9-2009

Island Times, Sep 2009

Kevin Attra

Follow this and additional works at: http://digitalcommons.portlandlibrary.com/itn_2009

Recommended Citation
http://digitalcommons.portlandlibrary.com/itn_2009/7

This Book is brought to you for free and open access by the Island Times Newspaper, 2002-2013 at Portland Public Library Digital Commons. It has been accepted for inclusion in Island Times Newspaper, 2009 by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.
Maine Public Utility Commission poised to investigate Casco Bay Lines rate increase

BY KEVINATTR

On Wednesday, Sept. 2 the Maine Public Utilities Commission plans to hold a technical data conference with representatives of the Casco Bay Island Transit District to determine if a formal investigation should be initiated into the rate increase implemented by Casco Bay Lines last May.

The conference is reportedly unprecedented in the commission's history of responding to complaints against the Transit District, and is seen as a ray of hope by a group of Peaks Island residents who have diligently endeavored to have the ferry service investigated for alleged financial and operational mismanagement.

On March 27 the District petitioned for a rate increase to recover lost revenue caused by low seasonal ridership in 2008 and 2009 and to remedy "bottleneck cash flow problems due to past operating deficits".

On April 24 a citizen's petition bearing 282 signatures was filed by Peaks Island residents Sid and Jane Gerard, Howard Pedlikin and others calling for the PIC to make an investigation into management and bookkeeping practices at the Bay Lines that may have led to inefficient operations, inaccurate records and statements, and the misrepresentation of profit and loss, "according to Mr. Pedlikin.

He concluded by stating that the Bay Lines is a legal monopoly controlling access to people's homes and livelihoods and that the rate increase therefore has a significant impact on their ability to live on the island.

Sid Gerard was aware of irregularities in the CBITD's financial reports last fall and listed them in open letters to the public that he handed out one October morning last year.

Peaks Island Council debates its future

Chair Mike Richards (center) began the meeting on Aug. 12 with no one in the audience and only four other councilors attending.

Chair Mike Richards ([center] began the meeting on Aug. 12 with no one in the audience and only four other councilors attending.

He asked the Transit District to explain the decision to increase ticket prices in May, which is answered with an 86-page document signed by then- General Manager Cathrine Debo.

After reviewing this document, the PIC sent another "request for data" on July 30 with further questions and then tentatively scheduled a technical data conference for Aug. 19. The Transit District then asked for an extension and the conference was moved to September.

According to Jane Gerard, her husband wrote three letters to Governor John Baldacci in April asking for help. The governor's office apparently bounced the letters to the Public Advocate's office, at which point Deputy Public Advocate William Black got involved.

He advised the group to make referrals to the responses made by the Transit District, which they did. "All the letters have also been edited by Bill Black," wrote Ms. Gerard in an email. "He's a tough task master. This is his job and, as he told us, if this goes to an investigation he will be impartial and may, at times, lose his temper.

The rebuttals essentially please see CRITD page

Peaks Island Council debates its future

Chair Mike Richards ([center] began the meeting on Aug. 12 with no one in the audience and only four other councilors attending.

He asked the Transit District to explain the decision to increase ticket prices in May, which is answered with an 86-page document signed by then- General Manager Cathrine Debo.

After reviewing this document, the PIC sent another "request for data" on July 30 with further questions and then tentatively scheduled a technical data conference for Aug. 19. The Transit District then asked for an extension and the conference was moved to September.

According to Jane Gerard, her husband wrote three letters to Governor John Baldacci in April asking for help. The governor's office apparently bounced the letters to the Public Advocate's office, at which point Deputy Public Advocate William Black got involved.

He advised the group to make referrals to the responses made by the Transit District, which they did. "All the letters have also been edited by Bill Black," wrote Ms. Gerard in an email. "He's a tough task master. This is his job and, as he told us, if this goes to an investigation he will be impartial and may, at times, lose his temper.

The rebuttals essentially please see CRITD page

Peaks Island Council debates its future

Chair Mike Richards (center) began the meeting on Aug. 12 with no one in the audience and only four other councilors attending.

He asked the Transit District to explain the decision to increase ticket prices in May, which is answered with an 86-page document signed by then- General Manager Cathrine Debo.

After reviewing this document, the PIC sent another "request for data" on July 30 with further questions and then tentatively scheduled a technical data conference for Aug. 19. The Transit District then asked for an extension and the conference was moved to September.

According to Jane Gerard, her husband wrote three letters to Governor John Baldacci in April asking for help. The governor's office apparently bounced the letters to the Public Advocate's office, at which point Deputy Public Advocate William Black got involved.

He advised the group to make referrals to the responses made by the Transit District, which they did. "All the letters have also been edited by Bill Black," wrote Ms. Gerard in an email. "He's a tough task master. This is his job and, as he told us, if this goes to an investigation he will be impartial and may, at times, lose his temper.

The rebuttals essentially please see CRITD page
On the cover:

E Cosi II

BY KEVIN ATTRA

Peaks Island fisherman Rick Callow bought a 30 ton trawler in 2007, renaming her E Cosi II (pronounced eh ko ZI), and happened to bring her home the day the Patriot’s Day storm hit, riding across the harbor in some of the fiercest weather in decades. “She did fine,” was all he said. After all, cosi means, “That’s the way it is.”

With his wife, Nancy Stanshope, who is also the president of their family-owned business (he’s the captain), he has several enterprises going with the boat: dragging for scallops, running a lobster smack operation for Cliff Island and servicing moorings in and around Portland Harbor and the bay.

Christened Sandstalker in 1966 at the Montauk, Long Island shipyard where she was built, the E Cosi II is one of Portland’s oldest scallop dragger. She was converted for gill-netting in the 1990s by her last owner, Reggie Lamb, who ran the R & S Seafood Company on Custom House Wharf. He renamed her Terri & Rush in honor of two race horses.

Rick was already familiar with the vessel. “I used to work the boat for five years before we bought it. I used to run it,” he said. He had her refitted and converted back to a scallop dragger when he bought her two years ago. She is a single-screw vessel powered by a 350 horsepower diesel engine, “but it’s geared way down,” he said, a huge propeller, “he said, instead of going home I fix it out there.”

The E Cosi II came with a permit to fish in federal waters when Rick bought it, so for a short while he worked the scallop beds off Georges Bank and Nantucket Lightship with Nancy, the “mother shucker” and drag operator, along with an occasional hand, John Colenbrander.

But on July 1, 2007 the National Marine Fishery Service pulled the permit because the boat didn’t have a continuous record of landings (reported catches) going back five years, which is a condition of the license. It will cost $180,000 to get it back, Rick said.

What galls him now is that the fishery service just opened up areas that were previously closed because they found out the scallop populations had recovered much faster than expected. “They took all those permits away for nothing,” he said.

When Mr. Lamb converted her for gill-netting, “they took the nets off the gillows frame and the steel off, and they added concrete,” explained Rick. The concrete served as a counterweight to the huge wench that pulls the nets. But as a scallop dragger, it is only shown her down. “It’s a ruined boat right now,” he said. “I’m taking the concrete back out of it. I took out 3,000 pounds, I got 6,000 left.”

Gill-netting is a non-selective trawling method that uses a wide, vertically held net to catch anything in its path and environmental groups protest against them for the collateral damage they cause to fish and seabirds.

Scallop dragging, however, is selective and much less destructive. The drag is a small 10 - foot square steel mesh laid open horizontally and only captures what lies on the bottom and lets the swimmers go free. “You go on hard bottom,” he said, “you get one type of fish, you go on soft bottom, you get another.”

He said he tows his drag at night, in winter through ice the scallop season is in two 70 - day periods in December and March) and in 15 minutes the drag is full. With two hauls he’s done, bringing home around 1,200 pounds of scallops, shucked and crated in a huge tank called an exchanger. “We got the boat hauled in scallops,” he said, “Buried, buried.”

Lately he took over the Three Sons wholesale lobster smack business on Cliff Island after the owner retired last year. “He gave it to us,” said Rick. “We’re a wholesale dealer now. And we’re licensed. The people that were there before love us.”

He is also servicing moorings in and around Portland and South Portland, using the drag machinery to bring them up onto the boat, “wash them off with a hose and see what they need.”

“Coming out of the mud,” he said, “I can pull 6,000 pounds up and put it on my deck, I’m quite sure. I can weld. I can put stuff back together. We can make it perfect.” To contact him for any of his services, call 766-6001.
project is stalled.

Mr. Gerard learned that the District had not notified the utility commission about that change because it was theoretically revenue-neutral, which meant there would be no net gain in revenue to the ferry line; however, the price for many freight items went up significantly. When the global rate increase announced in March took effect in May, freight costs were compounded by 8.2 percent above the previous rate.

Three weeks ago the PUC sent a second set of questions to the District asking, among other things, for an explanation of unannounced rate change and a new contract that the District claimed it had signed which reduced this expenditure.

Ms. Gerard was particularly incensed over discrepancies in the Bay Lines response, for instance asking why the Bay Lines budgeted a 32 percent increase in telephone costs while saying it had installed a new phone system to save money, and questioned another line item titled “Credit Card” that had increased greatly since 2004 despite a new contract that the District claimed it had signed which reduced this expenditure.

Mr. Gerard, the commission’s attorney may have received a telephone call from a concerned customer.

"Hi, I don’t think it’s rocket science," he said, jokingly, since only two people had shown up.

At the time he was waiting for the Portland City Council to create a permanent procedure for granting zoning variances allowing wind test towers in the city, which would come in a unanimous vote at its regular meeting Aug. 3. But almost immediately, the new ordinance faced acloud questioned the performance guarantee required in the application process.

A performance guarantee is a type of bond put up by the installer of the test tower – expected to have been Unity College in this case – to ensure that the tower is removed and the site restored after test is completed.

According to Saltonstall, Efficiency Maine which, under the Maine Public Utilities Commission administers federal stimulus money for alternative energy projects, had funds for six wind testing towers. In a surprise decision, it gave it all exclusively to the University of Maine at Orono in mid-August, effectively blocking Portland from receiving federal funds for a tower project.

As a result, Saltonstall must essentially start over with the new request for funding which has yet to make applications available. But in issue is the school’s requirement that a permit to install a test tower must be in place before it will consider any application for one, which conflicts with the new zoning ordinance requiring applicants to have a commitment from the contractor (essentially the performance guarantee) before it will grant a variance. Hence the project is stalled.

Saltonstall thinks the City will find a way around the statute within the month. "The city staff have gone out of their way to help us," he said.

Unity College may not be entirely out of the picture either. He said the island has to acquire funds for mainrenace and liability insurance anyway, and that funding the performance bond even without the federal stimulus money from Efficiency Maine is possible from other sources, even bank loans.

"I don’t think it’s rocket science," he said.

The proposed test tower will stand approximately 312 feet high, occupying a 60-square-foot area in an isolated location in Trout-Littlejohn Park, and may be enclosed with a fence. He said, "It should be easy to place the tower without being anywhere near the trails!" Wind speed, direction and air temperature will be collected in a small data-logging device, which can operate for one year on two D-cell batteries, he said.

In an email to the paper, one resident said the effect on adjoining property values should be included in any study of wind power on the island. "Such negatives of course may be hidden," he wrote, "but whether they are or not, the promoters - if they seek PUC's or the City's approval for a permanent change - have an obligation to make a statement in this regard before, not after, the fact.

The idea of harnessing wind energy on the island has not gone without criticism. Some people worry about the visual impact they will have. In response to questions about noise, Saltonstall described a small turbine he’d visited recently in Medford, Massachusetts. "The blades were moving very fast and I couldn’t hear anything." One thing that has not been discussed to date," he said, "is what to do with any surplus energy generated by a wind turbine.

What does a non-profit do with profit?" he suggested donating it to other non-profits on the island or using it for energy assistance to subsidize heating or weatherization costs.
Notes from an American in Paris

BY EILEEN HANLEY

wasn't quite ready to let it end; neither since the first of September when the District is still looking for more revenue sources and cost-cutting actions for its $5 million annual operating budget.

became like my true relatives, and I wanted to share with them my culture as they had shared theirs with me. Two of my host sisters, Emilie and Marie Boisserie, got a big surprise for their Christmas present—a month and a half trip to Peaks Island, Maine. Since they've been here, we've done all we can to introduce and adapt them to the American lifestyle. Now, as we approach the end of their vacation here, we're going to take a quick look at what they've experienced.

After spending a year in France, I wasn't quite ready to let it end; neither was my French host family. My host parents, brother and three sisters had

The timing of monthly newspaper deadlines and CBTD committee meetings prohibited a report of July 2009 financial results in this column; however, the information will be available on the District's website, www.cascobaylines.com, after the board meeting Thursday, Aug. 27.

At the August meeting of the Rate Structure Committee we discussed the need to find a better ticketing system that would help all passengers, especially year-round islanders. Among the considerations were tear-off card/paper round-trips, punch cards and electronic passes with magnetic strips. Some special quantity discounts and improved prices for monthly and annual passes were explored. However, we need to balance any changes that reduce ticket, freight and vehicle prices on one hand with revenue from other sources.

For passenger tickets, staff members are discussing several options with an outside ticketing company. Several committee members suspect that the District is losing as much as $75,000 each year from passengers who return to the mainland for free after taking a water taxi or private boat to their island. Although that lost revenue may encourage the establishment of two-way ticketing once again, everyone is sensitive to the cost and convenience of such a policy.

Most transit systems throughout the county also own parking garages to offset their overall costs. Revenues from daily parking and monthly parking programs provide revenue that helps to keep ticket prices down in other transit systems. Since Casco Bay Lines does not own any parking facilities, the CBTD has discussed what might be done in the future to improve this situation.

One concept for a new inter-modal transit facility has received considerable attention, which could include a new terminal for the ferries (with the added benefit of simplified freight handling) and connect to bus systems, taxis, shared rental cars and other transit operations. Looking ahead to the future, those transit options might include a trolley or train that runs east and west on Commercial Street and could connect to the train and bus terminal near our Congress Street. Other considerations include a permanent home for the Portland Harbor Museum and other

Lines from Casco Bay Lines

BY CHRIS HOPPIN

The Casco Bay Island Transit District is having a very busy summer. Our full-time year-round and seasonal employees are proud of their work, as they provide safe, reliable service to the six islands of Casco Bay.

hapily, that service now costs less since the first of September when CBTD rolled back the 50 cent per ticket surcharge that had been in effect since May 1, 2008. However, the District is still looking for more revenue sources and cost-cutting actions for its $5 million annual operating budget.

The biggest difference is meal times. We almost never eat together at lunch and dinner, whereas in France we eat every meal together as a family every day. Here, everyone sorts of does their own thing to eat. First it's beer and soup to adjust. At first it was weird, but after a few days we got used to it. It was also different because of the language barrier. The hardest was not being able to understand English very well, and also the very the fast food.

What do you miss most about France? Marie I really miss my boyfriend, Alban. Emilie I really miss my cat, Mousartchi. But we also really miss eating together as a family, doing and talking about daily events together, and having long family discussions. We also really miss the food; in France we eat meat and vegetables at every meal. Here we sort of just take what we want to eat.

What are the best things about the United States? Clothes and food are a lot cheaper, and we love shopping here. We can also be a lot more independent and do a lot of things we can't do in France. Also, all the Americans we've met are really nice.

The biggest difference is meal times. We almost never eat together at lunch and dinner, whereas in France we eat every meal together as a family every day. Here, everyone sorts of does their own thing to eat. First it's beer and soup to adjust. At first it was weird, but after a few days we got used to it. It was also different because of the language barrier. The hardest was not being able to understand English very well, and also the very the fast food.

What do you miss most about France? Marie I really miss my boyfriend, Alban. Emilie I really miss my cat, Mousartchi. But we also really miss eating together as a family, doing and talking about daily events together, and having long family discussions. We also really miss the food; in France we eat meat and vegetables at every meal. Here we sort of just take what we want to eat.

What are the best things about the United States? Clothes and food are a lot cheaper, and we love shopping here. We can also be a lot more independent and do a lot of things we can't do in France. Also, all the Americans we've met are really nice.

Eileen Hanley at the Eiffel Tower.

Camille Hanley, Emilie, Marie, and Eileen in front of Fenway Park, Boston.

Providing Green Home Solutions

MSHA Certified Home Energy Auditor
Green Home Renovations and Weatherizations

We take pride in the services we provide and we strive to make sustainable energy improvements. We perform certified energy audits and can provide all of your energy needs, including lighting, green products, and windows, to reduce energy waste.

You will appreciate the energy savings and increased comfort in your home.

Additions, Renovations and New Construction

115 Island Avenue, Peaks Island, ME 04108
207-766-5919 www.sjhome.com

Bill says hi
Volunteers work out kinks in recycling

BY KEVIN ATTRA

Mary Anne Mitchell, who designed and implemented the recycling system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.

Volunteers have been working on the project, providing new containers and helping to empty and sort the garbage. Mary Anne said the program has been a great experience for all of us and the system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.

Volunteers have been working on the project, providing new containers and helping to empty and sort the garbage. Mary Anne said the program has been a great experience for all of us and the system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.

Volunteers have been working on the project, providing new containers and helping to empty and sort the garbage. Mary Anne said the program has been a great experience for all of us and the system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.

Volunteers have been working on the project, providing new containers and helping to empty and sort the garbage. Mary Anne said the program has been a great experience for all of us and the system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.

Volunteers have been working on the project, providing new containers and helping to empty and sort the garbage. Mary Anne said the program has been a great experience for all of us and the system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.

Volunteers have been working on the project, providing new containers and helping to empty and sort the garbage. Mary Anne said the program has been a great experience for all of us and the system on Peaks Island using six barrels strategically placed around the island, said the program got off to a rocky start. "There were a lot of problems with garbage," not only for volunteers emptying the barrels but also apparently for workers at the redemption center who complained about the amount of trouble they were having with the bottles.

"Bottom line: wear gloves, do a quick sort for excess trash, be prepared to double bag, and watch out for mammoth slugs!" was the advice in a memo to PEAT members in July.

The intention of the program was to help fund local non-profit organizations by taking turns redeeming the bottles and cans and keep whatever cash it generated. Members of the Community Garden and the Children's Workshop have all had turns, but she said the system would need improvement before any of the organizations make any real money.

The drill now is to collect the recyclables before the containers get full, put them in plastic bags, and eventually get them off island to the East End Redemption Center at 174 Washington Avenue.

Truck the American Legion's turn most recently, and Lisa Lynch and Ellen Huston were collecting for the Legion's scholarship fund. Mary Anne said they seem to stand the best chance of making money because their barrels are marked, "Cans and Bottles Only." Soon afterward, the garbage problem dissipated.

It's going to be easier now that they are clearly marked," Mary Anne said. "The biggest problem is nobody works on Saturday and Sunday. That's the busiest time on the island." She mentioned that the bottles and cans pile up fast during the weekend and plans to talk with the PIC about coverage during the summer.
Community Letters

To The Editor,

Peaks Island Tax Assistance - Energy Assistance would like to thank the very generous businesses and friends who donated 26 prizes (in some cases, more than one) for our Summer Raffle. Also

Thompson-Johnson Woodworks
Lionel Plant Associates - Catherine Plante and Family
The Inn on Peaks Island
Peaks Island Fuel - Mark Tannen and Keith Ivers
Jane and Sid Gerard
Maine Red Claws - NWA Development Team
Jane Adams
Carolyn Burr
Hannigan Island Market - Bob Hannigan
Whole Foods
Maine Island Kayak Co. - Joe and Sharon Doupert
Chris Cassidy
Down Front - Ron Sinklitz
Bondo Stout
Pet Astara
Beach Glass by Judith
Longfellow Books
Take A Peak - Deb Kendall
All of the money raised - over $1200 - will go directly to PITA- Energy Assistance whose mission is to confidentially give immediate monetary assistance for energy costs for Peaks Island Residents.

Cynthia Pedikin on behalf of PITA-FA

* * * * * *

Dear Peaks Island,

I am humbled by the outpouring of help and good wishes after my bicycle accident this past July 6. From Sally and Megan who discovered me in the road, Paul who called Tom, the concerned Flynn boy facing peering down at me, to the folks in the ambulances, the Long Island fire crew, the EMT's from the Portland fire boat, all the great, kind and competent folks at Maine Medical Center, and every one who brought food, did housework, sent cards, asked about me (Tom began to think his name was "how's Rhonda"); did the dishes, schlepped things home... all the countless things, I thank you from the bottom of my heart. Rhonda Berg

* * * * * *

At the emergency Island Council Meeting on Wednesday, Aug 19 a letter was distributed from Dr Morse, Superintendent of Portland School. It contains a premise for Peaks Island Academy to have four teachers next year. A huge thank you for the actions of the Peaks Island Council, the school is prospering. Amazing. Also much gratitude to the parents and community members who wrote such amazing letters, Peaks Island is such a wonderful advocate for its children.

Melissa Conrad, PTO President.

A Letter from HOMESTAR

Things are happening with HOMESTAR as we prepare to approach the City of Portland for approval to build two additional energy efficient affordable homes on the land. The application will be tied directly to building only affordable homes to be for sale to pre-qualified islanders of moderate income.

To complete the application for the City of Portland, a basic plan and some interior design engineering reviews will require the services of Bill Walsh, a local civil engineer with overall project assistance from Bill Floyd, President of Maine's Genes Community Funds. Floyd has worked with other island communities, including Montebeg, Islesboro, and Vinalhaven in their affordable housing efforts.

We have issued a request for proposal (RFP) inviting local builders to submit plans and cost proposals due Wednesday, Sept. 16 with a site visit for interested respondents that took place Wednesday, Aug 19. The RFP process provides for an initial design that can be modulated through the public review and a firm estimate for funding and pricing each of the homes. The RFP is posted on the HOMESTAR webpage (http://peaks Islandh omest ar.org/).

Once this planning is complete, the application for conditional rezoning will be submitted to the City of Portland Planning and Development. Application submittal begins the public process used by the City. Details about the process can be found at the City of Portland website (http://www.portlandmaine.gov/planning/zoningap.pdf).

There was a very limited response to HOMESTAR's invitation to participate in a neighborhood advisory committee. Understanding that regularly scheduled meetings are cumbersome, the committee will not be convened but we will continue to receive input through the City's public process and activity updates will be posted to the website each month and will be available in the library. Comments and suggestions are welcome.

HOMESTAR has applied for an Islands Challenge Fund Grant (ICF) requiring a community bank fund match and has initiated a fundraising campaign to meet the required ICF match. Using the ICF grant and locally raised funds allows the homes to be sold to local island residents, as there are no federal or state residency restrictions on this grant or the matching funds. Next month watch for information on the qualified bank application process.

Mary Terry, Casco Bay Island Fellow

more in OPINION, page 21

Peaks Island Fund Announces 2009 Grants

The annual meeting of the Peaks Island Fund was held on Thursday, Aug 13 at the Peaks Island home. Approximately 80 people attended and learned of the recent activities of the fund and the grants for the coming year. Sponsors application forms were submitted for consideration and $31,700 in awards have been announced. The PIF grant recipients include:

- Brckett Memorial Church has been awarded $1,000 for roof repairs over the outdoor kitchen.
- Fifth Maine Regiment Museum will receive $1,500 to develop curricula and hands on activities related to the Civil War period for elementary and middle school students. They will also use the funds to provide training for teachers.
- Peaks Island Masonic Association has been awarded $500 for equipment to maintain and move the new community toilet.
- Home Start, the Peaks Island affordable housing program, has been awarded $3,000 for costs associated with re-zoning for the construction of two new homes on Luther Street.
- The Peaks Island Children's Workshop has been granted $2,000 for staff development related to developmental challenges, health and wellness, and behavior management and multiage programming. It has also received support of $1,500 for board development through guidance offered by the Institute for Civic Leadership.
- The Peaks Island Elementary School has been awarded $2,300 for furniture to support touch-screen programs in the elementary school. It has also received an additional $4,000 to support field trips and upgrading the collection of leveled books that are needed across all grades.
- Peaks Island Tax Assistance will receive $700 to purchase a digital projector that will be available for use by all island non-profits. The projector will be stored and managed by the Children's Workshop.
- The Peaks Department of Planning and Development Action Team has been awarded $4,150 for the purchase of a solar powered compacting container to be located near the Peaks Island Ferry terminal area. This completes a two-year project to reduce trash down front and to increase the number of recycling bins in use on the island.
- The PEAT Wind Group has received $2,000 to support an application process and engineering studies related to a meteorological tower designed to determine whether Peaks Island can take advantage of wind power.
- The Pest Community Garden has been awarded $1,000 for capital costs incurred in building the garden's infrastructure.
- The Friends of TEIA have received $1,000 for 4 additional scholarships to the summer sailing camp. This grant assures that all island children interested in sailing are afforded the opportunity to attend the camp.
- The Casco Bay Health Center will receive up to $5000 for wiring installation that upgrade the center that will allow the use of laptops and electronic patient health records.
- The Wednesday afternoon Enrichment Program, a Peaks community effort to provide educational activities for elementary students, has been granted $5,000 to support its schedule of activities.
- The Peaks Island Fund would like to thank all donors to the fund and charitable organizations on Peaks for their commitment to improving the quality of life on Peaks Island.

Bill Zimmerman
Yoga for Life

A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

Many years ago I was crossing Franklin Arterial on foot when a man jogged by with his dog. Ordinarily this event would be neither memorable nor noteworthy. However, in this case, both man and dog moved with such effortlessness, strength, fluidity, and grace that it seemed their feet and paws barely touched the pavement. I watched in awe until they were out of sight.

Standing Angle with Windmill

Stand with your feet as wide apart as you comfortably can, toes pointing forward. Hinge forward from your hips and bring your hands to the floor. If they don’t reach, use blocks or keep your hands on your hips. Exhaling, let your left hand on the floor, reach your right arm out and up overhead. Lengthen your spine while twisting your torso. Gaze forward or up along your arm. Pause there and breathe. Repeat on the other side.

Seated Forward Bend and Twist

Sit up tall with sitting bones well grounded and legs straight out in front of you. If this hurts your back or strains the back of your thighs (hamstring muscles), sit on the edge of a folded blanket. Cross your right leg over, laying the bent knee on the extended leg. Hinge forward at your hips until you feel a satisfying stretch. Pause and breathe. Sit up tall again and bring your left hand outside your right thigh and your right hand to the floor behind you. Pause and breathe. Repeat on the other side.

Kneeling Runner’s Stretch

Beginning in table pose, bring your right foot forward between your hands. Ease your hips back while straightening the front leg. Flex your right foot, bring weight into your heel and a stretch into the calf. Keep your spine long as you hinge forward from your hips. Find a satisfying stretch and breathe. Repeat on other leg.

Frog

Beginning in table pose, walk your knees as wide as you comfortably can and ease down onto your forearms. Have your heels as wide as your knees with feet flexed. Press your heels actively into the floor to take some weight out of your knees. Gently engage your abdominal muscles to support your low back. Press your hips back toward your heels until you feel a satisfying stretch. Pause and breathe. To release, ease your toes forward until they are belly down on your mat. Rest and breathe.

Rest in Supine Bound Angle

Roll onto your back and bring the soles of your feet together with knees wide. If you are straining, put a rolled blanket under each knee. Rest and breathe.

Intention Begin your practice with a moment of stillness in which you affirm your intention to practice with compassion and mindfulness.

Letting go of comparison is tricky. A little competition, a specific goal, and a vision of yourself accomplishing something challenging are all quite motivating. There can be a fine line between generating the encouragement necessary to continue through inertia or resistance, and an ego-induced persistence that leads to injury. In general, healthy competition is inspiring and feels good, and unhealthy competition is demoralizing and feels bad.

Relaxing while jogging or running may sound like an oxymoron, but finding a balance of effort and ease is essential for increasing efficiency and preventing injury. Begin by learning how to lengthen and deepen your breathing while sitting still, and then bring breath awareness into your movement. Then, as you exercise, check in periodically and relax your jaws and shoulders, roll evenly heel to toe on each step, free up your hips (think Latin dancing) and engage a gentle lift at your abdomen and sternum. These adjustments will help you shift from a leaden step to a sprightly one, which will in turn protect your joints.

Standing Angle with Windmill

Stand with your feet as wide apart as you comfortably can, toes pointing forward. Hinge forward from your hips and bring your hands to the floor. If they don’t reach, use blocks or keep your hands on your hips. Exhaling, let your left hand on the floor, reach your right arm out and up overhead. Lengthen your spine while twisting through your torso. Gaze forward or up along your arm. Pause there and breathe. Repeat on the other side.

With this column, I am hoping that even without seeing you move in person, I can offer a few basic techniques that will help to improve both your form and your satisfaction.

While few of us will master the ease of the pair I witnessed years ago, there is much that we can do to increase the safety and pleasure of walking, jogging, or engaging in a vigorous running regimen. As you embank on a new exercise program or continue with your on-going training, please incorporate these suggestions: start where you are, let go of comparing yourself to anyone else, learn to breathe deeply and relax even as you exercise, and give yourself enough time to warm-up and stretch.

Starting where you are involves a brutally honest assessment of your current fitness level and the health of your joints. Jogging is a high impact activity that puts a great deal of strain on your joints, especially the ankles, knees and low back. If you are already injured or carrying extra weight, the stress on your joints is exponentially higher. It may be wise to start with a brisk walk interspersed with brief interludes of jogging, giving yourself a chance to either accommodate to this new way of moving, or reach the conclusion that jogging is not your preferred activity.

Many years ago I was crossing Franklin Arterial on foot when a man jogged by with his dog. Ordinarily this event would be neither memorable nor noteworthy. However, in this case, both man and dog moved with such effortlessness, strength, fluidity, and grace that it seemed their feet and paws barely touched the pavement. I watched in awe until they were out of sight.

A number of years later, while walking around Mackworth Island, I witnessed so much struggle, misalignment and heavy foottall in the joggers that I joked with my walking companion that I should set up a booth offering helpful advice on the mechanics of proper jogging form.

Beginning in table pose, bring your right foot forward between your hands. Ease your hips back while straightening the front leg. Flex your right foot, bringing weight into your heel and a stretch into the calf. Keep your spine long as you hinge forward from your hips. Find a satisfying stretch and breathe. Repeat on other leg.

Once you begin to reap the benefits of regular stretching, I predict that you will be inspired to continue. Now, get out on the roads and trails and move! May you enjoy many, many miles of strength, beauty, pleasure and ease.

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

ROLLING ON TO YOUR BACK

Sit up tall with sitting bones well grounded and legs straight out in front of you. If this hurts your back or strains the back of your thighs (hamstring muscles), sit on the edge of a folded blanket. Cross your right leg over, laying the bent knee on the extended leg. Hinge forward at your hips until you feel a satisfying stretch. Pause and breathe. Repeat on other side.

With this column, I am hoping that even without seeing you move in person, I can offer a few basic techniques that will help to improve both your form and your satisfaction.

While few of us will master the ease of the pair I witnessed years ago, there is much that we can do to increase the safety and pleasure of walking, jogging, or engaging in a vigorous running regimen. As you embank on a new exercise program or continue with your on-going training, please incorporate these suggestions: start where you are, let go of comparing yourself to anyone else, learn to breathe deeply and relax even as you exercise, and give yourself enough time to warm-up and stretch.

Starting where you are involves a brutally honest assessment of your current fitness level and the health of your joints. Jogging is a high impact activity that puts a great deal of strain on your joints, especially the ankles, knees and low back. If you are already injured or carrying extra weight, the stress on your joints is exponentially higher. It may be wise to start with a brisk walk interspersed with brief interludes of jogging, giving yourself a chance to either accommodate to this new way of moving, or reach the conclusion that jogging is not your preferred activity.

Many years ago I was crossing Franklin Arterial on foot when a man jogged by with his dog. Ordinarily this event would be neither memorable nor noteworthy. However, in this case, both man and dog moved with such effortlessness, strength, fluidity, and grace that it seemed their feet and paws barely touched the pavement. I watched in awe until they were out of sight.

A number of years later, while walking around Mackworth Island, I witnessed so much struggle, misalignment and heavy foottall in the joggers that I joked with my walking companion that I should set up a booth offering helpful advice on the mechanics of proper jogging form.

Beginning in table pose, bring your right foot forward between your hands. Ease your hips back while straightening the front leg. Flex your right foot, bringing weight into your heel and a stretch into the calf. Keep your spine long as you hinge forward from your hips. Find a satisfying stretch and breathe. Repeat on other leg.

Once you begin to reap the benefits of regular stretching, I predict that you will be inspired to continue. Now, get out on the roads and trails and move! May you enjoy many, many miles of strength, beauty, pleasure and ease.

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

Millie MacIsaac

Part 1

As told to Fran Houston

We'll start in the beginning — when were you born and where?

I was born in Dorchester, Massachusetts, August 3, 1916. I was born in a little house on Greenwood Street, and I was the third child of 11 children.

What was your connection to Peaks?

My connection to Peaks is I was selling Avon to Ann Lowry who lived on Island Avenue. And in the process of selling Avon

we got talking and got very friendly. Her husband was a fireman in Quincy and I was living in Quincy at this time.

He invited all of our family up to visit at his house on Island Avenue. I turned to her and I said, "Do you realize that we have seven children?"

He said, "Yes."

"Do you really want to have seven children come to visit you?"

She said "Yes!"

We came because we were anxious to see what Peaks Island looked like. We stayed for one week and then we decided that it was too nice to leave.

We were supposed to be going down to Puget Sound for the second week, and we decided to look around for another place to stay because the Lowrys were expecting more company. We happened to find the cottage on Sargent Road that was just available for the following week, so we took it. It was kind of small and we had to put three of the boys back down to the Lowry’s house in a bedroom at night because there wasn’t enough sleeping room at this other house.

By the end of the week, we had met Mr. Kolodko, who was the owner of this little house and he talked to me into thinking about buying it, because he had it for sale.

At the time we were so amazed that we could buy a house. It was very reasonable.

It was suggested to us and put the thought in our minds, we said to him, "If we come back." This was in August, 50 years ago. (I know it was 50 years ago, because my daughter was 4 years old when we bought the place and now she’s going on 56, so 32 years probably.)

We had two bedrooms upstairs and a living room and dining room and a kitchen downstairs, and we started talking about how could we fit them all in? When they’re little you can put them both together. So we found that we could put the four girls in the one bedroom with two big beds, that’s what we did.

We took the other bedroom.

It contains in the living room — it was a square that went into the dining room — we put three cots, one across the window and across the other window and down this way, so the three boys each had a place to sleep. They found that very cozy, because when we’d all read, they could fall asleep after that, and we’d go upstairs to our room and read. That’s the way we worked it, and that’s the way we did it all through the growing up years and they loved it.

As a matter of fact, in the summer time, because we had cold water I think, we used to have cold shower downstairs in the house.

The pipes that came from the street into the house would warm up in the afternoon and the first one that took a shower would get the warm water. They’d all run for that shower. They’d go to those dances down at the Clubhouse and they’d take a shower down under the house. We didn’t have a hot water heater. (The kids remember more things than you do sometimes.)

Anyway, this Mr. Kolodko, he was a gentleman and he was the sweetest man.

Mr. Kolodko was from Russia and he went through the Russian Revolution.

We found out after a few conversations with him, he told us that soldiers came at nighttime and separated his wife and himself and they never saw each other for years and years.

Come to find out years later, he met his wife walking on the street holding a little boy’s hand and he was so excited, it was too bad because they hadn’t seen each other since that night they were separated. He wanted to go back with her, but he said no because she was married and had a little boy and he wanted that little boy to be brought up by his mother.

He enjoyed seeing the family together, especially the children — all seven of them. He seemed to love us. We loved him because he was such a gentleman, such a nice guy. He had white hair and he lived two or three houses beyond us on Pleasant Avenue.

He was very important to us at the time. He would come over and visit us; he’d be so lonesome sometimes.

At nighttime he’d come over and sleep on the couch and then go home in the morning. He was a bachelor.

To make a long story short, we bought the house from him. He was so happy to have us there and that started years and years of happiness for all of us. We just love Peaks Island.

Free vs. fee taxi

By Kevin Attra

Matt Rand, 17, graduated from Cape Elizabeth High School in June and came out to spend the summer with his family on Peaks Island, which they've been doing for six years. He will attend Tufts University in September and plans to major in international relations or possibly economics, he said.

But rather than work for his father, a mason, carrying bricks to earn money for college, this year he eked out the family golf cart with signs that read, "will drive for tips," and spent the summer ferrying people around the island. He wasn’t sure to spend his vacation working, he said, sitting alone in the golf cart. "I make more per hour doing this than working for my father." In the first five days he

said he’d earned over $200.

However, on July 6 the Island Taxi Service, (IT'S) began operation, and unbeknownst to him Matt’s golf cart came under fire from IT’S manager Jay Desmond and the Peaks Island Council as unfairly competitive and illegal.

In mid-August a police officer stopped him to say the "will drive for tips" portion of his sign was what made his business illegal, so he removed it. He said that no one from the PICT ever came on the issue, but that he only learned the councilors wanted to stop him when he read about it in the July edition of the paper.

He wound up earning an average $14 to $15 per hour with his second cart and left Tufts on Aug. 30, having reached his goal, about $2,000 richer.

PIC from page 1

had no control over. Subsidizing the taxi service was another example he mentioned.

He concluded that the council should only act on issues where it has authority or is capable of having influence. "Under situations where there is no city staff involved, should we try to get those things implemented?" he asked. "It’s not a wise use of our time to talk about hypotheticals."

But Councilor Rob Tiffany questioned that premise, asking if Langella meant "we should only ask for things we can get" though he agreed that the council should focus its energy, he said, "when we have a need for an EMT 24/7, even though there’s a slim-to-none chance, I’m going to spend time on it."

"If we don’t put our needs in there I don’t think we’re doing what we should," he said.

However, by the end of the meeting the question of what will happen in November was still left unanswered. As Councilor Boba whom reminded near the end of the debate, "Why did we have 16 the then and essentially none now?"

In other business, top priority for issues addressed by the council over the past year was given to roadway and sewer improvements and to public safety issues, mainly improving emergency response coverage and improving communication between the Portland Police Department and the community, mainly through the council.

Police Sergeant Gary Hutchinson who supervises the Peaks Patrol, told Councilor Langella in an email in late August that Peaks Island would be one of seven sectors that are being created in the city by the new police chief as part of his community policing effort, and that "Peaks Island will receive a second liaison cop."

At the regular meeting on Wednesday, Aug. 26, Councilor Boba volunteered to represent the island in the City’s newly-revived Noise Advisory Committee, having served on it before. He said it usually focuses on noise in the Old Port, but it was suggested that flight patterns into the Portland Jetport be examined as well during the meeting.

Councilor Boba also reported on progress of the Island Transportation Service’s new taxi enterprise, which has two members of the council on its board.

He said after six "solid weeks it seems fairly flat," earning around $340 per week after gas expenses. "But once the summer people leave it’s going to be a problem," he added.

Carpenter

for hire

Macey Cote

766-5997

20 Years in the Trade.
Peaks Island School at a crossroads

Two teachers and principal leave in late August

By KEVIN ATTRE

Portland School Superintendent James Morse (standing center) addresses parents, teachers, school staff and committee members at the Peaks Island School Aug. 24. Assistant Superintendent Jill Blackwood (seated at left in front row) will step in to replace Gwen Smith until an interim principal is found.

The CBTTD Rate Structure Committee moved closer to putting round trip and electronic ticketing in effect at its meeting Thursday, Aug. 15 as interim General Manager Nick Mavodones said he was in the process of forming a committee to study the idea.

Also present at the meeting were Chair Chris Hoppin and committee members Donna Rockett, Frank Peretti, Dan Doucet, Bill Overlock and Gene Taylor.

Before getting started, they shared their excitement over a Maine Mutual Insurance Company convention that took place on Great Diamond Island some days before, which reportedly drew 450 people. “It was certainly good for business,” said Mr. Mavodones, and the committee was enthusiastic to promote the Casco Bay area as a convention destination for the future.

Chairman Chris Hoppin announced that the 50 cent fuel surcharge implemented in May 2008 would be rolled back on Sept. 1, and then opened discussion about round-trip and electronic ticketing.

With the departure of Catherine Debo, Mr. Mavodones said his workload has increased significantly, and therefore he was still in the process of putting a study committee together, but explained that it would be composed of deckhands, captains and office personnel. Round President Donna Rockett added having deck hands and captains on the committee “helps them buy into it as well.”

Having taken an unscientific survey of Long Island residents that indicated “water taxi ridership is going up,” Treasurer Bill Overlock supported the use of round-trip ticketing to recover an estimated $75,000 in lost revenues from tourists riding back to town for free.

He also felt that selling commuter books to tourists was “totally inequitable,” because the discount was intended for working people. However, Gene Taylor said he thought the current system did what it was intended to do. “Even though it’s awkward,” he said, “I think we have a good system that helps year-rounders.”

Mr. Overlock is running for re-election to the board of directors as the Long Island representative in what is, to date, the only contested seat. He will be opposed by Emily Jacobs.

Papers have also been taken out by Dan Doucet for re-election as a Peaks Island representative, Jim Phillips for Cliff and A.J. Alves for an at-large position.

Bay Lines committee to study electronic ticketing

By KEVIN ATTRE

The CBTTD Rate Structure Committee moved closer to putting round trip and electronic ticketing in effect at its meeting Thursday, Aug. 15 as interim General Manager Nick Mavodones said he was in the process of forming a committee to study the idea.

Also present at the meeting were Chair Chris Hoppin and committee members Donna Rockett, Frank Peretti, Dan Doucet, Bill Overlock and Gene Taylor.

Before getting started, they shared their excitement over a Maine Mutual Insurance Company convention that took place on Great Diamond Island some days before, which reportedly drew 450 people. “It was certainly good for business,” said Mr. Mavodones, and the committee was enthusiastic to promote the Casco Bay area as a convention destination for the future.

Chairman Chris Hoppin announced that the 50 cent fuel surcharge implemented in May 2008 would be rolled back on Sept. 1, and then opened discussion about round-trip and electronic ticketing.

With the departure of Catherine Debo, Mr. Mavodones said his workload has increased significantly, and therefore he was still in the process of putting a study committee together, but explained that it would be composed of deckhands, captains and office personnel. Round President Donna Rockett added having deck hands and captains on the committee "helps them buy into it as well."

Having taken an unscientific survey of Long Island residents that indicated "water taxi ridership is going up," Treasurer Bill Overlock supported the use of round-trip ticketing to recover an estimated $75,000 in lost revenues from tourists riding back to town for free. He also felt that selling commuter books to tourists was "totally inequitable," because the discount was intended for working people. However, Gene Taylor said he thought the current system did what it was intended to do. "Even though it's awkward," he said, "I think we have a good system that helps year-rounders."

Mr. Overlock is running for re-election to the board of directors as the Long Island representative in what is, to date, the only contested seat. He will be opposed by Emily Jacobs.

Papers have also been taken out by Dan Doucet for re-election as a Peaks Island representative, Jim Phillips for Cliff and A.J. Alves for an at-large position.
Our residents say it best.

During the broadest, most thoughtful, inclusion, the special and unique, the Inns. It's a nice little spot.

Tracy Lottman

"I live here for the residents don't ownership. It's a solid investment, but the difference for appreciation." 

Gary Glanz

"Finally, a day runs by with a great going to a cream, but moving on to medication." 

OPA PHOTO

"I enjoy living here in the beautiful community. My wife and I are here what we want."

Jean Samson

We invite you to join us for a continental breakfast presentation at The Inn on Peaks Island on Tuesday, Sept. 15th from 10:00 a.m. to 11:30 a.m. Learn about the cost of living or to make a reservation. Call 207-729-8033 or email at theanks@gwi.net.

Thornton Oaks Retirement Living Community
23 Thornton Way, #100, Brunswick, Maine 04011
800-729-8033 • www.thorntonoaks.com

To learn more about the community contact Henry Eckert at 800-729-8033 or at heckert@gwi.net.

We also invite you to visit our website where you can meet more of our residents.

That time of year...

Alfred Woods and John Kamp (partially visible in back) prepare for winter this file photo taken August 30 last year. A cord of firewood measures 4 ft. x 4 ft. x 8 ft. about 128 cubic feet of bark, wood, and air space.

BY KEVIN ATTRA

Sometimes spending a few minutes with numbers is a whole lot more fun than taking leaves (that's next month) and you might get some peace of mind from knowing what you're in for. Here are some numbers for those of you who want something to crunch that won't make you yurt while you worry about how to stay warm this winter.

If you want to predict what you'll pay for heat this winter, look at last year's fuel bills. Forget the amount of money you spent for a minute and add up the amount of fuel you used. If you heat with propane or fuel oil, then your total will be in gallons. If you used wood it will be in pounds (5,800 pounds per cord of hardwood is a useful estimate, but what you actually have is anyone's guess).

Convert that amount into BTUs using the table below, then divide that by the number of heating degree days we had last year, which was 8,333 according to the National Weather Service. The answer is basically the gas mileage of your house.

For example, if you used 600 gallons of No. 2 fuel oil last year, then you spent about 86 million BTUs staying warm and your house is running on about 10,300 BTU per degree day. That's pretty good gas mileage for an average 10-room, two-story house, like owning a mid-size import.

A heating degree day is not actually a day, but the difference in temperature from 65 F, which is arbitrarily defined as the standard. For instance, when a day is 56 outside it has a value of 9 heating degree days (65 - 56 = 9). In Maine the annual number of heating degree days has averaged around 7,200 since 2001, but the Farmers' Almanac is predicting a cold winter which means it'll probably be closer to last year's figure.

You can improve the gas mileage of your house of course by making it more efficient. One way is to add insulation, especially in the attic, but even caulking around door and window moldings helps. Now it's time to do it. Too. Not only is the weather comfortable, but the days are growing shorter so you won't have to work as long.

Switching to alternative energy appliances is another way to lower your costs. Last spring Jeff Lovejoy, a technician with Revision Energy, spoke at the MacVane Center on two types of solar hot water heaters and explained that state and federal funding programs are available which can provide up to 30 percent of the cost of installation to replace conventional systems with energy efficient or alternative energy equipment in your home.

The passive solar hot water systems he安装 come from $8,000 to $11,000 and qualify for state and federal tax credits. There are also rebates for photovoltaic cell systems, which cost $30,000 or more. Besides costs, an important difference is that passive solar systems can't be easily modified once they're installed, whereas, photovoltaic systems "are like Legos". Some solar water heaters can be used to heat your house as well, if you have a really well-insulated house and you have radiant floors. Everything's expensive, he said, "but if you're going to spend $10,000 on a hot water system, then maybe spending $2,000 more to accommodate space heating might be justified.

The federal government provides tax credits of up to $1,500 or 30 percent of the cost for energy efficient doors and windows, roofs, heating and air conditioning systems, water heaters and biomass stoves as well as geothermal heat pumps, small wind generators, fuel cells and solar systems. More information can be found at www.energyst.gov/taxcredits.htm. State tax rebates, administered through Efficiency Maine, of up to $2,000 are also available for photovoltaic and residential wind energy systems, and up to $1,000 or 25 percent of the cost for solar heating systems. Low interest loans from $2,800 to $30,000 are also available for energy efficiency home improvements and alternative energy systems as well. For a list of state programs visit: www.dhmas.org.

The following fuel amounts are equivalent to 1 million BTU:

<table>
<thead>
<tr>
<th>Fuel</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electricity</td>
<td>293 kilowatt hours</td>
</tr>
<tr>
<td>Natural Gas</td>
<td>1,000 cubic feet</td>
</tr>
<tr>
<td>Coal</td>
<td>83 pounds</td>
</tr>
<tr>
<td>Propane</td>
<td>11 gallons</td>
</tr>
<tr>
<td>Fuel Oil #2</td>
<td>7 gallons</td>
</tr>
<tr>
<td>Wood</td>
<td>286 pounds</td>
</tr>
</tbody>
</table>
20 Ways to improve Peaks Island

BY JERRY GARMAN

1. Reengineer lower Welch Street so that a commuter always walks down hill both to and from the ferry and regardless of tides. This will ease the burden of all those who push and carry children or objects, the elderly and even will make skateboarders happy.

2. Establish car parking by age of driver. The younger you are the farther away you must park.

3. Locate a large two-faced timer on top of the kiosk, readable from 50 feet, which would count down the last five minutes before each ferry departs.

4. Create a reading area at the library similar to those at Borders Books where patrons could have a beverage and snack.

5. Add more public benches, some with a protective roof for inclement weather.

6. Limit pancake breakfasts to one per month.

7. Establish an optimum total weight on the island. When that figure is reached something or somebody must leave before more objects or people can embark.

8. Frustrate island crows and seagulls by standardizing covered containers for household trash.

9. Create a location for disposal of dry batteries, light bulbs and car oil.

10. Place a “Safe House” medallion on those homes that have operating smoke and carbon monoxide detectors plus an operational fire extinguisher.

11. Encourage our island school to chronicle a continuous history of Peaks Island.

12. Re-establish the Golden Cane award for Peaks oldest year round citizen.

13. Only allow petitions to be circulated in February, our shortest, coldest and least populated month.

14. Require each resident to volunteer at least 24 hours per year to one of the many tax free, 501(c)3 island organizations. Note: a contribution of $5 equals one hour of volunteering.

15. Require three years of residency before your suggestion for a change or improvement may be implemented. If idea is accepted the originator must pledge to stay on the island for another three years to live with consequences of their actions.

16. Designate the second Monday of September as “Freedom Day” on which there will be no event, meeting or public assembly.

17. Celebrate “We the People” day to honor the collective efforts of islanders who got emergency legislation passed to supply the island with Sebago water (1920) and in creating the Casco Bay Island Transit District (1958).

18. Greatly improve the presentation and readability of information on the 80-square-foot Welch Street bulletin board by creating target 8 ½ x 11-inch and 2 x 3-inch grids.

19. Create an “Island Bicycle Safety” brochure which would be distributed by public safety officers and by the CBITD whenever bicycle tickets are purchased.

20. Declare the 1½ mile stretch of Seashore Avenue from the Eighth Maine to Spar Cove as a “Nature Zone” where all visitors, whether they walk, run, ride or drive may reconnect with nature by listening to the sounds of waves crashing on the rocks, seagulls speaking to each other and song birds warbling; and by seeing the glorious island flora of bittersweet, wild peas, rosa regosa, daisies and marsh reeds; and smell the salt air and sea weed. Please deactivate all cell phones, iPods, iPhones and radios. Do not TWX, Text or smoke.
The Portland Public Schools will begin classes for students in grades one through 12 on Thursday, Sept. 3. Kindergartners will begin on Tuesday, Sept. 8.

The first day of school will be a full day for students in grades one through five.

The opening day schedule for middle school is:
- King Middle School: Sixth graders attend from 11:15 a.m. to 2:25 p.m. Seventh and eighth graders attend from 8:15 to 9:30 a.m.
- Lincoln Middle School: Sixth graders attend from 10:45 a.m. to 2:25 p.m. Seventh and eighth graders attend from 8 to 10:45 a.m.
- Lyman Moore Middle School: Sixth graders attend from 8:15 to 11:30 a.m. Seventh and eighth graders attend from 12 to 2:25 p.m.

The opening day schedule for high school is:
- Portland High: Grade nine attends all day on Thursday, Sept. 3. Grades 10-12 are dismissed at 9 a.m.
- Deering: Grade nine attends all day, but grades 10-12 do not attend. All students have a full day beginning Friday, Sept. 4.
- Casco Bay High School: Grades 10-12 attend from 7:45 to 11:30 a.m. Grade nine attends from 9:30 a.m. to 1:55 p.m.

The regular school day is as follows:
- Grades kindergarten through five: 8:50 a.m. to 3 p.m.
- Grades six through eight: 8:15 a.m. to 2:25 p.m.
- Portland, Deering and Casco Bay high schools: 7:45 a.m. to 1:55 p.m.
- West School: 7:50 a.m. to 1 p.m.
- Portland Arts and Technology High School: 8 to 10:30 a.m. and 11 a.m. to 1:30 p.m.
# 2009 - 2010 Calendar

## October

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>(7)</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>(14)</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>(21)</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>(28)</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>

- 7 Early Release
- 12 Columbus Day
- 14 Early Release
- 21 Early Release
- 28 Early Release

## November

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>(4)</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>(18)</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 4 Early Release
- 6 1st Quarter Ends
- 11 Veterans Day
- 18 Early Release
- 20 1st Trimester Ends
- 23-24 Early Release Days-Parent Conferences
- 25 No teachers or students (K-12)
- 26-27 Thanksgiving Recess

## December

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(2)</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>(9)</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>(16)</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

- 2 Early Release
- 9 Early Release
- 16 Early Release
- 23-31 Winter Break

## March

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>(3)</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>(10)</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>(17)</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>(24)</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>(31)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 3 Early Release
- 5 2nd Trimester Ends
- 10 Early Release
- 17 Early Release
- 25-26 Early Release Days-Parent Conferences
- 31 Early Release

## April

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>(7)</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>(14)</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>(28)</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>

- 2 3rd Quarter Ends
- 7 Early Release
- 14 Early Release
- 19-23 April Recess
- 28 Early Release

## May

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>(5)</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>(12)</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>(19)</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>(26)</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 5 Early Release
- 12 Early Release
- 19 Early Release
- 26 Early Release
- 31 Memorial Day

## Key

- Holiday/vacation (non-paid teacher days)
- Teacher workday (no students)
- Parent Conferences (release day (3 hours))
- Early Release
- Release for professional development/last student day
- No students or teachers. Other staff reports

---

# 2008 Island Phone Directory

**Covering 7 Casco Bay Islands**

Available online at [www.phonebookpublishing.com](http://www.phonebookpublishing.com), and The Boathouse/Long Island, Hanning's Island Market and GEM Gallery/Peaks. FMI or wholesale opportunities call 766-5997.

---

**ASHMORE REALTY**

**ISLAND REAL ESTATE**

Ralph W. Ashmore

20 WELCH STREET, PEAKS ISLAND, ME 04108

www.AshmoreRealty.com | email: Ralph@AshmoreRealty.com

207.766.2981
### ACROSS
1. Bird
6. Take ___ at it
11. Cable choice
14. Sound made by Wile E. Coyote
15. Cudgel
16. Home of world's tallest cathedral
17. The baby birds
19. Fire engine maker
20. Chemical suffix
21. Monhegan is to Manana
22. Kind of charger
25. Crocker or Fleming
26. Game show choice
28. Dark oriental ruminant
32. Descendant
35. Baseball metric
36. Travel abbr.
37. Girl
38. Noted Hawaiian
41. Former
44. 53 Down, for example
48. Teen's expression of approval
49. M.D.'s industry org.
50. Type of curve
52. She speaks in Spanish
53. State of agitation
56. School group with no students
58. Gold in Granada
*58. Pending to a government official

### DOWN
1. Vinegar, for example
2. Gardener's bane
3. Narrow valleys
4. Fall behind
5. Prince William, for one
6. Obliquely
7. Prison (slang)
8. Spa result
9. Mean, in short
10. Presents
11. Bob Dylan song
12. Blisters
13. Melville novel
14. Black, White, and Yellow
15. The baby birds
16. Greece goddess of dawn
17. Seal's nemesis
18. Teen's expression of approval
19. Bird
20. See 2 Down
22. M.D.'s industry org.
23. Mystery writer John Dickson
24. Travaht's summer place
25. Ye
26. Dead herring, for example
27. Type of clam
28. Psych. Disorder
29. Unstoppable
30. Pointed instrument
31. Infamous murderer
32. Skip
33. Mariner's lifesaving device
34. Final resting place
35. Psyche's ring
36. U.S. Acad.
37. Pandora's gift
38. Noted Hawaiian
39. Islands not in Maine
40. Place
41. George Gershwin's lyricist
42. Kidnapped by Piglet
43. U.S. Acad.
44. A. M. A.
45. Islands not in Maine
46. A. M. A.
47. A. M. A.
48. A. M. A.
49. A. M. A.
50. A. M. A.
51. A. M. A.
52. A. M. A.
53. A. M. A.
54. A. M. A.
55. A. M. A.
56. A. M. A.
57. A. M. A.
58. A. M. A.
59. A. M. A.
60. A. M. A.
61. A. M. A.
62. A. M. A.
63. A. M. A.
64. A. M. A.
65. A. M. A.
66. A. M. A.
67. A. M. A.
68. A. M. A.
69. A. M. A.
70. A. M. A.
71. A. M. A.
72. A. M. A.
73. A. M. A.
74. A. M. A.
75. A. M. A.
76. A. M. A.
77. A. M. A.
78. A. M. A.
79. A. M. A.
80. A. M. A.
81. A. M. A.
82. A. M. A.
83. A. M. A.
84. A. M. A.
85. A. M. A.
86. A. M. A.
87. A. M. A.
88. A. M. A.
89. A. M. A.
90. A. M. A.
91. A. M. A.
92. A. M. A.
93. A. M. A.
94. A. M. A.
95. A. M. A.
96. A. M. A.
97. A. M. A.
98. A. M. A.
99. A. M. A.
100. A. M. A.
101. A. M. A.
102. A. M. A.
103. A. M. A.
104. A. M. A.
105. A. M. A.
106. A. M. A.
107. A. M. A.
108. A. M. A.
109. A. M. A.
110. A. M. A.
111. A. M. A.
112. A. M. A.
113. A. M. A.
114. A. M. A.
115. A. M. A.
116. A. M. A.
117. A. M. A.
118. A. M. A.
119. A. M. A.
120. A. M. A.
September means "seventh month," consistent with the ancient 10-month Roman calendar which started with March. It was based on the moon (from which "month" is derived), but the moon's orbital period around Earth (29.53 days) is not exactly 1/12 (let alone 1/10) of the Earth's orbital period around the Sun (365.25 days). In fact, it's a full 10 days short, so the lunar calendar soon got out of sync with the solar calendar and with the seasons.

In order to make them jive, the ancient Romans simply didn't count the two winter months. In 713 B.C., however, Roman King Numa Pompilius added January and February to the beginning of the calendar, making September the ninth month. The Muslim religious calendar is one of the last to remain lunar-based.

September is the month of the autumn equinox, when the sun crosses Earth's equator and heads south. It has risen due north of east and set north of west since the vernal equinox in March, reaching its northermost positions on the summer solstice in June. On the equinoxes, however, the sun rises directly in the east and sets directly in the west.

After this month, the sun will rise southeast of east, set south of west, and the temperature will start to go down. All this is caused by the 23.5 degree tilt in the Earth's axis, and it sets up our atmosphere throwing cool dry air masses against warm wet ones, brewing storms.

As Earth orbits the sun, it creates a small "tide" in the sun's hydrogen gas which pulls Earth forward a bit as the sun rotates (once each 24.5 days at the equator, slower at the poles), so Earth is slowly moving away from the sun at about six inches per year, just as the moon is pulled forward by Earth's tidal bulge, moving the moon away from Earth at about three inches per year. Things are slowly falling apart, as Irish poet WB Yeats suggested by his "withering gyre.

The Planets

Jupiter, the King of Planets, is incredibly bright now and rules the night sky, rising at dusk and setting at dawn. Its four large "Galilean" moons are splashed out on either side of the gas giant and rotate with such clocklike precision that mariners carried printed tables and used the moons to determine their longitude, until a seaworthy clock was invented by John Harrison three centuries ago. Around 1 a.m. on Thursday, Sept. 3 however, all four moons will be lined up in front of or behind Jupiter and its shadow, which won't happen again for 10 years.

Mars rises around midnight and is high in southern sky at dawn. No, it's not (and never will be) as big as the full moon, despite that hoax going around the internet these days. Heck, it doesn't even reach opposition for another few months.

Venus rises before the sun and will be gorgeous out over the ocean for those headed to the islands in the morning and for those on the back deck of the early boat to town. Mercury pops up in the morning around dawn and but is always tough to find.

The Stars

Blue-white Vega is directly overhead around 9 p.m. It's burning hotter and spinning faster than our sun, and it's only 25 light-years away, so when it goes supernova and explodes, we'll know it. Hopefully, Earth won't quite be in line with the pole, so we can avoid its gamma burst, the biggest, brightest event in the universe. Vega is 0.5 billion years young (our slow-burning sun is 4.5 billion years old) and is already halfway through its life cycle. It served as Earth's pole-star 12 millennia ago and will do so again in another 12 millennia, but for now we're stuck with dim Polaris.

Red-giant Antares is in the west, the tail of the kite-shaped Bootes constellation. You can find it by tracing the "arc to Antares" started by the handle of the Big Dipper. The super-giant star Antares is low in the southwest. It's so big, it makes our sun look like a mere dot by comparison. In our solar system, Antares' outer edge would be well beyond the orbit of Mars.

Autumn nights are perfect for stargazing, either with the naked eye or with the help of binoculars. Just think - the stars you can see constitute only a small fraction of the matter in the universe, most of which is dark. Early last century, Einstein calculated that galaxies could not hold together with the mass of their stars alone, that something else was out there, and modern science is proving him correct.

The Almanac

Sept. 1 - Sunrise is at 6:04 a.m., sunset 7:17 p.m., but that's changing soon. The Beelzebub star cluster is just to the left of Venus before dawn.

Sept. 2 - A noon-to-be "moondless" Jupiter hangs just below the moon tonight.

Sept. 4 - "Full" corn moon sets over the mainland at 6:04 a.m. and rises over the ocean at 6:55 p.m. Today Saturn's rings turn edge-on to Earth, but from our vantage point, it's nearly directly behind the sun now and hard to see.

Sept. 11 - Last-quarter moon is high in the sky at sunrise.

Sept. 13 - If you're up before the sun this Sunday morning, Mars is just below the moon.

Sept. 16 - Venus is to the left of a big crescent moon this morning, a beautiful sight and the origin of the symbol of Islam. The moon at its perigee today, the closest it gets to Earth this month, will put the sun 10 days higher over the ocean at 6:55 p.m. Today Saturn's rings turn edge-on to Earth, but from our vantage point, it's nearly directly behind the sun now and hard to see.

Sept. 18 - New moon means dark skies and an invitation to scope out the fainter stars overhead. It's also the best time to see the zodiacal light on the eastern horizon a couple of hours before dawn in August, caused by sunlight on our solar system's cosmic dust.

Sept. 19 - Spring tide is today, high around noon and midnight, low around dawn and dusk, and building to almost 12 feet between high and low tides.

Sept. 22 - Equinox today marks the beginning of Autumn.

Sept. 23 - Red super-giant star Antares is to the upper left of a fat crescent moon as it sets in the west just before 9:00 this evening.

Sept. 26 - A smallish first-quarter moon is high in the sky at sunset. Evenings over the next week are best for telescopic exploration of the lunar surface, the most accessible of celestial sights.

Sept. 28 - The moon is at apogee, the farthest away from Earth this month, so tides will moderate.

Sept. 29 - Jupiter is again below the moon tonight as it waxes gibbous.

Sept. 30 - Sunrise is now at 6:04 a.m. and sunset is at 6:24 p.m., so we now get fewer than 12 hours of sunlight. It amazes me that Earth's flora and fauna (as humans included) can survive the annual seasonal changes, with their swings in temperatures (Portland's average low is 11° in January and its average high is 78° in July, a difference of 67°), but we've adapted by necessity and celebrate the seasons in turn.
shapes, and sprinkling salt across the watercolor surface for textural effects. "The big thing with watercolor is patience," Tory advised. The day was humid, and the paper quickly buckled once wet, and the salt was not creating the typical effects. We needed to wait a bit longer for areas to dry before moving on to the next step.

The lone male student, Joe Kilborn, joked that his hands were shaking. Joe claimed he’s never even drawn with a pencil, but proceeded to happily paint, without the burden of an art education. Some students became critical of their efforts, wondering if they were doing the right thing.

Tory said, "No judgments, please. There is no right or wrong here." The tendency for immediate mastery and correctness is common in art classrooms. James Elkins writes in Why Art Cannot Be Taught (University of Illinois Press, 2000), "The fact that it is so hard to know what it might mean to teach art tends to keep teachers quiet: it spurs them to teach in many different ways."

Nancy L. Hoffman pulled out her own well-worn supplies. A passionate practitioner of the medium, she has taken watercolor courses in Key West, with Lynn Ferris and at Portland Adult Ed with Charles Wright. Nancy said, "I get something different from each one. Every teacher has a different emphasis."

Michele MacLazak began painting 10 years ago upon retirement. "I got hooked," she smiled. Three years ago she joined Independent Artists, a group of seniors meeting every Tuesday in Shrewsbury, MA for support and critique. At 93, her presence in this class is the best cure there is always room to learn.

Tory admitted she found watercolor too frustrating until taking a workshop at Haystack Mountain School of Crafts (www.haystack.mtn.org) where the instructor, Sandy Crabtree, broke the techniques down into a similar sampler like we were exploring. "It made so much sense, and I could just feel fun," she said.

Tory told us that watercolor was once considered only a preliminary medium, until Window Homer came along. He gained proficiency as a visual journalist on the battlefield during the Civil War. His quick brush captured a realism before photographs, and elevated the status of watercolors as fine art.

Watching the water flow in the small image area was a welcome surprise, rather than the pain of facing a large blank page. After completing the samples, Tory invited us to paint in the garden below the Fifth Maine. If I miss a bit, grabbing the Adirondack chair that faces Whitehead Passage, I then joined by several other painting detailed flowers or the panorama dotted by white sails.

Tory circulated, offering encouragement. As a board member of the Maine Art Education Association (www.mainarted.org), she’s an advocate of life long learning. She said, "With art you create a statement. Art stays around. Be proud of any attempt, because every one of them is a learning process."

The Gem Wraps Up the Summer with Three’s”

The last in a parade of stellar summer shows at the Gem Gallery (www.peaksislandart.blogspot.com) features pottery by Rick Boyd and Pam Williamson at the Gem Gallery on Peaks Island. All photos by Jamie Hogan.

Whether we are heading back to school, or outfitting someone who is, everyone harbors a student inside them. I recently went to a watercolor workshop at the Fifth Maine, eager to shed my aversion to the medium, gained long ago in a college classroom. Now that I teach art myself, it’s time to get over my fluid, using tape to silhouette white rice for...
At his graduation from the Peaks Island School last June Charles Winkelman, 12, predicted that in 20 years he would be a software engineer, but he’s already well on his way. On the 12:45 boat to Portland the other day he was wearing a T-shirt that read, “If You Can’t OPEN IT, You Don’t Own It”, which led to a conversation about open source, non-proprietary technology.

The motto on the T-shirt, it turned out, represents one side of the continuous conflict over access to information and technology for devices like phones and computers that have become essential tools of everyday life. It literally applies to the use of disposable cameras, which must be returned to the manufacturer in order to get the pictures developed.

“Symbolically,” he explained, “it’s saying if you can’t open that and actually take the photos out yourself, then why own it, because you can’t maintain it yourself.”

He got the T-shirt at Maker Faire (www.makerfaire.com), an inventor’s fair he attended with his father, Will, last May in the San Francisco Bay area, which was advertised in MAKE magazine, a quarterly publication of do-it-yourself projects. Using easily found, off-the-shelf components the magazine gives plans to build anything from flash drives to rocking chairs, and Charles reads it regularly. When he saw the ad, he asked his parents if he could go. “I said, Well, sure!” Will recalled. “I mean, if not now, when?”

The fair and MAKE magazine are two of several resources (Flom.com is another that comes to mind) that have recently emerged to meet a growing demand for sustainable, intelligent and accessible technology, encouraging people to reuse and repair what they have rather than add to the growing pile of electronic trash being generated today. The intent seems to be to open up the black box so we can see what’s inside, understand it and thus control it.

MAKE started online at makezine.com, which is where Charles first saw it. After checking it out, he started subscribing to the magazine. The most recent edition featured instructions for outfitting a radio-controlled plane with an autopilot, building a robotic brain and designing “a bicyclist’s vest that shows how fast you’re going”.

Charles pointed out the zoomy workshop that his father built behind their house (Will is an architect): “Here we have, like, all these tools and such for building things, and I’ve kind of been like, ‘Hmm, what can I build?’” MAKE magazine showed him what.

“Charles found one [edition] that had a swinging bookcase,” said his father, so they got the materials together and built one of their own. “It took a year to make,” Will added.

At Maker Faire Charles saw “some really cool stuff.” He and his father spent two days wandering around the San Mateo fairgrounds. Bicycles were one of the main attractions (in fact, the whole MAKE thing seems to have a green bent to it, including the use of recycled materials).

Charles said he saw two giant bicycle tires “that were like 15 feet long” with seats mounted in between that people could sit in and pedal. There was also a kiddie swing, “like, you know those swings that you sit in them and they rake up and start going around fast,” only this was powered by people pedaling bicycles. Someone else had a bike with a dragon’s head on the front and a little propane tank attached so that when it was pedaled flames would spit out.

People at the fair were apparently not interested in selling their ideas or getting their inventions mass-produced. “It’s just something for you,” said Charles, “and then you share it with other people, and then they can do it themselves.”

Charles said he is now ready to start experimenting with micro-controllers, “which are control, like, everything that is electronic—almost. It’s the root of a robot, basically.” He may find all he needs at the transfer station.

For a good overview of emerging open source technology, explore the technology section of www.nickelboom.com.

At home with Charles Winkelman, explaining his interest in open-source technology during an interview on the deck in his backyard.

Since 2003 Marsha Greenberg has been holding art exhibits at her home to raise money for non-profit organizations for women and girls. The first one raised enough to provide a summer art camp with Diane Wienieke for a girl scout troop. She held several shows a year until the Gem Gallery got started in 2005. “Then I stopped because I didn’t want to compete.

“It’s a lot of work.”

This latest event looked like it would raise about $2,000 for the Maine Women’s Fund (www.mainewomensfund.org), which supports women’s health and business enterprises. Marsh has been a board member for five years. The auction included 31 paintings, photographs, and other artwork donated by local artists Jane Banquer, Carol Cartier, Jessica George, Jamie Hogan, Nancy Nash, Claudia Whitman and Diane Wienieke, and all were given names. Some were quick ones like “scribble” and “curl”. The longest was “You are in the tunnel and I am by myself” for a black-and-white photograph by Jessica George.

Claudia Whitman, who provided four mixed-media prints from her most recent show, is also an investigator for an organization that seeks to overturn convictions in cases where the person is actually innocent of the crime.

She was particularly excited that day to have just received the results from new DNA tests for a man who was doing life for some heinous crime. The sentence was being overturned as a result of the tests, which proved that he was innocent, and she expected him to be released any day. She said that for years the prosecutors claimed that the evidence against him had been lost, but once the new results came in they suddenly found them again. It had taken nearly 10 years to convince someone to perform the tests. He had been wrongly convicted and in prison 24 years. Claudia said that in the U.S. she believes 10 percent to 15 percent of death-row inmates are actually innocent and that the percentage is probably higher for non-capital offenses.

Marsha Greenberg (right) during the auction near the illustration “Goddess Surfer” by Jamie Hogan, used in an award-winning children’s book. It sold for an undisclosed amount.

At home with Charles Winkelman, explaining his interest in open-source technology during an interview on the deck in his backyard.
Wind Power on Peaks

An Old Idea Made New

BY KIM MACISAAC
FIFTH MAINE MUSEUM CURATOR

Think wind power on Peaks is a new idea? Think again. During the latter decades of the 20th century at least two windmills were in use by members of the Trefethen family. At Trefethen Landing Captain William S. Trefethen (portrait top left) erected a windmill adjacent to his fish house and coal shed (top right). That site is now the location of the TEIA clubhouse (known as the Dayburn Casino by long-time islanders).

The Captain's daughter Harriet (bottom right) and her husband Robert Skillings built a windmill at their home, Oak Cottage, on Pleasant Avenue (bottom left). The "cottage" was, in reality, a large farmhouse surrounded by extensive gardens. Harriet and other family members operated the cottage as a popular summer inn for many decades where boarders enjoyed the freshest of fruits and vegetables from the cottage's gardens. The original farmhouse is now home to the Peaks Island Baptist Church.

Like present day islanders our forebears embraced new technologies and conveniences to help make their lives easier and more comfortable. No doubt, they would approve of today's efforts to, once again, harness wind power on Peaks Island.

What goes around, comes around...especially on an island

BY JO ISRAELSON

When I return to Maine, I mark the beginning of summer with the start of PeaksFest — specifically the Giant Yard Sale held on the lawn of the American Legion.

Last year I was "volunteered" to organize tables and price items. I am a chatter-buster by trade and therefore it's a safe bet to put me in charge of sorting. I am never tempted to buy ANYTHING.

So I emptied countless boxes filled with family junk, kitchenware, unwanted wedding gifts, clothing, shoes, toys, light houses and lobsters. I revisited decorating trends from the 1960s to the 1990s, and puzzled over rusted tools and unusual kitchen were.

Customers began to gather, and in an attempt to circumvent the crowd I wedged myself between a sofa-and—chair set. As I slid along the back of the sofa, I heard a voice say, "Buy it."

But I don't need it, I thought (I was house-sitting a fully furnished home). However, like the proverbial devil on my shoulder the voice persisted, "Buy it. It's a great deal!"

So I bought the set, deciding that would afford me membership in the long-standing tradition of island recycling.

Recycling has been a part of life on Peaks long before the current trend got started. Whole cottages have been dismantled and reconstructed elsewhere. One has windows salvaged from a World War II barracks and a floor made out of a strategic planning map abandoned by the military. The contents of another were procured from the dump and another's from the side of the road.

I hauled my new chair and sofa to the home I was house-sitting and put them on the porch. They fit perfectly.

A few weeks later, I was at the St. Christopher Church sale examining some old drapery fabric when a voice appeared in my ear again saying, "Buy it."

This time I didn't even bother to argue. The yardage was exactly what I needed, and I figured now I would be recycling old drapery material as well.

I began the reupholstering process which necessitated additional searches for fabric at other yard sales. Eventually the owner returned and my house-sitting ended, so I had to move and so did my furniture.

I actually ended up moving a total of six times that summer, and each time I were reunited the week before PeaksFest 2009, which I volunteered for again. But this time rather than organize tables I transported donations.

Among the vanloads of items I collected was an end table painted the exact color of the suite. Yes, I bought it, and an old sewing machine as well.

The reupholstering is proceeding - slowly - and should be completed by the time I leave the island, but if I need another foster home for furniture PeaksFest is nine months away. I have learned that what goes around DEFINITELY comes around, especially on Peaks Island.

From the FIFTH MAINE

September 2009
Aiding Zimbabwe

BY KEVIN ATTRA

"None of us wanted to come back," said Peaks Island resident Joyce Perron, a pediatric nurse at the Maine Medical Center who spent three weeks last spring at an orphanage in Harare, Zimbabwe.

From March 8 to April 1 she worked with six other volunteers from the Portland area to improve the health care and living conditions at the New Start Children's Home, created and run by public health physician Celine Fatag and his wife, Grace, both in their 80s, for children whose parents were killed by disease or other causes.

When Joyce arrived, about 60 children and 16 infants were living there. Two more infants got dropped off before she left.

For nearly a decade Zimbabwe has been in social and economic crisis. There is reportedly widespread poverty due to hyperinflation: The official annual inflation rate was from 32 percent in 1998 to 133 percent in 2004, 585 percent in 2005, more than 1000 percent in 2006, 26,000 percent in November 2007 to 11.2 million percent in 2008.

The Reserve Bank of Zimbabwe routinely prints money to fund the deficit and now the International Monetary Fund has cut off aid until the economy becomes stable. "The Zimbabwe money is being used as toilet paper essentially," said Joyce. Robert Mugabe, the nation's president since 1987, is accused of political fraud and corruption. His re-election in June 2008 was internationally condemned as "severely flawed," which only added impetus to an already massive exodus of people from the country. "All the intelligentsia have fled," she said, taking the schools, hospitals and other professional services with them.

When the University of Zimbabwe closed, the clinic at the orphanage was left with two medical students who couldn't finish school. "They can't get out of the country. The university will not give them any of their grades or their transcripts, so they can't go anywhere else to finish their education," she said. "They're essentially stuck there."

Joyce and the others lived at the orphanage. She woke each day around 3 a.m. to the sound of cow bells, then headed into the clinic to renovate and restock the pharmacy for a few hours until patients started arriving. "My job, basically, was ripping apart the clinic and helping the medical students treat patients," she said. "They would see anyone who walked through the door. "We had people bringing their grandparents in wheelbarrows from 3 and 4 kilometers away." Lacking the necessary equipment to make ultrasounds or x-ray examinations, they diagnosed patients based on physical examinations of their cuticles, thumb pressure, skin condition and hair growth, something American nurses get little practice doing. "It was very difficult for me," said Joyce.

Most medical supplies at the clinic were expired - some dating to World War II - but importing medicine into the country was apparently fruitless because it gets delayed at the border until it expires, so the volunteers decided to bring what they needed with them.

I cost Joyce $1,500 to get there, and another $2,000 in medical supplies and equipment which got stuffed into eight duffel bags. Others brought infant formula and food, art supplies for the kids, tools, wire, "you know, anything we thought could be useful." "We all contributed different amounts of money, we all took a hit by going for a month without pay." Many of their friends and neighbors donated materials for the excursion. LL Beans even donated 20 duffel bags to the effort.

At the orphanage water and electricity were sporadic at best. "You never knew if you were going to have power; you never knew if you were going to have water."

In the group, website developer Mark Lennon and bassist for the local band Twisted Root John worked with his father to bring in electricity and install a water filtration system. The water supply used by the orphanage was within a kilometer of a polluted river thought to be the source of a local cholera epidemic. "Mark was really the savior of the children," said Joyce.

Owens and AIDS are rampant in the country, along with tuberculosis and malnutrition. "A lot of the kids were incredibly malnourished," she said, "because they were eating basically corn or anything they could pull up out of the ground."

The AIDS crisis also runs deep. A large proportion of the population is Agnostic, which Joyce said in Zimbabwe means they are polygamous. Joyce said they also believe that if an HIV positive man sleeps with a virgin he will be cured, "therefore they are spreading the scourge of HIV through Zimbabwe."

The team plans to go back next March, but Joyce said she probably won't be able to go with them this time. She wants to arrange a longer leave of absence in order to spend at least 4 to 6 months there. "Although we thought we were doing a lot, by the time we got done there we realized it was like putting a band aid on an arterial bleeding."

She said two or three buildings were still under construction when they left, and renovation of the pharmacy was not finished.

But they also discovered that the children can sing - "the boys have these incredible bass voices" - so they recorded them and plan to produce a CD to generate money for the children's education. "I am determined to go back," she said.

The website www.delacoreysheart.org was created specifically for this project by Mark Lennon and Laura Ferrer, whose 9-year-old daughter died from heart disease. Donations of money and supplies can be made through the website to help volunteer nurses in March.

Peaks Island Baptist Church

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 14:6

Joyce (right) sitting on Drombo Shaba, a hanging rock and sacred site for the Shona tribe, with Daniel on her lap. Anglican (left) wants to be a nurse. She is holding 1-month-old Maribell whose age is only a guess as many of the kids birthdates and place of birth are unknown. They are also malnourished, with skin diseases, rickets and orange skin - a symptom of protein malnutrition.

photo by Joyce Perron

235 Pleasant Ave, Peaks Island, ME 04108, 766-3037, www.pibc.info
WHAT ABOUT BONDS?

BY JOYCE CASSIDY O'REILLY

First, the What. Simply stated, a bond is a promise to repay the principal amount loaned to the issuer on a specified date (the maturity date), along with interest (coupons). Stocks and bonds are both securities, but unlike stocks, a bond does not convey any ownership rights in the underlying entity, and the investor is therefore a creditor of the entity issuing the bond.

Bonds are an often overlooked, yet essential component of your investment portfolio. They can provide a level of income that is linked to the underlying entity, and the investor is protected if the underlying entity defaults on the bond.

The following state and federal programs will put more money in your pockets - do you qualify:

MAINE PROPERTY TAX AND RENT REFUND

This year’s Maine Property Tax and Rent Refund, or “Circuit Breaker”, application is now available. It allows you to receive a partial refund on your property tax or rent paid in 2008.

You may qualify for a refund if:

- You are a resident of Maine;
- Your household income is $18,850 or less;
- Your 2008 household income was $6,400 or less;
- You do not have a spouse or dependent(s); or
- You are over the age of 65 or have a spouse or dependent(s) who is over the age of 65.

AND

- Your 2008 property tax was more than 4 percent of your 2008 property tax and rent paid in 2008.

For more information or assistance completing an application, please contact the Maine Revenue Administrator at 1-800-403-0956.

Federal Making Work Pay Tax Credit

Utilize this year, the federal “Making Work Pay Tax” credit gave most working individuals a $400 increase in their paychecks, and Social Security recipients a $250 increase in benefits. This credit was created to keep more money in our pockets and protect our Social Security recipients. As we look ahead to 2009, here are some things to keep in mind when filing your 2009 federal tax return.

- Married households where spouse received a $400 increase in their paychecks.
- Multiple job-holders who received a $400 increase in each paycheck.
- Working Social Security recipients who received an additional $250 in benefits and a $400 increase in their paychecks.
- Working pensioners who received a $400 increase in their paychecks.
- Dependents who received a $400 increase in their paychecks.

To make sure you are having enough federal taxes withheld from your pay, please contact your employer(s) and ask them to evaluate your federal income tax withholding, and make adjustments on federal form W-4 for the remainder of the year. For more information, go to the IRS Web site at www.irs.gov and select the heading “Tax Benefits of the American Recovery and Reinvestment Act of 2009”. Then refer to the “Making Work Pay Tax Credit”. If you did not receive the credit and you qualify you will be able to claim it on your 2009 tax return.

Joyce Cassidy O’Reilly is Senior Vice President and Wealth Management Advisor at Maine Bank & Trust, with over 30 years of experience in the financial industry. Her primary focus is enabling individuals and families to integrate personal goals with their wealth through client-centric coordination of financial planning, tax, estate planning, and investment management. She can be contacted at www.mainebank.com.
The prevalence of Lyme disease—bearing black-legged ticks (aka “deer ticks”) on Peaks Island is not known. Neither the state nor the city collect data that would shed light on the number of infected ticks on Peaks. It is therefore not possible to assess the chance of an infection acquired in the course of one’s daily doings. But, while the probability of getting the disease is indeterminable, the consequences can be life-changing—a fact that makes taking steps to prevent Lyme disease a no-brainer.

In February, a Maine Center for Disease Control report to the state legislature claimed that in 2008 the number of confirmed and probable cases in Maine’s most affected counties increased by 57 percent from 2007, with more than half of those cases in York and Cumberland counties.

The report also stated that nearly 60 percent of those infected had the “characteristic expanding rash,” which was the only major symptom among some 46 percent of those diagnosed. Approximately 33 percent had bad joint swelling and 9 percent had Bell’s Palsy.

A source interviewed for this article said, “untreated, a few days of flu-like symptoms are followed by remission. After an uncertain interval, sometimes as long as ten years, the full effect of the disease is manifested. Lyme is related to syphilis and has many of the same effects,” he added. When diagnosed correctly, treatment is a two-week course of antibiotics; however, the disease eludes other conditions and is readily misdiagnosed, with sometimes disastrous results. “My favorite course of action is to say, "if even in the slightest doubt, pound on your doctor’s desk until he or she prescribes a full two weeks of Doxycycline.”

That Lyme disease is a big and puzzling deal is made clear by a cursory scan of recent discussions in the radio and print media. The Maine Public Broadcasting Network ran a story in a July 8 radio news broadcast that said there were 900 confirmed and probable cases in the state according to the Maine CDC, while in the same story it said Dr. Betty Santry, a Lincoln-based physician who specializes in educating people about Lyme disease, believed the number could be as high as 10,000.

The Maine CDC accuses at least part of the recent discord over these estimates to a large number of cases being unreported. The MPBN report quoted Dr. Santry as saying that disease “is a big problem for many doctors.”

On July 27, the New York Times ran an on-line article called “More Ticks, More Misery?” (query: at roomfordebate. blogs.nytimes.com/2009/07/27/ more-ticks-more-misery/?) featuring a panel of experts who discussed the question, “is the tick problem getting worse, or does it just seem that way this time every year?”. According to the editors, “the public as a whole has been insufficient in dealing with the plague of black-legged (deer) ticks, which are the vector for Lyme disease, a problem linked to, among other things, the overpopulation of deer, which the ticks feed on.”

The five expert opinions in the article did not agree on whether it is the number of ticks or of deer that is the true harbinger of the tick population, nor on how to eradicate the problem. Solutions ranged from culling deer to introducing animals that prey on mice or that kill black-legged ticks.

The experts’ statements and apparent inconsistencies therein brought forth 363 comments containing anecdotal information (the overall accuracy of which is challenged by some experts) that painted a much darker picture than the one conveyed by the 2009 Maine CDC report to the legislature.

Said one reader, “In my view, the comments do not adequately communicate the full degree of the public health risk that Lyme disease presents, in all its forms.”

“What might be more valuable than having the opinions of five academics on the subject of ticks directed to us, is for them to speak to each other,” wrote another. “Their views are oddly blooming, somewhat alarmist, and devoid of any evidence that they have a useful public health strategy for us.”

These comments provide a sense of what is widely viewed as the fuzzy nature of purported facts, of what a Lyme-infected person must confront and of how to deal with the disease should it strike.

The unsurprising and clear lesson emerging from all this is that the best way to deal with Lyme bug is to minimize the probability of infection. As the New York Times editors wrote in their introduction, “Fighting back involves a lot of individual strategies: tucking pant legs in socks, using bug spray (while stating it, obsessively doing full-body checks at the end of a summer’s day and building deer fences.” (More information on prevention can be found in the February 2009 Maine CDC report to the Legislature at: www.mainepg.maine.gov/ dhsb/reports/lymeprevent.pdf)

In view of the critical timing in getting medical aid, there should be a plan for where to go in the event of a tick bite. It is important to establish whether someone’s physician will respond quickly with an assessment and treatment. Does the physician’s office have procedures whereby a tick bite can be examined and antibiotics prescribed on short notice? If not, what does the physician recommend should the need arise?

There is a message here for Portland’s public health officials, too. Knowledge of the prevalence of Lyme-bearing ticks would enhance public awareness of the threat which would stimulate a taking of preventive actions, thereby reducing the likelihood of a person’s being infected. In light of Lyme disease’s impact upon the quality of life and the economic burden that it imposes, a Peaks Island tick survey would be well worth the cost. As one commenter of the New York Times article said, “We need to support better testing and treatment immediately, and not just because it’s the season to talk ticks.”

Lyme Disease on Peaks: Risk of Infection Unknown, Consequences Can Be Major

BY HENRY MEYERS
WITH CONTRIBUTIONS BY KEVIN ATTRA

Fred was born May 15, 1936, ordained as a minister of the United Methodist Church in 1962, and served parishes in Monroe, Bloomfield, and Southington, CT for 22 years. At Bloomfield, he ministerized to a diverse congregation and expanded the church’s ministry into the community. At Southington, he helped develop a vibrant parish ministry, encouraging their faith, leadership skills, and joyful living.

Retiring early from pastoral ministry, he became a licensed psychotherapist providing individual and group counseling for 28 years. He was active in the International Transactional Analysts Association, helping plan numerous regional conferences and contributing several articles for publication in the TA Journal. Throughout his career, he continued to study and develop his counseling skills and taught others through his study group and college courses. Fred volunteered as a patient advocate with the CT Ombudsman program for the elderly.

In 2005 he donated over three acres of his property on Peaks Island to the island’s land preservation trust, which became known as Clark’s Woods (see Island Times Aug, 2009). Fred felt blessed to have time to both express his love and appreciation to others for their contributions to his life and to receive hundreds of messages expressing gratitude and love for him. He is remembered for his sense of humor, gentleness, wisdom, generosity, singing and playing his washboard bass, unconditional acceptance of all, and passion for justice. He was a treasure with an extroverted personality that put even strangers at ease.

Fred grew up in Baldwin, NY. He graduated from Oberlin College and received his Master of Divinity from Yale Divinity School. He is survived by his wife and friend of 50+ years, Harriet Jefferson "Jeff" (Reynolds) Clark; by son Donald Gardner Clark, his wife Elion and their sons Jeffrey and Reed; by daughter Amy Clark and her partner Fred, his husband Gregory and daughter Jennifer and son Kyle; and by son Frederick "Rick" Thomas Clark, wife Michelle Cheeseman and daughter Soraia. He was the son of the late Frank L. and Ira Evans Clark. He was predeceased in 1976 by his brother Frank F. Clark.

A Celebration of Life was held on Saturday, Aug. 29 at 2 p.m. at the Cheshire United Methodist Church, 205 Academy Road with a reception following in the fellowship hall. His ashes will be scattered at his beloved Peaks Island at a later date. In lieu of flowers, Fred asks that you send donations to the Juvenile Diabetes Research Foundation (JDRF) designated to “Jennifer’s Journey” at 2909 Whitney Avenue, Hamden, CT 06518-2565.
COMMUNITY NOTES

At the Dodwell Opening Thursday, Sept. 13 between November: ASSORTED TAPESTRIES, art. formats; weaving, chair seats, quilting, individually hand-spun, knit, needlepoint, & basketry. Our glass case will also feature miniature editions and tapestry tools. The Library adds a display of complimentary texts to enhance the gallery theme. IFor future note, our December-January sharing will be about Wood, What Wood Works. We will have more information, please contact Maggie Carle at 766-2940 or visit www.maggiecarle.com.

The Dodwell Gallery is located on Byram Avenue, Long Island, between the Community Library and the elementary school, and has featured over 100 Maine artists from 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 766-2530.

Addison-Wooly Redux Addison Woolley will not be having a show in September while some work is being done on the space. However, we will open for the First Friday Art Walk. With The Elements Series: Water, which will run through the following Friday. Each month a new show opens during the First Friday Art Walk and remains on view for one week, from 1 p.m. to 5 p.m. until the following Saturday. The exhibits are also displayed in our virtual gallery at www.addisonwooly.com throughout each month. Gallery director, Susan Porter. For more information contact 450-8499.

Music at the Inn Every Wednesday, Dave Gagne and Tori Morrill play at the Inn on Peaks in the Pub from 7:30 pm to 10:30 pm. Folk, Reggae, Rock & originals. stuff photo above of an Open Mic at the Inn in July.

The Fifth Maine Carmen the Mopera starring Julie Godd on Saturday, Sept. 17 at 7 pm. Donation $10 for adults, $8 for seniors and children. Backstage at the opera, a passionately imaginative cleaning woman uses her arsenal of cleaning supplies to put on her own zany rendition of Bizet's Carmen. Comedienne Julie Godd combines physical comedy with a superb mezzo soprano voice in this uplifting romp through the sacred ows of opera. It is the mop of the cleaning woman that gives this new opera its quirky name, "mopera".

Songwriters by the Sea Saturday Sept. 19 at 7:30 pm, Phil Daligan will host the last concert for this season. Featured will be Joe Iadanza and his Beautiful Band. Sharing the night is the liquid voice and social conscience of Lara Henscow, who was named Connecticut State Troubadour 2009-2010. She recently appeared on Prairie Home companion with Garrison Keillor. Phil Daligan and Julie Godd host the show. Donation: $10, children free. For more information, call Phil 766-6421, or email phildaligan@maine.rr.com.

The Eighth Maine At the Library Story Time will resume on Fridays at 10:15, beginning September 11. Parents and Caregivers of Children 0-3 years old: I would like to hear from those of you who would like a program for that age child. Nursery Rhyme Time was begun a number of years ago at parents' request and the time has been adjusted over the years according to who wanted to come. At this point it is time to reassess the interest, the format and the schedule. New ideas are welcome. Please be in touch in person, by phone (5540) or email (peaks@portland.lib.me.us) if you would like to have a program for children 0-3. First Tuesdays Book Discussion will meet September 8, which is the second Tuesday, when Peaks Island Author Janice Minott will be present for a discussion of her book, Letters from Kabul, 1966-1968, a Memoir. October 6, the book will be Little Bee by Chris Cleave. All meetings are at 7 pm, in the Community Room. Call (766-5540) or email (peaks@portland.lib.me.us) the library to reserve a place. Please include your library card number. The Peaks Island Branch Library is located at 129 Island Ave. in the MacVane Community Center. Open Tuesdays: 2 pm to 8 pm. Wednesdays 10 am to 4 pm, Fridays 10 am to 2 pm, and Saturdays 8 am to NOON. Phone 5540.

At the Children's Workshop, open to the Friends of the Library for your financial support. For your contributions of time and talent through this past year. We are still hearing rave reviews from the wonderful program at your annual meeting in August. Authors James Hayman, Chris Hoppin and Catherynne Valenti and moderator Patricia Erikson provided an invigorating evening for an audience of over 60 people. Well done and well appreciated! If anyone would like to join the Friends or renew their membership, forms are available at the library ($2 individual, $5 family).

Portland Recreation First Monday fun for preschoolers: Every month in the Community Room. Children must be accompanied by an adult. Pre-registration not required but appreciated. For going recreational programs for adults: Mondays and Thursdays, in the community room: Indoor Walking/Stretching Group (we stay inside during the winter) $8 adults. Low Impact Aerobics with Weights (weights are provided) 9:30-10:30 am. Tuesday afternoons in the community room: Ping Pong (just for fun, no lessons/beginners should contact Denise). 2:00-4:00 pm. Tuesday evenings, PI school gym: Adult Basketball, 6:30 pm to 8:30 pm. Wiffle ball, and other games during school holidays, school snow days. For more info, contact Denise Macaronos, Recreation Programmer, at 2590, or e-mail dmacaronos@parksandrec.gov. Additional activities and updates can be found on island bulletin boards.

Children's Workshop Children's Workshops run from 5 to 6 pm. T H A N K YOU FOR supporting all of the PeakFest events! Proceeds from the bake sale, yard sale, face painting and cookie sale all benefit the PICW! Bottle Drive from Memorial Day-Labor Day the Peaks Island Children's Workshop will be collecting redeemable bottles. Please call Christine and leave a message at 221-3445 or Alice Kennedy at 766-0966 for bottle pick-ups. There will also be a barrel for returnables in back of the Workshop.

Community Food Pantry At the Children's Workshop, open to the island community Monday thru Friday, 7:30am-5:30pm, and the first Saturday of each month. For assistance and delivery contact the Workshop, 2854, St. Christopher's Parish, 2585, Rev. Desi Laros, 303, Pastor Beau Bolles, 3037. THANK YOU ALL FOR YOUR GENEROUS DONATIONS!
This is the first time that the Portland Public Schools has provided free flu shots to all students. The shots are one of several measures being taken to help prevent the spread of seasonal flu and H1N1 virus, also known as swine flu.

Contact Amanda Rowe, School Nurse Coordinator / Portland Public Schools at rowes@portlandschools.org, or call (207) 939-4756.

Weight Training Mondays and Thursdays from 5 pm to 6 pm in the Community Room, with simple ankle and hand weights for strength training and to encourage strong bones. Call Rhonda (285) for more information.

Adapt Women’s Self Defense Course Saturdays Sept. 12 and 19, 9:30am to 12:30pm at Brackett Memorial United Methodist Church. Raise your awareness, enhance your safety skills and discover strengths you never knew you had! Sliding scale $25 to $50. For more information call 232-0884 or visit: www.Preventionactionsurgery.com

Alumnae! If you’ve taken a course from us in the past, join us on Sept. 19 for a chance to review and further enhance your self defense practice. For more information call Clara at 232-0884.

Frequent Rider Program Pay for five rides get your sixth free!

THE YELLOW BOATS ACROSS FROM CASCO BAY LINES

PRESUMPSCOTWATERTAXI.COM

---

**PRESUMPSCOT WATER TAXI**

**DAYTIME RATES**

| Peaks Island | $40 |
| Little & Great Diamond | $40 |
| Long Is. & Diamond Cove | $50 |
| Cliff & Chebeague Is. | $70 |

(9PM - 7AM ADD $25)

(207) 879-2562

---

**GOFISHCHARTERS**

Captain Ben Garfield

Inshore-Offshore Fishing

Striped Bass, Blues, Sharks

P.O.Box 10541,Portland, ME 04104 www.gofishmaine.com

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**Franklin Street Redesign Forum**

Wednesday, Sept. 2

The Franklin Street Study Committee will be holding a Public Evaluation Forum at the Merrill Auditorium Rehearsal Hall behind City Hall from 6pm to 8pm. This will be an important opportunity to learn more about the study and the design options that the committee will be advancing to the next phase of the Franklin Study process. Your input will help guide the study as it moves into the analysis phase, and ensure that final design best reflects the goals and values of our community.

---

**Cliff & Chebeague Is.**

**9PM - 7AM ADD $25**

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Frequent Rider Program**

Pay for five rides get your sixth free!

---

**THE YELLOW BOATS**

ACROSS FROM CASCO BAY LINES

**PRESUMPSCOTWATERTAXI.COM**

---

**GOFISHCHARTERS**

Captain Ben Garfield

Inshore-Offshore Fishing

Striped Bass, Blues, Sharks

P.O.Box 10541,Portland, ME 04104 www.gofishmaine.com

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.

---

**PRESUMPSCOTWATERTAXI.COM**

---

**Next Issue Looking Back**

We don't get the chance to publish many obituaries in this paper, probably because we publish monthly, but enough people have complained that we decided to briefly mention everyone we have records of in the community who died last year, to remember their lives as best we can.

Since Halloween celebrates the dead, we thought October would be the appropriate month to do this. Our records may not be complete, we apologize in advance for any omissions.
The Eighth Maine

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

Come for a awesome Stay or tour

13 Eglltb Maine Ave . Pcalcs Island, ME 04108

Ponlaod (207)766-5086 •

www .eiphmamc.can
eigbdunainebos1@att.t

ASHM() R F R EAL't

J~ A:,..> H AL t't~rl

Fiftlt Jfaint Rtggimtlll Must.um

4$ Seashort An·nut.
P.O. Box4l
Ptaks Island, Moi11e 04108

A Mu.«,um of C ivil War
&
l'eaks Island History

Open Memorial Day thru Colu mbu s Day

director@fifthmainemustum.org

207-7~3330

www.fifthmainemuseum.org

Shall we ta ke o ur bik es ? 41 lu dw~

... , b. nd- MF 041U I

• Tuesday . $18 Min lcui, & Plild iwrci
• ,,_rt)' o,f

207 . 773.7999

OPEN Hon-Sat 9 a..m-7p.m 290 Conaress St

(M~l'lflOY

Massage & Rebalancing

Prescott H. Paine Kripalu Bodyworker
207.615.3396 peakismassage@mac.com

2008 Island Phone Directory

Covering 7 Casco Bay Islands

Available online at
www.phonebookpublishing.com,
and The Boathouse/Long Island,
Hamptons Island Market and
GEM Gallery/Peaks. FMI or
wholesale opportunities
call 766-6997.

John Kiely
Carpenter
Property Management

591 Island Avenue Peaks Island, ME 04108
(207) 766-2026
Jkiely1@maine rr.com