Island Times, Jul 2008

Kevin Attra
Lisa’s New Line

By KEVIN AITKEN

“We’re just adding to the products available on the island,” says Lisa Lynch, owner of Peaks Cafe, which she will tell you is a constantly evolving business. “I figure if I’m bored with something, then everybody else is, so I have to keep changing it.” Best known for the killer breakfast burritos she serves in the mornings, the Cafe has now added a line of specialty foods that you can’t get anywhere else on the island. “We’re providing products so people don’t have to leave the island to get them,” says Lynch, owner of Peaks Cafe, which read rmid pasta dishes, smoked fish, chowdus, and even smoked salmon, haddock, and trout. It’s making things look beautiful, she says, “It’s not just providing food.”

The new specialty foods include Maine-made jams and other Maine products, Miccuchi cheeses, and specialty products from Brown Trading Co. She doesn’t have to do that at Hannigan’s, but she does have Tuscan breads and baguettes.

Lisa’s New Line

PeaksFest 2008

Peaks Island Council Implements Parking Sticker Program for Island Residents

By KEVIN AITKEN

The Portland City Council, in a meeting with the Peaks Island Council (PIC) on June 16, agreed to designate fifty-five parking spaces on Thames St. and Hancock St. as an island only parking zone. Any car parked in this zone will have to have a sticker which can only be obtained with proof of residence on one of the islands. Rob Tiffany said he was grateful for the spaces, but the amount of parking was “too insufficient for our needs on the mainland.”

The developers are in the drivers seat right now, he explained. The PIC had asked for 120 spaces in the vicinity of the Casco Bay ferry terminal, to counter a proposal by the City’s Transportation Committee last fall that provided only 25 spaces for the islands. The PIC was not aware of the plan until January, at which point it asked the City to suspend its decision on the measure until the PIC could offer another solution. The City agreed to defer voting until the June 16 meeting.

Of the fifty-five spaces designated for island parking, twenty-nine along Thames St. will be permanent. The City will decide whether to continue using the remaining twenty-six spaces on Hancock St. and other parts of Thames St. next year. Parking stickers can be obtained at the Parking Division office, Rm. 26, City Hall. They are free to island residents. You must have a valid driver’s license with an island address, and another form of proof of residence, such as a utility bill.

By the time the PIC held its regular meeting on June 25, signs had already been posted for island zone parking in some of the areas. Since many people cannot afford space in the parking garages, and most of the surface lots that were once available to islanders are now gone due to construction, the PIC is urging everyone to apply for a sticker in order to impress upon the City the need for parking spaces for island residents on the mainland. “People who’ve lost city owned lots now have to pay three times the cost, which is serious,” says Tiffany.

The PIC inadvertently found days before the regular meeting that approximately 83 thousand of the $20 thousand it had allocated for transportation on the ferry lines was never spent. Under the conditions that the money was given to the PIC, all of it had to be spent by June 30, or anything remaining would revert back to the City. With five days left to spend it, the PIC decided to buy summer passes for graduating high school seniors, who

Island School Celebrated Fifth Grade

June 18, 2008

Principal Gwen Smith addresses the audience in the Peaks Island School gym at the closing of community Wednesday, June 18.

In a one-hour ceremony that included awards and musical performances by the students, the 2008 fifth grade class said farewell to Peaks Island School. They will be attending King Middle School in Portland next year. Standing before a capacity crowd, they each told the audience what they’d like to be doing in twenty years, gave advice to the remaining students on how to get through school, and “willed” personal memorabilia to some of their classmates. More photos on the back page.

The Puzzle

Star Gazing

This Island Life

Letters

p. 6

p. 9

p. 12

p. 13

p. 16

Inside
Lines from Casco Bay Lines

BY CHRISS HOPPINS

This month's column highlights two important issues facing riders on the Casco Bay Lines Ferries operated by our Casco Bay Island Transit District (CBITD): pricing and parking.

Rate increases for tickets, freight, and vehicles continue to challenge all of us as we try to operate on a break-even basis. Since May 1, our $0.5 fuel surcharge has helped support revenues. As agreed when implemented, CBITD is reviewing costs to see if the overall rate structure should be modified. After an independent consultant completes the study by the end of July, the Rates Committee will review and address those results.

Ferry captains continue to reduce fuel consumption of about 33,000 gallons per year by reducing their speed within the parameters of scheduled service. The Operations Committee is reviewing ridership to see if there are trips that can be eliminated without seriously disrupting service, or unnecessarily complicating the crew schedules. Although everyone recognizes that cutting service would be unpopular, it may be necessary to conserve fuel and reduce costs.

From October 2007 to March 2008, fuel costs increased by $43,714 over the previous year. With this disturbing trend in mind, CBITD's Board of Directors has been exploring the purchase of fuel-efficient options to control fuel costs. The Board authorized Treasurer Bill Overlock of Peaks Island to work with General Manager Catherine Debo in studying the purchase of up to 32,000 gallons of biofuel options to hedge against price hikes for up to one year.

Parking on the mainland continues to attract attention. Results of the Peaks Island Transportation Survey, administrated to other islanders served by CBITD, revealed a need for more than 600 new island parking spaces on the island and several hundred more for seasonal residents and visitors.

The Board authorized creation of a study group composed of Board members Frank Peretti and Chris Hoppins, Peaks Islander Steve Macias, and General Manager Catherine Debo, to explore ways to expand "Park & Ride" services and create an inter-modal transfer center on the mainland.

Working with the City of Portland and private developer the Olympia Companies, Inc., CBITD has applied for grants which would permit the conceptual design of expanded "Park & Ride" facilities and construction of Park & Rider/Inter-modal transfer center. The transfer center would link ferry, bus, narrow gauge railway, bicycle trails and provide connections for all island ferries.

The project's goal is to find a long-term funding source that would help keep ferry services rates at reasonable levels. Macias has worked in the past with several other transit districts that own "Park & Ride" facilities. They commonly use revenues from those facilities to help subsidize ticket prices. CBITD does not presently own any parking facilities. The Ferry Terminal Garage is owned jointly by the City of Portland and a private investor.

Several area organizations wrote important letters of support that were included in CBITD's grant proposals. The Greater Portland Council of Governments wrote that it "will provide convenience and many benefits to visitors, residents and local businesses." The Portland Downtown District, which represents over 485 property owners added, "P&RD supports all elements that will make public transportation more desirable and easy to use."

The Maine Narrow Gauge Railroad Co. & Museum added, "Your proposed hub upgrade is well-timed." The general manager of METRO, the Greater Portland Transit District, "I commend your organization for being visionary, to enhance inter-modal connections and respond to federal, state and local customers."

Finally, the Chief Executive Officer of the Portland Regional Chamber of Commerce concluded, "The contents of your application certainly seem to promise good benefits to area merchants, to alleviate traffic congestion and improve this area. We commend you for your support of better transit outcomes and an improved economic climate."

Lionel Plante Associates
Islanders Proudly Serving Islanders Since 1962

L.P.A., Inc.

Specializing in:

* Island Deliveries Of Sand, Stone, Gravel Lumber & Building Supplies
* Excavation
* Site Work
* Septic Systems
* Driveways
* MARINE SERVICES
  * Barge Transportation
  * Marina Services, Slips, Moorings, Gas & Diesel

We gladly accept Visa & Mastercard

98 Island Avenue Peaks Island Maine 04108 Phone: (207) 766-2508 Fax: (207) 766-2507
Email: lplante@maine.rr.com

L.P.A. Fuels, Inc.

Specializing in:

Home Heating Fuels * 
#2 Fuel, K-1 & Propane * 
24 Hour Burner Service * 
Furnace Installations *
Propane Appliances Sold & Serviced *

Master Service Technicians:
  * Terry Mulkern
  * Coley Mulkern

Licensed Journeyman:
  * Guy Fradette

Licensed Delivery & Tank Setter Technicians:
  * Terry Mulkern
  * Coley Mulkern
  * Guy Fradette
  * Jay Soule
  * Marty Mulkern
**Peaks Prizewinners**

*BY DANA MERRY*  
**Editors Note:** This article should have ran in last month's edition but was inadvertently skipped. If the information was important enough to warrant a separate story, it should be read in the next month's issue in order to catch up on the latest news.

Wisconsin's Jane Goodmann, Sarah Goodman, James Hogan, Margo Lodge and Eleanor Morse have in common? In the past few months each of these talented, year-round residents on Peaks Island has won a literary prize, recognizing outstanding achievement in their creative works.

This year Margo Lodge won First Prize in the Portland Public Library's second bi-annual poetry contest for her poem about her grandmother, "Rising Stranger." Carol Carter won Honourable Mention in poetry for "Digging for Shore Tents." Carol is a repeat winner having also won a prize in the Library's 2006 contest.

To put Margo and Carol's achievements in perspective, there were 24 total submissions this year, poetry contest in all three age categories, triple the number of entries in 2006. According to the Library's Program Director, Heather Tiffany, the outstanding quality of this year's entries forced the contest judges, established poets and poet-scholars, into lengthy deliberations and discussions. The winners read their prize winning pieces last month on the public event at the Library which is publishing all the poems in a zine.

Every year the Maine Writers' & Publishers Alliance coordinates the Maine Literary Awards to recognize and honor the state's outstanding talent in published and unpublished writing. This year the MWPAA presented its top award for published fiction to Lincoln Morse for his first novel, "An Unexpected Forest," and an Honourable Mention in unpublished poetry to Sandra Call "Mushroom," "An award ceremony was recently held at the University of Southern Maine.

Both Eleanor and Sarah are writers, editors and teachers. They may well see them walking Peaks Island invigorating their work. Last year Sarah Goodmann and Carol Carter self-published a poetry book, "Ferry Ride," poems inspired by riding the Casco Bay Lines.

As we go to press, we have just found out that Eleanor Morse's "An Unexpected Forest" has been selected as an IPPY, 2008 Independent Publisher Regional Book Award, the Gold Medal for regional fiction from the North East. In this category there were over 600 entries, and the organizers exclaimed "The quality of this year's entries was truly impressive, and judging was difficult...This list represents the cutting edge of independent thinking and expressions." The 2008 IPPY awards were presented in Los Angeles on May 30.

Peaks Island Illustrator Jamie Hogan did the illustrations for "Rickshaw Girl" by Mirlilt Perkins, which has won two children's book awards: the Cadillac and the Lupine Award. "Rickshaw Girl" is a contemporary novel for older children set in Bangladesh. The Jane Addams Book Awards, established in 1953, recognize the book's literary and artistic excellence and its contribution to the world community theme.

The 2008 Jane Addams Children's Book Awards will be presented in New York in October.

Jamie Hogan has also won the Maine Library Association's Lupine Award honoring a Maine author or illustrator who has created an outstanding contribution to children's literature. The inspiration for the Lupine Award is Barbara Cooney's Miss Rumphius, as a little girl loved the sea, longed to visit faraway places, and wished to do something to make the world more beautiful. "Rickshaw Girl" fits this category perfectly.

So if you run into any of these talented Peaks Island women as you wander your way around the island, congratulations are very much in order. You may even find your own inspiration here on Peaks Island in Sarah Goodmann's words, "In perfect spots for observing stars and starfish, cliffs and civility."

**Historian's Tool Kit as Time Machine**

*BY PATRICIA ERICKSON*  
Time machines, and those feisty, handy characters who operate them, are strewn throughout our books, movies, and comic strips. Usually awash with dazzling lights, high-pitched noises, and violent vibrations, these time machines somehow capture the essence of high technology and futuristic gadgets. But, with the Fifth Maine Regiment Museum as their guide, fourth and fifth graders from the Peaks Island Elementary School learned that all they need is a historian's "toolkit" to transport their imaginations back to the past.

Sara St. Germain, Director, Kimberly MacIacon, and Museum Educator, Patricia Erikson, led Sara St. Germain's class on an inquiry-based field trip out to Battery Steele. Using archival maps prepared by Art Atkinson, as well as World War II era maps produced by the Fifth Maine, students stood on the top of Battery Steele and reconstructed how the military reservation would have looked sixty years ago.

The Battery Steele field trip was the final phase of the Fifth Maine's pilot year of its Collections-to-Classroom program with the Peaks Island Elementary School. The museum has also begun expanding its educational programming into other southern Maine schools.

**Friends of TEIA Funds Forty-four "Campershops" for Island Kids**

*BY CONSTANCE MOLLER*  
This summer, 44-year-round Peaks Island school children will participate in tennis, sailing and Kite Camp programs through camperships scholarships given by the organization Friends of TEIA. A campership can cover participation in more than one program, so the total number of programs funded this season will be 62. The tennis program will host 19 children, while 23 will learn the basics of sailing and 16 will be participating in the more advanced sailing classes or on the racing team, which competes against other sailing clubs.

Kids Camp participants enjoy arts and crafts projects along with games and outdoor activities four mornings a week. Friends of TEIA also offers a variety of free educational programs to all islanders during the summer months.

Friends of TEIA was founded in 2001 as a 501(c)(3) organization to provide healthy and educational opportunities to participants in TEIA's summer programs for all Peaks Island children. Over the past five years, the number of camperships has risen from less than 10 to this season's high of 44. The program is funded through donations from TEIA members, local businesses and residences and through grants and donations received at the wine and appetizer party at the annual Color of Peaks Art Show.

**FREE Delivery to Casco Bay Lines Seven Days A Week**

All purchases must be made by 12-noon for delivery to a mid-afternoon ferry!

- Make your purchases by 12-noon for delivery the same day to Casco Bay Lines. After delivery to Casco Bay Lines, Whole Foods Market is not responsible for your purchase.
- Your groceries will be carefully packed in banana boxes and/or cooler bags for ferry transport, and labeled with contact information for safe arrival.
- Everything in our store is available for delivery.
- Ask us about our personal shopping service.
- Please inquire regarding delivery service to Cushing Island and select marinas.

**Questions?**

Contact our Provisions Supervisor, Brad Richman at 207-774-7711  
Email: naptlprovisions@wholefoods.com or stop by our Customer Service Desk and one of our Team Members will be happy to assist you.

**Open Daily, 8 am - 10 pm**  
2 Somerset Street • Portland, Maine • 1-295 • Exit 7 • Franklin Street  
Just minutes from the ferry!  
207-774-7711  
www.wholefoodsmarket.com
Art Wanderings

Another season of Art Walks debuted during PeaksIsland on June 21.

With twenty artists opening their studios to visitors, it was difficult to know where to begin. A friend urged me to visit Robert Van Der Steenhoven's studio in a shady corner of the crowds, carved goddess figures, owls, fish, eyes, bones, wings.

The interior is red in assemblage: references, curiosities about understanding the landscape, its context, and our inhabitation of it as a species. He and Jessica photographically documented the perimeters of Portland, and then later, Peaks Island. They found the “geotagging” more interesting than the photographs.

This sparked a project in which their dog, Heta, was fitted with a GPS tracking device. "We see multiple species experiencing the same landscape simultaneously. While my paths are predetermined by pavement, Heta follows her instincts," said Cole. "Canine Drawings, the resulting series, was exhibited recently at the Maine College of Art Masters Thesis show at the Institute of Contemporary Art. Cole and Jessica will share an exhibit at the Gem Gallery from July 31 to August 5. He plans to invite 100 strangers to be geotagged for a large-scale piece, to be on display in September. In delving into the concrete visual trace of our social patterns, Cole is looking for a new and perhaps surprising vantage point."

A short walk to Pleasant Avenue brought me to Lane Williams's studio in a repurposed garage, surrounded by gardens and a lily pond. She apologized to Art Walkers that her body of work was on exhibit out of state (at the Fitchburg Center for the Arts in Newburyport, MA), but invited everyone to make art instead. Her color-swatched supply of oil stick pastels made me swoon. While I made a mess with them, two women tried painting with acrylics on small canvas boards. Lane has simple teaching experience, hosting workshops in her studio and gardens. She patiently prompted us through our visual reference, myself included. Yet I marvel at the freshness and uncooked nature of Paul's paintings. He achieves a fidelity unmatched by more famous painters. Several pieces feature his wife, Tarte, sleeping with her son, Lucien, cradled on her chest. Another shows Lucien, facing the viewer in front of a furious back drop of colorful strokes. “After I got his likeness, I taped it off and let him paint the background," said Paul. As if on cue, Lucien arrived at the studio door. Now two, he ambled past my legs to turn over a box of nails, Paul quickly moved a wet palette to a higher shelf. Paul's work will be shown at the Gem Gallery from July 24 - 29. Currently, his paintings are part of "Contemporary Views of the American Landscape" at the Gallery at Diamond Cove through July 21.

For these five artists were my delicious slice of a June Art Walk. Yours is for the making, discovering artists in their natural habitat. You'll be delighted by the talent you can find in a single square mile. Art Walks are scheduled for June 25, July 20, and August 19, the last Saturday of each summer month. Visit www.peaksisland-artwalks.org for complete information regarding artists, contacts, and maps.

On Merrill's Wharf, Just a short walk from Casco Bay Lines to 262 Commercial Street.

Open 10:00 to 6:30 Mon-Sat after June 15th also
Sundays 12:00 to 5:00

Summer Island Delivery Service

Place and order before noon and we will deliver to Casco Bay Lines for delivery to Peaks on the 5:35 boat, or 5:45 down the bay.

Islander's Summer 08 Discount!

Just show your Casco Bay Lines tickets or pass for 10% off your order every Tuesday!

(Not combined with other promotions)

Wine Tasting 5-7 pm

The last Thursday of every month!
www.BrowneTrading.com
The Grapevine has also been quoted saying, “I planned the signs for the tourist who were allowed time to see sights together that point to directions of interest for visitors and residents. The creator is renowned for his whimsical signs that are often the first step, and to get to know the members of the force themselves so that the sense of anonymity is eliminated (see POLICE REPORT, page 18).”

A few of the officers complained to the councillors about their frustration at the lack of parental help and backup they get when dealing with teenagers who seem on the verge of trouble. They feel that, instead of calling the local police directly, people often endure situations like loud, underage drinking parties on the beach, and then call Portalnd headquarters later to complain that the local police did nothing to stop it. The police are emphatic that Peaks Islanders should call them directly when law enforcement services are needed.

But according to Bohan, islanders complain that they often can’t reach the police. As it turns out, one problem is that the island phone lines do not roll over to police headquarters downtown when no one is at the desk, and many islanders don’t know that in a worse emergency the officers can be reached by calling downtown, 284-8149, and asking to be connected with the island police by radio. (The local non-emergency number is 911-7644.)

Bicyclist chooses Long after brief stop on Cliff

A lone bicyclist who rode in on the mail boat looking for fun and adventure decided that Cliff wasn’t big enough for her, so she jumped back on board before it took off again for Long Island. After being on the boat for over two hours the woman got off with a look of anticipation and studied the nine location signs for a moment. Then she walked back up the wharf to where the boys were having coffee at the store, squinting as if the sun was in her eyes, and a quirky smile crossed her face. She asked them if there was anywhere to sightsee. They gave her some vague advice about beaches and nice views, and told her to enjoy every moment because the island was wonderful, and the wind could sense something was up, and she just hove her for a second to see what might happen. “Is this island fun to go on an adventure?” she asked suddenly. “I could take you to Long.” Before the boys could say “take her,” she got back on the boat and took the twenty minute ride over to Long Island.

C.I.A. meets at Hall

Members of the Cliff Island Association, which was organized decades ago to aid in community decisions, met at the Community Hall in late May. Jim Cost, in his first year as President, led the discussions concerning future issues such as, affordable housing and the status of the freighter. Roger Berle, a long-time community leader who helped in the motion of an Association grant to establish a non-profit corporation in April, updated the members and quizzed of the process and goals. Helping families who can help Cliff Island are of great concern. The State of Maine and the city of Portland has threatened in the past to remove the city’s comprehensive financial obligation to the school of enrollment is too. Thus, offering affordable housing can potentially lead to new families and students for the school.

A motion to use the Community Hall for commercial profit, which had been tabled in April, was defeated. The Community Hall will continue to be open for use by everyone in the community, and the fee will stay at twenty-five dollars no matter the function.

In old business, the status of the freighter was discussed, although it was already known throughout Cliff Island before the meeting was called to order. Everyone couldn’t miss the big old dumpster in the square filled with new wood. Nobody’s been talking about the weather or any other gossip, it’s all been talk of the freighter. The community watched as Bob Howard and

Cliff Notes

BY MARK MILLINGTON

New sign sparks debate in Cliff Island Grapevine

A new sign appeared in the square (which is round), near the ferry dock, at Cliff Island earlier this spring. It’s a location sign, a collage of little signs together that point to directions of interest for visitors and residents. The creator is renowned for his whimsical signs that are often the first step, and to get to know the members of the force themselves so that the sense of anonymity is eliminated (see POLICE REPORT, page 18). A few of the officers complained to the councillors about their frustration at the lack of parental help and backup they get when dealing with teenagers who seem on the verge of trouble. They feel that, instead of calling the local police directly, people often endure situations like loud, underage drinking parties on the beach, and then call Portalnd headquarters later to complain that the local police did nothing to stop it. The police are emphatic that Peaks Islanders should call them directly when law enforcement services are needed.

But according to Bohan, islanders complain that they often can’t reach the police. As it turns out, one problem is that the island phone lines do not roll over to police headquarters downtown when no one is at the desk, and many islanders don’t know that in a worse emergency the officers can be reached by calling downtown, 284-8149, and asking to be connected with the island police by radio. (The local non-emergency number is 911-7644.)

Bicyclist chooses Long after brief stop on Cliff

A lone bicyclist who rode in on the mail boat looking for fun and adventure decided that Cliff wasn’t big enough for her, so she jumped back on board before it took off again for Long Island. After being on the boat for over two hours the woman got off with a look of anticipation and studied the nine location signs for a moment. Then she walked back up the wharf to where the boys were having coffee at the store, squinting as if the sun was in her eyes, and a quirky smile crossed her face. She asked them if there was anywhere to sightsee. They gave her some vague advice about beaches and nice views, and told her to enjoy every moment because the island was wonderful, and the wind could sense something was up, and she just hove her for a second to see what might happen. “Is this island fun to go on an adventure?” she asked suddenly. “I could take you to Long.” Before the boys could say “take her,” she got back on the boat and took the twenty minute ride over to Long Island.

YOU CAN MAKE A DIFFERENCE.

Riis Island Land Preserve seeks to preserve

and protect open space in its natural state for the use and enjoyment of visitors and visitors.

Contributions and membership dues are used to purchase lands and provide appropriate land management. We also help with the City’s work and individuals to a green open space through conservation easements and gifts of land. Please make contributions in this important effort.

We have expanded our product offerings...

Fresh local cheeses, breads, herbs and smoked seafood items as well as spreads, dips and more.

Now featuring specialty food items from local purveyors of finer foods.

Think of us when you are planning your next event.

We also offer catering for your event.

207-766-2500
Letters to the Editor

RECORD SALES AT GARAGE SALE

The PeaksFest/Yard/Garage Sale was a huge success for Peaks Island Tax Assistance - Energy Assistance. From start to finish John and Dave Nowers were energetic, enthusiastic, great sales managers and excellent co-hosts for this annual event. Nancy Hall, Bill Hall, Glen Nowers, Mary Voyer, Elizabeth Nolan, Jo Johnston, Chris Kamp, Jamie Simon, Roy Moira, and John Adams arrived and stayed to help mop up most of the day. If I missed anyone, I apologize but our tireless workers go to all who donated and helped. The games for the children on the corner of Welch and Island. What fun! Everyone participated with prizes, and the giggles and smiles of the adults and children alike were contagious. The PITA Chili fest held at the Peaks Island Baptist Church attracted over 80 people who enjoyed 6 different pots of chili, cornbread and ice cream. Rotton Codex was the first prize winner with his meat and veggie chilli, and Christine Foster and Michelle Boyle were the runners-up.

We thank everyone who donated items for the garage/yard sale, who made chili, and who supported our efforts during the event. We had over $1000 to use for tax assistance and energy assistance. Next month we will begin our efforts to fundraise some money to be available on the Island. If predictions hold, we will have another very costly winter and we hope to help families keep their homes and pets warm. The proceeds will go to (Long Island's Pink Tulip] project costs managed and executed by a team of state, the president had knocked on the door and thought that he cared about manners enough to think that he cared about manners and politeness.

Cynthia Pedlkin, for PITA-EE

TULIP PROJECT RESULTS

To the Editor - I think it's a shame you didn't check on (Long Island's Pink Tulip) project before you wrote the article. If you had, you would have read that over $3000, out of the $4000 you requested. Not bad for an island of less than 2500 people. I am happy to announce our PITA in Peaks Island was a huge success.

Cynthia Pedlkin, for PITA-EE

PINK TULIP PROJECT CORRECTIONS

The Peaks Island Pink Tulip Project was the brainchild of Marie Gray, who, in spite of being sidelined by a serious bike accident, moved the project from concept to reality during the winter of 07-08. Two corners of the circle on lower Welch were planted by Patty Latham, and an evening for donations and information was held, courtesy of the Inns on Peaks Island. Assisting Marie were Lynn Rich, Richard Ashmore, Betty Streit, Jocelyn O'Brien, Joe Gray, and others. At the event a couple dozen women pledged to have a magnolia in 2008, and more than $1100 was raised for breast cancer research. Donations can still be made by visiting the Maine Cancer Foundation's Peaks Island Pink Tulip Project webpage (google: Peaks Island Pink Tulip).

Editor's Note: According to the American Cancer Society (773-2573) Peaks Island Pink Tulip project soldr over 2500, which means that a per capita basis, half of the Island and Peaks Island contributed equally to the cause.

PEAKS TRAP, NEUTER AND RELEASE PROGRAM UPDATE. The Animal Refuge League (ARL) of Greater Portland conducted a TNR program to improve the health and living conditions of the feral cat population on Peaks, it has, and will continue to result in healthier cats in our neighborhoods. This will also keep the feral cats from coming to our yards. With a PetSmart Charitable grant of $1000, veterinarian, Barbara Burkholder, with Mary Baldwin assisting, did the neutering, rabies shots and FIV testing on Peaks during the week of May 3-9. The Kommers Feline (KFI) also provided logistical support.

We have processed 4 cats so far and have a few more that are on the board, they were returned and some were adopted locally.

We were successful because we had a great team of volunteers and we want to thank them all.

From the Animal Refuge League: Andrew Peruza, Kathleen Feders, Anna Eagan and Elizabeth Lord from Peaks Island Animal Services, Loretta Smith, Howard and Cynthia Pedlkin, Doug Smith, Kevin Flynn, Mary Land, Chris Kamp, Schraeder, Joseph and Sue Kane and the DWP crew.

We could not have done this without their help. Many other islands were very helpful and were totally behind this project. If you still wish to have your cat neutered, please call the number below for guidance. If you wish to learn about the TNR project, ask questions or perhaps volunteer to help with the next TNR project, please contact me. PLEASE do not abandon animals on Peaks; it is unfair to the animal, and in illegal. Call us for Animal Shelter listings. Thank you.

Howard Pedlkin # 776-0303 or hoobzefeeding

IN APPRECIATION OF COMMUNITY INVOLVEMENT

Lynne and I and all the members of the Peaks Island Council wish to share our appreciation for those taking the time to attend and contribute their thoughts and concerns at the June 3 meeting at the Community Center. In a discussion with June Steinhilber about the results of this meeting, we reached agreement on a key point: We believe that the PetSmart Charitable grant of $1000, veterinarian, Barbara Burkholder, with Mary Baldwin assisting, did the neutering, rabies shots and FIV testing on Peaks during the week of May 3-9. The Kommers Feline (KFI) also provided logistical support.

Assisting Marie with these Lynne Richard, Jeannie from concept to reality during the Maine Cancer Foundation's Peaks Island Pink Tulip Project was the brainchild of Marie Gray, who, in spite of being sidelined by a serious bike accident, moved the project from concept to reality during the winter of 07-08. Two corners of the circle on lower Welch were planted by Patty Latham, and an evening for donations and information was held, courtesy of the Inns on Peaks Island. Assisting Marie were Lynn Rich, Richard Ashmore, Betty Streit, Jocelyn O'Brien, Joe Gray, and others. At the event a couple dozen women pledged to have a magnolia in 2008, and more than $1100 was raised for breast cancer research. Donations can still be made by visiting the Maine Cancer Foundation's Peaks Island Pink Tulip Project webpage (google: Peaks Island Pink Tulip).

Editor's Note: According to the American Cancer Society (773-2573) Peaks Island Pink Tulip project soldr over 2500, which means that a per capita basis, half of the Island and Peaks Island contributed equally to the cause.

PEAKS TRAP, NEUTER AND RELEASE PROGRAM UPDATE. The Animal Refuge League (ARL) of Greater Portland conducted a TNR program to improve the health and living conditions of the feral cat population on Peaks, it has, and will continue to result in healthier cats in our neighborhoods. This will also keep the feral cats from coming to our yards. With a PetSmart Charitable grant of $1000, veterinarian, Barbara Burkholder, with Mary Baldwin assisting, did the neutering, rabies shots and FIV testing on Peaks during the week of May 3-9. The Kommers Feline (KFI) also provided logistical support.

We have processed 4 cats so far and have a few more that are on the board, they were returned and some were adopted locally.

We were successful because we had a great team of volunteers and we want to thank them all.

From the Animal Refuge League: Andrew Peruza, Kathleen Feders, Anna Eagan and Elizabeth Lord from Peaks Island Animal Services, Loretta Smith, Howard and Cynthia Pedlkin, Doug Smith, Kevin Flynn, Mary Land, Chris Kamp, Schraeder, Joseph and Sue Kane and the DWP crew.

We could not have done this without their help. Many other islands were very helpful and were totally behind this project. If you still wish to have your cat neutered, please call the number below for guidance. If you wish to learn about the TNR project, ask questions or perhaps volunteer to help with the next TNR project, please contact me. PLEASE do not abandon animals on Peaks; it is unfair to the animal, and in illegal. Call us for Animal Shelter listings. Thank you.

Howard Pedlkin #: 776-0303 or hoobzefeeding

IN APPRECIATION OF COMMUNITY INVOLVEMENT

Lynne and I and all the members of the Peaks Island Council wish to share our appreciation for those taking the time to attend and contribute their thoughts and concerns at the June 3 meeting at the Community Center. In a discussion with June Steinhilber about the results of this meeting, we reached agreement on a key point: We believe that the PetSmart Charitable grant of $1000, veterinarian, Barbara Burkholder, with Mary Baldwin assisting, did the neutering, rabies shots and FIV testing on Peaks during the week of May 3-9. The Kommers Feline (KFI) also provided logistical support.

Assisting Marie with these Lynne Richard, Jeannie from concept to reality during the Maine Cancer Foundation's Peaks Island Pink Tulip Project was the brainchild of Marie Gray, who, in spite of being sidelined by a serious bike accident, moved the project from concept to reality during the winter of 07-08. Two corners of the circle on lower Welch were planted by Patty Latham, and an evening for donations and information was held, courtesy of the Inns on Peaks Island. Assisting Marie were Lynn Rich, Richard Ashmore, Betty Streit, Jocelyn O'Brien, Joe Gray, and others. At the event a couple dozen women pledged to have a magnolia in 2008, and more than $1100 was raised for breast cancer research. Donations can still be made by visiting the Maine Cancer Foundation's Peaks Island Pink Tulip Project webpage (google: Peaks Island Pink Tulip).
July

YOGA FOR LIFE
A yogic perspective on health and simple living

by REBECCA JOHANNA STEPHENS
[Ed. Note: This is the second issue in a series of instructional articles. Ms. Stephens has designed a model for anyone interested in practicing yoga. These exercises are designed for people at all levels of proficiency.]

INTRODUCTION: If you want to build a yoga practice, please start with the suggestions in the June issue and add as you go.

The most important guideline to remember as you embark on a yoga practice is to focus very closely to your own body's needs and to do more slowly until you no longer can practice.

The next most important guideline is to act out of self-criticism and attachment to a particular outcome, and simply notice what is happening as you move and breathe. If you follow these two principles, your practice will be safe, satisfying, and fruitful.

Welcome to high summer in Maine, a very auspicious time to stretch and limber your body, as the warmth makes its way deep into your bones. This month, we will address the hamstring muscles - those frequently obliterate muscles in the back of the thigh. Technically, hamstringing refers only to the tendons behind the knee, but over time, common usage has evolved to include the three major muscles, too. Their scientific names are semitendinosus, semimembranosus, and biceps femoris, and they originate at the base of the pubis (pubic rami) and attach to the bone of the lower leg (tibia and fibula). The action of these hamstrings is to flex the knee, bring the lower leg up towards the buttocks, and to extend the hip, lifting the leg back as it is the end of a walking stride.

If you have trouble bending forward from either a standing or a seated position, or have chronic low back pain, the source is often tight hamstring muscles. Body type is partly established in your genetic code, so you may be naturally strong and less flexible, however, there is much you can do to stretch and enhance your flexibility within the limits of your DNA. For instance, years of vigorous exercise such as tennis or jogging without adequate stretching can lead to very tight hamstrings. Shortened, chronically contracted muscles cause a myriad of troubles including reduced circulation, imbalanced pressure on the joints, limited range of motion, and increased risk of injury. If you are serious about this project and have the time and resources (or a friend with skilled hands), I recommend combining your stretching with regular massage.

The primary dilemma of tight hamstrings is that they are so fixed in the tendon that they are more flexible, but they will never become more flexible until you dedicate many many hours to consistent, proper stretching. Thick of making a discernable difference by next summer. To make matters even more challenging, a wise, contracted muscle structure often accompanies a high-energy, quick-moving personal style which is not normally conducive to the patience, breathing, and refined listening that is most necessary for fruitful stretching. In other words, if you truly want to enhance your well being by stretching your hamstring muscles, you will learn to slow down a bit and also take a deep breath at what it is that you are running from, or parting with, or something else in your life. We refer to this practice as yoga off the mat - integrating the lessons learned from the mat into your daily life and choices. But don't worry, you will still recognize yourself. You will simply discover a slightly mellower and healthier version of the robust, busy, moratorium person you already are.

Lay Back Stretch:

Stand at a kitchen counter, or with your palms flat on a wall and then walk backwards until your torso and legs form an L shape, with your torso parallel to the floor. The first few times you do this stretch, it will be helpful to have someone watch you and help you find the proper position. Keep a slight bend in your knees and your weight well distributed throughout your whole foot. Gently engage your abdominal muscles, drawing your belly up toward your spine. Hold the posture for at least 5 slow deep breaths. Repeat several times, if your knees are flexible, you can take breaks from the posture by bending your knees and easing down into a comfortable squat.

Rag Doll:

From a standing position, begin to round forward until your face is close to your knees. Your arms are relaxed and raised, but your legs are bent and your feet are flat on the floor. This posture creates and inverted V shape. CAUTION: If you have high blood pressure, please skip this pose for now. If your hamstrings are tight, you will keep a bend in your knees at first. Engage your abdominal muscles to lift your hips up and back, and then lengthen from your hips down to your heels. WITHOUT STRAIN, in addition to stretching the hamstrings, this posture strengthens the core and the back. If possible, have a friend who knows yoga watch you and help you with your form. Hold for at least 5 slow deep breaths and return to table. Repeat several times, and then rest sitting or lying on your back.

Rebecca Johanna Stephens, Kripalu Certified Yoga Teacher since 1994, has 21 years experience in the healing arts.

Inside Peaks Island's Wastewater Treatment Plant

by KEVIN ABBREVA

The Portland Water District opened the doors to Peaks Island's fifteen year old treatment plant on Sunday, June 22, as part of the Peaks Fest celebration, and Supervisor Bob Waterman and Operator Pete Kane gave visitors a fun and interesting tour of their work one world. For those of you who didn't get inside, here is some of what you missed.

The plant was built in 1992 and cleans and distributes almost a quarter million gallons of water each day. On days when there's a lot of rain the system might have to handle over 600 thousand gallons. The facility uses two 65 thousand gallon batch reactors that operate in alternating sequence to collect and hold all the wastewater so that the solids built up in a reactor out, and then send the clarified water for treatment with disinfectant before discharging it into the bay. The solid waste is hauled off the island about every two weeks and either used as landfill fill or used in a variety of ways, depending on who is contracted to remove it. "We get a different loader in here every time," says Kane, who explained that companies must bid to haul each batch of waste. Treated water is tested in the plant's screening room and any organic matter not removed by the process is either disposed of on landfills or in the bay. The solid "waste" is then sent to a stand or a seated position, or has chronic back pain, the source is often tight hamstring muscles. Body type is partly established in your genetic code, so you may be naturally strong and less flexible, however, there is much you can do to stretch and enhance your flexibility within the limits of your DNA. For instance, years of vigorous exercise such as tennis or jogging without adequate stretching can lead to very tight hamstrings. Shortened, chronically contracted muscles can cause a myriad of troubles including reduced circulation, imbalanced pressure on the joints, limited range of motion, and increased risk of injury. If you are serious about this project and have the time and resources (or a friend with skilled hands), I recommend combining your stretching with regular massage.

The primary dilemma of tight hamstrings is that they are so fixed in the tendon that they are more flexible, but they will never become more flexible until you dedicate many many hours to consistent, proper stretching. Thick of making a discernable difference by next summer. To make matters even more challenging, a wise, contracted muscle structure often accompanies a high-energy, quick-moving personal style which is not normally conducive to the patience, breathing, and refined listening that is most necessary for fruitful stretching. In other words, if you truly want to enhance your well being by stretching your hamstring muscles, you will learn to slow down a bit and also take a deep breath at what it is that you are running from, or parting with, or something else in your life. We refer to this practice as yoga off the mat - integrating the lessons learned from the mat into your daily life and choices. But don't worry, you will still recognize yourself. You will simply discover a slightly mellower and healthier version of the robust, busy, moratorium person you already are.

Lay Back Stretch:

Stand at a kitchen counter, or with your palms flat on a wall and then walk backwards until your torso and legs form an L shape, with your torso parallel to the floor. The first few times you do this stretch, it will be helpful to have someone watch you and help you find the proper position. Keep a slight bend in your knees and your weight well distributed throughout your whole foot. Gently engage your abdominal muscles, drawing your belly up toward your spine. Hold the posture for at least 5 slow deep breaths. Repeat several times, if your knees are flexible, you can take breaks from the posture by bending your knees and easing down into a comfortable squat.

Rag Doll:

From a standing position, begin to round forward until your face is close to your knees. Your arms are relaxed and raised, but your legs are bent and your feet are flat on the floor. This posture creates and inverted V shape. CAUTION: If you have high blood pressure, please skip this pose for now. If your hamstrings are tight, you will keep a bend in your knees at first. Engage your abdominal muscles to lift your hips up and back, and then lengthen from your hips down to your heels. WITHOUT STRAIN, in addition to stretching the hamstrings, this posture strengthens the core and the back. If possible, have a friend who knows yoga watch you and help you with your form. Hold for at least 5 slow deep breaths and return to table. Repeat several times, and then rest sitting or lying on your back.

Rebecca Johanna Stephens, Kripalu Certified Yoga Teacher since 1994, has 21 years experience in the healing arts.
For the love of Peaks!

Mary Ann Sanford

My Aunt Ella, who went to Wellesley College in the late 1880s, owned my house, having bought it for taxes in 1928 -- for $100 -- she always told us. She was a teacher, but when I knew her in the late 1930s, she had retired for a few years. Her college roommate, who had married Dr. Cooley, tried for many years to get her to come to "the Island" for her summer vacations. The Cooleys lived in Kalilitho (Greek word meaning holy place) in the early 1920s; she decided to try it, too, in 1928.

In 1947, a year after we started to come (Mother, Edward, and I), Aunt Ella sent us to the cottage too late for one birthday (Edward's), and too early for the other (mine). My brother died in 2001, so now it's ALL MINE!

1. After WWII, F. McKinley, Jr. McKinley, the only active island fortification showed movies open to the public on Thursday nights (in 1928, it was Thursday). We'd leave from Trefethen Landing, about 6:30 p.m., in 4 or 5 rowboats (owned mostly by the year-round kids) and row across to the beach, tie up, and walk to the recreation. There were a concession stand — popcorn and all the other goodies like a regular movie theater — and the 2-reeler 16 mm movie.

Then we'd pile back in the rowboats around 9 p.m., row home, with flashlight for warning the bigger boats that were there. We had convicted my mother we were perfectly safe and the Kalkilitho kids would watch us.

We found out that we only had flashlights for safety, I was no longer allowed to go — I couldn't swim. I didn't like swimming. We'd been going all summer and nothing had happened. And nothing ever did. I think "a little birdie" told them we didn't want to be cramping their style, and I should stay home. No one ever admitted to that, though.

On Wood's Road, on the way to Astoria's the present, there was a path through the woods that came out near Jim Macrae's house, on Reed Avenue. Another path branched off from that one, and ended near the end of Prince Avenue.

There was a bunch of more-covered rocks, almost like a canyon, and tall trees. And if you were there at just the right time in the morning, the sun came through the mist and the leaves of the trees. The very doors opened in the beams, and with the bird singing, it was just like a cathedral.

Does anyone remember the evening cruises of the old Associated from Evergreen Landing on Long Island where the secondaries player played "Peg of my heart" and "Goodnight Irene"?

Have you lived on Peaks for a long time? Do you have a Peaks Island story to tell of memories from childhood that illustrates why you live here? Please email us all Peaks Houston. She has already heard some great stories and the turnout to hear yours.

Tiffany, nothing specific has been discussed regarding Homestead's plans to develop low-income residential housing on Luther Street, but there has been a lot of talking.

Homestead President Barbara Hoppin says she hopes that "we'll be able to have conversations, and hopefully come to an agreement about what to do with Luther Street." Tiffany plans to hold another open meeting in July.

In other business, Tom Rohan batted his and Bob Hurley's meetings with the police to require specific issues concerning tension between the police department and the community, and urged residents to get to know some of the officers (see story page 3).

Lyne Richard reported that the City has allocated $100 thousand to Peaks Island for road repair as requested by A.J. Alves of the Public Works Department. The money will be available until the fall or following spring, "but we got it," she said. A trash can will be installed at Picnic Point, and the possibility of discontinuing the use of blue bags on the island is under discussion, but she doesn't think it will happen soon. (For more information from Lyne about trash pick up see TRASH TALK, page 18.) Signs for the new street names, which were required for emergency/911 compliance, have all been installed. "Now I can give people a whole new set of directions to get to my house," she said.

Starting this month, the PIC will meet on the second and fourth Wednesday of each month at 7:00 p.m. in the Community Center. The following meetings are scheduled for July and August:

Workshops: July 9, Aug. 13
Public Dialogue: July 23, Aug. 16
Regular Meeting: July 23, Aug. 27

For more information about the Peaks Island Council, including news and minutes, go to www.peaksislandcouncil.org.
This island life

By George Ross

First the news. So far there have been no serious injuries in this summer's outbreak of island events and backyard hoopla. This may change especially since the entire land area of Peaks Island was sanitized as a skateboard park and placed on the Registry of National Sporting Venue Treasures. This should relate to crucial injuries in this summer's outbreak of ARV (American Association of Real Estate Investors). Our tree surgeon fell from one of his patients and broke a limb. Luckily he twirled man was there to offer assistance.

Speaking of trees, a branch bank has opened on Peaks. This is a momentous occasion. We no longer have a monetary crisis.

The convenience is staggering. Especially with the presence on the island of two cash machines and a real live roller. Now that the ice is broken and the differences between over there and here are blurring, there is talk of parking meters, a tattoo parlor, and a mime-mail on Reservoir Rd. Hard times come again no more.

The Peaks Island Fair was a great success. The goal of getting hangars off the streets and into the workplace this summer is being met.

Especially with the presence of an ice cream machine and a real live teller.

Now that the ice is broken and permitted, the course would have the appearance of a gingerbread tea. Proceeds will be earmarked for a golfer's retirement home.

Hockey, are you sure this is 'sandy' beach?

Mother nature is up to her old tricks. This year there were Mayflies in June and June bugs are coming in July. I expect August heat in September and "September Song" in October.

Medical alert. Our aging vehicle population, according to AARV (American Association of Retired Vehicles), is an advanced state of rust. Therefore, it is important that islanders not rub up against these old-timers. Vehicular tetanus could result. Luckily, serums exist that counter this form of sickness. Motel also works. For some folks a job with a drill needle is preferred to a wigg of Monte. It's all a matter of taste.

Casco Bay Rentals

... island cottages off the coast of Portland, Maine

Looking to Rent Your Cottage or Vacation Home?

Place your FREE ad:
www.cascobayrentals.com

Place your ad by September 1 and your ad will be free for one year!

Questions?
Contact Paul Nichols
e-mail: admin@cascobayrentals.com
phone: 207-356-7920

Veterinary care to the islands all year long.

Serving the islands of Casco Bay Monday through Saturday by appointment
772-3385
www.pawvet.net

Island Veterinary Service is a division of the
Brookside Street Veterinary Clinic
The Peaks Island

Restaurants
PEAKS CAFÉ, Down front on Welch St.; serving breakfast and lunch; also provides amazing catering services; Open 5:30 am to 5 pm in summer; 766-2600; see ad page 5.
INN on PEAKS; Corner of Welch and Island; serving lunch and dinner; Open Sun thru Th 11:30 am to 9 pm; Fri & Sat til 10 pm; 766-5100; www.bronncafe.com; see ad page 13.
Cockeyed Gull; Island Ave. next to Hannigan’s; serving breakfast, lunch and dinner; specializing in Asian and Korean food; Open 8:30 am to 9 pm Sun thru Th; Fri & Sat til 9:30 pm; 766-2800
Peaks Island House; 20 Island Ave.; serving lunch and dinner; Open 11:30 am to 9 pm Daily; 766-4400; www.thepeaksislandhouse.com
Down Front; at the corner of Welch and Island; serving Ice Cream 7 days a week; Open 10 am to 10 pm; 766-5500; www.downfront.com
Jones Landing; Welch Street next to ferry landing; Events rental facility with restaurant and seating; Open Sun Noon to 5 pm for Reggae Sunday.

Shops & Markets
Take a Peak
52 Island Avenue
Peaks Island, Maine 04108
207-766-5995 • fax 207-766-5554
www.takeapeakisland.com

Museums & Galleries
The GEM GALLERY; Local artist collective; Opening June 6: Fran Houston’s “For the Love of Peaks: Island Stories and Portraits”, photo-documented by island residents with rich histories, with reception 5 pm to 8pm; AND Running through Sept. 17: “Sprouse”, group show with works by Victor Romanyshyn, Diane Wieneke, Carol Carrier, Tim Nheoff, Jamie Hogan, Jane Banquer, Stephanie Elcott, Doug Smith, Kathie Schneider, Laura Glendenning, Paul Brahms, Jessica George, Cole Caswell, Connor Flynn, Fran Houston, Peg Asiantha, Deborah Butters, Suzanne Parrot, Pamela Williamson and Rick Boyd; at 62 Island Ave.; Open Fri 4 pm to 6:30 pm; Sat & Sun Noon to 5 pm
The UMBRELLA COVER MUSEUM; Lost, traded and abandoned umbrella covers displayed on walls and ceilings throughout the museum; at 62B Island Ave.; Call 766-4496 for hours
The EIGHTH MAINE REGIMENT BUILDING (map no. 10); Phone 766-5068; Non-profit veteran’s organization to preserve historic artifacts and photographs of 8th Maine Regiment from Civil War to the present; Opens June 15; Summer Events: June 20 & 21, Member reunion and annual meeting; June 22, Open House & Dance 3 pm to 5 pm; July 5, Summer 2008 Opening Concert & Dance 7:30 pm to 10 pm, adm. $7 / $3 under 12; July 25, Art Show & Sale, 4 pm to 7 pm; Aug. 18, Civil War Day; tours 11 am to 5 pm; lecture 2 pm; Aug. 30, Concert & Dance, 7:30 pm to 10 pm, adm. $7 / $3 under 12; www.8thmaine.org; see ad under Lodging
The FIFTH MAINE REGIMENT MUSEUM (map no. 9); Civil War and local history museum; June Events; June 8, “Renaissance Voices” chorale group performance, 6:15 pm, don. $8; June 21 “Songwriters by the Sea” original music with host Phil Daligan, 7:30 pm, don. $8; June 29, “Breakfast by the Sea” community meal, 8 am to 11 am, adm. $6 / $4 under 12; www.fifthmainemuseum.org.

Fifth Maine Regiment Museum
45 Shoreline Avenue
P.O. Box 41
Peaks Island, Maine 04108
207-766-3330
director@fifthmainemuseum.org
www.fifthmainemuseum.org

Recruitment
BRAD’S BIKE SHOP; 115 Island Ave; bicycle rental and repair; Open 7 days from 10 am to 6 pm; 766-5531; see ad page 12.
Casco Bay Kayak Rentals; Hours vary; 766-2650
GO FISH CHARTERS; Inshore & Offshore Fishing; 4 hour Casco Bay trips specialty; 799-1339 or 232-1678; www.gofighmaine.com; see ad page 16
MAIN ISLAND KAYAK COMPANY; Kayak rentals, guided tours and excursions with over fifteen years in business; Hours vary; 766-2373; www.mainislandkayak.com

Tours
Experience the Spirit of Peaks Island
Enjoy the salt air and one-on-one intimacy of a private tour around historic and picturesque Peaks Island
http://islandtours.home.net 207-766-5514

Library
766-5540
OPEN Tues 2 PM to 8 PM, Wed 10 AM to 4 PM Fri 10 AM to 2 PM, Sat 8 AM to NOON peaks@portland.lib.me.us

Gasoline
Lionel PLANTE Associates
OPEN 8 AM TO 9 PM MON THRU FRI
SATURDAY 9 AM TO NOON; ON ISLAND AVE.

Public Works
766-2423
SHOP HRS M-F 7:00 A.M. TO 3:30 P.M.
TRANSFER STATION HRS T,W,F,Se 7:30 A.M. TO 3:00 P.M.

Laundry
Lionel PLANTE Associates
OPEN 8 AM TO 8 PM EVERYDAY, ON ISLAND AVE.
**Summer Guide**

**Clubs & Organizations**

- **AMERICAN LEGION Post 142**: (map no. 15) Upper Welch St.; Veteran's organization and private club; 766-2102
- **LION'S CLUB**: (map no. 7) at the corner of Island and New Island; Site of early first summer stock theater program; int vol service org with facility for lobster bakes and outdoor festivals available for rental; 766-2100
- **TEIA (Trellethen Evergreen Improvement Association)**; (map no. 11); Community and rental facility for large gatherings; 766-2622

**Property Services**

- **ASHMORE REALTY**
  - A living museum and lodge.
  - Room and hall rentals & tours.
  - Come for an awesome stay or tour.
  - The INN on PEAKS, At the corner of Welch and Island; 766-5100; www.innpeaks.com. see ad page 13.

- **The Eighth Maine**
  - Come for a fun-filled stay or tour.
  - 13 Eighth Maine Ave., Peaks Island, ME 04108. Phone: 766-5086; www.eighthmaine.com

- **BRACKETT MEMORIAL**: (map no. 4); Methodist; Rev. Desi Larson; Service Sun 10 am; Choir rehearsal Sun, 9 am (open to anyone); Bible Study, Wed. 7 pm, in the parsonage; Vacation Bible School, July 28 to Aug 1, 3:30 pm to 6 pm; SUMMER FAIR, July 17, 10 am to 3 pm; phone 766-5013.
- **ST CHRISTOPHER'S**: (map no. 3) Catholic; Father Fred Morse; Mass: Sun 10 am; Wed 6 pm; phone 766-2585.
- **PEAKS ISLAND BAPTIST**: Pastor Beate Boyle; Sun. Bible study 10 am; Service 11 am; Wed. Prayer meeting 7 pm; Phone 766-3037; http://pbbe.info.

**Lodging**

- **The INN on PEAKS**, At the corner of Welch and Island; 766-5100; [www.innpeaks.com](http://www.innpeaks.com).

**Vacation Assistance**

- **ISLAND TIMES**
  - Pages 10 and 11.
  - The story island vacations should be
A Pun, My Word! Picnic Fare  By Cevia Rosol copyright 2008

Across
1. Gobble up (with donut) picnic fare, perhaps
6. It's foul din-...
10. ll eu d
14. Pknktool, perhaps
15. Whut may play a part in your picnic sandwich?
16. Orttn (olfowtd br ac.lUU('t
17. Hnthgtnut
18. Buss
19. Toscany
20. Animal territory
22. Ida ..., pioneer of chronic stress management
24. Knowsches to his friends, perhaps
25. Rapper to take on a pirate?
27. Creator of The School for Wives
29. Takes exception to
32. Jojoba
33. Japanese multi-national IT company
34. Nuty-ginics
35. Human society (acronym)
37. Relatives who come uninvited to a picnic?
41. Tucked away at picnic
42. Mountainous region of the moon
44. Uranates sculp left at the picnic, perhaps
45. Some armadillo mechanisms, for example
48. Hacks
49. Scud
50. ... Hill, trendy San Francisco area
52. Bought together for a picnic?
54. Is he running at a picnic, what do you try to do?
57. Quo ...
59. W. Somerset Maugham's Tales and ... on the Shelf in the Cupboard
60. Sweet sandwich
61. One who pays tenth
64. Catalogue
66. Home of Qum
69. Cantos
71. Thomas the teacher of Dharmas
72. Greek nymph deprived of speech
73. Descriptive for works of Poes
74. ... quant violits, motive of North Carolina
75. Viddik for synagogue
76. Prohibitionism

Down
1. Job description
2. Gourdual lyric...mix ben
3. Seed pod
4. Make snow word
5. Exxx-made thru absolute
6. Beltan family address
7. Cosmo fiber
8. Leopold, protagonist of Ulysses
9. The M to CHU (Other may be picnic dessert)
10. Chopstarr's obstet in suicide
11. Sucll if you forgot to bring it to the picnic?
12. ... thanks to response at picnic
13. Put in the ground or on the grill?
14. Ingredient of picnic brisket
15. Kind of market
16. Details, details personality
17. Where you find RNs around the clock
18. Picnic rest
19. One way of getting to the picnic
20. Wild gurn
21. Brus off us to 29 Down, perhaps?
22. Photographer Diane whose subjects were (on the fridge)
23. Private House Companion Guy
24. Shade provider for your picnic
25. Kind of ooker
26. A plus
27. Online business magazine
28. Silver salmon
29. Hall-far ...
30. Swallows way
31. Not up, on a window shade
32. Popular television system
33. Television series starring Sydney Brinson
34. Is buzz
35. Fisherman
36. Third largest Hawaiian island
37. Mata ... WWI spy
38. Found in HOMES
39. Bread and whiskey
40. Nuns ...
41. Which Sally Field won an Oscar
42. Lou ..., two-time prime minister of Cambdla
43. Its moves
44. Solution to last month's puzzle
45. Fishing tackle & pole rental
46. Skateboard department
47. Full service bike repair
48. Cycling accessories
49. aisle to isle

IBRAHIMD AND WYATT'S ReCYCLED BIKE SHOP
Island bike rental
Full service bike repair
Cycling accessories
Fishing tackle & pole rental
Skateboard department
OPEN EVERY DAY THIS SUMMER 10-6
115 Island Avenue, Peaks Island
766-5631

BRAD AND WYATT'S ReCYCLED BIKE SHOP
Island bike rental
Full service bike repair
Cycling accessories
Fishing tackle & pole rental
Skateboard department
OPEN EVERY DAY THIS SUMMER 10-6
115 Island Avenue, Peaks Island
766-5631

This Month's Contributors
Thanks to the following people who volunteered their time and talent to produce this issue: George & Cevia Rosol, Mike Richards, Diana Muday, Jamie Hogan, Cynthia Molin, Chris Hoppin, Fran Houston, Mark Millington, Peg & Art Asztia, Tom Bohan, Arthur Fink, Rebecca Stephans, Bob Waterman, Norm Runlin, Craig Darle, and Mary Lee Wendell Special thanks go to Jack Shallow who supplied us with necessary software just in time!
The Island Times is now on line, thanks mostly to the work of Pat Kelly. Please check us out at www.islandtimes.org

solution to last month's puzzle

ISLAND TIMES
This Month's Contributors
Thanks to the following people who volunteered their time and talent to produce this issue: George & Cevia Rosol, Mike Richards, Diana Muday, Jamie Hogan, Cynthia Molin, Chris Hoppin, Fran Houston, Mark Millington, Peg & Art Asztia, Tom Bohan, Arthur Fink, Rebecca Stephans, Bob Waterman, Norm Runlin, Craig Darle, and Mary Lee Wendell Special thanks go to Jack Shallow who supplied us with necessary software just in time!
The Island Times is now on line, thanks mostly to the work of Pat Kelly. Please check us out at www.islandtimes.org

solution to last month's puzzle

ISLAND TIMES
This Month's Contributors
Thanks to the following people who volunteered their time and talent to produce this issue: George & Cevia Rosol, Mike Richards, Diana Muday, Jamie Hogan, Cynthia Molin, Chris Hoppin, Fran Houston, Mark Millington, Peg & Art Asztia, Tom Bohan, Arthur Fink, Rebecca Stephans, Bob Waterman, Norm Runlin, Craig Darle, and Mary Lee Wendell Special thanks go to Jack Shallow who supplied us with necessary software just in time!
The Island Times is now on line, thanks mostly to the work of Pat Kelly. Please check us out at www.islandtimes.org

solution to last month's puzzle

ISLAND TIMES
This Month's Contributors
Thanks to the following people who volunteered their time and talent to produce this issue: George & Cevia Rosol, Mike Richards, Diana Muday, Jamie Hogan, Cynthia Molin, Chris Hoppin, Fran Houston, Mark Millington, Peg & Art Asztia, Tom Bohan, Arthur Fink, Rebecca Stephans, Bob Waterman, Norm Runlin, Craig Darle, and Mary Lee Wendell Special thanks go to Jack Shallow who supplied us with necessary software just in time!
The Island Times is now on line, thanks mostly to the work of Pat Kelly. Please check us out at www.islandtimes.org

solution to last month's puzzle
July 2008

Star Gazing
July 2008 Sky

by Mike Richards

July is named for Julius Caesar, who was born on July 13, 100 BC and died on March 15, 44 BC. He invaded England, invaded Gaul (France), and in August of 52 BC, he invaded Spain.

By contrast, Jupiter will be hard to miss in the western sky. You can find it within 1° of the Sun, giving us 15 hours and 35 minutes of daylight. The Delta Aquarid meteor shower peaks this month, but it’s probably not worth getting up early for, as the meteors will be few and far between.

July 29: The Moon at perigee again, so tides are building.

July 31: Saturn is at 3°-29 a.m. and stands at 8°55 a.m., so we’ve lost 47 minutes of daylight this month alone. Grateful for weekends while we may!

Illustration by Jamie Hogan

Call to see these and many other great Peaks & Portland listings.

Rhonda Berg
756-3450
$281,300, Sunny, pristine, winterized with lovely views 7 rm/3bdrm/2 bath.

Ellen Mahoney
776-0327
$633,000 Antique cape in business zone, legal 2+1, views of Portland skyline, large, beautiful lot.

$357,000 Views of Whitehead from this lovely, year-round home on a corner lot.

$275,000 sweet winterized cottage in quiet, yet convenient location: 3 bdrm/1 bath.

$105,000 1/3 acre; Septic design and building plans done.

Harborview Properties

www.harborviewproperties.com

Summer is here.
Come check out what’s new!

- Maine Bank and Trust branch
- Expanded outside seating with ocean views
- Summer Menu
- Casco Bay Brewing Co. cask system
- Live music on the weekends

The Inn on Peaks Island
33 Island Avenue, Peaks Island
207.768.5100 www.innonpeaks.com
The Island Times would like to apologize to its readers for the following errors in stories that ran in last month's issue:

In the RACE FOR ICE CREAM story, the boys' last names were misidentified, and some of their names were misspelled. Here is the picture with corrected identifications (we hope).

In the story on the Peaks Island Council, the on-call emergency response team was incorrectly identified as CERT. Although both groups are trained in emergency response, the on-call volunteers respond to fires and medical emergencies while CERT members are trained to handle island-wide disasters such as hurricanes, flooding, and terrorist attacks. In addition, reference to the police force as being "new" was apparently misleading. Several members of the police force have been stationed on Peaks Island before and are not new to the island. The reference was to the particular combination of officers currently on staff.

FINALE: The best of the local talent on stage for the judges final awards.

In the story on the Peaks Island Council, the on-call emergency response team was incorrectly identified as CERT. Although both groups are trained in emergency response, the on-call volunteers respond to fires and medical emergencies while CERT members are trained to handle island-wide disasters such as hurricanes, flooding, and terrorist attacks. In addition, reference to the police force as being "new" was apparently misleading. Several members of the police force have been stationed on Peaks Island before and are not new to the island. The reference was to the particular combination of officers currently on staff.

Report Sales at the PITA Garage Sale

By noon, Manager Dave Nowers said they had earned well over $1,000, already $200 more than last year. His wife Jen, a bundle of energy who organizes and manages the sale each year, along with her husband, calls it a "community fed garage sale." You see the same stuff over and over.

To prove it, she plucked an item from a nearby table and said, "I've seen this four times. The Jester Pug night light" but then Josh Lynch came up to talk to her. When he saw the right light he told her that originally it was his, and then after a while he decided to buy it back. So after spending

Meet the Jester Pug night light at the end of its four-year career in the garage sale booth.

The Islands Pool Kazoo and Bubble Brigade in action.

The next day, I ran into Josh, who told me that at last count they'd collected over $3,000 for PITA. He said in again, "Over three thousand dollars," and then he whispered, "for other people's junk."
Peaks Island and Outer Green Kayak Race

HOSTED BY TOM AND JUNE BERGER, JOE AND SHIRLIE DUPONT

Paddlers head out to the starting line near the boat docks at the Plame facility to begin the Peaks Island race.

Sometimes around 10:00 a.m. Saturday, Tom Berger gathered up the racers, who came from as far away as the Caribbean, to explain the route. "Of you know each other," he began. Later I asked him if the kayaks are accompanied by a power boat for safety reasons. "We leave them pretty much on their own," he said.

Among the crowd was Jonathan and Anne Rose, who raced in the Peaks leg in a two-person kayak. Anne says she always rides in back, "so he can't watch me," Jonathan is Chris Roberts cousin.

Tom Berger explaining the route at the pre-race meeting Saturday morning.

Andrew Binks of Kennebunk says this is one of the best races on the coast. He races a style of kayak called a surf ski, which is long and narrow, with an open cockpit that makes it something between a canoe and a surfboard. Surf skis are so narrow that there's not much that they can actually in the water, and are easily tipped over. It's a lot like riding a bicycle, says Andrew. "But it's no big deal falling off on a day like today."

Thick fog rolled in immediately after the start of the Outer Green race, blinding landmarks on the route and turning the race into a serious affair. Of the twelve initial entrants, one dropped out before an hour was up, and a little while later another five were missing. "The time lost at sea may apply today," someone said.

At just under two hours Tom spotted the winner coming in. "Look at that stroke rate!" It was Ken Cooper who had not slowed measurably since bursting away from the pack at the start. Five minutes later two more came in, and by the two-hour mark all but one had landed. In the hull that followed it became clear that

Winners of the Peaks race: Tom on the cell phones "I'm looking for Dr. Bob. Have you seen him?"

may apply today," someone said.

At just under two hours Tom spotted the winner coming in. "Look at that stroke rate!" It was Ken Cooper who had not slowed measurably since bursting away from the pack at the start. Five minutes later two more came in, and by the two-hour mark all but one had landed. In the hull that followed it became clear that

Outer Green winner Ken Cooper maintained an estimated speed of seven knots from start to finish.

Bob Wright, who had won the race around Peaks, might be lost. Tom called around on his cell phone, "I'm looking for Dr. Bob. Have you seen him?" Finally, after two hours and twenty minutes of paddling around, sometimesaimlessly, Bob emerged from the fog. "I spent a little time looking for Outer Green," he explained.

PANCAKE BREAKFAST: At the Lion's Club inside and out. At last count, donations for the breakfast came to around $1,700, but nobody's gotten around to counting how many eggs, garbage bags, and boxes of pancake mix they went through yet.

PANCAKE BREAKFAST: At the Lion's Club inside and out. At last count, donations for the breakfast came to around $1,700, but nobody's gotten around to counting how many eggs, garbage bags, and boxes of pancake mix they went through yet.

The Red Sox vs. Yankee game got rained out by a ferocious thunderstorm that kicked up just as the game began. The storm knocked out power on the island for nearly two hours.

At the Eighth Maine, Dick Adams was celebrating his 80th birthday with a dance party when the storm struck. The Whiskeyjiggles band he hired for the event had to improvise for a while until Rick Caron arrived with a generator and got them plugged in.

Some people preferred the acoustic jams to the plugged-in version, which included the saxophone work of Garry Fox and Jackie Clifford, Faith York on piano, and an unidentified man playing washboard.

Late that evening Dave Gagne and his East West Radio band played their unique style of original Rock Reggae at the Inn, and with that, the seventeenth annual PeaksFest came to an end.
COMMUNITY NOTES

AT THE GEM GALLERY

Five Peaks Island Artists Fill the GEM Gallery with Pottery, Painting, Fine Prints and Photography in July. Summer at Peaks Island's GEM Gallery means weekly shows by member artists, opening on Thursday nights and running through the following Tuesday. Joining to fill display stands and the walls are potters Rick Boyd and Patricia Williamson, printmaker and painters Jane Basqueser and Jeanne O'Toole Hayman and photographer Victor Romanowsky. Join islanders and friends for the opening or make a picnic day of island art.

July 11

More than 20 Peaks Island artists will exhibit at the 5th annual Color of Peaks Art Show, opening with a reception July 11 from 6-8 at the TEIA clubhouse. The Friday night reception and Saturday 1-4 shows open to everyone. In addition to featuring paintings, drawings, photography and sculpture, the show has expanded this year to include ceramics and pottery, according to event chairperson Jeanne Gillivers. Artists are encouraged to exhibit works that vary in size and price ranges, making great work by local artists available more to islanders. "I like to think of it as a Christmas in July event," says Gillivers, "because it's a great opportunity to purchase works of friends and family who love Peaks Island—to support the artists who work on Peaks.

All donations continue to help build a wine and tapas reception during the opening night reception to support the Friends of TEIA programs, which include funding for field trips for grade school children to participate in art, sailing and other activities at TEIA.

Schooler Fare 25th Anniversary Concert July 19

Celebrate 25 years with Maine's own Schooler Fare on the ir irrepressible duo perform new and classic songs July 19 at the TEIA clubhouse. Schooler Fare is known for distinctive harmonies and energetic performances, led by a healthy dose of Down East humor. Come early and plan on the lawn beforehand, and BYO beverages and snacks for the performance. The doors open at 7 p.m. and the concert begins at 7:30. Tickets are $25 for a reserved table seat, or $20 for open space. Tickets are available by calling Stephanie Castle at 766-3252 or e-mailing schooler@peake.com.

Free Baby Sitting Certification Class August 3

Girls and boys between the ages of 10 and 13 are eligible for a free Red Cross Baby Sitting Certification course, sponsored by the Friends of TEIA. The all-day course, which helps prepare young people for the responsibility of looking after younger children, will be held August 3 at the TEIA clubhouse. Advance registration is required because class size is limited to ensure that each participant gets the maximum benefit from the training. Currently there are openings. Call Stephanie Castle at 766-3252 or e-mailing schooler@peake.com for information and availability.

MARYLAND STATE "BOYCHOIR"

July 14 at the Brackett Church, in a return engagement. FREE. A few years ago the Boys Choir, whose members range in age from nine to nineteen, performed to a standing-room-only crowd at the church. This year the choir is smaller with only thirty-five members, but they still make a big, joyful noise. Sponsored by Peaks Island Music Association (PIMA). Anyone aware of any way to put a few of the boys or their choir to use for the night, please contact Faith York at 7567.

AT THE FIFTH MAINE

Summer Evening Programs

Wednesday evenings at 7:30 p.m. A $5 donation requested.

July 2, Michael Conti, Professor of History at St. Joseph's College, will discuss the early life and military history of commission officer John Ford, who spent most of his childhood in Portland and on Peaks Island.

July 16, Howard Wright Sr., Coordinator Emeritus of Counseling Services at U Maine, Cooperating Professional, will speak about growing up on Peaks Island in the summers of the 1930s and 1940s. His talk will include memories of the giant lighthouses, the cutters and the island children who frequented the Fort.

July 30, "Eat Your Own Backyard," a presentation workshop by science teacher and New England expert Barbara Austin on how to work with the outdoor environment and cat edible plants that grow on Peaks Island, as well as the uses of other locally harvested plants.

Special Event, July 15 at 1:00 p.m., Author Jean Mann Will be reading from her new book "Billy Boy: The Soldier of the 17th Maine," an account of Pvt. William Laid's experience in the Civil War.

Songwriters by the Sea series continues July 19 with phil dalgren, July 26 with stan buck and michelle lewis.

Peaks Island Music Association's Summer Concert Series, Wednesday evenings at 7:30 p.m. at The Hutchinson Inn. For information call 207-776-3673.

Maryland State Boychoir, at the Hutchinson Inn, July 9. The Uncalled Four, a capella ensemble will perform classical pieces from the Renaissance period to the Modern era in French, German, Italian, Latin and English as well as traditional spirituals, folk songs, pop numbers, and a few well-chosen humorous, often satirical original pieces.

July 23, Annual Peaks Island Musicians (PIMASA) Festival, features Peaks Island composers and choirs young and old, with anything from fiddles to guitars, saxophones, trombones, pianos and oboes.

House Tour Saturday, July 26, 10:00 to 3:00 p.m., Self-guided tour. This home recently renovated by Peaks Island. A few tickets will be served at the Maine from Noon to 2:00 p.m. Tickets $15. Tour only 10:00 a.m. tour and lunch. Call 766-3065 for tickets and information.

Breakfast by the Sea, Sunday, July 27, 8:00 a.m. to 11:00 a.m. Buffet breakfast with eggs, pancakes, Canadian bacon, beans, fruit, juice, coffee and more served in the seaside dining room or on the veranda. Adults $14 under $12.

HOUSE ISLAND TOURS OF FORT SCAMMELL

In celebration of the Fort's 200th anniversary residents of House Island are hosting "Behind the Wall" tours of Fort Scammell. Part of the original 1814 wall has recently been excavated, and vine weed has been cleared from the gun emplacements for better viewing. Fort Scammell was built in 1814 to guard against a British attack before the War of 1812. It was an important fort in the defense of Portland harbor, and the site of the surrender of Fort George in 1815. The fort was abandoned after 1820 in favor of the larger Fort Preble.

Early last month, piano restorationist Charles Bart began work on an 1876 Emerson square grand piano that the owner intended to throw away if it were not taken off his property. It has been in the San Souci home on Peaks Island longer than anyone remembers, and came with the house when it was purchased.

The square grand style has all but disappeared after being very popular in American homes after 1820. A square grand is the sound quality of upright pianos made them less attractive. Dealers also initiated a sales campaign to get rid of uprights at lower prices, and pianos were made smaller at a nominal price and destroying them in order to increase demand for the new, improved upright. According to Bart, many cabinet makers of the time specialized in quitting square grands and converting the cases into ladies' secretary desks.

POLICE SERVICE CALLS ON PEAKS ISLAND

JUNE 2008: 31 Calls; 1 Arrest

June 3 8:01 AM Island Traffic Post 4:20 AM No Address Listed Intoxicated

June 3 3:41 PM NAL Roughly

June 4 9:20 PM NAL Complaint

June 5 8:20 PM NAL Disorder

June 6 1:15 AM SSS Seabrook Local Party

June 6 8:13 AM Central Animal Control

June 7 8:34 AM Central Motor Vehicle Theft

June 9 8:30 PM NAL Motorized Bicycle

June 10 8:30 PM NAL Raupog Allegation

June 11 2:57 AM 50 Lumber Fire

June 12 1:33 AM 50 Lumber Fire

June 16 12:34 PM 50 Lumber Fire

June 17 12:34 AM 50 Lumber Fire

June 19 4:34 AM 50 Lumber Fire

June 21 8:45 PM Oak Lawn, Open Door Window

June 23 4:02 AM NAL Police Check

June 23 10:50 AM 50 Lumber Fire

June 26 10:20 AM 50 Lumber Fire

June 26 8:30 PM NAL Motor Vehicle Theft

June 28 8:00 PM NAL Theft (Arrest)

June 30 8:00 PM NAL Theft/Non-Theft

June 30 7:43 AM NAL Theft

June 30 9:52 AM NAL Theft/Non-Theft

June 30 10:50 AM NAL Theft/Non-Theft

JUNE 2008 TIMES
Eric Sideman comes to Gardeners of Peaks

MOFGA Crop Specialist gives advice on composting and soil care

by kevin attias

According to Norm Raulston, Eric Sideman is the technical expert at MOFGA, the 6,000 member Maine Organic Farmers and Gardeners Association. "He always gives good advice," he says, having known Sideman for some time now. He called Eric earlier this Spring looking for advice on composting, and ended up inviting him to speak at the Peaks Garden where the MOFGA expert presented information on composting and organic soil amendments on June 12.

Formally at Bates College where he taught botany and plant ecology, Sideman is MOFGA's Crop Specialist, and became the organization's first extension agent when the position was created in 1985. He has given technical advice to farmers, gardeners and consumers about organic farming methods, and spends most of his time at the computer answering e-mails. It's all free and available to anyone. "You don't have to be a member." of MOFGA, he says.

Sideman calls himself an environmentalist, although he has degrees in agriculture, plant ecology and a PhD in botany. "In some degree organic farming started as an environmental science," he says, which began in the 1940's when the use of synthetic fertilizers became widespread. According to Sideman, people stopped adding organic matter to the soil and tremendous plots of land started going downhill.

As strange as it may sound, he blames the invention of the tractor on adding to the problem of soil depletion, because with it, farmers stopped using horses whose manure would put a tremendous amount of organic material back in the soil.

"Using synthetic fertilizers doesn't benefit the soil," according to Sideman, "it only benefits the crop. Because synthetic nutrients are water soluble they are quickly absorbed by plants or washed away, which does nothing for the earthworms and bacteria in the soil. Over time the land can become useless for growing crops. Soil becomes less and less important when you're farming with synthetic fertilizers. You don't even need to fertilize the soil, he says, "except to hold the plant upright as the leaves face the sun." Hydroponics, which uses water as soil at all, is the ultimate example of this type of farming.

Organic farming is designed to take care of the soil, and treat it as an essential part of the biological system we call the food chain. "There are actually three concerns at the heart of organic farming," says Sideman - to prevent soil depletion, to eliminate environmental pollution caused by the use of synthetic chemicals, and to produce healthy food.

"There are sixteen essential nutrients that crops use," says Sideman, "and more that end up in crops that they're not using, but which we need at concentrations." As a rule, these micro-nutrients are not provided by synthetic compounds, so farmers who rely on bags of "N-P-K" to keep their crops growing may be growing food that becomes less and less nutritious overtime.

In 1990 the U.S. Farm Bill required the Department of Agriculture (USDA) to develop standards for organic farming, which resulted in the National Organic Program (NOP) fall 2002. They did a surprisingly good job in supporting what was historically considered organic before, says Sideman. The NOP regulates all aspects of organic food production from crop rotations and methods for disease control to the kind of packaging that may be used in order to call food "organic".

MOFGA is one of several organizations across the country that have been accredited by the USDA to enforce the rules of the NOP. "MOFGA standards," says Sideman, "are really the NOP rules turned into human language instead of legal language."

In his June 12 Garden Club presentation he hoped to get people to think more about taking care of the soil, rather than just the crops they plant. "Thinking about each year," he says, "their soil gets better and better, and so they pass on a better garden to the next generation." Crop rotation is one of the key elements relied on in the NOP rule to ensure that the soil stays healthy and able to sustain crops indefinitely. "You can't just grow potatoes, you have to rotate," he says.

"Composting is another way to do this," he says. Matching leaves with beets is particularly useful because leaves contain minerals and nutrients that are extracted from deep under ground by the roots of beets, and would otherwise be unavailable to the plant. "Always have something growing," he stresses. "The worst thing for soil is bare ground." Using cover crops like clover on bare ground will protect and replenish the nutrients when the soil is not being used for crops.

Sideman says that some of the richest soil in the state is in Aroostook County where land can be bought at $30 per acre. The Maine-based Boreal's Breads company uses wheat grown and milled by Matt Williams at Aurora Mills in Limestone. According to Sideman, Williams has organized the local potato farmers to coordinate their annual crop rotations, which use wheat and rye dinner in the alternate seasons, so that collectively they can produce both wheat and potatoes every year.

Each year, Sideman explains, he gets invited to give a fair number of talks, even though he doesn't go looking for them. In his work as an extension agent for MOFGA, he works closely with universities in Maine, New Hampshire and "a little bit in Vermont," as well as other farming organizations throughout the country, and has been on WERU in Blue Hill and WMPG in Portland.

In addition to degrees in agriculture and botany, Sideman has studied soil science, ecology, agroecology, entomology and plant mythology. "I like to say I have probably taken one course in everything, and two courses in nothing." If you have questions about organic farming, or plant mythology for that matter, he can be reached at at sideman@mofga.org.

---

Announcing Casco Bay's First Island Bank Branch!

In the Lobby of The Inn on Peaks Island

Initial Hours:
Mon - Fri: 9:00 am - 3:00 pm
Sat: 9:00 am - 12:00 noon
ATM: 9:00 am - 11:00 pm (Inn hours)
Access to Maine Bank & Trust's full array of Personal and Commercial Banking Products and Wealth Management expertise

Maine Bank & Trust
1-877-988-1747 • www.mainebank.com

Wake Islands Grand Opening
July 1, 2008 4:00 pm
desk, or slicing them off just above the joints to make out of rare materials, with a Brazilian nut. It was the year General Custer and his forces were destroyed at the Battle of the Little Bighorn.

In 1876 when the basketball, typewriter, telephone, and steam engine were all made the debut at the Philadelphia Centennial Exposition, which was also where you could climb up to the teahouse inside the right arm of the Statue of Liberty. The 500 million-price aid fund helped its completion.

The piano, known for its form, but is also made out of rare materials, with a Brazilian rosewood cabinet and genuine ivory keys. But after the piano was placed to let such a valuable piece of history be seen to the fullest, for more information contact Charles Burr at 727-2133, or Fred Broughan at 766-9954.

CASCIO BAYKEEPER

CASCIO BAYKEEPER INITIATES REMINDER CAMPAIGN

Starting in late June, signs on the back of two natural gas-powered METRO buses this summer read, "What a difference a Bay makes," to remind visitors and residents alike of the value of Casco Bay to the community. Casco Bay generates over $450 million annually from tourism, recreation, and agriculture.

The signs were provided by Friends of Casco Bay, which works to improve and preserve the region's watersheds, and Casco Bay through advocacy, education, collaborative partnerships, water quality monitoring, and other scientific research. The ad was designed pro bono by a creative team at Swallowtail Marketing Group from Portland, along with Anna Swallowtail, Giana Caratelli, Mike Collins, Mandy Moore, Rob Oliver, and Charlie Jacobson, with art direction from Oakbrush Design.

For more information about Friends of Casco Bay and the Casco BAYKEEPER, visit www.cascobay.org.

No Flies, Insect Pick-up

City budget cuts have eliminated this year's Heavy Insect Pick-up for Peaks Island. Large items must be brought to the transfer station, which may be a charge for residents. (This strikes me as an opportunity for someone to offer an important service and make a little money....) The city has promised to make resident pick-up passes available at our transfer station.

Recycle More

We can improve our recycling rate! We save money in waste handling costs, recycling costs, and our wallets. For doing your part.

PILP ANNUAL MEETING JULY 31

The Peaks Island Land Preserve (PILP) will hold its annual meeting on Thursday, July 31 at The Fifth Maine from 6 p.m. to 8 p.m. The meeting is open to the public. This year the PILP will be focusing on the importance of land management (including fire mitigation practices) and improving land stewardship. All members are encouraged to attend.

A Report on the Peaks Island Police Force

BY TOM ROBINS

During May and June, Bob Hurley and I, as members of the Public Safety and Police Committee of the Peaks Island Council, met with the eight police officers assigned to Peaks Island.

The meetings were two on two, and the officers were very gracious in spending up to two hours at a time with us. Some of them also spent their personal time on the island to find out what it's all about.

Since people respond differently to different personalities, everyone, and especially organizational sets of responsibilities, the benefit by knowing the entire range of resource available to the police and knowing the officers by the name. The teams in particular order are: Pat Connolly and Bob Laubach; David Rose and Lee Smith; Randy Richardson and Tom O'Connell; Cynthia Rampy-Taylor and Chris Hawley.

Officer Connolly and Laubach are the two newest members of the Peaks Police.

Enjoy, Cevia

Peaks Island Land Preserve (PILP) will hold its annual meeting on Thursday, July 31 at The Fifth Maine from 6 p.m. to 8 p.m. The meeting is open to the public. This year the PILP will be focusing on the importance of land management (including fire mitigation practices) and improving land stewardship. All members are encouraged to attend.

A Report on the Peaks Island Police Force

BY TOM ROBINS

During May and June, Bob Hurley and I, as members of the Public Safety and Police Committee of the Peaks Island Council, met with the eight police officers assigned to Peaks Island.

The meetings were two on two, and the officers were very gracious in spending up to two hours at a time with us. Some of them also spent their personal time on the island to find out what it's all about.

Since people respond differently to different personalities, everyone, and especially organizational sets of responsibilities, the benefit by knowing the entire range of resource available to the police and knowing the officers by the name. The teams in particular order are: Pat Connolly and Bob Laubach; David Rose and Lee Smith; Randy Richardson and Tom O'Connell; Cynthia Rampy-Taylor and Chris Hawley.

Officer Connolly and Laubach are the two newest members of the Peaks Police.
Experience the Spirit of Peaks Island

Island Tours

See and hear the rest of the story...

207-766-5514  $10-$15 peaksislandtours@yahoo.com

NEW CONSTRUCTION

Ralph W. Ashmore
20 Welch Street, Peaks Island, ME 04108
www.islandrealtymaine.com, 207-766-2981

PEAKS ISLAND VETERINARY SERVICE, LLC

Barbara Dunkholder, DVM
House Calls & Office Visits

191 Island Ave
Peaks Island, ME 04108

1-207-766-2426
By appointment only

THE EIGHTH

A living museum and lodge
Room and ball rentals & rates
Come for a awesome stay or tour
13 Eighth Maine Ave, Peaks Island, ME 04108 off Portland
(207) 766-9086 www.eighthmaine.com eighthmaineinfo@att.net

2008 Island Phone Directory
Covering 7 Casco Bay Islands

Available online at www.phonebookpublishing.com, and The Boathouse/Long Island, Hannigan's Island Market and GHM Gallery/Peaks. PMI or wholesale opportunities call 766-9997.

whole dog camp

Board and Training
Operant conditioning, positive reinforcement

207-766-2390
For more info:
www.wholedogcamp.com

207-766-2390

ROBBIN CARR

Licensed Massage Therapist

For an appointment call:
207-766-2063 or 207-712-6907/cell

YOGA ON PEAKS

REBECCA JOHANNA STEPHENS

CALL FOR CURRENT SCHEDULE OF CLASSES

766.3017

ALSO OFFERING:
PRIVATE YOGA LESSONS
BEGINNER YOGA
HEALING TOUCH

source your contentment from within

YOGA ON PEAKS

and Painting Company

Carpentry - Interior/Exterior Painting

Michael Langella
382 Pleasant Ave, Peaks Island, Maine
(207) 766-3067 (home)
(207) 632-8229 (cell)

www.pondcovepaint.com

Free Delivery

to the Boat

305 Commercial Pkwy
874-6937

Macey Orme
766-5909

Weidemann
Carpentry, LLC
766-3030

For subscription information contact us at:
www.islandtimes.org
Fifth Grade Farewell Assembly 2008

Charles Winkelman
In twenty years: software engineer. Advice: "Pay attention to the teacher."

Daisy Braun
In twenty years: artist. Advice: "Always bring your homework."

RIGHT: Charles performs a piano solo during the assembly. FAR RIGHT: Charles and Ezra reading the poem "Weave"

Ezra Cassis
In twenty years: race car driver. Advice: "Bring in your homework every day."

The American Legion Essay Awards were presented by Bob Willwerth to Chiara Morabito (third place), Dustin DiBiase (second place), and Daisy Braun (first place). The award, for the best essay describing what it means to be American, has been given to graduating fifth graders for over twenty-five years. In his closing remarks, Mr. Willwerth gave recognition to all seventh members of the class, saying "In my book, they're all winners."

In a tense moment, (left to right) Ezra, Dustin, Nirmala and Chiara.

Annika Erikson
In twenty years: snowboarder or Olympic skater. Advice: "Be yourself. Respect yourself and your teachers."

LEFT: Annika receives the Presidents Award. FAR LEFT: Daisy and Annika present flowers to special friends and family.

Dustin DiBiase
In twenty years: policeman. Advice: "Listen to the teacher or there will be consequences."

LEFT: Nirmala giving flowers in appreciation of staff and parent. FAR LEFT: Nirmala's wish.

The ceremony began with the Pledge of Allegiance


LEFT: Nirmala giving something of herself to an underclassman. FAR LEFT: The girls gave a musical performance.

Chiara Morabito
In twenty years: teacher. Advice: "Be yourself and everything falls in place."

Gue.JII llpe.aiker George Rosol (left), who said he respected the kids so much that he borrowed the suit and tie he was wearing, used thread from a sailcloth to illustrate how each student is an essential part of the community fabric. "Work hard, play hard, live in peace," he concluded, "and someday you too can be a school van driver." LEFT LEFT & CENTER: Kids play with the string. RIGHT: Addressing the class...

Each student received a dictionary donated by the library.

Chiara leaves something of herself to an underclassman. FAR LEFT: The girls gave a musical performance.