Island Times, Nov 2009

Kevin Attra

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IN THE NEWS

Full Leaf Pick Up Peaks Island Nov. 16 to Nov. 20. Residents should place their leaves curbside in biodegradable paper leaf bags by Monday, Nov. 16 to ensure pick up.

Portland Fire Chief doubtful about PIC request for additional emergency personnel

BY KEVIN ATTRA

For the first time in months the Peaks Island Council had an audience at its regular session Wednesday, Oct. 28. Around 20 people attended the two hour meeting, including Peaks Patrol Officer Rob Lauterbach and Portland Fire Chief Fred LaMontagne. Officer Lauterbach was there to explain his new role as Senior Lead Officer for Peaks Island (see sidebar). Chief LaMontagne had been invited by City Councilor Kevin Langella in answer to questions regarding two public safety motions that were to be voted on by the PIC.

After citing at some length a number of medical and fire emergencies on the island that occurred when only one police officer was on duty, Island Councilor Mike Langella moved that the PIC ask the city to provide at least two persons, "one of which is a trained paramedic, the other a trained EMT-B level, or higher," to be on duty at all times.

The motion also called for an unspecified number of firefighters to be stationed on the island as well. Mr. Langella said that he had sent a formal letter to City Councilor Dan Skenoil on Oct. 22 making those requests and had not received a reply by the time of the meeting.

As discussion of the motion got underway, Chief LaMontagne walked from the back of the room, where he had been sitting for most of the meeting, and sat in the front row.

In response to questions about staffing requirements and employee costs, he made it clear that the request for additional personnel was unrealistic. "We're resource-challenged," he said. "Pretty much nothing can be done." He said that in order to provide a new position on the island the city would have to lose a fire company on the mainland, roughly 5 1/2 positions.

He suggested instead that islanders install sprinkler systems in their homes.

"We're not going to always have that perfect thing on each call," he said.

Despite his forbidding assessment, the motion was passed unanimously. Mr. Langella said, "I think we should be given the same level of service that every other neighborhood in Portland receives."

A companion motion requesting that the city conduct a comprehensive review of all emergency services in order to determine whether the fire and rescue boats and crew can be located on the island also passed.

In other business, a little over $8,100 was allocated from the City Manager's discretionary fund - said to be $30,000 for fiscal year 2010 - to pay transportation costs to the mainland for students in private schools.

An additional, unspecified amount was requested for summer boat passage for Peaks Island students attending middle and high schools in Portland, and $5,000 was allocated to the Island Transportation Service (the taxi) to cover liability insurance costs.

According to PIC member Rob Tiffany, the discretionary fund has now become a line item in the city budget under a "memberships" category, and is therefore no longer limited to use only for parking and transportation. "There is nothing we cannot do with it," he said.

This was the final council meeting for PIC members Mike Langella and Bob Hurley, who both resigned earlier this year and will be replaced on Nov. 3. The council will hold an inauguration ceremony for new members at the MacVane Center on Tuesday, Dec. 8 at 6:30 p.m., with refreshments.

In the News

Police Log Returns
The monthly log of police calls on Peaks Island is back by popular demand, provided by Lisa Perrotta of the Portland Police Department. Page 9

Memorial for Carl Lincoln
A soldier is remembered for his music and his brilliance. Page 9

Helping the Earth
Master Gardener Sandra Warcholsz explains how to eradicate Japanese knotweed, an invasive plant damaging the local landscape. Page 10

History's in the Telling
King Middle School students learn about freedom riders, boycotts and the march on Washington in 1963 in a study of the Civil Rights Movement. Page 10

In the Arts

Ink and Light
Jane Baranque and Peter Romanyshen display woodcuts and photographic images in a show that runs through January. Page 14

A Family Craft
Kathy Niewold’s family of artists and crafts persons spent a Saturday raising money for cancer research at the MacFane Center. Page 16

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Peaks Patrol
Officer Rob Lauterbach will be island's new point man with the department

BY KEVIN ATTRA

Officer Robert Lauterbach, the new Peaks Patrol Officer on the Peaks Patrol, has been appointed by Chief of Police Fred LaMontagne to serve as the liaison between the Portland Police Department and the Peaks Island community.

"I'm going to be that guy in the middle," he explained, formally introducing himself in his new role at the regular meeting of the Peaks Island Council Wednesday, Oct. 28.

"I guarantee, any concerns you bring to me are going to be heard by the department management."

The department has assigned him a contact number, 233-0995, a cell phone that he carries with him at all times. He encouraged people to call anytime to discuss policing issues. "Whether we agree or disagree, my role will be to represent your voice," he said.

He can also be reached by email at robert@portlandmaine.gov.

The cell phone number does not supplant 911. From cell phones, calls to 911 are received at the dispatch office in Gray and then relayed to the local police, which causes a slight delay.

Officer Lauterbach said the easiest way to reach police on the island is actually to dial the Portland Police Department directly at 874-8075, but recognized that it would be hard to remember that number in an emergency, so it's best to call 911.

He also recommended using 766-4411 or 874-8419 to reach the Peaks Patrol, but said police may not always be available at those numbers.

He said he plans to publish informational articles in this newspaper periodically to keep people informed of enforcement actions and other policy issues, "so they don't feel like they're being ignored."
Tom Petsinger

Casco Bay Lines Mate Tom Petsinger has been working on the water most of his life. In April 2007 he was hired over 50 other applicants by the Bay Lines and said his previous experience probably helped. It was a good thing he had it. He was assigned to the Mahone Bay II when the Patria’s Day storm hit later that month. “We broke 11 lines and had to shelter at Peaks,” he said, nothing to write home about for him.

Tom grew up in Pittsburgh, Pennsylvania, the oldest of three children. As a senior in high school he worked as a day hand for the Campbell Barge Line, 12 hours of painting and moving coal and steel barges on the Monongahela, Allegheny and Ohio rivers.

When he was a kid the steel mills were going full tilt and decided that was for him, but when he asked his parents if he could go to sea, they insisted he go to college instead. Rather than focus on maritime studies, though, he majored in aeronautical science at Embry Riddle Aeronautical University in Daytona Beach, Florida, and became a flight instructor for the school. After graduation, he returned to Pittsburgh and went to work for the Ohio Barge Line in the early 1980s making runs down the Mississippi River to New Orleans, 30 days on and 30 days off.

“I loved leaving Pittsburgh in winter when it was snowing and get to New Orleans in sunshine, be down there getting sunburned.” Crews were tough on the Mississippi, often made up of ex-convicts and other hard cases, and the work was grueling. But in 1982 the steel mills started closing. He got laid off when work for the barge started drying up and fell back on his piloting skills, flying for commercial airlines. For the next 18 years he flew freight and passenger airplanes out of Florida, New Hampshire and the northwest region from Seattle to Vancouver. For four years he flew vacationers into fishing camps using single and multi-engine sea planes.

In 1996 he was flying freight out of Manchester, New Hampshire for Federal Express when he was transferred to Portland. He relocated his family to Cape Elizabeth and has been there ever since.

In August 2001 he resigned from flying the following month thousands of airline pilots were laid off in the wake of the 9/11 disaster and sold cars for the next five years, but he missed being on the water.

For a season he worked as a steward for Falmouth lobsterman Bob Land, which inspired his son Austin to do the same for Ed Perry out of Cape Elizabeth.

Austin’s interest was keen enough that he entered Maine’s student apprenticeship program. Last year, Tom bought a 16-foot boat in Gloucester, Massachusetts, acquired a 30-pot lobster license and helped his son work the waters off House, Peaks and Casco islands.

Austin diligently hauled and set gear twice a week but by the fall both he and his father realized they were barely breaking even (they actually lost around $2,000 after taxes Tom said).

Austi now works at Kenda’s seafood market, cooking and sorting lobsters for the company that he used to sell his catch to. The boat is kept in a lake upstate and used just for fun.

Tom believes the experience was valuable for his son, even though he was young. “I think it’s an important lesson,” said Tom, “to have a bank account and pay taxes at 13.”

Tom works both the Peaks Island and down-the-bay runs for the Bay Lines, usually in month-long blocks of time.

This summer he worked five nights a week on the Peaks Island run from 4:30 p.m. until past midnight.

In all his work he enjoys interacting with people the most, he says. “I’ve enjoyed being mate this summer. I enjoy seeing the regulars on Peaks. They feel like friends.”

When he sold cars he made it a point to get to know his customers well so that he could sell them the right vehicle. Many of those friendships have lasted. He keeps in touch with some through Christmas cards, but others he still sees every day - they ride the boats.
Island recycling suffers set back by vandals

BY KEVIN ATTRA

Witnesses at the Peaks Island Inn told police that at around 1 a.m. Saturday, Oct. 24 they heard the recycling container located at the corner of Welch Street and Island Avenue explode. There were no visible chart marks or any evidence that it had been struck by a cat, leading Officer Daniel Rose to think it may have been lifted and dropped.

What is certain is that witnesses heard a terrific impact that tore both doors off and split the 3-inch thick case in half. Police on duty Saturday morning found pieces of it scattered for some distance along Island Avenue. They collected what they could find and loosely reassembled it back in its original location.

The container was one of seven purchased by the Peaks Environmental Action Team last winter to provide a means for recycling cans and bottles on the island. Before that, recyclable materials were usually thrown away as trash.

Six of the containers were decorated by local artists for use only in the summer season. They were unveiled in June during PeaksFest and received a lot of media attention.

The container that was destroyed was the sole year-round recycling bin on the island, and had been purchased for $590 with grant money from the Peaks Island Fund for the recycling program.

It was decided to use in conjunction with a solar-powered trash compactor as part of PEAT’s program to improve waste handling on the island. The $4,000 solar compactor was recently shipped to the island, but PEAT member Mary Ann Mitchell, who developed the container program, said that it will not be installed now that this has happened.

“We can’t risk pushing it out now,” she said. PEAT will have to find insurance for the compactor, which is an unexpected expense the organization may not have funds for. In addition, the compactor can’t be used until a compactor is in place that will accept bottles and cans because it cannot process liquids. The destroyed recycling bin was intended for that purpose.

She said it is unclear when PEAT will be able to replace the container, and expects that nothing will happen before next year, possibly not until July’s PeaksFest.

As yet, no suspects have been identified.

Portland Schools confirm first cases of H1N1 (Swine flu)

BY KEVIN ATTRA

On Oct. 21 Portland Public Schools announced its first two confirmed cases of H1N1 influenza at Longfellow Elementary School. The patients remained at home through the contagious period and were found later to be symptom-free.

The island school’s principal, Tim Devaney, said there have been no confirmed cases at the Peaks Island or Cliff Island schools. School nurses held a clinic at Cliff Island School on Tuesday, Oct. 27 to discuss preventative hygiene such as thorough hand washing.

There have not been reports of widespread influenza-like illness in either parts of the Portland school system. “Although these are our first laboratory confirmed cases of H1N1, that does not change anything we are doing,” said Amanda Rowe, the district’s school nurse coordinator.

“We continue to encourage hand washing and coughing into one’s sleeve as a means of preventing disease spread. We encourage parents to have their children vaccinated against both seasonal and H1N1 flu at Portland’s flu shot clinics beginning October 30.”

Symptoms of influenza include fever over 100 degrees, cough, sore throat, muscle ache and sometimes stomach upset or diarrhea.

Portland school nurses are urging parents to keep children home if they are sick. Staff should stay home when sick as well. Nurses are sending students and staff who have fever over 100 degrees home from school with instructions to remain at home until fever-free for at least 24 hours. School nurses continue to monitor cases of influenza-like illness.

Parents may find the rescheduled flu shot clinic dates in the Flu Update blog at www.portlandschools.org. The permission slip for H1N1 and seasonal flu vaccinations may also be downloaded from the Flu Update blog.
Lines from Casco Bay Lines

By Chris Hoppin

In October, public meetings of the Casco Bay Island Transit District, which operates Casco Bay Lines, addressed a range of topics including two that will be shared in this column: new ticketing systems and a new ferry boat.

For quite some time several islanders have observed that some of their neighbors take water taxis or private boats to an island and then ride back to the mainland for free. They have suggested that these free rides may cost all of us as much as $75,000 per year in lost revenue.

CBITD staff tested this assertion last month in a study of revenue versus ridership on each trip for each island, based on the number of passengers counted by deckhands using hand counters, in accordance with U.S. Coast Guard regulations. The results showed that actual lost revenue appears to be less than $10,000 per year. As a result of that number and considerable public objection to its inconvenience, the Operations Committee recommended that the board not pursue one-way ticketing and the board agreed.

However, the board has asked staff members to continue to explore electronic ticketing, which the CBITD has a government grant to support. Electronic tickets could enable the District’s customers to store value in their tickets, much like a retail gift card one buys at a coffee shop.

We hope that the system will permit volume discounts (the more you pay into the ticket through the year, the more you would save) which will, in effect, provide a legally permissible discount for year-round residents. Since the District receives government funds it cannot charge different prices based on residency.

The winter off-peak fares, commuter books and discounted monthly or annual passes must be made available to any and all passengers. They are the only legal discounts year-round islanders can receive.

These options would be eliminated and enhanced with electronic ticketing and replaced with volume discounts. Year-round riders who buy in quantity would receive the greatest discount, paying less per ticket than casual or seasonal users.

Hopefully electronic ticketing will be an attractive addition to the District’s service, but some people are skeptical that it could be implemented in a way that is effective, practical and convenient. As a result, various options will be fully explored and presented to the board and the public for consideration in the future.

For many years, the District has been trying to upgrade its ferry boats to obtain more comfortable and convenient vessels that use less fuel and require less maintenance. Each of these factors is important, as Casco Bay Lines operates every day of the year.

To replace the aging Island Romans, in service for more than 36 years, $5.5 million in economic stimulus money was acquired through the Maine Department of Transportation to purchase a new boat. The money will cover all the costs to build it, so the project will have no cost to islanders.

To qualify for funding, Casco Bay Lines had to submit a so-called shovel-ready project. So, the District took the plans already on file for the Amavutan II, which was built in 2005, and upgraded them.

Although the new boat would be the same size overall, carrying up to 399 passengers, staff members have revised the original plans considerably based upon feedback from islanders and employees.

For example, the new boat will be designed with more windows, wider cabins and better separation of passengers and freight. It will also include more outdoor seating as well as much more space for carts, freight and pallets.

And yes, the cold-in-winter steel hulls will be replaced with “temperature neutral” composite materials.

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“350 day” celebrated at the Peaks Island School

BY KEVIN ATTIA

Although “350 Day” was officially celebrated throughout the world on Saturday, Oct. 24, the children at Peaks Island School did their part the day before, since it was a school day.

Essentially a media event, 350 Day was created to raise awareness about global warming – 350 parts-per-million of carbon dioxide is thought to be the maximum capacity of the upper atmosphere. Celebrities photographed themselves forming the number 350 in whatever way they could, and then submitted the picture to unvee.350.org.

The 350.org coalition was formed in 2007 by Bill McKibben, author of “End of Nature”, with members of “Save It Up”, a political activist group advocating for legislation to combat global warming.

Organizers received photographs of approximately 5,200 events from over 181 countries and posted them on their website. They claim that the atmospheric concentration of carbon dioxide is currently 390 ppm, and are constantly increasing.

To promote solar and wind energy in order to halt further increases.

On Songo Pond near Borthel airport, 37 people formed the number 350 using canoes and kayaks. Other people throughout the country used such things as bottle caps, bacteria colonies, sea shells, sand sculptures and giant cut out figures.

But by far the most popular method was to use groups of people who arrayed themselves into “350” on streets, in parking lots, at local monuments, in fields and even on mountaintops.

Peaks Island kindergarteners formed themselves into the number on the school playground and were photographed by local media and parents alike (above). The older children were elsewhere on the playground attempting to jump rope 350 times, but any number was acceptable.

The activities were arranged by Jessica Burton who sent an email to the administration on Monday asking if the school would participate and received a resounding “yes” within the hour.
Fire Safety Topics

What is EDITH?

BY CAPTAIN DAVID JACKSON
PORTLAND FIRE DEPARTMENT

"EDITH" stands for Exit Drills In The Home. It is imperative that everyone knows how to react if and when a fire occurs. Despite aggressive fire prevention efforts across the country, fires still occur and it is helpful for everyone to practice EDITH - it can save many lives, including your own.

Most fatal fires occur in the home between the hours of midnight and 8:00 a.m., when most people are sleeping.

The majority of fatalities are caused by smoke inhalation. Toxic gases and heat - which can be over 1,000 degrees Fahrenheit - can travel ahead of actual flames. Smoke is responsible for 80 out of 100 deaths.

Smoke detectors are extremely important - without one, you may never wake up. You may only have about two minutes to get out of your home once your smoke detector sounds. Having an escape plan and practicing it reduces your chances of being trapped in a fire.

Plan Your Escape Route*

Have a fire escape plan. Make a drawing for each floor where people sleep. Add each bedroom and label them; make sure to show important details such as stairs, hallways, windows, doors and roofs that can be used as a fire escape. Dimensions do not need to be exact. Make sure to choose a family meeting place and show it on the plan. Use blue or black arrows to show the normal way out; use red arrows to show emergency exits in case a fire blocks your normal route.

Inspect your house. Check bedrooms for the best window or door to use for an emergency escape. Test the windows, can they open easily, are they large enough and low enough for someone to get out, and can the children open them with or without assistance? Check your smoke detector, and test it at least once a month. If you do not have one, get one.

Here are some extra tips: Escape ladders may be necessary, especially if you are located on the second floor or higher. Never use the elevator if there is a fire. Be sure everyone has two means of escape. Rearrange bedrooms, if necessary to provide an easier escape route for children, the elderly or the disabled.

Smoke detectors are extremely important - without one, you may never wake up. You may only have about two minutes to get out of your home once your smoke detector sounds. Having an escape plan and practicing it reduces your chances of being trapped in a fire.

The Family Meeting Place

Always sleep with your bedroom door closed; this will keep heat and dangerous smoke and gases out for a short time - the time needed for escape.

- Time is critical when in a fire. Do not waste time dressing or looking for valuables or pets. The number one priority is to get out and stay out.
- Roll out of bed, stay low - lethal hot gases and smoke rise. Always feel the door before opening, if it is hot, DO NOT OPEN! If you use your second escape route.
- Go to your family meeting place once you are out, check to see if everyone is out - whatever you do, DO NOT GO BACK IN!
- Call the Fire Department from a neighbor's house, make sure you give them your name and address.

The Drill Lesson

Begin with everyone in his or her bed, just as if you were sleeping.

Sound the fire alarm, whether it is by activating a special alarm your family has, pressing the smoke detector's test button or yelling FIRE!

- Make sure everyone rolls out of bed, stays low and feels the door for heat.

- Gather at your meeting place and make sure everyone is out safely - have someone appointed to simulate a call to the fire department.

- Get together and talk about the drill - what could be done different? Make changes to the plan if necessary and rehearse.

From the board of directors of the Peaks Island Health Center

Beginning this fall, the health center will be open Mondays, Wednesdays, and Fridays. If there are changes in the winter hours this will be communicated through the Island Star or newspapers.

Acute illnesses, including viral and bacterial infections, abdominal pain, minor lacerations and injuries, back pain, rashes, blood pressure checks, headaches, acute anxiety/depression, and joint pain can all be treated at the health center. Lab work and certain inoculations - vitamin B12, octavus, flu and Depo-Provera shots - can also be performed.

In the past, Nancy Wright operated her own practice at the health center and was the primary care provider for many of the patients she treated. Because InterMed now staffs the health center, the service is different.

InterMed requires that all patients who see their nurse practitioners and have chronic medical problems such as hypertension, diabetes, asthma, etc., must have a primary care physician. This can be one of the physicians at InterMed or a physician in another practice in town.

InterMed nurse practitioners Lois Tiedeken and Kitty Gilbert, R.N.P., are certified to see children and adults. The nurse practitioners at InterMed all work in conjunction with a family practice or internal medicine physician.

While prescriptions for acute illnesses will continue to be written, prescriptions for chronic illnesses are managed through the primary care physician. InterMed requires that patients with chronic medical conditions requiring regular prescriptions be seen by their primary care provider twice yearly.

The choice of a primary care physician is up to you. You may use the health center for laboratory tests ordered by your doctor even if you don't use the center for your primary care needs. The nurse practitioner will communicate with your physician.

Dr. Pullofs holds clinic hours on the island quarterly. Several new physicians at InterMed have also volunteered to be the primary care physicians for Peaks Island residents and it is hoped they will periodically come to the island to see patients. InterMed accepts Aetna, United Health Care Anthem, Cigna, Harvard Pilgrim, Medicare, and Medicaid insurance. If you use another carrier, call the Health Center or InterMed to clarify billing.

The board of directors has created a fund to help low income and uninsured island residents with the cost of office visits. A description of this program is available at the health center. Volunteers on the board can also help coordinate transportation, and if necessary, company patients to the mainland for medical treatment.
Island Views

Community Letters

To the Editor

I think you jumped the gun publishing the winners in the CBITD and PIC elections [October 2009]. A write-in candidate could possibly appear and win the election. I am reminded of the headline "Mr. Dewey Wins!". Harry Truman had the last laugh.

Cynthia Peddie
Kinkaid
Peaks Island

Okay, so I'm a little slow on the uptake. We hear so much bad news these days, and I'd like to share some good news that I hope will brighten your day.

This summer I had been out enjoying my power boat for a couple of hours, came in and tied it up to its mooring while I relaxed and looked over some charts. Within 10 to 15 minutes, I heard a hissing sound coming from the direction of the engine, which I now noted had smoke pouring out of it. As I debated whether to call Boat U.S. or try to call for help from my cell phone, the smoke erupted into fire. Certain that I was going to die, I jumped into my dinghy and rowed as fast as I could to get clear of Trefethen's mooring grid. My imagination raced as I pictured different scenarios, none of them good. The worst I could imagine was that my boat would blow up and start blowing up all of the boats nearby.

Once I got to Diamond Pass, I discovered that I had my cell phone with me. I called Jay Soule and screamed, "Jay, my boat is on fire! Call the Coast Guard!"

Less than five minutes later, Jay arrived in his boat with Nathaniel Mulkern. I was wiling no to them, but they proceeded directly to my boat and boarded, despite the fact that the engine was still burning. Jay and Nathaniel put out the fire, and the Coast Guard arrived less than five minutes later.

Jay Soule and Nathaniel Mulkern saved my life that day. I don't even want to think of what would have happened had it not been for them.

On a lighter note, once I had calmed down, I noticed that Trefethen was having one of their porch gatherings and people were mingling and, well, gathering. It must have looked pretty funny to see this woman speedily rowing in almost cartoon-like fashion screaming, "I'm going to die! Oh, my god, I'm going to die!"

Their jar swoops in and, mingled with the black smoke coming from the burning engine was the white smoke and residue coming from the fire extinguishers.

After the Coast Guard arrived was when I noticed this thick black and white smoke cutting up into the sky and that people were trying to eat. Hopefully, it provided some free entertainment. Thank you, Jay and Nathaniel.

Janis B. Price
Peaks Island

The fund was launched to support island based community development initiatives. Its objectives are threefold: to support efforts to sustain Maine’s year-round island communities through financial assistance that leverage local resources and bridges funding gaps, to provide a mechanism for accessing additional financial and technical resources, and to catalyze new housing and community facility development in Maine island communities.

The grant award supports our efforts to build two additional affordable homes on Luther Street. These grant monies provide a dollar-for-dollar match to money raised from the community. As they work to meet this challenge, the members of HomeStart’s board thank community members who have supported the organization. Donations are tax deductible.

HomeStart board meetings are held at 7 p.m. on the third Thursday of each month at the Par Garman House Community Room.

Mary Terry, Casco Bay Island Fellow

A Letter from HomeStart

HomeStart is pleased to announce the receipt of a $25,000 Islands Challenge Fund Grant, established by Genesis Community Loan Fund, in collaboration with the Maine Coast Mission and the Island Institute with the Maine Community Foundation serving as the fiscal agent.

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The Islands 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 300 words or less. We reserve the right to edit all letters. The newspaper is available by mail for $25 a year. Address should be rooms 120 Brackett Ave., Peaks Island, ME 04108. To reach Kevin Atta, call (207) 680-3316 or e-mail katta@linda.com. Times Times for all rates visit our website at www.islandtimes.org.

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YOGA FOR LIFE

A yogic perspective on health and simple living
BY REBECCA JOHANNA STEPHANS

Rebecca Johann Stephans teaches weekly yoga classes and private yoga lessons on Peaks Island and in Portland. You may direct your comments, inquiries, or donation to 766-3017 or jsyoga@gwi.net.

This column is the second of a two-part series on breathing. Last month, I offered energizing breathing techniques that warm the body, stimulate metabolism, clear the mind, and lift the spirits. This month, I will guide you through Durgai Pranayama, a slow, deep breath that is the foundation of yoga practice. In English, this practice is known as three-part or yogic breath.

The first assessment I do in a beginning yoga class is to watch folks breathe. As we explore simple movements and techniques that expand the breath, students are often deeply moved by the immediate relief they experience. It is not uncommon to find a student quietly weeping upon discovering the simple joy of a full breath.

One of my most vivid memories in this phenomenon involves the husband of a yoga student who was scheduled for open heart surgery. His wife was a regular yoga student and she really wanted him to do some yoga to prepare for surgery. He remained unconvincing, so she brought me right to the house to breathe with him.

I approached this challenge with both the science and practice of breathing to appeal to both his intelligence and his body awareness. Very quickly, ourватент friend became a model student. The first thing he was asked to do after surgery was to blow into a tube to test his lung capacity. He passed with flying colors, and raved about yoga so enthusiastically in rehab that one of the staff signed up for my class.

One of my teachers calls this practice "breath threshold capacity." Many of the yoga practices are specifically designed to bring mindfulness to our current breath capacity and then to slowly expand that threshold by stretching and strengthening the muscles of respiration. As we move the torso into side bends and twists, back arches and forward folds, we open up more and more space for a full deep breath.

The Sanskrit term for the breathing exercises we do in yoga practice is pranayama. Prana refers to life force or vitality, and yawa describes mastery, restraint, or control. At the very heart of yoga practice is the mastery of a full, deep, relaxed breath. Swami Kripaluwanadiji, the teacher for whom Kripalu Yoga is named, once said that as long as you can breathe and move one finger, you can practice yoga.

One of the body's natural stress responses is quick and shallow breathing. This is a fine physiological adaptation for urgent, stressful situations that require some rapid physical response. Ideally, when the stress is over, the system returns to balance. For those experiencing chronic stress, or folks who have simply never learned to regulate their breathing, a habitual pattern of short, shallow breaths may lead to fatigue, anxiety, muscle tension, postural collapse, or a host of stress-related illnesses.

The primary muscle of respiration is the diaphragm, a broad, strong muscle that bisects the torso just below the ribs cage. On inhalation, the diaphragm contracts and presses down against the abdominal organs, pulling air into the lungs. On exhalation, the diaphragm relaxes and pushes air out of the lungs.

Ideally, the abdominal muscles also expand and contract as we breathe. Our cultural fascination with a tight, flat belly wreaks havoc on easy diaphragmatic breathing. In yoga practice, we seek a balance between strength and resilience, so that the abdomen is toned and very strong, but also relaxed and mobile.

The secondary muscles of respiration are the intercostal muscles. These long, lean muscles expand the ribs and contract somewhat like the leather in a bellows or accordion. To complete the three-part, the pectoral muscles in the upper chest also expand and contract. A postural pattern that is either rigidly erect, or habitually collapsed prevents the rib cage from pulsing gracefully with the breath like the fluid motion of fish gills.

When you put these three components together in one long, smooth inhalation and exhalation, you have mastered the three-part breath. I generally teach this breath with students in the prone position shown below. As you practice breathing, count slowly as you breathe in and breathe out, and make your inhalation and exhalation as even as you can.

Over time, slowly increase your count, thus lengthening your breath. Once you become proficient, you can do this breath sitting, standing, walking, driving, or anytime and anywhere you remember. While you are learning, lie down and have a friend read the instructions to you so that you can close your eyes and feel your body breathing.

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

Diaphragmatic Breathing and Wind-relieving Pose
Place your hands on your abdomen just below your naval. As you exhale, gently contract your abdominal muscles and press with your hands to push the air out. As you inhale, relax your hands and let your belly expand into your touch. To explore this breath in a yoga posture, hug one leg in towards your torso with your hands over your shin or behind your knee. Relax 5 deep abdominal breaths and then switch legs.

Intercostal Breathing and Twist
Place your hands on the sides of your rib cage. As you exhale, press gently with your hands and contract your intercostal muscles to push the air out. As you inhale, relax your hands and let your ribs expand into your touch. To explore this breath in a yoga posture, hug both legs in towards your torso; one arm out behind you and the other optionally press your legs gently towards the mat. Relax 5 deep breaths into the expanded rib cage and then switch sides.

Pectoral Breathing and Stretch
Since the movement in the upper chest is often more subtle, we begin by warming the pectoral muscles. Lift your arms so that your fingers point towards the sky. As you exhale, reach up as if you are trying to touch the clouds. As you inhale, relax your shoulders to the mat and expand your upper chest. To explore this breath in a stretch, bend your arms to hold your elbows and let your arms rest to the mat overhead. If that is too intense, slide your hands out to hold your forearms or wrists, or place a folded blanket under your arms. Relax 5 deep breaths into your upper chest.

Bridge Pose with variation
Bend your knees and place your feet flat on the floor about hip width apart with your shins vertical. Place your arms palms down along your torso. Press with your feet and your arms and lift your hips, shifting your weight into your feet and shoulders. Squeezing your shoulder blades together will expand your upper chest, provide a cushion for your spine, and possibly allow you to interlace your fingers. Hold for 5 full breaths into belly, rib cage, and upper chest, and then relax your shoulders and slowly lower your hips. Optional variation: Lift one foot and stretch that leg towards the sky without collapsing the posture, and then switch legs.

Rest
Bend your knees and place your feet flat on the floor about as wide as your yoga mat, then let your knees lean in to rest against each other. Lay your arms in a relaxed position across your upper chest. Rest and feel your body breathing.

Rebecca Johann Stephans, Kripalu Certified Yoga Teacher since 1994, has 22 years experience in the healing arts.
For the love of Peaks!

Philip Munn

Part 1

AS TOLD TO FRAN HOUSTON

This house, on Snake Alley, is called Winchester Cottage out of love and respect for Margaret Randall, who was like another grandmother to my kids, was very kind to us and made it possible for us to own this cottage. That was in 1958, 51 years ago. It has come a long way back but it is very much loved by all the members of the family, both here and now gone. I don't know what else to say except, maybe, that I was born in the Bronx, NY, in 1921, and just passed my eighty-eighth birthday.

I'll mention this, and you may not want to use it, but before I was a year old, I appeared in a silent movie with Will Rogers & Co., called "The Legend of Sleepy Hollow" as a child of a widow, sitting in a wooden kid that never cries," so they said, "Go with Will Rogers & Co., called 1 year old. I appeared in a silent movie fran_houston@hotmoil.com, or call 866.2~86.

Machigonne II gets an assist

We stayed there until I finished six grades of the school and then we moved to Great Neck, Long Island. I lived there for the next 20 years. It broke my heart to leave.

I was a very poor student because of the transfer from a four-room sixth-grade school house on Peaks Island at that time into Great Neck. That school system was one of the top five or 10 systems in the entire country. I got blown out. I finally got my diploma in 1939 and worked in a garage and automobile agency until 1942.

"Herbie, aren't you getting sick and tired of this job?"

"Aviation Cadet" program. We both graduated 2nd Lieutenants, single-engine fighter pilots and I, for one, found out I had a helluva lot more on the stick than I ever knew.

I had quite a career in the Air Force. After I graduated I was made an instructor and was sent back to instruct in an advanced school that I had just left in Napier Field, Alabama. I didn't want to; I nearly died when I got the change of orders on my graduation leave before going into combat. "Give me a gun. I want to fight. I am a fighter pilot."

Machigonne II gets an assist

Two passengers and four crew members aboard, the Machigonne II left Portland on Thursday morning, Oct. 22 on the 5:45 run to Peaks Island, but only made around 20 minutes. It was the second time in a month the car ferry broke down and had to be pulled out of service for repairs.

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For all your transportation needs on Peaks Island

Machigonne II gets an assist

With two passengers and four crew members aboard, the Machigonne II left Portland on Thursday morning, Oct. 22 on the 5:45 run to Peaks Island, but only made a short distance before breaking down due to an engine control system failure. The captain dropped anchor and waited for the Roderick (shown above) to tow the boat back to port while the Maquis was quickly dispatched to make the Peaks run, a delay of around 20 minutes. It was the second time in a month the car ferry broke down and had to be pulled out of service for repairs.
A soldier is remembered for his music
Memorial service for Carlyle Lincoln, Saturday Oct. 10, 2009

BY KEVIN ATTRA

Military honors were given to the man who devoted nearly 30 years to the American Legion Post 142, as over 100 people jammed into the Fifth Maine museum to attend the eulogy of Carlyle Lincoln, better known as Carl, on Saturday Oct. 10.

The invocation was given by Pastor Beau Boyle of the Peaks Island Baptist Church, and the benediction by Norman Provost, the Legion's chaplain.

Barry Harris, elected commander of the Legion's Post 142 this year, described his friendship with Carl as an unlikely alliance and said he was astounded at what Carl had managed to accomplish in his tenure as treasurer of the Legion. "The post owes its existence to the man whose life we celebrate today," he said.

Wife Joanie and daughter Dyanna Carlyle Lincoln, on crutches, both remembered his musicianship. Dyanna said she could even see the rhythm in his breathing. "My dad was the symphony,"

She added that he was "wicked smart" and that when she was young his entrepreneurial ventures included running moonshine, lumberjacking, pig farming and raising chickens.

As to the last, he apparently bought 100 chickens through a mail order service intending to sell the eggs, but he got 94 roosters and only six hens. As a result, they had few eggs and a lot of messy work.

He finally decided to get rid of them, shooting them one by one with a shotgun while he sat in a chair in the middle of the yard, sipping moonshine and playing his banjo.

His youngest son Adam Scott, who forgot his glasses and had to struggle to read his notes, said "I learned: don't raise chickens. I also learned: I'll never become a lumberjack."

He said Carl introduced him to jazz, R & B, rock and bluegrass, and after bringing a baby grand piano into the house, played it all the time. "I hope we hear some bluegrass today," he said.

In military tradition, the colors were retired with a 21-gun salute and the folded American flag presented to his daughter, Dyanna, by the Marine Corps.

At the end of his speech, Cmdr. Harris said, "I imagine God tapping him on the shoulder, saying 'It's time for recall, soldier', and Carl saying, simply, 'Okay Dokey.'"
Helping the Earth one plant at a time!

BY DR. SANDRA WACHHOLZ

Japanese knotweed, commonly known as Mexican bamboo, is one of the most destructive invasive plants in Maine. Without any natural predators, it is rapidly colonizing the stunning landscapes and seascapes of Maine, and in so doing, it is damaging ecosystems and coastal shorelines.

It is everywhere on Peaks Island - in fact, it is the first plant to greet you as you get off the ferry, to your right. In conjunction with the Brackett Memorial United Methodist Church’s commitment to the stewardship of the Earth, an effort is being undertaken to eradicate a stand of knotweed that has emerged at the entry of the church driveway.

As a master gardener on the project, I have carefully removed the stand and am now attempting to inhibit it from photosynthesis by smothering it with 6mm black plastic.

Do not simply cut down a stand of knotweed without taking any further steps, as that will invite it to spread - it thrives on disruption. I suggest you use the following eradication procedures:

1. Remove as much of the plant and its rhizomes [root system] as possible - it has long, stout rhizomes. Do not compost any of the plant as even one-fourth of an inch of rhizome will sprout a new colony.

2. Place a very large tarp or 6 mm black plastic over the cleared area. Make sure that you extend your cover at least 5 feet in each direction beyond the site of the stand.

3. Monitor the area carefully for new sprouts and trample over the plastic every week or two to kill sprouts under the plastic.

4. Be patient - it is an exceptionally strong plant and may take up to three years of careful monitoring to fully remove it from your yard.

The Audubon Society in Falmouth has successfully removed a stand by mowing it every two weeks for three years, thereby stopping its photosynthesis. One look at how it is colonizing various parts of the island should help you gain the energy to take on this plant, now known as “killer bamboo”.

For further information on how to eradicate knotweed or any other invasive plant in your yard, please feel free to contact me at wachholz@usm.maine.edu.

Dr. Sandra Wachholz is a Maine Cooperative Extension Master Gardener who specializes in invasive plants. She has a Ph.D. in entomology and teaches a course on invasive species at the University of Southern Maine.

Community garden takes a small step forward

BY KEVIN ATTARA

Gardeners of Peaks met on Saturday, Oct. 17 at Trout-Littlejohn Park to begin work on the community garden. The main task was to start enriching the soil with compost using a combination of woodchips from the transfer station, horse manure from local riding farms, and seaweed from the backshore.

However, the group found they didn’t have enough manpower or equipment to bring the material to the site. They also found out they don’t have permission yet to compost, only to mulch with woodchips.

“The City has given us permission for the garden,” said Jenny Yasi, “but they’re micro-managing every little thing.” The group plans to try again later this month.

The community garden has received small grants to help with start-up costs. Reportedly it has $230 in a bank account now and another $100 was offered toward the composting project.

According to member Norm Rasulis, “the garden offers a chance for the community to come together. It’s a small step forward.”

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GARDEN page 16 of 16
Island Schmoozing

BY JERRY GARMAN

Islands are resilient and in constant transition. Peaks Island has evolved from a small farming and fishing village to being the "Coney Island of the North", going through a depression sandwiched between two World Wars, followed by a series of financial bubbles culminating in a recession, while still maintaining a strong sense of community.

There are many things contributing to a successful community. Robert Putnam, author of "Bowling Alone", claims that a key element is the creation of "social capital", which he defines as "the connections among individuals' social networks and the norms of reciprocity and trustworthiness that arises from them."

In the 1950s, table talk around card games (schmoozing) became one of the best ways to build social capital. One could schmooze with friends and neighbors about personal matters, politics and life in general.

Putnam claims that bowling, fraternal organizations and card playing are now waning. (Note: Peaks Island at one time had three bowling alleys.) From 1930 through 1980, four card games were popular: canasta, military whist (which later yielded to bridge), gin rummy and cribbage. While most of these early schmoozers have shuffled off to the big pegboard, this card table is decked out ready for schmoozing.

A group of island men - Jimmy Brown, Billy Gustin, Bob Willwerth, Bill Martin, Richard McIntyre and Judge Carl Ingraham - met each morning from 9:00 to 12:00 to play cribbage or gin rummy. Victory was set at 5,000 points. Victory is set at 5,000 point. Each morning from 9:00 to 12:00 to play cribbage or gin rummy and schmooze. If a player had the highest card or a trump card. The first six tricks (book) were not counted. A regimented schedule assigned players to tables and listed the sequence of trump cards. Change of tables and partners was signaled with a military whistle.

Military whist was played at Trefethen-Evenmore Improvement Association (TEIA) on Thursday nights in summer. Entire families would play. Barbara Perry recalls attending with her father, Perry, her mother, Dorothy, and her aunt, Gwen. Mary Ann Sanford can remember the sequence of play, which sometimes had 40 players. You can hardly calculate the permutations when each player joined 39 other players during three hours of play. It was multi dimensional schmoozing.

The game progressed slowly as we exchanged Island news and gossip, which may have been some original "reality tweeting". One player would pick up the rather large pile of discarded cards and slowly integrate them into their existing hand. The other players moved immediately to the libation phase of the game. Sherry, wine or brandy was served while a new level of schmoozing commenced. The game continued for almost three hours with several libation breaks. I do not think we ever finished a game but we did build a lot of social capital.

CRIBBAGE: started as the Tudor game, "Noddy", in the 17th century. The game progressed slowly as we constructed our own card table and included the norms of social capital.

GIN RUMMY: Created in 1909 was the sequence of plar, which sometimes had 40 players. You can hardly calculate the permutations when each player joined 39 other players during three hours of play. It was multi dimensional schmoozing.

A small deck of cards still creates social capital at the TEIA (BRIDGE) and at the Legion (PITCH). Most other card games are played electronically, alone at a computer with no face to face encounters, focusing only on the game. Fortunately, Islands are also creative in sustaining a sense of community. We now participate in such innovative activities as Peaks Fest, Harvest Supper, Pancake Breakfasts, Art Walks, House and Garden Tours, Open Mike Friday, Fairs, Craft Shows, Book Discussions, Lions Club Variety Show and Denise's many activities, all producing new social capital.

The direction and effects of the new social network featuring email, Instant Messaging, Tweeting, Tweeting and Blogging are unknown. It does appear that they are not currently schmoozable.

One of the many seats of "social capital" on the Island, this card table is decked out and ready for schmoozing.

photo by Jerry Garman

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ACROSS

1 First name of Hitler's father
6 Branch
10 Mio
14 Assembly line worker
15 Concept
16 Stock exchange (abbr.)
17 American icon, born 11/2/1734
18 What a cow does
19 Depravity
20 Soil in liquid
21 Day in November
23 House built on
24 Kind of batter
25 Measure of pitcher's value
26 Day in November
29 Day in November
30 Former Attorney General
31 Deity
34 Former Attorney General
35 Like some beef or cheese
36 Purpose-defined group
37 Better black than red?
38 Half gallons
41 "Harper Valley..."
42 South American tree
45 Tilt
46 Day in November
47 What a cow does
48 Deity
49 Day in November
51 Day in November
52 Cat in Zaragoza
53 Cat in Zaragoza
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59 Cat in Zaragoza
60 Cat in Zaragoza

DOWN

1 Umps
2 Spell
3 Orchestrical instrument
4 Eugene, playwright
5 Plain
6 Maine state flower
7 Baby
8 Babies do this
9 Dog breed
10 Egg delicacies
11 The Last King of Scotland
12 Christianity, originally
13 Fires
14 Flat surfaces
15 Of an age
16 Cleveland team, colloquially
17 Kidney-related
18 We need it to walk
19 Diet fanatic
20 Nation descended from Esau
21 Quaker
22 Famous
23 La
24 Dogbreed
25 Occupant of air
26 Day in November
27 Day in November
28 Number immediately
29 Short story cell
30 Day in November
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SOLUTION TO LAST MONTH'S PUZZLE

Scorpio Rising - by Anna Tierney

47 Secret, private
49 Thyroid condition (Br.)
51 Church functionary
52 Festive
53 Recent loser to Brazil (abbr.)
54 Time long past
55 We need it to run
56 Active volcano
58 Lot or title
59 Nigeria and Algeria are members
60 Trial

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SOLUTION TO LAST MONTH'S PUZZLE
Star Gazing

BY MIKE RICHARDS

November means “ninth month,” but it’s the eleventh, because they added January and February to the front of the calendar, rather than the end. Why? Because Numa Pompilius could—being King of Rome and all—and because by 713 BC they were already accustomed to starting the calendar in March and ending in December, having simply ignored the two winter months (easier to do in Rome, I suppose).

The Earth’s 23.5° tilt is slowly shifting away from the sun, and the change in the angle, length and strength of light is stirring the air mass and generating wind and rain, just about out of the annual ice-age we call winter. Fortunately for us in the northern hemisphere, the Earth is approaching perihelion, its closest approach to the sun. Next month we’ll be 4 million miles closer to the sun than in summer, moderating our climate.

STARS

Daylight Saving Time has mercifully ended, letting us get up in the morning an hour later, but for those on the early boat to town, the sun is already up and pouring light into the morning sky, obscuring Orion the Hunter overhead. Orion is the best-known constellation (Big Dipper a past an asterism of Area Majoris), with his three-star belt, and his wide-set feet and shoulders.

The upper left star is Betelgeuse (beetle-juce), a red giant relatively close to our sun at 610 light years. It’s running out of hydrogen fuel and expanding as it loses mass. It’s now wider than Mars’ orbit—150 million miles (our sun is less than 1.1 million miles across). It will someday collapse and explode (supernova), becoming intensely bright for a few months, and then slowly fading into a brown dwarf, its remnants scattered into space to join the star dust that is the dark matter comprising the bulk of our ever-expanding universe and the magnetic glue holding our galaxies together.

Low and to the left of Orion is Sirius, the Dog Star, the brightest star in our sky (well, after the sun). It’s one of the closest at only 8 light years away, so when it goes supernova millions of years from now, Earth may be in Sirius trouble, especially if one of the star’s poles is pointing at us, directing its powerful gamma rays our way.

The end of Daylight Savings Time allows darkness to come an hour earlier, too, showcasing Vega and Altair, the bright stars in the west, and Capella rising in the east each clear evening. Overhead is the Great Square of Pegasus, with his head pointing westward toward the globular cluster M15, and the Andromeda galaxy—Milky Way’s sister galaxy, hiding below the horizon. In the Northeast. Just take your binoculars and use the deep V in Cassiopeia as an arrow-head pointing to a faint smudge lined up with Pegasus’s knees. That’s a whole other galaxy, just like ours. Given all the stars on these planets, you’re going to believe that somewhere there is looking back at us, wondering if intelligent life exists there.

PLANETS

Earthlings tally of extra-solar planets, those orbiting other stars, has now surpassed 400. They are primarily hot, giant planets orbiting close enough to their host stars to make the stars wobble a bit, using Doppler shifts on spectrometers, or which, cross the face of their stars, causing a dip in light production, with a tell-tale U-shape in an otherwise straight line. Meanwhile, the number of our sun’s planets has dropped to eight, following the Astronomical Union’s demotion of Pluto to minor planet status, though that battle is never over.

Our neighboring planets are scattered around the sun, some ahead of us in their orbits, and one behind us. Tiny Mercury is the closest to the sun, so it goes the fastest. It’s now going out of sight directly behind the sun, but the Mercury Messenger website is still worth exploring.

Venus is next, and she’s speeding ahead of Earth, slowly diving down out of sight by month’s end. Earth is next out, a small blue dot in a black sky speckled with distant stars. Next out is Mars, the red planet, which rises around midnight as November begins. But as Earth catches up to it, Mars will rise earlier each night until it comes into prime viewing position next month. All four inner planets are within 150 million miles of the sun, but let’s set our sails to catch the powerful solar wind and move quickly toward the outer planets.

Jupiter is the next planet out, perfectly huge and brilliant white low to the south in the early evening sky, but it’s actually triple Mars’ distance from the sun. Golden Saturn is next, but it’s twice as far away as Jupiter, and nearly as big. Saturn is still ahead of us, so it can dive down to the east at dusk. It’s being circled by the Cassini spacecrafts, which is now exploring the planet’s moons, which its crew is sending photos and other information back to Earth, where it’s all available to everyone on a computer.

Add a billion miles to Saturn’s distance and you approach Uranus, a blue ball of gas currently near the line of sight to Jupiter. Add another billion miles and you’re on Neptune, a blue giant, a bit further to the east of Uranus. Now push the tiller, swing your craft around, and look back at Earth. From this far away (even light takes 4 hours to get here), all you see is a very bright star, but it’s becoming more and more distant from the planets, where its bit is solit and the sun is close enough to provide some much-needed warmth.

ALMANAC

Nov. 1: Daylight Saving Time ended yesterday, so sunrise today is at 6:16 a.m. and sunset is at 4:43 p.m. We’ll now have more light in the morning, and less in the evening—the better to see the stars at night (in astronomy, things are always looking up).

Nov. 2: Full “Beaver” moon sets this morning at 6:13 a.m. over the mainland, just right for those taking the early boat this Monday morning. It rises again at 4:00 p.m. just right for those headed home on the 4:30 boat.

Nov. 3: The moon passes near to the Pleiades star cluster tonight around 10 p.m.

Nov. 7: The moon’s at perigee, its closest to Earth this month, so spring ride this Saturday is an 10.7 feet at 1:12 a.m., but that’s enough to haul any remaining boats out. You should see the tides at Eastport—they’re twice the size of ours.

Nov. 8: Mars is that reddish dot above and to the left of the faint gibbous moon tonight. You should see the tides at Eastport—they’re twice the size of ours.

Nov. 9: Last-quarter moon is high at sunrise.

Nov. 12: Saturn is less than one fist to the left of the moon tonight.

Nov. 14, 15: Last chance to haul boats this month. Tides are high Saturday at 8:42 a.m. and Sunday at 9:30 a.m.

Nov. 15: It’s Sunday and everyone wants to sleep in, but this morning at 9 a.m., if the sky is clear to the east, check out that thin crescent moon to the right of Venus (binoculars may help).

Nov. 16: New moon means no moonlight to spoil the Leonid Meteor Show tonight and early tomorrow morning. Some say this one could be spectacular, like several meteors every minute. Look eastward before dawn.

Nov. 22: The moon’s at apogee, it’s furthest from Earth this month, so repeat tides are barely 6 feet between high and low water.

Nov. 23: A crescent moon sits atop Jupiter tonight.

Nov. 24: The distant moon is high at sunset.

Nov. 30: Sunset is at 6:25 a.m., and sunrise is at 5:44 p.m., giving us barely more than nine hours of sunlight, but we’re only a few weeks from the winter solstice. When the sun will stop its southerly migration and head north again.
Archipelago Gallery
features Peaks Island artists
Staff Report

Archipelago, the Island Institute’s Art Gallery in Rockland, has opened a new exhibit featuring the works of two Peaks Islanders: Jane Banquer and Victor Romanyshyn.

Titled “Ink & Light” the show includes a range of woodcut ink prints by Ms. Banquer and photographs by Mr. Romanyshyn. The show opened in September and runs through Jan. 24 at the gallery, which is at the Institute’s headquarters at 386 Main Street in Rockland.

An earlier show in 2007 at Archipelago featured works by Jeanne O’Toole Hayman of Peaks and Ernie Abrahamson of Chebeague. Ms. Banquer studied woodcut and relief printing at Smith College and worked in other media until returning to woodcut after attending a session at the Haystack Mountain School. Mr. Romanyshyn painted in the East Village of New York City for more than two decades before returning home to Peaks. He first produces a painting and then assembles a still life that he photographs when the light illuminates it.

Established in 2007, Archipelago Fine Arts Gallery provides a venue for Maine’s island and coastal artists to showcase larger works. Hosting exhibits by renowned painters, sculptors, glass-blowers and artists who work in many different media, the gallery displays visions of the Gulf of Maine.

The Island Institute is a nonprofit organization that supports the balanced future of the islands and waters of the Gulf of Maine through a range of forums, programs and publications. It also sponsors Island Fellows, who include Mary Terry of Peaks and Eli Bossin of Chebeague in Casco Bay as well as several others on northern Islands.

Umbrella Cover Museum
hits the big time

STAFF REPORT

Umbrella Cover Museum will be featured on the Weather Channel
Staff Report

The global fame of the world’s only Umbrella Cover Museum on Peaks Island has expanded with an upcoming report about Maine attractions on the Weather Channel.

Executive producer Howard Sappington and senior producer/cameraman Jim Gagne stopped by the Museum Wednesday, Oct. 7 to chat with curator Nancy 3 Hoffman and a few special islander visitors. “They had heard about us from the Maine Tourism Office and wanted to know more about our place,” Ms. Hoffman explained, “so I invited a few folks to stop by and join the fun.”

Special guests included islanders Vinnie Demos, Chris Hoppin, Jon Kelso and Rita Kisten as well as a dozen children from the Peaks Island Children’s Workshop led by Kristen Chalmers and Jenn Nowcis.

The children sang a special song they learned for the occasion, “Come Under My Umbrella.” Then Ms. Hoffman played the museum’s theme song, “Let A Smile Be Your Umbrella,” on her accordion.

The Atlanta, Georgia-based Weather Channel team asked her about the origin of the museum, established in 1996 as a home for some of life’s small and un-appreciated devices. “There is often a sense of whimsy when folks first come to our museum,” she explained. “Of course, we try to be professional but not to take ourselves too seriously,” she added with the well-known twinkle in her eyes.

It all started in Ms. Hoffman’s kitchen after she discovered that she had several umbrella sleeves lying around the house. She started asking people if they had spare umbrella covers, and began gathering them. Each came with a story, and those stories are now preserved in the museum.

The museum has been featured in a number of guide books and other publications, including the Boston Globe and Down East magazine. It includes more than 650 different umbrella covers from scores of countries around the world. Ms. Hoffman has also been interviewed on Sirius Satellite Radio several times and written about in a Brazilian magazine.

The Weather Channel crew reported that the show will be aired some time next year, and will include footage from other Maine attractions. The Umbrella Cover Museum’s media relations department promises to keep the Island Times posted when a date has been set.

Executive Producer Howard Sappington (left) interviews museum curator Nancy 3 Hoffman for the Weather Channel, filmed here by Senior Producer Jim Gagne.

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The Island Times posted when a date has been set.

photo by Chris Hoppin
Shopping Anyone?  

From the FIFTH MAINE

Island groceries

BY KIM MACISAAC
FIFTH MAINE MUSEUM CURATOR

In the days before automobiles filled our streets each island neighborhood had its own grocery store where islanders and visitors could purchase groceries and other necessities. "Down front" were the Great Atlantic & Pacific Tea Company (A & P), Jensen's Market, Brackett's Store, and Morin's Island Market.

Located next to Take A Peak, the A & P later moved a few doors down to the building now occupied by the post office. It was subsequently known as Howard's Market and Abe's Store. Jensen's, between the Cockeyed Gull and Planté's gas pump, was torn down many years ago due to its deteriorated condition. Brackett's burned in the fire of 1936. Morin's is now the Peaks Island House.

Three other stores also served the down front area - Temple's (later Howland's) on the site of the Peaks Island Children's Workshop, Brewer's, and Richardson's. Brewer's, later owned by Harry Files, is now the comfortable home of John and Ann Whitman. Richardson's occupied half of the first floor of Golden Cross Hall across the street from the school. That building was recently converted to condominiums.

Residents of the south side patronized Phillipi's Red and White Market, located halfway between the corner that is currently the home of Ted Hayek. Pelton's Store served cottagers on the backshore and in the Tolman Heights neighborhood.

Each store had its loyal clientele and its specialty. Kids flocked to Jensen's for their penny candy. Webb's was known for the quality of its meat while Phillipi/Feeney's was noted for cleanliness. These days penny candy and Trefethen Evergreen have mostly disappeared but islanders are fortunate that Hannigan's brings together the best qualities of earlier island stores.

HELP PRESERVE WHAT'S SPECIAL ABOUT PEAKS.

Peaks Island is a truly special place, with its rocky shores, its woodslands and its wetlands. Your membership and your donations are crucial in helping us maintain open spaces. Just today Help preserve what we love about Peaks.

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History's in the telling

BY JAMIE HOGAN


After an initial phase of gathering background material, they want to interview local citizens, connecting directly with witnesses and participants in those events.

Classmates Mohammed, Quinn, and Isabel explained their project. Mohammed said, "We want to understand what really happened."

All three took part in a book group last year that read "Claudette Colvin: Twice Towards Justice" by Phillip Windsor and Isabel explained their project. Mohammed said, "We want to understand what really happened."

"We're getting there!" said Mr. MacDonald, who schedules with the City's Public Services Department, the front loader if he had the time, but it turned out he wasn't able to get free that day.

Exhibitors had to be related by blood or marriage to her mother, Dot Flynn, or her aunt, Betty Connor with glass works, son-in-law Adam with photography and cousin Laurie with her quilts. Kathy and her cousin Gayl displayed their own brand of folk art as well.

A portion of the proceeds was donated to the Susan G. Komen Fund which supports breast cancer research (www.komen.org). They each also donated some of their work to a chance table to raise money for the Maine Cancer Foundation (www.maineancancer.org). "Cancer has touched all of us in some way," said Kathy.

Gayl Vail with an array of her work at the Family Crafts Fair.

Family Crafts Fair raises money for cancer research

BY KEVIN ATTAR

Kathy Newell's family of artists and crafts persons sold their wares Saturday, Oct. 10 at the MacYac Center. Said her cousin Gayl Vail, "Got them all in one room for a few hours.

Exhibitors had to be related by blood or marriage to her mother, Dot Flynn, or her aunt, Betty Starney, and included her nephew Connor with glass works, son-in-law Adam with photography and cousin Laurie with her quilts. Kathy and her cousin Gayl displayed their own brand of folk art as well.

Nephew Justin Eddy brought a large collection of his ceramic artwork - he studied pottery at USM - but his full time job is a boat operator with Diver Down. Like Pamela Williamson, he makes his own glaze. His mother, Meg, is also a diver. She got started when the former Mrs. Boyd helped her 25 years ago.

A portion of the proceeds was donated to the Susan G. Komen Fund which supports breast cancer research (www.komen.org). They each also donated some of their work to a chance table to raise money for the Maine Cancer Foundation (www.maineancancer.org). "Cancer has touched all of us in some way," said Kathy.
Teeth get Nash-ed on Halloween

Scott Nash demonstrates passing candy from the "Oracle's" mouth at the haunted castle. (note images of teeth in the adjacent window). Performers included Peaks Island residents Gary Brookman and Kathleen Beecher, Debbie Davis of South Portland and islanders Lisa Tiedehe,tera Morrell, Perry Sutherland, Larys DuCharme and Beth York, who served as choir director for the calls.

BY KEVIN ATTRA

Around 25 volunteers participated in this year’s Halloween extravaganzas at Scott and Nancy Nash’s house on Peaks Island. For 13 years the artist couple have created a haunted theme park on their property, complete with costumed performers and a scary obstacle path that ultimately leads to candy.

“We always try to have a non-traditional theme,” said Scott, “We made a vow never to have pumpkins.” Past themes included Christmas-in-Halloween, prehistoric life, so cute its scary stuffed teeth. “It’s a full story arc,” said Scott. He thought about that for a moment and then added, “There’s no redemption in this one, actually.”

Maine State Housing news

BY MARY TERRY

At the Maine Affordable Housing Conference, MaineHousing Director Dale McCormick announced a revised program designed to help first-time homebuyers with their down payment and closing costs. The conference, held at the Augusta Civic Center Monday, Oct. 19 brought housing professionals from across the state to discuss a variety of housing-related issues.

In a press release the following day, McCormick stated, “Beginning December 1, our revised Gift of Green promotion will provide all MaineHousing borrowers with a flat amount of $2,500 to help with their down payment and closing costs. It will also continue providing the $500 gift coupon for energy audit.

In addition to the grant of $2,500, Mainehousing’s mortgage program lowers fixed interest rates, little or no required down payment, and a mortgage protection program to help eligible borrowers who become unemployed.

Mainehousing offers mortgage with income and home price limits. Many islanders meet the income guidelines and purchase homes that meet the program home price limit.

Potential buyers may access an online tool to learn if they can qualify for a Mainehousing mortgage. The tool allows those eligible for Mainehousing programs to print out a certificate for presentation to one of Mainehousing’s participating mortgage lenders. The tool is available at http://www.mainehousing.com/Eligibility.aspx.

The current Mainehousing Gift of Green, offering Mainehousing borrowers with a grant of up to 4 percent of their mortgage, with a maximum grant of $5,000, to assist with down payment and closing costs program, ends Monday, Nov. 30. To take advantage of the current program eligible homebuyers need to have there loan reserved with one of Mainehousing’s participating lenders by that date. The program also offers a coupon for a home energy audit worth up to $300.

For more information about this and other Mainehousing programs see www.mainehousing.com/housing.
The Gem Winter Show Schedule: Holiday Shop opens Dec. 5. The artist/craftsperson cooperative includes over 25 year-round and seasonal individuals in the handwork media of painting, drawing, sculpture, pottery, jewelry, photography, printmaking, assemblage, fiber arts and writing. The gallery mission is to "share and sell fine art and contemporary crafts and to reach out and create an inviting, professional, friendly space that shares, educates, and celebrates art." Solo and small group exhibitions change weekly and bi-weekly from June through October with larger themed member shows off season and a holiday sale each year. Please call the gallery at 5600 for more information.

At the Dodwell Mid-November through January SAY TIES invites all Cascade Bay area artists to take the vista to hear in every way that they can. Miniature Tannehorns, wood carvings, bark and twisted twig sculptures, leaf rubbings, and photos or other images. The Dodwell Gallery is part of the Long Island Learning Center and is located on the corner of Fern and Ghana Aves. It is open whenever the school is open, which is part of every day of every week of the work. To note these hours go to http://library.longisland.lib.me.us or call 766-2510. For information about participating in the gallery, please contact Maggie Carre: maggiecarre.artsproj@gmail.com or 766-2940.

Addison-Woollley Studio at Studio 203A The Elements Series "Looking West: American Landscapes" opens with a First Friday reception from 5 p.m. to 8 p.m. on Nov. 6 and the gallery will be open daily, including weekends from 11:15 a.m. to 5 p.m. through the following Friday, Nov. 13. Featuring Dan Dow's photographs of the vast American west, the Grand Canyon, Death Valley and more, surprise with unexpected subtleties and beauty. Dan is joined by other Addison Woollley Associated Artists with a selection of related works.

Curator Susan Porter; the Addison Woollley Studio at Studio 203A is located in studio 203A in the Portland Building, 61 Pleasant Street in Portland. Phone 450-8499, www.addisonwoollley.com

The Fifth Main Tours of the building and purchases from the museum shop are available by appointment. Patricia and Kim will be delivering enrichment programs on the historical architecture of Peaks Island and Civil War era topics at the school, and are also available to present programs to the general public. For an appointment or more information, please call Kim at 766-5134 or 332-4890.

The Eighth Main The living museum and built-in lodge built in 1891, providing accommodations for individuals and families. Currently closed for the season. For reservations or more information call 766-5086.

Holiday Concert The Peaks Island Annual Holiday Concert; Sunday, Dec. 13 at 215 p.m. and 7 p.m. at the Brackett Church. Sponsored by the Peaks Island Music Association and directed by Ms. Hoffman, this concert brings together many of your talented island friends and neighbors. Donation requested. Don't miss it.

Music at the Inn Every Wednesday, Day Gate and Tori Merrill play at the Inn on Peaks in the Pub from 7:30 pm to 10:30 pm. Folk, Reggae, Rock & originals.

Dance Classes Classes continue through Dec. 21. Creative Movement (all ages elementary) Mondays 2:45-4:15
Beginning Ballet (older elementary) Mondays 5:15-6:15
Beginning Ballet (teens and adults) Tuesday 5:15-6:30
Drop in classes, $13 each, 10 class card, $110. Contact Sharron 776-5066 (cell) or email sharronandy@gmail.com

The Library First Tuesdays Book Discussion - Nov. 4, First They Killed My Father: A Daughter of Cambodia Remembering by Loung Ung, a memoir by a child survivor of the Pol Pot regime. To reserve a copy, call (541) or email (peaks@portland.lib.me.us) the library to reserve a book. Please include your library card number. Book discussion meetings are at 7 p.m., in the MacVane Community Room.

The Fochier Show - Saturday, Nov. 14, at 9:15 am in the Community Room.

The show by Former Peaks Island and multimedia artist Snaha Barry features storytelling, songs on guitar and ukulele, projected animations and visits from her 5-foot tall furry friends, the Fofers who live on the Special Secret Island of Fof, of T, of Fof. They will perform Saturday, Nov. 14 at 9:15 a.m. at the MacVane Center. photo courtesy Snaha Barry

Author Reading - Saturday, Nov. 21, at 11am in the Community Room. Author Nicole d'Entremont will read from her novel "City of Belief," set in and around a soap kitchen in New York City's Lower East Sides during the Vietnam War. Nicole, a writing teacher, spends summers in Nova Scotia and winters on Peaks, where she wrote some sections of this book. Book cover design is by Jamie Hogan, published by Foxprint Books. Refreshments will be served by the Library Friends.

Nursery-Rhyme Time - Wednesdays at 11 a.m. If you are the parent or caregiver of a child 0-3, or if you have visitors that age, please join us.

Story Time for Preschoolers - Fridays at 10:15am.

The Peaks Island library is located at 129 Island Ave in the Community Center building. Hours are Tuesday 2 pm to 8 pm, Wednesday 10 am to 4 pm, Friday 10 am to 2 pm and Saturday 8 am to NOON. For more information call 766-3549 or visit www.portlandlibrary.com/locations/peaks.htm

PORTLAND RECREATION ANNUAL TREE LIGHTING ON PEAKS ISLAND - Saturday, Dec. 5 at 6 pm "down from" (near the dock) Visit with Santa, decorate the living tree, sing and have refreshments at the Peaks Café!

Please note: All the following programs take place in the community room unless otherwise stated. If possible, please bring an item or two for the Food Pantry to the events listed below. Let's help keep it stocked through the holidays. First Monday Fun for Preschoolers and Adults - Monday, Nov. 2 and Monday, Dec. 7 from 11am to NOON. Have fun with crafts - maybe a bit of dancing and maybe some games:

"Open House" - Friday, November 13, drop in anytime between 11:00 am and 2.00 pm. Theme is Superstitions and Traditions - learn about superstitions from around the world and share some of the traditions that you grew up with.

Bingo Fun - Monday, November 16, 10:45-11:45 am.

Movies: "Modern Times" starring Charlie Chaplin, Thursday, Nov. 19 at 100 pm (87 minutes), Rodyard Kipling's "just so" stories, Monday, Nov. 23 (Family Release Day - children welcome), 1:00 pm (approx. 60 min).

Making Decorations For Community Tree - Friday, December 4, drop in anytime from 11:00 am to 3:15 pm. Open to all - preschoolers, school age children and adults are all invited.

On-going programs:

Walk Program - Monday and Thursday mornings at 8:45 (meet at community building). Indoor stretching will take place in inclement weather.

Low-Impact Aerobics with Yoga - Monday and Thursday mornings from 9:30 to 10:30.

Ping Pong Tournaments - Tuesday evenings (no program on Election Day, November 6) from 2:00 to 6:00.

Adult Basketball - Tuesday evenings, 6:00 to 7:30 at Peaks Island School gym, $7 per night, $90 program on school holidays or school days.

No program during school vacations, holidays, school snow days. For more info, contact Denise Macaroni, Recreation Programmer, at 766-2970, or email dlm@portlandmaine.gov. Additional activities and updates can be found on island bulletin boards.

Youth Wrestling Program Through the Portland Police Department officers Daniel Rose and Lee Smith of the Peaks Patrol are organizing a wrestling program, for children in grades K through 6. The program is informal and sessions will be held when the officers are on duty. Officer Rose has coached wrestling at Bonny Eagle Middle School in Buxton since 1991. To enroll, email him at: danrose@ portlandmaine.gov.

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Children's Workshop
The Program Committee opened the season with a celebratory barbeque that featured the new Interim Director, Lori Froid Moses, to the island.

Parent and Staff Workshop
"Swine Flu: Facts & Fiction" - Wednesday, Nov. 4, presented by Margaret Cushning, from Child Care Connections, training in dealing with this illness in a child care setting.

"Weatherization Workshop" with Harvey Johnson - Saturday, Nov. 7 from 9 a.m. to 11 a.m. A drawing will be held during the meeting for a chance to win an energy audit.

Island Fellows Program Meeting - Monday, Nov. 16 from 6:30 p.m. to 7:30 p.m. (see info at right, this page)

Annual Stone Soup Thanksgiving Feast - Wednesday, Nov. 25, an annual tradition at the Workshop for at least 20 years.

Friday infant-toddler group is from 10:15 a.m. to 11 a.m. while the older preschoolers go to the library for story time.

The Workshop would like to thank its volunteers on the board of directors and various subcommittees, and also those who work directly with the children: Virginia Horne, our foster grandparent; Sue Ellen Roberts, who volunteers time with the children a morning or two a week; Norm Russel, our "Born to Read" volunteer. The volunteers add a depth to the program and we love them.

For more information about the program, please visit our web-site: www.pelcow.org or call 766-2835.

Chebeague Island Kid's Place
The Kid's Place has now determined a location for its new building between the island school and the Recreation Center. The program has been a vital support to young, working parents and the potential to attract families with young children to the Island. For more information contact Kelley Rich, Director, Chebeague Recreation Center (rex@chebeague.net)

Community Food Pantry
At the Children's Workshop, open Monday through Friday, 7:30 a.m. to 6 p.m. during the Workshop's hours and the first Saturday in November through 9 a.m. to 11 a.m. The Food Pantry planning committee has decided to suspend its Saturday hours from December through March, but is working on a system for coordinating delivery of food pantry items. For more information, please contact Susan Hanley at main@pjoc.org.

Brackett Church: Sunday, Children's Choir, Mondays 7:45-3:15 p.m. Contact Mavroussas; she can provide more info, 859-0108. Thrift Shop - Fall Schedule, The first Wednesday of the month from 3:5 p.m. Open - Wednesday, Oct. 7, 10 a.m. Shop to buy for, or drop off, gently used clothes and household goods. For more info contact the Church Office, 766-5013.

Thursday Morning Study: Spiritual Direction: "Christian Pilgrimage," Meeting October 15, 22 & 29, 10 a.m. at the Parsonage.

Prayer Shawl Ministry: Thursday 1-3 p.m. Meeting at Rebecca's house, please call for directions 766-3017. All are welcome! Contact Ann 766-3017 or Rebecca.

Thursday Eve Taize Worship - 7 p.m. Fall Schedule: Oct. 8 & 22, Nov. 15 & Dec. 10. Join us for quiet, low-key worship with candlelight, silence, prayers, gentle music, and communal readings.

Fall Stumblage Sale, Saturday, Oct. 3, 9 a.m. to 2 p.m. 21 per bag from 1-7 p.m. Please bring donations of good useable items to the fellowship hall Tuesday September 29th – Friday October 2nd. For more info contact Cathy Shaw, 766-3894.

Open Mic and Desert Nite, Friday Oct. 16, 7:30 p.m. Bring your story, your music, your poetry, and enjoy a fun-filled evening! For more info contact Sam Saloantoff, 899-0923.

Church Supper, Thursday, Oct. 29, 5:7 p.m. All are invited! Enjoy fresh food and community. Free and open to all. For info, or to contribute call Wally at 766-0923.

Brackett Memorial United Methodist Church, 9 Church Street, Peaks Island, Pastor: Rev. Dest Larson; 707-766-5013; www.brackettmumc.org

Chebeague Island Health Center
At the Health Center Friday, Nov. 6 from 8.15 a.m. to 2 p.m. Jim Lasieci is back! He'll be working Monday's with nurse practitioner Kerry Gilbert.

Acta Medicare Member Meeting on Thursday, Nov. 5 at 10 a.m. at the Community Center. Acta representative John Morrison will be there to discuss upcoming changes in 2010. The Health Center is now open Mondays from 10 a.m. to 4 p.m., Wednesdays from 10 a.m. to 4 p.m. and Fridays from 9:30 a.m. to 2:30p.m.

Fall Leaf Pick Up
To All Peaks Island Residents: The City of Portland Island Services Division will have curbside leaf pick up on Peaks Island the week of Nov. 16 to Nov. 20. Peaks Island residents should place their leaves curbside in biodegradable paper leaf bags by Monday, Nov. 16 to ensure pick up.

Flu Clinics
The City of Portland's Public Health will offer a series of clinics for children at Portland Public Schools later this fall. For specific information contact the City of Portland's Flu Hotline: 877-3946 or visit the Portland Maine health website: http://www.portlandmaine.gov/health/flu. For information about H1N1, call the Maine CDC at (888) 275-0900 or go to fagrances@maine.gov.

Weight Training
Mondays and Thursdays from 3 p.m. to 6 p.m. in the Community Room, with simple ankle and hand weights for strength training and to encourage strong bones. Call Rhonda (248) 1223 for more information.

Recycling Electronics
To recycle your old cell phones or music players, drop them in the collection box at the bulletin board at the library. They will be reconditioned and distributed to those who need them.

WMPG Record Sale
Saturday, Nov 21 from 10:00 a.m. to 4:00 p.m. at the WMPG Portland Sullivan Gym. You find incredible deals on CDs, LPs, DVDs, and more; and help pay operating costs for the radio station at the same time. How can you lose?

Do Not Call Registry
From Rep. Meredith Strang Burgess (Cumberland) office: You may place residential phone numbers on the National Do Not Call Registry to restrict telemarketing calls. The program, created in 2003, is run by the Federal Communications Commission (FCC). To register, call toll-free (888) 872-1935 or visit www.donotcall.org.

If registering by phone, you must call from the number that you wish to add to the list. It is free and does not expire. Only residential phone numbers may be added. The FCC enforces the Do Not Call Registry. To file a complaint, email frc@fcc.gov, or phone (888) 274-5322. You can also use the online complaint form at http://www.fcc.gov/complaints.html.

Contact: Nancy 3 Hoffman has organized the traditional Peaks Island Christmas Concert since 1993. He thinks of it as a cathartic release of community spirit and pent up aggression against oligarchic, monocratic, theologic...OK, I'm making this up, but she does have a plan.

Two years ago, she organized a parody of the Blue Man show that is still talked about today. Can she top that? Ew!

No, but this year will still be worth writing about. (You might want to ask for bail money while you're at it.)
The Eighth Maine A living museum and lodge, rooms and ball rentals and tours. Come for a awesome stay or tour. 13 Eighth Maine Ave., Peaks Island, ME 04108 off Portland (207)766-9061 • www.eighthmaine.com

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Mauri Chupin owner Deborah Kenedy manager

Carpenter for Hire 30 years in the trade

Macey Crome 766-5909

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