7-2001

Harbor Voices : Vol 2, No 5 - Jul - Aug 2001

Jenny Ruth Yasi

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

Recommended Citation
http://digitalcommons.portlandlibrary.com/peaks_ho_hv/15

This Book is brought to you for free and open access by the Periodicals at Portland Public Library Digital Commons. It has been accepted for inclusion in Harbor Opinion/Harbor Voices, 2000 - 2001 by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.
Power boats on the dock, Peaks Island
Dispensary:
All pieces published in Harbor Voices reflect the opinions and experiences of the author of the piece only. We'd like to maintain a safe space where people dare to stick their necks out, and say what's on their minds. We invite and welcome reader response! As always, we ask only that writers help us maintain a courteous atmosphere, and focus on issues and not personalities. Thanks!

In our September/October issue, the theme will be "Our Bodies"

*Harbor Voices*  
Fact Fiction Rumor  
send writing Illustrations  
and financial contributions to  
Box 10 Peaks Island, Maine 04108  
Our next deadline is September 1

**In Harbor Voices**

We are in the process of birthing a non-profit foundation which can oversee the production of *Harbor Voices* as well as related projects in community research and education. We are developing our Board of Directors: Albert Presgraves, Jenny Ruth Yasi, Oscar & Sharon Mokeme, Cynthia Cole.

**Published by the Yasi/Presgraves Family on Peaks Island, Printed by The American Journal in Westbrook**

**Upcoming themes: September/October, Our Bodies (deadline September 1)**

Editor/ Publisher : Jenny Ruth Yasi  

Layout, photographs and other mistakes by Yasi except where otherwise indicated.  
*Harbor Voices* Box 10, Peaks Island, Maine 04108 voices@maine.rr.com 207-766-2390

We are distributing 4000 copies this month. *Harbor Voices* can be found at Portland, South Portland and Falmouth Shores, Shop N Saves; *The Whole Grocer*, Videoport, Casco Bay Lines, the Portland Public Library, City Hall, local schools, USM, Books Etc., SMVTT, School of Art, Java Joe's, Hannigan's, The Porthole, Becky's and many other locations around the Portland Harbor. For advertising information, contact us at (207) 766-2390.

---

**Editorial by Jenny Ruth Yasi**

**It's a Hoax**

A whole lot of people are falling for a hoax.

For example, I saw a guy with two kids just off Peaks Island the other day, in a big, brightly colored speedboat. The boat was loud, deafeningly loud — it actually hurt my ears for about an hour after its several jet engines zoomed close. The boat was airbrushed in bright colors. As I watched it zooming around, the Captain’s very young children rode along, presumably losing their hearing too, tumbling around in the passenger seats. It ZOOMED right through TEIA’s little sailboat race, leaving a big wake. As my fury evolved, it occurred to me: boy, that guy really fell for the hoax. Somebody sold him this big, expensive, ugly, loud, gas hog, and gave him the mistaken impression that, since he could buy it, he was now entitled to use it, without concern for how his machine hurts the environment and other people.

That’s the sales pitch we all get, and it’s destroying our environment: if you can buy it, you deserve it. If you buy socially and environmentally destructive toys, you might be hummin’ ain't nobody’s business if I do, but guess what, when people live loud and wastefully, when purchases and lifestyle endanger the physical and mental health of your neighbor and your neighbor’s children, when big toys extravagantly dump exhaust into the air gas into the water and noise into the environment, even if you don’t notice this or care, it is other people’s business. One of the things I love about Peaks Island is that long-time residents seem to be especially aware that we share this environment. When our neighbors built their house, they consulted with us to make sure they would site the building in a way that would feel good to us. They protected access to the trail on their land, knowing that they could follow it across the bit of trail we have on our land. It’s not unusual here for residents to share a trail, a truck, a boat, a lawnmower, or access to the beach. People generally treat our shared resources very carefully and respectfully. The sound environment is also a shared environment. Is there any polite way we can let loud power boat visitors know that they are not being good neighbors?

Do they realize that just one of these loud boat monsters destroys peace and quiet, and dominates the sound environment in hundreds of island gardens? Do they care?

Advertisers tell us, over and over again, not to care about the impact of our purchases. So what if it was built with slave labor? So what if it’s loud, and polluting? So what if you’re using up more than your share of shared space. You’ve earned it! You win! We lose!

Many times, advertisers encourage us to do things that are not good for us or our environment. CMPS sponsors Christmas lighting contests, and encourages Mainers to believe that we need air conditioning. Advertising in the back of local newspapers suggest that we should drink! smoke! buy a “forbidden fantasy!” Clothing catalogues give misguided us into believing that we can buy happiness or beauty or love.

We want to believe the fantasies advertisers sell us — that a purchase will make us happy. We want so much to believe in advertising, that we often say we not only want something, we believe we really need it. And no matter how often environmentally and socially destructive purchases fail us, people keep buying, hoping that eventually one special purchase will do the trick.

We can’t protect ourselves or our environment if we can’t see through advertising, and how it makes suckers out of all of us. Our consumerism is destroying our environment, and that’s no hoax.

---

**Directors Corner**

**Changes at Harbor Voices**

We have decided to shift to a bi-monthly format, rather than a monthly schedule. The volunteer jobs of editing, typing and laying out the paper, selling ads, arranging for printing and distribution and interacting with various businesses, community members and writers is a weighty responsibility for one person — time consuming and expensive. It has been an interesting learning experience. But now we are looking for people to share both editorial and fiscal responsibility for the publication of *Harbor Voices*. With the assistance of our acting Board of Directors and Advisors, we are also applying for official non-profit status for the paper.

We would like to find someone to take over editing and laying out *Harbor Voices* on a volunteer basis, so that Jenny Ruth Yasi can do other things. She has said that she is willing to sell ads and fundraise, or edit and layout the paper, but that she can’t continue assume both responsibilities as an unpaid volunteer. Please contact us if you have the skills to assume one of these responsibilities for at least several months.

Every community is supported by volunteer activity, and *Harbor Voices* is a gift that Jenny has given to our community for eighteen months. Hopefully, we will find other people able to come forward and give as Jenny has. If you haven’t got time to contribute, please consider making a donation. *Harbor Voices* is not yet fully supported by advertising revenue. Please send your check for any amount to *Harbor Voices*, Box 10, Peaks Island, Maine 04108. Thanks!
Guest Editorial
by Matthew Day

A good day on Peaks Island is quiet, except for the rustling of leaves, singing birds, and the sound of waves breaking on the Back Shore. Occasionally the sound of a car with a bad muffler, a rattling old truck, or a lobster boat adds to the island environment's working and living charm.

On a bad day, a North wind carries the dull roar of cars and trucks from I-295, and urban noises from Portland Downtown. Planes zoom overhead, taking a low path over the island, across Portland, and to the Jetport. "Cigarette Boats" with racecar engines (like the one owned by the Bushes in Kennebunkport), speed back and forth, sounding like I imagine the Luftwaffa over London. Lawnmowers, chainsaws, weedwackers, skill-saws, and leaf-blowers bellow noise. They stifle thoughts and conversations, and dangle afternoon naps.

This year has been particularly noisy on Peaks because of the water and sewage construction. Every morning around seven the diesel engines chugged and whirred and the Machinery of Progress went about its noisy business. It was very noisy last fall and winter when workers from Maine Blasting and Drilling dynamited their way through the island's quirky streets to prepare the ground for digging. As one of the workers described it to me, "its like getting a root-canal, painful but necessary."

How much is too much noise? It appears the verdict is still out. The fact is that people, while often annoyed by noise, are generally resigned to it as a "fact-of-life." While we have made great strides in sewage treatment and trash recycling, we see no more trying to just ignore noise pollution.

The City of Portland's noise ordinance states that: "No person shall in, on, or adjacent to any of the streets, ways or public places, make, continue, or cause to be made or continued any loud, unnecessary or unusual noises which shall either annoy, disturb, injure or endanger the comfort, repose, health, peace or safety of others." It continues: "The volume of sound, measured by a sound level meter ... Shall not exceed 55 decibels on the A scale ... at lot boundaries, excepting air raid sirens and similar warning devices." The ordinance sets a minimum fine of $100 for a first offense; $300 minimum for a second offense; and $500 for each offense thereafter. Exemptions are made for necessary construction (like sewer lines) so long as it is not between the hours of 10pm and 7am.

Most Portlanders are probably aware of this ordinance through news accounts of the City's persistent squabbles with nightclubs. For example, the now closed Zoots was threatened for years by the city for exceeding the 55-decibel limit. Some felt the ordinance was enforced by those who simply did not like the type of folks who frequented Zoots.

In order to investigate the soundscape of my own surroundings here on Peaks Island, I obtained a digital sound level monitor (available at Radio Shack for about $60). I began by measuring (on the A scale) the normal sounds inside my house. The refrigerator measured about 50 decibels up close. My stereo, broadcasting All Things Considered, measured just above 50 decibels from my usual chair. My favorite volume for listening to music came in at 60 decibels. A flushing toilet, up close, measured a whopping 68 decibels.

Stepping outside, I recorded a range of sounds from my front porch (about 100 feet from the street) over several days. The sounds of the birds, wind, a barking dog in the distance, all failed to register at the 50-decibel minimum for my device. A city garbage truck, however, registered a high of 66. A lawn mower next door registered a high of 70. Fireworks from the Sea Dogs game gave an impressive 67 high reading.

I measured the noise from over a dozen planes overhead, with highs ranging between 66 and 74 decibels (though often I was too late to get the monitor turned on before it had already begun to pass). A front-loader (left idling most of the morning in front of my house) registered a constant 60. A cement mixer was also left running at an annoying 72 decibels. Finally, a jackhammer registered in at 86 decibels from my door.

The most annoying sound of all, in my opinion, was the "reverse signal," the endless "beep, beep, beep" of construction equipment, oil and gas delivery trucks, and city garbage trucks. They all averaged a high of 75 from my stoop. The sound carries for blocks, and appears designed to penetrate even the most plugged ears and shuttered houses. Ironically, the "reverse" signal has become a symbol of "progress" in America, you hear it and you know work is being done.

Some research is in. The National Institute for Occupational Safety and Health says that noise at about 85 decibels can result in hearing loss — this figure is disputed. A study of German cardiac patients found approximately a 25% greater chance of heart attacks among those whose work or home environments are persistently exposed to noise above 65 decibels. Researchers at Cornell University found that children living near a busy airport have a significant rise in blood pressure and stress hormones.

Portland's Noise Advisory Committee might, for example, look to New York City's decision to lower the volume of its emergency sirens. Alternatively, it can examine the Noise Taskforce Report by the City of Vancouver, Canada that recommends, among other things, a "noise hotline" and the installation of a "noise thermometer" at one or two prominent locations in the city. It also calls for the creation of "sound sanctuaries" and "quiet parks" throughout the city. Personally, I'm intrigued by its suggestion to replace back-up signals with "ultrasonic rear-end collision devices," or simply human "flaggers."

The report concludes that the city should "take a leadership role in buying and using quieter equipment and educating workers in proper maintenance of equipment and quieter work methods."

Portland, Maine has come a long way in educating the public about trash recycling and sewage treatment. It could also be a leader in noise reduction, education and technology. If the City of Portland is going to exercise vigilance in its regulation of excess noise from music (at 55 decibels), it certainly ought to apply the same standards to other, even more painful and troublesome noises — from aircraft, to jet-skis, and the City's own noisy trucks.

Matthew Day lives quietly on Peaks Island and can be contacted at homemailelcbom.com

Lausier Family Gardens
766-5157
Open daily on Peaks Island Until Labor Day
9 am — 5 pm Monday thru Saturday
10 am — 3 pm Sunday
Annuals, perennials, shrubs, trees, seeds and soil products.
We also provide X-mas trees and wreaths for the holidays.

Support Community Journalism page 3 July 2001

Jack-in-the-pulpit is an indigenous plant. It will have a bunch of red berries in the fall
Letters

To the editor:

Enclosed find a small check as a token of our appreciation of the work you and others have done to make Harbor Voices so useful. We don't live on Peaks, but I find something in almost every issue that answers a question I've been thinking about. The collection of writings by children from Sudan, Somalia, Rwanda and Kosova clarified a lot of things I wanted to know about the women in beautiful flowing robes I see at Shop & Save. Hearing from the children themselves makes Somalia, Rwanda and Kosova clarified a lot of things I wanted
to understand.

Phyllis Leek
Portland

Hello everyone,

Last Wednesday, the meeting at the Bracket Church was attended by about 30 people. This meeting along with the May 8 PINA meeting, showed there is overwhelming support for continuing the Island Fellowship program. The general feeling is that the next fellow should have, not only, technical skills but be strong in interpersonal skill.

The focus for this new Fellow will be assistance to organizations on the island for data use and learning how to independently access the various combination of map sets. The Fellow will also help gather and input new data and/or assist in formatting information gathered for input. Currently, one of PILP's major projects is gathering baseline "environmental" information on land under their stewardship. Another focus will be to incorporate, if possible, a lesson set for the local schools. Those interested in applying for the fellowship should send their resumes to The Island Institute/c/o Sandy Thomas Fellowship Coordinator, 386 Main Street Rockland, Maine 04841. Sandy's email address is sthomas@islandinstitute.org.

There will be a technical committee to oversee this next phase of the project. Currently, this committee includes Will Mitchell (766-3080), Art Astarita (766-5997), Lynne Richards (766-2994), and Tanya Seredin (766-2993). If anyone else is interested, please contact me.

The technical committee will assist incorporating the data, it's access, output and updates with the various organizations and individuals on the island. Currently, these groups include PINA, PILP, the School, and the Fifth Maine. If anyone else is interested, please contact me.

The Island Institute has created a website for our data. The address is: http://atlas.islandinstitute.org/website/peaks/peaks.asp. This is still a rudimentary demo of what can be done; not all information is available on this site (yet). You can see tax maplot addresses, the land in conservation, and walking trails; some of which cross private property. We would like feedback from everyone about posting of such data.

With a new Fellowship, should go a new monitor. This is more than a mapping project, this endeavour should be viewed as the creation of Peaks Island's digital warehouse of information. This information will be limited only by our imagination. It should include an historical documentation of the island's evolution demographically and environmentally. For instance, we can have a record of coastline changes shown by scanned photographs obtained from various families on the island. We all have photos of the beautiful place, we now have a place to store them for everyone to appreciate. Thanks for your continued input.

Art Astarita

---

Important Peaks Island Meetings with City Administrator Tom Fortier (If you can't make the meeting, or you want more information, contact Tom Fortier at City Hall, 874-8300, or at his office, 756-8288)

Meeting to discuss the use of "Reclaim" on Peaks Island roads: July 26th, 7:00 pm location on Peaks Island TBA

Deer Management Meeting: July 30th 6:30-8:00 pm at Peaks Island Community Center

Gravel Pit Restoration Meeting: August 9th, Location on Peaks TBA 7:00-8:00pm

City of Portland (Important!) Meetings

Before you head out to any public meeting regarding the City of Portland, click onto: http://www.ci.portland.me.us/calendar.htm

This is the City Calendar, which is updated weekly. The City Council will be voting on relocating the Scotia Prince, and the shape of the Oceangoatway Project, perhaps on August 6th, but that date may change. Please put the City Hall Calendar page on your "favorites" list, and check it regularly so that you don't miss out on the meetings which are important to you!

Democracy is governance by the people. That means meetings!

Watercolours and Portraits

Gentle classes in painting and drawing for individuals and small groups. Reasonable rates.

Convenient Eastern Prom location. R. Morgan Burger 879-5785 rmasonb1@msn.com

Thank you to all who have donated funds to keep Harbor Voices in print. Without your generosity, community journalism would not be possible. Thank you David Watters, Rebecca Stephens, Delores Lanai, Renee Bouchard, Mr. & Mrs. Quigg, Susan Bergier at Amarillys, Rachel Mason Burger, Portland Metro, MaineslandKayak.com, Lynne Richards, Phyllis Leek

LEARN ART

This Summer 2001 at TEIA

- Decisive Drawing 7/9-8/13 Mon. 2:30-5
- Landscapes in Watercolor 7/10-8/14 Tues. 2:30-5
- workshop 7/28/29 9:00 $70
- Oil/Acrylic Painting 7/12-8/16 Thurs. 2:30-5

Open to all interested, members & non-members: fee $185
10% off 2nd class Register Now! Call (207) 766-5775 or email renee_bouchard@hotmail.com
Dear Harbor Voices,

On Saturday morning, June 9th, about 30 people came to the new Peaks Island Transfer Station to ask questions and listen to presentations from Tom Fortier, Bob Cook, and others from the Portland Department of Public Works.

When completed, an attendant will monitor cars entering the facility from Florida Avenue six days a week during the summer and five days during the winter months, between 7:30 am and 3 pm, Tuesday through Sunday.

Curbside pickup will continue. An information flyer has been distributed to Island households about the procedures and types of trash the Station will handle.

One disturbing fact is that Portland has no household hazardous waste program for the entire city. The City Council recently turned down a request by the Dept. of Public Works for $100,000 to begin an ongoing program for such waste. Several Peaks residents voiced amazement that the City Council could neglect to establish such a program.

Hazardous waste generally includes paints, used oil, household and industrial toxic cleaning agents, used batteries, lawn pesticides and insecticides, glues and construction products, items containing chlorine, phosphates, ammonia, lye, formaldehyde, or other known pollutants or cancer-causing products, including the recently banned Dursban. We wonder if Hospital and medical office wastes are also not covered by the city’s program.

Where does all this waste go? How many people will become ill from these wastes? How many water systems will be contaminated?

I would like to urge Portland and Island residents need to contact the City Council, local news media and State legislators to demand adequate programs to deal with hazardous waste products. Children especially need protection. With smaller bodies and still-developing organs, children are more sensitive to smaller amounts of toxins than adults and their normal development can be harmed.

Sincerely,
Cynthia Cole

Sam MacCain has marked many island walking trails, and led nature walks for island children. He has given an awful lot of love to this community, and still makes time for meetings. His bike got run over by a City backhoe right in front of us, as we were meeting in the road! Bob Cook, left, promised he’d fix it up, but Sam fixed it up himself.

Good Citizenship Contest!
If you can identify all the people in the photograph to the left, we will enter your name in a drawing for ice cream cones. E-mail the names (five names, left to right) by August 1st to voices@maine.rr.com

This is Tom Fortier, City of Portland Island Neighborhood Liaison, father of 2-plus-one-on-the-way, and honorary islander, meeting with us on a Saturday morning.

Peaks Islanders watching out for our interests:
Neighbors and City officials spent a sunny Saturday morning inspecting the new Island Transfer Station, and discussing plans for island handling of solid waste. Participating residents said they are concerned that there is no plan to collect hazardous household wastes, and that they might be willing to pay a small fee for the pickup.
Hello Harbor Voices!

In speaking to ICON [ICON Architecture, Inc., is a Boston architectural firm consulting with the City of Portland on the Ocean Gateway design], it appeared as if their contract prevents them from going beyond a survey of preexisting studies in their analysis of alternatives or into the financial aspects.


The most probable alternative is that the Scotia Prince stay at International Marine Terminal (just to the east of the Casco Bay Bridge), then the container-ship either has to shrink, move off the berth to accommodate the Scotia Prince, or the container yard has to move.

The present container ship belonging to Hapag-Lloyd [http://www.hlc.net/pages/northamerica_hlc.html] is self-loading. (This means the ship has cranes and is designed to load and unload itself where there is no crane on the wharf), so it could operate off the Maine State pier, or off a facility West of the Bridge. While I am not advocating moving containers east to BIW, I have run a self loading container ship off the Maine State Pier and there is adequate space for well in excess of 2,000 TEUs on an annual basis (Containers come in twenty and forty foot lengths TEU stands for Twenty Foot Equivalent Units. Thus a forty foot container represents two TEUs). A more attractive alternative is to move the container ship and cargo to a new berth, West of the bridge.

As a member of the City’s Master Planning Committee, I have been advocating a close look at the land at North East Utilities— the Coal Pocket Berth. The remediation work going on there now—the environmental clean-up of an old gas-manufacturing plant—might present an opportunity for the City of Portland and North East Utilities. Unfortunately, ICON has not been authorized to investigate the Northern Utilities Coal Pocket berth as a possible location for a new Container Ship berth because it has not been investigated before and is outside of it’s scope of work. [See http://www.portlandcitizen.org] It is my understanding that as part of the remediation work, a considerable amount of sheet pile will be driven along the bulkhead. Asphalt capping is contemplated in the remediation. This could make a very high quality berth for a container ship operation. The fish pier is built on a sheet-pile bulkhead. A sheet-pile bulkhead (to tie a ship along-side), with an expanse of asphalt behind it, is very close to the configuration of a container facility.

With both landowners (Guilford and Northeast Utilities) interested in exploring use of the land by this container option, it would normally seem logical to add this possibility to a list of options to be investigated. Unfortunately the charge to ICON does not appear to give them the latitude to engage in any "out of the box", new information thinking or economic analysis. In order to illustrate the scope of the opportunity I have pulled together an estimate, prepared by a Professional Engineer and reviewed by three marine contractors, for the cost of a six-hundred foot container ship berth on that site. Without considering that the cost of the sheet pile could be part of the Northeast Utilities remediation, these numbers demonstrate at least a 6-6.5 Million dollar advantage over the pier design which the ICON consultant presented to the Master Planning and Facilities Committees at the Clay Dock (a little farther West). When one considers that the remediation work will include drainage and capping with asphalt, then there appear to be significant further benefits to considering the Coal Pocket Berth that have been overlooked.

The CAPS Study concluded that the area West of the Casco Bay bridge should be investigated if it appeared that not all of the proposed new "Ocean Gateway" uses would fit at the former Bath Iron Works site. If it should also in the future appear that the Portland City Council and State of Maine are not prepared to finance the $85 million plus combined Passenger and Ferry project at BIW, and that it is prudent to scale the project back to match the funding available, then I propose it makes sense for the Master Planning Committee and the City Council to be aware that an alternative exists which can’t be discussed under the present rules.

From a master planning perspective with the available 18 Million Dollars, this alternative produces:

- a new 600 foot berth in the harbor, a Container terminal,
- funds to improve the IMT for the Scotia Prince and a future fast ferry,
- separation of the Scotia Prince from the container operation, creates a 22 acre development zone by adding the 12 acres at the IMT to the ten new acres adjacent to the container berth, opens up "Angelo’s Acre" for port development, provides land for the fishing industry to expand, a heavy-lift berth available when the Scotia Prince is not in Port, funding for Casco Bay Lines improvements, two Cruise ship berths at BIW, significantly lower parking requirement at BIW, an attractive pedestrian/people friendly upload from the Cruise Ship berths, mixed use City infill behind a new Commercial street extension with possible Handeck and Montfort street extensions, and more.

This alternative could also stimulate additional port development in the area of Yaloo’s which is now growing birch trees. The Coal Pocket Berth alternative suffers only from not being as expensive as the present project, however, it is also a strong foundation for the next round of bonding for the Scotia Prince and Cruise ships should that be deemed advisable by the State and the City Council. I hope that you will take a moment to look at this estimate and the historic photograph of the ship at the berth and wonder why it doesn’t make sense to maintain this as a back up plan... I would appreciate your thoughts and thank you for your time.

Sincerely, Phin Sprague, member Master Planning Committee

Portland Yacht Services, and was instrumental in bringing the Narrow Gauge Railroad to Portland.

July 2001

Subscribe to Harbor Voices

An Emerging Consensus?

No, but the City of Portland’s Waterfront Master Planning Committee and the Facilities Committees seem to be independently arriving at similar conclusions.

Right now, it looks as though both committees are likely to recommend extension of Commercial Street, with funding for the Scotia Prince and cruise ships, lots of waterfront parking, and ultimately public/private development of upland parcels. The Narrow Gauge Railroad seems to be staying put, though the waterfront trail will change a little bit. Parking for Peaks Island residents during phase one is likely to be more conveniently located, but it isn’t at all likely to be free.

Committee members are hearing consultants report that each of the Ocean Gateway Proposals for incorporating the Scotia Prince has problems, but so far consultants are saying that the concerns—which range from traffic to financing—are not believed to be insurmountable. Consultants are telling committee members that traffic isn’t going to be worse than it was when BIW workers went home at the end of the day. They also say leaving the Scotia Prince where it is would entail renovation expenses, which make the cost of moving the facility more easily justifiable.

Notable voices of dissent to this emerging consensus share the point of view of Mr. Sprague, that potential usefulness of the area West of the current International Marine Terminal hasn’t been fully explored.

Captain Jeff Monroe in some conversations has suggested that perhaps fees generated by cruise ships and the Scotia Prince could be partly used to subsidize Casco Bay Lines operating expenses, and thus reduce island resident ticket expenses. It currently costs $18 for a family of five to make one trip to town. The idea of subsidizing island resident ticket fees with Ocean-Gateway fees has not been discussed at the meetings, but Jeff Monroe welcomed islanders to bring the idea to City Councillors.
Open Letter to Chief Chitwood
from Jenny Ruth Yasi

Dear Chief Chitwood,

Imagine if you had a son who was having a psychotic episode, and that he believed someone was trying to kill him. Imagine he has had this episode, in fact, because for years he was living in a country where people really were trying to kill him, and he saw many family members die. Picture your hurting teenage son, sequestered with a fork, scaring you. If you called 911 for help, wouldn't you expect some sort of expertise, perhaps EMTs? Or would you expect the police to arrive, and provoke your son with pepper spray? Can you imagine watching this happen, and just sitting quietly, watching this from the kitchen table?

If the police ever respond to a mental health emergency by using pepper spray on one of my children, I can't imagine that I would do any different that what the Okot family did, and pounce to protect my child.

When the Okot family of Portland summoned help, the responding police were wrong to turn so quickly to pepper spray. The boy comes from a country where people really were trying to kill him. The family reached out for support, and instead of providing medication, support service and expertise, the police made the family's worst nightmares come true. If you are not prepared to offer an apology to the family, I know I speak for many others, who as fellow citizens of Portland feel the deepest sorrow and extend heartfelt apologies to the Okot family. Our police department let our community down this time.

The Okot family are important members of our community, they have already contributed much to our community, and they deserve our support.

I hope that Harbor Voices readers will contact city councilors and insist that a Police Department Review be immediately established. The City and Police should also immediately establish improved protocol for handling responses to mental health emergencies. Sincerely, Jenny Ruth Yasi

[Note to readers: City Councilors phone numbers can be found at http://www.ci.portland.me.us/citycouncil.htm. You can also contact Mayor Cheryl Leeman 773-4161, and ask that a police department review committee be established right away.]

Greetings, friends of Community Television Network

(a note from Leslie Jones)

This month CTN is very pleased to bring some new programs to greater Portland, including:

Portland City News - a half-hour news roundup from the City of Portland offices and departments about what is happening around Town! Thank you all the folks at City Hall and the City Departments for bringing us this new show!

CTN4 News: Community Point of View, a monthly news magazine format featuring information, entertainment, arts and alternative information to and for the greater Portland community. Contact us to see how you can get involved with local programming. This program is brought to you by dozens of local volunteers!

Ann and LC at WMPG, a radio/talk show format with two interesting characters talking to other local characters about creative endeavors and much more, and taped at USM.

New exciting, episodes of Off Center with Chris Newcomb, of Peaks Island. Coming soon.

Teen News Four - program sponsored by a grant from the Cranium Foundation to teach youths to use video equipment to create their own programs about issues important to teens. We are currently looking to recruit and train new teens to continue this program through the late summer and fall. If you know a teen interested in learning media arts, contact Tom at 775-2900, ext. 3. This is a great chance for youths to learn marketable skills and have fun!

We are also happy to bring back a short film by Joe Lembo, Getting Personal. We encourage local videographers and filmmakers to bring us their work. Depending on program standards and CTN guidelines, and available airtime, we will try to feature work by local video and film artists!

Also, we have a new website: www.ctn4maine.org.

This summer we will prepare for new series coming this fall, including a Somalian News program by local newcomers, a Gallery Walk series featuring arts, galleries and museums enriching our community and much, much more.

Currently, we are looking for funding to do work with Maine Women's Media Forum, including ME NOW and SARS, and a children's performing arts program with PACA called Culture Exchange, and a program called Best Practices, highlighting socially-conscious business that help their employees, address labor issues, the environment and other important humanist issues.

If you would like more information, or would like to help us with these productions through business sponsorships, or volunteer hours, call me at 775-2900, ext. 5. "Together We Can Make Great Local Television." Call to get involved because we can't make community television without the community. Thank you everyone. We look forward to an exciting summer and a fantastic new fall line-up on CTN, Channel 4.

Leslie Jones and Harbor Voices editor Jenny Ruth Yasi share fond memories of a journalism class they took together at the University of Maine called "The Right to Privacy." Ms. Jones is Executive Administrative Assistant and Production Manager for CTN. Visit the community television network website at www.CTN4.org
In September/October, our theme will be "Our Bodies." Write to us! What do you think about body piercing? Belly shirts? Leg hair? Send your stories, poems, jokes, opinions, drawings, questions, and ideas that have anything to do with the theme "Our Bodies," and any letters and donations to

Harbor Voices
Box 10, Peaks Island Maine
04108

You can also send creative contributions by e-mail to voices@maine.rr.com

Check out our website at www.harborvoices.com for more complete writers' guidelines.

Kid's Onli!

Spring Birding at Peaks Island School - by Maureen Fox

Environmental Education is on-going and integrated into the curriculum at the Peaks Island Elementary School. This Spring the 1st and 2nd graders in Mr. Thonet's class left their school room to study birds (ornithology) in the field. Students made careful observations, detailed sketches and took lots of notes as they began their "life lists". Many activities and discussions followed. The unit culminated with a story entitled The Caged Birds of Phnom Penh by local author, Fred Lipp. At the end of the story, the main character, a little girl named Ary, makes a wish. The Peaks children each shared their own personal wishes. I then asked them to make a wish for the planet Earth. This is what they said:

I WISH ....

Ellis: that there wouldn't be as much pollution and there wouldn't be too much traffic.

Keanan: that there would be no litter, and more water and food for animals and for us. And that people would not use up the trees.

Hugh: that all the extinct creatures that were nice (not the dinosaurs) would come back to life. And that people wouldn't cut too many trees and no more animals would become extinct.

Mason: that all the animals stay healthy.

Otto: that people didn't litter and that birds wouldn't get killed.

Nolan: that it could be sunny every day.

Lindsay: that more shelters could be built for people that didn't have homes, and for more people to pitch in for those who don't have food, and for people not to pollute.

Neals: that everybody would throw things away instead of littering. And that people wouldn't hunt for fun but only if they needed food.

Hannah: that the Earth could talk to us and tell us what it didn't like about what we were doing, and we could stop.

Maria: that everybody would help clean up the beaches and pick up more trash.

Coconut and Dandelion play nicely together.

Olivia: to take care of our wild animals and don't hunt animals.

Morgan: that people wouldn't kill deer because I like deer.

Dexter: that the whole world would become better.

Alexandra: that people wouldn't kill any more animals.

Food for Thought
by Lynne Richard

"Seaweed" is the common name for marine algae. Not only are seaweeds not weeds, they really aren't even plants. Since they absorb most of their nutrients from surrounding waters, they don't require roots or complex conducting tissues (stems). Most seaweeds attach to their preferred habitat with a holdfast; a few exist as free-flotters. They reproduce by way of spores; they don't produce seeds. Still, "Sea Veggies" might be a better name, as they are highly nutritious — rich in vitamins and trace elements.

Of the more than 7,000 species of algae found in the world, you can find members of each of the seaweed groups here on the shores of Peaks Island. Two species of brown algae, knotted rockweed (Ascophyllum) and bladder rockweed (Fucus), are easily seen attached to rocks along the shore. You will find green thread algae (Enteromorpha) in tidepools, and green sea lettuce (Ulva) often washes up on the beaches. The red algae are well represented by huge colonies of Irish moss (Chondrus) found in the mid to low tide range. A blue-green encrusting alga is what might be a better name, as they are highly nutritious — rich in vitamins and trace elements.

Algae, both freshwater and marine, are critical players in the planet's ability to sustain life. Through photosynthesis, algae convert the sun's energy to a significant amount of carbohydrates - thus beginning many a food chain. Algae also produce oxygen. In fact, many tidepools would soon be anoxic (without oxygen) if seaweeds weren't there to replenish the supply. Humans have valued seaweed for centuries: as food in Eastern cultures, as fertilizer, for medicinal purposes. Today, we use algae in food, cosmetics, paints, pharmacological products, and in industry.

Irish moss (Chondrus crispus) is the source of a phycocolloid called carrageenan, which is widely used as a stabilizer and thickener. You can find carrageenan listed as an ingredient in ice cream, toothpaste, pie fillings, jellies, soaps, body lotions, cough syrup, paint. You can take advantage of the thickening properties of Chondrus when you make Blanc Mange, a pudding prepared from Irish moss as follows:

1/3 cup Irish moss, 4 cups milk, ¼ tsp. salt, 1 ½ tsp. vanilla.

Cover seaweed with cold water and soak 15 minutes, drain, clean moss removing sand, other seaweed, crustaceans, etc. Add to milk; cook in double boiler 30 minutes; the milk will not seem thickened. Add salt, strain, add vanilla, restrain, and place in serving dishes. Chill. Serve with sugar and cream, or fruit.

Chondrus

Irish moss is best gathered on an ebbing tide, and best picked by hand. It will regenerate from the holdfast and from the torn edges. Areas with open ocean wave action would probably be the best for picking clean seaweed.

So next time you're at the beach and some of that "yucky" seaweed wraps around your ankles, pick it up and look at it! You'll soon observe the great variety and delicate beauty of this important "sea food". A great website for those who want to learn more about seaweed is the Smithsonian site at: http://www.nmnh.si.edu/botany/projects/algae/Alg-Link.htm

Lynne Richard is a middle school science teacher, specializing in marine sciences. This year, she took courses in Aquaculture, Fisheries Management and GIS.
I am listening to the "Painter's Delight" CD, recorded years ago at my home-based studio by the local band Only Motions. Completed in 1995 this project remains one of my favorites—one of a handful I like to return to time and again. "Painter's Delight" is one-of-a-kind: engaging and completely realized, while presenting a refreshing, idiosyncratic view of both music and the world around us.

Only Motions was fronted by guitarist/singer Roy Chatterjee and featured Jaime Vacchiano (his mother is Peaks Island's Carol Baker) on lead guitar, Tim Tyler on bass and mandolin and drummer Russ Hartung. For "Painter's Delight" this lineup was augmented with backing vocals from Lisa Gallant Seal, sax from Mark Perry and percussion by Jim Williams. As co-producer of the CD I added synthesizer to several of the cuts.

"Painter's Delight" is, above all, informed by Roy Chatterjee's musical vision and worldview. The music lives in a pleasing evocative slot which incorporates—roughly equal parts David Byrne and Grateful Dead; not a hybrid many artists would arrive at. Most songs are solidly danceworthy; anchored by Hartung's and Tyler's rock-solid backing and filled out with a constant, straightforward interplay from the two rhythm guitars. Groove is all, although it varies—now hard-driving, now mid-tempo, now a gentle lift.

Jaime Vacchiano (owner then and now of the Pat's Market/Restaurant complex on Stevens Avenue) solos in several songs—his work is always tasteful, unpretentious, inventive and moving. A shifting palette of percussion, sax, backing vocals and keyboards keep the textures varied and interesting.

And then there are the lyrics. From out of this contempo-naive worldbeat groovaceous stew come Chatterjee's stories, where demimonde sharpies slouch on every corner, where the corporatocracy prevails (rounding up the innocents and plying them with drugs), where people drift without direction, where love abounds, Cupid shoots arrows that break your heart, and nothing matters. Unless, of course you're dancing.

Drift without direction, where love abounds, Cupid shoots arrows that break your heart, and nothing matters. Unless, of course you're dancing.

In "One More Deal" Chatterjee's "T.J." fully fleshes-out seedy characters he lightly sketched in several other songs: T.J.'s hangin' out in blue suede shoes and has "some business with somebody...he's hoping someone will notice". He's "got his eye on the French Riviera— one more deal and then he'll go". A detective keeps an eye on him, but has his own concerns— "No one ever takes him seriously, even with that disguise."

Having set up this scene, Chatterjee moves back a step and reflects: "Look high, look low to find what's right. Imagine whatever it is you like. Easy come and easy go. Just don't expect a miracle."

Distrust of and disgust with the plutocracy, the kleptocracy, with any-olc-oarcy, fire several songs. Here's "Power of Control":

"Gold-plated dinners in penthouse suites. Hollow laughter fills the air. Rumor spreads that now's the time to buy what's left of pleasure."

Some songs have such a grand sweep and such noble intent that they probably fall short of their ambition— I'm not sure that the seven-minute "Crime" actually hits the heights it intends, for example. But it is as consistently driven as any of these songs by Chatterjee's vision of things, and it's a vision which ties "Painter's Delight" together very, very well.

Roy's voice is one element that might cause some listeners pause. Like Byrne's, Garcia's or Dylan's it isn't polished or slick. Chatterjee's singing tone is deep, hoarse and eerily hollow — no one sings quite like this. He delivers his songs with conviction and substance, however, and you can't ask for more than that.

This CD has probably long since departed local stores, but if a search fails you can contact 24 Hartley Street, Portland ME 04103; or contact the artist by e-mail: roy-chat@yahoo.com

Returning to "Painter's Delight" after so many years was a real pleasure, and I hope others will take the opportunity to discover it anew.
How Nature Saved My Life
by Anthony Taylor

My kayak's arrival at the mouth of a small tributary sends a flotilla of beadlike whirligig beetles into a swimming frenzy. Beyond a beaver dam, the stream meanders through a wet meadow. I get out and wade, relishing how my feet sink into the squishy mud. I sit down on the bank, watching a school of minnows. In the water little clumps of twigs and leaves (the homes of caddis fly larvae) haul themselves around. A tiger swallowtail flies by, following closely the contours of shrubs. A cloud of gnats dance in the shelter of a tree.

On any sunny summer day, rural kids are racing their four-wheelers along the power line. From the looks of the tire tracks, they must love the wetlands for the splash, the tires spinning in the slippery mud. Astride mechanical steeds, with gloves and goggles, kids are realizing the sci-fi movie's definition of adventure: hermetically sealed humans cruising at break-neck speed through undulating terrain as inferior life forms scatter. Pop culture tells us what's worth noticing, status-wise, and that's all, folks. Don't try to live what you see on MTV!

More people than ever before are flocking to the world's cities. Mental illness rates are soaring. Could there be a connection? In my forties I began to feel like I was sleepwalking through life. Vexed by the petty annoyances of city life, I found crowds less alluring than before, and yearned for a rural home. When I was 6, we lived in Majorca, on the outskirts of a village ringed by mountains, in a valley of orange groves. There were olive trees on terraced hillsides. Flocks of sheep passed our house on the way to upland pastures. Behind the house, a steep path led to a creek in a ravine, where I watched eels, water snakes, and huge dragonflies darting over boulders and deep pools. The village had its charms—stone steps, a plaza where holiday bonfires crackled, and irrigation canals to sail toy boats on, and follow into farms. Everything was done cut in the open. I remember watching horrified as a pig had its throat cut in the street.

I started second grade in rural New Jersey, different in language and culture, but every bit as wonderful in the grandeur of the landscape and sense of remoteness of our farmhouse in the Kittatinny Mountains. Though we lacked central heat and TV, we never thought of ourselves as poor. Our house was filled with music as my composer step dad practiced Chopin. Out back was a brook, which I dammed with stones, to make small pond where I kept turtles. I could hear frogs from a nearby marsh at night, and if I kept my bedroom window open and light on, I woke to find my walls papered with moths. At the foot of our dirt road was a picked up by the school bus. As in Majorca, I was trusted to amuse myself, and could explore woods, fields, and rivers to my heart's content, as long as I returned to supper.

This idyll ended when my mom was hospitalized for a brain tumor. I was sent to live with my dad in Munich for a couple of years, and attended a school for U.S. Army dependents. Mom had an operation, recovered, was divorced, found work as a social worker in Hartford. Moving around so often, I got sized up by other kids. To escape school humiliations and home turbulence I resorted to long walks and bike rides, explored surroundings for miles in every direction. A hobby of collecting old doors led me to Hartford's black and Latino North End. The countryside was only a mile or two away in the other direction. I waded in swamps, caught turtles, followed the Hog River and railroad tracks, and studied abandoned farmhouses. These wanderings restored a spirit cramped by a sense of being not really understood or listened to.

With Hartford's schools worsening, my brother and I went to live with Dad in Brooklyn. There, my wanderlust exposed me to some grim surprises: A prison riot, tenement fires, hookers, and people so lacking an inner life that they seemed to exist solely to be amused by the spectacle of the street.

By graduation I was a depressed teen, my illness barely acknowledged by my family. I moved to Worcester, learned a trade, made friends, and was a neighborhood activist in the city's rundown Main South section. For the better part of three decades I lived in downtown apartments, pursuing the bohemian artist lifestyle. By my forties, I became aware of an undercurrent of unhappiness behind my outward busywork.

Part of my depression came from the debilitating effects of benzene fumes used in my sign painting, which I learned to deal with by wearing a respirator. For so long I'd bought so many rationalizations about where to live, what kind of work to do, based on what I thought popular, or feasible. I was being self-limiting without realizing it. I began to identify the sources of my weariness, and to take corrective actions.

Where three-deckers are sometimes just ten feet apart, on summer nights I was sometimes an unwilling eavesdropper. This is typical of what I heard: "Come and get it! Come here so I can give you a pound in' you won't forget!"

I felt violated by these sounds, and by the new urban music, with its pile-driver beat that penetrates walls; and by the noise of cars, squealing around corners. While I found this disgusting, others didn't seem to mind as much. I think it was all they knew.

So I came to Portland, and found release in running, hiking, rock-climbing. In good weather I'd jog from work, and have lunch amid buzzing insects in a field above West Commercial Street. Apple trees, raspberries, and bottle dumpst remained there from old farms. I had an athletic friend who showed me rock climbing, and away from the school gym atmosphere, I was surprised at my agility. Relatively late in life, I found a rural house I could afford. I believe I would have slid into depression had I continued to live in a downtown rental. In a way this move saved my life. I had been sleepwalking through life, tolerating semi-menial jobs, stewing in my own juices.

One time when I was eating a sandwich on a riverbank, I saw what looked like a leaf fall to the ground at my feet. Looking closely, I saw that the leaf was actually a moth that had landed. Leaves are falling all the time in the woods. Another time, a startled Mourning Cloak butterfly flew off before me, resembling windblown oak leaves I'd seen a moment before. And once, emptying a bucket that had stood outdoors overnight, a tap of the bucket sent what looked like a tiny twig into the air and back again in a second. It was a tiny moth, its wings folded like a tube over its body. What better way to escape detection than to mimic the commonplace? These are messages for us from deep-time if we are receptive.

Foxglove

July 2001  page  10  Subscribe to Harbor Voices
OPEN Monday thru Saturday 10 a.m.—10:30 p.m. (some Sunday Hours, too)

Maine Beer & Beverage Company
Just across from the Casco Bay Ferry Terminal and Ri Ra, on Commercial Street, in the former W.L. Blake Building in Portland.

Selling Beer, Cigarettes, Cigars, Sodas, Chips, Ice Cream. Good Prices! Good Stuff!
Check out our great selection of beer from Maine and away.
Also visit our partners Miranda’s Vineyards and A Country Bouquet for all of your wine and flower needs.

The partners in the new endeavor are Andrew Braceras (on the left, with glasses) and Bill Milliken, two attorneys who also own the Maine Beer & Beverage Co. store in the Portland Public Market. Bill Milliken has also been a V.I.V. (Very Important Volunteer) in the restoration of the St. Lawrence Street Church.

A Country Bouquet

- Full Service Flower Shop
- weddings, funerals, graduations, special arrangements
- gifts
- bedding plants, window boxes, patio planters, house plants
- Flowers by the Stem
- Flower Design by Kim Bridgham, Maine State Flower Designer of the Year, 1996

Bruce Bridgham owns and operates A Country Bouquet together with his daughter Kim. Both were born and raised in Maine, and Bruce is very knowledgeable about horses as well as flowers. Like Maine Beer and Beverage, Country Bouquet has a sister store in the Portland Public Market.

Open 7 Days a Week, Wire Services Available (Right across from Casco Bay Lines)
### Harbor Business Directory

#### Contractors, builders, Restaurants, Clubs

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Service(s) Provide</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Island Bay Services</td>
<td>Earth Work, Building Demolition</td>
<td>766-3375 Covey Johnson&lt;br&gt;fax 207-766-2364</td>
</tr>
<tr>
<td>Terry Edwards, Creative Landscaping</td>
<td>Earth Work, Building Demolition</td>
<td>207-766-5660&lt;br&gt;fax 207-766-2364</td>
</tr>
<tr>
<td>Unisun</td>
<td>Solariums, sunrooms, general contracting</td>
<td>766-5780 Keith ~ 223 Island Ave. Peaks</td>
</tr>
<tr>
<td>Expressly Trends</td>
<td></td>
<td>10 Exchange Street</td>
</tr>
<tr>
<td>Pet Positive</td>
<td>CLICKER OBEDIENCE TRAINING</td>
<td>P.O. Box 6247 Cape Elizabeth&lt;br&gt;www.petpositive.net</td>
</tr>
<tr>
<td>Fetch</td>
<td><em>We Deliver to the Islands</em>&lt;br&gt;On top of Munjoy Hill (Congress St) with the Best for Pets</td>
<td>775-5450 <a href="mailto:fetch@maine.rr.com">fetch@maine.rr.com</a></td>
</tr>
<tr>
<td>Island Recreation and Horse Camp</td>
<td></td>
<td>P.O. Box 51 Peaks Island, Maine 04108&lt;br&gt;207-766-2763</td>
</tr>
<tr>
<td>Brackett Street Veterinary Clinic</td>
<td></td>
<td>102 Brackett St. Portland&lt;br&gt;(207) 772-3385&lt;br&gt;The In-Town Veterinary Clinic</td>
</tr>
</tbody>
</table>

#### Restaurants, Clubs

<table>
<thead>
<tr>
<th>Restaurant &amp; Tavern</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drydock</td>
<td>84 Commercial St.</td>
<td>7743550 Raw bar &amp; Second Floor Seating</td>
</tr>
<tr>
<td>Gilbert's Chowder House</td>
<td>92 Commercial St.</td>
<td>871-5636&lt;br&gt;GREAT CHOW DAH seafood</td>
</tr>
<tr>
<td>The Breakaway Lounge</td>
<td>35 India St.</td>
<td>Music and Dancing Just a Short Walk From The Boat&lt;br&gt;Thurs. Night Salsa class &amp; dancing from 6pm</td>
</tr>
<tr>
<td>Bakehouse Café</td>
<td>205 Commercial Street</td>
<td>Portland, Maine&lt;br&gt;207-773-2217</td>
</tr>
</tbody>
</table>

#### Museums

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>African Museum of Tribal Art</td>
<td>Free admission 10:30-5:00 p.m. Tues.-Sat.&lt;br&gt;Closed Sundays and Mondays&lt;br&gt;Masks representing 1000 years sub-Saharan history</td>
<td></td>
</tr>
<tr>
<td>PORTLAND MUSEUM OF ART</td>
<td>Adults: $6, Seniors: $5, Under 12: Free&lt;br&gt;FREE every day for Maine residents sponsored by COLIBRI ARTS&lt;br&gt;Hours: Tues., Wed., Fri., Sat. 10 a.m. to 9 p.m., Thurs. 10 a.m. to 5 p.m., Memorial Day-Chronus Day only.</td>
<td></td>
</tr>
</tbody>
</table>

#### Advertising Information

- **Need Advertising?**
  - Contact 766-2390<br>voices@maine.rr.com Box 10 Peaks Island

---

*Yes, Please make sure our business is included in the Harbor Voices Business Directory!*

**Company**: [Name of your company]

**Your name**: [Your name]

**Address & phone**: [Address and phone number]

**Website and e-mail address**: [Website and e-mail address]

**Send camera ready copy, or plain text**, to Harbor Voices Business Directory, Box 10 Peaks Island, Maine 04108 $150 per year<br>Monthly, $50 per summer month, $35 per off-season month. Business cards published at the same rates. Contact us at (207) 766-2390 for more information on display advertising.