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Island Times, Nov 2008

Kevin Attra

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ELECTION 2008

Jamie Hogan reviews art policies of the presidential candidates

PIC considers island taxi service

Burning wood to stay warm

With the price of oil being both high and variable of late, the people of Maine are highly reconsidering the use of wood (cut and dried trees) for heating their homes, but the reasons aren't only financial. Wood is now also widely accepted as being a green way to heat your home.

If sustainably harvested, wood used as fuel (cordwood, pellets, briquets, rolled up newspapers) is part of a closed loop cycle. The amount of CO2 released during combustion is balanced by the amount of CO2 sequestered during the growth of new trees. And, new technologies allow modern wood stoves and pellet stoves to burn much more efficiently than wood stoves that were produced even a few years ago.

However, there are also old technologies for burning wood efficiently. And this brings me to our masonry heater...

Wanting to build a green home for ourselves, my wife, Heather, and I decided that we should plan on heating with wood. While surfing the net for efficient fireplace and wood stove options, we kept coming across references to "Russian Fireplaces," "Finnish (or Swedish) Woodstoves," "Controllable Heaters," and for "Masonry Heaters." These stoves...

One of 24 juried set of posters from the Design for Democracy initiative of the American Institute of Graphic Arts on display at the Maine College of Art. The show features a selection of nonpartisan posters created by AIGA designers to inspire the American people to vote in November. You too can participate. Go to their online gallery at www.aiag.org and download, print and post your favorite design. Story on page 14.

Peaks Island Council meeting Wednesday, Oct. 23 was lightly attended; however, City Councilor Kevin Douseh (center) was able to be there.

Inside

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Like Bagheera, the 88-foot wooden schooner, Wendameen, was designed by famed yacht designer John G. Alden. She was built at Frank Adams Shipyard in East Boothbay, Maine, and launched in 1912 when she took center stage in the golden era of fast, sleek ocean schooners. Wendameen was the first schooner design in Alden's illustrious career. She was built originally as a private yacht for railroad president Chester Bliss from Massachusetts. Playwright Eugene O'Neill and writer Katherine Anne Porter were two of the many dignitaries that sailed with Bliss. Wendameen was sold in 1915 and continued to serve as a private yacht in Milwaukee, hosting the Uhleins (Schlitz), Pabsts, and Schaffers of brewery fame. For the remainder of the roaring twenties, Wendameen sailed from Chicago where she was always a top contender in several Great Lakes races, including the prestigious Chicago-Mackinac Race. During the Great Depression she was dry-docked and remained inactive for the next 50 years. In the late 1950s she was bought by Neil Parker and sailed back to Maine where she was thoroughly restored from 1988 to 1990 in Camden and Rockland. She then sailed from Rockland for the next fifteen years. Wendameen is now listed on the National Register of Historic Places. Portland Schooner Co. acquired her in 2005 and brought her to Portland to join the services of Bagheera. Length 88'; Beam (width) 18'; Draft (depth) 8'.
Peaks Island Tax Assistance - Energy Assistance
BY CYNTHIA PEDLIKIN

Peaks Island Energy Assistance has arranged for energy audits for five Island families. We will be getting “Keep ME Warm” kits and supplies to help winterize homes on Peaks Island. Our volunteers will work on the weekends of Nov. 8 and Nov. 22.

"You can put up a storm door, caulk around windows and doors, replace weatherstripping, install plastic sheltering on eaves, etc.” You may sign up for one of these weekends and you will call Cynthia Pedlinski at 766-0067 or June Garber at 766-3854 or email jgarber@maine.rr.com to volunteer.

Applications are still available at the Peaks Island Library, the Peaks Island Cafe, and the Peaks Island Health Center for energy audits and energy assistance. Approved applicants may receive up to $300 for fuel assistance of energy assistance. Applicants may apply for help throughout the winter.

Protection Call-in line established on Peaks Island
BY KEVIN ATTRA

As of Nov. 5 the Peaks Island Check-In Line is available for operating a dedicated line telecommunication service that provides protection for people who live alone and are at risk due to age, illness, medical illness, or other situation.

Persons enrolled in the program must call the Check-in line each day. When a call is not received, a Check-in Line volunteer will try to contact the person. Each time if unable to do so, will notify emergency personnel. "The line will be used to keep all of our friends and neighbors safe," said Cynthia Pedlinski. "We do not wish to intrude on anyone's privacy."

The calling service is based on a similar program in Brunswick that came to her attention almost two years ago. "Gerry Gartman brought the idea to a group discussing safety issues on the Island," she said. "It was the one idea we all agreed was necessary."

The Peaks Island Council has been assisting Ms. Pedlinski in getting a dedicated line set up for the program, but there appears to be some confusion over what is actually needed and how the system is supposed to work.

The Island Council intends to set up an automated system that will call each person in the program daily, several times in the event there is no answer, and then notify emergency personnel. Councillor Bob Hurley has been working to get the City Fire and Police departments involved, and at a PIC meeting Oct. 23, Portland Neighborhood Administrator Mike Murray said that the Fire Department was willing to initiate the program, and that an automated phone system was in place. According to Councillor Lynne Richard, there was still an unknown "hurdle that had to be overcome" to connect it with the police department.

Meanwhile, the original intent of the Check-in line seems to have gotten lost. According to Ms. Pedlinski, all she wanted was a single phone line that she could connect to an answering machine, which volunteers would then check every day at a specific time. She said it’s simpler and preferred by the people enrolled in the program who don’t want to feel like they’re being babysat. "Seniors have a sense of pride," she said. "They don’t want people calling them."

The Pedlins’s personal phone line (766-0067) will be used until a dedicated line can be installed, which will be centrally located on the Island. People wishing to join the program must agree to call every day by 10 a.m. and leave a message on the answering machine.

In addition, the Portland Police Department will be given the name and contact information of the people in this program, including the phone numbers of personal physicians, and persons if notified in case of emergency. Ms. Pedlinski says, "I am very hopeful that the Portland police officers on the island will help us to contact those who do not respond to the answering machine or our calls." For now, the Pedlins are monitoring the phone line by themselves. When a dedicated line is installed, they say they will need volunteers to help with the service. If you are interested in joining the program, or know of people who may want or need this service, please contact them at 766-0067.

Community Garden makes headway in PIC
BY KEVIN ATTRA

Justin Palmer presented an outline of costs and a description of his proposal to build a 20,000 square foot community garden on land at the Front Little Park to the Island Council at a meeting Oct. 8. The project was of such interest that several people came to the meeting just to hear the proposal.

The garden would consist of 24 plots of land each 20 square feet that would be used by members of the community to grow their own food. It would include deer fencing, a storage shed and some kind of water source, with estimated costs that varied from just under $5600 for an in-ground design, to a little more than $15,000 for one with raised beds. Palmer said there are numerous water lines in the vicinity of the park and felt it would be fairly inexpensive to bring one into the garden. The alternative would be to drill a well, which he noted has been done in other community gardens in the city.

It has been a project of his own inspiration and effort, but he presented the idea to the council in the hope that it would support his efforts to get funding from the city as was suggested "perhaps as a beautification project." Councillor Lynne Richard said she was glad to see more people involved before taking it to the City Manager's office, because "otherwise it's going to be us going to the city and saying 'well, this guys wants ...'". He agreed, saying "At first I wanted to hog it, but now I'm ready to share it.

Questions?
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Email: napplprovisions@wholefoods.com
or stop by our Customer Service Desk and one of our Team Members will be happy to assist you.

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Notes from an American in Paris

[Ed. Note: Eileen Hanley promised to write from time to time to tell us about her experience as an American exchange student in France. This is her first installment.]

Dear Peaks Islanders,

Hey! I intended to get this out a lot earlier, but honestly I've just been so busy lately that I can't find the time to write all the things I want to tell you. So here's a brief sum up of what's been like the last two months (I can't believe it's been that long already).

The French culture surprised me a lot more than I expected. I think I was picturing a lot more differences than I found, but I've still made some pretty embarrassing "cultural faux pas", as my exchange program AFS calls them. My host family was shocked to see me cross my legs at the dinner table, for example, and eat the yogurt before the salad.

I found it really interesting at school the first couple of days. Everyone laughs on the checks the first time they are each other every day (they were really surprised when I said we didn't do that in America). All the "cool" guys gel their hair, and usually don't receive grades like the rest of the kids, which is good because, for anything. If anyone knows a good one, they'd love to hear it.

But honestly, I can't tell you how nice everyone was to me. My first day of school was terrifying, and the kids in my class really took me under their wing and helped me with everything. The teachers just correct my work and hand it back.

My classmates tell me they all dream of coming to the USA. They ask me if I've ever been to California and Las Vegas, and want to know if the famous New York City is more beautiful than anything. The classic "blague" about Americans is that we're all fat, but other than that they like us fine.

I've also really improved my French. I write an essay for my French teacher every week, and they've been getting easier. But here, the standards are much higher because they want everyone to do well so their school scores aren't lowered. Parents are much more strict too, and it's much more common for kids to stay in on Friday nights than to go out with their friends.

The French believe a lot more in starting work early to succeed later in life, whereas by our standards in the U.S., I feel it's a lot more important to spend time with friends and enjoy ourselves while we're young. It's interesting to see all the different cultural values, because they do everything by means which are like our standards in France. As AFS says, "It's not good, it's not bad, it's just different!"

I want to thank everyone again who wanted to know if the famous New York City is more beautiful than Paris. Twenty fewer charters and tours produced an additional revenue shortage of $127,811. Obviously, we were hit hard by poor weather and fewer tourists in this difficult economy.

The Rate Structure Committee is overseeing the impact of a range of cost-cutting measures through the end difficult economy. The Classic "Blague" about Americans is that we're all fat, but other than that they like us fine.

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The Rate Structure Committee is overseeing the impact of a range of cost-cutting measures through the end of March, 2009, a more manageable projected loss of $58,529 was found.

General Manager Catherine Debo plans to keep part-time staffing at a minimum, and freeze expenditures where feasible in an attempt to balance the bottom line. Meanwhile, directors and staff have some extensive planning to do to improve the overall fiscal integrity of the Transit District during the next few years.

In their efforts to help balance the budget, some islanders have questioned the costs of staff in both the terminal and on the ferries. Ms. Debo reported that in the past eight years the number of full-time employees increased from 36 to 38, in part a response to complaints about excessive overtime demands for employees, as disclosed in the 2006 Pearl Report.

A more accurate measure of staffing comes from a review of the number of payroll hours worked during the entire year, considering full-time and seasonal workers. Those numbers have actually dropped from 120,984 hours in 2000 to 106,594 hours in 2008, a 12 percent reduction in hours worked. Converting those hours to employees - or "full time equivalents" commonly used in workplaces - reveals 58.2 in 2000 and 51.2 in 2008, also a 12 percent reduction in staffing. More specific details are shown on the website.

When we adopted the 50 cent fuel surcharge May 1, we also arranged for an analysis of the rate structure. The study, conducted by the Maine Department of Transportation, was performed by Gillespie O'Connell Associates, a Massachusetts-based consulting firm with expertise in transit and maritime operations. Their 20-page report, also available on the website, lists a "reasonably equitable" balance in rates for different islands.

It also mentions the value of looking at our charges for freight and vehicles. The Rate Structure Committee will discuss the feasibility of exploring new rates and vehicle transport at upcoming meetings. Members of the business community serving on CBID will have opportunities to discuss freight at a special November meeting.

Eileen Hanley at the Eiffel Tower. photo by Kasey Augustine

Lines from Casco Bay Lines

BY CHRIS KOPPIN

The current financial crisis prompts many people to talk about billions of dollars, but our jointly-owned Casco Bay Island Transit District thinks in terms of single dollars, one at a time. That's because our ferry system takes in revenues through nearly one million passenger trips, freight, and vehicles each year, which pays for most of the $5.5 million operating cost. The balance comes from government grants.

During the past six years, CBID has operated at a loss, which must be corrected soon. We maintain a line of credit to operate during the year, but must pay back the loans with interest.

The CBID board of directors and professional staff want you to know more about how Casco Bay Lines operates, and invite you to visit our newly-expanded website (www.cascobaylines.com) with more detailed information, including the financial data we discuss in our monthly meetings, which are open to the public.

In October, our Finance Committee noted that we had 19,000 fewer trips during the peak season of April thru September, which meant $80,000 less in passenger revenue than budgeted. Twenty fewer charters and tours produced an additional revenue shortage of $127,811. Obviously, we were hit hard by poor weather and fewer tourists in this difficult economy.

It also mentions the value of looking at our charges for freight and vehicles. The Rate Structure Committee will discuss the feasibility of exploring new rates and vehicle transport at upcoming meetings. Members of the business community serving on CBID will have opportunities to discuss freight at a special November meeting.
TV actress Gloria Reuben advocates for Casco Baykeeper

Reuben advocates for Casco Baykeeper

BY MARY CERULLO

Was that Jeannie Boulet from ER roaming the streets of Portland with Santa Claus? Yes. Indeed. You may have caught a glimpse of actress Gloria Reuben, familiar to TV fans of the hit series ER, and the new legal drama, Raising the Bar, guiding the Casco Baykeeper Joe Payne.

Reuben was in Portland in October to support Friends of Casco Bay/Casco Baykeeper. I've always wanted to visit Maine, she said. What a treat it is to experience this beautiful part of the country, along with supporting Joe Payne, the Casco Baykeeper, and Waterkeeper Alliance.

Reuben is a Trustee of Waterkeeper Alliance, an advocacy organization co-founded by environmental attorney Robert F. Kennedy, Jr. and seven Waterkeepers, including Casco Bay's own Baykeeper, Joe Payne.

In less than a decade, Waterkeeper Alliance has grown into a worldwide movement with more than 180 Waterkeepers on six continents. Said Reuben, We are environmentalists who protect the waterways of the world and mobilize communities to hold their elected officials and polluters responsible for breaking environmental laws.

Maine's only Waterkeeper program, Friends of Casco Bay uses a work with approach in seeking effective solutions to problems that threaten the health of the Bay through education, science-based advocacy, water-quality monitoring, and collaborative partnerships.

Reuben helped to host an environmental film festival last month that raised funds and made friends for Friends of Casco Bay/Casco Baykeeper.

She introduced the feature film of the evening, Grand Canyon Adventure: River at Risk, which depicted a rafting adventure down the Colorado River with WaterkeeperAlliance Board Chair Robert F. Kennedy, Jr., along with anthropologist Wade Davis and their daughters, Kick Kennedy and Tara Davis.

PEAT, from page 3

he and other board members watched operations at the freight area, the deck hands always removed the shrink-wrap and stacked the pallets for removal.

That's what they're supposed to do," he said, and that's what we see them do.

Since that meeting, she says Casco Baykeeper has done a very good job of maintaining the area. I don't know what turned them around," she adds. Even at the Oct. 8 meeting she conceded that the area had been clean in the previous few weeks, prompting several members of the audience to suggest that summer visitors were probably responsible for most of the mess.

"Now it's black garbage bags," she said a few weeks later. They're throwing up around the trash cans at the loading site and Supervisor Al Ves of the Portland Water Works Department investigated the problem in late October and were able to figure out what was happening, but for Mary Ann, it was another example of why she wants to get a trash compactor installed at the loading.

In August, PEAT was given a $5,000 grant from the Peaks Island Fund toward the purchase of a trash compactor and 12 recycling containers that will be distributed around the island in the summer. PEAT does not have the funds to purchase a trash compactor, but the PIF grant was large enough to get the recycling program started.

One of the 12 recycling containers will be larger and more substantial than the rest and will remain year-round at the landing next to where the trash compactor will be. The rest will be used seasonally.

The grant is sufficient to cover six of them decorated by local artists for placement in the most visible areas on the island. She doesn't know yet who the artists will be or how PEAT will go about selecting them, but she expects the artists to illustrate the purpose of the container in a way that is beautiful and will remain year-round, and will be painted by local artists.

The project will not receive funds until it gets signed off by the PIC, which is acting as the 501(c)3 organization for PEAT. But the process has taken several months so far because, as she explains, the PIC is new at this and it's new to the project.

"Tom [PIC Treasurer] didn't want it to turn them around," she adds. Even at the Oct. 8 meeting she conceded that the area had been clean in the previous few weeks, prompting several members of the audience to suggest that summer visitors were probably responsible for most of the mess.

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Community Letters

Update on Change for a Change

Ed. Note: Last month we ran a short article on Charlotte Eisenberg and Kristian Parker, who were collecting funds for the Obama campaign. We asked Carol Eisenberg how they did. Here is her response.

The total Charlotte raised was something like $65.23, which she delivered to Obama HQ Saturday (Oct. 11), then spent the afternoon volunteering on the phones calling voters. She also brought the leftover snacks for staff and volunteers to munch on. They were tickled with her efforts and took pictures, which they said they were putting on their website, but I haven’t found them. They gave her an XL Obama t-shirt in appreciation, which she wore to the City Council meeting this week and put them on display for sale in the shop window.

Association Board member. For the record, it is important that we expect our disagreement. There is no one associated with the Portland Public Library—no staff or Board members—who would ever advocate or engage in closing a library location "simultaneously" or "overnight." Not agreeing with a decision is not justification to insinuate incompetence or insensitivity. The rationale and principles behind the decision are very clear and have been posted on the Library website (portlandlibrary.com) since last spring. Those documents are there for any objective reader to consider. There was no dissent in the public meeting by in good faith in its deliberations but with transparency in light of a compressed timetable that caused a great deal of stress and pressure on the entire library organization.

We couldn’t agree more with the Whole Neighborhood Association Board member’s comment that “we don’t want that to happen in our neighborhood which is where we work” if the closure of Library branches. We are fully aware of the tremendous outreach of our branches brings to a neighborhood. However, we are charged to responsibly provide access to the available funds. As we initially experienced last spring, but have now felt at full weight in the last few weeks, is a stark fiscal reality facing all of us. We will do our best to use available and limited resources wisely for the benefit of as many people as possible.

One thanks to the islanders who came out to have a discussion with us about the challenges that the Library is confronting and the role it plays in our community. Sincerely, Stephen J. Podgajny Executive Director Portland Public Library

Oh, and CBL’s manager, who yesterday at the request of the CBTD directors (who saw your article) to let her know their policy is that sales are for non-profits, but not for personal causes. Thanks for asking, Carol.

From the Portland Public Library

Thank you for Kevin Attra’s fine and in-depth coverage of the Portland Public Library’s neighborhood meeting at Peaks Island on September 16. There is a need to clarify some attendee statements and impressions that appeared in the article concerning the nature of the proposed closing of the Peaks Island location. It has been a unique learning experience which has allowed me to meet a great number of interesting individuals and deal with a variety of very interesting topics. The meeting was distributed by mail to everyone on the island, beginning in early November. A second public meeting will be held in Peaks Island.

Respondents will be asked to complete one survey per household. The survey will be sent as a basis for discussion and inform the dialogue. The survey will be distributed to mail to each household on the island, beginning in early November. A second public meeting will be held to discuss the closing.

Respondents will be asked to complete one survey per household to the Councilors where HomeStart heard from more than 60 island residents on how affordable housing should be accomplished on Peaks Island.

HomeStart will seek community input once the needs assessment is completed in January 2009, which will serve as a basis for that conversation and inform the dialogue. The survey will be distributed by mail to everyone on the island, beginning in early November. A second public meeting will be held to discuss the closing.

Respondents will be asked to complete one survey per household and to mail it back to a central location. Once the study is complete, a second public meeting will be held to present the results of the findings. The survey will be distributed by mail to each household on the island, beginning in early November. A second public meeting will be held to discuss the closing.

"Here’s to a happy fall season,

Barbara and Chris

Health Center is Seeking Wheel Chair

The Peaks Island Health Center is seeking wheelchair (or two). If anyone has knowledge of where they may be or if someone has a wheelchair at the Health Center...

Please call the Health Center at 766-2929. Thank you.

HomeStart Will Conduct Affordable

Housing Needs Assessment

In response to community concerns, HomeStart has commissioned an affordable housing needs assessment, funded by a generous Peaks Island Fund, and conducted by Sarah Curran of Planning Decisions, Inc. Casco Bay Island Fellow, Mary Terry, is helping with the data assembly, meetings, arrangements, and community communication.

The needs assessment resulted from information gathered at a community meeting on November 25, 2008, at the Community Center, where HomeStart heard from more than 60 island residents on how affordable housing should be accomplished on Peaks Island.

HomeStart will seek community input once the needs assessment is completed in January 2009, which will serve as a basis for that conversation and inform the dialogue. The survey will be distributed by mail to each household on the island, beginning in early November. A second public meeting will be held to discuss the closing.

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The Island Times is a community newspaper covering the islands in Casco Bay. We welcome birth, engagement and wedding announcements; obituaries; notices of community events; and letters to the editor. Please try to keep letters to 500 words or less. We reserve the right to edit all letters. The newspaper is available by mail for $25 a year. Address checks to Island Times, Our mailing address is 120 Brackett Ave., Peaks Island, Me. 04109. To reach Kevin Attra, call (207) 650-1016 or e-mail kattrell@islandtimes.org. For all rates visit our website at www.islandtimes.org.
YOGA FOR LIFE

A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

Note: This is the sixth in an on-going series of instructional essays. Ms. Stephens has designed these programs for anyone interested in practicing yoga. These exercises are designed for people at all levels of proficiency.

Author's note: If you want to build a yoga practice, please start with the suggestions in the June 2008 issue and add as you go along.

One of the most famous and most feared of the yoga postures is the headstand. There is real foundation for both the fame and the fear. Ask folks what they picture when they think of yoga practice, and most will either imagine someone centered like a pretzel or standing on her head. Indeed, in some yoga styles the main focus is to prepare the body for practicing a headstand, and this is accomplished in a beginner class. And unfortunately, it is true that many yoga injuries are the result of improper or prolonged holding of the headstand.

There is much debate about how to safely practice headstands, and whether they are essential to a complete yoga practice. I weigh in on the side of caution and do not teach headstands in a group class because of safety concerns. However, I do consider inversion postures to be essential to a complete practice. Happily there are many ways to turn one's body upside down without standing on one's head. This is good news because there are many contraindications for the more intense inversion postures, such as high blood pressure, certain conditions of the eyes, menstruation, and neck injuries.

Physiologically, the benefits of inversion postures are improved circulation, elimination of toxins - especially from the lower body, increased core strength, and increased oxygen and energy flow to the face, eyes and brain. Also, there is some relief simply from reversing the gravitational pull on the whole body, especially the abdominal organs. Many of the abdominal organs are attached by connective tissue to the diaphragm muscle, and when we invert the body, these organs rise into the diaphragm as if nesting into a hammock.

Inversion postures are especially vital for folks who spend much of the day seated or standing still. Sedentary jobs and work that requires long periods of standing both compromise the circulatory system and can lead to problems with the low back, legs and feet. Even if you are in motion, being on your feet all day is stressful for the lower body. When I worked full time as a massage therapist, I got upside down twice a day - at my lunch break and at the end of the day. The emotional rewards of inversion postures are also profound. One primary benefit is overcoming fear; practicing inversion postures is very empowering. Another is to break out of patterned ways of thinking and perceiving one's life experiences and form a fresh perspective. When someone is stuck in a challenging situation and cannot see any resolution, I generally recommend getting upside down while holding the question to see if some new insight is possible. Inversion postures are also recommended for relieving the symptoms of depression.

I often refer to inversion postures as "attitude adjusters." When I guide inversion postures in class, the shift in the energy in the room is palpable. There are three basic ways to become inverted: lift your legs above your heart, lower your head below your heart, or both. Inversion postures can be gently restorative, moderately challenging or intensely vigorous. The simplest inversion postures are to simply sit in a chair and lean forward, and to lie down on the floor with your legs up on a chair.

These two postures were offered in my first column in June. Downward facing dog pose (July column) is in the moderate category.

Full inversion postures require both arm and abdominal strength and a complete warm-up is recommended prior to practicing inversion postures. My preference for intense inversion, both in my personal practice and in my teaching, is towards postures that do not put any weight on the head. One preparatory pose, three full inversion postures and one restorative pose are offered below.

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

Plank pose

Start in table pose and then walk your hands out in front of your shoulders a bit. Tuck your toes under and lift your knees. Straighten out your legs and bring your hips into a diagonal line between your shoulders and your heels. Engage by elongating your body from the crown of your head to your heels and gently contracting abdomen and buttocks. For more arm strengthening, bend your elbows and lower down almost to the floor, keeping your elbows close to your rib cage. Press up and down slowly several times.

Half Shoulder stand

Lie down on your back with your legs curled in towards your torso. Rock forward and back a few times until you can swing your hips up off the floor and catch them in your hands. You can also begin lying down with your feet against a wall, and push into the wall to lift your hips. Tuck your elbows in close to your rib cage and distribute your weight evenly along your upper arms. As your hips sit into the support of your hands, lift your legs up towards the ceiling to engage and lighten up. Hold the posture for as long as your strength allows. To release, bend your knees towards your forehead, tuck your chin and roll out. Lie still for a moment to integrate.

Arm Balance

Start in table position facing a wall. Rest onto your forearms with elbows at shoulder width, fingers interlaced and knuckles just an inch or two from the wall. Tuck your toes under and lift your knees coming into a modified downward dog pose. Give leg kicks with one foot, while swinging the other leg straight up towards the ceiling. Thinking about lifting up rather than towards the wall will greatly improve your form, your safety, and your satisfaction with the posture. Rest your feet lightly on the wall, lift strongly through your core while pressing your arms down towards the mat and breathe evenly. Hold for as long as your strength allows and then release with control. Sit for a moment to integrate.

I. Stand (or Inverted Half Downward Dog)

Start in table position facing away from the wall with your toes right at the base of the wall. Lift your knees into a high downward facing dog pose. Step one foot up onto the wall at about the level of your hips. Step the other foot up. Straighten out your legs while lifting strongly through your belly and hips. Gaze back towards the wall. Keep your breath slow and full. Optional variation: lift one leg at a time and stretch towards the ceiling. Hold for as long as your strength allows and then step down. Sit for a moment to integrate.

Pause:

Lie down with your legs up the wall and rest. Close your eyes, breathe slowly and feel the effects of your movements. Give thanks for your practice and ask that it enhance your well-being.

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

AN INTERVIEW WITH RUSS EDWARDS
BY FRAN HOUSTON

Russ Edwards: Well, I was first exposed to Peaks when I got out of the service, and I had my captain's license at the time and I went to work for Casco Bay Lines. That was 1957, I think, maybe '58, '57 or '58. Then I got to know all of the islands and a lot of people on the islands when I worked there. It wasn't until '69 that we bought this house, and we bought it as a summer cottage.

Fran Houston: And how many ran a day?

Russ Edwards (RE): We had - I think we still had the three morning boats that we have now. We had a 10:00, I know we had a 10:00 and a 2:00, but I'm not sure whether we had a noon boat at all. And then we had a 3:00 in the afternoon and then 4:30, 5:30 and-

Fran Houston (FH): So it wasn't that much different.

RE: No, it wasn't that much different. They've always had enough people out here to support that kind of service.

FH: Really cozy.

RE: Yes, and they were built by Blount Marine in I guess, '69. Peter McLaughlin, in '69, Peter McLaughlin had owned Casco Bay Lines, didn't he?

Shirley Edwards: Yes, he did.

FH: And how many ran a day?

RE: We had - I think we still had the three morning boats that we have now. We had a 10:00, I know we had a 10:00 and a 2:00, but I'm not sure whether we had a noon boat at all. And then we had a 3:00 in the afternoon and then 4:30, 5:30 and-

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Blessing of the Beasts

BY JERRY GARMAIN

Animals seem to be an extension of our families. It is not surprising that we own approximately 170 million "fluffy, scaly, winged or hairy" pets. While it is impossible to ascertain the entire island pet population, a representative sample was to receive special attention on Sunday, Oct. 4. It was the celebration of St. Francis of Assisi, the patron saint of Italy, the environment, and more to the point, animals.

In the Catholic calendar, October 4 is the day the saint is honored with a feast, and the Blessing of the Beasts is a customary part of the celebration. This sunny morning 212 legs of a number of creatures made a pilgrimage to the little white church on the hill; 63 of these creatures had two legs and 20 had four legs. I attempted to pick up two dogs on the way to the service but could not entice them into my car (they were not church-going dogs).

The service began with the melodic hymn "God of the Sparrow, God of the Whale", followed by this prayer: "God, our creator, help us love all creatures as kin, all animals as partners on Earth, all birds as messengers of praise, all minute beings as expressions of your mysterious design, and all frogs as voices of hope."

Scripture read from Genesis that talked about animals being our companions, from Revelations about animals being around His throne, and from parts of a sermon of St. Francis "Peace, birds, Peace" were all dedicated to "all creatures large and small."

To the delight of young and old, Dierdre Page read "The Blessing of the Beasts" by Ethel Pochocki. This book follows the spiritual journey of a she-roach named Francesca and her friends Martin the skunk and an ancient gentle circus elephant as they too receive a warm welcome into the "circle of life," and are blessed.

Rev. Deb Larson individually blessed each animal with the hope for a long life, good health and a happy home. This included two rabbits (Fluffy and Clover), two guinea pigs (Orange and Violet), 15 dogs, and a cat who left the group and decided to observe the ceremony from behind a stone wall.

Hopefully, those pets not present and all the wild island animals on the island (19 deer, two beavers, two families of mink, a family of raccoons, innumerable rats, mice, voles, song birds, crows, gulls and sea birds) heard the Children's Choir rendering of Bill Staines' "A place in the Choir": "All God's creatures got a place in the choir, some sing low, some sing higher, some just clap their hands their paws, or anything they got now."

As we finished the last verse and chorus, the Great Dane barked three times, and the service concluded. Everyone was invited to the Fellowship Hall afterward for refreshments, which included of course, animal crackers.
We asked the candidates what they thought the council has been doing well, what it’s done poorly, what they want to change and how they see their role as members of the council. Here are summaries of their responses.

Kimberly Dervis

Kimberly Dervis said that what the Island Council does well is listen to the concerns of people in the community and try to address them. She thinks communication between the Island Council and the City Council needs to be improved. As an example, she cited the explanation Councilor Donoghue gave for not attending PIC meetings, that the Island Council schedule conflicted with meetings of the City Council. “If that’s the case,” she asked, “why wasn’t the schedule changed?”

This wasn’t the case, why is he not coming to meetings?

Her biggest concern is the Island Council’s apparent miscommunication with and lack of influence in the City Council. She demands that the Island Council be given the ability to negotiate with the City “where a mistake is made.” She said she would work to find out what the gap in communication is and fix it. “The city is not really listening to our concerns. The council is there to get islander’s concerns dealt with, and if that’s not happening then we need to do something else.”

Michael Richards

Mike Richards thinks the PIC has done a great job involving islanders in meetings and committees, citing the monthly public forums and public comment periods during its meetings as examples. He is dissatisfied, however, with what he sees as the council’s slow and inconsistent level of reporting to the community, because he feels that without immediate information the community loses interest. He said the last time he looked, the PIC bulletin board was blank. “I didn’t look today, which is indicative,” he added.

He said that as a councilor, he would serve on any committee, but is mainly interested in reducing the cost of living for Peaks Islanders. He said some of the councilors are fearful of adding the City for more than the $50,000 currently being offered, which he said is grossly insufficient to meet islanders needs. “If the City is going to double our taxes, they should use the extra $2.5 million to address parking issues.” He said people encouraged his candidacy because they wanted the PIC to be more aggressive with the city, “and that I can do.”

Robert Tiffany

Rob Tiffany said that, on island issues, the PIC works well with the community, and in getting information to the community. “It’s a massive improvement over what used to be before the PIC existed,” he said. He feels the PIC needs to improve its ability to negotiate with the City “where we’ve gone across and tried to deal with the City on issues.” He says they’ve had some success in smaller sub-committees, and wants to meet at least four times a year with the City so that the councils can agree on how to work together.

He said a major problem with issues such as parking fees, transportation costs, property taxes, and CBITD subsidies is the City says it doesn’t have control in those areas. “During my term I heard it a lot. ‘There’s nothing we can do about that,’” he said. “It used to drive me crazy.” In his next term, if re-elected, he plans to set a time limit for the Finance Committee to respond to situations.

He will also address communication and affordable living, with a focus on educating the City Council about island life. “I swear I get the impression they see us as petulant kids in a sand box - gimme, gimme, gimme - and they get frustrated.”

The image (above) is a distorted reproduction of the ballot many of you will fill out on Nov. 4. Here’s your chance to practice.

Michael Richards

Kimberly Dervis

Robert Tiffany

CANDIDATES' NIGHTOUT

BY KEVIN ATTRA

"Candidates' Night" was held this year on Thursday, Oct. 23 from 6:30 p.m. to 9 p.m. at the newly formed Douglas E. MacVane Community Center. The event was sponsored by the Peaks Island Council, chaired by PIC Chairman Mike Langella.

By about 7:30 p.m., if you include the candidates seeking office on the Portland City Council, the Portland School Committee, the Peaks Island Council and the Portland Water District, the attendance was around 35 people.

Removed from the agenda were the candidates for three seats on the Casco Bay Transit District’s board of directors, since all three (representing Little Diamond Island, Great Diamond Island, and Peaks Island) are running unopposed in that election.

Each candidate had three minutes to give an opening statement followed by a 15 minute Q&A period from the audience. Answers were limited to two minutes, and then there were another two minutes for each of them to make a closing statement.

When asked a direct question in front of a large audience, people tend to say absolutely nothing and run out of their allotted time doing it. That’s because generalities usually involve big words that take longer to pronounce than words like “yes” or “no.”

Chair Langella wouldn’t tolerate any of it, and the event ran smoothly and on time.

Although there is not room to summarize all of the candidates’ positions, here are some highlights.

In the race for City Council, at-large candidate Dory Waxman campaigned on affordable living and emphasized her “passion for the city as a long-time resident and small business owner in Portland.” Tina Smith ran on alternative transportation and job creation; Ed Suslovic referred us to his past experience on the City Council and his current record as Mayor.

They all agreed that tourism is the key to economic growth in Portland, and would implement a City sales tax to help boost tourism revenues. They disagreed on how growth should be accomplished.

When asked specifically how they would improve the island economy, Suslovic said affordable housing was needed, no doubt an oblique reference to the HomeStart initiative. Waxman said property taxes should be revisited - “something’s wrong with the tax burden on the island.”

Smith believed that encouraging population growth would lead to job creation, and felt the fishing industry “can still be salvaged.”

School Committee candidate Liz Holton said she plans to bring representation and middle-class children back to the Portland school system. Ann Trewhorrow said she was excited about the level of transparency in schools and wants to “push non-traditional models.”

I’m afraid neither I nor my co-reporter actually understood what the Portland, Water District candidates plan to do if elected, and in case you’ve got the impression that one of them indulged in moronic rhetoric, you’ll be happy to know they all plan to work on “sustainable living” for an “affordable Portland,” and don’t intend to push people apart and foster “breakdowns in communication.”

I hope that makes your choices clear. See you at the polls!
Anna Trevorrow

Both of my parents were teachers in Maine public schools, so growing up I was always surrounded by education. I was able to attend, for my high school years, a non-traditional, traditionally run school where the curriculum was entirely self-directed. This gave me a passion for progressive curriculum design, and I am very excited about educational models such as Expeditionary Learning and other progressive education models, investigating the socio-economic make-up of Portland Schools and making sure we are meeting the needs of minority students; and investing in Green building techniques to save on heating & electricity costs.

I live in East Deering with my husband and 3 children who attended Presumpscot, Morse and Deering, and I've been an involved parent since my eldest started kindergarten in 1998. Some of my past experience includes: being a board member of the Friends of Presumpscot Schools, working on the Board of Directors for Maine Public Television, volunteering with various parent groups at my children's schools, and volunteering 40+ hours of Portland's polling places from closing.

If elected, my areas of interest include increasing oversight of School Budget management, while lobbying at the state level for needed funding, supporting further development of programs such as Expeditionary Learning and other progressive educational models, and investigating the socio-economic make-up of Portland Schools and making sure we are meeting the needs of minority students; and investing in Green building techniques to save on heating & electricity costs.

Authorized by Committee to Elect
Anna Trevorrow
PO Box 4422
Portland, ME 04103

Anna.Trevorrow88ATgmail.com

Scott Johnson

My name is Scott Johnson. I am married with one daughter, and have been a sales representative with Autodesk Windows for 20 years. There are several reasons that I want to join the CBTD board of directors, the first being that the Little Diamond Island community has once again asked me to represent them on the board. I am finishing up my second year of serving so I am already dialed into the current challenges and opportunities facing CBTD.

I believe for all island owners and visitors, that needs to change. From a personal standpoint, I have started three good sized businesses in Portland and I am currently the president of an internet job service organization. I understand business operations, finance and customer service issues and I look forward to sharing that experience to improve the operations at CBTD and carry on the good work of Rick Frantz. If you have any questions or comments, please contact me at mattjohnson08@gmail.com.

City Council At-Large - 1 seat, 3 candidates, 3 year term (although all three candidates agreed to provide a statement to the paper, only one actually did)

Tina Smith

My name is Tina Smith. I moved to Portland after receiving an honorable discharge from the U.S. Army in 2000. For the past thirteen years I have served on city council at-large and I am an active member of the Democratic Party. I have been a fighter for the middle class, a strong leader in making our city a better place. I'm inspired by her vision for new transportation choices and creative economic development.

In regards to the local economy, I feel we should increase our support and promotion of the Buy Local campaign, grow our support for local farmers and our local fishing community, increase our support and opportunities for artists and musicians to flourish.

As the representative for the district I took part in the successful effort to remove the widening of 1-385 from the top of the I-95 rotary and replace it with funding for a new ferry for the islands. I stand behind many of the recommendations of the Portland Peninsula Transit Study, which suggests ways to improve our infrastructure to make commuting more safe, accessible and convenient.

I believe all legal residents of Portland should be allowed to participate in the decision-making process. Our community will be stronger once everyone’s voice is heard. As a community, we must be more inclusive and our decision-making bodies need to become more reflective of the people living in Portland.
COULD BE BETTER - a syndicated feature puzzle

ACROSS
1- Yonder yacht
4- Pole thrown by Scottish athletes
9- Congo, once
14- Prom dads
15- Martini garnish
16- Result
17- Candle count
18- Subhead
19- To be of use
20- Expressing commendation
23- Soprano Lily
24- "... the cows come home"
25- Sister of Venus
28- Spanish dessert
30- DDE's predecessor
33- Large wading bird
34- Chemical used on trees
35- Without
36- Informally
39- Fried
40- Dweeb
41- Entreaties
42- Spearheaded
43- Sigmund's daughter
44- Reract
45- Actor Erwin
46- Paltry
47- Woddiness
54- N Atlantic archipelago
55- Assume as fact
56- Comic Philips
57- Over
58- Narrow mountain ridge
59- Gun, as an engine
60- Venda
61- Nostrils
62- Bambi's aunt

DOWN
1- Lead
2- Enormous
3- Corp. VIP, briefly
4- Person without a title
5- Female graduate
6- Seizes with teeth
7- Uniform
8- Comic Fox
9- Cytokinin occurring in corn
10- Smith's block
11- Golfer Aoki
12- Undoing
13- Sushi choice
21- Uncovered
22- Ponc maker
23- Row
26- Eels with trees
31- Gamet
32- Rendezvous
33- Gannet
34- Traditional prayer ending
35- Malevolent
36- Affectation of sophisticates
37- Performs surgery
38- Old Testament book
39- Narrate
40- Skinflint
41- Wise one
42- Sushi choice
43- Capital of Greece
44- Duration
45- Ruin
46- When said three times, a 1970 war movie
47- Able was ...
51- Predictive sign
52- PBS science series
53- Scale notes
54- Narrow mountain ridge

SOLUTION TO LAST MONTH'S PUZZLE
Star Gazing

BY MIKE RICHARDS

November 2008 Sky

The November rains fall cold and hard, wind-whipped from the Northwest, just ahead of the annual ice-age we call winter. We can see a few months of snow, knowing we’ll warm up eventually, but 30,000 years ago Maine was covered with mile-thick ice that slowly melted allowing life to return to the mainland.

We’ve actually got it pretty good right now, as we enjoy a brief warm period between major ice ages 100,000 years apart. Similarly, the Sun’s energy output rises and falls in an 11-year cycle. The Sun is rather dormant now, but it will awaken in a year or so, and in five years it will reach “solar maximum” and warm the globe even more.

The Earth and Sun:

Earth’s pole is tilted a whopping 23° relative to its orbital plane around the Sun, and that tilt is independent of where Earth is in the orbit, so the North Pole always points toward the North Star. At this point, the pole is approaching an angle directly away from the Sun, which will reach only three weeks after month’s end.

The Sun rises late, rolls over the horizon, never gets up very high, and sets early. The slanted sunrays between the equator and the pole, and Maine’s global position halfway between the equator and the pole, when added to the tilt which pushes Earth over half again, leaves us in the cold.

Lucky for us, Earth is now also approaching perihelion, its closest point to the Sun. Earth’s orbital ellipse is minor compared to other wild swingers in the universe, but it still brings Earth 4 million miles nearer the Sun now than it was in June, enough to moderate our winters (and summers) to tolerable levels.

Earth spins counter-clockwise, but like a toy top as it slows down, the pole moves in a clockwise rotation called precession. It’s imperceptibly slow, but in 13,000 years the North Pole will be both tilted toward and closer to the sun in summer, and it will be both tilted away and farther away from the sun in winter, causing wilder temperature swings and thus stronger storms.

The Planets:

Our neighboring planets are scattered around the Sun, some ahead of us in their orbits (Mars and Saturn, in the morning to the east) and some behind us (Venus and Jupiter, in the evening to the west). Mercury is so small and so near the Sun it’s hard to find within the short window of opportunity it permits, and it ducks out of sight entirely by mid-month. You can see it close up on the internet, because the Messenger satellite is circling Mercury, taking pictures and beaming them back to Earth.

Saturn is still a few months ahead of us, but can be dimly seen now higher in the pre-dawn sky, its rings nearly edge-on to us. It’s being circled by the Cassini spacecraft, which is now exploring the rings and Enceladus, a moon that helps shepherd the rings around Saturn.

Venus is getting ridiculously bright, west over the cape after sunset, and it will continue to grow throughout the month, as it approaches a dazzling rendezvous with Jupiter at month’s end—their crescent will be so close they’ll look like headlights in the sky, barely one finger apart at arms length.

Talk about dancing with the stars, how about waltzing with the planets? Jupiter is now low in the south after dusk—about the same position as the bright star Rigel before dawn, just below Orion, after the world has turned half way around. Jupiter is much brighter than Venus, of course, but it’s much, much farther away. We got a good look at our pale next door sister planet, whose cloud-tops are unusually reflective, especially when the sunlight skips off them at a shallow angle as the planet approaches quadrature next month.

During the first and last week of the month the crescent moon will pass the pair, first when they’re apart, and last when they’re together.

The Calendar

Nov. 1- Sunrise is at 7:16 a.m., and sunset is at 3:32 p.m. Daylight Saving Time ends at 2 a.m. tomorrow (Sunday), so turn your clocks back an hour before you hit the hay tonight. We’ll now have more light in the morning, less in the evening—the better to see the stars at night (in astronomy, things are always looking this way).

Nov. 2—The Moon’s at apogee, away from Earth, so tides are calming. The next two weeks Vesta, the brightest asteroid is in the southern sky late at night. It’s “the size of Arizona” and in 3 years the Dawn spacecraft will approach and send close-up photos back to Earth.

Nov. 3—A small fat crescent Moon passes just below Jupiter in the south-southwest.

Nov. 5—Neap tide today, running just 5.6 feet between high and low.

Nov. 6—First-quarter Moon is high at sunset. The next week is best for moon-gazing as the Moon waxes gibbous.

Nov. 13—Full “Beaver” (or “Frosty”) Moon rises at 4:12 p.m., so those on the 4:30 boat home can see it rising out of Casco Bay. Moonset is at 7:11 a.m., so those on the 7:15 boat to town can watch the Moon set over the city. It will wash out the star-gazing tonight, but it provides good light for walking.

Nov. 14—The Moon’s at perigee, close to Earth, so tides are building. In fact, the highest this month is at 11:32 a.m. today, and the lowest tide this month is at 5:31 p.m., the water falling 13.2 feet between them.

Nov. 19—Last-quarter Moon is high at sunrise.

Nov. 21—A waning crescent Moon is near Saturn tonight (not really, of course, just in our line of sight).

Nov. 27—The New Moon’s at a phase. It’s on the same side of Earth as the Sun is today, so they rise and fall together, but the Sun blinds us to the nearby Moon.

Nov. 30—A thin crescent Moon hangs below Jupiter and Venus, but tonight they will sail close to them. Sunrise is at 6:53 a.m., and sunset is at 4:05 p.m., giving us barely more than 9 hours of sunlight, but we’re only a few weeks from the winter solstice, when the Sun will stop and head North again.
Sign, sign everywhere a sign
Blocking out the scenery breaking my mind

by art astaniya

And I just got back from a trip
On the only road in the world.
We flew down south, and drove to a family
gathering in my hometown, Arkansas.
If you've ever been driving "down there"
on the interstate, it's impossible to miss the signs.
They tower hundreds of feet into the air,
their lights stretching for miles.
In contrast with the highway in New Hampshire (what a sight)
(formally, what a sight), there is a bathroom
without a sign.
This brings to mind
the latest attempt
of fixing permanent road signs
at intersections on the island.
Granted this is at a
different scale and purpose
than highway signs, but possibly more
important for supplying vital information.
In the past, there have been
attempts to install road signs, at least
marginsally, about where your island.
Irrevocably road signs disappear.
Well, it's happening again.
A good cause of wasted taxpayers' money
but in the end it may cost more than money.

Art: Policies and Perceptions

by jame hogan

A recent e-mail message from a presidential candidate's
artistic platform talks of
enlarging an award for school attendance...
and broadens a teacher's role as a
future prioritizing education.
Of the many positions]
that you can remember
for President, which one
will you be asking the "dispatcher",
who will provide the
directions and call for help?
Is it likely there will be
a road sign to help.
The signs tower hundreds of feet into the air,
their lights stretching for miles.
In contrast with the highway in New Hampshire
(formally, what a sight), there is a bathroom
without a sign.
This brings to mind
the latest attempt
of fixing permanent road signs
at intersections on the island.
Granted this is at a
different scale and purpose
than highway signs, but possibly more
important for supplying vital information.
In the past, there have been
attempts to install road signs, at least
marginsally, about where your island.
Irrevocably road signs disappear.
Well, it's happening again.
A good cause of wasted taxpayers' money
but in the end it may cost more than money.

Michael Chabon, award-winning
author and member of the Obama
Arts Policy Committee echoes this:
"Our children need
recreational space and
materials to paint
and sculpt, teachers and
tap-shoes; they need constant
passion exposure to
the great artistic
eritage of their
people, so that even
if they don't grow up to
be artists themselves, they will have been
blessed with the arts' gift for seeing
the possible in the
impossible, the
fellow soul
on the other side of
the fence."

Obama's platform includes expanding
public/private
partnerships between
schools and
arts organizations,
creating an "artists
corps" to work in
low-income schools
and communities,
championing the
importance of
arts education,
supporting increased funding for
the NEA, promoting
cultural diplomacy,
appreciating foreign
talent, ensuring
goodness of
artists and
providing health
and a discussion of
percentage.
I know this is true because
of the hint of a sign
you've been there many times,
it can feel like an eternity.
Possibly you've been
someone who's not familiar
with your neighborhood,
but then again, maybe
not.

The students will pair their
self-portraits with a brief story
about what they've been
researching as part of an
assignment. The students
who have street signs and
house numbers posted
to direct responders
efficiency.
Knowing where you're going is a noble
goal in everyday life and situations,
but you're not exactly sure, it's nice
to have a few signs to help guide the way.

For you trivia buffs, lyrics are from the
1975 Free Man Electoral Band.

Put this belief in art's impact
into effect recently at King Middle
School. Last year, they had the funds
to hire a visiting artist for a year,
with a self-portrait project.
This year, they got to do it for free.
I attended, in a session with paper,
pencils, mirrors, and a discussion of proportion.
I told them drawing was an act of
observation, reflection, calculation,
and self-awareness.
I also showed books on
Vincent Van Gogh and Freda Kahlo,
two artists famous
for their searching self-portraits,
because a drawing is more than a
sum of proportions. It's also a visual
story of self.

The students will pair their
self-portraits with a brief story
about what they've been
researching as part of an
assignment. The students
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house numbers posted
to direct responders
efficiency.
Knowing where you're going is a noble
goal in everyday life and situations,
but you're not exactly sure, it's nice
to have a few signs to help guide the way.

The chance to draw conclusions
is all over the walls at Maine College
of Art. In coordination with the American
Institute of the Graphic Arts,
the school offers a series of posters
that ask viewers to vote on display at the college.
This exhibit is part of AIGA's Design
for Democracy initiative featuring a selection of
nonpartisan posters created by AIGA designers
to help American citizens participate in the
electoral process and
campaign.

In a design by Jeremy Shellhorn
above, "The Get Out to Vote
campaign makes a call to
friend, fellow artists.
"The issue is that voting is patriotic
sacrifices for the freedom to vote.
Another poster shows two shapes
that read like red, white and blue
and are part of the AIGA's
"Heal Vote '08." Will this election
bring us together? it can if we have
vision. Art is always used for a
bigger picture, for asking important
questions and giving reflections
that we otherwise can't see.
to study the taxi idea for the council, said the committee was reluctant to do so without assurance from the PIC that it would fund the service. This became a chicken-or-egg debate when council members pointed out that a purpose of

that creating a taxi service would lead to less traffic on the island.

Although the conflict over whether the ad hoc committee should research the project was never fully resolved, the council decided that developing a taxi service would require two years of research, and should be designed as an independent, non-profit entity.

In the end, the issue was tabled for future discussion.

In other business, Councilor Bob Hurley is working with Captain Pendleton of the Portland Fire Department to resolve the problem of transporting emergency patients to the Casco Bay ferry boat using the foot ramp at the public dock, especially during extreme low tides when the slope of the ramp is apparently as steep as a water slide at Falmouth/Splaholtown.

This winter the department will have a new green boat in operation that, it is hoped, will be able to dock at the Forest City ferry boat landing, but "there were some people at the meeting — you could sense their frustration — who wanted things to go faster," said Chair Langella.

"It's dangerous," he added, comparing the situation to a hazardous road condition that doesn't get repaired until an accident happens.

In regular session motions to form an ad hoc committee to study public transportation on Peaks Island, and to define the duties of the Secretary were accepted. Kathleen Schneider was elected to the post at a special meeting on Oct. 8.

She was not at the regular meeting, and the minutes were recorded by Councilor Stout and the Island Administrator.

In response to information that the City allegedly cannot afford to pay for a sign renaming the Community Center in Doug MacVane's honor, the council agreed to take it upon itself, and discussed the cost of commissioning a carved wooden sign. When members of the audience said they preferred a more durable brass sign, the motion was tabled until costs could be obtained for that option.

Chair Mike Langella also discussed his dissatisfaction in a meeting he had with Mayor Ed Suslovic earlier this month concerning the relationship between the PIC and the City Council. He and other members of the PIC have expressed concern about how City Councillors respond to island issues, and feel that the protocols established by the City to work with the PIC are often disregarded, which are complaints that he wanted to discuss at the Oct. 9 meeting, but according to Chair Langella the mayor left early due to a scheduling conflict.

He said Mayor Suslovic acknowledged that there are problems in how the City Council has dealt with the PIC in the past, which the mayor said could be viewed as a glass half full or a glass half empty, and which Mr. Langella interpreted to mean the mayor wanted the PIC to build on what has been done right rather than focus on what has been wrong.

Kathy Schneider was elected Secretary of the PIC at the Special Meeting Wednesday Oct. 8.

the committee was to determine whether a taxi service would be an appropriate use of the fund.

Councilor Lynne Richard added that the majority of people at the public forum on Saturday, Oct. 18, did not need the Oct., 18 meeting, and said he was "uncomfortable letting a small segment of the population determine PIC policy."

Councilor Elizabeth Stout added that she thought the audience merely had questions about the project, and said "questions from the public did not necessarily mean they didn't support it," she also challenged an assumption apparently being made by some people.

In City Council chambers Monday Oct. 6, the Peaks Island Community Center was renamed in honor of Doug MacVane. Island Councilor Lynne Richard spoke on behalf of the community. "He epitomized 'islandness' — intelligent, tolerant, resourceful, observant, self-reliant, quirky, generous and friendly ... And so it is fitting that the room where islanders hold their meetings would be named in honor of Doug. He spent many hours in that room, working hard for Peaks Islanders, contributing the gift of his time and his wisdom. We are all better for having known Doug!"

Enrichment 2008 program launched Oct. 1

Week 1, October 1 — Lobstering and Aquaculture taught by Timmy Flynn, Mark Green, Peter Bridgford, Jak Soley, Pete Mayo & Tom Bergh

"We have been lucky," said June Bergh, of the after school program, Enrichment 2008, which she created with the help of 59 members of the community to provide a hands-on learning experience about life on an island.

The outdoor program depends on good weather, and in the last few weeks the children have been able to sail on the Wendakeen and study the animals you get in a lobster trap. They will spend November and December learning to swim, and they'll be skiing this winter.

Everyone who volunteered for one of the 4-hour, Wednesday afternoon classes has a special skill or knowledge that they share with the kids." By asking them to do it once, I can get four hours out them," said June.

Enrichment 2008 is for children in kindergarten through fifth grade, K and 1st graders must be accompanied by an adult. It received $6,500 from the Peaks Island Fund in August, and the proceeds of the Children's Workshop, which June says has been very supportive. "Two got good organizational skills, but I couldn't have done this if I wasn't on Peaks Island."

Harvey Johnson of Thompson Johnson Woodworks

A FREE workshop will be held that could save you hundreds this winter in energy bills!

November 15th

9 am @ the Peaks Island Children's Workshop

Come learn some helpful hints on weatherizing your home from a Certified Energy Auditor.

A drawing will be held for 1 free home energy audit. (must be present to win)

For more information please call PICW 896-2884
Program sponsored by Peaks Island Children's Workshop
Long Island School harvests a Maine meal

The little red hen would have been proud. On Monday, we picked the apples. On Tuesday we boiled and mashed them into applesauce and on Wednesday we ate the applesauce. We even shared it with fifty members of Healthy Casco Bay, culminating the study with a field trip to Findland Farm where they visited the chicken barn and the pig pen, and got to pat the noses of the cows who gave them the cheese for the grilled cheese sandwiches they later served at the school children hosted a Harvest Lunch, Oct. 7, with food grown and processed in Maine.

The students were studying agriculture this year, and as a result of a grant from Healthy Casco Bay, they rattled off list of the dishes served, and Jake Dunnigan, on his own initiative, made a menu for the guests. Students from Mrs. Johnson's class read each recipe card loudly and clearly to the students.

A student grabs some apples at Thompson's Apple Orchard.

Gray tarps, spray-painted with rock wall designs, simulate castle walls inside the Long Island Community Center. The walls were painted by teenagers who will be attending the Halloween event.

A Long Island Yankee in King Arthur's Court

The official theme of the celebration is "Back to the Keep," the Keep being the last stronghold of a Medieval castle. Inside the Keep will be four different rooms including a royal banquet, armory, great hall and prison. Surrounding the rooms will be a simulated moat, complete with a wooden bridge and edged with weeds.

Props for the different rooms are detailed: foil-covered swords, cauldrons with dry ice, and fake chains with plastic skeletons in the dungeon. Windows have been covered with translucent colored plastic to imitate stained glass. The teen banquet will have traditional table decorations for the event.

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It was a school-wide effort. Kindergartners Riley Johnson, Olan Rich, Christian LaMontagne, and Ella Anderson and first grader Madison Brown cranked out pink applesauce, sweetened with local raspberries. Paula Johnson's third through fifth grade class chopped apples and mixed up pies, brownies, fruit, and applesauce. The children also filled half-pint bags to take home for their families.

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Kids On the Ball at Peaks Island school

BY CYNTHIA MOLLUS

If someone tells you the third, fourth and fifth grades at the Peaks Island School are really on the ball, believe them—it literally. The students are the only ones in the Portland School System participating in an innovative On The Ball program as part of an overall wellness initiative.

"Ergonomics—the discipline concerned with the design of furniture and environments to promote overall physical well-being and performance—has become more important, particularly since people of all age groups are more stationary, sitting at desk jobs, using computers, watching TV, playing video games, doing a lot of repetitive tasks," according to Gail Trefethern-Kelley, an occupational therapist who works with the Portland School System. She is the one who proposed the On The Ball program and wrote the grant to get it funded this year through the Peaks Island Fund. "There are lots of ergonomics chairs available, but stability balls are more child-friendly, more fun and more cost-effective."

Using stability balls instead of chairs started in Italy, first in offices, then in the schools. And they have been effective in helping children learn, according to several studies. Trefethern-Kelley explained, "One strategy used for maintaining attention is sitting on a stability ball. Doing this allows dynamic movement—kind of like normal fidgeting does—but is much more productive, because it improves concentration and time on task." Sitting on a ball also helps enhance body awareness, enabling students to strengthen the body's core and develop good postural muscles. It increases blood flow to the brain and helps the learning process.

I was researching programs online for using the balls in schools, and came across the WittFitt program, started by Lisa Witt, a teacher in Wisconsin, Trefethern-Kelley said. "It was really the only comprehensive program I saw, and after speaking with Witt, I developed a proposal and brought it to the school. Fourth/fifth grade teacher Kara St. Germain and third grade teacher Wendy Litchfield completely supported the program, along with Principal Gwen Smith.

Trefethern-Kelley explained that the program is not appropriate for children younger than third grade because they really haven't yet developed the motor skills needed, and they are more easily distracted. "The parents were also very supportive," she said. "I think only one eyelash was batted, but all the permission slips came back affirmative. They were tuned in to the overall health awareness program."

Because Peaks Island is such a small school and heavily supported by the community, we are able to try and do things most other schools in Portland can't."

Trefethern-Kelley also reiterated why health awareness programs are important to implement in schools. "Obesity is on the rise, with childhood obesity hitting alarming levels," she said. "In many cases children only have gym class once a week, and not much other exercise. She did say that Peaks Island kids' lives generally afford more opportunities for physical activity, including walking to and from the boat, and having a safer area to ride bikes than on the mainland."

Another part of the overall wellness effort is a health and nutrition program the school will kick off in November, according to teacher Kara St. Germain. The program is called 5210, which stands for 5 or more servings of fruits and vegetables, 2 hours or less recreational screen time (TV or computer-based viewing), 1 hour or more of physical activity, and 0 sugary drinks, more water and low-fat milk. The 5210 program began as a pilot project launched by the Barbara Bush Children's Hospital at Maine Medical Center. The school is also using Brain Gym, a set of different stretches and physical activities that help the body prepare the mind, for example by increasing blood flow to the brain. "This is the first year we incorporated Brain Gym," said St. Germain, "and the kids are enthusiastic about it."

But, of course, what they are really enthusiastic about is the balls, said St. Germain. "We have had some students use the ball before for occupational therapy and special needs such as attention-deficit; so all the students knew about the balls and everyone wanted to sit on one and try it. Once the funding was approved the children were individually measured, because different-sized balls must be used to accommodate different leg lengths to ensure proper posture and comfort."

Before the balls arrived, the students spent about three weeks learning about the balls, why and how to use them, and how to take care of them. As a group, they made up rules about behavior and etiquette, and everyone had to sign up. Students then used the balls an hour a day to get used to them and to develop and adjust their muscles. "We called it stacking their blocks, visualizing lining up their vertebrae for correct posture," said St. Germain. When the students were asked what they thought about using the balls, here's what they had to say: Johnny: "Since the beginning, I think it's improved my handwriting." Lily: "You can balance on them without disturbing your classmates." James: "If you have a bad back, they help." Nicholas: "It improved my posture." Imogen: "They're a lot more comfortable than a hard chair." When asked if anyone had fallen off the ball, their answer was a unanimous "No. Not yet."
BEGINNING DIGITAL PHOTOGRAPHY; Saturday, Nov. 8, 10 a.m. to 1 p.m. Professional photographer Gwenn Horton will discuss basic steps to adjust your camera for optimum settings and reveal in-depth features you can enjoy experimenting with, then take a short time to do some shooting, then go back again for more questions and answering questions. Bring digital camera with operator's manual, and if you'd like, some of your favorite photos. FEE $49. Enrollment 12 students.

The Addison Woolley Gallery and Center for Photographic Inquiry is located at 87 Market Street, Portland. Open Tuesday through Friday 11 a.m. to 5 p.m., Saturday 11 a.m. to 4 p.m. There is usually a poetry and jazz night sometime during each month; check the website for event schedules: www.addisonwoolley.com. For more information call (207) 755-0678, or contact owner/curator Susan Porter at info@addisonwoolley.com.

AT THE LIBRARY

Special Halloween Children's Program—Patricia Crayola-Rockwell will discuss her favorite Halloween stories, followed by a craft and several ghoulish refreshments on Tuesday, October 28, at 7 p.m. sharp! in the Community Room. Mrs. C-R is always fun, entertaining, and sometimes a little bit scary. This program is geared for children five to 12 and sponsored by the Peaks Island Branch Library.

COMMUNITY NOTES

HOLIDAY SALE—Nov. 29: The GEM is closed through November; however, the annual holiday sale starts on the last Saturday of the month.

The GEM Gallery is a cooperative of 26 artists at 25 Peaks Island in the varied media of drawing, sculpture, printmaking, jewelry, photography, printmaking, assemblage, fiber arts and writing. The gallery is open to "share and sell fine art and contemporary crafts and to reach out and create an inviting, positive environment for debates, educates, and celebrates art." Solo and small group exhibitions change weekly from June through October. Larger themes are held in the off-season with a holiday sale each year. Please call the gallery at 207-766-6600 for more information.

AT THE ADDISON-WOOLLEY GALLERY

ODIN STONE; A collection of 48 large-format, platinum-palladium photographs from the publication ODIN STONE, ONE, by leading Maine photographer, Tallman Crane. The dramatic, sometimes haunting images of the Orkney Islands in northern Scotland are reproduced in the book, which is a limited edition of 400 copies signed and numbered by the artist, and available here for $46. This copy has been accepted at the gallery. Show runs from Nov. 5 to 29, with opening reception Friday, Nov. 7, 5 p.m. to 8 p.m. Crane will give an artist talk Friday, Nov. 14, 5 p.m. to 7 p.m.

LIBRARY continued

First Tuesdays Book Discussion: The November meeting will be on the second Tuesday, Nov. 11, since the first Tuesday in November is Election Day. Unfortunately, the library will be closed for Veterans Day. The Book Discussion will still take place from 6 to 7 p.m. in the Community Room. The book will be THE HISTORY OF THE NAME OF GOD, by Geraldine Brooks. Books can be reserved by calling or emailing the library.

Special Library Hours: On Election Day, Tuesday, November 4, the library will be open from the polling stations, until 7 p.m. We invite you to stop in after voting, and in the morning, there will be refreshments. Being open during voting in Presidential Election years is a Peaks Island Branch Library custom that we look forward to.

The library will be CLOSED November 11 in observance of Veterans Day.

PLEASE Take a Moment to fill out a library survey, available on the website (www.portlandlibrary.com) or there are paper copies at our branch. The survey will be distributed to branches which branch you use, what services you use, and what ideas you have for positive changes. These are changing times and it is important that your voice is heard. Survey ends November 11.

City of Portland Building Permits issued for Peaks Island are being sent to the Peaks Island Branch Library. We will keep a notebook for those who are interested to see. At present we have a list of all the permits issued in the last year for the whole city, including Peaks Island. Starting mid-October, we will have copies of the permits just for Peaks Island.

NEW Policy: The library computer system will now allow you to renew items even when you are already overdue, so long as your existing fines are no more than $10. So no reason to let those fines mount up, just because you missed renewing in time. The only exception to this is if another person has placed a reserve on the item.

NEW Service: For those who receive library notices by email, the library will be sending courtesy reminders, letting you know 3 days before an item is due, so that you can return or renew the item on time. The reminder will have a link to the place on the web site where you log in to see your record and renew items. Hopefully, these changes will be helpful to you.

Nursery Rhyme Time for Infants and toddlers is on Wednesdays and Fridays at 11.

PRE-SCHOOL STORY TIME is on Fridays at 10:15. We look forward to seeing toddlers and preschoolers and their parents, grandparents, and caring adults. All are welcome.

LOAF & LADLE DINNER: Tuesday, Nov. 11 from 5 p.m. to 7 p.m. at the Peaks Island Baptist Church. In honor of Veteran's Day, we will feature foods from the various countries where our troops were stationed during the WWI and WWII including the United States. Join us for a delicious buffet of international recipes. (Our cooks are amazing!) Adult $15, children $8.50. All proceeds benefit the PITA Energy Assistance program.

FROM PAKES & REC

TUESDAY EVENING BASKETBALL; At Island School gym 6:30 pm to 8:30 pm. Pick-up games on a drop-in basis. Adults 18 years and older and high school. Adult $3.50; high school $2.50. Call 766-0967 for information, or visit the website http://www.portlandmaine.gov.

FIRST MONDAY FUN FOR PRESCHOOLERS: Monday, Nov. 3 and Monday, Dec. 1 at 11:00 am. Have some fun with your little ones! Using recycled items, we will make crafts, ornaments, gifts and other presents. Children must be accompanied by an adult.

PEAKS ISLAND'S ANNUAL TREE LIGHTING; Saturday Dec. 6 at 4 p.m. at the living tree near the dock. Decorate the tree, visit with Santa, sing and enjoy refreshments. All are welcome.

PING-PONG ANYONE? If there is enough interest, we may be able to schedule playing time each week. Sign up if you are interested, or join me on Monday, Nov. 10 at 2:30 pm AND/OR Thursday, Nov. 20 at 10:00 am to see how much fun it can be.

THE BEST OF JOHNNY CARSON
Thursday, Nov. 13 at 10:45 am and 12:30 pm. All are welcome. (PARKS & REC continued)

ON-GOING PROGRAMS (open to all adults)

Morning Walking Group: Mondays and Thursdays at 9:30 am.

LOW Impact Aerobics with Weights: Mondays and Thursdays at 9:30 am.

Bingo Fun: with Thanksgiving-themed cards, Monday, Nov. 24 at 10:45 am and 1:00 pm. Bring a non-perishable item for the Food Pantry.

PORTLAND RECREATION ON PEAKS ISLAND;
For information, please leave a message for Denise at 766-2701 or email her Dlm@portlandmaine.gov. Basketball contact is Jen at 766-0962. All programs meet at the MacVane community building unless otherwise stated. Updates can be found on the island bulletin boards.

AT THE CHILDREN'S WORKSHOP

Children's Clothing Swap and Fall Clean-up, Saturday, Nov. 11 from 10 am to 12 pm. Bring a bag of kids clothing to swap and leave with a new winter wardrobe for your kids. While you're at it, join your neighbors in a fall yard clean up. Cider and cookies provided.

Children's Brain Development Presentation; Thursday, Nov. 6, 6:15 pm-7:30 pm. Find out how the brain impacts the growth and development of children, and affects parenting.

Weatherization Workshop; Saturday, Nov. 15, 9 am Come learn about how to save money this winter by weatherizing your home. Presentation by Harvey Johnson of Thompson Johnson Woolworths Stone Soup Luncheon; Wednesday, Nov. 26, 12 pm. Everyone is invited to the 2nd annual Stone Soup Thanksgiving Feast to create and eat soup made from a stone cup. The Children's Workshop is located at 71 Herman Ave. For more information, contact Meg Springer at 766-2843.

Next Month

Three profiles in clay

Ceramic art is a difficult, expensive, and often frustrating occupation. Peg Astarita, Betty Heller and the artist team of Richard Boyd and Pamela Williamson, all with studios on Peaks Island, illustrate how four varieties of personality, talent and motivation can lead to the creation of some beautiful, often useful ceramic art.

END
Sacred & Profane takes over Battery Steele

BY CYNTHIA MOLLUS

On the Saturday nearest the October Harvest Moon, artists of many stripes and their supporters board the 2:15 p.m. ferry from Portland to Peaks Island and the annual Sacred & Profane event. And so it was on October 18, when a capacity crowd of people disembarked from the ferry to be greeted by a colorful group of drummers, a master of ceremonies, and a sizable group of Peaks Islanders. (One particular group of unsuspecting folks who were dressed in suits and ties headed for a wedding at The Inn, all mixed in with the motley crowd and wearing puzzled and somewhat concerned expressions on their faces.)

The circus-themed entertainment featured a wonderful aerialist who performed on a "clothesline" a rope loop and a suspended bicycle, along with a tightrope walker, fire-eaters and dancers and jugglers. Musicians provided entertainment for those who lingered into the early evening.

Sacred & Profane has been an annual event on Peaks for over a decade, organized by a collaboration of artists and musicians. Because the Peaks Island Land Preserve (PILP) owns the Battery Steele property, it requires the group to sign liability releases and help clean the property afterwards.

According to PILP president Garry Fox, "The Sacred & Profane organizers always leave the Battery in better shape than they find it. They typically come out the week prior to the event and clean the rooms inside the Battery, as well as the outside areas, and they also touch base with the island police, to make sure everything goes alright."