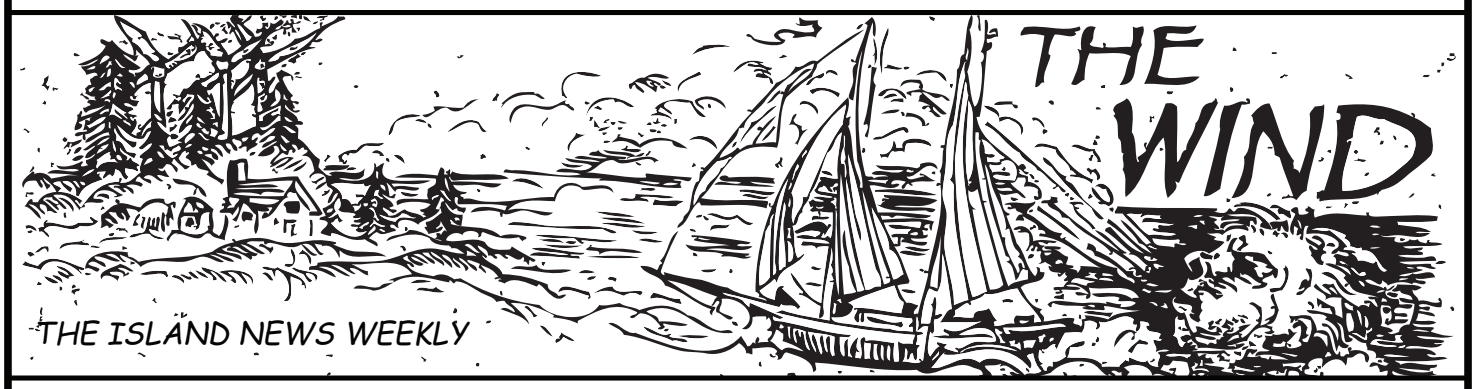
P.O. BOX 194, VINALHAVEN, ME 04863 ANNUAL SUBSCRIPTION: $50



March 18 – March 24, 2021 E-MAIL: vinalhavenwind@gmail.com

Suggested Changes to Ferry Line Procedures

At last week's Maine State Ferry Advisory Board meeting, a 'Safety Team' from Maine's DOT showed us a proposal addressing safety concerns at the terminal which includes ***prohibiting the use of 'line cars'*** and substituting, instead a 'shoot' system, whereby anyone wanting to board a given departure to the islands can put their vehicle (not a line car) in one of several parallel lines they referred to as chutes (yes, it was them who misspelled it 'shoot' although, in suggesting gunfire they were probably not far off) up to 90 minutes prior to departure and no sooner. Once in line it cannot be moved.

The Vinalhaven (me) and North Haven representatives to the Advisory Board voiced our absolute objection to the proposal, but there is certainly no reason to think our opinions will make a difference.

Please think carefully about the complete range of consequences to us all if this change is implemented and register your own thoughts with those who represent you:

- Town Manager Andy Dorr and your Selectboard members
- Rockland terminal Manager, Mark Higgins
  mark.a.higgins@maine.gov
  (207) 557-2110
  517A Main St., Rockland 04841
- or to your State Senator, Dave Miramant
  davemiramant@gmail.com
  (207) 287-1515
  2 State House Station, Augusta 04333
- or State Representative, Genevieve McDonald
  Genevieve.McDonald@legislature.maine.gov
  (207) 423-2900
  2 State House Station, Augusta 04333
- or Governor Janet Mills, governor@maine.gov
  (207) 287-3531
  1 State House Station, Augusta 04333 or

– PC

NOTICE

WINDs are now available at local businesses and the *WIND* boxes at the ferry terminal, Todd's Garage and in front of the post office, Thanks to Phil Crossman for the new boxes there.

Did You Know?

When islands or ships appear to be floating above the sea, this is known as a superior mirage. Superior mirages occur because of "special atmospheric conditions that bend light." When cold air lies close to the sea, but has warmer air above it, it is known as temperature inversion and can cause objects to appear above the water.

Friends of the Library
Meeting
Thursday, Mar 25
9 am
Join us via Zoom
All are welcome

Please email for link:
FriendsofVHLibrary@gmail.com

Town of Vinalhaven Information

www.townofvinalhaven.org

Calendar

Committee meetings are being held virtually, or are hybrid with both in-person and zoom attendance. The Select Board meets every two weeks. Meetings are delivered virtually from our Facebook page: **facebook.com/townofvinalhaven** and recordings are posted to the Town's YouTube Channel – **Town of Vinalhaven.**

Planning Commission – Virtual Meeting, Thursday, March 18, 5pm Contact Holly Sault, Commission Chair for Zoom information **bfalls802@yahoo.com**

Community Development Corporation Committee – Virtual Meeting, Thursday, March 25, 5pm, FMI contact Gabe McPhail **gmcphail@townofvinalhaven.org**

Select Board – Virtual Meeting, Tuesday, March 30, 5:30pm Contact Andrew Dorr, Town Manager for Zoom information **townmanager@townofvinalhaven.org**

Notices

Property Taxes 2020-2021 Property Taxes are due on November 2nd, 2020 and May 3rd, 2021. Interest began on November 3rd, 2020 for the November payment. Please call the Town Office for an interest figure before mailing payment (207) 863-4471

CEO/LPI Faye Grant is in the office Monday, Tuesday, and Wednesday 9am-1pm. Thursday and Friday – call to see if she is in. To schedule an appointment, contact 863-2168 or vhceo@townofvinalhaven.org

Single-Stream Recycling #1-7 rigid plastics, tin, aluminum, glass, paper, cardboard. $10 Recycling Totes available at the Town Office.

Food Scrap Composting collection bin located near the household trash container at the Transfer Station. How-To Brochures available at townofvinalhaven.org. Free Composting Pails available at the Town Office and Transfer Station.

Hours of Operation & Contact Information*

***The Town Office is open to the public. Limit one person in the office, two in the waiting area. Please wear a mask. All services are also available over the phone, by email, or online–please contact the Town Office for further information.**

Town Office – Mon–Fri 7:30am-5pm – 863-4471 or 863-4343; Fax: 863-4393
Mailing and physical address: 19 Washington School Rd., Vinalhaven, ME 04863

Town Manager – Andrew J. Dorr – 863-2042; 266-7806; townmanager@townofvinalhaven.org

Town Clerk – Darlene M. Candage – 863-4343; townclerk@townofvinalahven.org

Deputy Town Clerk – Tanya Robishaw – 863-4343; deputyclerk@townofvinalhaven.org

Assessor – Wes Robinson – Hours vary, contact 863-2168 or vinalhavenassessor@gmail.com to set up an appointment

Code Enforcement Officer / Local Plumbing Inspector – Faye Grant – M-W, 9am-1pm 863-2168 or vhceo@townofvinalhaven.org

Planning and Community Development – Gabe McPhail – Hours vary, contact 863-2168 or gmcphail@townofvinalhaven.org to set up an appointment

Welfare Program – Call 863-2042 or 266-7806 to set up an appointment

Public Works / Town Garage – 863-2063

Library – Scott Candage –Tues & Thurs 1-5pm; Wed & Fri 9am-12pm, 1-5pm; Sat 9am-4pm; Sun & Mon Closed – 863-4401 or vpl@vhaven.lib.me.us

Transfer Station – Kenny Martin – Sun, Mon, Wed & Thurs – 7:30am-4pm – 863-4306

Fire Department – Marc Candage – Emergency 911; Non-Emergency 863-4604 or mcandage@townofvinalhaven.org

Ambulance Service – Kerry McKee – Emergency 911; Non-Emergency 863-2119 or kmckee@townofvinalhaven.org

Knox County Deputy – Emergency 911; Non-Emergency 593-9132

Animal Control Officer/Harbor Master – James Knowlton – 756-0209

Public Health Officer – Jen Desmond – Contact the Town Office – 863-2042

Deputy Harbor Master – Peter Gasperini – 542-1992

Public Official Nomination Papers Available!

As of Friday, February 26th, 2021, interested candidates may request nomination papers for Elections to be held on June 8th, 2021.

Positions
Two – 3-year Terms for Selectman
Two – 3-year Terms for MSAD #8 Director (School Board)
One – 3-year Term for Water District Trustee

Candidates must collect not less than 25, nor more than 100 signatures of registered voters to be placed on the June 8th, 2021 ballot. ***The deadline for submitting nomination papers back to the Town Office is Friday, April 9th, 2021.***

For more information contact the Town Clerk at (207) 863-4343 or stop in the Town Office.

REPORT ALL LOOSE DOGS TO THE ANIMAL CONTROL OFFICER

There have been several loose dog incidents recently where dogs have caused harm to pets and livestock on other people's property. **DOG OWNERS – the Town follows the State's Leash Law:** ***It is unlawful for any dog to run at large except when it is used for hunting. *At large means off the premises of the owner and not under the control of any person***

If you witness a dog at large, **please TAKE PICTURES of the loose animal(s) and report the incident immediately to Animal Control Officer James Knowlton (207) 756-0209** If you are unable to reach him, please contact Knox County Dispatch **(207) 593-9132**

Posting incidents on Facebook is not an effective way to resolve this growing problem. *#doyourpartvh*

Wind Online Ad Specifications

Deadline for Submissions
Tuesdays 5:00 pm

Acceptable Ad Sizes

By the Page

Full page (vert.): 7.625" W x 10.125" H
Half Page (horiz.): 7.625" W x 4.875" H
Quarter Pg. (vert.): 3.625" W x 4.875" H
Eighth Pg. (horiz.) : 3.625" W x 2.25" H

By the Column Inch

1 Column = 2.25" wide
2 Columns = 5"
3 Columns = 7.625"
Max. column length: 10.125"

Acceptable File Formats

MS Word, pdf, jpg, png, tif

Images at 300 dpi, converted to black and white print better! *Please follow these guidelines if you can.*

Rates per Column Inch

(3 columns per page)

Non-profit $1.50
For profit $3.50

- Additional cost for photographs
- Community Calendar Events are free of charge. Email to: *windnonprofitads@gmail.com*

Submissions

Deadline: Tuesdays 5:00 pm

Wind ad submissions accepted by email ONLY until further notice.*
Send to: *vinalhavenwind@gmail.com*

*DO NOT LEAVE SUBMISSIONS AT THE CHURCH VESTRY. They will not be collected!

Subscriptions

3 Months: $15 **12 Months:** $50

Mail to: The Wind, P.O. Box 194
Vinalhaven, ME 04863

For further information about The Wind, contact vinalhavenwind@gmail.com

No More Wind Online After April 1st

As of April 6th, we will be moving back to doing *The Wind* in hardcopy in the church vestry. ***Starting that week, submissions to The Wind will be due by 9 pm the Monday before*** (Monday, April 5th).

- Because of the continuing risk of Covid, **no walk-in ads will be accepted**.
- Because we will be doing it physically, and it has to be put on the boat, **no late ads can be accepted**.

Submit to the Wind!

We are looking for stories, **anecdotes**, recipes, **images**, Shout Outs, etc. to include in the WIND. If you have something to share we would love to include it in future WINDs. Please send to: vinalhavenwind@gmail.com

Community Calendar

Email events to:
windnonprofitads@gmail.com

Trivia Questions

1. What is the difference between an emoji and an emoticon?
2. Which of the Beatles launched a lawsuit to break them up?
3. What is President Joseph Biden's middle name? Last President Donald Trump's middle name?

SECOND HAND PROSE

Now open
with the usual safety
measures in place

We have
gently used books
rare books
kids books
holiday books
craft books
cook books
puzzles
music CDs
DVDs

...all good things for
the long winter

OPEN
Most Fridays & Saturdays
10-2
Look for the OPEN flag

All sales support
Friends of the Library

From The Grange Archives

Literary Program

- Quotations
- How to Set Strawberries, Wm. Glidden
- Best Varieties of Strawberries, Clinton Calderwood
- Best Ways of Serving, Sister A. H. Glidden
- Best Ways of Preserving, Sister Gross & Sister Susie Calderwood
- Best Soil for Strawberries, Carl Ames
- Reading, Nellie Webster
- Song, Arvilla Belle Davis

– From the Minutes of the Pleasant River Grange, April, 1909

Happy Birthday Maine!

By the time most of you will read this it will be March 15, which is too important a day to ignore. As the man who taught me to use a chainsaw said, it is immortalized by Shakespeare's famous warning: "Cedar! Beware the adze of March!"

He put it that way because the importance of March 15 is, of course, that it is the day in 1820 that Maine, the Pine Tree State, joined the Union.

Maine statehood had national repercussions. The inhabitants of this northern part of Massachusetts had asked for statehood in 1819, but their petition was stopped dead by southerners who refused to permit a free state—one that did not permit slavery—to enter the Union without a corresponding "slave state." The explosive growth of the northern states had already given free states control of the House of Representatives, but the South held its own in the Senate, where each state got two votes. The admission of Maine would give the North the advantage, and southerners insisted that Maine's admission be balanced with the admission of a southern slave state, lest those opposed to slavery use their power in the federal government to restrict enslavement in the South.

They demanded the admission of Missouri to counteract Maine's two "free" Senate votes.

But this "Missouri Compromise" infuriated northerners, especially those who lived in Maine. They swamped Congress with petitions against admitting Missouri as a slave state, resenting that slave owners in the Senate could hold the state of Maine hostage until they got their way. Tempers rose high enough that Thomas Jefferson wrote to Massachusetts—and later Maine—Senator John Holmes that he had for a long time been content with the direction of the country, but that the Missouri question "like a fire bell in the night, awakened and filled me with terror. I considered it at once as the knell of the Union It is hushed indeed for the moment, but this is a reprieve only, not a final sentence."

Congress passed the Missouri Compromise, but Jefferson was right to see it as nothing more than a reprieve.

The petition drive that had begun as an effort to keep the admission of Maine from being tied to the admission of Missouri continued as a movement to get Congress to whittle away at slavery where it could—by, for example, outlawing slave sales in the nation's capital—and would become a key point of friction between the North and the South.

There was also another powerful way in which the conditions of the state's entry into the Union would affect American history. Mainers were angry that their statehood had been tied to the demands of far distant slave owners, and that anger worked its way into the state's popular culture. The opening of the Erie Canal in 1825 meant that Maine men, who grew up steeped in that anger, could spread west.

And so they did.

In 1837, Elijah P. Lovejoy, who had moved to Alton, Illinois, from Albion, Maine, to begin a newspaper dedicated to the abolition of human enslavement, was murdered by a pro-slavery mob, who threw his printing press into the Mississippi River.

Elijah Lovejoy's younger brother, Owen, had also moved west from Maine. Owen saw Elijah shot and swore his allegiance to the cause of abolition. "I shall never forsake the cause that has been sprinkled with my brother's blood," he declared. He turned to politics, and in 1854, he was elected to the Illinois state legislature. His increasing prominence brought him political friends, including an up-and-coming lawyer who had arrived in Illinois from Kentucky, Abraham Lincoln.

Lovejoy and Lincoln were also friends with another Maine man gone to Illinois. Elihu Washburne had been born in Livermore, Maine, in 1816, when Maine was still part of Massachusetts. He was one of seven brothers, and one by one, his brothers had all left home, most of them to move west. Israel Washburn, Jr., the oldest, stayed in Maine, but Cadwallader moved to Wisconsin, and William Drew would follow, going to Minnesota. (Elihu was the only brother who spelled his last name with an e).

Israel and Elihu were both serving in Congress in 1854 when Congress passed the Kansas-Nebraska Act overturning the Missouri Compromise and permitting the spread of slavery to the West. Furious, Israel called a meeting of 30 congressmen in May to figure out how they could come together to stand against the Slave Power that had commandeered the government to spread the South's system of human enslavement. They met in the rooms of Representative Edward Dickinson, of Massachusetts-- whose talented daughter Emily was already writing poems-- and while they came to the meeting from all different political parties, they left with one sole principle: to stop the Slave Power that was turning the government into an oligarchy.

The men scattered for the summer back to their homes across the North, sharing their conviction that a new party must rise to stand against the Slave Power. In the

fall, those calling themselves "anti-Nebraska" candidates were sweeping into office—Cadwallader Washburn would be elected from Wisconsin in 1854 and Owen Lovejoy from Illinois in 1856—and they would, indeed, create a new political party: the Republicans. The new party took deep root in Maine, flipping the state from Democratic to Republican in 1856, the first time it fielded a presidential candidate.

In 1859, Abraham Lincoln would articulate an ideology for the party, defining it as the party of ordinary Americans standing together against the oligarchs of slavery, and when he ran for president in 1860, he knew it was imperative that he get the momentum of Maine men on his side. In those days Maine voted for state and local offices in September, rather than November, so a party's win in Maine could start a wave. "As Maine goes, so goes the nation," the saying went.

So Lincoln turned to Hannibal Hamlin, who represented Maine in the Senate (and whose father had built the house in which the Washburnes grew up). Lincoln won 62% of the vote in Maine in 1860, taking all 8 of the state's electoral votes, and went on to win the election. When he arrived in Washington quietly in late February to take office the following March, Elihu Washburne was at the railroad station to greet him.

I was not a great student in college. I liked learning, but not on someone else's timetable. It was this story that woke me up and made me a scholar. I found it fascinating that a group of ordinary people from country towns who shared a fear that they were losing their democracy could figure out how to work together to reclaim it.

Happy Birthday, Maine.

– Heather Cox Richardson
from *Letters from an American*

Submit to the Wind!

We are looking for stories, **anecdotes**, recipes, ***images***, Shout Outs, etc. to include in the WIND. If you have something to share we would love to include it in future WINDs. Please send to: vinalhavenwind@gmail.com

Medicare Questions?

CORNERSTONE
FINANCIAL SERVICES
Serving Since 1988

816 Atlantic Hwy
Waldoboro, ME 04572
Office: 207-832-6950
Email:
info@unitedcornerstone.com

We Have Answers!

Kids Trivia

1. 1. What book was chosen in January for the 2021 Newbury Award Medal?
2. What famous ship sank in 1912?
3. How many toes does a cat have?

Round Up...for the Grange!

The Pleasant River Grange #492 would like to thank those who are rounding up for the Grange at Carver's Harbor Market.

Our building is on the National Register of Historic Places in Maine. It has been on the current site since 1908, donated by A. M. Webster. We are trying to repair and care for it with the following projects:

- Upgrade our heating system so we can have year round activities, programs and events.
- Make the old hand dug well functional – so we will not have to carry water to the property.
- Reshingle the south side, replace the trim and doors, and install gutters to preserve the building.

Unfortunately, our coffers are unable to deal with even one of these projects. We are, therefore, asking our friends for additional help. If you could, please send your donation (any amount is greatly appreciated) to:

Pleasant River Grange #492
c/o Penelope Lord, *Treasurer*
PO Box 669, Vinalhaven, ME 04863

The Grange members sincerely thank you!

Do you have any fun websites to pass the time while we're social distancing (or even after)? Send them to:

vinalhavenwind@gmail.com

Single-Stream Recycling

Presents

NO BUBBLE WRAP! NO MAILERS!

Q: Can I recycle bubble-wrap and padded envelopes?

A: NO! DEFINITELY NOT with single-stream! Kenny and Luther have been pulling A LOT of bubble wrap and padded mailers (tyvek, paper, plastic, bubble–any and all kinds) out of the single-stream bin. It's tempting to toss these items into the bin, believing they are recyclable, but DON'T. **These items can be RE-USED** and can be recycled at certain special locations, but with our single-stream system they are considered contamination REGARDLESS of whether they have a recycling symbol or number on them. We will get fined by ecomaine for putting them in the single-stream!

Remember: When in doubt, throw it out!

Got Single-Stream Questions?
email WasteWatchers Anna or Gabe
knitwitmaine@gmail.com
gabemcphail@gmail.com

When you don't know who else to ask, Ask Etta at vhasketta@gmail.com

Word of the Week

– Munificent –

1. Very liberal in giving; generous
2. Characterized by great generosity or abundance

The Widow Island Fund Applications are now open until March 31st.

Please see the school's website for the application and reach out to Bryan Feezor if you have any questions.

https://4f239a3a-dc41-4f46-99a60418bec7ff4a.filesusr.com/ugd/d7d2ef_42d7861a0c614eb89ec326674b088b0a.pdf

Housekeeper Wanted

Mature, experienced, referenced, able-bodied housekeeper wanted to care for island home in a beautiful setting. From 9 am to 3 pm weekdays, May through October, with some flexibility to stay after 3 pm, and to help on occasional weekends as needed. $25 per hour, lunch included. Lodging can be provided.

For inquiries, call 207-863-2765.

To everyone who has been praying for,
and sending encouragement to Collin and his family, THANK YOU!

Personally, I struggle with words enough to express my gratitude. And I apologize for not posting an update on Mitzi before now, but life has gotten a bit crazy.

After 4 months of aggressive chemo treatments, Mitzi is finally in remission!! Praise the Lord! But since she has such an aggressive cancer, she does need a bone marrow transplant, and now is the time to do it, before the cancer cells grow back. It is scheduled for Tuesday, March 16. She will be in the hospital for a minimum of 6 weeks, more likely closer to 3 months. Big sister Penny (almost 3) will be the donor. Mitzi has been receiving serious chemo every 6 hours this week and is expected to have extreme negative side effects starting about the time she has the transplant. The next 100 days will be critical, so please continue to pray for them all.

I also want to thank everyone who purchased t-shirts in support of Mitzi.

The ladies that were making the shirts and running the fundraiser have had a series of serious personal tragedies, so we are no longer doing that. Thank you to all who purchased them and posted pictures. It warms my heart to see the support of our Vinalhaven community.

Anyone who would still like to make a donation to help with meals and other expenses (Taylor can only handle so much hospital food) can do so directly at their Venmo account: taylorliannepayne. Cards or notes of encouragement can also be sent to them at:

Taylor and Mitzi Payne
c/o Riley's Children's Hospital
705 Riley Hospital Drive
Indianapolis, IN 46202-5109

Thank you so much!
Love to all!

– *Donna Payne*

The Mainland Fairy

Need someone to pick up groceries, Chinese food, prescriptions and send them across? Need a ride to doctors appointment?
Call Chuck 207-303-7787

COVID-19 FINANCIAL HELP

Unemployment Benefit for Self-employed People
Go to the Maine Department of Labor Bureau of Unemployment Compensation webpage to apply.
www.maine.gov/unemployment

General Assistance (GA)
A program to help cover costs for basic needs like food, housing, and utilities.
Contact **Andrew Dorr**, **207-863-2042**
townmanager@townofvinalhaven.org

VH Community COMPOST

Save $$, Save Resources!

COMPOST YOUR FOOD SCRAPS

@ the Transfer Station!

How it Works

Save money and recycle organic matter by getting food scraps out of the trash!

1. Pick up your **FREE** Compost Pail at the Town Office or Transfer Station and collect food scraps at home and work
2. Dump food scraps into the collection bin **located near the household trash at the Transfer Station** (Don't forget to close the bin lid!)
3. The compost crew mixes all the food scraps into an active manure pile
4. The pile cures until it becomes nutrient-rich compost
5. Our community uses the compost to enrich garden soils

FREE Compost Pails–one per household–available at the Town Office and Transfer Station. Limited quantity. First come first serve. If you need 5 gallon collection buckets with lids for your business or multi-unit rental, contact Gabe or Anna.

VH Community Compost is made possible by a grant from MEDEP.

FMI please contact Anna or Gabe
knitwitmaine@gmail.com
gabemcphail@gmail.com

Rockland Animal Hospital

Dr. Caron will be on the island on **April 1, 2021**

Clinics are held upstairs at the Old Fire Hall

Call 207-594-5850
to schedule an appointment

Island Village Childcare

Fun Fact: Did you know IVC has been a 501c3 nonprofit organization since it began in 2008? We often rely on donations that go toward equipment and materials for the children in our care and moving and renovation costs.

Moving Update: We have put an offer on a house; however, we are still waiting for a response. In the meantime, IVC is continuing their search for the perfect space for our childcare. If you have any ideas or buildings for lease or purchase, please let us know! We only have until mid-June in our current space. Time is running out!

Megan D. ~ Director

207-863-4382 or 207-807-4334

More Or Less

When more isn't enough
I'm left with less
which comes in buoyant
filled with importance
as if to say I am enough

Then I see the poignant
details of my life, the etched
lines of worry and care
the lift of heart on invisible air
the way a moment slides
round the corner
leaving its taste behind
sweet reminder to hold it dear

So like breathing I go in and out
sometimes catching the beauty
sometimes not, and I must
practice what once was habit
seeing the magic, the play of light
on the smallest of things
the music in between the layers

– Paddy Noble

Looking For A Summer Rental.

I've been summering on VH since 2004, in the same place, but it sold, and is no longer available.

I'm looking for 2 to 8 weeks, in a rustic setting, with few amenities, on salt water. A road in, would help, but not necessary. I read, write, listen to music, hike & paddle.

Local reference available.

Larry McIntosh,
(207)703-6668;
Lmacyak@gmail.com

"When science discovers
the center of the universe,
a lot of people
will be disappointed
they are not it."

Drive-Through
BEAN SUPPER
(home delivery also available)

Pleasant River Chapel

Saturday, March 20th 4:30-6:30pm

Please call Pete at 207.551.4483 (before Friday at 5:00) to order your meal(s) and determine a time for pick-up or to request delivery

Small, large and vegetarian beans
Coleslaw
Hot dogs
Brown Bread (plain or with raisins)
Assorted Pies

Cost $10 (a third of net profits will be donated to the local Food Pantry for Non-Food items)

Islands Community
Medical Services

Our Medical Center

Medical Center Information

www.icmsvh.org
Medical Services: 863-4341
Dental Services: 863-2533
Counseling: 863-9959
Billing: 863-4348

Hours of Operation

Medical Services

Mon, Tues, Wed, Fri: 8:00 am – 12 noon, 1pm – 4pm
Thurs: 8:00 am – 12 noon
Closed Tues. AM and Thurs. PM

Dental Services

Dentist: March 17,18,19,24,25,&31
Hygienist: March 18,19,25,26,
Office:

Physical Therapy

To schedule an appointment,
please call 863-4341

Counseling

Dan Keniston, LCSW
Jeff Wilber, LCSW
To schedule an appointment,
Please call 863-9959

Osteopathic Manipulative Treatment & Acupuncture

To schedule an appointment, please call 863-4341.
Stuart Damon, DO March 26th

Women's Health

Kathleen Coleman, ANP April 2
To schedule an appointment,
please call 863-4341.

To reach the provider on call dial 863-4341 and your call will be forwarded to the answering services. They will take your call and page the provider on call for you.

Like us on Facebook

ICMS receives HHS funding & has federal PHS deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and covered individuals.
ICMS is a 501(c) 3 and contributions to ICMS are tax exempt. This health center is a Health Center Program grantee under 42 USC 254b, and a deemed Public Health Service employee under 42 USC 233(g)-(n).

Islands Community
Medical Services

Our Medical Center

Islands Community Medical Services, Inc., is very grateful to Dinah Moyer for devoting 25 years of service to our community and helping to ensure the health and well-being of our friends and family members. Dinah has announced her resignation as Executive Director of ICMS as of March 31, 2021. She will be available to assist ICMS for another year, including helping ICMS transition to a new Executive Director, as she explores other opportunities. The entire Board of Directors of ICMS wishes to thank Dinah for her loyal service and tremendous commitment.

Having a hard time?
Not sure who to talk to?

Remember, the Medical Center is here for you with trained therapists available to help you through difficult times.

You can reach **Jeff Wilber**, LCSW at (**207) 449-9448**
or **Dan Keniston**, LCSW, **(207) 837-4057**

We have appointments available by telemedicine through Zoom. We are offering a **free visit** for anyone who is struggling during these challenging times.
You can call Jeff or Dan directly.

If you have any questions or concerns,
please contact Dinah Moyer at
dmoyer@icmsvh.org or **(207) 863-4109**

COVID-19 Update

Current State of Maine Guidelines:

To maximize our limited vaccine supply and ensure every dose is used to protect the health of Maine people, Maine is using an age-based approach for vaccination eligibility. While vaccination is planned to proceed consecutively through the age groups outlined below, flexibility is possible based on vaccination progress and vaccine supply.

Vaccination Eligibility by Age:

People Age 60 and Older Now Eligible

VH School staff and Day care workers are Now Eligible

**Only Maine residents are eligible to receive a vaccine in Maine at this time. Exact dates for age-eligibility will be announced.*

March 3: Age 60 and older
April: Age 50 and older
May: Age 40 and older
June: Age 30 and older
July: All ages, including children pending authorization of a child vaccine

Current Islands Community Medical Services, Inc. Distribution Guidelines:

ICMS is listed as a patient only vaccination site. ICMS follows State Guidelines to determine eligibility. ICMS receives an allocation of 110 doses biweekly. Eligibility determination is based on State requirements and then by risk stratification within the State's age eligibility criteria.

If leftover vaccines are available, ICMS will vaccinate non-patients who meet the State of Maine residency requirements and meet the eligibility age. All alternates are required to provide proof that Maine is their primary residency. If you do not have a Maine license, please contact Anna Clapham.

No Doses Will Be Wasted!

Total doses (includes 1st and 2nd) administered to Islanders: 506 Doses

Percentage of Vinalhaven population vaccinated: 33%

National Immunization Rates (1st doses only): 21.4%

National Immunization Rates (includes 1st and 2nd): 11.5%

State of Maine Population immunized: 13.95%

ICMS will be holding a COVID-19 Vaccine Clinic for first doses on Saturday, March 20th between 9:00-1:15pm at the school gym, by appointment only. We will contact patients to schedule once we have the vaccines on hand.

For Questions on COVID-19 Vaccines, please contact: Anna Clapham at aclapham@icmsvh.org**, or by phone 207.863.4341 ex.1126.**

Brown Tail Moth Awareness

Have you or someone you know been affected by the rash caused by browntail moths? If so, NOW is the time to control their caterpillars, while they are still in the web.

Inspect the tips of branches on hardwood trees, especially oak, apple, and other fruit trees to locate the webs.

To see what the webs look like and how to remove them:

extension.umaine.edu/cumberland/2019/05/13/browntail-moth/

To remove: clip and destroy the webs within reach. This is best done before mid-April and always wear eye protection and cover hands and skin. *For more information:*

maine.gov/dacf/mfs/forest_health/invasive_threats/browntail_moth_faqs.htm

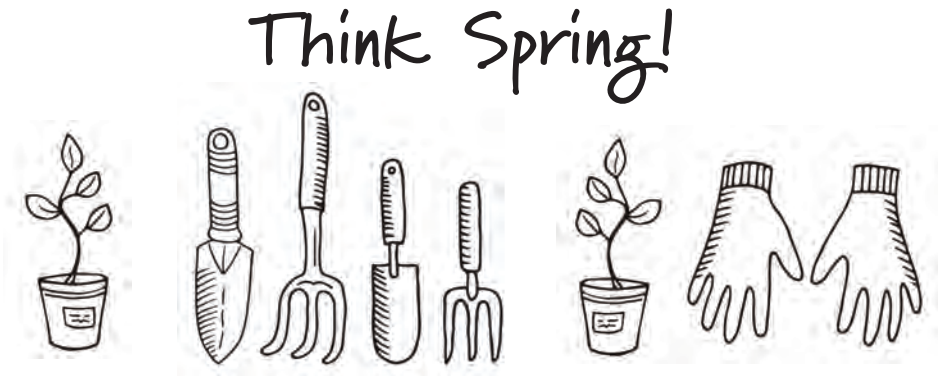
Browntail moth nests are found on the tips of branches.

Knox-Lincoln Spring Plant Sale Catalog & Online Ordering are Here!

Knox-Lincoln Soil & Water Conservation District's 2021 Spring Plant Sale Catalog is now available in print and online. Plants are available for pre-order only, either online or by mail through Monday, April 12th. Quantities are limited so order early – and often – for the best selection!

Choose from over 180 varieties: bareroot fruit trees and berries, native conifers, deciduous trees, shrubs and vines as well as native, organic, Maine-grown perennials & herbs in 1-gallon pots for pollinators. The plant list includes new varieties in all categories as well as tried and true favorites.

Visit **www.knox.lincoln.org/spring-plant-sale** to download a catalog or to shop online; call 596-2040 or email julie@knox-lincoln.org to receive a catalog by USPS.



How You Can Help

donate to local service groups

Community Lunchbox
Union Church, attn: Lunchbox
PO Box 249
Checks payable to Union Church
Memo line: Lunchbox

Meals on Wheels
VES attn: Meals on Wheels,
PO Box 624
Checks payable to VES
Memo Line: Meals on Wheels

Vinalhaven Community Outreach
PO Box 15
Checks payable to VCO Memo line: Covid-19

Open Bible Baptist Church Corona Virus Relief Fund (CVRF)
Open Bible Baptist Church attn: CVRF
PO Box 465
Checks payable to Open Bible Baptist Church, Memo line: CVRF

Vinalhaven Fuel Fund
Sue Radley
attn: Vinalhaven Fuel Fund
14 Lawson's Quarry Rd
Checks payable to Vinalhaven Fuel Fund

The Brown Door at the Union Church
Union Church
attn: Food Pantry
PO Box 249
Checks payable to Union Church
Memo line: Food Pantry

All = Vinalhaven, ME 04863

Write to Friends

Our shut-in community members always appreciate hearing from friends.
Take a moment to write a note and bring a smile to someone's face!

Jaquelyn Ames
c/o Goodwill-Kendall
Lane House
Freeport, ME 04032

Lucy Wadsworth
30 Community Drive
Camden, ME 04843

Carlene Michael
Boardman Cottage
Islesboro, ME 04848

Charles M. Miller
1725 Honore Avenue
Sarasota, FL 34232

Gladys Walls
PO Box 702
Newcastle, ME 04553

Rosemary Anthony
7 North Shore Drive
Owls Head, ME 04854

Ricki Soaring Dove
1825 Clifton Road NE #805
Atlanta, GA 30329

Ann Anthony
Caroline Morton
Dottie Knowlton

Windward Gardens
105 Mechanic Street
Camden, ME 04843

Nans Case
Barb Davis
Marie Dempster
Joan Mitchell
Priscilla Rosen
Pat Nick
Virginia Olney

Calderwood Homestead
18 Beaver Dam Road
Vinalhaven, ME 04863

Ora "Buddy" Warren
Harbor Hill Center
2 Footbridge Road
Cape Rosier Unit, Rm. 3
Belfast, ME 04915

NORTH HAVEN * VINALHAVEN

VINALHAVEN: Dyer Island Retreat. A quaint shingled Cape with granite remains of a deep-water dock. Access over a causeway from the main island to this well-maintained get-away in a private setting at the end of the road. Island living at its finest, with spectacular sunsets. Offered at **$875,000**

CITY POINT, VINALHAVEN: 7 acres with 1,000' deep water on Vinalhaven's Westside. Two-bedroom year-round cottage with separate garage/workshop. Sunset views. MLS #1347431 **$799,000**

VINAL COVE, VINALHAVEN: 8 acres of nicely elevated waterfront land. 500' on the water, with deep water. 2 soil tests for septic. Nice variety of trees. **$495,000**

THE PRIVILEDGE, VINALHAVEN: Cabin at the water's edge on private cove off Winter Harbor near Starboard Rock. Six plus acres with driveway to cabin. **$395,000**

CRIPPLE CREEK CABIN, VINALHAVEN: This cabin sits at the end of a private road yet is close to several island beaches and quarries. This year-round home has a beautiful covered porch which includes a hot tub as well as an open deck area to enjoy the outdoors. **$357,000.**

VINAL COVE, VINALHAVEN: 7 acres with 700' tidal waterfront looking East at Conservation land. Two soil tests for septic. Easy road frontage, driveway started. **$289,000**

RE/MAX Jaret & Cohn

THE ISLAND GROUP
Box 168, Vinalhaven, ME 04863-0168

WESLEY REED 207-863-2554
ASHLEY DAVIS-OAKES 207-213-3788
WANDA DAVIS-OAKES 207-401-8655

Why Does Conflict Escalate Between Men and Women?

A couple are having an argument, the woman is hurt and angry. Her husband/partner can clearly see she's upset, and her tears make him surprisingly uncomfortable. While he would like to feel empathic there is something about her strong feelings that is distressing to him and gets in the way. Because he is uncomfortable with his own strong feelings, the man begins to emotionally withdraw and detach to protect himself. For reasons he doesn't fully understand, it becomes increasingly important to him to remain rational and unemotional, and he is increasingly critical of, and irritated with, his wife for being "too emotional."

The wife can feel her husband withdrawing, and the more he withdraws, the more anxious she becomes and the more urgently she pursues him to find a way to make some kind of emotional connection with him.

Now, they are locked in a mutually destructive cycle; the more she pushes for the emotional connection she yearns for, the more he detaches. The more he tries to control his own fear by detaching, the more anxious she gets.

In these relationships, when women's interest in connection and intimacy is not met by their partners, it puts those women in a vulnerable one down position. The less powerful person is inevitably in the demanding position, pushing for change in the relationship that would put her on a more equal footing. Since men benefit from the emotional status quo in the relationship, they withdraw to resist any change.

Now, they are locked in a mutually destructive cycle; the more she pushes for the emotional connection she yearns for, the more he detaches. The more he tries to control his own fear by detaching, the more anxious she gets.

The way out of this escalating conflict is for each partner to claim aspects of the other's position in order to depolarize the couple. For men, this means relinquishing some of the privilege inherent in the withdrawn, avoidant position and allowing themselves to be more aware of, and then risking acknowledging some of their own needs for intimate connection, and their dependency on their wives/partners.

Avrum Weiss is a psychologist who consults for the medical center.

This article originally appeared at https://goodmenproject.com/featured-content/why-does-conflict-escalate-between-men-and-women-wcz/

Islands Community Medical Services

Our Medical Center

Billing Manager Position Available

ICMS is looking for a reliable, organized and professional person to join our team as the Billing Manager. This position offers 40 hours per week and includes excellent benefits, health insurance and paid time off.

The Billing Manager is responsible for reviewing charge entries, processing of claims, posting accounts receivable and maintaining patient accounts.

For more information, contact:
Leisa Tucker, Human Resources Manager
Phone: 207.863.4341 x.1116
Email: ltucker@icmsvh.org

The application and full job description can be found at www.icmsvh.org.

Vinalhaven MS & HS Students:

Maine Summer Camps & **Programs** are ***OPEN*** in **2021!**

*– and **PIE** will be awarding*

Travel & **Education Scholarships!**

3 Application Deadlines:

March 15, April 15 & May 15

$2500 *is available to* ***HS students*** *and* ***$1000*** *to* ***MS students*** *– for* ***EACH*** *deadline*

These scholarships are only for programs in Maine and neighboring states dependent on CDC guidelines.

Applications available on PIE website:

PartnersInIslandEducation.org

If you are interested in attending a summer program, don't miss out! Check out your options ASAP. Registrations are open or will be open soon, and enrollment will be limited.

ME programs previously attended by VH Students:

- **Maine School of Science & Math Summer Camp**
- **Hurricane Island Summer Science Programs**
- **Tanglewood 4H Camp**
- **Pine Tree Basketball Camp**
- **Chewonki Outdoor Camps for Girls & Boys**
- **Maine College of Art – Pre-College Program**

FOR MORE INFORMATION:

Contact **PIE** on **Facebook,** or **email**

PartnersInIslandEducation@gmail.com

or contact Jess Woods:

jwoods@vinalhavenschool.org

VINALHAVEN VACATION RENTALS

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www. vinalhavenvacationrentals.com

claire@vinalhavenvacationrentals.com

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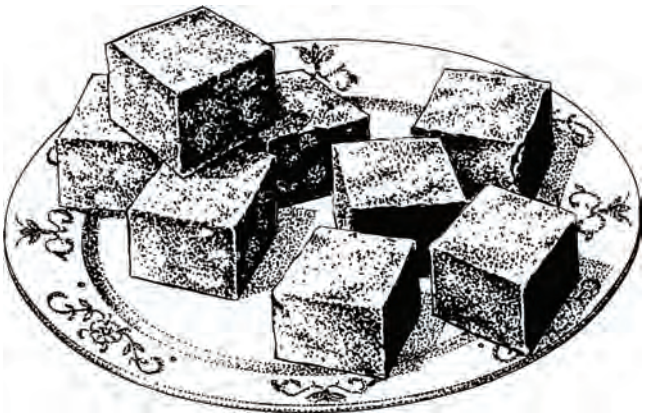
wreed@jaretcohn.com

Ma's Chocolate Peanut Butter Fudge

1 cup milk
3 cups sugar

Put in a saucepan, stir and bring to a boil. Heat to 234 degrees. Remove from heat and add 1 T. butter, 1 t. vanilla and 2-3 T. peanut butter. Stir until blended. Add a 6 ounce pkg. of chocolate chips and continue to stir. Pour into a greased 8x8 or 9x9 inch pan. Chill.

Marge Conway's recipe,
submitted by her daughter, Cynthia



ISLAND TICKS
pest control

207-837-7011

We are starting our lists:

Browntail Moths
Ants
Tick/Mosquitoes
Mice….Always Mice

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Vinalhaven, ME 04863
207/863-2030

Solar hot water

JSDavisPlumheat@aol.com

Do you need woods work done, cutting, clearing, or just sprucing things up? Call Two Many Captains tree service, no job to small, reasonable rates and references available. Kyle Doughty and Joseph Hutchinson

863-5009 or
KD3205@twc.com

Boat and Engine for Sale

1986 Seaway 18ft Center Console Speedboat and 2015 Yamaha 70hp fuel injected four stroke outboard. Motor has fewer than 20 hours and was professionally installed at Jeff's Marine. Comes with 2017 LoadRite Trailer. Flasher sounder, chart plotter and GPS.

Selling just because we don't use it and want someone to enjoy it. Boat is in very good condition and ready to put in the water.

$16,500 OBRO
call 863-9344 for more info.

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Handy-man work, Hard-scape & Landscape, Mechanic; small engine & heavy equipment. Mudding & painting (inside only), Professional tiling (any design you want)

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People Helping People

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lunarockvh@gmail.com

Kid Trivia Answers

1. When you Trap a Tiger by Tae Keller
2. Titanic
3. 18. 10 on the front paws and 8 on the back.

PENOBSCOT ISLAND AIR

P.O. Box 273, South Thomaston, ME 04858
Terminal Lane, Owls Head, ME 04854
(207) 596-7500 • www.penobscotislandair.net

Vinalhaven Community Outreach

Are you experiencing unusual expenses because of COVID-19 and loss of income, or unexpected medical bills or other crises in your life?

If you need help, and fit our criteria, please contact us by **email**
vhcommunityoutreach@gmail.com

Thank you.

We are a 501 (c) 3 organization

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2019 Best Places to Work in ME

Offices in Rockland, Camden, Belfast, Southwest Harbor and Waterville. *An employee-owned company.*

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Ferry/Airstrip Connections. Here and There on Vinalhaven
By Reservation or by Chance ***Jeanne Bineau-Ames***

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Two bedroom, two bath
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Easy walk to ferry and all in-town activities
Great bird watching!

Contact
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philcrossman.vh@gmail.com

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We are currently taking on new properties for 2021!
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Lisa Shields, Associate Broker ~ Alex Young, Sales Agent

207.863.2200 ~ info@davidson-realty.com

www.maineislandliving.com

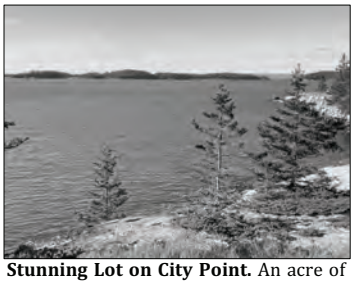
Oceanfront Home. Located just off the Thorofare on Carver Cove. 12 acres, year-round home, dock, sandy beach and garage. Very special! **$1,590,000**

Leo's Lane. Fabulous 5 bdrm, 3 bath home, w/ ocean views and deeded harbor access. Excellent craftsmanship and impeccable details. **$769,000**

The Schoolhouse. Iconic 2.5 story bldg. designed as an elem. school. Flex 1st flr space, office, 2 apartments. Very well maintained & full of history! **$439,000**

Roberts Harbor Views. Contemporary cottage w/ big views on the SE side. Wood flrs, first flr. bdrm., spacious covered porch. Impeccable! **$439,000**

3+ Acres on Coombs Neck. Oceanfront lot with extraordinary elevated views of E. Penobscot Bay. HOA dock and common land. Fabulous! **$445,500**



Stunning Lot on City Point. An acre of land w/ granite coastline on the west side. Elevated building site with amazing views. Unique! **$345,000**

Elevated Building Lot. 1.4 acres with sweeping views of the eastern bay. Soil tested with power nearby. Quiet location yet close to town. **$185,900**

Ten Acre Building Lot Near Village. Lovely lot adjacent to a VLT preserve. 3 bdrm soil test, 30' ROW has been partially cleared. Great value! **$84,000**

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Avery Day
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ADay@StevensDayLaw.com

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Pleasant River Chapel

Sunday, March 21st

Clawson Smith, Speaking

Live on Zoom

Join us for fellowship at 8:30; service begins at 9:00 AM

All are welcome

For Zoom log-on info, email pleasantriverchapel @gmail.com

For pastoral care call:

Rosanne Wallace 863-4846

Bob Candage 863-4943

Trivia Answers

1. An emoji is a pictogram; a small picture. 😊 An emoticon is a combination of symbols found on your keyboard. :)
2. Paul McCartney
3. Robinette, John

Open Bible Independent Baptist Church

VINALHAVEN, ME

2 Timothy 3:16-17

Pastor Jeff Winters

SUNDAY

9:30—Sunday School

Adults in Church

10:30—Fellowship Time

11:00—Worship Service

WEDNESDAY

6 PM—Bible Study and Prayer Time

ALL ARE WELCOME!

20 Fellowship Drive

863-9944

www.obbc-vinalhaven.org

AL-ANON

MEETING CHANGE

Until further notice, Al-Anon meetings will be held virtually.

To join the meeting by internet OR phone, please email **vinalhavenalanon@gmail.com** or call **207-952-1817**

Help is also available from Maine Al-Anon **maineafg.org** and World Al-Anon **al-anon.org**

We are here for you! Newcomers welcome!

Reading Online Wind on a Kindle

Norbert Leser shared his steps for converting the online Wind into a more easily readable version on a Kindle.

1. Download the wind to your computer/device
2. Create an email message addressed to your Kindle account
3. Subject of the email is the word "Convert"
4. Attach the wind PDF to the email body (no other text)
5. Send email
6. After a short while open your Kindle app and synchronize – *The Wind* should appear in your library!

To find the Kindle email account mentioned above, you need to open the Kindle app and go to 'App Settings' in your menu at Kindle's home page. It lists 'Send to Kindle Email Address' – copy/paste that address and you're all set.

AA

Our meetings have temporarily gone online, for URL and times please email

VinalhavenAA@gmail.com

Does your Organization or Business need Hand Sanitizer? Masks?

ICMS can help!

Email Dinah **dmoyer@icmsvh.org**

Carvers Harbor Market

In this week's ad flyer, we have Bone-In Split Chicken Breast for $1.79 lb, Top Round Roasts $3.99 lb, and Whole Pork Tenderloins $2.99 lb.

Looking for some other fresh deals? We have "Bee Sweet" California Clementines $3.99, Tropicana Orange Juice 2/$5, Fresh Honey Mangoes 88¢ and Iceberg Lettuce only $1.29. Need to fill up your pantry? We have Fruity or Cocoa Pebbles 2/$4, Maxwell House Coffee $5.99 or Kraft Mayonnaise 2/$5. We also have Kraft Mac and Cheese, Ronzoni Pasta, Pillsbury Brownie or Cake Mix or Betty Crocker Potatoes all 10/$10. Make sure to check out the ad available in store and at carversharbormarket.com for more great deals!!

Don't forget to come in Friday for "Fry-Day" with our Chester's Chicken, Mozzarella Sticks, Onion Rings, and whatever else we can find to throw in the fryer!! ☺ See you there!!

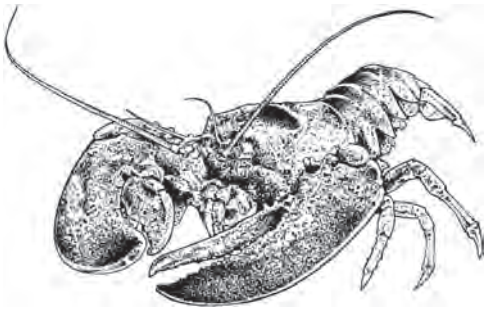
Thank you for shopping local!! We appreciate your patronage!!

The Sand Bar

is closed during the month of March for our annual break.

Reopening April 1st

See you then!



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DAILY 4:00ish-10:30 AM. LIMITED INSIDE/OUTSIDE SEATING; STILL TAKING CURBSIDE ORDERS. PLEASE FOLLOW STATE PROTOCOL.
863-2767

Tidbits from the Vinalhaven Historical Society

The Bloomer Girls, New York Baseball's female champions played on Vinalhaven soil Thursday afternoon—a good game too, local fans say, and add, "the girls showed fine training and played well," but the local picked team with Fred Chilles won the game. The girls and their manager were guests at Rockaway Inn.

Courier-Gazette Aug. 9, 1930

Henry Ewell, Jr., celebrated his 9th birthday March 1. Games were played and prizes won by Stanley Conway, Alfred Greenlaw, John Chilles and Burton Dyer. Ice cream and cake were served. Those present were Norman Johnson, Stanley Conway, Leslie, Jr., and Burton Dyer, Alfred Greenlaw, Hollis Burgess, John Chilles, Kay Rosen, Philip Brown, Stuart Davis, Jr., Sonny Peterson, Ambrose Peterson, Jr., Robert Johnson, Randolph Robinson, Many gifts were bestowed upon the young host.

Courier-Gazette Mar. 6, 1930

Those listening on their radios the past week were privileged to hear a saxophone solo played by Leon Arey who is with the Washington, DC Interstate Commerce Commission Band.

Courier-Gazette Feb 19, 1924

Bruce, little son of Mr. and Mrs. Augustus Johnson celebrated his 2nd birthday March 16 at his home from 2 to 4 o'clock. Games and an Easter luncheon were features of the party. The favors were miniature Easter Baskets filled with candies. The little guests were Norma, Marguerite and Marjorie MacDonald, Helen and Betty Dyer, Kenneth Anderson and Dorothy Young.

Courier-Gazette March 22, 1930

Vinalhaven now has airplane service, twice daily, leaving Rockland at 10 a.m. and 5 p.m. touching North Haven. The fare is $4.00

Courier-Gazette May 1, 1930