7-2010

Island Times, Jul 2010

Kevin Attra

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New EMT graduates
The training course finished nearly four months but two emergency medical coverage is increased on the islands, especially Cliff Island where it was down to one before.

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The Peaks Island Library has issued a challenge in the island's school students: if they can read eight books (or spend eight hours reading) by the end of the month, they can splat the librarians.

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The year of the dead tree

BY KEVIN ATTRA
After a storm in late February that blew down hundreds of acres of red spruce forest on the islands, mostly in areas that had been already damaged by the 2007 Patriot's Day storm, concern about the elevated risk of wildfire apparently lit a fire under the City of Portland to get the dead wood cleaned up.

In early May, Consulting Forester Rene D. Noel, Jr., with the Southern Maine Forestry Service, was contracted by the city to inspect damage on Cliff, Cushing and Peaks islands. He estimated a cost of $282,500 to $435,000 to remove the debris and reduce the fire hazard, which he explained in a detailed letter to Deputy Fire Chief Terry Waldon on May 7.

In his judgment, there are currently 500 to 1,000 cords of fallen wood on Peaks Island, 1,000 to 1,500 on Cliff and between 1,200 and 1,600 on Cushing. Oddly, Cushing received damage in only one 40-acre area, but was apparently the worst hit and will be the most expensive to clean up.

"There is a large volume of fine fuel in twigs and needles," he wrote. "Any fire which ignites in this material when it is dry will quickly run through it. With limited fire fighting ability on the island, any fire is dangerous."

The Federal Emergency Management Agency was quick to authorize funds for clean-up in order to mitigate the fire hazard, having formally declared the region a disaster area in March. Work is tentatively expected to start late this month. FEMA will pay up to 75 percent of the costs.

On all three islands, clean-up will follow the same general procedure: Fallen and partially fallen trees will be removed to a staging area, sorted by suitability as lumber, paper pulp, or biomass and shipped off island.

The players returned to the field prepared for another emotional roller coaster ride, with both teams making their share of great plays and terrible blunders, but it took only one inning to take the title. Coach Beau Boyle credits the boys' fighting spirit.

"Despite being down by six runs with just two innings to go, these boys never gave up. One thing's for sure - they are not quitters," said Coach Boyle.

The Spruce Stands on a communal roller coaster ride, which spanned two innings to go, these boys never gave up. One thing's for sure - they are not quitters," said Coach Boyle.

The Spruce Stands on the town's selectpersons.

"Wood from green trees, which are suitable for saw timber, or spruce pulpwood produce enough value to pay close to the cost of their salvage and transport to market," wrote Noel. "Dead wood and trees suitable for biomass fuel chips do not produce enough value to pay the cost of salvage. Previous experience shows it costs $500 to $600 per tractor trailer load to remove this material."

According to Noel, Peaks Island will be the most difficult to clean because the damaged areas are in remote parts of the island, and there are few suitable sites for storing the timber before it gets hauled away.

The Spruce Stands on the town's selectpersons.

FREE

Peaks Island AAA team wins championship

REPORTED BY SUSAN HANLEY
For some young boys on Peaks Island, June 22, 2010 is a day they will remember for the rest of their lives. After an epic game that spanned two days, the Peaks Island Fuel AAA baseball team won the Portland Bayside Little League AAA championship game, defeating the Poland Athletic League team 18-14. The game began on June 21, and was set to go into extra innings but was called for darkness - it seemed even the longest day of the year was not quite long enough for this game.

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The Peaks Island Fuel AAA baseball team. Front Row (left to right): TJ Flynn, Bobby Wilson, Brady Boyle, Jonathan Bergel, Back Row: Jameson Childs, Eric Conrad, Nick Gashman, Nick Boyle, Rowan Daligan, Danny Hanley. Standing (from left) are Asst. Coach Tom Bergh, Team Manager Melissa Conrad and Head Coach Beau Boyle. Missing from picture: Ibe Okeme, Jerry Sylvester, Edie Sylvester.

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The Spruce Stands on the town's selectpersons.
Peaks Island Children's Workshop awarded $5,000

FROM BECKY DYER, MAINE FAMILY LITERACY INITIATIVE DIRECTOR

On June 16, Mrs. Barbara Bush announced that Maine Family Literacy Initiative, funded by her foundation for family literacy, had awarded a $5,000 planning grant to Peaks Island Children's Workshop. PICW Interim Director Lori Freid Moses accepted the award on June 10 from Mrs. Bush at a ceremony held at the J. Richard Martin Community Center in Biddeford. The grant will be used for planning purposes to develop a family literacy program that benefits Peaks Island residents.

A total of eight $25,000 grants and one $15,000 grant were also awarded this year to programs across the state that provide family literacy services, including adult and early childhood instruction and time for parents and children to read together.

Founded by Barbara Bush in 1989, the Barbara Bush Foundation for Family Literacy supports the development and expansion of family literacy programs across the United States in settings where parents and children read and learn together. In addition to its national program, it also supports the work of four statewide initiatives in Maine, Texas, Maryland and Florida.


TEIA awards $1,000 scholarship

BY JULIE KILMARTIN

Each year the Trefethen Evergreen Improvement Association presents a graduating Peaks Island senior with a scholarship for $1,000. Students must submit a written application and a recommendation from their school guidance counselor. This is an academic scholarship to apply towards two or four year college, an apprentice, certificate or diploma program. TEIA membership is not part of the criteria.

This year the scholarship went to Ian Carlson (right), son of Jamie and Susan Carlson of Island Avenue. Ian graduated from Portland High School in June. He is described by the director of guidance as “a wonderful young man” who sets very high standards for himself. During his three years at PHS, Ian was known to challenge himself with difficult courses, and performed very well in honors and advanced placement courses. Each semester he was on the Honor Roll.

Ian was on the math team, mock trial team, sailing team and swim team. He also represented his class on the Junior Executive Board. With all this, he also had a part time job.

In September, Ian will take his love of the water and sailing to continue his studies at the Maine Maritime Academy in Castine. We wish success to Ian and all the 2010 graduates of Peaks Island.

Peaks Island residents.

'MA 'll 

Personal Trainer, Mary O'Hagan, is offering a “Boot Camp” style workout on the back shore at Peaks Island.

Enjoy the beauty of the island while improving your fitness level!

Tuesday • Thursday
Or
Wednesday • Friday
9:30 a.m. • 11:00 a.m.
Thru July • August

$80/week per person
Register with a buddy or small group for $80 each/week
4 person limit

Call NOW to reserve your time
978-302-9640
TREES, from page 1

Peaks are all between 60 and 100 years old, having become established after farming was abandoned, and are mature at this point. He said that storm damage is going to be a continuing problem because of its age.

As trees start to decline they will be less resilient to wind, according to Noel. He stated that the forests will continually be a fire hazard over the next 25 to 50 years as the mature forest gets replaced by younger trees. "It is not a question of if, but when," he wrote.

"The question the island community and city needs to answer is: Does it want natural forces to harvest the trees and deal with the aftermath, or have some control over things and harvest in a planned manner?"

Because of the way the trees have fallen on Cliff Island, the fire danger is particularly acute there, Noel stated. "The terrain and lay of the damaged timber create risk of a very dangerous fire. Any person, structure or equipment in the area of damaged timber will be at risk."

He figured it will take six to eight weeks of hard work to clear the debris on Cliff, but in its favor, the island has good roads and open spaces for processing the material.

New EMT graduates swell the ranks of island rescue personnel

BY KEVIN ATTIRA

For nearly four months 15 islanders from Peaks, Great Diamond, Chebeague and Cliff spent two to three days a week being trained as Emergency Medical Technicians by the Portland Fire Department to help increase the number of rescue personnel available on the islands.

There are four tiers of emergency care certification, starting with First Responder, which some of the students had previously received. This course was a 120-hour EMT-Basic skills class, which precludes the administration of drugs and certain surgical procedures that the more highly trained EMT-Intermediate and Paramedic can perform.

Ryan Walsh, who taught the course for the first time, is a paramedic with the Portland and Cumberland fire departments. He served with a medical unit in Schenectady, New York before coming to Portland two years ago, and has tremendous knowledge and experience in the field.

All the students passed their state exams. They will be taking the national test individually, and will then be fully certified.

With the addition of students from Great Diamond, that community will have five EMTs at its disposal, with 18 to 20 volunteers in its fire and rescue service under Captain John Gordon.

Chebeague Island will have 10 EMTs with 33 volunteer firefighters under Captain Jarrod Smith.

Before this class, Cliff Island’s only EMT was Portland firefighter Dave Crowley, who also runs the volunteer fire department on the island. So, if all pass their national exam, Cliff will have seven more.

There are five PFD firefighters who live on Peaks and serve with the volunteer fire department under Captain Bill Flynn, along with 16 community volunteers. With a Portland police officer and firefighter now assigned to the island as well, Peaks will have 10 EMTs available.
In our ISLAND TIMES’ series of columns about the people who make Casco Bay Lines work effectively, this one concentrates on the three workers who keep the boats in ship shape. Maintaining five vessels to operate daily on Casco Bay takes an experienced team of professionals working every day as well. Led by new Maintenance Manager, Bruce Woodman, the team includes Jeff Nordstrom, who has worked for the Casco Bay Island Transit District for 25 years, and Lloyd Jones, a five-year veteran. Woodman succeeded Howard ‘Woody’ Woodside, who retired last year after 32 years with the District.

“Basically, we know that the CBITD must operate 365 days per year as a public utility,” Bruce explained. “So, each one of us takes that responsibility very seriously as we maintain the lifelines and the six islands we serve.”

The maintenance team uses a timetable for periodic or regularly-scheduled maintenance programs, based on the ship builders’ and manufacturers’ recommendations and the ferries’ performance. “In many ways it’s similar to oil changes and the rotations that car owners are told to use by automobile manufacturers,” Bruce explained. “But, of course, we operate in Casco Bay weather and also respond to whatever issues arise during the normal course of daily operations.”

CBITD ferries make an average of 20 round trips each day during the winter season and 30 round trips each day during the summer season. Maintenance issues sometimes arise during those trips and we rely on the crews to tell us what needs to be fixed,” Bruce concluded. “So, it’s a real team effort and I have been very impressed with how all team members work together for the safety of our passengers.”

Car and truck owners would recognize the manufacturers’ suggested preventive maintenance schedules, and Casco Bay Lines follows similar but more rigorous directives. For example, Machigonne II usually needs oil changes eight times per year while the smaller Casco Marquis II averages 18 oil changes per year.

Years ago, with smaller vessels and engines, oil changes took a great deal of the maintenance team’s days and nights. Now, an outside contractor changes oil and does some limited preventive maintenance. The contractor also disposes of used oil in accordance with stringent environmental regulations.

Bruce and the CBITD Operations Committee are reviewing ways of reducing our costs as part of our longer-term efforts to reduce costs.

One of those cost savings has been to "lock in" fuel prices to counter rising fuel costs since they’re such a significant expense for CBITD. The District has disposed of used oil in accordance with stringent environmental regulations. Bruce and the CBITD Operations Committee are reviewing ways of reducing our costs as part of our longer-term efforts to reduce costs.

CBITD rigidly adheres to manufacturers’ suggested preventive maintenance schedules. The Federal Transit Administration, which pays for most of the District’s maintenance through federal and state funding, reviews these procedures carefully. The U.S. Coast Guard also conducts regular inspections to ensure safe vessel operation.
For the love of Peaks!
Helen Kilmartin

BY FRAN HOUSTON

I was born on March 14, 1914 in Portland, 96 years young. I first came to Peaks in the 1920s with my parents. One of my first memories was seeing my father way out on Whaleback fishing. I was so afraid for him. The playhouse was very active in those days. There was this woman out in front of her house and she said, "I have to sell my house! I don't know if it's true." And I said, "Well, would you hold it for awhile to see if I can buy it?" She said she'd love me to have it. So that's how I ended up on Peaks.

Peaks seemed like Old Orchard Beach in those days. There was a lot going on. They had the Ferris wheel, rides and all forms of entertainment. The playground was very active in the summer months, off Broadway right here on Peaks at Greenwood Gardens.

As a young adult, I returned to the Island with no coaxing of my parents. Peaks and Old Orchard were the places to be for dancing. Take the trolley to the beach or the boat to Peaks. Peaks was actually the easier trip. The big bands - Cab Callaway, Ted Nichols and His Ten Pennies or Ishman Jones to name a few - would make the circuit, go to the Casino at Hampton Beach then go to either the Pier in OOB or the Gem here on the Island.

It was at the Gem I met my first boyfriend. It had a lovely dance floor. We'd come down on the boat and, of course, go to the dance. And then we'd go to Charlie Brown's to get a hot dog - the best in town - then go back to the Gem and rush to get the boat back home, because that would be the last boat.

The Gem was made of slats of wood, called the boardwalk and the road up from the boat was cobblestone. The cobblestones were just replaced with tar a few years ago. I hated to see them go.

I later bought my own summer house in the 1930s, was visiting a long time friend and walking back to the boat and there was this woman out in front of her house and she said, "I have to sell my house! My husband left me and I can't afford it." And I said, "Well, would you hold it for awhile to see if I can buy it?" She said she'd love me to have it. So that's how I ended up on Peaks.

Little did I know that my soon-to-be-in-laws lived diagonally across from my property, also on Meridian St. I formally met Steve at a dance in town. We both attended St. Dominic's Church, had gone to St. Doma's school and went to St. Christopher's in the summer. He was a few years older, so I knew of him and his family.

Married in 1942, we continued our winter-in-town and summer on the Island. Our family grew and every child by the Fourth of July and left on Labor Day. We hated the summer, I'm saying eight children. Ha ha.

Finnerty Cove, now called Hadlock's Cove, that's where we went every day with the kids. Mr. Finnerty, the elder lobsterman who lived at the entrance of the bay, would take care of us if we were having a special occasion or guests. We could stop by on the way to the rocks, sit down and have a good meal every day, tell him how many lobsters we needed and for a quarter piece he would have them all cooked and ready for us when we were on our way home.

We would sit, knit and crochet, swap recipes and stories all the day. Sometimes we'd try a recipe and bring it down the next day. Usually it was PB&J sandwiches that we would have available for the family, and usually a couple extras, in case another mom was running late. If one of the mothers had to leave early, the others would keep an eye on their children.

I remember in the late 1960s or early 1970s hearing the talk about women's lib and all, thinking back to myself, my friends and our summers at the beach from morn to dusk, and not understanding what they were thinking. All of us would be on the island all summer and the husbands would leave on Sunday night, work all week and return on Friday night. My husband would take the 6:15, running down the hill, and return late at night and do it again the next day. You could have women's lib, my friends and I would take the beach.

(At this point, her daughter Julie, who was present during the interview, says: We'd go exploring or blueberry picking and Mom would get a vacation because we'd be gone all day. But then she'd have all of us, all the cousins and aunts and uncles, at our house. They had their own house, but everyone always came to ours. That's why she went to work!)

The house was just beautiful. It had a great big fireplace. It burned down in 1978. Three or four houses burned down the same night. We were told who burned it down but we don't know for sure. You could see the fire from Portland. As a matter of fact, Steve, my son Joe and son-in-law Gus watched the flames from the steps of the Civic Center at a hockey game only later find out it was our cottage.

(Julie: I should tell you, my father did make collages before collages were popular. When the house burned down, the first thing everyone said was what about the pictures? The negatives were in the cottage too. There were very, very few pictures left. That was the really sad part.)

It was sad to lose the cottage but we all just loved it here. After the fire, four of my children bought new places. Now we all come every summer again and sometimes on holidays. This year I was here for my 96th birthday in March. Such wonderful times. Such wonderful memories.
Letters

To the editor:

Although I respect the privacy of our friends the McIntees during these terrible times, I must write to clarify errors in your June article. Jack McIntee sold his Nth Degree company 10 years ago and retired from the trade show and events business to focus his full attention on the adoption, education and upbringing of three children, two brothers and a sister, who previously had been traumatically orphaned in Russia.

Fred O'Keefe
Peaks Island

* * *

A special thank you to John Kampa, Chris Kampa, Marcus Kampa and Conner Flynn of Kamp Masonry & Landscaping for spreading the wood chips on our playground so that the children at Peaks Island Children's Workshop will be safe if they fall.

Lot Fred Moses
Interim Director, Peaks Island Children's Workshop

* * *

Special thanks to Towanda Brown for cutting the annual Student Art Show for the month of June. Her creative approach to both the diversity and volume of work from kindergarteners to college students was an A+.

Maggie Carle
Curator, Dodwell Gallery, Long Island

* * *

The Health Center will be fully staffed the month of July, however, due to vacations, we have had to re-arrange Lois and Kitty's schedules on certain days. Please check the clock on the door of the Health Center or call for an appointment.

The Health Center is welcoming medical equipment donations. If you have items such as wheelchairs, crutches, any orthopedic supplies, etc. that are in excellent condition and you have been wondering what to do with them, please bring them to us. Thanks.

Mary Grimaldi
Clinical Assistant, Peaks Island Health Center

* * *

The Music Association board would like to offer many thanks to our faithful supporters, the Fifth Maine Regiment, and especially to the Peaks Island Fund for helping bring our wonderful 1924 Steinert grand piano up to par.

Faith York
Peaks Island Fund Grants

* * *

Thanks again to contributions from residents and friends of the community the Peaks Island Fund Summer 2010 Awards may exceed $48,000. The Peaks Island Fund is now accepting applications for its 2010 grant program. Applicants must have 501(c) (3) charitable tax status or a charitable sponsor. To apply go to our website at www.peaksislandfund.org and click on Fund and Grant Applications. Applications should be submitted by July 15 and any questions should be e-mailed to Pam Clerchon at pclechon@mainetxg.org, (761-2440). Committee members Reta Morrill, Bob Hannigan, Brad Burkholder, Stephanie Castle, Aaron Schuit, Nancy Flynn, Tom Snyder, Perry Sutherland, Jim Laustier, Kathy Hutley or Bill Zimmerman are also willing to answer questions.

Grants will be reviewed at the Aug. 4 meeting of PIF and awards will be announced at the annual meeting Aug. 19 at the Zimmerman home at 16 City View Road. The annual meeting and business meeting will begin at 5:30 PM and the community is invited to attend. Any community residents and visitors interested in contributing to this important event may consult our website or send checks to Peaks Island Fund, c/o Maine Community Foundation, One Monument Way, Suite 200, Portland, ME 04101. The PIF is always anxious to have your opinions on emerging needs of the island that might be considered for grants in the future.

* * *

Wood chipping program for Peaks Island

The Maine Forest Service's new "Defensible Space Chipping Program" will visit Peaks Island on July 20. The federally funded program is designed to help communities reduce the risk of wildfire near their homes. Peaks Island qualified for it by completing a community wildfire risk assessment through the Maine Forest Service in 2005.

Homeowners who are interested in participating in this free program are requested to contact Lynne Richard of the Peaks Island Council (lynh@maine.rr.com or 766-2984).

Residents will need to complete a "Request for Chipping Form" and then place tree limbs and brush roadside by July 19. Details are given on the application form. Homeowners interested in keeping their wood chips should indicate so on the form.

Several volunteers from the Peaks Island community will be needed to load brush into the wood chipper. The Maine Forest Service will provide an equipment operator for the chipper and the fuel needed to run it. A forest ranger will also be available to show how they can increase their "defensible space" around their home to protect it from wildfire.

A public meeting is tentatively scheduled at the Douglass E. MacVane Community Center on July 8 at 6:30 p.m. Email Lynne if you can volunteer, donate fuel or take transportation or need an application form.

Lynne Richard
Peaks Island Council

* * *

At first glance, the cafeteria at Bonny Eagle Middle School was typical. Students crowded around tables talking excitedly, quickly eating off trays and drinking out of milk cartons. But what made this scene stand out was the dark green Swiss cheese and milk cartons, grown by the students in the school's greenhouse. More surprising, though, was that they were eating it—and, by the looks of things, actually getting on a diet. I recently held a forum at the school to ask experts from around the state how we can make this scene the reality for many Maine school districts. Today's kids are growing up with the benefit of a few large companies and fast food chains making it more and more difficult to put a solid meal on the table. These healthy breakfasts, lunches, and snacks are in essential to education as pencils and notebooks. At Darlene French, president of Maine School Food Service Association, said at the forum, "You can't teach a hungry child!"

But for too long the system has been geared toward processed food—high in calories, low in nutrition—to the benefit of a few large companies and agriculture producers. We need to make sure that our children eat food trucked across the country with no connection to where it came from. Childhood obesity is a national epidemic. Today's kids are dealing with health problems that, astonishingly, have made their life expectancy shorter than that of their parents.

The Nutrition Act is doing a good job at making sure children are fed—but we need to make sure it does a better job of what it feeds them. I'm proud to say Maine is already taking the lead. Schools across the state are producing more nutritious meals from Congresswoman Chellie Pingree

* * *

The Casco Bay Island Times is a community newspaper covering the islands in Casco Bay. We welcome births, engagement and wedding announcements; obituaries; notices of community events; and letters to the editor. Please try to keep letters to 300 words or less. We reserve the right to edit letters. The newspaper is available by mail for $25 a year. Address checks to Island Times. Our mailing address is 120 Brackett Ave., Peaks Island, Maine, 04108. To reach Kevin Attra, call (207) 650-3016 or e-mail kattr@islandtimes.org. For rates visit our website at www.islandtimes.org.

Published by the Times Record, Brunswick.

Printer by Times Record, Brunswick.

please see PINGREE, next page
that not only feed kids but also local economies. At the forum, nutrition directors recounted that they have been able to get kids to eat vegetables they wouldn't touch before, and, what's more, that students are asking their parents for it at home. The key has been engaging kids in the process, taking them to see the farms where their food grows or, in the case of Bonny Eagle, actually getting their hands dirty.

A local community feeding its own. A hundred years ago it was the directors recounted that they have taking them to see the farms where their parents for it at home. The key nutrition so they could store fresh ingredients. A more streamlined paperwork process would help eligible families sign up for free and reduced lunches as well as other programs. It should be harder for school districts to raid food budgets for other departments. A strong; Farms to Schools program would set the groundwork schools need to access more local food. that not only feed kids but also local communities; involving their thin resources to make this change happen. But they don’t have many of the resources they need. After all, for farmers, they made lunch from a box; it takes more equipment and more training to turn the raw ingredients into a meal.

Many Maine schools are eager to oblige and have been incredibly industrious in stretching their thin resources to make this change happen. But they don’t have many of the resources they need. After all, for farmers, they made lunch from a box; it takes more equipment and more training to turn the raw ingredients into a meal.

View from the Chair

BY MIKE RICHARDS, PIC CHAIR

Can You Spare Some Change?

I have lived on Peaks Island for 25 years and commute to my job in town six days a week. I’m up at 5 a.m., take the 6:15 boat and walk up to my office by 7 a.m. I never carry the list was $1,510,000 to help islanders to purchase police officers 24/7/365. Next on the list is $14,000 to help islanders pay for transportation on the ferry (the amount is equal to what we islanders pay toward Metro each year), and also

Walking the streets of Portland every day, I often cross paths with the same people who also have a regular schedule, some of them beggars I know by name. One of them is Jessie, overweight, slyly-dressed, long hair and beard, who sits on the same bench in Monument Square every morning, and as I walk by he asks plaintively, “Can you spare some change, Sir?” And every morning I say no, and he says, “Thanks anyway.”

I’ve sat down and spoken with Jesse on several occasions and advised him that, although I generally don’t mind helping folks out of a jam, I never carry change (I leave it in a jar at home), and even if I did, I probably can’t afford to support his alcoholism. He admitted there’s really nothing else wrong with him, and he promised to quit drinking “someday.”

I asked him to look at me and remember me so he could refrain from asking me for money in the future, but he said he couldn’t remember that, and he hasn’t. In fact, he asked me again this morning, and again I said, “Sorry, Jesse, I don’t have any spare change.”

If the City Council approves the rehabilitation of affordable multi-family rental housing that begins at 7 p.m. in the City Hall. Agendas are available in the City Manager’s office the preceding Friday or online at http://www.portlandmaine.gov/council/schedule.htm.

In July, the third Thursday of each month at 7 p.m. in the Peaks Island Senior Association for allowing me to meet them at the Fifth Maine Regiment. It was a great time and I appreciate the invitation to talk to the group. The island services unit will be meeting with them at the Fifth Maine Regiment. It was a great time and I appreciate the invitation to talk to the group.

Greetings to all,

First off, I would like to again thank Rash Betch and the rest of the Peaks Island Senior Association for allowing me to enjoy lunch with them at the Fifth Maine Regiment. It was a great time and I appreciated the opportunity to talk about police business. I’m looking forward to doing it again soon.

Let me take this moment to explain the changes that are going to occur at the beginning of July. In its simplest terms, we currently work two officers per shift. However, starting in July we will have one officer working full-time in conjunction with a Portland firefighter.

Medical services and fire services will remain the same. There will be certain situations though, that will require a back-up officer to respond from the mainland.

The officers that are remaining on the Islands Services Unit will be meeting with our supervisor before July to ensure that we are all on the same page as far as the protocol is concerned for handling situations.

That’s it for now, and I hope everyone had a great Peaks Fest.

GREETINGS to all,

First off, I would like to again thank Rash Betch and the rest of the Peaks Island Senior Association for allowing me to enjoy lunch with them at the Fifth Maine Regiment. It was a great time and I appreciated the opportunity to talk business. I’m looking forward to doing it again soon.

Let me take this moment to explain the changes that are going to occur at the beginning of July. In its simplest terms, we currently work two officers per shift. However, starting in July we will have one officer working full-time in conjunction with a Portland firefighter.

Medical services and fire services will remain the same. There will be certain situations though, that will require a back-up officer to respond from the mainland.

The officers that are remaining on the Islands Services Unit will be meeting with our supervisor before July to ensure that we are all on the same page as far as the protocol is concerned for handling situations.

That’s it for now, and I hope everyone had a great Peaks Fest.
YOGA FOR LIFE
A yogic perspective on health and simple living
BY REBECCA JOHANNA STEPHANS

Rebecca Johanna Stephens teaches weekly yoga classes and private yoga lessons on Peaks Island and in Portland. You may direct your comments, inquiries, or column ideas to 766-3017 or gymag@maine.net.

Many years ago one of my massage therapy instructors suggested that we have conversations with our internal organs. Before I managed to close my eyes and commune with my kidneys, my brain had already responded with the assessment that she was thinking just a little too far outside the box. When my kidneys showed no interest in talking to me, I imagined that she was speaking metaphorically not literally. Now I often find myself inviting yoga students to turn their listening inward, let their bodies be their teachers, and thank their organ systems for all the work they do without our conscious effort. You may never master regulating your kidneys, but with just a few slow deep breaths or a few minutes of meditation, even beginning students can slow down a racing heart, quiet a chaotic nervous system, and calm an upset stomach.

In addition to keeping us alive, a healthy cardio-vascular system supports vitality, emotional stability and mental clarity. The heart is a specialized, striated involuntary muscle that is controlled by nerve impulses produced by an organic pacemaker called the sinoatrial node. All day long cardiac muscles contract and relax, rhythmically pumping blood through an intricate web of arteries, veins and capillaries. Our heartbeat is the sound of life itself, and when it goes away all havoc breaks loose.

Dr. Dean Ornish revolutionized the care of cardiac patients by introducing lifestyle training into rehab centers. He advocated a fourfold approach: nutrition, exercise, stress reduction, and group support. His patients are often surprised how quickly they begin to feel better. As a result of the lifestyle training, most patients reduce medications, learn to avoid over-eating, lose weight, lift depressed spirits, and gain vitality. An integral part of his rehab program is classes in yoga and meditation.

Research on the benefits of yoga for cardiac patients shows a reduced pulse rate and blood pressure, greater efficiency in lung function, increased circulation to the extremities, and reduced anxiety. Also, when muscle tone is improved, the muscles in the legs help pump venous blood that is returning to the lungs so the heart doesn’t have to work as hard. A holistic yoga practice offers all the components of Dr. Ornish’s training, though I would recommend cooking classes if you are uncomfortable with changing your eating habits.

Many of my previous columns have addressed stress reduction, so in this one I will focus on the exercise aspect of yoga practice. There are several ways to get your heart pumping in yoga practice including vigorous breathing exercises, vigorous inversion postures, and many repetitions of sun salutation. You may be surprised to learn that there are also many yoga postures that naturally increase your heart rate if you hold them for a minute or longer. I offer a group of these postures below.

Whether or not you have any personal or family history of heart disease, I invite you to begin taking excellent care of this unique muscle today. Given a chance, our tissues will restore and heal over time. Take an honest inventory of your stress level, your eating habits, your exercise routines, and your access to community support and see where you can make some changes.

If you find yourself claiming that you don’t have time for this inquiry, ask yourself if you have time for a heart attack. Your heart is longing to have an important conversation with you. Make a cup of tea, curl up in your favorite chair, and prepare to listen.

**Practice Suggestions: CAUTION!** If you have unmedicated high blood pressure, do not practice any of these postures before consulting with your physician. If you have medicated high blood pressure, try the pointer option (left) photos in each pair and do several repetitions rather than holding postures for a long time. If you are holding the postures, stay for a minimum of seven 10"9, full breaths.

- **SQUAT (left):** Stand with your feet hip-width apart and parallel, and raise your arms up in front of you. Engage your arms by reaching forward and pulling your shoulders back at the same time. Optionally, rise up onto your toes and keep your heels lifted. Bend your knees a bit, keeping your spine upright. **CHAIR (right):** Begin in the squat. Bend your knees deeper, sitting back into an imaginary chair as you raise your arms up alongside your ears.

- **TRIANGLE LUNGE (left):** Begin in table pose. Step one foot forward between your hands and angle the other knee back until you have a satisfying stretch. Sweep one arm out to the side and up overhead, following your hand with your gaze. Hold and then switch arms. Switch legs and repeat. **LATERAL PLANK (right):** Begin in table pose. Walk your hands forward a bit, tuck your toes under and lift your knees, coming into plank pose. Shift your right hand over a couple of inches and roll onto the side of your right foot. Place your left foot either in front of (easier) or on top of the right and sweep your left arm up overhead. Switch sides and repeat.

- **HALF LOCUST (left):** Begin belly down with your chin or forehead on the mat. Tuck your hands under your pelvis with palms facing up. Lengthen your right leg and lift it up, leaving your pelvis cradled in your hands, and hands on the mat. Switch legs and repeat. **LOCUS (right):** Begin belly down with your chin or mouth on the mat. Tuck your hands underneath your torso so that you are lying on your extended arms, either palms down or fists with the thumb side down. Press your arms against the mat as you sweep your legs up. Breathe deeply as you hold.

- **REVERSE TABLE (left):** Begin sitting with knees bent, feet flat on floor, and hands behind your hips, fingers pointing towards your back. Press with your hands and feet and lift your hips. Lengthen from hips to the crown of your head. **INCLUDED PLANE (right):** Begin sitting with your legs extended in front of you and hands behind your hips, fingers pointing towards your back. Press with your hands and feet and lift your hips. Lengthen from toes to the crown of your head.

- **BOW (left):** Begin lying on your belly. Bend your knees and reach for your feet or ankles. Keep your knees close together (you may practice with a block between your knees). Lift your toes as you press your feet back and lift your toes towards the sky. You might rock a bit as you breathe. **WHEEL (right):** Begin lying on your back with knees bent, feet flat on the floor. Place your hands under your shoulders with fingers pointing towards your waist. Press with your hands and feet and lift your hips strongly up. To release the posture, tuck your chin as you lower your shoulders to avoid coming down on your head.

- **RESTORATIVE INVERSION (right):** Begin lying on your back with knees bent and feet flat on the floor. Lift your hips and place a cushion or folded blanket under your sacrum (I used a yoga mat folded around my flip flops). Lift your feet and straighten your legs. The support under your hips should allow you to relax your legs. Breathe and rest.

Rebecca Johanna Stephens, Kripalu Certified Yoga Teacher since 1994, has 23 years experience in the healing arts.
What do you do on an island?

BY JERRY GARMAN

What Do You Do On An Island?
The most frequently asked questions by visitors and people from away are: How many people live here year-round? How long have you lived here? And finally, what do you do on an island? The answers to the first two are easy but the third question requires some thought.

There are 32 organizations on our island, most with 501(c)3 tax status, each having a specific program, but all having a common goal: FUNDRAISING.

So, the major activity on the island has people constantly involved in some form of organized effort. Every month there is a supper, a pancake breakfast, a bake sale, a raffle, an auction, an art and crafts show, a concert, a yard sale or a fair in an attempt to raise funds for one of these organizations. In July and August there will be over 35 of these events.

Island fundraising may have started with a lemonade stand, evolved into a yard sale and finally culminated into some form of organized effort. A bumper sticker suggests that if we had to finance war through a bake sale we would always be at peace. Many organizations now sponsor a fair. An ancient tradition, fairs were once a gathering of people to display agricultural goods, animals and handicrafts. On the island the animals have been dropped, but little else has.

The first fair occurred at the Brackett Episcopal Methodist Church in the late 1860's. Their 1912 fair netted $46.30. Currently, the church sponsors at least four variations, including two rummage sales, a Summer Fair, and a December Jingle Bell Fair.

St. Christopher's Catholic Church also holds an annual fair with the Holy Trinity Episcopal Chapel sale. The Lion's Club Variety Show runs for several days in August, and the American Legion Randall MacVane Post 142 sponsors many special events - even a bus tour to Boston.

The Eighth Maine Regiment Association has its Annual Art Show and Sale, while the Fifth Maine Regiment Museum's fair has been Art on the Porch, a Harvest Home Supper and a calendar of other events. Even PeaksFest, a three day festival event, qualifies as a fair.

Island Fairs have included rides on ponies, hot air balloons, seaplants and boats. They have been held individually and once collectively at Greenwood Gardens. Fairs have become an important part of our island culture not only for generating revenue but also for enhancing our sense of community.

Like the mysterious Scottish village Brigadoon - appearing one day every 100 years - the Trefethen Evergreen Improvement Association Fair has appeared one day every 12 months for 97 years, on the first Saturday in August. It generated $210 in the first fair in 1912, and has become the largest on the island; netting four-digit returns and culminating in a fair support feeding over 300 people.

On the Friday before the fair all the clubhouse tables are filled with a never-ending stream of merchandise and edibles. In a few hours the TEIA clubhouse and grounds are magically transformed into a colorful fair ground.

While everything seems to come together in 48 hours, the fair requires the effort of over 100 year-round and summer people, donations from 27 businesses and the support of the entire island. Fair chairpersons and co-chairs start organizing shortly after the fair closes. They must find chairs for a luncheon, a supper and 14 theme tables. As the fair ends over 500 islanders will have been involved, making this another successful event.

Both their energy and monetary contributions will have helped to support many island projects essential to perpetuating the uniqueness of our island. Fairs are a part of our island lore, and raising funds for so many beneficial projects will always be one of our major activities. Make sure you come to a FAIR.

Long Island
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Sunday Job 11-1 11am - 3pm
Are you looking to buy a new home?
We invite you to take the ferry over to the Town of Long Island where you will be given a guided tour of the many properties for sale being offered by

Port Island Realty

The Ferry Departs Casco Bay Lines, Portland at 10:30 am and returns to Portland at 4:45 pm
The tour will begin at 11 am from the ferry landing
Transportation and lunch will be provided

Reservations are required
Space is limited
Please call Laurie Wood 207-232-0758 To Make your Reservation

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WWW.PORTISLAND.COM
July 2010 Sky

BY MIKE RICHARDS

July is named for Julius Caesar, born lucky (to patriots) on the 13th of this month, 100 BC. He joined the army, was elected tribune, conquered Europe, Asia, North Africa, started a civil war and became first Emperor of Rome and Dictator for Perpetuity—well until uneventful longevity ended it on the Ides of March 44 BC. But he left behind on the English landscape and Latin in the English language.

Romans called these the dog days, because they could finally see the Dog Star, Sirius, the blue-white alpha star in Canis Major and brighter star in the heavens, rising ahead of the sun in the east. And it seemed Sirius generated heat here, too.

When the dog star rose in the Roman dawn, it meant hot weather and languid citizens, though now folks think of panting dogs. In the two millennia since Julius, the Earth's precession has retarded the North Pole clockwise a bit, so Sirius is late arriving now, but July is still the hottest month of the year up here and the coldest month below the equator.

One star, the sun, wakes up every 11 years and is just coming off an unusually deep sleep. In the next few years, as the sun reaches maximum, we should expect more solar storms and the aurora on Earth that it will generate. You can see novices of the sun's surface, with sunspots and flaring arms of solar mass flying off into space (spaceweather.com).

As those photons reach Earth three days later, they ionize in the upper atmosphere, especially around the poles, where Earth's strong magnetic field shepherds them, and in the cobalt sky we can see Aurora. Roman goddess of dawn, in her jeopardous gowns flowing and glowing red and green. Even in the middle of summer, with our north pole tipped toward it, the sun is never overhead—check your shadow at noon. We live so far north, having followed the receding glacier 13,000 years ago.

If it gets too hot, go further north. But just remember, another ice age is coming when the 100,000-year Milankovitch cycle lines up Earth's maximum orbital flex with winter equinoxly. If it goes too hot, go further south. But just remember, another ice age is coming when the 100,000-year Milankovitch cycle lines up Earth's maximum orbital flex with winter equinoxly. As, those photons reach Earth three days later, they ionize in the upper atmosphere, especially around the poles, where Earth's strong magnetic field shepherds them, and in the cobalt sky we can see Aurora. Roman goddess of dawn, in her jeopardous gowns flowing and glowing red and green. Even in the middle of summer, with our north pole tipped toward it, the sun is never overhead—check your shadow at noon. We live so far north, having followed the receding glacier 13,000 years ago.

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How you can make an instrument using only glue and bells

BY ISABELLA LEVINE, GRADE 3

1. The next time you have olives or hummus in a plastic container, save the top.
2. Get a glue that dries clear. Fill the container top with glue.
3. Put small bells and any decorations you like in the glue.
4. Let it dry. Then take it out. It might be flexible but shake it and jingles. And there's your music!
Some things cannot be explained in this world. Consider the talking board with spirits and ghosts. You can ask a known as Ouija.

All Ouija boards are basically the same – each has the alphabet A to Z, numbers 1 to 9 and 0, the words “goodbye” (and sometimes “hello”), “yes” and “no,” and images of sun and moon – but they vary in style. Some modern boards come in pink, or rational style.

The best way to find out anything about Peaks is to ask a kid. Better yet, ask a group of them. At a recent J-Club meeting, I did that for you.

There are three restaurants open in the summer. The Cock-eyed Gull, The Inn on Peaks Island and the Peaks Island House, all down front on Island Avenue. Here are the J-Club kids’ (and adults’) favorite places and why.

The Inn got 13 votes, the Gull three, and the Island House one. Two kids didn’t have a preference.

The reasons people like the Inn are the mac and cheese (two votes), French fries, hot dog, beet salad bread roll, fried chicken, chocolate “moose,” pineapple cranberry sauce and full service shop.

The Gull was praised for its bacon egg sandwich, buns and veggie cakes.

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From the FIFTH MAIN 

Water, water everywhere & nary a drop to drink

Such was the lament of Peaks Islanders as the 1920s approached.

BY KIM MACISAAC
FIFTH MAIN MUSEUM CURATOR

Early residents of the island dug wells or fetched water from the many ponds on the island. As the number of summer visitors began to grow after the Civil War, community wells were dug to serve the campgrounds at Evergreen and Forest City. Islanders who had wells on their property often shared water with their newly arrived neighbors.

It wasn’t until 1903 that a “water company” was established on the island. In March of that year the state legislature authorized Edgar E. Rounds, Walter S. Crandall, and Emma Rounds to incorporate the Peaks Island Water and Light Company. The purpose of the new company was to supply “Peaks Island with pure water.” Water was pumped from a deep well on the site of the recently demolished water tower on Brackett Avenue to a series of auxiliary pump houses which gravity-fed water to homes and businesses in the Forest City section of the island. Only one of its three pump houses remains today on Elizabeth Street.

About the same time, the Tolman Water Company began pumping water to some 34 houses in Tolman Heights from an artesian well. This was a seasonal service operated by summer resident Judge Tolman and his daughters Laura and May, who taught history at Portland High School. Yet it was not enough to meet the demands of thousands of summer visitors or the needs of year round residents.

By 1919 the underground aquifer that supplied fresh water had all but dried up. Islanders had to resort to the “rain barrel by the back door” to collect water and the melted snow method during the winter. In response to this crisis the Trefethen Evergreen Improvement Association and the Peaks Island Businessmen’s Progressive Association began a campaign to bring Sebago Lake water to Peaks.

The Water Committee consisted of John G. McGregor, W.T. Bradford, Charles Stevens, Anna Mitchell, and Mary Davis. For the next 10 months the committee worked its way through the local and state political bureaucracy, garnering support from the Public Utilities Commission and Portland’s Mayor Clarke. A conference with Governor Milliken resulted in his calling a special session of the 79th Legislature. His message to that body was simple: “Peaks Island has an emergency.”

The committee hired Judge Joseph Connolly to shepherd its efforts through the legal process, and fundraising was begun to help cover the cost of extending the water main from Fort McKinley on Great Diamond Island to Peaks. Donations were received from the Businessmen’s Association, Brackett Memorial Church, and various individuals with the largest donation coming from the TEIA.

The campaign to bring a public water supply to Peaks was a resounding success. Sebago Lake water flowed to Peaks on May 28, 1920.
Inanna opens summer concert series at Fifth Maine

BY FAITH YORK

Kicking off the 2010 Wednesday night Summer Concert Series at the Fifth Maine on July 7 will be Inanna, the fabulous Sisters in Rhythm themselves.

Founded by Peaks Island's own Tori Morrill, the four-member, all-female drum band was originally created by the participants of a drum class in June, 2020, and takes its name from an ancient Sumerian goddess who reigned in an age when drummers and dancers were predominantly women.

The women masterfully mix their vocals with authentic and replica African percussion instruments, which Portland Press Herald music critic Christopher Hyde calls "especially intriguing and delightful ... switching from one percussion instrument to another, at the same time singing complex harmonies that complement the rhythm and sometimes echo the overtones of the drums."

Inanna has recorded and released five, full-length albums and has played venues such as the Great Went with Phest in Limestone, the Maine Arts Festival, Portland's Merrill Auditorium, the Augusta Civic Center and the Common Ground Fair in Unity.

Inanna is deeply dedicated to the education and cultivation of peace and sharing among cultures through the power of music. "Getting the audience involved and creating an experience is our goal," emphasizes Andrea Antognoni, one of the founding members of the group. "It really feeds us to look out in the audience and see people smiling and feel the vibe of mutual energy circulating between us and our audience."

You can check out their website at www.inanna.me. Better yet, catch them live at the Fifth Maine on July 7. Show starts at 8:00 p.m.

The second concert of the season on July 21 will be the popular "Annual Island Musicians'" concert, a wonderful mix of talented musicians with Peaks Island connections. From trumpet to banjo, harp/harpichord to clarinet, soaring soprano to resonant double bass there is something for everyone.

All Wednesday night Summer Concert Series programs are held at the Fifth Maine Regiment Museum on Seashore Avenue, 8:00 p.m.; suggested donation $5.00/person.

The Music Association is currently accepting applications for this year's Barbara Goldman Scholarship, offered annually to a Peaks Islander between the ages of 8 and 22 who is studying music. The $500 award is open to any island music student who can demonstrate significant ability and a real commitment to pursuing and working towards musical excellence.

For more information, call Faith York at 766-5763 or PIMusicAssociation@gmail.com

The Peaks Island Music Association is: Charles Butt, Technician; Jackie Clifford, Co-Treasurer; Perry Demitre, Historian; Larry Ducharme, Facilities Manager; Stephen Fox, Eric Larue, Eleanor Moran, Kathie Schneidler, Secretaries; Colia Stokle, Tickets & Co-Treasurer; and Faith York, President. We are dedicated to planning and producing interesting musical programs that represent both our community and the world around us; we seek to fulfill our commitment of bringing good music to our beloved island.

Summer Reading

BY DIANE EACRET

PEAKS ISLAND SCHOOL'S J.C. CLUB ADVISOR

A famous line by the poet, Emily Dickinson, tells us: "There is no frigate like a book." Books are boats that "take us lands away." But unlike boats we build to travel on the water while staying out of it, books this summer may become the means of getting people wet.

Librarians at the Peaks branch of Portland Public Library, Priscilla Webster and Rose Ann Walsh, have thrown down the gauntlet to Peaks Island School students. If everyone in a class signs up for and completes the library's summer reading program, that class will have the opportunity to splashed the librarians in the fall.

J-Club spoke to Mrs. Walsh, who devised the challenge, to find out what kind of splashing she has in mind. Are we talking squirt guns, buckets, an above-ground pool? Will they wear wetsuits? Ever enigmatic, Mrs. Walsh is keeping her definition of "splash" fluid. All she would confirm is that the splashing would take a form suitable to the age group dishing it out. To sweeten the deal, she added this fillip: Mrs. Litchfield, who retired this year, will return for a splashing if the entire school completes the program. Kids need to read eight books, or for eight hours, by July 31.

A wind-up activity to the reading program is a special event, "Tides from the Falls" by Chip and Arnie. Kids will fish for words and tell stories with their catch. There will also be a ukulele. It's free, at the library, 7:30 p.m., Tuesday, Aug. 3.

While we had the librarians on the line, we asked what's hot at the library this summer. "All sorts of things," said Mrs. Webster. "The new graphic book, Big Nate, by Portland teacher Lincoln Peirce didn't even make it to the shelf."

Serials are popular, Mrs. Webster noted. People are reading Erin Hunter's Warriors, Rick Riordan's Olympians, Eoin Colfer's Artemis Fowl and Kate DiCamillo's Mercy Watson, as well as old favorites. "We put the series books together in their own section so that kids can find them easily," she said.

Always in demand, and especially so in summer, are books by Peaks Island authors and illustrators: Scott Nash, Anne Sibley O'Brien and former islander Kevin Hawkes, all of whom are featured in an article in the current Island Journal (available at the library).

A book that caught Mrs. Webster's eye is The Invention of Hugo Cabret by Brian Selznick. She described it as "like a movie." Full-page black and white drawings alternate with pages of text. "You read the drawings," she said.

This book is on the list of recommended books for kids in grades 3, 4 and 5. Book lists provided by the school, for students of all ages, are available at the library.

When you think about it, there's not too much that's not available at or through the library. Check it out.
Art Roamings
Always something new

By Jamie Hogan

One might wonder if a body gets bored on a rock that's a mile long by a mile and a half wide. Hardly. There's always something new happening, especially on the art scene.

For starters, Richard Boyd and Pamela Williamson have opened their pottery studio and gallery with regular hours, six days a week. Richard has actually been making fine pottery on Peaks Island since the 1970s, and had the studio built at the corner of Island Avenue and Epps Street about 15 years ago.

The upstairs houses three wheels and two kilns, an extruder, a slab roller, and chemical bang where Pamela mixes glazes. Three summers ago, half of the downstairs became a gallery, by chance or appointment. But it's big news that downstairs became a gallery, by chance or appointment. But it's big news that downstairs became a gallery, by chance or appointment.

A small collection of historical artifacts; old glass plate negatives, carte de visite, tin types, daguerreotypes, and old photographs will form the basis of the gallery's permanent collection and reinforce Susan's emphasis on education, both on the art of photography and its history.

Addison Woolley Gallery will return to presenting special evenings of music, poetry, lectures, readings, and workshops, and will offer weekend photography workshops.

"It's pioneering. It's a new art frontier," said Susan. "We believe in what we're trying to make happen. People really do come together when they need to."

The Gem Gallery on Peaks Island has welcomed another new member, Laura Glendening. Laura earned a BA in studio arts from the University of Massachusetts at Amherst, and then took several non-degree graduate courses in bronze sculpture before completing her master's degree in art education.

She taught elementary art full-time in Holyoke for years before moving to Portland. She also taught art one day a week on Peaks Island, and learned the stress of meeting a ferry on time from the mainland. After visiting friends living on Peaks Island, she moved with her family to Peaks Island.

"I liked that you didn't need a car. It's great here. Portland is great, and so close, but you don't have to be right in the city," said Laura.

She joined an arts committee at the Peaks Island elementary school and has great ideas proposed by Susan Hanley, another mother with a firm belief in the creative potential of children.

By then, Laura had switched her focus from bronze to fiber. She found the materials more accessible and easier to work with while tending children. They could be outside, gather natural materials, and make dreams a reality.

She proposed teaching fiber arts with Susan and the Peaks Island Fiber Arts Camp was born. Now in its seventh year, Susan and Laura offer eight weeks of camp, each of them emphasizing natural materials, outdoor work, and cooperation.

Laura says, "I am interested in texture, weight, color and how art feels, whether I'm making a sculpture, drawing, or garment. I like practical art like clothing, but I'm also drawn to the practicality of expressions of human experiences, Birth, love, death and how we walk in this world - with its great beauty and challenges - as issues I work with."

A recent piece sold at the Gem was a necklace made from seaweed. "I was at the beach with the boys (John, Nathaniel and Noah) and found these glistering, golden, dried seaweed strands. I chose seven paths to dangle from a necklace," said Laura.

Although being a mother and educator means time and space for Laura is at a minimum, Laura quite naturally makes a creative environment in the home. Making art is often a family event, with everyone playing with materials and offering suggestions to each other. Her older son, Nathaniel, will also exhibit work soon at the Gem Gallery.

Laura declared, "I produce very few pieces in a year, yet art is always in my thoughts, even if it's not happening. I work in my notebook and sketchbook, getting down ideas. Making art and teaching is the best combination."

Meanwhile, the Gem Gallery launches its summer season of weekly shows with "Found Heart," new work by Dustine Price (June 23 - 30). Paul Beahms follows from July 1 - 7, with a show of paintings "Light and Water." Diane Wieckoe, fresh from her MFA residence at the Art Institute of Chicago, will share the gallery with son, Jackman Wood, who just earned his MFA in poetry, lectures, readings, opera, and will offer weekend photography workshops.

The Gem Gallery on Peaks Island, will benefit scholarships for island children to attend summer camps at the club. Paul Brahms and Jane Banquer, both members of the Gem Gallery, will be teaching art workshops to children in July at the TEBA.

For the Love of Peaks

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Fran Houston

A seaweed necklace fabricated by Laura Glendening hangs at the Gem Gallery on Peaks Island.

Photo by Jamie Hogan
Enjoy eating lobster, I despise killing an issue of conscience: As much as I
earn to love lobster.

The appropriate number of pound-and-a-quarter lobsters at my house hoping for the same thing:
crawls our last briny bit from the scrawny legs.

It goes off, take these two lobsters out of the pot, and our lobster is the most succulent
time every summer to satisfy guests.

Every August in elementary school. Every August

Time to add Carl into the pot. I closed my eyes and

It's definitely not the sound of a trash can

Earwigs aren't the only things that crawl out of my woodwork in summer.
People I haven't seen for years come to visit: People I love. People I like.
People I never liked who never really liked me. They all make their way to Peaks Island and show up at my house hoping for the same thing: a traditional Maine lobster dinner.

However, I'm convinced that Carl's death was our dinner table.

Now, I steam or boil lobster a few times every summer to satisfy guests.
In Carl's memory, I continue to seek a more humane method of preparation: lobster euthanasia. I've been assured by numerous people that a lobster's nervous system is barely developed.

When the timer goes off, take these two lobsters out of the pot, and put the third in," she instructed.

My mistake was returning to the kitchen too early—lobsters number one and two still had five minutes to go. To kill time, I freed lobster number three from his brown bag pugnacity and set him on the counter. He was everything a crustacean should be: tough-shelled, segmented and the color of pond scum. I named him Carl. I think he winked at me, though it was hard to tell for sure since lobsters don't have eyelids.

When Carl headed toward the stove, I scooped him up and deposited him in the sink. "You don't want to know what's happening in that pot," I said.

I let Carl roam the sink. I poked at his feelers and stroked his tail. Using a steak knife, I cut off the oppressive rubber bands from his claws freeing him to enjoy a few final unencumbered pinches. Carl gazed at me lovingly, the boy at school that I liked. He didn't interrupt once. He was the best listener ever.

Ding-ding-ting.

It was time to add Carl into the pot. I shivered and wracked my brain for an alternative.

At the same time, I heard those

It's a tough dilemma. I feel bad about Carl, but I support our Maine lobstermen and I am proud of our state. I want to show my guests that what they've heard about Maine is true.

My friend, Lucy, a New York chef, once demonstrated what she considers Lobster Execution 101. Picking up a live lobster, tail in one hand, body in the other, she twisted her hands in opposite directions as though wringing out a dishrag. I screamed as she threw the tail portion into a pot of boiling water and proceeded to separate the claws from the body in the same manner. "They don't feel a thing," Lucy insisted, as I watched the tailless, clawless lobster body continue to walk across my kitchen counter—apparently unaware that it had been disemboweled.

It's tough to eat lobster, I despise killing an issue of conscience: As much as I earn to love lobster.

For Carl's sake, I really hope it's true.

clear, having someone else pull the trigger for you does not diminish your guilt. You've still perpetrated a crime.

Many chefs claim the fastest and least cruel way to kill a lobster is by thrusting a knife into the back of the lobster's head. Personally, I reject stabbing. It's too violent and I'm not confident in my skills. What if I put the knife into the wrong part of the head and cause some sort of lobster seizure, stroke, or cerebral hemorrhage?

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Ding-ding-ting.

It was time to add Carl into the pot. I shivered and wracked my brain for an alternative.

We didn't have a salt-water aquarium. I'd never heard of anyone keeping a percher lobster.

In her memory, I continue to seek a more humane method of preparation: lobster euthanasia. I've been assured by numerous people that a lobster's nervous system is barely developed.

I hear the thrashing, the clang of shell against pot when a lobster is submerged in boiling water. It's definitely not the sound of a celebration.

I've made it a point to explore alternatives. Occasionally, I have the fish market do the deed for me, but I know that doesn't alleviate my responsibility for the heinous act of lobstericide. As ace district attorney Jack McCoy of Law and Order makes
The Gem Gallery

Tuesday, July 6 to Saturday, July 10, 11 am to 5 pm or by appointment. Free admission. The Gem Gallery is an artist/craftsperson cooperative of over 25 individuals in media of painting, sculpture, basketry, pottery, jewelry, photography, printmaking, assemblage, fiber arts and writing. Solo and group exhibitions feature local and regional artists, with openings from 4 to 8 pm. October with larger themed member shows off season and a holiday sale each year. Please call the gallery at 207-766-1826 for information.

Dowd\'s Gallery

7th annual outdoor garden and pottery show from 11 am to 5 pm, Saturday, September 1, takes you away to a day at the shore with The Gem. A colorful and highly collectible assemblage, sculpture and bedded new dry clay by Richard Boyd, Jeanne O\'Jole Hayman by Richard Boyd, Jeanne O\'Jole Hayman phyography, printmaking, and sculpture by Maggie Carle.


Addison-Wooley

Inaugural Gala reception Thursday, July 1, 5 pm to 8 pm. Photographs, paintings, mixed media, music & joy, Please join us in celebration. A First Friday reception will be held from 5 to 8 pm. Addison Wooley Gallery, 123 Washington Avenue (at the corner of Fox St.), Portland. (207) 449-8549, www.addisonwooleyart.com. Hours: Wednesday through Saturday, 11 am to 5 pm. curator Susan Porter.

Boyd Gallery

"Summertime Blues" runs through July 26, an exhibit featuring work by Richard Boyd, Jeannne O\'Jole Harman and Pamela Williamson. Boyd\'s pottery uses crystalizing glazes of cobalt, surrounded by contrasting yellows and blues on elegant decorative and utilitarian forms. The gallery exhibits pottery, paintings and blown glass by established and up and coming artists. Located at the corner of Island Avenue and Epps street on Peaks Island. Call (207) 712-0975 or www.redskyeartgallery.com. Hours: Tuesday through Saturday 10 am to 5 pm, Sunday 12 am to 5 pm.

Saturday Art Walks

Island-wide Saturday Art Walks continue on the last Saturday of each month from 2 pm to 5 pm through August in artists\' studios, island-side, with painting, printmaking, photography, sculpture, textiles, glass, multimedia and more. Additional schedule: July 31 and Aug 28. Inland art studio visits begin July 26. 2010 Participating Artists - Peg Astoria (pottery), Jane Bancker (printmaking/printing), Cole Cullen (photography), Jessica Townsend (geology), Lavender Myers (painting), Martha E. Morris-Gibson (basketry), Katharine Newell (multimedia crafts), Larry Schmidt (sculpture), Suzanne Farrell (fiber art), Norm Proulx (painting), Kathie Schneider (photography), Betsy Stout (textiles), Robert Valentine (ceramics), Denise Vintch (painting), Adam Daley Wilson (painting).

The Fifth Maine

The Fifth Maine Regiment Museum is a non-profit museum and cultural center housed in the former Fifth Maine Regimental Recruitment Hall. Its mission is the preservation of Civil War and local history. To that end the museum offers a wide variety of lectures, concerts, tours, youth education programs, and community activities.

Membership is open to the public. For more information please contact Kimberly MacKenzie at 766-3118 or call 207-766-3180.

The Eighteenth Maine is a living museum and forge built in 1870 as a private retreat for the Civil War veteran. It features 12 rooms for overnight guests and history filled, guided tours daily from 10 am until 4 pm, July 16 to Labor Day. Call 207-766-3183 for reservations.

Brackett Church

Brackett Church, Peaks Island, Maine. Pastor: Rev. Dale Larson (766-1041; www.brackettumc.org). Sunday Worship - 9 am, with Brackett. Thursday Morning Study - 9:30 am at the Parish Hall, 9 Church Ave. Prayer Shawl Ministry, Thursdays 1 pm to 3 pm at Wally Fishers\' house. All are welcome. For info contact Rebecca 766-3017.

Baptist Church Services

Sunday Service - 10 am in Bible Study, 11 am in Worship. Wednesday Service - 7 pm. Ten Nights Thursdays at Peaks Island gym 6 - 8 pm.

Holy Trinity Episcopal Chapel

Enchantic services begin at the Douglas MacArthur Community Room on July 8 at 8:30 am. The services will be the Reverend Sonja L. Long from Cape Elizabeth on July 1 and the Reverend Robert Hope III from West Hartford, CT on July 15 & 16. All are welcome. Please sign for worship and fellowship.

St. Christopher\'s Church

Sunday Mass - 8:15 am and 9:30 am until Labor Day. Saturday Vigil Mass - 4 pm on Chebeague and 11:30 pm in Long Island.

Peaks Island Library

Stories and Craft Program, geared for 5-8 year-olds, will continue for the Tuesdays in July. This program, given by Mrs. Crowley-Rockwell, makes a nice complement to this Summer Reading program. Come early and check out your week\'s books. The stories begin at 7 pm sharp! in the Community Room. The Peaks Island library is located at 179 Island Avenue in the Community Center building. Hours are Tuesday from 1 pm to 6 pm, Wednesday to 5 pm, Thursday to 7 pm, Friday, 10 am to 2 pm and Saturday 8 am to 1 pm. For more information call 766-5545 or visit www.peaksisland.lib.me.us.

Annual Blood Drive

The Peaks Island Annual Blood Drive, sponsored by the American Red Cross, will be held Tuesday, July 6 from 12:00 - 5:00 pm at Greenwood Garden.

Community Food Pantry

At the Children\'s Workshop, open Monday through Friday, 9:30 am to 6 pm during the Workshop\'s hours. For more information, please contact Helen Hardy at masee@me.com.

17th Annual Clamshell Race

Sunday, July 4, 4:00 pm, relay race from the Lions Club to the Fifth Maine where one member collects a clamshell, hands it off to the next participant who runs it to Centennial Beach, then hands it off to the next participant who runs it to the finish line. Start at 10:00 am on Island Avenue in front of the Lions Club. Prizes will be given for relay teams with the youngest, oldest, and most family members involved as well as first teams, first girls team, first hot team and on and on. Proceeds benefit the Peaks Island Health Center.

Golf Cart Raffle

Sale of raffle tickets for the candy apple red golf cart, one person golf cart kicked off in June and have been brisk. Tickets are available until 500 are sold or until July 31, whichever comes first; $25 each 4 $1000, on sale Saturday mornings down front starting at 9:30 am. For more information call 766-1854 or 766-0067. Watch for our ads on the other islands and on the BRIDIT boats. All proceeds benefit Peaks Island Tax and Energy Assistance.

FSP, open Monday through Friday, 9:30 am to 6 pm during the Workshop\'s hours. For more information, please contact Helen Hardy at masee@me.com.

Summer Programs

Peaks Island Fiber Arts Camp

One-week sessions continue through August 15. Camp sessions include: Wilderness Crafts, Drawing & Painting on Peaks, Introduction to Fiber Arts, Creative Fiber, Colonial Campus, Medieval Camp and French Camp. Please contact Susan Hardly, 332-2443, susan@me.com or Susan@me.com, 207-747-3079, gill@ut.edu for more information.

Whole Dog Camp

Our openings July 6, 7 & 8 for youths interested in learning about the principle of operating conditioning and tracking dogs. Program runs 12:45 - 4:45. Contact Jenny Yee immediately, if you are interested. We also have openings for youths with dogs. Our kids and dogs program will run Tuesday, Wednesday and Thursday mornings 9-11 am through the month of July only, and then Whole Dog Camp will be getting ready to move on the mainland 207-766-2396.

Peaks Island Map

Call Paul. I can do anything.

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Childrens Workshop

Friday indoors-outdoors group from 10:15 a.m. to 11:30 a.m. while the older preschoolers go to

Friday, July 2  "OPEN HOUSES"- anyone from 11 to 2 (com. rm.). Celebrate our nation's birthday with music, flags & surprises.

Saturday, July 3 St. Christopher's Church annual Summer Fair from 10 am to 2 pm, featuring: lobster rolls & grilled treats, face painting and children's games plus raffle, rainstorm and a silent auction.

Tuesday, July 6 First Tuesday Book Discussion at 7 pm. "The Devil's Bride" by Stieg Larsson at 7 pm. "Green Light" by Vincent Van Gogh at 7 pm. "Evil Ed" by Paul Dignan at 7 pm. The library to receive a book.

American Red Cross Blood Drive and Special "80s fashion" Game Day: From 12:00 pm to 4:00 pm at the Lions Club. Blood donors, ages 17 and older, are needed. Meet our goal of 50 units of Blood. All donors must have a photo ID. Attendance parental children (ages 6 and up) will be kept busy jumping ropes and hula dancing while you do your blood.

Wednesday, July 7 Peaks Island Music Association Presents: Scenes, in Rhythm. 8:00 pm at the Fifth Maine. $5.00 at the door.

Friday, July 9 The Love of Songs "Your Choice" group from the amazingly magnificent Maryland State Boychoir will sing on Peaks. How do we get so lucky?

Saturday, July 10 Sixth annual Community Dance & Hang-out with music by Ronda Oak, 8:00 pm to 11:00 pm. 8:00 pm to 2:00 am. A $2-dance card. Music starts at 7:30 pm and goes until 10:00 pm. By donation, all proceeds benefit the Fifth Maine.

Monday, July 12 Aecorn Productions' Shakespeare Ensemble presents "Midsummer Morniment" at 6:15 pm at the Inn on Peaks Island, with speeches from Shakespeare's plays court by audience members, followed by an 80-minute collection of short comic scenes from All's Well That Ends Well, Henry IV, part one, A Midsummer's Night Dream, Much Ado About Nothing, The Tempest and Twelfth Night at 7 pm. Admission $10 ($5 for kids 12 and under). Take the 5:35 pm Casco Bay Lines ferry from Portland.

Wednesday, July 14 Historical Lecture at 7:00 pm at the Fifth Maine Regiment Museum by Dartmouth College Professor Allen C. Scott about the friendships that formed between the German prisoners at a POW camp in Stark, New Hampshire, and the guards who worked there. Admission $5. For more information please contact Kimberly MacInnis at kmacinnis@maine.com or 207-766-3359.

Thursday, July 15 Kids of all ages can create "treasures" using recycled items. Bring home recyclables to make more at home. 100–200 pm (com. rm.) Robert Stoglund, better known as the Humble Farmer, will bring his trademark well commentary to the St. Lawrence Arts Center, 76 Congress Street, Portland, in a benefit show for radio station WMPG as part of its Power Up campaign to educate its audience and increase its signal from 1.1 kW to 4.5 kW. The new tower, estimated at $200,000, has to be transmitting by December 2011 or the FCC permit will expire. More starts at 7:00 pm. Tickets are $15 at door, $12 at doorservin at or by Ally Moose Music store.

Friday, July 16 Morning Movie - Singing in the Rain at 9:00 am (com. rm.). Dance, sing and laugh with Gene Kelly, Debbie Reynolds and Donald O'Connor (90 minutes).

Evening Concert by singers Eileen Hanley and Farah Padmanabhan, accompanied by Jan Thomas on piano, at 9:00 pm by donation at the Brckett Memorial Church. Selections include classical and musical theater pieces.

Saturday, July 17 The Arts and Soul Fair, Long Island library's annual summer fundraiser - 9:00 am to 2:00 pm at the Long Island Community Center, featuring local arts and crafts, island flowers, books and a selection of baked goods and homemade treats from some of the island's best chefs. Raffle prizes include dinner for four at the Hiramsekagit, Sea Dog tickets and a dozen lobsters, plus gift certificates to Andy's Old Town Pub, Standard Baking Co., Harbor Fish and more. Proceeds support the library's major operating expenses for the year including books, programming, and supplies.

Friends of Peaks Island Branch Library book sale and membership drive - 9:00 am to 2:30 pm in the Community Room. Proceeds for books and equipment for the library, and support the monthly Book Discussion, every Saturday. Night Movies and other programs for adults and children. If you have books to donate, please bring them on Friday, July 16. Volunteers are needed. Please sign up at the library to help with the Friday setup (9:00 am to 5:30 pm) or the Saturday sale.

Brackett Church Fair from 9:00 am to 1:00 pm.

Friends of Pine Tree Island Library Silent Basket Auction at the Fifth Maine. $5.00 at the door.

Monday, July 19 Aecorn Productions' Shakespeare Ensemble presents "Midsummer Morniment" at 6:15 pm at the Inn on Peaks Island, with speeches from Shakespeare's plays court by audience members, followed by an 80-minute collection of short comic scenes from All's Well That Ends Well, Henry IV, part one, A Midsummer's Night Dream, Much Ado About Nothing, The Tempest and Twelfth Night at 7 pm. Admission $10 ($5 for kids 12 and under). Take the 5:35 pm Casco Bay Lines ferry from Portland.

Sunday, July 25 Pancake Breakfast, Silent Basket Auction & Antique Appraisal Day at the Fifth Maine.

Monday, July 26 "Around the World" Travelogue, 1:00-2:30 pm (com. rm.) Bring your own slides and/or photos to add to this tour.

Thursday, July 29 The Elephant Projects, a multi-media series of films and performances using the images surrounding the Asian elephant to explore larger questions about human nature and our relationship with other species, will be previewed with filmmaker Miranda Loud at 7 pm in the Community Room. Enjoy tea at a "mystery" island location.

Pre-registration required. Meet at com. rm. at 1:00 pm. Drivers needed.

Friday, July 30 "Open House" anytime from 11:00 am to 2:00 pm (com. rm.). Make your own ice cream in 20 minutes or less (and lots of shaking!). Everyone invited. Listen to old record albums while shaking your ice cream.

Saturday, July 31 Annual House Tour and Lobster Luncheon at the Fifth Maine.

Tuesday, Aug. 3 "Tails from the Field", an interactive story telling program for K- to fifth graders, will feature musican storytellers Chip and Annie, in the Community Room at 7 pm.
ISLAND TIMES

July 2010

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