PICK quotes three HomeStart projects to the city.

BY KEVIN ATTRA

In a regular meeting lasting nearly four hours, the PIC voted on May 27 to recommend that the Portland City Council approve all three projects. The 4-unit condominium on Island Avenue would be converted into affordable housing. Each of the three projects are unique and require variances because it is located on the exclusive 4-unit condominium on Island Avenue. The small plot of undeveloped land on Pleasant Avenue would receive a single-family Habitat for Humanity home; and the 16,000 square foot lot on Luther Street would be subdivided into three single-family homes.

Only the Luther Street project drew any real debate, albeit moderate, with compelling arguments from both sides. Those in favor, like Councilor Mike Langella, argued that it had the most realistic potential on the island for conversion to affordable housing because it has access to public water and sewer service, and is an easy walk to the ferry, post office and marketplace.

In additio, some councilors, like Tom Bonan, Bob Hurley and Elizabeth Stout argued that the PIC had no real authority in the matter and should pass the issue on to the City Council where it could be resolved in public comment. But residents who live in the neighborhood raised questions about the wording of the variance, which called for the creation of two affordable homes, because it did not make any mention of the house that already exists on the property. When it was clear that the parcel would actually end up with three homes on it, several councilors felt silent and seemed to reconsider.

Another consideration, according to resident Tom Bonan, that approval of the contract variance would effectively change zoning throughout the island. As it stood, he said, it would allow homeowners with more than 10,000 square feet of land to slice off lots for affordable housing and still keep their home at market value. "Is that what you want?" he asked.

In the end, the council voted 5 - 2 in favor of the motion, amended to read "three affordable homes," with councilors Lynne Richard and Mike Richards opposed. The other two projects were approved unanimously by the council.

Councilor Rob Tiffany had carefully worded the motions supporting the HomeStart variances, but each were amended at the meeting to specify that the project in question was solely designed to create affordable housing, and to define affordable housing as anything costing less than 120 percent of the area median income, which in Portland amounts to about $35,000 a year according to the U.S. Census Bureau.

By the time the Luther Street motion came before the council, both amendments were accepted as boilerplate and quickly approved without any discussion.

The PIC’s approval now gives HomeStart the go-ahead to start the expensive, lengthy and complex application process, which is expected to take from six months to a year to complete, according to Councilor Tiffany and thePIC’s motion were designed only to support them in that process; nothing was said about the projects themselves.

"Until we know what kind of structures they’re planning, we’re shooting in the dark," he said. "That’s why the motions reserved the council’s right to make additional input once the site and building designs are final."

According to HomeStart President Jane Banquer, the purchase of the condominium on Island Avenue is contingent on whether HomeStart can obtain a variance. She admitted to the council that it was "putting the cart before the horse," but said HomeStart couldn’t afford to buy the property without it.

Given that there is apparently a time restriction on the Luther Street redevelopment as well, Banquer said that HomeStart will probably apply at once to the City Planning Board for variances for both properties. She added that Habitat for Humanity is in the process of getting its resources together — workers, materials and money — which will take some time, so the variance for Pleasant Avenue can wait.

With the ball in HomeStart’s court, it will need to run with it because there are a lot of obstacles still to come. Once the application process starts, it goes through a public notice period, then public hearings, one or two workshops, and finally a vote by the Planning Board. It it passes there, then it goes to the City Council for another round of debate and review.

As an added difficulty, according to Councilor Langella the PIC can revoke its approval at any time. Although that’s not likely to happen with the current set of members, the composition of the council may change after elections in the fall. Langella said the PIC’s approval was "only at this particular time, only with this particular council."
Greenland Kayaks

On a warm, sunny day in late October, Eric Eaton was in Sharon DuPont's backyard helping her put a new skin on a kayak she'd inherited from John Chalfand, who'd built it for his son when the boy was 10. He'd since outgrown it.

By the time Sharon got the boat, it had a wasp waist in it and the cloth shell had rotted from moisture. Fortunately the frame was still intact, so they were recovering it with ballistic nylon, the kind once used in bullet-proof vests before Kevlar was developed. It doesn't rot.

Chalfand built the kayak in a traditional West Greenland style, with a light frame of local ash and oak covered with cloth, although the Inuits traditionally used seal skin.

"Actually they use nylon and canvas now too," said Eric. "There's so many of these in Greenland now - not so much for hunting as for sport - but seals are too precious for them to use the skin."

"If you look at any modern kayak," he said, "it's essentially based on this design. There's really not that much that's changed in the last 1,000 years." It took Eric between 80 and 120 hours to build his, he thinks, which includes cutting the frame parts, bending and lashing them together, skining the boat and waterproofing the shell. "If I didn't have a day job, I would have been able to do them a lot faster."

He built his first kayak when one was stolen three or four years ago. Apparently, there wasn't enough insurance money to replace it, but enough to buy the materials to build one. "What I ended up with was something that was lighter, more maneuverable, fit my body better than any other boat I could've gotten. So from that point on I decided I'm just gonna build boats from now on. I'm not going to buy them."

Since then, he's built five. "When you build a boat, you think, 'Well, next time will be a little different.' You're always thinking about your next boat."

He waterproofs them with two coats of a catalytic polyurethane, which dries like epoxy in half an hour. When finished, the kayak weighs less than a bicycle. Eric said it can hit rocks and land on beaches just like any plastic boat. "I have one that's been in the water for three years now, and I pretty well abuse it, and it's not showing any signs of having to be re-skinned."

"The wood frame inside won't rot either, oddly enough," he said, "because the salt water kills molds and mildews and stuff, so it's really a fairly durable boat."

Each boat is fitted like a tailored suit, measured in terms of height, weight, arm length and hip width. "I've got my inch of water line," said Sharon, a minimum required by the rules of competition rolling. "The less boat there is, the easier it is to roll," she said.

Both Sharon and Eric use their Greenland kayaks mainly for roll training, and rolling competition is a popular sport among kayakers. It's also highly structured, and winning is based on speed and precision.

Sharon wears a spray skirt she calls a "Tweety". It resembles a South Park hoodie made of welded nonpropec and it covers everything from the waist up except her face. Seated in the cockpit, she will wedge the skirt under a rope, which is right enough to seal out water, allowing her to survive upside down in freezing temperatures for as long as it takes to get right side up again.

"I'm really hell-bent on getting these in the water before the snow flies," Eric said in October. "Once they're done, we can paddle in the winter, we just can't work on them."

And paddle they did. Sharon and Eric planned to practice through the winter, but Sharon was a little nervous about the freezing conditions.

"You're not gonna roll in winter; Eric had said then, "but you could."

"I could," she agreed.

"If you're crazy enough," I said.

She laughed and said, "We're going to Florida." I'd thought she was planning to practice here. She finally did in May.

"In the next couple of years - and I hope I can get some help with this," Eric said, "I'm going to build a skin-on-frame, a new kayak."

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above: Eric sews up the canvas along the bow section of Sharon DuPont's kayak. They applied the nylon skin by wrapping it tightly around the hull and anchoring it at each end. Then they wrapped it tightly around the hull and sewed it together in a fat welt that ran down the center of the boat.

In early May Eric and Sharon practiced rolls down front. Above: Eric rolls through the water (from left to right) executing a controlled, slow roll which he says to be competitive-legal must end in the exact same position it was begun. The water temperature was around 40° F that day.

Pleas see KAYAK, page 20
Swine Flu update

REPORTED BY KEVIN ATTRA

According to the Maine Center for Disease Control, as of May 23 there were nine confirmed cases of H1N1 influenza (Swine flu) cases in Maine: three adults and one youth in York County, two adults and two youths in Cumberland County, and one youth in Penobscot County. All cases were recovering or had recovered as of that date.

In a telephone interview, the director of Peaks School Health Center said there were no confirmed cases on Peaks Island as of May 25.

Public health officials, school nurses and school administrators in Portland are working closely with the Maine CDC to minimize the spread of the disease. Radis recommends that people follow CDC guidelines concerning the disease, which basically amount to using common sense:

- Cover your coughs and sneezes with a tissue or sleeve; wash your hands with soap and water, especially after you cough or sneeze; avoid close contact with sick people; and if you get sick, stay home from work or school and limit contact with others to avoid infecting them.

In April, Portland Interim Superintendent Jeanne Whynot-Vickers advised Portland Public School employees and parents about preventative measures that have been undertaken in the public schools.

Symptoms of H1N1 influenza are flu-like: cough, fever over 100° F, body aches, sore throat, congestion and runny nose. The disease is primarily spread when infected persons cough or sneeze, from contaminated surfaces when a person touches their eyes, nose, or mouth.

Charter Commission elections to be held June 9

BY KEVIN ATTRA

The City of Portland will hold a citywide election on Tuesday, June 9, to elect nine members to the 12-person Charter Commission, which will review elements of the City Charter to determine if any changes should be made to governmental procedure in the city. One change already under consideration is whether the mayor should become an elected official, or continue to be appointed by the City Council.

Five district representatives and four at-large members will be added to the three existing Charter Commission members, Pamela Phumb, Naomi Merman and Thomas Valleau, who were appointed by the Council last year. The commission was created after being approved in last November's election, and is charged with engaging the public for a review of the City Charter and bringing any suggested changes to a citywide vote.

All residents of the City of Portland are encouraged to vote, and can register to vote in person at the City Clerk's office or at their polling place the day of the election, which will begin at 7 a.m. to 8 p.m. (Absentee ballots are available upon request and can be returned to the City Clerk's office in City Hall from 9 a.m. to 4:30 p.m.). For more detailed information, contact the City Clerk's office at 874-8677. Further information about the Charter Commission and the current candidates is available at: http://www.portlandmaine.gov/chartercommissions.htm. A meeting will be held during the day of the election, which will be posted to the City Clerk's website.

Cliff Island lost its polling station earlier this year, and voters should have received a postcard from the City Clerk in April informing them of the change. Voters can also check online to locate their polling place:


Gayl Vail Retires from Peaks School

BY KATHY HANLEY

Gayl Vail has worked as an ed tech and librarian at the Peaks Island Elementary School. She's taught math, helped students with OT exercises in the gym, and has sported a smiling face at the playground gate each day.

But what Mrs. Vail, as she is known to students, might be best known for is her love of reading and her amazing ability to share that love with students during library time each week. She has nurtured whole families of readers over the years, and students and teachers of both present and past classes will be sad to see her retire when this school year ends.

Gayl has deep roots to Peaks Island that trace back to her great-grandmother's cottage and her own childhood summers spent here away from Needham, Massachusetts.

She moved to the island with her husband when the oldest of their three sons was four. She volunteered at the school when her sons, Chris, was in kindergarten, and two years later he was employed as an ed tech, helping in classes where needed and also managing the library.

Gayl's background made the job a good fit: she'd studied for a year and a half at Framingham State Teaching College and had a natural affinity for

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Dear Islanders,
Salut! Classes are ending, vacation is coming, but this means exams are coming too — the Bacalauréat. Classes end June 12, but I have exams the 19th, 22nd, 24th, and 29th. After that, school’s out!

French students are starting to stress, especially seniors in Terminale. If their final score is even a couple points under 320, they are required to repeat their entire senior year. Oh oh! My host sister just got her pre-Bac scores, and she’s good; she’ll definitely be off to university in September.

The past couple of weeks have been incredibly busy. I’ve spent all my weekends with my friends, since I know I’ll be saying goodbye to them soon. It’s strange to think that in a month and a half I’ll be back on Peaks with all of you.

It’s going to be hard to say goodbye to everyone, not only emotionally, but also wise-wise. Because it’s spring, all my host cousins have been getting their first communions, which takes a lot of time. I’ve had to split my free time between visiting friends, traveling out of town, and going to communions. It’s been hard to have to say to people, “I’m sorry, but I have no free weekends left.”

However, on the bright side my singing career has taken a huge leap upward. As I told you, I sang “My Funny Valentine,” with my director, and I did great. The other two songs we chose are “Autumn Leaves” as a samba, and a funk version of “Lullaby of Broadway” from the musical 42nd Street.

At the end of one rehearsal I got to practice with the band. I’d sung well alone with my director, but with the whole ensemble I could really feel the music and get into it. With the piano, bass, guitar, trombone and drums we sounded terrific.

That rehearsal we got the beats right, fixed the intro and outro, and worked out the endings and solo breaks for all the instruments. When I thought it was over, the director asked me if I thought I could get a little at the end of Lullaby of Broadway. My automatic response was, “No, I can’t. I don’t know how.” Sure, I’d be-bopped in the shower, but that wasn’t the kind of thing I could sing on stage. All he said was, “Try,” and we started the song again.

I don’t know where it came from. When I had to spot it was like Ella Fitzgerald leaping out of me. I literally burst. My voice went places I didn’t know it could, and I was filled with this feeling of exhaling a huge weight, losing something I’d been stressing about that I didn’t know I had.

And I didn’t stop. One person in the (small) audience started clapping, and that just gave me more energy. Why had I been so nervous? It was so fun, and afterwards I couldn’t stop smiling. I’d discovered something new that I’d never had the courage to do in the USA. But it wasn’t even courage that brought me to do it. It was the audience of a few good friends, a well-set mood, and a little, tiny push.

This week was followed by a 3-day weekend at my friend’s house, eating microwave leftovers and chocolate milkshakes in the blender while blasting the radio, and watching cheesy chick flicks until 3:00 in the morning. It was unforgettable.

Although I’ll be heartbroken to say goodbye to this new town that has become my home, I can’t say I’m not a little excited to return to Peaks. I’ll be happy to see all my friends again, take the boat to school every day, work in the ice cream store and help in the camp with summer camps. What will make leaving easier is the fact that my two host sisters are coming back to stay with me for the summer! But I’ll never forget Maudine, Jocelle, Buxton, all I learned here, and all the amazing friendships I made.

A (total) beach bum!

Eileen Hanley at the Eiffel Tower.
photo by Kacey Augustine

Notes from an American in Paris
BY EILEEN HANLEY

MacVane Center dedicated at last

The dedication of the Community Center on Peaks Island in honor of Doug MacVane finally took place on Saturday, May 2, six months after it was approved by the City Council.

The ceremony was conducted at 2 p.m., before a small crowd, including members of the MacVane family.

Peaks Island Councilor Lynne Richard and Chair Mike Richards performed the unveiling, which was preceded by a reading of both the PUC and the City Council resolutions that formally adopted the new name. A copy of the PUC resolution was later presented to members of the MacVane family.

“You know how to dedicate a statue,” said Chair Richards. “We have Memorial Day coming up, and I frankly don’t know what we’re going to do without him.”

“We need to somehow carry on in his memory,” he concluded.

Patrick MacVane, nephew, applauded the island for its continued sense of community, “creating this vibe and spirit of uncle Doug.” This is really a perfect tribute to uncle Doug,” he said. “Thank you so much, Peaks Island.”

Eileen Hanley

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books, reading, and the library. Gayl adds, "I always wanted to be a teacher. As a child, I played school and library, and lot, and would make my sister check books out." 

At first, repressing presence is fondly remembered by many students long gone from Peaks Island Elementary. Kate Radis, now 24 and a high school graduate, said, "Mrs. Vail seemed to be everywhere."

Some of her students who are now at King Middle and Portland High school have eagerly shared their memories of library time with Mrs. Vail as "the best time in school," and that, for them, she was a "great real legacy of learning for all on our island."

Indeed, Gayl has seen many of her students through their elementary years at the school, including her own three sons. In all the changes she has witnessed and experienced, her support has been steady and consistent to teachers and students alike. K/1 teacher Renee Dubois described her as a "wonderful teacher, librarian, colleague and friend," and noted that when they budgeted her retirement, her own class summed it up best: "Mrs. Vail always smiled!"

Gayl Vail will be honored at a retirement dinner Friday June 5 at the Inn on Peaks Island. The community is invited to the coffee and dessert reception there from 7 p.m. to 8 p.m. Please come and wish her well.

At Home with HomeStart

BY JANE BANQUER & MARY TERRY

Community members are invited to attend the HomeStart Board Meeting on June 16, at 7 p.m. in the Fair Garnar Senior Center Community Room. The Board will discuss the three affordable housing opportunities presented to the Peaks Island Council in April. While no firm plan is yet in place, the board continues to identify and rework realistic affordable housing opportunities which have come forward in this proposal.

The three opportunities under consideration are:
1. An Attachment of Use contract rezoned of 18 Luther Street to allow building up to two additional single-family, energy efficient, affordable homes. The two lots are 16,123 sq foot lot in the IR2 zone. The contract rezone will speak to issues of increasing the density, modifying the setback and frontage requirements, for this parcel in the IR2 zone. HomeStart will not seek changes to the maximum lot coverage or height restrictions, and will work with the planning board toward setbacks that respect the neighborhood character.
2. HomeStart is considering the purchase of 241 Island Avenue, but before that we will be researching an application for a conditional use permit, to the conversion of the 4-unit building to a 6-unit affordable rental building. The contract purchase will address an issue of increasing the density on this 5,600 square foot lot in the IR2 zone which will not seek any changes to the exterior of the building.
3. The third opportunity involves gifting 145 Pleasant Ave, a tax-acquired property, to Habitat for Humanity of Greater Portland to build a single-family, energy efficient, affordable home on this 0.078 sq foot lot in the IR1 zone. To build on this underlie lot, Habitat will seek a Practical Difference Variance from the Portland City Zoning Board.

HomeStart held an open community meeting to discuss these various options and community concerns on Saturday, May 2. Ten island residents, several Peaks Island Councilors, and members of the HomeStart Board attended the meeting. Castro Bay Island Fellow, Mary Terry, opened the meeting by discussing the HomeStart opportunities to date, and the three opportunities now under consideration. The bulk of the meeting was devoted to a conversation regarding the opportunities and the process to examine these opportunities.

On May 13, the Peaks Island Council included a discussion of the HomeStart proposals in their monthly workshop meeting. Community and HomeStart Board members added information and observations to those of the Councilors.

For the HomeStart project budget, there will be a likely gap between the cost to build or renovate and sale or rental income which will be filled with grants, capital fund raising and in-kind donations. Continued public dialogue will take place over the next months and we hope that you have satisfied PIC questions to anticipate their recommendation by the June Island Times publication. With PIC support HomeStart will be able to proceed with applications to the city and its ensuing lengthy public process.

In other news, the HomeStart website is undergoing some changes and will be updated on a regular basis. We invite you to view the updates at: http://peaksislandhomestart.org/.

PeakFest is just around the corner and again this year HomeStart will sponsor a Red Sox vs. Yankees baseball game. It promises to be an afternoon of good food, fun and entertainment.

Families and individuals who are interested in a HomeStart home are asked to pre-qualify based upon income, residency, references, and willingness to interview. The goal is to present housing opportunities for qualified families and individuals at a cost of approximately 30 percent of gross household income. Housing costs include rent or mortgage, property taxes, and basic utilities. Qualification for HomeStart housing will be based upon HUD and Maine State Housing Authority criteria for residents earning between 80 percent and 120 percent of the area median income. HUD data indicates a family of four in the greater Portland Area earns a median income of $67,600. Half of such families earn less and half earn more. A family of four earning between $54,550 and $81,120 would be eligible for qualification.

If you are interested in applying for an affordable rental or ownership opportunity, please call or write Mary Terry at 221-2507 or maryterry@gmail.com for an application. The application was developed with HomeStart and community input by the State of Maine and sister island organizations. Following confidential review by a committee outside the HomeStart Board, a list of qualifying families and individuals will be ready for the first appropriate availability.
Community Letters

Taxi Service on the Way

The Island Transportation System (ITS) is happy to say a vehicle has been purchased and plans for livery (as known as taxi) service on the island are in the active stage of planning. Those who use the volunteer taxi service should be reassured that there will be subsidized rides for anyone who needs, and we are planning to have a terific frequent rider program. Jay Desmond has been hired as manager/driver. Our hope is to have the service up and running later in June.

Letter to the Editor

All of the generous donations that we’ve received at the Peaks Island Children’s Workshop these past couple of months are truly representative of the wonderful, supportive community we’re a part of! We’ve received support in the form of financial donations, volunteers, and even window washing! Special thanks goes out to: KeyBank volunteers for doing just about everything to spruce up the place; All Nursery, Lionel Plante’s barge doing just about everything out to: KeyBank volunteers for the folks who made the new building that there will be subsidized rides for anyone who needs, and we are planning to have a terrific frequent rider program. Jay Desmond has been hired as manager/driver. Our hope is to have the service up and running later in June.

Down Front Cleanup

On Saturday, May 16, Jane and Sid Gerard were down front tackling the rose bushes and the "multirudinous weeds that are flourishing on the replanted banks." They pruned and weeded for three hours to clean up the parking lot, an area often neglected. After the parking lot bank had been cleared to install the bathroom piping, Jim Lannier, Sid, Jane and many others began a drive to replace the roses that had been removed. Jim supplied 100 bushes at cost, and lobbed the city to cover the costs; A.J. and Jamal donated labor, heavy equipment and weed suppressing fabric; and many islanders helped clear the area and plant the bushes. Will Gorham, our city councilor at the time, came and offered his assistance. During that workday, Lisa Lynch provided lunch and cold drinks - a welcome relief on a hot day.

Our efforts now must be to keep that area weeded. Hopefully every spring we can gather in the parking lot and clean it up. It would be a wonderful community project for all ages. When we work as a community we can get so much done.

National food drive stays local

Members of the Peaks Island post office would like to thank everyone who contributed to the "Stamp Out Hunger" food drive on Saturday, May 9, an annual program implemented by the National Association of Letter Carriers in conjunction with the U.S. Postal Service in which food donations - necessarily non-perishable items like canned goods, juice, pasta, cereal and grains - are placed at mailboxes for collection by the mail carriers when they make their rounds. This year, according to letter carrier Mike Picard, the drive collected 271 pounds of food, and for the first time in its history, delivered it all to the Peaks Island Community Food Pantry. He said that in the past everything had to go to a central warehouse on the mainland for distribution by the Portland office of the Salvation Army. Apparently, this year the policy shifted into Las Vegas mode and what was donated on the island stayed on the island.

Children’s Workshop Director Meg Springer-Holdridge said it was because the staff of the Peaks Island post office went to battle for the island. "They really stepped up and had to pull a lot of strings to make it happen," she said. "It’s awesome that local food contributions are staying on the island.

A SHOT OF HISTORY: Aerial photograph of Peaks Island in the 1950s. The Eighth Maine and Fifth Maine buildings are in the center. House Island is in the background.

photo from website www.panoramio.com
YOGA FOR LIFE

A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

Rebecca Johanna Stephans teaches weekly yoga classes and provides yoga lessons on Peaks Island. You may direct your comments, inquiries, or column ideas to 766-3017 or rjyoga@comcast.net.

Every summer for many years now, I have watched in baffled wonder as several of my neighbors bicycle around and around the island for exercise. I always imagined that cycling a three or four mile loop would feel repetitive and boring, no matter how spectacularly beautiful the ride. Now that I am training for the American Lung Association 180 mile trek across Maine, I recently found myself joining their ranks. I shed my judgments and expectations (two of the invitations I often offer at the beginning of a yoga practice) and planned my route. I chose to avoid the down front stretch in favor of going back and forth on the back shore with a loop on each end that added some very nice hills to the ride. Now I can humbly acknowledge that I was wrong about riding laps on Peaks. Not only did I not experience a single moment of feeling like a geeshl on an exercise wheel, I thoroughly enjoyed myself. In fact, my reward for finishing this article will be several glorious laps.

Whether you bicycle for transportation, fitness, or just to get to the back shore for a picnic, bringing yoga awareness to your pedaling will help you ride with safety, efficiency and greater joy. When I teach mountain pose in yoga class, I always begin with the feet and offer suggestions for establishing strength, body awareness, and alignment as we work our way up to the crown of the head. I will follow that same path with your form on a bicycle.

I am assuming that you are beginning with a tuned-up bicycle that fits you well, and that you follow standard road safety recommendations. Ideally, you will either have toe clips on your pedals, or biking shoes that snap into your pedals. Either arrangement allows you to push and pull on the pedals, and to droop your heels as you push the pedal down, which means that you use more of your leg muscles and greatly increase your power. Also, in the realm of technique, I recommend gearing down a bit and spinning the wheels faster, rather than pushing hard on the pedals in a higher gear. Over time, a lighter touch will spare your knees and avoid repetitive motion strain injuries.

If you have spent any significant time on a bicycle, you know exactly how important the seat is. When you are comfortably seated, you can focus on pivoting from your hips to reach forward for the handle bars, rather than bending from your back. Also, keeping your abdominal muscles gently engaged and lengthening your spine will keep you from putting too much pressure on your sitting bones and will also prevent back fatigue.

On the yoga mat, the body is never fully extended in one direction without an equally strong reach in the opposite direction. On a bicycle, you might be tempted to lean much of your upper body weight onto the handle bars, thus inviting a number of discomforts including upper back pain, stiff neck, and numbness in your hands. One rather simple adjustment may relieve all of these issues. As you reach forward towards the hand grips, simultaneously draw your shoulder blades back and down, and tuck your chin slightly towards your throat.

In addition to having a funny name, this pose is a wonderful shoulder stretch. Reach both arms overhead. Bend one elbow, resting the palm of your hand in the center of your upper back. Pull the bent elbow back and in towards your head with your free hand. Make sure you do not strain your neck. If you are very flexible, reach the free hand behind your back, interlace your fingers, breathe, and smile. Hold for about five full breaths, and then switch arms.

Start in table pose on your hands and knees. Slide one knee forward, and stretch the other leg back as far as it goes. Work towards opening the hip of the bent leg so that you can bring your foot forward. Rest your hands beside the forward knee, lift your sternum, and draw your shoulders back and down. If you feel strain in your back, move your hands forward. If you are well grounded and can support yourself without your hands, interlace your fingers behind your back and stretch your arms back. Hold for about five long breaths, and then switch legs.

Start by standing on your shin with your lower legs at least hip width apart, and then sit down between your heels. If your sitting bones do not reach the floor, sit on a cushion. Walk your hands back behind your feet until you feel a satisfying stretch in your thighs. If possible, rest onto your elbows, then you still have more room to stretch. Lie all the way down onto your back. Keep pressing your thighs towards the floor, and your thighs towards each other, or have a friend press gently on your legs. If your knees cannot tolerate this posture or the previous one, lie on your back and hug your thighs in towards your chest instead, one leg at a time.

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

Dick Adams
Part I

As Told to Fran Houston

My first stay on Peaks Island, at the Eighth Maine, was in 1928 and I was six weeks old. I was a babe in arms and my mother and father brought me here to attend a reunion. So, I don't remember too much about that first stay! But, I've got a lot of memories that start back as early as when I was four. I've been here just about every business. You weren't supposed to have any oil tanks, not can see the old freight office down there right now, you're blacked out. Tight security existed and there were signs everywhere: "Don't Aid the Enemy by Passing Any Information." That's why when we got caught on the military reservation, we figured we were gonna be hung soon (Laughs).

Lots of seafood is the other thing I can remember about the war years, because it wasn't rationed. Meat, flour, sugar all were, so we ate lots of mackerel (Laughs). We ate plenty of them, and I remember eating lobsters maybe once or twice a week, and lots of clams. Nobody ate mussels, we thought we'd die if we ate them, but I just as soon have them as have clams any day now.

The blackouts were enforced. Sometimes we went out to relieve people from blackout duty. There was someone on all the time, wardens all over the island, and a few of them were fishermen. Some of us kids, who were about 15 at the time, would go out for two hour treks to make sure that people were blacked out. One of my first remembrances was when you got boat tickets in Portland, wasn't too happy when we got to Peaks, because we didn't have any car, so she couldn't drive around the island to see what had changed after a year. Instead, she said, "We'll walk around the island, and she led us on a walking tour on Wednesday night. We started out, got down the road about six or seven minutes from here and there was a big barbed wire fence that went down to the shore or sea. There was a big sign behind that said "Military Reservation - No Trespassing." The title was way out, so she said "I think we can get around that okay, and I don't see anybody to stop us." So we went around, a whole bunch of us, maybe 14 altogether; kids and my mother and my grandmother and other people. Pretty soon I heard a siren and we turned around, well, the siren here came a military jeep with a flag flying that said Military Police. I figured we were in trouble.

There was an army truck behind it and about six soldiers trot out with their bayonets fixed, took us prisoner, threw us into the back of the truck and took us over to the Commanding Officer's place near Battery Steele. They marched us in there, and all of a sudden I heard a lady's voice pipe up and she said, "Where are you going with my people from the Eighth?" I said to myself, maybe we got a savior out ofit until almost with their bayonets fixed, took us out of it until almost seven minutes from here and the end of '43 and probably wouldn't have if it wasn't for the War. It was one of those times you can't very well forget, especially if you were at an age when you were interested in all those things. In 1942 we had our first wartime trip here. My cousin, who lived in Poland just over the line from our place in Auburn, picked us up in the farm truck because you couldn't drive except for work or business. You weren't supposed to use your car for pleasure, and that included coming to Peaks Island! But our business meeting was here, and we took two trains to get here. We got into Portland at the Grand Trunk Station - you can see the old freight office down near where the train museum truck used to be on India Street. When we got to the boat, they frisked us to see if we were carrying any contraband, like cameras, because they didn't like people coming around taking pictures of the naval ships anchored here.

And I'll tell you, my grandmother wasn't too happy when we got to Peaks, because we didn't have any car, so she couldn't drive around the island to see what had changed after a year. Instead, she said, "We'll walk around the island, and she led us on a walking tour on Wednesday night. We started out, got down the road about six or seven minutes from here and there was a big barbed wire fence that went down to the shore or sea. There was a big sign behind that said "Military Reservation - No Trespassing." The title was way out, so she said "I think we can get around that okay, and I don't see anybody to stop us." So we went around, a whole bunch of us, maybe 14 altogether; kids and my mother and my grandmother and other people. Pretty soon I heard a siren and we turned around, well, the siren here came a military jeep with a flag flying that said Military Police. I figured we were in trouble.

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A new sewerage line was installed in June 2009.

The early pioneer families, who occupied only four houses in 1790, discovered that on a 720 acre island junk could simply be burned, buried or started to stress the island's fragile ecosystem, especially during the summer season.

The ocean was also a point of disposal. By 1860 another fifty cottages occupied only four houses in 1790, over 2,000 rooms in 16 hotels and over 100 cottages.

When your partners consistently double-fault in their serve, tell them to be fruitful and multiply. It's the sun that's glaring, not you.

Do not accept an invitation to play tennis with Roger Federer. He is a world champion and will kill you.

If you have bad luck, or just a bad back, do not play tennis in Australia. The flight will kill you.

In accordance with the USA Patriot Act, you must never refer to your tennis racket as your ax, your crossbow, your Gatling gun, your Katyusha rocket launcher, your SAM missile site, nor any other WMD.

Finally, there are many ways to hold your balls when serving, but we won't go into that here.

**Garbage in, Garbage out (GIGO)**

*BY JERRY GARMAIN*

The journey to our present system has been long and challenging, influenced by island population growth, state laws and a national movement toward recycling.

The annual fall large item pickup is now collected at a transfer station during the summer season.

The Peaks Island community started outside recycling, a practice which would discipline islanders to start separating recyclables from other household waste. The island was ready for the modern transfer station that opened in 2001.

We now have gone from all waste staying on the island to all waste leaving the island.

It seems ironic that each day, after carefully buying stuff from orderly shelves in neatly arranged aisles, we ship it all to the island, consume it and then neatly rearrange it again as paper, plastic/glass/ten, metal, or what-have-you so it can be shipped back as trash. It is like placing it all back into inventory, used.

The final irony is that we will pass the Peake's barge, returning our waste to the mainland, as we also return to purchase more things.

Islanders now play a critical role in the island's waste management system. We will be continuously challenged to reduce this waste stream by making greener purchases and wiser use of our resources, by precycling and composting, and by always remembering that we are the stewards of this lovely island.

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A new ferry service was inaugurated in 1890, followed by the first automobile in 1915, and the Sebago water supply in 1920, all of which encouraged more island development, with more cottages: over 500 were listed in a 1927 directory.

During this period at least two garbage pits were operated by Arthur Ross and Jim Norwood, and other discarded items which had survived yard sales and white elephant tables went to a garbage dump off Seabrook Road.

The dump became a place to meet, gossip and exchange discarded treasures. I remember taking two chairs to the dump and picking up two short pieces of 2x1 lumber. While circling back on the island, I passed my chairs in a friend's truck.

I suspect that many island cottages were furnished from the dump. This communal, same-day recycling was our version of a transfer station. After over 30 years, abandoned stove parts and rusty cars are still visible, also rejected by nature.

The early 1940s brought 100 to 900 soldiers of the Peaks Island Military Reservation during W.W.II. The garbage was burned and buried in large pits in the Batteries Craven and Steele.

By 1972 the garbage pit and old dumps were closed, and all activities were moved to a new landfill located beside our present transfer station. There waste was simply covered with earth hoping that it would biodegrade.

The annual fall large item pickup provided an opportunity to honor the most creative use of the discarded items. One of our island's pastors proudly wore his garbage can lid cown as the "Trash Queen."

The landfill served the island for almost 25 years, closing in 1997 as a result of state legislation outlawing landfills.

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Tennis is mathematical nonsense: to play singles there must be two of you, doubles requires four people, the first point is actually 15 points, the third is 40, and after that it just sits there hovering around 40.

But now that summer is here many of you will be dashing off to the tennis courts anyway, so before you go don't forget these important rules and safety tips.

When driving up to the court, honk and wave like you know people.

If you wear blinding white tennis clothes you must be certified in CPR.

The game is Victorian. That's why having no point is called "love." Always speak in euphemisms.

When your partners consistently double-fault in their serve, tell them to be fruitful and multiply. It's the sun that's glaring, not you.

Unless you're an Irish sports caster who was once a champion tennis star, don't throw temper tantrums in public.

Do not accept an invitation to play tennis with Roger Federer. He is a world champion and will kill you.

If you have bad luck, or just a bad back, do not play tennis in Australia. The flight will kill you.

In accordance with the USA Patriot Act, you must never refer to your tennis racket as your ax, your crossbow, your Gatling gun, your Katyusha rocket launcher, your SAM missile site, nor any other WMD.
ACROSS
1. Old French coin
2. Somebody
9. Egyptian life symbol
13. Scourge
15. Board
16. Latin frog
17. Release
18. "If ___ ," Beatles song
19. Bearing
20. Massachusetts town
21. Ran
22. Female rats
24. Animal found chiefly in crosswords
26. Acquiesce
29. Push aside
34. Santa
35. Pluck--
36. Paydirt
37. Stadium sounds
38. Boat
39. Fashionable
40. Man's nickname
42. Useful associate
43. Rescues
45. Bents
46. En tout
47. Rustic exclamation
48. Man in black
51. Like the Tin Man
56. California town
57. Father superior
58. Incipient beef?
59. Li ke the Tin Man
61. Woman's name
62. Swiss artist
63. Queen of sorts

64. Anchor lines
65. Female goat

DOWN
1. Sprite
2. Something to be tuned
3. Employer
4. Harpsichord
5. Sword handles
6. Something unique
7. Football great
8. Parable
9. Not Carly?
10. Fasten
11. Location of MCL
12. Applause
13. Exhaust pipes
14. Scots island
15. Eccentric
16. Bitter
17. Satisfy
18. Region of Mali, Niger, and Chad
19. Residents of Pecograd
20. Mammal with split lip
21. Trees of Ceylon
22. Ford or Kovacs
23. Point ___ California
24. Legato
25. Popular radio program
26. New Jersey town
27. Established by Congress in 1933
28. Secretary, formerly
29. Auction
30. Chinese book of divination
31. Southwest land forms
32. Middle Eastern country
33. Almost useless male
34. Wage

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June 2009 Sky

June is named for June, wife of Jupiter, and Roman goddess of marriage (Jera was her Greek equivalent, wife of Zeus). This month features the summer solstice on June 21, creating Northern Hemisphere’s month features: the summer solstice and the Roman goddess of marriage (Hera was her Greek equivalent, wife of Zeus). This month’s full moon sets well north of west, but even rising slightly to its high position in the south around noon.

For us, the Sun rises well north of east and sets well north of west, but even when the Sun sets, it’s never far below the horizon, providing the longest astronomical twilight of the year both mornings and evenings. As the sun filters sideways through the thick air, the shorter blue wavelengths of light are blocked and only the longer red wavelengths get through, giving Maine light a special quality that has drawn artists like Winslow Homer here to capture it in paint.

THREE PLANETS

This month most of easily-visible planets are up in the morning, but they require early-rising (e.g., 4 a.m.) to see. Mighty-white Jupiter is up just before midnight, but will be easier to see in a few months when Earth (on its faster inside track around the Sun) catches up to it. Nearly directly behind it by 2 billion miles is cold, blue Neptune, now the Sun’s outermost planet (since Pluto’s demotion).

Ruddy-faced Mars rises a few hours later and will also be better seen this fall. Don’t be fooled by the small new circulating that reads, “Mars closest approach ever—it will look as big as the Moon.” Unlike Earth, Mars’ orbit is quite elliptical and makes its closest approach a few years ago, when Earth’s aphelion (away from the Sun) and Mars’ perihelion (closest to the Sun) occurred about the same time, but Mars was then only marginally closer than normal.

Brilliant Venus rises just after Mars, and the two will be fairly close together out over the ocean in the morning. There’s talk of more missions to Venus’s surface, but the challenges are many: The hellish atmosphere will melt lead, the sulfuric acid rain will dissolve lesser materials, and the immense atmospheric pressure will slowly crush anything that is intolerable enough to land on its rocky surface. Mercury, small, dense and quick, rises just before the Sun and will be easiest to see just toward the end of the month.

Saturn is the only evening planet, sitting just below the constellation Leo, which has moved over to the western sky over Portland. You can still see the rings, but barely, as they continue to turn more edge-on to Earthlings. If Saturn’s rings were only as thick as the paper you’re holding, they’d be two miles wide—about the distance from Peaks to Portland.

Canadian-Hugeron spacecraft has also found more Saturnian moons, now numbering 62. Most of them are quite small, but some large and interesting—Titan, with its nitrogen atmosphere, methane clouds, and hydrocarbon rains that have carved mountains, rivers, lakes and oceans; and Enceladus, with its cracked-ice surface and its impressive geysers feeding the E-ring through which it travels around Saturn’s bulging midsection.

TWELVE STARS

When evening finally arrives, Arcturus is nearly directly overhead. It’s a red-giant star in the constellation Boötes and the third brightest star we can see. Facing SSW toward town, and moving down to the horizon, you can perhaps see Spica, the left hand of Virgo the Virgin, and make out the ambient light of the city. Turning eastward along the horizon, you can see Antares, the red super-giant in Scorpius, and directly east is Altair the white alpha star in Aquila.

Looking up from Aftair, you can see Vega, the blue-white star in Lyra, spinning madly and burning through its hydrogen at a prodigious rate. Although Earth’s clockwise precession (the opposite of its counterclockwise rotation) has brought the North Pole to point toward the dim tail end of Ursa Minor, in 14,000 years it will swing back around to Vega, where it pointed 12,000 years ago when the glaciers melted back from North America and the plants, animals and humans migrated northward to take advantage of newly opened spaces.

These are just the brightest stars, but June is a good time (requiring some permitting) to get out on the lawn chair, grab the binoculars, lay back and look up at all the other stars, some alien, some new to you in the northern half of Earth-time for a bonfire and many in clusters throughout the night sky. Surely some of them (especially 2nd and 3rd generation stars like our Sun) have planetary systems, and a few may have a planet orbiting within the habitable zone. Might another close star with a small planet? Our current technologies can locate only the largest, closest extra-solar planets that can move the host star enough to detect enough light when they transit their stars, but our intuition tells us smaller planets that may harbor life must be out there somewhere.

ALMANAC:

June 1- Sunrise is at 02:02 a.m. and sunset at 08:13 p.m., but the birds love that morning twilight begins at 2:35 a.m. and astronomers rise that evening twilight ends at 10:30 p.m.

June 6- A nearly-full Moon will pass just under red-giant Antares starting around 11 p.m. tonight. Most of the west of America will get to see an occultation, but we’re so far north we can peak over the top of Moon. This gives us a chance to appreciate the Moon’s eastward orbit around the Earth, though it looks like it goes westward because of Earth’s faster rotation. It turns 29 times during each single lunar orbit.

June 7- Full “Strawberry” Moon sets at 01:56 a.m. and rises again at 2:34 p.m., turning full when it’s on the other side of Earth.

June 10- The Moon’s apogee (away from Earth), so tides and currents remain moderate.

June 14- That’s Jupiter just below and to the right of the Moon this morning.

June 15- First quarter Moon is high in the sky at sunrise.

June 19- A thin crescent Moon is above Venus (and Mars) early this morning.

June 20- Midsummer Night, the shortest night of the year for those of us on the northern half of Earth—time for a fire to celebrate, and then to bed, perchance to dream?

June 21- Summer solstice; the Sun has reached its northernmost point of rising and setting, giving us almost 15.5 hours of daylight. Before dawn on this crescent Moon hangs to the left of Mercury along the horizon.

June 22- New Moon means no Moon to fill the sky with light and ruin the contrast, if you want to scan the skies for faint galaxies, nebulae and star clusters.

June 23- The Moon’s first quarter (close to Earth), so tides are building quickly, especially since the Moon and Sun are on the same side of Earth now and are combining their gravitational pull on the oceans.

June 24- Spring tides these days are highest around midnight and lowest around noon, with the water dropping and rising more than 13 feet during them.

June 27- Saturn is above and right of the crescent Moon this evening.

June 29- First quarter Moon is high in the sky at sunset, heralding the best time to get the scope out and look at the Moon’s craters, rills, and edges along the terminator line where light meets dark and shadows are long and revealing.

Illustration by Jamie Hogan
I was consumed by fear—and I waited some more. Nothing. I made the bed, cleaned and rearranged the office to make space for my "new" business—finding employment. In the clearing out process, I found a gift certificate to Amazon.com and ordered the job hunting in hard times edition of Richard Bolles' "What Color is Your Parachute?."

And then someone asked: "Do you really know that any of these reasons are true?" I got up, made the bed, cleaned and rearranged the office to make space for my "new" business—finding employment. Here is his list in a nutshell, along with the chance of success in finding a job:

FIVE WORST
1. Looking for employers’ job postings on the Internet, 4 percent to 10 percent.
2. Mailing out resumes to employers at random, 7 percent.
3. Answering ads in professional or trade journals, appropriate to your field, 5 percent.
4. Answering local newspaper ads (varies based on salary scale) from 5 percent to 24 percent.
5. Going to private employment agencies or search firms for help, 5 percent to 28 percent.

FIVE BEST
1. Asking for job leads from: familymembers, friends, people in the community and staff at career centers.
2. Banging on the door of any employer, factory, or office that interests you, whether they are known to have a vacancy or not, 47 percent.
3. By yourself, using the phone book’s yellow pages to identify subjects or fields of interest to you in the town or city where you want to work and then calling up or visiting the employers listed in that field, to ask if they are hiring for the type of position you can do and do well, 69 percent.
4. In a group with other job hunters, a kind of "job club," using the phone book’s yellow pages to identify subjects or fields of interest to you in the town or city where you want to work and then calling up or visiting the employers listed in that field, to ask if they are hiring for the type of position you can do and do well, 84 percent.
5. Doing a Life Changing Job Hunt, 86 percent. To do this, you need to know yourself well and be able to identify your transferable skills, the type of job environment you think will work best and the actual jobs, job locations, and people with the power to hire you.

Research indicates that a typical job search can last 15 to 19 weeks, but most people give up within two months. Bolles also states that although there are up to 16 different approaches to finding a job, using more than four methods DECREASES your likelihood of success!

I decided I would read his book, do all the exercises he provides and follow his recommendations to see if in fact any of this information actually works.

Next issue: Doing the Homework to Find Work.
The Maine Comic Arts Festival was held on Sunday, May 17, at Ocean Gateway in Portland. Tailored for both the connoisseur of comic books or the casual comic book reader, the festival was created to promote comics as an art, not as a commodity. At this expo you wouldn’t find people selling back issues of Superman. Instead you’d find people selling new comics of their own creation they just finished Xeroxing the night before.

As I walked around, I took interest in one particular comic artist who was sitting comfortably in his chair dressed as a pirate. His name was Everett Soares, and he had been working on his piece “Sly Pirates of Valendor” for over three years. I asked him if he had always wanted to do comics, or if there was something else he had wanted to do:

“At first I wanted to be an artist. I went to school, sought advice from great and wise artists, practiced until my hand bled, and discovered I had no talent,” he laughed. “So I hung up my graphite pencil and started to treat my eraser like silly putty and learned how to write comics.”

About six dozen other artists from all around New England brought with them a diversity of skills and knowledge.

They join the our hardworking board: Charles Burt, Technician; Jackie Clifford, Co-Treasurer; Starr Demitre, Historian; Larry DeVry, Facilities Manager; Karen Friedman, Tickets; Eleanor Morse, Communications; Kathie Schnieder, Secretary; Celia Stricker, Tickets & Co-Treasurer; and Faith York, President.

The Music Association is dedicated to planning and producing interesting musical programs that represent both our community and the world around us; we seek to fulfill our simple mission: to bring good music to our beloved island.

Our regular Wednesday night concert series will bring a diverse group of artists and musicians to every concert. With a lineup of some of the best-trained singers you’re ever likely to hear, she is among the finest examples of really fresh, scintillating voices. (For more information, check out her website at www.cantobelt.com).

The final concert of the season, on August 19, will feature The 30-voice Peaks Island Chorale in a reprise of “Oh, Freedom!” and “We Shall Overcome.”

All concerts are held at the Fifth Street Concert Hall in Portland, Maine. Donations of $20.00 per person are appreciated; students, non-profits and groups are invited to pre-order tickets for a subsidized rate.

For more information on the concerts or the Peaks Island Music Association, call Faith York at 766-5768.

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The Maine Comic Arts Festival drew people from near and far to commemorate all the hard work these artists put in. It was a high point of the entire evening. She had flawless phrasing and exceptional breath control, and was a model of vocal articulation.” And the Dunedin Times (FL) reports that, “Bonnie Bradley proved to be one of the most sensational mezzo-sopranos and is one of the best-trained singers you will ever hear. She is among the finest examples of really fresh, scintillating voices. (For more information, check out her website at www.cantobelt.com).

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All concerts are held at the Fifth Street Concert Hall in Portland, Maine. Donations of $20.00 per person are appreciated; students, non-profits and groups are invited to pre-order tickets for a subsidized rate.

For more information on the concerts or the Peaks Island Music Association, call Faith York at 766-5768.

The Music Association is dedicated to planning and producing interesting musical programs that represent both our community and the world around us; we seek to fulfill our simple mission: to bring good music to our beloved island.

Our regular Wednesday night concert series will bring a diverse group of artists and musicians to every concert. With a lineup of some of the best-trained singers you’re ever likely to hear, she is among the finest examples of really fresh, scintillating voices. (For more information, check out her website at www.cantobelt.com).

The final concert of the season, on August 19, will feature The 30-voice Peaks Island Chorale in a reprise of “Oh, Freedom!” and “We Shall Overcome.”
Language hits the streets in 2nd annual word parade

The second annual Peaks Island School vocabulary parade took place quietly on Friday, May 15, complete with police and fire escorts, but many people on the island were probably unaware of it. The children dressed as words from their vocabulary lessons and marched down Island Avenue before a smattering of parents and curious onlookers, through the library and community room, and then back to the school where awards were given for categories like Most Creative and Funniest. First prize was a can of alphabet soup.

Last spring, Peaks Island School teacher Kara St. Germain was inspired by "Miscellaneous", a book about words by Deborah Fraser, to organize the first word parade, and now it has all the earmarks of becoming a school tradition. Among the entries this year were a team effort by Johnny Stange and James Mitchell as a "Siamese twin" Jonathan Bergh as a battery powered, alternative fuel "hybrid" and two girls who portrayed a "witch" and a "which". But, perhaps Olivia Lovejoy showed the most insight into language when she portrayed the word "frisbee" by frizzing her hair and wearing the letter B.

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AFTER GANDHI: One Hundred Years of Nonviolent Resistance

BY JAMIE HOGAN

Peaks Islanders Annie O’Brien and son, Perry, made their co-authoring debut at the Doug MacVane Community Center on May 2 as they spoke about their collaboration and signed copies of their book, After Gandhi: One Hundred Years of Nonviolent Resistance (published by Charlesbridge Publishing) which profiles the lives of 15 world figures who used non-violence to bring about social change and justice.

The book idea began years ago, as a concept Annie shared with former Tilbury House editor Mark Melnicove. The three had done some research on stories of inspirational figures at the age of 10, like Pablo Neruda and Gandhi.

But circumstances changed and Annie was left holding the contract for a book that had since evolved into what was then called Look What Gandhi Started.

One of them said to her, “Why don’t you write the book?” Annie told the crowd she found herself simultaneously exhilarated and terrified, but after sleeping on it she woke up thinking, “Perry”. She said, “When I was that age I was very curious about life. I was not interested in reading history books. We really tried to focus on the action and the struggle and the danger and the violence and the real tension of a lot of the situations that these activists found themselves in.”

Karen MacDonald, Perry’s sixth grade teacher at King Middle School, recalled him as “a very intelligent young man who had a lot to offer.”

We’re not at all surprised that has found his footing in the world and is doing so well. He clearly had a lot going for him.”

Lois said, “His parents were the chain that kept Perry connected. He’s a great example of a challenging child coming through on the other side, for the better. Annie has had a lifelong devotion to diversity and peace, and like Perry, doesn’t stop.”

Annie’s parents worked as medical missionaries in South Korea, and this bilingual, multicultural immersion strongly impacted her path as an artist. Besides illustrating 25 picture books, she won the National Education Association Author-Illustrator Human and Civil Rights Award along with Margy Burns Knight for their collaboration on five books.

The O’Briens turned to King Middle School in Portland for direct input on After Gandhi, which is aimed at middle school audiences. Calling themselves Gandhi Publishing, 14 students responded to an invitation from librarian Kelley McDaniel to participate in the study, and met with the authors five times.

They each chose a figure from a list and were asked to find three fascinating facts about them. One student immediately responded, “Can we find another person?”, and came back with information about Charles Perkins, an advocate for Aboriginal rights in Australia.

The 15 profiles in the book evolved into what was then called Look What Gandhi Started.

Annie (center) and Perry O’Brien (grinning, right) sign copies of their book at the MacVane Center Saturday, May 2.

Peg ASSTARITA
www.pegspotse.com

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207-766-5997  astarita@maine.rr.com
51 Woods Road, Peaks Island, ME 04108
Women in Harmony
BY R. WINGFIELD
IT ARTS & MUSIC CONTRIBUTOR

Saturday evening, May 16, I went to a Women In Harmony choral performance at Woodford's Congregational Church in Portland. Two Peaks residents, Rebecca Stephans and Rita Kissen, are in the all-women chorus. The program, Seasons of Love, included 17 works from a variety of composers, poets, writers and arrangers past and present. My favorites were “My Funny Valentine” by Rogers and Hart, “Wanting Memories” by Ysaye Barnwell (Sweet Honey In The Rock), “Weep No More” adapted from a Keats poem by David Childs, and a sweet little ditty in 3/4 time called “Marie.”

The evening began with the 57 or so singers filing past in an array of shimmerly purples, blues, greens, reds and maroons. They got an enthusiastic welcoming from the crowd, upwards of 120 in attendance.

Most noteworthy in the first half was Rebecca’s debut as a solo vocalist — very exciting. She sang the first verse of Carol King’s “Will You Still Love Me Tomorrow.” Afterwards on the boat Rebecca reported she loved the feeling of singing solo, and during the performance had thought briefly about wresting the mic from the other soloist’s hands so she could sing some more lead. Maybe there’s comedy theater lurking in Rebecca’s future?

During the intermission I sidled up to another Peaks Island resident in attendance, Faith York, who gave me some appreciation for what goes into a successful choral performance, from material selection — there is much less material written for a ‘treble choir,’ or this type of singing group which has no low end vocal parts — to pitch, timing, volume, vocal pronunciation, vocal blending, etc. She remarked that the first three pieces by Eleanor Daley were especially tight and gorgeous.

The second half opened with a German selection “Herbstlieb” by Schumann, accompanied by pianist Deana Ingraham Garuey loved her feel on that piano. Director Catherine Beller-McKenna provided intros and commentary for the next selections along with a brief presentation at one point by a representative of the Maine Civil Liberties Union giving some information on recent activities of the Maine Freedom to Marry Coalition.

According to the program, beyond existing just as a choral group Women In Harmony is a non-profit organization which maintains a tradition of “advocating for social, political and economic equality for women, and supporting efforts for peace, freedom and tolerance for all people.”

The evening drew to a close with the waltz-time piece, “Marie”, a contemporary work about two girls who took their high school to court in order to be allowed to attend the prom together. This was followed by “Seasons of Love” from the musical Rent. Then, after a standing ovation, we got an encore, “Singing For Our Lives,” which included verses on the themes of justice and equality for gays, lesbians, straight and transgendered people.

The colorful shirts filed once again through the church amidst more appreciative applause toward the reception where there would be snacks and mingling. The Islanders all cut early to catch the 9:15 boat. Check out Women In Harmony’s website for more info on future concerts and other activities: www.wihmaine.org.

From the FIFTH MAINE

Reading photographs to read the past
BY KIM MACISAAC

Many of us have lots of old photographs cherished by generations of our families or given us by friends. These images provide a link to Aunt Lizzie or Great Grandpa Fred and, perhaps, important events. But they also can tell us much more. Hair styles and clothing styles worn by people in the photographs help to date the image, can be a good indication of the person’s occupation, or illustrate the type of activity he or she was engaged in. For example, a lady wearing a bustle skirt would date the image to the 1870s while a lady with a Gibson Girl hairdo speaks of the 1890s. Images featuring men and women in wool bathing costumes frolicking on a beach show a popular leisure time activity of the early 1900s as well as indicate a loosening of the strict dress and behavior codes of previous times.

Photographs are a great source to discover how the landscape — both natural and man-made — have changed over time. A series of images taken of the same site over time show how the site has changed. Have the buildings changed? Does the lay of the land look different? Are there trees? No trees? How do the old images compare to what the site looks like today?

A case in point is our Peaks Island School. The first photograph (top left) shows the school about 1890. The second image (below) shows the school in the early 1960s. In this image the roof line has changed and there have been major additions to the building. Compare the second image to the school as it appears today — the property is now surrounded by a fence and the windows are partially covered with plywood.

Oftentimes reading photographs leads to unanswered questions. Why are there no trees in the image? Why is the land flatter in later images? Was the earth excavated and taken elsewhere? Why are the people wearing funny costumes? A bit of further research can turn up some fascinating stories. In the case of the school photographs — the post war student population doubled resulting in a need for more classrooms. So the new additions provided four new classrooms and a gymnasium.

Reading photographs is a great way to learn about your family and your community’s past. So take a close look at all those old photos and do try to identify them. A brief notation written in pencil on the back can help you, your children and grandchildren understand the past.
How does your garden grow?

BY ART ASTARITA

It’s summer and we are about finished planting our gardens. Plants and bushes take nourishment from soil, also called dirt or earth, and different from beach sand and pebble. However, it is all incoherent rock material. It represents nature’s erosive forces wearing down our planet. Do you ever ponder the Earth’s history? Mother Earth is over 4½ billion years old! Our Blue planet was born from gas and gravitating planetary dust that came together in violent chemical reactions which spewed out ash, liquid and more gas. As this mess cooled in the utter coldness of galactic space, a crust formed, skin to the skin that forms on chocolate pudding as it cooks. (Don’t you hate skin on chocolate pudding?)

The thickness of the skin of the continental crust along the coast of Maine is estimated to be about 30 miles. Now that’s a thick skin, and it’s what we grow our gardens on. Some areas have topsoil thousands of feet thick, but others, like our islands in Casco Bay, have only a few inches to cover the miles of bedrock below.

Rocks are divided into three classes: sedimentary rocks, formed as dust and dust settles over time; metamorphic rocks, formed from sedimentary rocks that have been altered by heat, pressure or chemical change; and finally, igneous rocks, solidified magma from the Earth’s mantle.

In geologic time, dirt is formed as rocks weather, in a sense becoming smaller versions of the parent rock, but of course there is a difference: dirt pours through your fingers, a rock drops from your hand. In the same timeframe, rock is also being formed out of dirt, and which came first is a lot like the chicken and egg dilemma.

The dirt on our islands is only about 10,000 to 12,000 years old, created by the glaciers that eroded the rock. However, the rocks themselves are estimated to be about 450 to 500 million years old, made from deposits during the Ordovician Period.

The oldest rocks in Maine are found in the Kennebecay Mountain area north of Rangeley. These rocks, called the Chains Lakes Massif, are pre-Cambrian and estimated to be 1 billion years old. It’s difficult to grasp the temporal sense of those large numbers when most of us are lucky to live 100 years.

Rocks in the Casco Bay area were originally deposited as volcanic sandstones and shales along a coastal environment similar to the one we have now, but with volcanoes at the doorstep. These sedimentary rocks were squeezed together during a tectonic plate collision between North America and Europe, and morphed into the mica, hornblende, and garnet we see today.

Garnets are found in rocks on Peaks at Evergreen Point and in the rocks south of Davies’ Cove. A more in-depth explanation of Casco Bay geologic history can be found in a September 2008 Island Times article by Johan Erikson and Cynthia Mollus (http://www.islandtimes.org/archives/September2008.pdf).

So, we plant our gardens in dirt eroded from different rock minerals, including quartz, iron, manganese, sulfur, potassium, sodium and calcium. Pine needles provide acidity to the soil, and decaying trees and leaves provide humus, Bacteria thrive in the soil, contributing to further erosion of the underlying bedrock.

If you’re planting food crops, it’s always good to have your soil tested not only for its nutritional value, but also for hazardous material. There have been many industrial activities conducted on the islands, especially by the military during WWII, but there are also naturally occurring toxins such as lead that are native to the bedrock. A standard $15 soil test through any Cooperative Extension office (www.uneext.maine.edu) includes lead screening.

The next time you are pulling weeds and tending the plants think about the dirt underneath them. What a dirty story! And when you are using the fingernail brush to clean your hands, think about the dirt washing down the drain on the way to traveling to yet another depositional site.

Art Astarita is a Geologist and Water Resource Specialist with RACP Solutions, Inc. He lives on Peaks Island.
The scam artists are very clever, and are constantly coming up with new ways to trick you

and says they will cancel the card. The caller now has all the information needed to make charges on the card. The caller could also be setting something up. Should you receive such a call, do not give any information, just hang up and call your bank. They should be made aware someone is preying on their customers.

Another popular way the bad guys can you out of your non-public, personal bank information is through email. Posing as a representative of your bank, the thief can structure the email's appearance to include your bank's color, logo, address, and many times a link to a counterfeit bank website. The body of the email warns that your account has been compromised, you should immediately call or visit your bank. The security of your information and balances is our top priority.

The Peake's Music and Media Association performances for this summer will be accompanied by a new piano that PIF helped to fund. HomeStart has completed its assessment of housing needs and is moving forward with its plans. The Children's Workshop enrichment and after school programs have been an enormous success all year thanks to June Beug and many parent and community volunteers.

Field trips to Boston and Quebec were highlights of the Peake's Island Elementary School grants and the Kids on the Ball experiment has been considered a huge benefit. Energy audits have been funded on behalf of PITA, the VOA Fay Garman House has a new raised garden for use by its senior residents, and finally, the Peake's Environmental Action Team has launched its effort to provide more recycling bins on the island to help control litter.

Grants to island organizations exceeded $35,000 last year, and despite the challenges of the current climate, PIF has nearly $38,000 available for grants in 2009. Island residents have responded generously to the care for support of an island endowment and a growing number of island residents making arrangements to include the fund in estate planning with the hopes that PIF will become a significant source of charitable dollars into the future.

New members have been elected to the peaks Island Fund committee.

Brad Burckholder, Stephanie Castle, Bob Hannigan and Tom Snyder join current members Nancy Flynn, Isaiah Oliver, Kathy Hurley, Jim Lauster, Phyllis Weintrub, Reta Morris, Perry Sutherland and Bill Zimmerman in encouraging all island residents to ask about getting involved with the fund by supporting new grants through gifts or by volunteering to help island nonprofit programs.

Additional information about applying for a grant or making a contribution to the fund or including the Peaks Island Fund in your will can be obtained by calling Alin Schneller at 321-2037 or Jackie Wiegleb at 553-5930.

Peaks Island Fund
Summer 2009

By Bill Zimmermann

With Memorial Day festivities fading, it is time to start thinking about how the Peaks Island Fund will meet the needs of the community this year.

A few noteworthy things have changed on the island as a result of grants made last summer. Brackets Church has completed additional weatherization of its facility to help control energy costs. The Fifth Maine received accolades for its educational programs over the winter and a new student intern is scheduled to begin work in June on advanced research into the lives of regiment members.

The Maine Community Foundation, One Monument Way, Suite 200, Portland, Maine 04101; or by going to the Peaks Island Fund website at www.peaksislandfund.org.

Grant applications will be due by mid-July. Please go to the website or call Pam for details. Thanks again to the more than 200 donors who have supported the Peaks Island Fund.

Save some cash, get some cash

By Nicole Evans

Are you looking to find ways to save money on home repair? The Habitat for Humanity ReStore supplies overstocked, discontinued, new and used building materials donated by manufacturers, stores, contractors and individuals at 50 percent to 80 percent off suggested retail prices. There is no income limit to purchase materials, and all revenue from ReStore sales support Habitat's building program. Call 221-0047 for store location and hours.

Those interested in becoming first-time homeowners, or those who haven't owned a primary residence for three years, may qualify for the federal First-Time Homebuyer Credit. Qualifying taxpayers who purchase a home before December 1, 2009, can claim ten percent of the purchase price up to $8,000, or $4,000 for married individuals filing separately, on their 2009 tax return. The credit is reduced for taxpayers whose adjusted gross income is more than $75,000, or $150,000 for joint filers. For more information, visit www.irs.gov, or call 1-800-829-1040.

To help answer your questions about becoming a first-time homeowner, consider enrolling in a Homeworks course offered at two Greater Portland locations. For a class schedule, visit www.mainehomeworks.org, or call Jackie Wiegleb at 321-2037 or Victoria Doughty at 553-5930.
S-methoprene, a component of genetic deformities in frogs and the popular Frontline Plus flea treatment, are associated with environmental risks related to exposure. Hormone-mimicking compounds such as S-methoprene, a component of the popular Frontline Plus flea treatment, are associated with genetic deformities in frogs and other creatures in the Great Lakes area. When exposed to sunlight, Fipronil (also in Frontline Plus) breaks down into components that are many times more toxic. And although many of these flea and tick products are listed as "waterproof", they in fact come off when our pets swim, are bathed or petted.

To add insult to injury, fleas and ticks can become resistant to pesticide treatment, just as bacteria become resistant to antibiotics. The manufacturers of Frontline Plus and ProMeris cite studies that show that 2 percent to 10 percent of the fleas and eggs survive the initial application, and also note that the treatment loses effectiveness over time as the product wears off. Just one pesticide-resistant flea can lay up to 2,000 eggs in a two-week period, creating a host of survivors that are genetically resistant to the pesticide. Some studies indicate that a local strain of fleas can become completely resistant to pesticide treatment in six generations. Happily, we have a modern day and far less toxic solution at hand, called lufenuron. Think of it as flea birth control, an oral pet medication that gets transferred to adult fleas through their bite, and then to their eggs through the muther flea's blood.

It works by inhibiting the production of chitin in the larvae. Without chitin, a larval flea will never develop an exoskeleton. It is the active ingredient in the veterinary flea control medication, "Program", and is also a component of "Sentinel", which treats for fleas, heartworm, and parasites. As with humans, pet medication can have side effects. Sentinel Tabs can cause a negative physical response in some animals, most dangerously those that test positively for heartworm disease before receiving the treatment. Less serious side effects are an upset stomach or loss of appetite, various skin irritations, and mood changes.

It is very important when using this medication that you pick up after your pet and dispose of the feces for incineration to prevent any surviving parasitic worms from reproducing, and also to keep any excreted medication out of the environment. Occasionally, lufenuron is given in combination with nitenpyram (trade name Capstar), which kills fleas on your dog within a couple of hours. It can rub off on you or your family.

When the snow is gone, if I take my dogs into areas where they might run into ticks, I apply a topical poison for ticks, but otherwise, the monthly dose of lufenuron, and the rare dose of Capstar after a flea-infested playdate, provides us with a flea-free environment.

At Whole Dog Camp, I now require all canine participants to be on a lufenuron treatment program. Even if that is the only chemical my clients use, it means I can't breed here. If all islanders used lufenuron, within just a couple of years, island fleas would all be dying of old age.
The Goddess Tour

The Goddess Tour by Carolyn Gage, directed by Julie Goell at the Brackett Memorial Church Saturday, June 27, at 7 PM and Sunday, June 28, at 2 PM.

Two shows only! Don’t miss these very special performances of this mystical play about islands, about women, and about ghosts on an island!

Tickets: $12 adults, $10 seniors. Reservations recommended: 207-400-9454

Great Peaks Island Yard Sale

Great Peaks Island Yard Sale: Saturday, June 20 and Sunday, June 21 on the grounds of the American Legion on Welch Street. Jen and Dave Nowers will be chairing this once a year yard sale. This year it will be bigger and better than ever.

All proceeds will benefit Energy Assistance and the Peaks Island Children’s Workshop. Please call: Dave Nowers at 766-9967 or Cynthia Pedlikin at 766-0067 if you have items to be picked up.

Maine Wildlife Park Events

Maine Forest Service and Smokey The Bear: Saturday, May 30, 11am to 2pm. Meet a District Forest Ranger from the Maine Forest Service District Office in Gray. A Maine forest ranger will demonstrate and display the equipment and tools of his trade. Smokey the Bear will be there too, from NOON to 12:30PM. Bring your cameras for photos of Smokey with your children!

Night Visit special evening events at the park from 7:30pm to 9:30pm, Saturday, June 6, All About Bats, and Saturday, July 11, Wear Your PJ’s!

Maine Wildlife Park is located on Route 26 in Gray, open daily through November 15 from 9:30am to 4:30pm. Admission is free for ages 3 and under, $5 ages 5-12, $7 for adults, and $3 for seniors. Groups of 15 or more are $3.50 per person. For more information, please call the Maine Wildlife Park at 207-657-4977, or check us out online www.mainewildlifepark.com.

2009 Summer Youth Bus Pass on sale now

2009 Summer Youth Bus Pass: For only $20, children and teens – ages 18 and younger – can ride METRO and South Portland City Bus anywhere the bus goes, anytime from June to August. Bus passes and schedules are available where most bus tickets are sold: the METRO PULSE on Elm Street; METRO office at 114 Valley Street in Portland; participating Hannaford’s and Shaw’s locations on bus routes; Casco Bay Ferry Terminal and Portland and South Portland City Hall. Info at: www.g metamet rousb. com or 774-0351.

PEAKS CHECK-IN LINE

The check-in line, 766-0067, is available to ensure that people who live alone or who are house-bound for any reason have daily contact with someone. If you would like to enroll, or if you have questions about the program please call Howard and Cynthia Pedlikin at 766-0067.

Renaissance Voices

If you missed Renaissance Voices concert in May, you can see them at the Saco River Grange Hall in Bar Mills Saturday, June 13 at 7:30p.m. Further info is available at www.renaisancesvoices.org or by calling George and Cevia at 729-4958, or Steve Fox on Peaks Island.

Weatherization Program

Saturday, June 13, PTTA Energy Assistance will sponsor a presentation by Hour Exchange Portland, formerly known as Portland Time Bank, on a new home weatherization program at 10 a.m. at the Doug MacVane Community Center. The presentation will explain the Hour Weatherization Co-op that combines barter and cash to help people afford energy improvements to their homes.

When a body is discovered and another woman abducted nearby at the same time, everyone, including the police, learn fairly quickly who and what they’re up against, but the storyline moves like a shuttle launch - smoothly accelerating tension.

Hayman, a former creative director at the ad agency, Young & Rubican in New York City, now a resident of Peaks Island, will be on hand to discuss the book and sign copies at Longfellow Books in Monument Square, Portland on Thursday, June 25 (www.longfellowbooks.com), and at Borders Books in the Maine Mall on Monday, June 29 (www.borders.com).

“The Cutting” has been selected by the American Booksellers Association for its July 2009 Indie Next Great Reads List, a compilation of around 15 of the most popular books to be published each month, nominated by independent booksellers across the country.

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Join us
Subscribe today
Storch in a return with her own brand of soulful, vibrant songwriting. July 25: Local favorites The Truth about Dishes along with Peaks Island’s own, Ronda Dale on bass and harmony, and Sweet Bitters, New York female duo celebrating their spring CD release.

Aug. 22: Jud Caswell, native Maine artist who continues to gather awards and praise nationally for his song writing, and Rebecca Katz, lifelong student of language and song writing and proof that a Master’s in English Literature is no hindrance to art.

Sept. 19: Elaine Dodwell was recently named Connecticut State Troubadour 2009-2010; and the Joe Isanada Band (rock) you in the audience with irrepressible acoustic frollicking fiddle, stand up bass, percussion, guitar and vocals.

For more information, call Phil at 207-766 4421, or email: pdalgin@maine.rr.com.

AT THE THEATRE

For Children and Families in June
You’ve Got Mail! Saturday, June 20, at 10:15 a.m. Catherine Mosley from the Peaks Island Post Office will be at the library during Peaksfest to read a story or two and tell about some of her favorite experiences working in the post office.

Develop the Art of Reading, the program in June, encourages to encourage our children of all ages to see themselves as readers, while having fun. Sign up begins the week of June 23. The program will run for six weeks, ending August 1.

Story and Craft: Tuesdays from June 2 to July 28. Mrs. Crowley-Rockwell returns with her not-to-be-missed Tuesday evening program, geared for 5- to 8-year-olds, but open to all - a nice complement to the Summer Reading program. Come early and check out your week’s books.

Newberry Readers Time: for infants and toddlers, Wednesdays and Fridays at 11 a.m. Preschool Story Time: Fridays at 10:15 a.m. Sept. through June.

For Adults
First Tuesdays Book Discussion: July 7 - In Sunlight in a Beautiful Garden by Kathleen Cleary. The July and August meetings will be at the Trefethen Evergreen Improvement (Casa Breeze) clubhouse at 7 p.m. Call or email the library to reserve a book. Please include your library card number.

Panasonic: June 28 from 8 am to 11 a.m. Adults 86/44 Children 44.50

Civil War Kids Camp at the Fifth Maine - July 16 from 8:30am to 3:00pm for ages 8-12. One-day history camp; dip candles, churn butter, cook campfire biscuits and write letters with homemade ink and pen. 40+ hits of the 1860's. Cost: $30 per child non-members; $40 members; 10% discount for multiple children from same family. For more information, contact Elaine Dodwell at 556-5591. For museum information call 766-3330.

Songwriters by the Sea: The Songwriters by the Sea, summer concert series continues its second year on Peaks hosted by local musician, Phil Daligan, on Saturday evenings at the 5th Maine Museum throughout New England. Each month features a new set of local and regional artists from throughout New England. All shows 7:30 p.m to 10:30pm, Admission $10.

June 20: ‘Gathering Time’, New York group whose stellar harmonies have been described as somewhere between Crosby Stills and Nash and Peter Paul and Mary; and Teresa Boyd, Jane Banquer, pottery, prints, and the elementary school, and has featured over 100 Maine artists from featured over 100 Maine artists from the Long Island Bay islands and other areas. Host of the annual Long Island Art student’s art work under the direction of Lisa Wheeler and the works of several Middle and High School Students who contribute to the 5th Maine Area Schools Art show, the Long Island, including photography by Katie Johnson, a 2009 Graduate of Catherine McAuley High School, and pottery and other artwork by MECA student, Maxine Harmon. Exhibit runs through June.

Annual Student Show: Opening June 1; featuring selections of the Long Island Elementary School student’s art work under the direction of Lisa Wheeler and the works of several Middle and High School Students who contribute to the 5th Maine Area Schools Art show, the Long Island, including photography by Katie Johnson, a 2009 Graduate of Catherine McAuley High School, and pottery and other artwork by MECA student, Maxine Harmon. Exhibit runs through June.

CALL FOR ART! for the annual summer exhibit Go Fish - Casco Bay Island artists are invited to submit any displayable media that responds to the theme of fish or fishing; gear, folk, fable and fancy for this exhibit opening June 1 through Labor Day weekend. Contact Maggie Carle, art@peaksfest.com or www.maggiecarle.com. Artists may submit up to three pieces for consideration.

The Dodwell Gallery is located on Gorham Avenue, Long Island, between the Community Library and the elementary school, and has featured over 100 Maine artists in the Casco Bay islands and other areas. Host of the annual Long Island Art & Soul Exhibit and special shows during the Wharf Festival. Open everyday, during library hours, http://library.long-island.lib.me.us, Phone 2303.

The Eighth Maine is a living museum and lodge built in 1987, providing accommodations for individual and families. Cook your own meals in the spacious dining room. Long Island art lovers see what life was like in the 1890s. Tours available on request. To make reservations or for more information call 766-5080.

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COMMUNITY NOTES, from page 17

DANCE, cont.
Beginning Ballet (Adults and Teens) Tuesdays 5:15-6:30 drop in in $12 per class.
Stretch and Strengthen (Adults and Teens) Thursdays 5:15-6:30 drop in in $12 per class.

PORTLAND
RECREATION on
PEAKS ISLAND
FIRST MONDAY FUN for
PRESCHOOLERS: Every month in the Community Room. Children must be accompanied by an adult. Pre-registration not required but appreciated.
ON-GOING RECREATIONAL PROGRAMS FOR ADULTS: Mondays and Thursdays, in the community room: Indoor Walking/ Stretching Group (we stay inside during the winter) 8:15-9:00am; Low Impact Aerobics with Weights (weights are provided) 9:30-10:30am Tuesday afternoons in the community room: Ping Pong (just for fun, no lessons/beginners should contact Denise 2:00-4:00pm Tuesday evenings, PJ school gym: Adult Basketball, 6:30-8:00pm $2 per night. No program during school vacations, holidays, school snow days. For more info, contact Denise Macarone, Recreation Programmer, at 2970, or e-mail: dlm@portlandmaine.gov. Additional activities and updates can be found on island bulletin boards.

CHILDREN'S WORKSHOP
Bottle Drive: from Memorial Day-Labor Day the Peaks Island Children's Workshop collects returnable bottles. Please call Christina Foster at 221-3445 or Alice Kennedy at 766-0966 for bottle pickups. A barrel for returnables is in front of the church.
Yard Sale: Jen and Dave Nowers are collecting items for the PeaksFest Yard Sale to benefit Peaks Island Children's Workshop. If you have items to donate please call Dave, 766-0967, for pick up.

COMMUNITY FOODPANTRY
71 Herman Ave, (Children's Workshop Building). Open to the entire community Monday thru Thursday 9:30 am to 6 pm, first Saturday of every month 9am-11am. Please call 766-2854 for assistance or deliveries.

BRACKETT CHURCH
Weekly Activities:
- Worship, Sunday 10 am, includes children and Sunday School.
- Children's Choir - Most Tuesdays, 4:30-5:15, p.m. call Mavureen for details 899-0108.
- Lent Study Group, Thursdays 6 pm
- Wednesday Thrift Boutique, 3:00 - 5:00 pm at the church fellowship hall.
- Scripture Study Groups, Wednesdays, 10 pm and 7 pm.
- Tasse Prayer Service - Thursday Evenings - 7 pm. Join us for contemplative, low-key worship with candlelight, silence, prayers, gentle music, and ecumenical readings.
- Prayer Shawl Ministry - Thursdays, 1-3 pm at the Church Office/Pastorage, 9 Church Street, call Ann 207-266-2636 or Rebecca 766-3077 for more information.

Special Events:
- Open Mic and Dessert Nite, Friday June 19, 7:30 pm. Bring your stories, your music, your poetry and enjoy a filled evening! Contact Bill Hinderer for more info 766-2636.
- Brackett Memorial United Methodist Church, 9 Church Street, Peaks Island, Manger: Pastor: Rev. Denis Larson; 207 766 5013; www.brackettmum.org

HOMESTART
Community Meeting Saturday, May 28 - 9 am to 11 am in the Doug MacVane Community Room. We look forward to your joining us.
To apply for an affordable rental or ownership opportunity, please call our Casco Bay Island Fellow, Mary Terry, for an appointment at 221-2507, or write to her at marykterry@gmail.com.

PITA-ERA'S LOAF & LADLE DINNER
Tuesday, June 16, from 5 pm to 7 pm at the Peaks Island Baptist Church we will launch an Old-fashioned cookout complete with burgers, turkey burgers, and veggie burgers along with all the fixings and side dishes. As always we will be serving terrific desserts. Adults/$6, children/$2.50. All proceeds will go to PITA and Energy Assistance. Hope to see you there!!

FRIENDS OF TEIA NEWS
The Friends of TEIA still have a few 'camperships' available to offer to island school children to participate in the summer programs at TEIA.
These 'camperships' pay all expenses for your child to attend either of the sailing program, the tennis program or kids camp. Contact Stephanie at 766-2354 immediately for an application or further information. 'Camperships' will be given on a first come first served basis.

WEIGHT TRAINING
Mondays and Thursdays from 5 pm to 6 pm in the Community Room. We use simple ankle and hand weights for strength training and to encourage strong bones. Call Rhonda (2483) for more information.

Dance auditions
Tryouts will be held for the Maine Red Claws inaugural dance team at the Portland Expo Building, 237 Park Avenue, on Saturday, June 6th at 8 pm. For applications, information on the auditions and team requirements, please visit: www.nbaexperience.com. Participants must be 18 or older, with minimum high school or GED education. A $25 non-refundable registration fee and photo required. Judging by local choreographers, coaches, staff and others. The Red Claws Dancers will perform at all home games and will participate in various community and team functions. Please contact Abby Pierce at 207-210-6656 or at apierce@mainerecruiters.com for further information. NBA Maine will begin tryouts this November at the Portland Expo Building.

Next Issue
To be continued...

Part 2
Jo Israelson's three-part series exploring the process of finding work in a jobless market continues,
AND Part II
Dick Adams tells us how he used firewood to keep away boredom, as Fran Houston's interview with him continues in July.

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Next Issue
To be continued...
Memorial Day 2009

Peaks Island’s Memorial Day celebration began with a rain-drenched parade and ended with barbecues under clear blue skies. The celebration was sponsored by American Legion Post 142, and organized by Barry Shaw who was up front driving the first of two fire engines that led the parade. Starting around 1 p.m., it went from the grounds of the Lions Club to Forest City Landing for a commemoration of island veterans killed in war.

At that point it began to rain, but nobody seemed to mind. People stood in the rain and waved and cheered, veterans saluted when the color guard passed by, and even the Reggae-resters were quiet during the ceremony.

Pastor Beau Boyle of the Peaks Island Baptist Church gave the invocation, and retired Air Force Lt. Col. Chris Hoppin read a list of names of the fallen, who were then honored with a wreath thrown into the sea by Ladies Auxiliary members Lisa Lynch, Leslie Davis and Ellen Huston. The band played taps and the parade continued to Pond Grove Cemetery where a second ceremony was held.

Besides the fire department and military color guards, members of the Ladies Auxiliary and Peaks Island’s little league also marched in the parade, along with South Portland’s Mahoneymiddle School band, who played Andrew Barbieri’s “Armed Forces on Parade”, as well as “The Star Spangled Banner” during the commemoration down front.

The sun came out soon after the parade ceremony was over, and folks got to dry off and feast on barbecue prepared by Steve Nilsen at the American Legion.