on the weather, the work should take approximately four to five days. Passenger service will run on the regular winter schedule. Vehicle service will run Tuesday, Thursday and Friday only. Reservations required. Please contact CBL at (207) 774-7871 for reservations and other info.

**Schedule**

**To Peaks Island (T, Th & F) •**

- 7:45 AM
- 9:30 AM
- 4:30 PM
- 5:30 PM

From Peaks Island (T, Th & F) •

- 7:45 AM
- 9:00 AM
- 3:45 PM
- 5:00 PM

**Near Spring Edition**

No leaves, no snow, no warmth. That’s what we look for as spring begins. Here’s what it might look like on Long Island by the end of the month. Daylight Saving Time begins Sunday, March 13 - spring ahead, which means set your clocks an hour later than they were the night before, which means if you thought you were going to sleep in, forget it.

**The council is still pushing forward and it’s important to continue.**
Peaks Island student wins national award

BY SHOSHANA HOOS

Peaks Island student Charlotte Eisenberg, a King Middle School student, was named one of Maine’s top two youth volunteers for 2011 by the Prudential Spirit of Community Awards, a nationwide program honoring young people for outstanding acts of volunteerism.

Charlotte, an eighth-grader, was nominated by her school for helping to create and lead an environmental club at King that encourages composting and “green living.”

The second Maine winner is Ian Pelletier of Deer Isle-Stonington High School. The awards program, now in its 16th year, is conducted by Prudential Financial in partnership with the National Association of Secondary School Principals.

As state honorees, Charlotte and Ian each will receive $1,000, an engraved silver medallion and an all-expense paid trip to early May to Washington, D.C. There, they will join the top two honorees from each of the other states and the District of Columbia for several days of national recognition events. Ten of them will be named America’s top youth volunteers for 2011 at that time.

Charlotte, who recently joined the school’s Green Team, an environmental action group at the school, said that she wanted to help her school’s classrooms.

Charlotte and her club placed larger bins outside the cafeteria, and students can put snack waste such as banana peels into them. The compost is used to enrich the school’s organic garden, which is tended by club members.

To promote other healthy environmental habits, Green Team members used recycled paper to make bookmarks and posters with facts about global warming, and they made presentations to sixth-grade classrooms.

The group also is working on a video to help classmates understand the importance of composting.

“Some of the young people recognized by the Prudential Spirit of Community Awards demonstrate an enormous capacity for giving back, which is why they are being recognized,” said Gerald N. Tirozzi, executive director of the National Association of Secondary School Principals.

More than 5,000 students were nominated for the award and reviewed by an independent judging panel. The panel selected state honorees and distinguished finalists based on criteria such as time committed, initiative, creativity, effort, impact and personal growth.

The Prudential Spirit of Community Awards represent the United States’ largest youth recognition program based solely on volunteer service. Since the program began in 1995, more than 950,000 young volunteers nationwide have been honored at the local, state or national level. For more information, please visit www.wmpg.org/spirit.
March 2011

**PEAT to organize an island-wide cleanup**

**BY MARY ANNE MITCHELL**

International Ocean Clean up day last fall found a lot of small items on the beaches. Small pieces of plastic, Styrofoam and cigarette butts were found in abundance and these are the most dangerous for wildlife.

Here on the island these items go down drains and wash into the water from our many roads. Cigarette butts do not break down, but turn brown when wet. Fish eat them thinking they are food.

We have asked the city for cigarette containers at the ferry landing and up by the bulletin board Down Front. Some businesses have agreed to put them out when they open in the spring, and we have talked to Casco Bay Lines about putting them on the Portland side.

We are thankful to the Inn for putting out front of their stores and their curbs clean Front monitored.

Peat is looking for volunteers on the island to be stewards to whatever streets or streets they choose, including some areas Down Front. We have started to ask local businesses to help keep the areas in front of their stores and their curbs clean of debris, but may need other areas Down Front monitored.

Peat will also be looking for volunteers to plant small tree seedlings in celebration of Earth Day and at Peaks Fest. We will be giving out seedlings on Saturday April 23 and at Peaks Fest to people or children who would like to plant and help maintain these seedlings to grow into trees after losing so many trees on the island to age, storms, and disease. Please contact Mary Anne Mitchell at 766-5152 or japanelmitchell@yahoo.com to volunteer.

---

**COMMUNITY EMERGENCY RESPONSE TEAM**

"Less than one-third of out-of-hospital sudden cardiac arrest victims receive bystander CPR"...

**WHAT:** Adult CPR and Automated External Defibrillator Certification-
Sponsored by the Peaks Island CERT team under the direction of Portland Fire Department CERT program.

**WHEN:** April 9, 10:00am to 12:00pm

WHERE: Peaks Island Community Center

There is a $10 fee for the class. Please RSVP by April 1 to Deputy Chief David Jackson at DJJ@portlandmaine.gov. Hope to see you there!

---

**Home Check Scanning**

Just scan your check on your home scanner. Upload it via our secure website. Then you're finished. It's deposited. Free and easy!

We're Leading Credit Unions—and Banks—with Convenient Technologies.

- Home Check Scanning
- Mobile Banking
- Open Transfers
- Free Bill Pay
- E-statements

Learn More at cportcu.org.

---

**Peaks Island Fiber Arts Camp**

<table>
<thead>
<tr>
<th>Summer 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 27-July 1</td>
</tr>
<tr>
<td>July 18-22</td>
</tr>
<tr>
<td>August 1-5</td>
</tr>
<tr>
<td>August 9-13</td>
</tr>
</tbody>
</table>

Contact Susan Hanley at 332-2443 or susan@peaksislandfiberartscamp.com

www.peaksislandfiberarts.com
The wind shear factor is obtained expected further above the tree line.

A wind shear equation can be described in the UM report as "below the tower is on loan for 365 days. in Trorc Lirclejohn Park for the period in question was about 3.7 meters per second " for a conventional turbine operation of around 4 per second, about 8.3 mph. This is described in the UM report as "below the viable standard for commercial wind turbine of around 4 meters per second" for a conventional horizontal axis wind turbine.

A 100 kW wind turbine would have a hub height roughly 30' higher, and a wind shear equation can be used to estimate the higher velocity expected further above the tree line. The wind shear factor is obtained May through October and also work at the event. They are always looking for new members. For more information, contact Dan Divine at 566-9194.

The Peaks Island Land Preserve is another island organization that plays an important part in life on Peaks Island. Incorporated in 1994, PILP became an official 501(C)(3) non-profit and acquired its first property, the 14 acre Battery Steele site, for $70,000. Acquisition was possible through generous donations from scores of islanders and the City of Portland.

PILP acquires, preserves and serves as stewards of Peaks Island lands for the use and enjoyment of islanders and visitors. In its holdings currently include more than a dozen properties representing about one quarter of the entire island.

PILP owns or has easements on Battery Steele, backshore Seashore parcels, Davies and Skilling Woods, Clark Woods in Tolman Hills, City Parcels, and Park Preserve. Other holdings include Baldfield woods, Spruce Street and parcels on Spruce and Elizabeth Streets and Sagget and Tolman Roads.

Volunteers work as "Land Stewards" who regularly walk through specific properties to check for erosion, encroachment, invasive plant species, trash, damage or abuse such as tree cuttings. These are reported to the designated coordinator or board member for action.

Other volunteers clean up properties and remove invasive species such as barberry, bittersweet and bamboo. PILP also preserves land that the Maine's Oceanside Conservation Trust of Casco Bay. They enable landowners to transfer their selected properties to the Land Preserve and those transactions are always appreciated by all islanders and visitors. These transfers may help property owners to preserve the environment while also avoiding capital gains tax in real estate sales.

The land preserve welcomes new members with annual dues of $15 per person or $25 per household. They hold their annual meeting at the Fifth Maine Museum each July to review activities and elect new board members.

The Peaiks Island Lions Club has an annual membership since the 1950s to welcome visitors and serve islanders. Its famous lobster bakes and pancake breakfasts raise funds that do more than help maintain its historic home, the Greenwood Gardens. The Gardens include more than a century-old theater and playground that was the centerpiece of the former amusement park there, once known as the "Coney Island of Maine." The theater also hosts the annual Variety Show each August.

Lions Club funds also help island churches with heat in the winter and youth sports year round. They also provide annual scholarships to college students each year.

The Peaks Lions, who are affiliated with the International Lion Organization, have chapters, monthly meetings, and meet twice monthly from

Wind testing update

BY SAM SLATONSTALL
PEAT WIND GROUP

The first quarterly report on our wind testing effort was sent to the PEA/F wind group by the University of Maine in early January, and we want to summarize it for islanders curious about the wind testing results so far. The tower is on loan for 365 days. Testing began on Monday, Aug. 23.

The average wind speed at the top of the tower 100 feet above the ground in Trout Littlejohn Park for the period in question was about 3.7 meters per second, about 8.3 mph. This is described in the UM report as "below the viable standard for commercial wind turbine operation of around 4 meters per second" for a conventional horizontal axis wind turbine.

A 100 kW wind turbine would have a hub height roughly 30' higher, and a wind shear equation can be used to estimate the higher velocity expected further above the tree line. The wind shear factor is obtained by comparing the relative speeds of the two anemometers mounted on our test tower, one at 20m and one at 30m. An equation can then be used to make predictions about average velocities at other heights. Using averaged data for all three months of testing summarized in the report, it would appear that the average velocity 30' higher than the top of the tower would be slightly in excess of 5 meters per second, about 11.6 mph. With eight more months of testing to go, no definitive conclusions can be drawn from the information in the current report.

No wind project could be undertaken without strong support from a substantial majority of islanders. It would have to make economic sense and benefit the island community in some specific way, and potential environmental impacts would have to be investigated and weighed. We are very far at this point from suggesting that such an effort makes sense.

PEAKS ISLAND BAPTIST CHURCH

Sunday 10:00 AM Bible Study
11:00 AM Worship Service
Prayer Meetings Wed. 6 PM

For the love of Peaks!
Profiles by Fran Houston

For most people "True Grit" refers to the movie of the same name. For the older group (1969) their Marshall Reuben (Rooster) Cogburn was John Wayne and their Mattie Ross was Kim Darby; the younger group (2000) will remember Jeff Bridges and Hailee Steinfeld. The plot revolves around Mattie's hiring Marshall Cogburn on her mission of justice to avenge the murder of her father. Rooster Cogburn is reputed to have "GRIT" (stick-to-itness involving motivation and perseverance in the pursuit of a goal despite setbacks).

Sixteen years ago, still remembering this movie, Mr. "Chuck" Radia presented an idea to the Peaks Island Health Center Board to honor those islanders "who in spite of advanced age or chronic illness, continue to look beyond themselves and contribute time and love to their community". He called it the TRUE GRIT AWARD, which is announced annually at the Lion's Club Variety Show.

Their leadership, vision and energy has promoted, advanced and helped preserve many of the organizations and activities so essential to our island community. Their fingerprints can be found on the CBTD, the Lion's Club, the FELA, the Fifth Maine, the Eighth Maine, the American Legion Post 142, the Peaks Island Library, the Fay Garman Senior Center, elections, the Star, the Peaks Island Neighborhood Association, Saturday Night at the Movies, variety shows, the Music Association and our churches.

It is easy to think of our island community as a fine tapestry made up of many threads. These threads, thick or thin, short or long, plain or colored, are all woven together. If we have been recognized, there are many gritty islanders involved in over 30 island organizations who are also converting their energies into preserving our community. We are all threads in this island tapestry and must continue to have a collective dream of enhancing care, support and love to fellow islanders. True Grit can be contagious.

To date the Health Center has recognized the following senior islanders:

1994 Hardy "Bud" Perry
1995 Doreen McCann
1996 Marge Eirico
1997 Fay Garman
1998 Sam McCain
1999 James "Jimmie" Brown
2000 Loretta Voyer, John & Dottie Flynn
2001 Tom Quigg
2002 Albert McCain
2003 Arnold Berndt
2004 John Feeney, Sr.
2005 Bob Cerey
2006 Dean Webster
2007 Jerry Garman
2008 George & Cesia Rosol
2009 Gene & Kay Taylor
2010 Judy Pawllock
I am sorry to see that the labor-management relations have deteriorated to this point. Having been a 15-year union employee of Casco Bay Lines, I have been involved in several contract disputes. At every contract negotiation, there were always open contracts to be dealt with that were going to have an effect on the money available for wage increases, health care, and pensions. To counteract that situation, the union employees would make a huge forth worth some intelligent cost-saving ideas that were always completely ignored. It is an absolute insult to an involved, dedicated, and hard-working labor force Casco Bay Lines is fortunate to have, and that is not respected in the least.

It is clear that the Casco Bay Lines management has only become more entrenched in their management versus labor attitude. Casco Bay Lines chooses to ignore an incredible number of its dedicated workers and their new, well educated union labor force. When, and only when, Casco Bay Lines management realizes the impact their self-centered approach to union labor in viewing them as just part of the solution and not viewing them as the problem, they will be doomed to operate as a broken and inefficient ferry system.

We live and work in San Francisco and are employed as a union deckhand on consumer ferries. We do not have as difficult working conditions as Casco Bay Lines deckhands. We do not handle fair cargo or freight, nor do we deal with the severe weather conditions Casco Bay Lines deckhands have to deal with. We are paid a fair wage and are respected employees and the union is considered a partner in the operation. It is a sad situation that I have had to move 3,000 miles to earn the wages and respect that is deserved at Casco Bay Lines.

I fully support the negotiation approach to union labor in viewing them as part of the solution and not viewing them as the problem, they will be doomed to operate as a broken and inefficient ferry system.

Hello Peaks Islanders,

Inspired by our beautiful snow and the fantastic trail work by Steve Bushy, Peaks Island Land Preserve has elected to revitalize and clear the trails on the bridge on the Peaks trail network this spring. We welcome donations toward this effort and any questions from someone who can be called upon when the project gets underway. Please email me if you would like to help.

Also, as part of a new effort to keep islanders and friends of PILT informed of our activities, Peaks Island Land Preserve will be publishing an e-newsletter detailing our ongoing efforts and advances. If you would like to receive our email if you would like to be on our list.

Finally, we are looking for any great photographs of you, your friends, and your family members. We would love to use them on our website, in the newsletter, or in our annual dinner presentation to help celebrate our magnificent island. Thank you in advance.

Curtis Randkub

---

THANKS PEAKS PUBLIC WORKS CREW

As we head into spring, it may be time to reflect on the cold, blustery, snowy and sleet covered days of this past winter. On some of those days I thought about how grateful I was for the efforts of our Public Works folks. I suspect many others on the island did also, but like me, didn't get around to saying so at the time.

The roads were plowed, sanded and salted, and the parking lot usable by the time the first boat left in the morning. Our trash and recyclables were picked up, and anyone who objects to voting on this issue or any other. Some of us, however, object to the way the vote has been presented to the islanders, not so much as a discovery of island attitudes, but, rather, as a partisan strategy.

Before the Peaks Island secession movement began, I was no matter what the weather. Our few sidewalks were cleared by city workers, whereas on the mainland sidewalks on private property must be cleared by the owners.

As we head into summer and our population increases I have no doubt that A, and the crew will somehow keep up with the increased work, and keep our island looking good for summer residents and visitors.

Gary Taylor

---

Recent letters to area newspapers have focused on past and proposed future votes on Peaks Island secession. One writer, responding to Lisa Peizer, expressed wonderment that anyone would not want a final vote, and went on to note its democratic basis. I don’t actually know everyone who objects to voting on this issue or any other. Some of us, however, object to the way the vote has been presented to the islanders, not so much as a discovery of island attitudes, but, rather, as a partisan strategy.

Before the Peaks Island secession movement began, I was no matter what the weather. Our few sidewalks were cleared by city workers, whereas on the mainland sidewalks on private property must be cleared by the owners.

As we head into summer and our population increases I have no doubt that A, and the crew will somehow keep up with the increased work, and keep our island looking good for summer residents and visitors.

Gary Taylor

---

Keeping Social Security strong for seniors

Legislation would keep program running for next 75 years without decreasing benefits

Maine families rely on Social Security to help make ends meet during retirement. But as Baby Boomers prepare to retire, concerns have grown on how the program will serve a surging of recipients. With all the rhetoric going around, you might be wondering if it will be there when you need it.

Let me assure you, Social Security will be there for you and your family. The program is strong, in debt, and able to pay full benefits for the next 27 years even if we do nothing to change the program. That's not to say we don't need to address a serious problem. If we do nothing, we're looking at a 22 percent reduction in benefits in 2077. That's simply unacceptable.

Thankfully, there is a way to keep Social Security running for the next 75 years without decreasing benefits. We can remove the cap that limits Social Security contributions to an earning's first $106,800 in annual income. Doing so would create the revenue we need to support retiring Baby Boomers. We would also be able to increase benefits for those who contribute more to the program and offer cost-of-living increases that better meet seniors needs.

I'm cosponsoring legislation to remove the cap because it will both extend the viability of the program and give seniors a better quality of life. Other proposals on the table include cutting benefits or raising the retirement age. While these proposals might balance the books, they do nothing to help people live a good retirement.

Manners pride themselves on being hard workers. Don't they deserve to retire at an age where they are healthy enough to enjoy it? The retirement age will soon be 67, but some lawmakers want it to be 70. Many workers, especially those in occupations that are hard on the body, won't make it that long. A ready, one can choose to take heavy penalties by retiring early. Others try to find work in new careers, which is nearly impossible at that age. But most Manners I hear from just try to push through the pain.

That's not right. It's tragic that someone who paid into the system for so long cannot collect full benefits because they are physically unable to keep their job. Raising the retirement age would put more people into this terrible situation.

Decreasing benefits is not a healthy approach either. All we know that Social Security checks don't go far in today's world, and they are the only source of income for many retirees. So many Mainers live just a little bit better for themselves. We don't need to be making it even harder for these seniors to pay for essentials.

Chellie Pingree

---

The Casco Bay Island Times is a community newspaper covering the islands in Casco Bay. We welcome birth, engagement and wedding announcements; obituaries; notices of community events; and letters to the editor. Please try to keep letters to 300 words or less. We reserve the right to edit all material. The newspaper is available by mail for $25 a year. Address checks to Islands Times, Our mailing address is 120 Brackett Ave., Peaks Island, Maine 04108. To reach Kevin Attra, call (207) 675-3016 or e-mail attra@islandtimes.org. For ad rates visit our website at www.islandtimes.org.

Printed by The Times Record, Brunswick.

---

Letters from Congresswoman Chellie Pingree

---

Publisher: Kevin Attra

Member of the Society of Professional Journalists

Art Editor - Jamie Hogan

Comm. Notes - Rhonda Berg

Research - Irene Schensted

Proof Reader – R. Wingfield

Feature Writers:

Jerry Garman

Mike Richards

Fran Houston

Rebecca Stephens

Kimberly MacIver

Special Contributors:

Justin Palmer

Jessica George

Nicole Evans

Chellie Pingree

Mary Terry

Production Assistance:

Craig Davis

Mark Shain

Jack Shallow

---

The Casco Bay Island Times is a community newspaper covering the islands in Casco Bay. We welcome birth, engagement and wedding announcements; obituaries; notices of community events; and letters to the editor. Please try to keep letters to 300 words or less. We reserve the right to edit all material. The newspaper is available by mail for $25 a year. Address checks to Islands Times, Our mailing address is 120 Brackett Ave., Peaks Island, Maine 04108. To reach Kevin Attra, call (207) 675-3016 or e-mail attra@islandtimes.org. For ad rates visit our website at www.islandtimes.org.

Printed by The Times Record, Brunswick.

---

Letters from Congresswoman Chellie Pingree

---
YOGA FOR LIFE
A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

Rebecca Johanna Stephens is on sabbatical until the spring equinox. She is unplugging from phone and email until then. Keep breathing!

**Winter, 2000**
This is a story of yoga off the mat. I love to walk and usually walk the two miles across town to the yoga studio where I teach. Sometimes I observe city activity and sometimes I ponder life so deeply that I hardly know where I am. Some days I walk briskly and some days I wander at a leisurely pace.

There is one intersection on my route that always stops me in my tracks. It’s a busy street with a crosswalk but no traffic light. One particular day when I was in an easy mood and didn’t mind the wait, I had an amazing revelation. I realized that the behavior of the drivers at that intersection was exactly the same every day — they never stopped to let me cross — but that my response was very different.

Thinking back over my various experiences at that intersection I noticed a pattern of three basic reactions to the traffic, and the intersection became a barometer of sorts for me. On days when I am depressed, I stand there morosely and sink further into despair because those drivers epitomize everything that’s wrong with this culture of speed, excess and selfishness. Those days, I need to be particularly compassionate with myself or ask for some support.

On days when I am agitated or self-righteous, I become absolutely furious at the swill parade of commuter traffic, convinced that each driver is a mindless idiot. Those are the angry days, and I know I must release the irritation and judgment before teaching yoga.

On the sweet days when my heart is open, I stand there patiently watching the drivers with curiosity until I can cross safely. Those are the blessed days when I have plenty of love and energy to spare.

Those drivers are now my teachers, and I am grateful.

**Summer, 2004**
One of my favorite aspects of Kripalu yoga is the pause. This was not always the case. When I first started taking classes, I was impatient. I watched the clock even though I loved yoga class. I left before relaxation because I couldn’t bear to lie still doing nothing for 10 minutes. I packed my days so full that I never had a spare moment.

Over and over, my teacher invited me to pause, breathe, and feel. At first I felt nothing. Then one day after holding navasana (boat posture) forever, I welcomed the rest and enjoyed feeling my body slowly melting back into the floor as the superficial muscles relaxed.

As I continued to relax and pay attention, a marvelous thing happened. I felt my body release on deeper and subtler levels until I imagined every single cell, right into my bone marrow, had let go with a huge sigh of relief. I could have stayed there in stillness, enjoying that sensation for a very long time, but of course the teacher interrupted my peace with an invitation to move to the next posture.

Now I love the pause between things and can voluntarily repeat that deep release when I need to. I have also integrated this wisdom into how I schedule my days. Whenever possible, I give myself time to integrate one experience before dashing off to the next one. Even though I do much less than I used to, I feel full because I actually receive the richness of each experience.

**Autumn 1992**
I had been studying yoga in Portland, Maine for about six months when I first visited Kripalu Center in Lenox. I was exhausted and heart-broken, and looking forward to two weeks of nurturing.

As the first week progressed, I found myself increasingly attracted to, and distracted by, one of the program assistants. Finally I summoned the courage to invite him to take a walk with me. Though his refusal was gentle, I felt deeply disappointed. From the yoga lessons, I understood that my job was to simply sit with my discomfort and breathe and feel.

The next day as I watched the same program assistant demonstrating a yoga pose, I realized that my longing was misplaced. I didn’t really want him — in fact, I knew nothing about him. My yearning was for the depth of yoga practice that he embodied. With that realization my crush dissipated and I was free to focus on my own yoga.

Shortly after I returned home, I received another powerful lesson in yoga class. There was one man in my class who grunted and groaned and made all kinds of effortful grimaces. I found him to be exceedingly annoyed and made a point of putting my mat as far away from him as possible.

One day it happened that he was right next to me. His noises disturbed me and I judged him harshly for disturbing my peace and missing the whole point of balancing strength and ease. Clearly, he was trying too hard. I wished he would be quiet, I wished the instructor would ask him to relax a bit. I wished I were in a different part of the room.

Then I realized I was harshly judging my fellow student when the instructor had just invited us to practice ahimsa, do no harm. I sent him some loving-kindness, returned my focus to my own self and guess what I saw? I was trying just as hard as he was, but in silence and with a serene face.

He was the perfect mirror for my own inner struggle for perfection! From then on, his noises reminded me to relax and smile.

(To this day, these two dynamics — attraction and aversion — still show up almost every day. If I forget to use my yoga practice I get stuck in a cycle of longing, disappointment and judgment, Ah, but when I remember, I can gently alter my consciousness with one intentional breath.)

Rebecca Johanna Stephens, Kripalu Certified Yoga Teacher since 1994, has 23 years experience in the healing arts.
ACROSS

1 What cryptanalysts do
7 Unisex garment
11 Huff or McGee
14 Asian country
15 Greenspan
16 Musical syllable
17 Wretch
19 Funf minus vier
20 Suit
21 Fair
22 Skeeter bane
23 Apprehends
24 Reason to wash hands
26 The "eternally nameless"
28 Half of a famous rivalry
29 Sea urchin gonads
32 Tiburon in English
35 Effect of earth's rotation
38 Boxer, for example
40 Rival
42 Pal of George and Jerry
43 With 67 Across, inventor of detective fiction
44 Turner or Hemoff
45 Mode of propulsion
47 Long-lived rock band
49 Jimmy Buffett lost it
50 Dollar competitor
51 First word of T.S. Eliot's masterpiece
52 Grace or green
53 Boston sports radio (with W)
54 de Mujeres
55 Use credit card
56 O'Neal, formerly
57 Rock icon
58 Olympic sport
59 Devilfish
60 Defunct automaker
61 Kurosawa's last epic film
62 Nautical tool
63 Sea urchin gonads
64 Defunct automaker
65 See 22 Down
66 Auxiliary

DOWN

1 Amateur paintings
2 Town in NW France
3 Java in Genoa
4 Symphony member
5 Gossip
6 and run
7 Famous Manhattan street
8 Trouser
9 American war hero
10 Born to Berlin (dir.)
11 "Deacon Blues" band
12 Character in "The Tempest"
13 Devilfish
14 Quentin's muse
18 Embodiment of 65 Across
19 Something NYC and London share
20 Suit
21 Fair
22 Skeeter bane
23 Apprehends
24 Reason to wash hands
25 Disposition
27 Noted fur traders
28 Home of Tommy Trojan
29 Kean's big role
30 Tennish term
31 Continually
32 Word like why, be, or tea
33 Lyson's manager Cus D' 
34 124 pints
35 Tuscan separatist group
36 Basque separatist grp.
37 Tennis term
38 Chinese character
39 Lyson's manager Cus D' 
40 Wheel with grooved rim
41 Ernst, evolution
42 Fitch or discard
43 With 67 Across, inventor of detective fiction
44 Turner or Hemoff
45 Mode of propulsion
47 Long-lived rock band
49 Jimmy Buffett lost it
50 Dollar competitor
51 First word of T.S. Eliot's masterpiece
52 Grace or green
53 Boston sports radio (with W)
54 de Mujeres
55 Use credit card
56 O'Neal, formerly
57 Rock icon
58 Olympic sport
59 Devilfish
60 Defunct automaker
61 Kurosawa's last epic film
62 Nautical tool
63 Sea urchin gonads
64 Defunct automaker
65 See 22 Down
66 Auxiliary

SOLUTION TO LAST MONTH'S PUZZLE

<table>
<thead>
<tr>
<th>Grouped by Column</th>
<th>Word Added</th>
<th>Final Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sue Hog, Set</td>
<td>PIN</td>
<td>Supine, Hoping, Spine</td>
</tr>
<tr>
<td>File Bare Don</td>
<td>RAG</td>
<td>Fragile, Barrage, Dragon</td>
</tr>
<tr>
<td>Sled Pies Warred</td>
<td>ANT</td>
<td>Slanted, Pannies, Warranted</td>
</tr>
<tr>
<td>Viral Anal Lung</td>
<td>GIN</td>
<td>Virginal, Anginal, Lunging</td>
</tr>
<tr>
<td>Span Mini Coons</td>
<td>ART</td>
<td>Spartan, Martini, Cartoons</td>
</tr>
<tr>
<td>Lose Tile Price</td>
<td>ACT</td>
<td>Lacrosse, Tactile, Practice</td>
</tr>
<tr>
<td>Using Cook Feats</td>
<td>HER</td>
<td>Ushering, Chestnut, Feathers</td>
</tr>
<tr>
<td>King Wined Scone</td>
<td>NOW</td>
<td>Knowing, Winnowed, Snowcone</td>
</tr>
<tr>
<td>Vain Manta Wing</td>
<td>ILL</td>
<td>Villain, Mantis, Willing</td>
</tr>
<tr>
<td>Scarred Balting</td>
<td>LOT</td>
<td>Skorcel, Halting, Balancing</td>
</tr>
<tr>
<td>Why Pending Page</td>
<td>ORT</td>
<td>Worthy, Portending, Porriage</td>
</tr>
<tr>
<td>Facing Vicious Pass</td>
<td>TOR</td>
<td>Factoring, Victorious, Pastures</td>
</tr>
<tr>
<td>Poster Pared Scum</td>
<td>ROT</td>
<td>Protester, Pareaed, Scrotum</td>
</tr>
<tr>
<td>Cormle Slight Stig</td>
<td>POT</td>
<td>Compute, Spotlight, Spotting</td>
</tr>
<tr>
<td>Shy Sleed Pleaser</td>
<td>ANT</td>
<td>Shyly, Sleed, Pleasanter</td>
</tr>
<tr>
<td>Learn Boring Fear</td>
<td>THE</td>
<td>Leathern, Bohering, Feather</td>
</tr>
</tbody>
</table>

Ferry Convenient
Island-baked pizza, great food to travel, and only steps away from the terminal.

brío
by Palmer

CAPTION CONTEST: We know that BRIO images often inspire captions not intended by the artist, so starting with this issue we're going to let you do it yourself. Send in your captions to kat tread@islandtimes.org and we'll publish the best ones each month.
Star Gazing

March heralds the Vernal Equinox, the start of spring in the Northern Hemisphere and fall in the Southern Hemisphere. As Earth’s North Pole turns sideways to the sun, the sun sneaks north of Earth’s equator, slowly warming our land and water. At dawn on the Equinox, the sun rises directly east; at dusk it sets directly west. Ever since the Autumnal equinox last September, the sun has risen south of east and has set south of west. After the Vernal equinox on March 20, it will rise north of east and set north of west, giving us much more light than dark.

The birds notice the change in light, and many have returned to the islands already to claim their mates and territories before the summer crowd arrives. The trees can feel the warmth as well and get their juices flowing from root to branch.

PLANETS

Scientists now estimate that the number of planets circling stars in our galaxy number in the billions, with millions of planets in the Goldilocks Zone, not too close to or far from their host stars, where life may thrive. The same is likely true for the billions of other galaxies in the universe. Carl Sagan was right — life must exist elsewhere, and we may find each other in our lifetime. In our own solar system, scientists have detected yet another planet, larger than Pluto and way out beyond it, which may result in Pluto’s reclassification to planet status. We’ve also sent a spaceship up close to another comet and discovered that the jets of gas spraying off it into space are made of carbon dioxide from the ‘dry ice’ inside.

This month, our solar system’s smallest planet will carry with its largest planet (only to our line of sight, of course). Tiny Mercury is only 3,000 miles across and has the closest orbit to the sun of any planet, which makes it hard to see because of the solar glare. Mighty Jupiter is 89,000 miles across and has been easy to see all winter. During the middle of the month, Mercury rises in the west over Portland just as Jupiter sets, at arm’s length just a finger’s width apart. Jupiter will still be brighter, but you’ll see Mercury to its right. During the last half of this month, Mercury gives its best appearance all year. Venus is now the bright morning star above the eastern horizon before dawn, but it’s moving swiftly around the Sun and dropping lower every day. Later in the month, Venus passes Neptune to our line of sight. Yellow Saturn rises in the east at sunset, reaching opposition to the sun in early April. Though Saturn’s rings are tilted only slightly now, through a telescope it looks amazing. Still, the best views of Saturn are on the internet at saturn.jpl.nasa.gov.

STARS

In the southwest quadrant of sky, the winter constellations of Orion, Taurus and Canis Major (Big Dog) are now setting. Overhead, around 9 p.m. are Castor and Pollux, the heads of the Gemini twins, with dim Cancer, the Crab, to the left of them, sporting its faint Beehive star cluster. Below them is Procyon in Canis Minor (Little Dog), and below that is brilliant Sirius. Northwest of them is yellow Capella in Auriga, the Charioteer. To the east is Regulus in Leo the Lion, and on the eastern horizon is red-giant star Arcturus in Boötes the Herdsman. Just follow the arc drawn by the handle of the Big Dipper, and you’ll find Arcturus easily. Just for fun, take your binoculars and sweep the night sky, and you’ll find double stars, several star clusters and maybe a galaxy or two. Our closest star, the sun, is waking up from its dormant period and spewing the occasional solar flare our way (see spaceweather.com), producing auroras at both poles.

ALMANAC

March 1- Sunrise is at 6:19 a.m., and sunset is at 5:28 p.m. Those on the early boat to town this morning may see Venus about three fingers to the right of the waning crescent moon out over the bay.

March 4- New moon means no moonlight to spoil the contrast in the night sky, the better for hunting fainter celestial quanta.

March 5- On this day in 1999, satellites orbiting Earth to detect nuclear tests were swamped by the first known burst of gamma-rays. It only lasted 1/5 of a second, but it contained as much energy as the sun produces in 1000 years.

March 6- The waning crescent moon’s a spoke and seems quite small as it skids by Jupiter to our line of sight tonight just after sunset.

March 12- First quarter moon is high at sunrise. Neap tides today runs just 5.7 feet between high and low, hardly enough to call a ride, really.

March 13- Daylight Saving Time starts today, so spring your clocks ahead an hour or you’ll be late. The next few evenings, Mercury dances with Jupiter, like Laurel and Hardy in “Way Out West.”

March 14- Albert Einstein’s birthday in 1879. Daylight Saving Time starts again today: spring ahead your clocks an hour and give yourself more light this evening (not good for astronomers).

March 19- Full “Lenten” moon is also at perigee, its closest to Earth, so it’s pulling tides “astronomically” higher and lower than normal. High tides are at moon and midnight, and low tides are at sunrise and sunset, with 13.1 feet of difference between them. That’s a lot of potential hydroelectricity, if only we could harness it.

March 20- Vernal equinox today at 7:21 p.m. Spring has sprung!

March 26- Last quarter moon is high at sunset. The next few days are best for scooping out our nearest celestial neighbor, as the shadow on the lunar surface show the craters, rills and ridges at advantage.

March 31- Sunrise is now at 6:26 a.m. and sunset is at 7:05 p.m. Just above the eastern horizon before dawn this morning, the waning crescent moon hovers above and left of Venus.
Close Call

A PLAY BY ILO HOLDRIDGE, GRADE 2

Scene 1: At Home
ILO: Slow down, NO-O-O-O-O! Osi: Rrrrrrrrrrrrrrrrrrrrrrrrrr
ILO: Over the speed limit, Osi Doli.
Wall, wall! Stop cat, there is a wall.
You're going to hurt yourself![A beat later] Osi: Rawwwwwwww
... that hurt. Can I have a Band-aid? I think I broke my nose. Call 911.
Ring, ring]
911: Hi, how can I help you?
ILO: My cat has broken his nose.
911: We will be there in one minute. Osi [In the background] Meow.
Scene 2: In the Ambulance
ILO: Away, away, away, to the hospital.
E MT: No, the vet.
E MT1: O.K. to the vet.
E MT2: Stop yelling in the ambulance.
E MT2: It hurts my ears, too.
Scene 3: At the Vet
E MT1: When you get in, throw the cat on the table and leave and pick him up on July 4, 3042.
E MT2: He will be fine while you are gone. They will feed him good food, cat pepperoni and other cat treats.
ILO: Sorry, I have to get my cat in.
E MT: Away. away. away to the hospital.
E MT: O.K. to the vet.
E MT2: Goodbye, have a good afternoon.
ILO: Thanks, bye, see ya, peace, ok bye. I hear you kitty. Let's go in.

Math Team Adds Honors

BY NICK BOYLE, GRADE 5

Back in January our Peaks Island Elementary School math team came in an astounding sixth out of 34 teams that are from all over Maine, and first in the district.

Math team coach Beau Boyle says, "If we keep working at it, I think we can get a first-place trophy by the end of the year."
The next time the team will be competing is in March. They hope to repeat or improve their performance from their most recent meet.
The math team comprises Nick Boyle, Eric Conrad, Rowan Daligan, Dianne Dervis, Danny Hanley, Anna Mitchell and Luna Soley. Coaches are Beau Boyle, Melissa Conrad and Jack Soley.

STRETCH of IMAGINATION – Part 1

Raising Paul
BY JONATHAN BERGH, GRADE 5

Day 1. Hi, I'm Jonathan Bergh from The Massachusetts Paper. I'm here to see Paul Bunyan being born in Bangor, Maine. It's taking five giant white storks to deliver him to Mrs. and Mr. Bunyan! He's as big as a house so we're putting him in a logging wagon for a crib.

Day 2. The parents have to milk two dozen cows to keep his bottle full. They also have to feed him in 10 barrels of porridge to keep his rumbling stomach from knocking down houses!

As you can see, it's going to be a lot of work for the Bunyans to raise Paul.

Paul Bunyan Lives
BY DANIEL HANLEY, GRADE 5

I'm pretty sure most of you are familiar with the tall tale character Paul Bunyan. Well believe it or not, he is real!
It was last Thursday morning. A small tour was being conducted in the North Dakota woods near Fargo. Roger Baker, from Minneapolis, was leading the tour when he spotted a large figure rustling in the trees. Suddenly, out it stepped! It was a man carrying an axe with a blade as big as a cat. It was Paul Bunyan. Baker watched in amazement as Paul Bunyan, in one swing, felled 23 trees!
"It was so fantastic I nearly fainted!" said Sally White, 25, of Boston.
"I thought I was dreaming!" said Matthew Holoday, 54, of Portland, Maine.

As you can tell, it is clear that Paul Bunyan still walks this world with us.

Book signing and knitting workshop

Author Robin Hansen and illustrator Jamie Hogan will be at KnitWit Yarn Shop on Saturday, March 5, from 10 a.m. to 2 p.m., for a workshop and book signing for In Harbor Mittens, a Maine tale of adventure on the sea withhold, vivid illustrations.
Ms. Hansen will talk about knitting on the coast of Maine – knitting shared for hundreds of years with coastal people in Canada and across the Atlantic. She will show mittens from Maine, Nova Scotia, Newfoundland, Shetland, Sweden, Norway and the Faroe Islands, and will help you start a pair of mittens in a traditional pattern of your choice, using techniques shared by knitters throughout the North Atlantic community.
From 11:30 to 12:30, during a break for refreshments, illustrator Jamie Hogan will show how she made In Harbor Mittens come alive with people and places on Peaks Island. Ms. Hogan's original drawings will be shown at KnitWit from March 3 to March 13.

Book signing and workshop will be located at 247A Congress Street in Portland.
March 2011 ISLAND TIMES PAGE 11

From the FIFTH MAINE
Let it snow!

BY KIM MACISAAC
FIFTH MAINE MUSEUM CURATOR

Peaks Island is fortunate to have AJ and his crew doing a great job keeping our roads plowed and sanded. But it wasn’t always so. Long before snow plows arrived on the island, the roads were kept passable by teams of horses dragging large, heavy rollers behind them, and his crew doing a great job keeping our roads plowed and sanded. It resulted in the snow on the road becoming hard packed rather than removed or pushed aside. Easy to traverse by horse-drawn sleigh but probably slippery to walk on.

As roads were built by island men were paid a daily wage by the City to shovel snow from roads and sidewalks. Witness the photo of a group of men posed with their shovels on a huge snow pile – so high that the men can actually touch the coves of the one and a half story Island Hall behind them. The brick lay meeting to the left is the old part of the current fire station.

Long-time island residents can recall snow piles along the streets so high that the first floors of buildings were obscured from view. Even in the 1950s and 1960s, when modern snow plows came into use, snow piles were still high enough for kids to build snow forts within and tunnels.

LETTERS, FROM PAGE 6

step, except for the “no.” The vote was for secession, not process implementation. Finally, at the legislative hearings in Augusta, the committee chair announced her opposition to secession, in part at least, because the secessionists broke off their meetings with the Portland City Council, claiming the councilors insisted on discussing solutions to secession when the mandated purpose of the meetings was only to settle on the terms of separation. According to Senator Schneider, the law clearly calls for a thorough discussion of solutions as well as secession at those meetings, and the secessionists’ claims were untrue.

Secession No. 1 played fast and loose with the economic interests of the Rack resorts. I am writing to Ms. Melton bringing up the fact that everybody can agree is valid and accurate. Then people can decide whether to vote for or against independence.

To that end, I would urge Ms. Melton and others to lobby the City to provide the Island Independence Committee with all the budget information necessary to place the facts before Peaks Island voters, and let us decide, democratically, our future.

I welcome the continued participation of Ms. Melton, and others, in determining what the best outcome for Peaks Island would be. I particularly welcome the civil tone, and I hope that we can begin to model civil behavior towards those with whom we disagree on this particular issue.

There are many issues on which we do agree. We all love this island, we all want our children to be safe and well-educated, we all want to feel safe in our homes, and to be able to keep our homes, and we want the same for our neighbors, mostly. Whichever way the vote goes, we’re all on this rock together, and maintaining a civil, respectful discourse is in everybody’s best interest.

Sincerely,
Robert K. O’Brien

In keeping with the civil tone of the previous letters I would like to offer something for consideration. Since only people who claim Peaks as their primary residence may legally vote, and since approximately 50 percent of the residences are owned by non-residents, a simple majority could mean that as little as 25 percent of the voters could be making a decision for the rest. Since this decision is irrevocable, and has the potential to have a significant effect on people in a variety of ways, I think a 2/3 majority of qualified voters is an appropriate standard.

And yes, regardless of which way the vote goes, I think it is critical to have an overwhelming majority of residents in favor of either choice or nothing happens. Right now we have a governor who was “not” elected by 62 percent of the people who voted. Food for thought.

Bret Stroet

Depression-era snow shovellers. They were simply islanders who came out to shovel, and were paid a small fee by the city.

from the Fifth Maine collection

HELP PRESERVE WHAT’S SPECIAL ABOUT PEAKS.

Peaks Island is truly special place, with its rocky shores, its woodslands and its wetlands. Your membership (only $15 individual,$20 family) and your donations are crucial in helping us maintain open spaces.

Join today. Help preserve what we love about Peaks.
HOW TO MAKE A DREAM COME TRUE

by Annie O'Brien

What's your creative dream? It's a new year, and there are steps you can take to ensure that next year at this time, you'll be on your way to realizing your dream.

Recently Ronda asked me about some of the things I do to keep developing -- and to make a living with -- my creative work. I've pursued writing and illustrating children's books for thirty years. In the process, I've had thirty books published. Ronda's question prompted me to identify the tools I've used to keep moving towards my goals.

Envisioning
If you're going to make your dream come true, it's essential to get clear about what that dream is. One of the simplest and most powerful things to do is to regularly imagine what your life will look like once the dream is realized. You might create what feels right for you to do, but it's the person who sits down and actually types a page a day that eventually realizes the dream.

Most days I make a list of what I hope to accomplish, usually about four times more than is actually possible for me to do! What matters is that I keep moving.

Exercise: The Ideal Day
Imagine what an ordinary day would look like if your dream had come true. See yourself waking up in the morning and moving through the day. Where are you? Who are you with? What are you doing?

Once the images are clear, write them down with as much concrete detail as possible, from what you wear to what your surroundings look like. You can use a timeline as well.

Now you're ready for goals and tasks to turn these visions into reality.

Exercises:
1. Write down three things you can do today to bring your ideal day closer to reality.
2. Write down three things you can do today that will prepare you for the day tomorrow.
3. Write down three things you can do today to take care of yourself.

Every day, take one small step in the direction you want to go.

Positive self-talk
You can nourish a dream in your heart but end up killing it with your mind. Pay attention to the script that runs in your head. If you don't think it's possible for you to achieve your goals, it probably won't be. But the most audacious plans can be realized if they're solidly supported with positive thoughts.

Learn to turn your doubts into challenges and opportunities. No, "I'll never make it as a songwriter because I don't have any connections," but "I really need to focus on making connections in the music business."

To support this core foundation, here are some other practices.

Books & Exercises
I collect books on the creative process and on the art forms I pursue. When I feel stuck or want to dig deeper, I grab a book and find an exercise.

The Artist's Way by Julia Cameron is the best-known of this genre of books. Other favorite authors of mine are Barbara Sher (see box) and Martin Seligman.

Morning Pages
If I could recommend one single practice which would be most beneficial to realizing a creative goal, it would be this one. As described by Julia Cameron, morning pages are three pages of hand-written, stream-of-consciousness writing, done first thing in the morning. There is no wrong way to do Morning Pages; they are for you! They're about anything and everything that crosses your mind, and they are for your eyes only.

This practice gets you in the habit of staying in touch with yourself and is a powerful way to feed your visions.

Creative Community
Critique groups, classes, workshops, conferences, and retreats have all been significant supports for my work, providing information, resources, skill-building, sustenance and inspiration for me. One of the greatest gifts of participating in creative circles is meeting other people who do what you do.

Experts
Find people who have been successful doing something you dream of doing. One of these experts might become a mentor. You might also want to seek out a creativity coach who's an expert in the process.

Research & Contacts
If part of your dream includes getting paid to do what you love, part of your time should be spent gathering information about how your field works. How do you find the people who can give you paying jobs? Try professional organizations in your field, such as the Society of Children's Book Writers and Illustrators, or the Writers Guild.

Creative Process
The creative process is a bit like acupuncture. There are many branches of Oriental Medicine, each with its own name, such as herbal medicine, therapeutic massage, and many more.

Acupuncture is one of the eight branches of Oriental Medicine, which also includes herbal therapy, therapeutic exercise and diet (considered by ancient physicians the most important because people eat every day).

The selection of acupuncture points is based on a diagnostic framework initially laid out in the Yellow Emperor's Classic of Internal Medicine, which was written somewhere around 1000 BC.

Unlike Western medical diagnosis, which is reductionist and therefore looks for the single underlying cause of pathology, in Oriental Medicine one looks at the major complaints within the context of everything that is going on with a patient. A diagnosis is then made that takes all those various elements together into what is called a pattern of disharmony, which is composed of several areas of dysfunction that are then addressed simultaneously.

This gives the medicine great flexibility, particularly with complex multifaceted presentations.

Once a diagnosis is made, acupuncture points are selected to address the various problems. Selection of the points is diagnostic.

Acupuncture points are organized along lines, called meridians, that are similar to a railroad. The points then function as switches on that railroad that help to maintain the flow of qi, or energy, through the system.

There are 12 principal meridians, each affiliated with one of the 12 principal organs. Points are selected in order to improve qi flow, which helps to maximize the production of the essential substances (including qi, pronounced "chee," pronounced "chee") that the organs require to operate, and eliminates any pathology.

Using this system, acupuncture can treat a large variety of ailments -- from asthma and allergies to gynecological problems, digestive difficulties, sleep problems and all manner of chronic and acute pain. It is also an excellent stress management tool that helps to calm the "fight or flight" system that is in chronic overdrive in many overworked and overworked Americans.

But unlike other many other complementary therapies, Oriental Medicine is a completely separate and comprehensive system requiring a Masters or Doctoral level of training that does not depend upon a Western diagnosis in order to treat a patient.

Because Oriental Medicine has its own diagnostic language, a practitioner is fully able to treat a patient who has completely baffled their Western physicians. This is not to say that one would not benefit from another, in fact, they go very well together.

They are merely two different languages for organizing and describing the same information, with different tools in their respective toolboxes.

"Okay, that's all well and good," you might say, "but what about the whole needle thing?" Not something most people are terribly keen on, I grant you, but in 14 years of clinical practice in which I've seen a range of emotions from apprehension all the way up to honest-to-God terrified, I have never had a patient who was unable to tolerate the needles.

On the contrary, and yes this is somewhat counterintuitive, most people find the sessions very, very relaxing, and many people even fall asleep.

That being said, one of the things I stress to patients is that they be in control. If at any point during the session, a patient wants to stop, they simply say so, the needles are removed, and they go on their merry way.

Another common conquer their needle apprehension, what is a session like? There is a long intake in which the major complaint is explored; along with the functioning of all the various organs. A provisional diagnosis is made, and this is confirmed by feeling the pulse and looking at the tongue.

[Continued on next page]
Acupuncture (continued from previous page)

The pulse is felt in the same general area as a Western physician would use, but in the Oriental system there are three positions and two levels on each arm, for a total of 12 pulse positions. These positions each correspond to one of the 12 principal organs in the Oriental Medical system, and there are particular qualities to the pulse that indicate particular problems. The tongue also contains particular areas that give a great deal of diagnostic information. Once the diagnosis is fine-tuned using the information gleaned from the tongue and pulse, between 15 and 20 needles are inserted in points that will address the problems outlined in the diagnosis. These are retained for 25 minutes and then removed. A general rule of thumb is that a patient can expect to see positive changes in their major complaint within three to six sessions. Although acupuncture is a very effective therapeutic tool, it is not always the right one for a particular patient, and no practitioner is interested in stringing folks along in the event there is little progress. Sessions are generally done weekly for specific problems up to monthly or longer for prevention and stress management. Interestingly, physicians in Ancient China were paid to keep their patients well. In the event the patient became sick, the physician would treat them for free because they had not done their job properly. A paradigm shift indeed.

Any questions that anyone has, please feel free to e-mail me at jlogant@mainewellness.com.

Jeff Logan practices Acupuncture and Chinese herbal medicine at Maine Integrative Wellness in Portland. www.mainewellness.com
The Gem Gallery The Gem Gallery is an artist/craftsperson cooperative of over 30 women in media spanning, drawing, sculpture, pottery, photography, printmaking, assemblage, fiber arts and writing. Small and small group exhibitions change weekly and he monthly 1st from June through October will be a larger themed member show off-season and a holiday sale each year. Please call the gallery at 766-1660 for more information.

Doddwell Gallery THE MILL: winter art exhibition by new contributing artist Barbara Jabot of Durham, with photographs by Jill Coumouer, works by local artists Kathleen West, Marcy & Rosemary Train, Maggie Carle and her brother Ed Wakooh. The Long Island Historical Society adds an historical collection with its display about its building history and the infamous Storm Isaac of 1998. Celebration reception Sunday March 17th in conjunction with the annual Long Island Recreation Dept's Ch ild's Challenge Event at the Long Island Learning Center from 1pm to 2pm. The Doddwell Gallery is located at the Long Island Learning Center on Germain Avenue, Long Island, hours follow the library schedule (766-2150). http://library longisland.lib.ny.us. Contact Maggie Carle arceo@juno.com or 766-2940.

Addison Woolley JOURNEYS TO THE INTERIOR, featuring Robert Nason, representing a lifetime of dedication to painting that captures his unique world view. Shown March 1 to March 30, First Friday opening from 6-8pm. Dedicated to the art of photography, the Addison Woolley Gallery, featuring works by local artists as well as nationally and internationally recognized photographers, is located at 132 Washington Avenue (at the corner of Fox St.), Port Jefferson, 516-766-3000, Addison Woolley Gallery. Hours: Wednesdays through Saturday, Noon to 5pm. Curator Susan Porter.

Richard Boyd Gallery SPRING FROST, group show at Richard Boyd Art Gallery opening March 4 from 11am to 1pm. Show runs thru March 24. The exhibit showcases new and recent works in porcelain pottery and glassware. Despite the demands of winter service, teaching and raising a family, he found time to create his still lifes, abstractions, and landscape. Show runs March 4 to March 31, First Friday opening from 6-8pm. Dedicated to the art of photography, the Addison Woolley Gallery, featuring works by local artists as well as nationally and internationally recognized photographers, is located at 132 Washington Avenue (at the corner of Fox St.), Port Jefferson, 516-766-3000, Addison Woolley Gallery. Hours: Wednesdays through Saturday, Noon to 5pm. Curator Susan Porter.

Brackett Church 9 Church Street, Peaks Island. Pastor: Rev. Dest Larnson, 766-3931 www.brackettchurch.org Sunday Worship 10 a.m. with Sunday School and Children's Ash Wednesday, Ecumenical Service with Proclamation of Ash, Wednesday, March 9, 6:30 pm, with Tant style prayer and music. Ice Cream Social, First Sunday, March 11, 3-4 pm. All kids and youth, please join us! The Winter's here, 35 Elizabeth Street, 766-2428. Scripture Study and Lectio Divina, Thursday mornings, 10:30 am. Parishioners. Children's Choir, Mondays, 7-8 pm. Contact Rebecca Stephens, 766-1017. Taizé Worship Service, Wednesday evenings, 6:30-7:15 pm. Join us for quiet, lokey worship with candlelight, silence, prayers, good music, and areed readings. 'Tonight Went Nigh' Friday, March 11, 7-8:30 pm, fellowship hall. Drop in for a pizza, ping pong & a movie. Open to all 6-8th graders. Contact Collecte 766-1587. Thrift Shop, Saturday, March 12, 10am-2pm. Church Supper, March 13, 5-6pm. Free. All are welcome! Winter Evening Discussion Group & Potluck, Thursday, March 3, 6:30-8:30 pm. Focused on "What is Missions?" Everyone is welcome. For more info please contact the church office, 766-5013.

Baptist Church Services Sunday Service: 10 a.m. Bible Study, 11 a.m. Worship, Wednesday Services: 7 pm. Teen Nights Thursdays at Peaks Island Gym 6pm to 8pm.

St. Christopher's Church All are invited to Sunday Mass at 10 a.m. followed by brunch in the Parish House. Religious education for children meets at Mass with special lessons during the holy day and twice a month on Monday afternoons at 4:30 pm. For more information, contact Ellen Mahoney at 766-2543.

Peaks Island Library The Peaks Island Branch Library has a new arrangement with the gym library this year to get some new large print books when they are first issued. If you like to read large print, ask when you come in or phone us if you need home delivery.

Peaks Island Library First Tuesdays Book Discussion All are welcome. 7:00 pm March 1, Four Spirits by Steve Jex/ams; Kay Taylor moderates April 5, Party magazine in supplying 10 free copies of April 21st issue to reading groups across the country to celebrate National Poetry Month. Come and explore the poems and their imagery. Participants will need to read the poems ahead of time Nickle Drinovitch, moderator.

St. Patrick's Day fun after school Wednesday, March 16 at 3:30pm. Join us for some craft activities in the library.

Children's Workshop Accredited by the National Association for the Education of Young Children, Child Care when you need it, snow days included: 766-5013.

Peaks Island Library ENROLLMENT: Space available for children ages 2 to 5. Part-day and part-week options available. INFANT TODDLER PLAY GROUP: Fridays from 10am to 11am to meet other parents and children. FREE.

Adulthood Basketball—Tuesdays 6:00-7:50 pm at the PEAKS ISLAND SCHOOL GYM.—Pick-up games for those 18 and above. Fee is $12.00 per night. Sponsored by Portland Recreation.

Community Food Pantry At the Children's Workshop, open Monday through Friday, 4 pm to 5 pm during the Workshop's hours. Please consider making a donation of canned and baked goods as well as over paper supplies. For more information, please contact Susan Hanley at stove@ploom.com.

Bayside Little League registration for baseball and T-Ball will be available on Peaks Island the week of Feb. 28. Peaks Islanders do not have to go town to register. Contact Melissa Conrad woman@itmus.com for more info.
COMMUNITY EVENTS CALENDAR

Tuesday, Mar 1
FESTIVE TUESDAYS BOOK DISCUSSION. Four Shoes by Lena Jones. Noon to 1 p.m. at the MacVane Center. Call 766-5580 or email the library (peaks@portland.lib.me.us) to reserve a book. Please include your library card number. Open to anyone interested.

Thursday, Mar 3
LITTLE CHEBEAGUE ISLAND STAKEHOLDER MEETING 4 to 6 p.m. in the conference room at Casco Bay Limes. We will report on the significant on-island improvements made in 2010, discuss work planned for 2011 and continue the dialogue begun in Feb. 2009 about our shared vision for the island. Help spread the word about the exciting work happening on Little Chebeague! Please invite others to join you at the meeting. RSVP to Tammy@nvt.com if you plan to come.

Saturday, Mar 5
BOOK SIGNING with Illustrator Janice Hogan of Peaks Island and author Robo Hanson from 11:10 a.m. to 12:30 p.m. at KnitWit Yarn Shop, 234 f 237a Congress St., Portland, 784-6444. Knitting workshop also taking place from 2 p.m. to 2 p.m.

Friday, Mar 11
SPAGHETTI DINNER at the American Legion Post #142 (Welch Street) from 5 p.m. to 7 p.m. The menu includes Cima's famous sauce, meatballs, a vegetarian sauce, garlic bread, Caesar salad, and desserts. Suggested donation $6 adults/$3 children 8 and under, $5 family rate. All proceeds to benefit the American Legion, Ladies Auxiliary, and Sons of the Legion.

Wednesday, Mar 16
PEAKS ISLAND LECTURE SERIES, presents CHRIS FOURNIER, Captain of McAllister Towing and Tagboats at The Inn on Peaks Island, beginning at 6:30 p.m. Hear true tales of life on a tug and all they do for us in the harbor and at sea. Bring the kids, or not. Balloons are available at the Children's Workshop - for information and reservations, please email or call 766-5580, or email peakslandlectures@gmail.com. See you there!

Saturday, Mar 19
MUSICAL TRIBUTE TO CHRIS TUTTLE Hosted by the American Legion invites you to join Musicians, friends, and family for a celebration of Chris Tuttle at 8 p.m. to 11 p.m.

Thursday, Mar 24
COM rmmrry Fun KNITTING O F BINGO 10:45 a.m. to 11:45 a.m. in community room. Knit a few rows on the "community scull" or have fun playing BINGO and winning prizes. Sponsored by Portland Recreation (766-2970).

Friday, Mar 25
OPEN HOUSE - ALL THINGS GREEK 11:00 a.m. to 2:00 p.m. - stop by anytime (community room) to enjoy Greek music, dancing, a mini-travelogue and some Greek snacks. Sponsored by Portland Recreation (766-2970).

Friday, Apr 1
FUN & LAUGHTER ON APRIL FOOLS DAY 11:00 a.m. to 2:00 p.m. - stop by anytime (community room) to enjoy Greek music, dancing, a mini-travelogue and some Greek snacks. Sponsored by Portland Recreation (766-2970).

SUBSCRIPTION FORM: To subscribe to the Island Times, please fill out this form and send with a check for $25 to Island Times, 120 Brackett Ave, Peaks Island, ME 04108.

NAME:_____________________________________
ADDRESS:_________________________________
CITY:_____________________________________
STATE:________________ZIP CODE:_________
PHONE:___________________________________
E-MAIL:__________________________________
The Eighth Maine

A living museum and lodge. Room and hall rentals & tours.

Come for a awesome stay or tour.

13 Eighth Maine Ave., Peaks Island, ME 04108

(207)766-5066 • www.eighthmaine.com

eighthmaineschool@net.net

Ferry Convenient

Island-baked pizza, great food to travel, and only steps away from the terminal.

ANDY'S

94 Commercial St., Portland • 207-874-2659

Serving extraordinary pub fare & pizza from 11 a.m. to 10 p.m.

Weidemann

Carpentry LLC

766-3030

Adam Weidemann

Fifth Maine Regiment Museum

45 Seashore Avenue

P.O. Box 41

Peaks Island, Maine 04108

A Museum of Civil War & Peaks Island History

Open Memorial Day thru Columbus Day

director@fifthmaine museum.org

www.fifthmaine museum.org

Peaks Island Fiber Arts Camp

Summer 2011

June 27 - July 1 Wizard Camp
July 13-19 Medieval Camp
August 1-5 Creating Artwear
August 9-13 French Camp

Contact Susan Hanley at 332-2443, or susan@peaksislandfibersarts camp.com

www.peaksislandfibersarts camp.com

RIONDA BERG

PEAKS ISLAND, PORTLAND AREA

Associate Broker

Shall we take our bikes?

41 India St

Portland, ME 04101

(207) 766-5823 • 207-766-5808

Cell: 766-5823

www.whiteshoresproperties com

NEW SNOW REMOVAL? HOME IMPROVEMENTS?

AUTO & GOLF CART REPAIRS

CARPENTRY FREIGHT DELIVERY

TOWING ON AND OFF ISLAND

PROPERTY CARETAKING

207.415.4925

CALL PAUL

Call me. I can do anything.

Linda Dillingham

Licensed Massage Therapist

(207)712-6859

ISLAND TIMES

Put Your Business Card Here

for 1 Year only $240

visit www.islandtimes.org to see how

or call 650-3016

207.518.0000

PEAKS ISLAND

New Construction

Renovation

John Kiely

Carpenter

Property Management

591 Island Avenue Peaks Island, ME 04108

(207) 766-2026

jkiley1@maine .rr.com

Michael Longella

Owner

382 Pleasant Ave

Peaks Island, ME 04108

(207) 632-8229

Andrea Davis

041.961.8034 cell peaksbeads@gmail.com

10 Island Avenue Peaks Island, Maine 04108

EAN KAMP

House Painting

Interior & Exterior

P.O. Box 63

Peaks Island, Maine 04108

Cell: 653-7042

FINISHES CARPET WALLPAPER

Professional

Land Surveyors

James D. Nadeau, LLC

Certified Floodplain Managers

Contact us with any flood zone questions or concerns.

With our data collection and evaluation, your agent may lower or extinguish your insurance premium.

FREE EVALUATION

www.nadeaulandsurveys.com

207-878-7870

207.518.0000

PEAKS ISLAND