Holiday Buy Local
Keep the holiday spirit local
DECEMBER 2010
Holiday Edition Don’t miss the 24th Annual Peaks Island Music Association Holiday Concert at the Brackett Memorial United Methodist Church on Sunday, Dec. 12 at 2:15 p.m. and 7:00 p.m., directed by Nancy S. Hoffman, with the Peaks Island Choral Society and 160 York. This year’s show stars Nicole D’Entremont’s family of puppets performing the Dickens’ classic “A Christmas Carol” assisted by Daisy Braun and Imogen Moxhay, and also features a classical whistler, the Maine Squeeze Accordion Ensemble, opera diva Jennifer McLeod and traditional singing of the Hallelujah Chorus, as well as a host of other surprises. Above, a traditional French Carol was performed at the Brackett Church at the show on Dec. 14, 2009.

Peaks Island Council in reprieve

Newly elected members Erric Eaton, Sid Gerard and Rusty Foster, all self-proclaimed aestheticians, will meet with Marjorie Payne, the only remaining Peaks Island Councilor, on Nov. 29 to discuss and determine the future of the council.

The new members are showing signs of taking themselves less than serious, almost as curteisies of governmental efficiency. "We are sitting here very low, not making any claims. If we accomplish anything at all it will be a triumph," said Rusty Foster.

He said they plan to meet at the lot, in the barest of form. "We are essentially looking at it as a week in progress," said Rusty Foster. "We want to focus on the island itself, working with whom the groups.

As far as communication with programs created by the PIBC to date, he said, "We think that this previous council did with transportation fund was fine. It’s kind of unfortunate that the amount of money is too much to ignore but...it’s little to really do anything with."

According to Foster, after being sworn in they will be called to meet Marjorie Payne’s retirement takes in effect on Dec. 1, giving them a quantum. They plan to appoint three additional members before that date: Scott Kelley, Heather Thompson and Rob Mehling.

"Yes, it is astonishingly plausible that I am actually in line for a seat on the new island council," wrote Scott Kelley in an email. "However, anything can happen until I get my official island council council and tap into, I am not getting up on duty."

Heather Thompson and Rob Mehling also confirmed that they will accept the appointment for at least one year until elections can be held.

"I’m really only keeping a seat warm," said Mehling. "If I was truly running I’d come up with all kinds of ideas."

By KEVIN ATTILA

Second fire in two years strikes a Peaks Island family

Around midnight on Sunday, Nov. 29 an emergency call went out on Peaks Island for a fire at the summer cottage at 160 Upper Street. Initially there was no oxygen in the immediate vicinity a half-hour before, and by the time firefighters arrived the house was on fire.

The near side of an adjacent, red house was also smoldering.

Both buildings are owned by Susan Bessy of New Orleans, whose family lost their cottage at 140 Upper A Island in March 2009. Under similar circumstances, all three houses were unoccupied at the time.

The cottage at 160 Upper A Street is reportedly used, in summer and the adjacent red one used only for storage.

Firefighters on Peaks Island arrived quickly with the engine and ladder truck, but, wood helpless for a few minutes while hoses were being erected to the nearest hydrant hundreds of yards away. In the interim, the second story of the red house caught fire and began to burn vigorously.

Since the cottage was fully involved by then, firefighters focused on salvaging the red house and soon got it under control once the water was turned on, thought it continued to billow smoke and steam for another 20 minutes.

Nine-year firefighters from three engine companies and Ladder 1 in Portland arrived around 12:30 a.m. and worked on both buildings with additional hoses.

Ricky Callow and Nancy Nisenhove were among the few onlookers at that house, both very upset to see their favorite houses on the island in flames. Rick had always admired the red one, he preferred the cottage that was ultimately destroyed.

Walls suddenly crumbled and fire burst out of the windows and the basement to the flames worked their way through the house. Nancy, who never had a house fire before, was awestruck.

"They were tinder houses, all wood," she said. "You don’t get much more wood than that."

When the red house appeared completely under control with hardly a visible puff of smoke, flames suddenly shot out of an upstairs window and the entire second story erupted once more.

Standing in and around the building talking among themselves, firefighters were apparently paying little attention until one finally knocked up, very calmly taking it in - and then they all seemed to move at once. Within minutes it was back under control.

The effort lasted nearly four hours, and Peaks firefighters went out again the next morning to make sure the fire was out.

Deputy Fire Chief Scott Thompson, who led the firefighting effort, said the red house had received extensive damage; the summer cottage was completely destroyed. There were no reported injuries. The cause of the fire is under investigation.

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"It’s time Peaks Island went its own way," he said. "We can survive and bring rains down down.

He agreed with Foster that negotiating with the City is largely a functional endeavor. "I’m not going
Attempted burglary thwarted, victim hospitalized

BY KEVIN ATTRA

Around 9 o’clock Saturday evening, Nov. 27, Peaks Island resident Meikie Jennex was alone at her home on Central Avenue watching TV when she got up to close a shed door that had been banging in the wind.

As she entered the kitchen, she discovered a young man she knew inside her house holding her laptop computer. She said he is the son of a neighbor and occasional resident of the island.

He tried to run away but she chased him and managed to get the laptop back. In the process, she fell and dislocated her shoulder. “He’s very strong, very heavy,” said Meikie.

She screamed for help, but her house is isolated and no one apparently heard her. “It was very horrendous, scary. I’m alone here, you know.”

He held her mouth trying to keep her quiet, insisting that he was only borrowing the computer in order to access a disc he had at his house - eventually her lip broke open.

She said she agreed to let him use the computer, but only in her house and he’d have to bring the disc from his house. “It was a ruse,” she said.

During the next hour he left and returned twice, each time pleading with her not to report him to the police, but the pain from her injuries became unbearable and she called 911.

She said she told him to say that she had fallen down stairs, which she did. He left before the police arrived.

Office Randy Richardson responded and brought her to the fire boat where she told him what really happened. She was treated at the Maine Medical Center and remained there overnight.

Officer Richardson later recovered the computer for fingerprinting. According to Portland Police Sergeant Dean Goodale who is supervising the investigation, the suspect was still at large as of Monday, Nov. 29.

“The detectives here are pretty much decision making right on,” he said.

The police will be able to make an arrest once the suspect has been positively identified. “I’m ready to identify him,” said Meikie. “I definitely can identify him in a lineup. I know the young man. He’s not an enigma to me.”

Several friends and neighbors guard their valuables while she was in the hospital, and stayed with her after she got home, concerned that the police had not taken any action or contacted her over the weekend.

“It’s not very reassuring,” said one, “that something like that can happen to you and then be left wondering and alone.”

Another friend familiar with the suspect and his family was particularly concerned for his mother. “I’m just broken hearted for her,” she said. “It’s a mom’s worse nightmare.”

She added, “I hardly recognize our island these days.”

Office Richardson also explained that a record of the woman’s injuries will be taken before the police arrive.

At the Ladies Only Ball

BY KEVIN ATTRA

An after school drop-in program for children at the Peaks Island library got started in October as part of a community policing program by SMCC student Taylor Cusack.

Cusack, 21, is studying criminal justice at the community college where he specializes in blood splatter analysis. He is in his third year of the four-year program, having previously been a culinary arts major.

“It suddenly hit me that I wanted to help people.” He decided he could make an impact on the way policing is conducted.

The Wednesday after school program is a learning project with kids from Mr. Hanscomb’s class at the Peaks Island School, and Cusack’s way of getting to know the kids on the island.

He said traditional policing is reactive while community policing tries to be proactive. It involves the community in preventing crime by identifying things that support crime and taking them out.

For instance, a lot of drug dealers might hang out at a particular corner because there’s a payphone they can use to set up deals, so the phone booth will be removed.

Cusack said community policing is also effective in reducing crimes like prostitution and neighborhood nuisances like vicious pets or consistently noisy parties. It is not very effective in dealing with domestic violence or random crime.

He said that community policing is only 10 years old, according to his instructor. It is now required training for all police officers.

Play and police work combine in after school program at the Peaks Island library

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Chebeague Board of Selectmen announce new town administrator

BY DAVID HILL, CHAIRMAN

The Selectmen of the Town of Chebeague Island are pleased to announce the appointment of Eric Dyer as Town Administrator effective Jan. 2, 2011.

Mr. Dyer comes to Chebeague with direct professional experience working on a Maine island and as an active member of the island community. He served as an Island Institute Fellow for the Town of Cranberry Isles before taking on the role of Facilities Supervisor there.

Mr. Dyer has demonstrated ability in areas of planning, public relations, transportation, affordable housing, waste management, public services, marine infrastructure, road management and other areas unique to the context of Maine islands. We believe his experience, sense of community, and flexibility will be great assets to the Town of Chebeague Island.

Mr. Dyer succeeds Scott Seaver, who has ably served the Town of Chebeague Island since 2006. We thank Scott for his service to the Island and wish him all the best in his retirement.

Chebeague Island is Maine's newest town, incorporated on July 1, 2007. Mr. Dyer is a welcomed asset to the Island with the many challenges and opportunities it offers.

Bronze Plaque honors Peaks Island Land Preserve at Battery Steele

BY ANNE WHITMAN

On Oct. 3, a bronze plaque was installed at Battery Steele to commemorate its purchase by the Peaks Island Land Preserve 15 years ago. The threat of development, and with it the potential disappearance of a much loved and often used open space, was the catalyst for the formation of PILLP, and Battery Steele was the first of its many acquisitions.

The plaque also honors the individuals who were instrumental in the effort to raise the money for the purchase of Battery Steele. It was through their hard work and the very generous contributions of many individuals that enabled this property to be preserved forever as a recreational and historical site for the use and enjoyment of all.


The plaque was conceived of by Norm Proulx, PILLP board member and vice president emeritus, and with the effort and vision was made possible. Make a visit soon to the Battery to see the plaque and enjoy this truly special place.

Storm briefly knocks out power

Wind gusts up to 63 mph were recorded in Portland early Monday, Nov. 8, blowing limbs and power lines down throughout the area and leaving over 61,445 CMP customers without power for a few hours. Damage on Peaks Island, like that shown above, was cleaned up and power restored that day.

Are You Safe In Your House?

BY CHRIS HOPPIN

Hopefully, the answer is yes, but for many homes that reply may be incorrect.

Like many of us in the 21st Century, today's Portland Fire and Police Departments rely on technology. But for them, technology helps them respond to emergencies.

Specifically, whenever we dial 911, the switchboard lights up and the professional responders answer our call.

However, experience has shown that sometimes the caller is distressed and unable to tell the 911 operator their address. Or, in the case of a visitor or part-timer like a summer renter, they may not know the actual number and street address.

That's where technology helps by displaying the correct address - house number and street - on the 911 operator's desk screen. Then help can be dispatched to the scene of the emergency.

So, what's the problem?

Look around our island homes and you will see, although many have names, many others do not have house numbers. Responders need house numbers to reach those in emergencies.

Recent discussions at monthly meetings of Peaks Island's Community Emergency Response Team (CERT) have focused on this issue.

And, it's a serious problem. The Post Office reports more than 25 percent of Peaks homes are not numbered.

Although our postal carriers are sometimes able to deliver the mail if they recognize the name of the addresser, sometimes they must return mail to senders.

In emergencies, police and fire officers need our help to respond quickly to our calls.

Please prominently display your number on your house in the name of safety.

New Release from Down East Books...

Ice Harbor Mittens

Illustrated by Island artist Jamie Hogan

Now available at Peaks Cafe and Longfellow Books
Lines from Casco Bay

BY CHRIS HOPPIN

This December column represents a transition for me to write about broader topics than Casco Bay Lines. Although I no longer hold a board member of the Casco Bay Island Transit District, I intend to be active on several committees, as I have been since 1999. I urge other islanders to participate with these volunteer groups as well. Visit www.cascoislandtimes.org for more information.

Last month the Island Institute (www.islandinstitute.org), which supports all islanders with a wide range of programs, hosted its annual Sustainable Island Living Conference in Rockland.

Dooms of interested islanders attended, including several of us from Casco Bay. Some people were from islands as far away as North Carolina.

Dutch windmills are more than 200 working boars in Maine, including Vinalhaven. When we reached Vinalhaven, our bus driver, Alan Baker, drove us less than a half mile to his own house and invited us to step out onto his driveway where again we were unable to hear any noise from the blades.

Afterwards we enjoyed a terrific tour of the modern Vinalhaven School conducted by school leader Gloria Delsandro. It was built in 2003 and serves nearly 180 students, grades K through 12. The school's wings separate classrooms by age groups, and the library, gym and auditorium are used by the entire community.

Next we drove to Vinalhaven's commercial downtown for a special treat and lunch at the Arts and Recreation Center. There we learned that the two young people who had prepared our meal, Gabe McPhail and Tristan Jackson, are part of a two-year youth program called VHARC.

Many of us expressed interest in renewable wind power. We visited Vinalhaven Tourists- A group of interested visitors got an update on the Fox Islands Wind Project during a tour of Peaks Island. That tour was part of our motivation to visit Vinalhaven.

The 8:45 boat ride on Saturday morning from Rockland to Vinalhaven aboard the Maine State ferry reminded us of our own Portland-to-Cat Island run, except it was a 1 1/2-hour, 15-mile excursion with some periods of rock and roll in the Penobscot.

When we reached Vinalhaven, our first impression was its remoteness. The harbor was filled with many lobster boats and we learned there are more than 200 working boats in the community of 1,250 year-round residents, 4,000 in the summer.

Vinalhaven's Town Manager Marjorie Brantley met us with a school bus, and took us on a mini-tour of the islanders inclu.ding Vinalhaven and its neighbor North Haven.

The Peaks Island Environmental Action Team is in the process of collecting wind data from a meteorological tower located in Trout-Littlejohn Park on Peaks Island. That project was part of our motivation to visit Vinalhaven.

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Vinalhaven's Town Manager Marjorie Brantley met us with a school bus, and took us on a mini-tour of the town. We rode thru downtown's Main Street lined with homes and stores and soon left it for a slightly inclined country road lined with trees. We passed a granite quarry and learned that producing granite has been a long-time industry on Vinalhaven.

After a few minutes, the bus pulled into a short driveway blocked by a yellow pole gate at the entrance to the Fox Islands wind farm. It was really day and the wind was blowing very hard, so we stayed on the bus for a few minutes while our Island Institute guides, Birgitta Polson and Suzanne Pude, who had coordinated the tour, explained what we were about to see.

When we stepped outside, we heard nothing unusual, and we were surprised to learn that the three giant turbines were only a few hundred yards away. There was barely a hum. We walked up to them and were amazed by their size.

They stand nearly 300 feet from ground to blade tip. Each blade is 124 feet long. The wind farm was designed to generate 11,605 megawatt-hours annually, but is actually producing 11,865 MWh as of last month.

Although 99 percent of the island's residents favor the wind project, according to a May 2010 survey, a half dozen families have been attracting a great deal of media attention with complaints about noise and impact on property values.

Even with the high winds that day, the massive turbine blades turned slowly, more like ponderous Dutch windmills than the whirring aircraft propellers they resemble.

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For the love of Peaks!

Marge Erico

I fell in love with this island when I was 16. My mother had been here a lot of the years when she was in her teens and early adulthood, and she couldn't speak more highly about it. She just loved it, so she brought my sister and me down here. It was just beautiful. It was quiet. Of course, they didn't have many cars. It was quiet. It was amusing or controversial memorable judgement. Only for or claim to be an island character.

Well, I fell in love with it walking up the street, to Welch Street from the boat, and it was just beautiful. It was so quiet. Of course, they didn't have many cars. It was quiet. It was calm. It was restful. You could look around. Nobody was in a hurry, and it was just the most beautiful feeling.

And when we arrived at my cousin's house, you know, it was like your own home. They opened the doors and we had our bedrooms upstairs, and we just were -- they couldn't have been more perfect as host and hostess, really. And we had visited them up to the time when they had to give up their house when they were in their eighties. Because of ill health, they had to give up their home.

But Peaks Island, I fell in love with it. And we used to go down to Hadlock Cove and sit there and go in the water swimming, and of course we wouldn't do that today. It's too darn cold. You know, it comes up to here and you're going to have a heart attack.

But we all have so many good memories, and that -- memories of the older people. The Flyns, they sat and looked down at Hadlock's Cove. He had a lobstering business and she would cook the lobsters and we would buy them all cooked, which is nice. You didn't have to go home and, you know, smell your house up with the lobster odor -- I don't think it was the fragrance at all. Have you cooked lobsters?

Well, I fell in love with it walking down to Hadlock's Cove or Sandy Beach to get the sun mostly. And there was a big, big rock -- big, huge rock -- and this is at tea time out on the sun porch -- Marjorie, be of service to others. And that's carried me all the way through, and I've tried to teach that to my kids, and I think it works.

Oh, well, this island, my island. I'm going to be here until the Lord takes me home.

Peaks Island Experiences

Island Characters - past & present

Criteria:
1. Must stand out among other islanders
2. Must be visible and omnipresent
3. Must be interesting and memorable
4. Must have some eccentricity, amusing or controversial
5. Must add to island lore

You can not aspire to be, ascription for or claim to be an island character. Only islanders and time will make that judgment.

Some candidates:

Bud Perry - Sat on a wall like Humpty Dumpty, blew smoke through his ear and was the source of many island rumors.

Doug MacVane - Professional beachcomber who always spoke at all meetings, not necessarily on the current subject, and walked slowly but did carry a big stick.

Jimmy Brown - Sold bread, delivered packages and played cards daily.

Billy Gustin - Had photographic memory and would knit a sweater for a carefully selected recipient.

Perry Rockafellar - Stamp collector and tennis instructor, always had his eye on the ball.

Bobby Spear - Lobsterman who may or may not sell them, loves racing.

John Feeny - Had probably issued credit to every islander, a credit to his race.

Ed Latham - Volunteered as many hours at the Lions Club as he did at work.

A.J. Alves - Know by his initials, always on the road, has never been seen without facial hair.

Coye Johnson - Character in the making, provides live lobsters and accepts dead island cars.

Don Webber - Sipped northern half of island with provisions and always had a large wheel of rat cheese.

John Flynn - Focused on an issue of laser-like precision, when asked how long it took him to get to Portland in his lobster boat, answered "about two beers".

Arabella C. Anderson - Listened to her "Casco Bay Philharmonic" but thought the brass section had a few too many fog horns.

Teddy Haykal - Combination of Tseye from "Fiddler on the Roof" and the Innkeeper from "Les Miserables", has framed many island men, women and pets.

Bettie Sterling - Helped the Red Sox win the world series, attempted to beautify all island women with her Avon elixirs.

Nancy 3 - Mary Poppins with an accordion, her hill is alive with the "Sound of Music" on a bed of umbrella covers.

Barbara Goelman - Ballet teacher, a member of the original cast of Oklahoma.

Stan Newell - Ascends to great heights, makes a chainsaw talk and brings warmth into our homes.

Sam McCain - An advocate for all things good (imagination, passion and tenderness).

Jon Morris - Beloved mailman who besides the house that's on Sandy Beach there. It was huge. And we used to, at high tide, we could stand on that and dive into the water, and that was fun.

I've had a lot of good times on this island, a lot of sad times when losing people, but at least I was able to be there for them, the families. I'll tell you something. My grandmother was a little old woman who came from Nova Scotia, and seems to me she always dressed in black, long skirts. And she told me one time, "Marjorie" -- and this is at tea time out on the sun porch -- "Marjorie, be of service to others." And that's carried me all the way through, and I've tried to teach that to my kids, and I think it works.

Oh, well, this island, my island. I'm going to be here until the Lord takes me home.

To comment or buy a book, please go to www.forthehkevepeakr.com or find me on facebook.

Looking for more Louis? If you'd like to recommend someone or yourself for me to interview please contact me. I'd like to include other Casco Bay Islands also. Contact franhouston@hotmail.com or call 807.2157. Thanks.
Letters

A letter from the editor

It's very hard to write clearly about something I feel passionately about. I tend to make declarative - That is just wrong! - or start every sentence with "And another thing." It's sad because when I'm in that state, I desperately want to be convincing.

The thing is, we all have our own ideas about what is good and bad, or right and wrong and all that, so if I really had it together I'd embrace the differences, live and let live, hail well fellow.

Except I have this problem with people telling me what to do.

As we approach the new year, a common thread is reaching its conclusion. In two years the federal law mandating all U.S. citizens to buy health insurance will supposedly go into effect.

In the great American tradition, anyone who doesn't comply will be fined.

To me this is an astounding response to the public outcry for health care reform, right up there with Marie Antoinette's "let them eat cake".

The average cost of health insurance cripples any household earning less than $60,000 a year, and the number of people dropping health coverage is going up not only because it's absurdly expensive, but for many it's not even cost effective.

A reasonably healthy individual might spend $500 a year on doctor's visits, but let's be generous and say he's a hypochondriac who gets $2,500 worth of check ups annually.

That's a little over $200 a month. The average premium is closer to $400, so we have health insurance.

The ostensible justification for that is in the what-if scenarios - the health risks - which abound like slot machines in Nevada.

Be that as it may, in 2014 our hypochondriac won't be allowed to make his own gambling bets anymore, to calculate for himself the costs and benefits of a life he chooses.

Our legislators have solved the problem of unaffordable health insurance by making us buy it.

What really alarms me is how silent we are about it, though there are some who say it's a historic step forward. I'll grant that it is a historic step.

The health care bill takes away our freedom to choose the risks we take for ourselves in this, our one and only life as far as I can see.

But more insistently, it gives the authority to rule us, normally acquired by popular election, to an industry with vested interests unrelated to the public good.

Hasn't anyone else noticed this? Am I missing something? I hope not.

As I see it, this law has no validity or authority over me, and I for one will not comply.

View Of The Chair

BY ERIC EATON AND RUSTY FOSTER

Eric: I don't mind writing the "view of the chair" but maybe we should write it together, like a Beckett dialogue.

Rusty: Hal OK. How should that work exactly? Or have we already started?

Eric: I guess. Maybe we should intersperse a word count-down.

Rusty: Sounds good to me. What are we supposed to be communicating?

Eric: The fact that we exist, and we have low expectations for achievement, but high expectations for amusement.

Rusty: Yeah, Those are key points.

Eric: Or something. Maybe we hash that out in the column.

Rusty: And that we don't really want to talk to the city, if it all possible, since it's proven to be largely pointless. And we have, you know, things to do.

Eric: Right. I mean, I don't even want to talk to people on the boat usually, and I like them.

Rusty: Yeah. It's a historic experiment in non-governance by the antisocial. So that's only about half of it. We've still got, like, 200 words. Oh, we didn't say what we were going to do, so I guess.

Eric: Augh. I have to type some more? I have a meeting in about 5.

Rusty: No, I think we can wrap this up quickly. We want to see what we can do to help the volunteer groups already on the island.

Eric: They're nice.

Rusty: We want to keep the funding decisions of the old council, pretty much, as far as we know.

Eric: I guess. Maybe start a lush fund or two.

Rusty: Um ... and we want to give everyone a pony ...

Eric: The kind with a horn on it's forehead?

Rusty: ... and repeal Don't Ask Don't Tell. No, that's a unicorn or a narwhal.

Eric: They're nice.

Rusty: Ok, that's probably about 500 words. Good enough, right?

Eric: Works for me. Want the last word?

Rusty: Not really.
YOGA FOR LIFE
A yogic perspective on health and simple living
BY REBECCA JOHANNA STEPHANS

Rebecca Johanna Stephens teaches weekly yoga classes and private yoga lessons on Peaks Island and in Portland. You may direct your comments, inquiries, or column ideas to 776-3027 or rjstephans@pressherald.com.

Recently, Linda and I hosted a dinner at our home. One of the guests follows a vegan diet and lifestyle, which means that she neither eats animal products nor wears leather, wool or any other animal-derived clothing. I was pleased to accommodate her, as I am often the one with special food needs.

The main course was easy for me, but I also wanted to make a dessert that fit our meal and honor our body's needs rather than just impose structures that may or may not resonate with our best interest. As we do this, modifying the practice to suit our needs, we also learn to respect the individuality of the other students who are practicing with us and refrain from judging them or ourselves as better or worse.

I often write about yoga as paradox, a practice that is unique to each student yet also a community practice that includes everyone. This recognition and inclusion has become one of my highest priorities as a yoga teacher. It is not unusual for me to teach a class that includes young, fit athletes, middle-aged students with various injuries, and an octogenarian or two. Hopefully, you're beginning to see the connection between this aspect of our yoga practice and the holiday meal. Could we possibly expand our hearts and minds wide enough to welcome all the eclectic folks to the table as they are without making anyone right or wrong, good or bad, healthy or dysfunctional?

There was a time when I was very rigid and righteous in my approach to food and health, trying to convince everyone that my way was The Way. Just as my evangelizing was misguided, so is rejecting someone who is experimenting with the relationship between food and health an unskillful response to a perceived difference.

After I gave up evangelizing and accepting a pure diet, my intention became to be able to eat whatever my host offered. That worked for a while until I began to notice persistent health issues that are most effectively resolved by a change in diet. Now I either refuse what is offered or bring my own food to gatherings. I do not mean to be rude and I am always grateful when my choices are accepted without much fuss.

This year, I invite you to redefine tradition. Search for the gem at the core of your celebrations and keep that completely intact. In service of connection with the ones you love, let everything else be optional.

When you gather this holiday season, please keep your heart and mind open. Perhaps experiment with some different ways of cooking to surprise a family member with unusual dietary habits. I have learned to handle raw meat after 20 years of being a vegetarian—anything is possible. And, please, please do not persist when someone says, “No, thank you.”

My autumn tradition in yoga class is to focus on the Chakra system, a series of energy centers along the mid-line of the body. The root chakra, at the foundation of the system, is where we hold our ground, resist change, and meet our basic survival needs. Changing your diet or your traditions can feel like an earthquake from the perspective of root chakra.

The crown chakra, at the apex of the system, carries the energy of awakening consciousness, thoughtfulness and experiencing ourselves as an integral part of the web of life. The heart chakra, right at the center of the system, is where we cultivate compassionate acceptance and sustain intimate relationships through joy and hardship. When the earth rumbles with change—even desired change—we call on the heart and crown chakras to help us respond with grace and wisdom.

I developed the balancing pose sequence below to embody each of the seven chakras, from root to crown. The series begins and ends with mountain pose.

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

<table>
<thead>
<tr>
<th>Mountain Pose</th>
<th>Root Chakra, Earth, Tree Pose</th>
<th>Sacral Chakra, Water, Crane Pose</th>
<th>Solar Plexus Chakra, Fire, Balancing Gate Pose</th>
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<tbody>
<tr>
<td>Heart Chakra, Breath, Dancer Pose</td>
<td>Throat Chakra, Sound, Balancing Moon Pose</td>
<td>Brow Chakra, Sight, Eagle Pose</td>
<td>Crown Chakra, Consciousness, Warrior III Pose</td>
</tr>
</tbody>
</table>

Rebecca Johanna Stephens, Kripalu Certified Yoga Teacher since 1994, has 24 years experience in the healing arts.
Star Gazing

December hosts the winter solstice on the 21st, when the sun stops its migration southward and creeps north again. The global line directly under the sun this day is the Tropic of Capricorn, running through South America, South Africa and Australia. There on the solstice, the noon-day sun is directly overhead and shadows are entirely underground.

Here on the solstice our shadows are twice as long as we are tall, as the North Pole tips 23½° directly away from the sun. Added to our latitude of 43½°, the sun is now only 23° above the horizon, and it’s up for only nine hours a day. We call it the beginning of winter, but much of the world considers the solstice to mark mid-winter. This solstice would be special enough only because it coincides with a full moon, but it also coincides with a full lunar eclipse.

The moon will get deep red, as Earth’s atmosphere bends the light so only the longer red wavelengths hit the lunar surface. The moon’s also just a few days from perigee, so it’s closer to Earth than normal and fits better within Earth’s shadow. Modern astrologers are already busy with this confluence of celestial events, so one can only wonder what this would have done to the folks in cloaks at Stonehenge on the wind-swept plains of Salisbury a few thousand years ago.

METEOR SHOWER

This month also heralds the Geminid Meteor Shower, starting around Dec. 6 and peaking on Dec. 14 before fading away. Some observers predict multi-colored meteors at a rate of one every 20 seconds! The best view will be backshore, or anywhere looking eastward over Casco Bay between midnight and dawn.

These meteors are remnants of the asteroid 3200 Phaethon (“pay-ath-on”) discovered in 1983. Only two miles wide, Phaethon approaches the sun and planets at an unusually steep angle and comes well inside Mercury’s orbit before the sun slings it back to outer space. This close encounter heats Phaethon’s surface to 1400° F and leaves behind a trail of carbon dust, through which Earth spins, its upper atmosphere catching the ‘falling stars.’

Jupiter rules the evening sky, and it may be getting its southern equatorial band back, as a storm is brewing on that latitude. Venus is waxing crescent and graces the dawn, like the star ‘blazing in the East beyond them far.’ Speedy Mercury starts the month as an evening star on the western horizon, flies directly in between Earth and Sun (“inferior conjunction”) on Dec. 20 and then pops up in the morning below and left of much-brighter Venus. Mars is fading into the distance in the evening sky and not worth scoping now, but Saturn is rising after midnight and just having into telescopic view; its fabulous rings now tilted enough to see the Cassini division between the inner and outer rings. Uranus is near Jupiter, as it heads back east after being in retrograde motion for the last two months.

December 2010 Sky

BY MIKE RICHARDS

Neptune is high in the southwest, but you’ll need the finder charts on line at SkyandTelescope.com

STARS

The winter constellations are back, though they arrive fashionably late in the evening. The great square of Pegasus flies overhead, and the deep V in Cassiopeia (“the big W”) points to our sister galaxy Andromeda hiding in Pegasus’ wake – a great binocular target. Following closely behind is Perseus the King, with his eclipsing variable star, Algol, which dips noticeably in brightness every three days as its partner passes in front. Behind that is Auriga the Charioteer, with its yellow star Capella first catching our eye. Pleiades, the Seven Sisters, is a cluster of newborn stars zooming sideways through space and always worth a look in binoculars. Behind them is a big V on its side, the head of Taurus the Bull, protecting Pleiades from the advance of Orion the Hunter in the east. To his left is Sirius, our brightest star, in Canis Major. Further north are the Gemini twins, lying on the horizon with their heads to the left.

ALMANAC

Dec. 1- Sun rises at 6:53 a.m. and sets at 4:05 p.m. This morning the crescent moon points left to Saturn.

Dec. 2- This morning the waxing crescent moon points to Venus, an inspiring sight for those on the back deck of the early boat to town.

Dec. 5- New moon just after noon today pulls the rides the highest this month, with just over 12 feet between high and low. That’s a lot of water in and out of the bay twice daily, which would be nice to harness if we could.

Dec. 6- Tonight at dusk a thin crescent moon passes in front of Mars, but it’s too low on the horizon to see easily.

Dec. 13- First-quarter moon is high and short test day of the year. Full “Long Nights” moon rises out of the bay at 7:26 a.m. and nestles into the mainland hills at 7:36 a.m.

Dec. 25- Jupiter is high in the southeast at 5:15 a.m. and it’s at apogee, lowering tidal changes to just over 6 feet. The next week is still best for telescoping the rugged lunar surface. All those craters occurred on Earth, too, but our weather erased the evidence of all but the most recent impacts.

Dec. 14- The Geminid meteor shower peaks early (2 a.m.) tomorrow, and the moon sets just after midnight, so go backshore or just look eastward and you should see two or three meteors every minute or so.

Dec. 29- It’s Moon-day, so you can stay up late tonight and watch the full lunar eclipse on the solstice, though it doesn’t reach peak darkness until after 3 a.m.

Dec. 21- Winter Solstice at 6:58 p.m. today, giving us the longest night and shortest day of the year. Full ‘Long Nights’ moon rises out of the bay at 4:35 p.m. and nestles into the mainland hills at 7:26 a.m.

Dec. 27- Last-quarter moon is high at sunrise.

Dec. 31- A thin crescent moon slices past Venus in the first blush of dawn.
Hannigan's Island Market

Hannigan's Island Market
76 Island Ave
Peaks Island, ME 04108
207-766-2351

Hannigan's Market has a handy line of fresh produce, meats, canned goods and deli counter where you can get fresh pizza and delicious sandwiches.

"I buy everything I can at Hannigan's because I want them to be there," said island resident Marjorie Phyre. "It's amazing how much he has." Shop Hannigan's and help keep Peaks Island self-sufficient community.

Peaks Cafe owner Lisa Lynch has a variety of seasonal decorations, games, T-shirts, books, photography and great food. She offers catering service for most occasions on the island.

The American Legion Randall MacVan Post 142 supports the Peaks Island community in many ways, from sponsoring local events to student scholarships. A social network and popular place to be with friends and neighbors, the Legion also features a Happy Hour weekdays from 4 pm to 6 pm. Phone 766-2102 for more information.

BOOK SIGNINGS for the Love of Peaks, by Fran Houston and A Glimpse of Old Peaks Island by Boyce & Curran, et al, at the Loretta Voyer Fund Craft Fair at The Inn on Peaks on Dec. 4 from 9 am to 2 pm; at Peaks Cafe on Dec 11 from 11 am to 1pm; and at the Gem Gallery on Dec. 18 from 2:30 pm to 5. Also featuring Ronда Dale and Kevin Atta.
Events & Charities

Loretta Voyer Fund Craft Fair
At the Inn December 4 from 9am to 2pm

Join Peaks Island artists and craftsmen in supporting the Loretta Voyer Fund. Come to the Loretta Voyer Fund craft fair to find hundreds of handmade gifts and win a beautiful raffle prize.

The Loretta Voyer Fund provides car ferry tickets to island residents with cancer, allowing them to travel to and from their hospital appointments more easily. The craft fair is our annual fund raiser, but donations are accepted any time. Please send donations to: The Loretta Voyer Fund, c/o Monique Levesque and Claire Fillietaz, 13 Greenwood Street, Peaks Island, ME 04108

Peaks Island Childrens Workshop
LOOKING FOR STOCKING STUFFERS? 2011 Boat Cruise Tickets, $25; 2011 Peaks Island Calendars, $15 ($2/calendar goes to PICW); Peaks Island Coloring Books, $10, PICW

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The Leaf-Glob

BY ELISA MEMBRENO, GRADE 4

The Leaf-glob is an invertebrate. It is two inches tall and about three inches wide (including the wings, which are each one inch long). The wings are shaped like leaves to help the Leaf-glob camouflage with its surroundings. The Leaf-glob's body is also made for camouflage. The body of the Leaf-glob looks like a poofy ball gown with little frills at the bottom. But the frills are really the things that make the Leaf-glob move. Sometimes the frills can get damaged, and the Leaf-glob has to hop. The frills can grow back, it just takes a year or more to do so. This is called regeneration. Leaf-globes can live up to 20 years.

The Leaf-glob habitat is usually a big Pignut Hickory tree in West Virginia. It camouflages into the tree by changing its body color. The Leaf-glob is green in the summer and spring. It is red, yellow, orange and brown in the fall, and finally it is white in the winter. The wings change color with the body too.

To survive, the Leaf-glob builds lean-tos. It uses its pincers (which are on top of its feelers) to pick up the sticks. The lean-tos are about four or five inches tall and around four to six inches wide. The Leaf-glob has no eyes; its feelers do all the work.

The Leaf-glob eats lots of things so you'd better make sure your name isn't said! The Leaf-glob eats (are you sure you're ready for this?) things with names that start with the letters Q to Z. Some advantages that the Leaf-glob has, are that it is poisonous and it is slimy. It gets all the moisture that it needs from its slime.

So, if you live in West Virginia and you're a good observer, take some time to look for a little Leaf-glob. (P.S. They like bananas!)

Illustration of the Leaf-glob by Elisa Membreno

The Female Praying Mantis

BY ISABELLA LEVINE, GRADE 3

The female praying mantis pray it does and when it comes to eating, crickets are a good snack. Well, to tell when a female praying mantis prays, yes you will see it put its green thin legs up in the air and bend them while it prays (for crickets), yes then put its legs down, oh yes and maybe walk around, oh yes while you watch amazed, and that my child, is a female praying mantis's ways.

Luna Soley found this large praying mantis on a window sill and brought her to school. The kids named her Sticky. The insect is believed to have escaped from Jim Luasser's nursery.

Photo by Anna Mitchell

Stuck

BY ANNA MITCHELL, GRADE 5

Sticky would fly. Sticky would soar. If she only could use her wings. Sticky would pounce. Sticky would jump. If she were on a trampoline. Sticky would roll. Sticky would fall. If she were on a hill. If her world were not glass-walled, Small, Sticky would talk, Sticky would laugh. If she only had our vocal cords. And words.

Winter Dreams

BY ISABELLA LEVINE

Sledding with Dada on my orange sled down our hill, ice skating, candles on a menorah, snowflakes, snow shoes, winter clothes like hats, warm socks etc., hot cocoa by the fire, snow covering everything.
Stop, Drop, Roll!

Capt. David Pendleton of the Portland Fire Department’s Marine Division, with Fire Fighters Joe Murphy and Sean Donaghue and Police Officer Rob Lauterbach, led a discussion of fire safety techniques and gave kids the opportunity to explore emergency vehicles. The workshop was presented as part of national Fire Prevention Month in October. “It was our best field trip ever,” said a student.

The fire truck was cool. They had a trunk with a hose in it and gears on the side of the truck. There were two seats in the front and a big black board with buttons and levers of all sizes and colors. On the top there were two hoses. The ambulance has a stretcher and a bed, an oxygen tank, seats and labeled doors full of supplies. The fireboat was cool too! (Izzy Levine)

When I was on the boat, I thought it was so interesting. My favorite part of the boat was the black window because you can see the toilet. On the fire truck, I love how the seats are so bouncy. (Dianne Deffis)

I learned that the fire truck can go 70 to 80 miles per hour. (Ilo Holdridge)

When we went to observe the fire truck, fireboat and the ambulance, they let us go in the vehicles and do hands-on observations. We also were allowed to go on the top of the fire truck. (Nick Boyle)

Fire! Fire! Get our fast! Call nine, one, one! The smoke is rising, the cool air falls. The firemen teach us to stop, drop and roll. Stop, drop and roll! And find the door and feel the door. The door is hot like boiling water. What do I do? I'll find a way. The firemen teach us to yell and scream. Yell, scream! Here they come, to help me exit. I hate ladders! I push the fear to the back of my head. The back of my head is full! What should I do? The firemen teach us to ask for help. Help! (Anna Mitchell)

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Cover design by Jamie Hogan

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This year they will be celebrating in San Diego, where Danny lives. It will be something traditional?
DANNY: "I don't have the stuff, all the spices it's difficult. Maybe my mother can come over and package it and allow to eat on Christmas.
STEPHAN: "I think we will be very untraditional this year. Just travel a little.
DANIELA: "I'm staying in Boston for the first time, staying working at MIT.
CATHY: "For us, we don't drink alcohol at Christmas.
JASON: "I am not at all doing anything.

About mid-morning on the day after Thanksgiving, I wandered into Lisa's (a.k.a. The Cafe on Peaks) and asked owner & operator Lisa Lynch if I could accost anyone whom happened in the door and ask what they would be doing for the holidays. What tradition would they be celebrating, if any?

"Not me! My mother normally did this," Cathy said. "And every, like, 3rd year we have snow. And if there is snow it's special one; sometimes it was a goose." According to Cathy, each of her brothers has had his or her own tradition. Cathy's tradition also varies from year to year. "Instead of having snow, we have sort of a brunch thing, hang out with the family up there, do some gift exchange. Then we hit the road and drive down to Casco, we have dinner, do the gift exchange thing, hang out there. Then we drive back to Old Orchard, and then me and mom do a screenshot thing on Christmas Eve."

The kids get gifts and we give, like, little ones to the family. And my mom and dad are there. It's just nice to get together."

DANIELA BEZDAN and STEPHAN OSSOWSKI: Visitors on Peaks Island for the first time, staying working at MIT. Both are currently working at MIT.

STEPHAN: "I am coming from Leipzig which is Eastern Germany. In February I'd go home to the Christmas tree. Let's hear singing Hungarian when I was a child.
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CATHY & RONSHAW: locals with daughters visiting."
CATHY: "My favorite holiday tradition is the roast beef and Yorkshire pudding.
JASON: "$15 or less." For my money, there's nothing wrong with making your own roast beef and Yorkshire pudding.
"My brother makes it every year, and it's just really good.
"Do you think that is a kind of fun to make?"
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"What I do, 'cause I'm single and my mom is divorced and she's single, and my other brothers have families: I go to my mom's on Christmas Eve day, we have dinner and visit presents—and I'm usually late."

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HITCH BROWN: local, originally from Harrison, ME.

"I hate traditions. Do you know what Henry David Thoreau had to say about tradition? "How deep the roots of tradition and conformity. Sometimes traditions... need to be let go."

"So what do I do, 'cause I'm single and my mom is divorced and she's single, and my other brothers have families: I go to my mom's on Christmas Eve day, we have dinner and visit presents—and I'm usually late."

STEPHANIE: "This year, we were thinking about lobster since it's our first New England Christmas."
DANIELA: "We do do gifts, little remembrances, but that's usually homemade; we just really like to get together. That's our main goal.
STEPHANIE: "It's mostly together thing. We play music, try not to wake them up too early."
What is reflexology? Reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet and hands which correspond to all body parts. The physical act of applying specific pressures using thumb, finger and hand techniques result in stress reduction which causes a physiological change in the body.

What does reflexology do? Reflexology is a method for activating the healing powers of the body. There are three primary acknowledged benefits and reflex areas in the feet and hands on the premise that there are zones depending on how focused one is on the usage of thumb, finger and hand techniques.

- Better health, even sometimes a marked physiological change in the body. As flow;

- Energy exchange between practitioner and recipient.

- Reflexology works with subtle energy fields to vitalize the body so the natural internal healing mechanisms of the body can do their own work. As a matter of fact, people do attest to better health, even sometimes a marked improvement in balance.

What happens during a session? First-time clients are asked to complete a brief intake/medical history form (first visit only) which is confidential between the client and the practitioner. Clients also sign a consent form. There is a brief warm water foot soak in scented Epsom salts. The client lies down on a table, with only shoes and socks removed. Each foot is worked on for approximately 15 to 20 minutes. Proper hydration following the session is discussed.

What are some reactions which might occur during a session? Some clients go into a deep sleep, almost state-like. Some clients moan. Sometimes clients winces in pain, drawing their foot away from the practitioner, even laughing. The session is not designed to cause pain. A client can terminate the session at any point. Sometimes muscle groups contract; there is perspiration of the hands and/or feet; a sensation of being cold or chilled, possibly feeling faint or queasy. Most of the time people feel relaxed.

What are some effects clients describe following a session? Below are a few common reactions, which usually last only a day or two and indicate the body is returning to a state of balance.

- Tiredness: The parasympathetic nervous system has become more dominant in the body. The body responds by needing more sleep so it can rest and repair.
- Energy: Some clients feel energized with more vitality.
- Skin reactions: Increased activity of the skin as it eliminates toxins can cause increased perspiration and rashes. Change in sleeping patterns: Some clients find they are so relaxed during a session that they fall asleep. Others are so relaxed that their sleep becomes deeper and calmer. Others find their sleep disturbed for a while and dreams may be more frequent.
- Frequent urination: The kidneys may excrete more urine. The urine may become cloudy with an unpleasant smell.

How old is reflexology? How long has it been around? The oldest documentation of reflexology dates back to a pictograph in the tomb of Egyptian physician Ankh Ma Ier in approximately 2300 B.C.

Are there any individuals who should not have a reflexology session? Yes. If you have one of the following symptoms, you might want to consult with your physician beforehand.

1. Varicose veins which are dilated or knotty, and irregular-shaped veins with incompetent valves. Spider veins are okay.
2. Severe edema, which is an abnormal swelling caused by the accumulation of fluid in the intercellular spaces of connective tissue.
3. Contagious or infectious diseases.
4. Lacerations, ulcers, open wounds or sores which are secreting fluids.

DOWN AT THE CAFE . . . (continued from previous page)

... other."

"So that's our tradition. We've been doing that for the last three or four years. It's kind of hanging out with family. It's never stressful for me. We have a really nice family. No one bickers. Everybody really loves each other, so when we all get together it's a fun event."

"What will we be either doing then?"

"I don't know, I guess it would be fun to not drive. It would be fun to have everybody come to one location. But I don't have a big enough house to have everybody here."

"Is it the consumerism that bothers him?"

"No, I don't mind that! No, if you wanna buy me a present go for it. And I like buying stuff for other people too, like I really enjoy finding a cool gift for somebody who I love, you know, it's fun. But the religious thing. Get your religion outta my face."

Hutch: "Yeah it's good like that. That's really what we're celebrating is friendship up hanging out, and having one another, you know? And giving to one another, being generous to one another."

The Cafe hosts the annual tree lighting ceremony, which takes place Saturday, Dec. 4 this year. LISA LYNCH: "It's usually around 4. That's it. It's starting to get dark. Santa arrives in the fire truck, he hands out candy canes. They do caroling and tree lighting then they come back up here for cocoa and cookies.

"Denise Macaronas has projects with the kids to make ornaments and whatever for the tree, and she brings whipped cream and cocoa sometimes. She gets Shaws or somebody to donate."

"We host the party, make the cookies, decorate down front. Tomorrow we'll actually start. All the pine boughs and stuff, they're in boxes in the basement."

"I like doing that. It took years for me to get the city to help out with getting the (electrical) outlet out front. It's in the public restroom."

"Did you do all the decorations?"

"A few people have given me some strings of lights, or a box of ornaments. Veny, she's helped do the center, the circle there. We can't get lights there where those three little trees are, we don't have electrical. You can't run it across 'cause the snow plow can't run it across the top because of big trucks."

"This year and last year too we've asked for canned donations or money donations for the food pantry, 'cause money can be turned into gift certificates so that they can buy take paper, etcetera."

"We ended up last year with about $65 in donations and two banana boxes of food."

5. After an organ transplant, a medical release is required.

Though any serious reaction to a reflexology session is rare, there are situations where the use of reflexology is not appropriate. In order to discover undiagnosed problems, or those not visibly observable, contraindications will often be uncovered during the client history discussion.
Art Roamings

By Jamie Hogan

The onslaught of Black Friday advertising from all angles – in the newspaper, on the internet and on TV – is un bearable. When the dust settles, buying local is more than an option, it’s an act of reason. And buying something hand made by an island neighbor is even better. Peaks Islander Betty Stout got the holiday shopping off to an elegant start on Nov. 12 and 13, hosting an Open House and Sale at her home for the second year. Over a dozen island artists displayed jewelry, photographs, books, prints, clothing, ceramics, antiques, pillows, stockings and ornaments throughout the house, leading to mulled cider and gingerbread cookies in the kitchen.

“It sure beats the mall!” remarked one customer. The Gem Gallery follows its tradition of opening a holiday shop, with handmade goods and art, including blown glass, fleece hats, and unique cards and calendars alongside the ever-changing mix of members’ art. As a cooperative gallery, members take turns manning the shop, so visitors can meet the makers, and learn a back story or two about their purchase.

Pam Williamson runs the studio and art gallery at Richard Boyd Pottery at the corner of Epps Street and Island Avenue on Peaks Island. She’s pleased with the traffic from the past summer. With a mailing list that spans the country from Anchorage to Boca Raton and beyond, she reports: “This was a great year for shipping!” Rick and Pam have steadily grown their presence as a destination for pottery, oils and glass. Besides creating all the pieces for Rick’s pottery, Pam is painting in oils. The gallery also features the paintings of Jeanne O’Toole Hayman. Jeanne’s work enjoyed great success at a fall exhibit at the Addison Woolley Gallery on Washington Street in Portland. The show spurred a color publication, “Atmospherics” that changed 40 paintings, many of them now in private collections. The work was photographed by Jay York and Fran Houston, who co-produced the book. Jeanne is a Portland artist who works with island high school students to create ornaments for the National Christmas Tree, to be lit by President Obama on Dec. 9 in Washington, D.C.

Hannah Rindlaub, a Peaks Island senior at Waynflete School, was quoted in the Portland Press Herald saying, “It’s cool to have an opportunity to represent our island, our state and our country all in one.” The other students involved were Maria DeMichele, Naela Broderick, Evan Michalski, Mason Norton and Keenan Fox. Jessica and Cole were selected by the Maine Arts Commission to lead the team in producing 26 ornaments collectively created from six-inch, clear plastic globes sent by the National Park Service. The spheres, containing bits of bone, feathers, shells and other personal objects, are painted in bright colors reminiscent of lobster buoys. They hang together from a scavenged net, suggesting the magical flotsam that is island life.

Jessica said, “Evan brought his treasure collection over in a great box and added to the pieces that I found on Centennial Beach. He really got us rolling on using the balls as containers by providing some content! Mason and Keenan drew some of the stencils. Really, it’s super having these kids who have a very clear understanding of each other and a really remarkable dynamic between themselves.”

She added, “My favorite part was painting to use the island treasures that we all collect and store away. Everyone became really conscious of how those things could begin to function as more than a pile or the hidden content of a box. Hopefully, the group of students we had will keep trying to find more contexts for all the things they gather from the island throughout the years.” These artists show that beauty is made, and sometimes found, in whatever the waves bring.

For more views on what young artists are creating, visit the blog Hannah Rindlaub initiated with classmates Corey Thaxton, inspired by the energy amidst the creative collaboration with Jessica and Cole. http://inamidstimages.blogspot.com.

A tote bag by Charlotte Carlson beckons from the window of the Gem Gallery on Peaks Island. photo by Jamie Hogan

Peaks Island painter Jeanne O’Toole Hayman at the Addison Woolley Gallery in Portland photo by Jamie Hogan

Help Preserve What’s Special About Peaks

Peaks Island is a truly special place, with its rocky shores, its woodlands and its waterfalls. Your membership (only $15 individual/$25 family) and your donations are crucial in helping us maintain open spaces.

Join today. Help preserve what we love about Peaks.

Peaks Island Land Preserve
P.O. Box 89, Peaks Island, ME 04128

A newspaper is always an organization for the defense of open spaces.
Once is not enough

BY LISA GOELL SINICKI

Almost every woman I know has at least one out-of-style party dress that she can't bear to part with. "I will wear this again," we insist as we wait for pleasant eyes when she talks about the Ball reveals sports were deemed appropriate for attending. I've never really enjoyed least one out-of-style party dress that she moved to the island, but had no interest in attending. I've never really enjoyed from several ponds or, when the harbor froze over, could skate to Portland, House Island or the Diamonds in winter. They could also refer to a book titled Bicycling for Ladies which provided interactions on how to dress appropriately and ride correctly when taking her bike for a spin. The one sport that really caught on for both islanders and visitors was roller skating. In 1884 the Forest City Rink opened on the site of the current parking lot downtown. It was a large Quonset hut that stretched from Island Avenue to the beach below. Live piano music added to the entertainment as skaters rolled round and round, alone or with a partner.

During the same decade the Forest City Rink was transformed into Peaks Island's best known theatre, the Gem, in 1898. About the same time the Peaks Island Rink became the Greenwood Garden Playhouse. Many of the top actors and actresses played at these theatres for many years. In spite of these changes roller skating lived on. A new rink, the Majestic, was built on the shore behind what is now the Peaks Island House restaurant. Islander Richard Erico often told stories of how, as a very young boy, one of his first jobs was to lace up skates for people who came to skate at the Majestic.

The Peaks Island Rink in Greenwood Garden. from Fifth Maine collection

The Forest City roller skating rink.

from Fifth Maine collection

Today, the opportunity for men and women to participate in any sport they choose is given. But that was not the case in the 19th century. Only certain sports were deemed appropriate for ladies: ice skating, bowling, bicycling and roller skating. Peaks Island ladies could choose from several ponds or, when the harbor froze over, could skate to Portland, House Island or the Diamonds in winter. They could also refer to a book titled Bicycling for Ladies which provided interactions on how to dress appropriately and ride correctly when taking her bike for a spin. The one sport that really caught on for both islanders and visitors was roller skating. In 1884 the Forest City Rink opened on the site of the current parking lot downtown. It was a large Quonset hut that stretched from Island Avenue to the beach below. Live piano music added to the entertainment as skaters rolled round and round, alone or with a partner.

During the same decade the Forest City Rink was transformed into Peaks Island's best known theatre, the Gem, in 1898. About the same time the Peaks Island Rink became the Greenwood Garden Playhouse. Many of the top actors and actresses played at these theatres for many years. In spite of these changes roller skating lived on. A new rink, the Majestic, was built on the shore behind what is now the Peaks Island House restaurant. Islander Richard Erico often told stories of how, as a very young boy, one of his first jobs was to lace up skates for people who came to skate at the Majestic. The days of roller rinks on the island are long gone but the roller skating tradition lives on as the modern version of the sport - rollerblading. Racing around the backshore as they listen to recorded music at great speeds, today's skaters enjoy a much nicer view and freedom on the open air than did their predecessors of yesteryear.

The Forest City roller skating rink.

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The Gem Gallery is an artist/cooperative of over 25 individuals in media of painting, drawing, sculpture, jewelry, photography, printmaking, assemblage, fiber art, and writing. Solo and small group exhibitions change weekly and are open to the public. Callery is an artist/craftsperson of holiday value each year. Printmaking, assemblage, fiber art, and literature. Contact Maggi Carr for more information, 766-2949 or www.maggi carta.com. The Gem Gallery is located at the Long Island Learning Center on Gecheam Avenue, Long Island, hours follow the library schedule (766-2350, http://library.long.islib.nx.ar). Curator Maggi Carr—art@magnicarta@yahoo.com or phone: 766-2949.


Richard Boyd Gallery PERSPECTIVES thru Dec 25 featuring new paintings by Pamela Williamson, a well-known gallery artist, by gallery artist Jeanne O'Toole Hayman and pottery by Kirk Boyd and Patricia Williamson. Opening Exhibition Holliday thru Sunday, 10 AM to 4:30 PM; Monday thru Thursday by appointment. The gallery is located at the corner of Island Ave. and Epps St. on Peaks Island, first building on the right. For more information or to schedule an appointment call 707-5213, email RichardBoydGallery@aol.com. The gallery will be open by appointment only Dec, 24 thru Dec 27.

The Fifth Maine The Fifth Maine Regiment Museum is a non-profit museum and cultural center housed in the 1848 Fifth Maine Regimental Hall. Its mission is the preservation of Civil War and local history. To that end the museum offers a wide variety of lectures, concerts, tours, youth education programs, and community activities. Membership is open to the public. For more information, call (207) 766-3190 or visit www.fifthmainemuseum.org. Staff: J. Ivanova, Curator. For more information, call (207) 766-3190.

The Eighth Maine a museum and lodge built in 1989 as a summer retreat for Civil War veterans. It features 12 rooms for overnight guests and history filled, guided tours daily from 10 AM until 5 PM. www.dhhmaine.org. Closes the season.

 Peyks Island Health Center For acute/urgent care and management of chronic conditions such as hypertension, elevated cholesterol and diabetes, routine physical exam, care and lab services, by appointment. Mary Grimaldi, Clinical Assistant Administrator. Call Mary 766-2075.WINTER HOURS Tuesdays, 10 a.m. to 4:00 p.m. Kittie Gilbert, FNP, see patients to adults, Fridays, 8:30 a.m. to 2:00 p.m. Lois Tedeschi, AFNP, ages 55 and older, Mary Grimaldi, Clinical Assistant Administrator Tuesdays and Fridays. We will still check messages when we are closed, but please leave a message and we will respond as quickly as possible. Flu vaccine is still available. Please call to schedule an appointment if you have not received your flu vaccine. CLOSED Dec 24 and Dec 25. We wish you and your family a Happy, Healthy, Safe Holiday Season! Please call 766-2929 to schedule appointments.

Island Holiday Concert The Peaks Island Music Association Holiday Concert and Sing Along, Sunday, Dec 12th, with two shows, at 2:15 and 7:00 p.m. Island singers, and musicians performing holiday and seasonal favorites. A special feature this year will be the “D’Entremont Puppets” doing scenes from “A Christmas Carol.” The program is co-sponsored by the Peaks Island Music Association and held at the Baptist Church, Methodist, December 12, 7:00 p.m., featuring Britton Church’s Choir directed by Jan Thomas.

Baptist Church Services Sunday Service: 10 a.m. Bible Study, 11 a.m. Worship, Wednesday Services 7 p.m. Teen Nights Thursday at Peaks Island School gym 6 p.m. to 8 p.m.

St. Christopher’s Church Mass at 10:15 a.m. Sundays.

Peaks Island Library Fireworks Book Discussion: next week; 7-9:00 Disease Caring for Seniors by Abraham Verghese; moderator will be Cheryl Higgins. The Book for January 4th & Heart in the Right Place by Carolyn Jourdan. Call (766-9580) or email the library (peaks@portland.me.us) to reserve a book. Please include your library card number. Each book discussion is open to anyone interested.

Author Ewa Murray of Matinicus Island will be on Peaks to speak to adults at the Peaks Island Lecture Series Wednesday evening, Dec. 15, but in children grades 3 thru 6 are invited to a special time with her at the library at 3 p.m. If all goes according to plan, Ewa will show some pictures and tell us a bit about Matinicus. With her being from one of the children written to Peaks Island, and students who attend can write back, answering their questions and asking their own well. All of this, as she also “weather permitting” as Matinicus is “Well Out To Sea.”

After School Drop In Program Wednesday, Dec 8, Taylor Conlee is planning an afternoon of board games, starting at 3pm. Nursery Rhyme Time: Wednesday at 11 a.m., following the Community Flagship across the hill. Proctor School Time Fridays at 10:15.

The Peaks Island library is located at 127 Island Avenue, open Tuesday 2 p.m. to 6 p.m. Wednesday 10 a.m. to 6 p.m., Friday, 10 a.m. to 7 p.m. and Saturday 8 a.m. to NOON. For more information call 766-5054 or visit www.peakslibrary.com. Links: peaks.

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Thursday, Dec 2
The Island Institute is hosting an open Programs Committee on Peaks Island from 3:30 to 5:30 pm at the Elementary School. The Programs Committee is part of the quarterly Island Institute Board meeting. Community members are invited to attend.

Friday, Dec 3
MAIN SINGERS’ ATELIER, under the direction of Julie Gossel, presents GOLD STARR. Jazz ballads and swing tunes to chase away those winter blues from 5:30 pm to 8:30 pm at The Inn on Peaks Island dining room. Featuring: Stephanie Elliot, Julie Gossel, Antoinette O’Brien, Heather Thompson with special guests Roads Dale and Kevin Atrash. Accompanied by Sam Saltonstill on drums. The entrance fee will help make decorations and ornaments. Sponsored by Portland Recreation (766-2970).

Saturday, Dec 4
CRAFT FAIR to support the LORRETTA VOFER FUND, which provides car ferries to island residents with cancer for honor care, to continue to meet the needs of anyone all ages. Welcome your special “do to” “lot list”- early ideas for gifts from the kitchen, bathroom, and bedroom. Helps make decorations and ornaments. Sponsored by Portland Recreation (766-2970).

Sunday, Dec 5
ST. CHRISTOPHER’S CHRISTMAS PARTY at JONES LANDING from 1:00 to 3:00 pm will feature refreshments, silent auction with many hand-made gifts. Entry is by donation. Sponsored by Portland Recreation (766-2970).

Monday, Dec 6
F I R ST M O NDA Y F U N for Preschoolers Drop in anytime between 1:00 pm and 4:00 pm at Peaks Island Community Center. Bring with your little one the “treasures” using recycled items. Children must be accompanied by an adult. Sponsored by Portland Recreation (766-2970).

Tuesday, Dec 7
First Tuesday Book Discussion will discuss Curtiss for Stone by Abraham Verghese; moderator will be Cheryl Higgins. For Jan the book in focus is The Righteous by Carolyn Jourdan. Call (766-3449) or email the library (peaks@portland.lib.me.us) to reserve a book. Please include your library card number. Each book discussion is open to anyone interested.

Thursday, Dec 9
Studio Theatre of Bath presents In A Wonderful Life, a stage play directed by Studio Theatre alirne Wayne Otto, based on the classic film by Frank Capra. Opens tonight at the Chocolate Chip Arts Center, running thru Dec. 12. Friday and Saturday nights at 7:30 pm and Sunday matinees at 2 pm. Tickets $15, group rates for parties of 10 or more. Call the Chocolate Chip Arts Center box office for tickets, 443-8445, info@chocolatechiparts.com.

Thursday, Dec 11
BOOK SIGNING “For the Love of Peaks” and “A Glimpse of Old Peaks Island” from 11 am to 1 pm at Peaks Cafe. Local authors of “For the Love of Peaks” and “A Glimpse of Old Peaks Island” will be signing their books during the fair. For more information call Cathy Sars, 766-1394.

Sunday, Dec 12
Peaks Island Music Association Holiday Concert and Sing Along. Two shows, at 2:15 and 7:00 pm. Island stagers and musicians performing holiday and seasonal favorites. A special feature this year will be D’Entr’Amhurst doing scenes from “A Christmas Carol.” The program is co-sponsored by and held at The Brackett Memorial Church. This program really starts the holiday season for Peaks Islanders. Musicians who want to play in the “Stalking Chest” please email StalkingChest@gmail.com.

Wednesday, Dec 15
Peaks Island Lecture Series, hosted by Eric Eaton and Scott Kelly, features Evia Murray, author of Wild Out To Sea: Year-Round on Monument Island, who will read excerpts from her book, featured in the curious aspects of remote island life, and discuss surviving the off-season when only one ferry runs each week. At 6:30 pm at the Inn on Peaks Island.

Thursday, Dec 16
C R A F T FAIR, with garage sale items, will be held from 12:00 to 3:00 pm at Peaks Island Community Center. Sponsored by Portland Recreation (766-2970).

Saturday, Dec 18
Christmas with Renaissance Voices at 3 pm at the Cathedral of St. Luke, 43 State Street, Portland (see Dec 18 listing for details).

Sunday, Dec 19
Christmas with Renaissance Voices at 7 pm at The Portland Stage Company, 25A Forest Ave. Portland. Peaks Island resident Arleen Eisenberg is a member of the chorus. Sponsored by Portland Recreation (766-2970).

Monday, Dec 27
LAUGHTER in the AFTERNOON— ALL AGES (PI community room) Please see bulletin boards for schedule as we laugh with such stars as Harold Lloyd, Laurel and Hardy, Lacy and Ricky, and more! Sponsored by Portland Recreation (766-2970).

Tuesday, Dec 28
Acorn Productions presents Expiation of Gravity at 7 pm at the Portland Stage Company, 25A Forest Ave, Portland. Peaks Island resident Arleen Eisenberg is a member of the chorus. Sponsored by Portland Recreation (766-2970).

Thursday, Dec 30
RING IN THE NEW YEAR— ALL AGES 11:00 am - 200 pm Drop in anytime (PI community room); all ages welcome. Say happy new year and welcome in the New Year. There will be something for everyone: laughter, board games, craft making & snack. Sponsored by Portland Recreation (766-2970).

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P N G RE E, from page 6
the wealthiest has been a major contributor to the federal deficits we’ve experienced since the Bush Administration put them in place. If those cuts are extended, we can expect to see them rise by $70 billion more in the next year.

Bad for business
One of the biggest pieces of misinformation about ending tax cuts for the wealthiest is that it would hurt small businesses, which simply is not true. The proposal I support is extending cuts for incomes up to $250,000 covers 97 percent to 98 percent of small businesses. Let’s be clear: for small businesses the cuts would have a much smaller impact compared to large businesses. After covering all their expenses, the vast majority of small businesses do not clear that amount - but even for those who do, the impact will not be dramatic.

If we want to help small businesses, let’s offer real, direct benefits. Let’s help them expand, offer grants to help them grow. Offer larger tax deductions for purchasing equipment or create incentives to hire more workers.

I’m glad many Maine business owners have been able to see through the misinformation. Jim韦lahan, who owns one of the largest shoe stores in the state, has recently come out against tax cuts for the wealthy because they offer no benefit to his business or employees. “It makes no sense, from any perspective, to preserve the tax cuts for the wealthiest people in the country,” he said. “It will just increase the wealth gap and create more of a social problem.”

Bad for Maine families
Jim hits on a critical point. Over the course of the past 30 years, the wealthiest have gotten richer and richer compared to the rest of Americans. In 1980, the average income of the country’s top 10 percent of earners was 180 times that of the bottom 90 percent. Today, it’s 1,000 times. Meanwhile, taxes for these earners have gone down dramatically. So as the wealthiest take a larger share of the benefits of the country’s prosperity, they have given less back to the public infrastructure, communities and people that helped create that prosperity.

Extending tax cuts for the wealthiest — $757,000 for someone who makes $1 million — will drive the income wedge further, only shifting more burden onto the shoulders of Maine families. That’s just not right.