

April 2 - April 8, 2020

E-MAIL: [vinalhavenwind@gmail.com](mailto:vinalhavenwind@gmail.com)

## Things to Remember....

During this time, information and recommendations are changing rapidly and things may feel uncertain. But we are a strong and resilient community. We ask that you be responsible, compassionate, and kind with each other. This is not a time to assign blame or spread fear. We should come together as a community to support one another. **Let's remember to follow the recommendations of our local leaders, care for everyone in our community, look out for friends and neighbors, and reach out in safe and responsible ways out to those who need a hand.**

### **Up-to-date Covid-19 Information:**

**[townofvinalhaven.org](http://townofvinalhaven.org)** –  
Link to Covid-19 page from  
Homepage, including Maine and  
US Centers for Disease Control  
and Prevention and other  
helpful resources.

## **Community Calendar**

Email events to:  
[windnonprofitads@gmail.com](mailto:windnonprofitads@gmail.com)



## TIME TO READ

Town Buildings are closed to the public until further notice. But you can currently still Borrow Books from the Library! View what we have on our online catalogue [vinalhavenpubliclibrary.org](http://vinalhavenpubliclibrary.org) and call in your book request so we can figure out a pick-up time or have it delivered:

863-4401

New Books Are On their  
way next week!

## 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.

"It is our choices, Harry, that show what we truly are, far more than our abilities."  
– J.K. Rowling, *Harry Potter and the Chamber of Secrets*

## Vinalhaven Taxi (207) 720-0056

Tours, Ferry/Airstrip  
Connections, Here and There on  
Vinalhaven, Maine

By Reservation...or by Chance  
Jeanne Bineau-Ames

## Town of Vinalhaven Information

[www.townofvinalhaven.org](http://www.townofvinalhaven.org)

### Meetings

Town Buildings are closed to the public until further notice. All events and programs have been cancelled until further notice. The Town Office is closed. All committee meetings, other than Select Board meetings, have been postponed or will be held virtually. The Select Board will be meeting\* regularly to discuss any necessary responses to COVID-19. \*We will deliver meetings to you virtually from our Facebook page: [facebook.com/townofvinalhaven](https://facebook.com/townofvinalhaven) and the recording will be posted to the Town's YouTube Channel. There is a link to the Channel on the website. Please visit the Town website and Facebook page for the most up-to-date information about viewing Select Board Meetings online.

### Notices

**Tax Deadlines** Due to the COVID-19 crisis the extended or postponed tax deadline for 2019 Maine State and IRS Income Tax Returns is now Wednesday, July 15, 2020.

Let's keep as much out of the waste stream as possible in case we are not able to haul off as much trash as usual. **PLEASE RECYCLE! PLEASE COMPOST!** This cuts down on the amount of trash we generate! Please save or recycle all returnables!

**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 at the Town Office and [townofvinalhaven.org](http://townofvinalhaven.org). Free Composting Pails available at the Town Office and Transfer Station.

### Hours of Operation & Contact Information\*

\*The phone numbers below are accurate, but due to the Covid-19 virus, the Town Office is closed to the public so the hours listed may be inaccurate. Services are still available over the phone—please see further information in the column to the right.

**Town Office** – Mon–Fri 7:30am–5pm – 863-4471 or 863-4343; Fax: 863-4393

\*Please note that the Town Office now has a physical mailing address in place of the PO Box: Vinalhaven Town Office, 19 Washington School Rd., Vinalhaven, ME 04863

**Town Manager** – **Andrew J. Dorr** – 863-2042; 266-7806;  
[townmanager@townofvinalhaven.org](mailto:townmanager@townofvinalhaven.org)

**Town Clerk** – **Darlene M. Candage** – 863-4343; [townclerk@townofvinalhaven.org](mailto:townclerk@townofvinalhaven.org)

**Deputy Town Clerk** – **Tanya Robishaw** – 863-4343; [deputyclerk@townofvinalhaven.org](mailto:deputyclerk@townofvinalhaven.org)

**Assessor** – **Wes Robinson** – Hours vary, contact 863-2168 or  
[vinalhavenassessor@gmail.com](mailto:vinalhavenassessor@gmail.com) to set up an appointment

**Code Enforcement Officer / Local Plumbing Inspector** – **Faye Grant** – Hours vary, contact 863-2168 or [vhceo@townofvinalhaven.org](mailto:vhceo@townofvinalhaven.org) to set up an appointment

**Planning and Community Development** – **Gabe McPhail** – Hours vary, contact 863-2168 or [gmcphail@townofvinalhaven.org](mailto: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@vinalhaven.lib.me.us](mailto:vpl@vinalhaven.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](mailto:mcandage@townofvinalhaven.org)

**Ambulance Service** – **Kerry McKee** – Emergency 911; Non-Emergency 863-2119 or [kmckee@townofvinalhaven.org](mailto:kmckee@townofvinalhaven.org)

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

**Animal Control Officer** – **James Knowlton** – 756-0209

**Harbor Master** – **James Knowlton** – 756-0209

**Deputy Harbor Master** – **Peter Gasperini** – 542-1992



## COVID-19 INFORMATION

For the latest updates, visit our website [townofvinalhaven.org](http://townofvinalhaven.org). There is a link on the homepage to all Covid-19 information and resources. Also visit Facebook [facebook.com/townofvinalhaven](https://facebook.com/townofvinalhaven)

If you have Covid-19-related questions or need information about services, call **863-2168** or email [VHEOC@townofvinalhaven.org](mailto:VHEOC@townofvinalhaven.org)

Throughout the coming days, the Town's Emergency Operations Center will keep you informed the best we can. During this time of uncertainty, information and recommendations are changing rapidly. We ask that you be compassionate towards each other and be adaptable.

Please see the Town's **Emergency Operations Center Covid-19 Resource Guide** in this Wind.

*Thank you.*

## Town Services

Available Remotely

The Town Office is currently closed to the public due to Covid-19. However, many services are still available by calling **863-4471 or 864-4343**

Please read our Services Memo at [townofvinalhaven.org](http://townofvinalhaven.org). If you have any questions, call the Town Office.

## Nomination Papers Available for June 9th, 2020 Elections

Two – 3-year terms for Selectman  
One – 3-year term for MSAD #8 Director (School Board)  
One – 3-year term for Water District Trustee

Interested candidates should contact Darlene at the Town Office for more information. The current deadline for submitting nomination papers back to the Town is Friday, April 10th, 2020.

## Vinalhaven School News, by Superintendent/Principal Tonya Arnold



**Stay at home executive order takes effect April 2, 2020:** The work of our school to provide remote learning, social emotional support, and food service deliveries to families are considered essential services that are allowed and directed to continue by the Governor, even during the stay at home order. Please understand that drop off of food or materials will be only on the door step with no face to face handoff to keep everyone safe from the spread. If a family no longer needs the food deliveries, please email [kphilbroook@vinalhavenschool.org](mailto:kphilbroook@vinalhavenschool.org)

**School Vacation April 18 to 26:** Students and parents will not be expected to adhere to remote learning routines the staff have in place during the week of April vacation. We will be exploring ways we might be able to provide food for the period of the break, but we have not finalized the details yet. Notice will go home to families currently receiving food once details are determined.

**Remote learning extends to at least May 3rd:** Based on the new executive order announced March 31<sup>st</sup>, remote learning will resume following April break and be in place at least through May 3<sup>rd</sup>. If the State of Emergency is continued past it's first 30 days, remote learning will automatically extend for the duration of the State of Emergency status.

**Widow Island Fund (WIF):** A reminder that last year a fund was created by an anonymous benefactor "...to enhance the extra-curricular opportunities available to Vinalhaven School students that enrich and reinforce their academic experiences and success. The donors want to encourage thoughtful and creative programming that provides multiple opportunities for as wide a range of students as possible over time. Programming in the arts, theater, group singing, orchestras and sports is encouraged, as is support for clubs, travel to regional and national competitions or community service programs. The Widow Island Fund will support programs, not individual scholarships."

A group of community volunteers and school staff have developed WIF guidelines and an application process. **If you have a program in mind to serve our children, please submit an application to me by April 30. I will convene the newly formed WIF Award Committee appointed by our Board last fall to review the applications and award grants In early May. You can find the application on the school website by going to the RESOURCES tab, then TEACHERS, then scroll to the bottom of FORMS. NOTE: A school level leader (this round Bryan Feezor) must provide a letter of support before you submit it!**

**Principal , Assistant Principal and other Searches:** Current postings include a Principal and Assistant Principal as a whole staff collaboration and visioning regarding needed leadership structure for next year determined these two positions as a need. In addition, we need to fill the following vacancies - long term sub for Discovery Room Teacher for the first two trimesters (maternity leave), Grade 3 one year (maternity leave), HS Science (19-20 was a one year), K-12 PE/Health (retirement), Technology Educator, (retirement) and K-12 Special Ed Teacher and Ed Tech 3 (anticipated need to meet IEP obligations).



Islands Community  
Medical Services

*Our Medical Center*

April 2, 2020

To the Community of Vinalhaven,

## **We are here to help.**

### **ICMS Continues to Prepare for COVID-19**

We are committed to following the U.S. Centers for Disease Control and Prevention (CDC)'s precautions and screening guidelines and the Maine CDC. You can see all their recommendations by following these links. Stay up-to-date by referring to the CDCs fact sheets.

**The news is changing fast and that can be stressful. Keeping to your usual routine such as making your bed, doing your dishes, trying to get some exercise can all help. Listening to music, doing crafts, checking YouTube for activities to do with the kids are also some strategies to help with the Stay at Home order.**

**If you would like to speak to someone, you can call 207-863-9959, option 3 or call or text Dan Keniston, one of our counselors directly at 207-837-4057.**

**The most important thing to do is to wash your hands frequently with soap and water for at least 20 seconds and stay home if you are sick. Try not to touch your face. Please practice social distancing and take advantage of the delivery services offered.**

ICMS is making temporary changes to our normal operations for all of our services to reduce the spread of COVID-19 and ensure that all who need it continue to receive excellent medical care. Along with re-scheduling non-urgent office visits, we are working to offer telemedicine or telephone appointments wherever possible. Please call the office at 207-863-4341 with any questions.

ICMS has many programs available to help with your healthcare costs at the Medical Center.

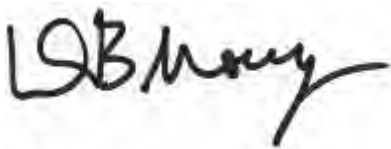
1. We offer a sliding fee scale for those who qualify based on income which offers discounts on many of our services.
2. We have a pharmacy program with Kennebec Pharmacy which offers discounted prescriptions for those without prescription coverage. Savings can be significant.
3. We can assist patients without drug coverage in applying for free medications or discount cards. Some manufacturers also offer a free 30-day trial even if you do have drug coverage.
4. We can also help you with applications for Mainecare or other federal programs. In addition, Pen Bay Medical Center has a program to help with medical bills.

To reach someone in our outreach department, you can email Leslie Dyer at [lesliedyer@icmsvh.org](mailto:lesliedyer@icmsvh.org) or contact Carter in the billing department at 207-863-4348 or [ecstanley@icmsvh.org](mailto:ecstanley@icmsvh.org).

1. Per CDC guidelines, the Medical Center is rescheduling routine dental hygiene visits. If you have a dental emergency, please call the front desk at 207-863-4341.
2. We are now set up to do behavioral health visits by telemedicine. To schedule an appointment, you can call 207-863-9959. If you are in crisis, please call 207-863-4341 and you will be seen by a medical provider.
3. If you are sick, please call the office at 207-863-4341 and you will be triaged by the nurse or medical provider. Please do not use social media or text the providers.
3. Patients are being screened by the nurse or medical provider when they call for testing for the coronavirus. If you are going to be tested, it will likely be in your vehicle outside. We are working to reduce exposure.
4. If you are tested for coronavirus, you will be asked to self-quarantine for at least 14 days. That means staying home and not interacting with others outside from your household. You can go for a ride or a walk with members of your household but please do not interact with others. This will limit the spread of the virus to others and help keep our community safe.
5. For those patients who need INR or injections, we are scheduling those visits for 9:00 to 10:00 am on Wednesday mornings. To limit exposure, we will ask you to call before you arrive and the staff will come out to the car.
6. If you need groceries or other supplies, ICMS is paying the delivery fee. Please call Vinalhaven Taxi at 207-720-0056 to schedule a delivery. You must prepay for your supplies.
7. If you would like someone to call you to check on you, please let us know.

If you have any questions or concerns, you can reach Dinah Moyer at 207-837-4038 or Sarah McDonald, RN, at 207-863-4341, extension 1118.

Thank you for your cooperation and understanding.



Dinah B. Moyer  
Executive Director



Jen Desmond, FNP  
Clinical Director





## **COVID-19 Vinalhaven Emergency Operations Center (EOC)**

**Andrew Dorr**  
Town Manager

**Marc Candage**  
EMA Director

**Kerry McKee**  
EMS Director

**Jen Desmond**  
Public Health Officer

**Pat Lundholm**  
Public Information Officer

**Gabrian McPhail**  
Community Outreach Coordinator

**Tanya Robishaw**  
EOC Support Staff

**Janica Barrows**  
EOC Support Staff

**EOC Contact**  
VHEOC@  
townofvinalhaven.org  
207-863-2168

**Town of Vinalhaven**  
19 Washington School Rd  
Vinalhaven, Maine 04863  
Phone: 207-863-2042  
Cell: 207-266-7806  
Fax: 207-863-4393  
www.townofvinalhaven.org

## **RESOURCES for Coping with the COVID-19 Pandemic**

*Today is not like yesterday; tomorrow will not be like today. The problems that we are facing with this Covid-19 pandemic are unique and dynamic, and force us to adapt to the changes daily. Throughout the coming days, the Town's Emergency Operations Center will keep you informed the best we can. During this time of uncertainty, information and recommendations are changing rapidly. We ask that you be compassionate towards each other and be adaptable.*

Please visit the Town's website for the most up-to-date information including changes in the ferry schedule and changes in how businesses are operating.  
**townofvinalhaven.org**

Call **1-207-863-2168** or email **VHEOC@townofvinalhaven.org** for help and more information. Follow **facebook.com/townofvinalhaven** for daily updates

### **Up-to-Date Information about Covid-19 and Resources**

**Maine's 2-1-1 Resource List** for Covid-19 help. **211maine.org**

**Office of Governor Janet T. Mills** **maine.gov/governor/mills/covid-19**

**Maine Health and Human Services Hotline:** Dial **2-1-1** or **1-866-811-5695**, Get answers about COVID-19 by calling or texting your zipcode to 898-211, or emailing **info@211maine.org**

**Maine Center for Disease Control & Prevention 1-207-287-8016**  
**maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml**

**United States Centers for Disease Control and Prevention 1-800-CDC-INFO (1-800-232-4686)** **cdc.gov/coronavirus/2019-ncov/index.html?s\_cid=bb-coronavirus-2019-ncov-NCIRD**

### **Help with Finances for Those in Need**

**General Assistance** is a program that every town in Maine has to help people in need by providing financial assistance for basic necessities, such as housing, utilities, and food. Contact **Andrew Dorr, Town Manager 1-207-863-2042** **townmanager@townofvinalhaven.org**

**Vinalhaven Community Outreach** helps people with emergencies and traumatic life changes. Contact **Leslie Dyer**

**Deliveries** ICMS will pay for deliveries from any business downtown. Call Vinalhaven Taxi to arrange deliveries **1-207-720-0056**

**Penquis Low Income Assistance Program 1-207-973-3630**

### **Help Getting Food**

**The Brown Door** at the Union Church offers free grocery staples. Contact **Holly 1-207-363-3423**

**Community Lunchbox** delivers prepared meals on Mondays. Contact **Candi 1-207-863-2001**

**Meals on Wheels** delivers prepared meals to those unable to leave their homes. Contact **Linda 1-207-863-9980** or **1-207-863-9343** or **Shelly 1-207-863-2058**

**Open Bible Baptist Church Corona Virus Relief Fund** (CVRF) will purchase and deliver food for anyone in need. Contact **Cathy 1-207-286-2550**  
**Kate 1-207-409-2969** or **Maggie 1-207-863-2185**

*\*Friendly Reminder that Carvers Harbor Market is offering curbside pickup and delivery of groceries. Contact 1-207-863-4319 or [orders@carversharbormarket.com](mailto:orders@carversharbormarket.com)*

## Help Paying Utility Bills

**Vinalhaven Fuel Fund** helps pay for up to 100 gallons of fuel. Contact **Sue 1-207-863-4822**

**Penquis HEAP Program 1-207-973-3630**

**FIEC** recommends contacting the Shaws Fund for Mariner's children at **207-677-2070** or [cmacleod@shawfund.org](mailto:cmacleod@shawfund.org) or the Low Income Assistance Program at Penquis **1-207-973-3630**

**Maine Water** has suspended shutoffs for nonpayment until further notice and will work with customers on payment arrangements. **1-800-287-1643**

**Spectrum** will not charge late fees or terminate service for 60 days for residential or small business customers who face difficult economic circumstances related to the COVID-19 pandemic. **1-833-267-6094**

**Consolidated** will waive late fees and make sure individuals and businesses keep their phone and internet connected even if they can't pay their bills due to disruptions caused by the coronavirus pandemic. **1-844-YOUR-CCI**

## Help Managing Stress and Anxiety

*If you need help, reach out. Hope is just a phone call away.*

**Maine Statewide Crisis Hotline** 24/7 for immediate crisis-oriented help **1-888-568-1112**

**Maine Warm Line 24/7** for connecting with someone if you need mental and emotional support **1-866-771-9276**

**ICMS** offers behavioral health services. Contact Dan Keniston at ICMS at **1-207-863-9959, Option 3**

**Anonymous Peer Recovery Programs**

Narcotics Anonymous [naonline.org](http://naonline.org)

Alcoholics Anonymous [csoaamaine.org](http://csoaamaine.org)

Nar-Anon [nar-anon.org](http://nar-anon.org) and Al-Anon [maineafg.org](http://maineafg.org)

*If you are a community group or organization offering services and would like to be included in this resource guide, please contact 1-207-863-2168 or [VHEOC@townofvinalhaven.org](mailto:VHEOC@townofvinalhaven.org) This information was last revised on 4/2/20*

## Help for Businesses, the Self-Employed and Nonprofits

**The Island Institute** has compiled this list of resources to help businesses, including loans, grants, and how to get unemployment even if you're self-employed <http://www.islandinstitute.org/resources-small-businesses-artists-and-nonprofits>

**MANP (Maine Association of Nonprofits)** has compiled this list of resources to help nonprofits [nonprofit-maine.org/learn/resources/covid-19/](http://nonprofit-maine.org/learn/resources/covid-19/)

## How You Can Help

**Stay Home.** Governor Mills' mandate limits travel for anything but essential needs.

**Practice Physical Distancing.** If you are on a trip for essential needs or out for exercise, keep a minimum of 6 feet away from others at all times.

**Wash Your Hands** and clean surfaces well and often.

**Volunteer in a Safe Way** by reaching out to community groups and individuals to see if they need help. Follow all safety guidelines provided by the CDC and the Town of Vinalhaven.

**Connect with Others** using video conferencing tools like Zoom. The Island Institute's Covid-19 resource page includes information about online video conferencing tools [islandinstitute.org/coronavirus](http://islandinstitute.org/coronavirus)

**Reach Out** by calling friends, relatives, and neighbors. Do especially kind things, and thank people for all that they are doing.

**Donate to Groups and Organizations** that are listed here, as well as any other groups and organizations working to support our community.

**Pay-It-Forward** by supporting businesses that have been required to close their doors to the public. Utilize take-out and curbside to-go services. Purchase merchandise from businesses' websites. Buy a gift card or gift certificate and pass it along to someone in need.

**Focus on Facts Not Fear** by getting reliable and credible information from the CDC and the Maine CDC. Maine Public Radio 90.5 FM WMEP offers reliable Covid-19 information [mainepublic.org](http://mainepublic.org)

# Emotional Health Ideas

## for Coping During Times of Isolation and Uncertainty

**REST.** Sleep, drink water, eat well. Unplug. Meditate. Journal. Take at least one slow, deep breath a day. Watch a film. Enjoy comedians, podcasts. Read a book. Go outside; notice the stars.

**CONNECT.** Stay in touch via text, video chats, calls. Engage in acts of “caremongering,” a phrase invented in Canada during this pandemic. Play music. Write letters to near and far friends and family, your future self, elders, the media and elected officials.

**ACCEPT.** Expect less of yourself and others. If you find yourself especially angry at a loved one, take a time out. Expect that you are likely to feel strong emotions now. Accept help and support.

**LEARN.** Learn something new. Perhaps look into mental health skills such as Emotional CPR or DBT (dialectical behavior therapy). Practice a new language. Learn nonviolent communication, carpentry, plumbing, or community organizing skills.

**ACTIVATE.** Clean. Fix. Play games. Exercise. Channel anger and fear usefully, perhaps into art, community engagement, activism, and advocacy. Be silly. If you have needs, ask.

**OFFER.** If you have extra, give. Skills, wisdom, material goods, money. Be gentle with yourself and others. Plant extra seeds, and soon we will have enough fruit, vegetables, and flowers to share.

## NORTH HAVEN \* VINALHAVEN



**BAY POINT, SEAL COVE, FOX ISLAND THOROFARE, VINALHAVEN:** 50 acres with 8,000' waterfront, classic shingled summer cottage, with guesthouse and deep-water granite pier. Water views in 270 degrees from the Old Swimming Pool to the Shipwreck Cove including North Haven and the Camden Hills. MLS #1268785 **\$4,975,000**



**LIGHTHOUSE COVE, VINALHAVEN:** Well-built, beautifully designed Contemporary on 20 private acres with plenty of room for family and friends. 5 bedrooms, 3 baths, separate guest quarters in boathouse. Granite fireplaces, waterside porches. Deep-water dock, large hangar/garage. Splendid sunset views! MLS #1373724 **\$1,995,000**



**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 getaway in a private setting at the end of the road. Island living at its finest, with spectacular sunsets. Offered at **\$895,000**



**DUCK ISLANDS & 24 ACRES, VINALHAVEN:** Eastside retreat with 1,050' waterfront with grandmothered remains of cabin on the shore, and 4 islands. Private, magical setting. MLS# 1224976 **\$795,000**



**THE PRIVILEGE, 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**



**23 SCHOOL STREET, VINALHAVEN:** Circa 1880 Maine Farmhouse style year-round home with slate roof with recent copper valleys, recent high end heating system. Convenient location. **\$169,900**



**RE/MAX Jaret & Cohn**

**THE ISLAND GROUP**

Box 168, Vinalhaven, ME 04863-0168

**WESLEY REED 207-863-2554**

wreed@jaretcohn.com



## NOTICE

FIEC office is closed to all in-person activities. Please use drop box on the left side of the Office building for your payment.

We take debit/cred card payments over the phone also. If you would like a receipt, please let us know and we will mail it to you.

Any questions, please call us at 863-4636.

Thank you.



"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read."

— Groucho Marx

## CARES Easter Delivery!

CARES works with the Easter Bunny to deliver holiday cheer for all the Island children every spring each year. This is like no other, we'll bring it right to you. Sign up for delivery, no hassle or cost to you. 🐰

CDC guidelines are being followed for safe handling and will be used to package and deliver the eggs. Contact Dorothy Jeffers at 863-9393 by Thursday April 9th with the following information: Number of children and the address for anyone between ages (0-13). The Easter Bunny will leave a gift bag outside your house containing plastic eggs filled with candies and toys.

## RESTAURANT FOR RENT

64 MAIN STREET (SALT)  
MASTERBAR@AOL.COM

## ATTENTION:

### SMALL BUSINESS OWNERS & FISHERMAN

Coronavirus Relief is available to help taxpayers and businesses through the **Small Business Administration (SBA)**

Please contact their **Customer Service at (800) 877-8339** with questions or to apply. There are also some free grants available not subject to repayment. **Feel free to call us if you have questions at (781) 454-0748.**

Stay safe,  
Joe & Ron, The Tax Men  
JT Kruk Associates, LLC



### Representing Buyers and Sellers on the Fox Islands

207.863.2200 ~ [info@davidson-realty.com](mailto:info@davidson-realty.com)

Kris Davidson, Broker ~ Lisa Shields, Associate Broker

[www.maineislandliving.com](http://www.maineislandliving.com)

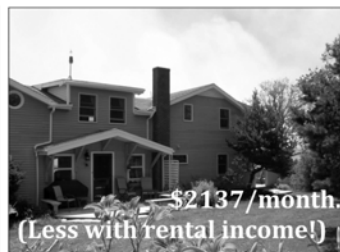
### Invest in Your Future on Vinalhaven ~ We have something for everyone!

Monthly payments are based on conventional 30-year mortgage with 20% down and 3.50% interest



\$754/month

**Village Home.** Circa 1880s 3 bedroom, 2 bath house on Pleasant St. 1600+ sq. ft. Well-maintained, many updates. Great location in the village! **\$210,000**



\$2137/month.  
(Less with rental income!)

**Roberts Harbor.** Well-maintained 4 bdrm waterfront home w/ 3 bdrm guest apartment. Buy alone or invest w/ another family. Great value! **\$595,000**



\$1168/month.  
(Less with rental income!)

**Spacious Log Home.** Many possibilities for this 6500 sq.ft. bldg. Currently main residence w/ 2 rentals. Updated, well-maintained. Good value! **\$325,000**



\$2260/month

**Post and Beam on Roberts Harbor.** Stunning custom-built home. Quality construction, loft bedroom, expansive ocean views, shared dock. **\$629,000**



\$2331/month

**Kelwick Farm.** Historic farm with 18 acres and tastefully updated farmhouse. Originality intact. 3 fireplaces, 4 beds/2 baths. Sustainable living! **\$649,000**



\$1185/month

**Harbor Views.** Well-maintained home perched overlooking Carver's Harbor. 3 bdrm, 2 baths, hardwood floors, woodstove, deck. Workshop. **\$330,000**



\$2245/month

**Spectacular Views.** Year-round home w/ ocean access perched above Robert's Harbor. First flr ensuite master, 2 bdrms and bath on second flr. Garage. **\$625,000**



\$665/month

**Pleasant River Views.** Interesting 2.5 story building on 1 acre. 1st floor workshop, 2nd flr. kitchen, living room. Top flr. bedroom. Easy living! **\$185,000**

## Harper Rayann June Pratt



Arrived on March 27, 2020!  
*to proud parents*  
Amanda and Joseph Pratt  
*& big brother* Lucas

### Grandparents:

Lorri Dougherty and Kaleb Roy  
Jill Oakes and Alan Koenig  
Dennis and Torry Pratt

### Great Grandparents:

Cynthia Oakes  
and Wallace Pratt

### Aunts, Uncles and Cousins:

Kristen (KL), Scott and Peyton  
Whitney, Bobby, Greyson and Harrison

### Great Aunts and Uncles

Tim and Karen, Jay and Carrie,  
Charlie and Lori, Russ, Karen



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, Wed, Fri: 8:30 am – 12 noon,  
1 pm – 4 pm

Tues: 1 pm – 4 pm

Thurs: 8:30 am – 12 noon

**Closed Tues. AM and Thurs. PM**

#### **Dental Services**

Dentist: no visits currently

Hygienist: no visits currently

Office: Mon – Fri. 8 am-noon and  
1 pm-5 pm

#### **Counseling**

**Dan Keniston, LCSW**

**Jeff Wilber, LCSW**

207-863-9959, option 3

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).

“None of us knows what might  
happen even the next minute, yet  
still we go forward. Because we trust.  
Because we have Faith.”

—Paulo Coelho



**Introverts, please  
put down your book  
and check on your  
extrovert friends.  
They are not okay.**



## KINDERGARTEN KIDS: Class of 2032



**What is your name?** Jacoby  
Brian Hutchinson

**How old are you?** 6

**When is your birthday**  
Umm...March? April? January??  
Oh wait, October.

**Who is in your family?** My  
mom, dad and my brothers,  
Matthew and Jaxon.

**Where do you live?** In a house.

**Do you have any pets? Tell us  
about them.** Yes. A cat and a  
dog and a bunny. Sully is the  
dog, the cats name is Sadie, and  
the bunny's name is Lola.

**Name some of your friends.**  
Joshua, Johnny, Brady and  
Fiona.

**Name three of your favorite  
foods.** Pizza, chicken nuggets  
and bologna.

**What is/are your favorite  
color (s)?** Blue

**What do you like best about  
kindergarten?** Nothing.

**What do you like to do after  
school?** I like to go home and be  
with my family.

**What do your parents do for  
work?** They teach me school.  
But Mama works at Eldercare,  
and daddy goes to haul.

**Tell us something special about  
you.** Um....that I look good and  
that I'm cute??

**What do you want to be when  
you are grown up?** Nothing. -  
Well, I do want to marry  
somebody.

## Silence So Loud

When all grows quiet  
the streets deserted  
and no one is seen  
on cliff or trail  
no boats going out or in  
I think I'm dreaming  
think I'm lost  
in watching all the reruns  
hearing all the rumors  
but now  
there's nothing to distract  
me from myself  
And that is not a lonely place  
after all  
after all the times  
you've found me there  
picked me up  
showed me glimpses  
of green vines climbing  
surrounded me with moss  
and pine that danced  
me to the end

So should I forget you  
for even just a little while  
forgive me  
make a noise  
turn my head  
or whisper in my ear  
and I will awaken  
from this dream-reality  
start over  
and know again  
that all the happiness  
I search for  
in the longing, living that I do  
is founded in your love  
and my gratitude.

Paddy Noble

## The Wind Online SUBMISSIONS

Until further notice, Wind submissions  
accepted by email ONLY. Send to  
**vinalhavenwind@gmail.com**

DO NOT LEAVE SUBMISSIONS AT  
THE CHURCH VESTRY. They will not  
be collected. Again, ONLY EMAIL SUB-  
MISSIONS WILL BE ACCEPTED.

**Deadline for Submissions**  
**Tuesdays 9:15am**

Community Calendar Events are free of  
charge. Email to  
**windnonprofitads@gmail.com**

For ad rates contact  
**vinalhavenwind@gmail.com**

## SUBMISSION REQUIREMENTS

Pre-formatted (ready-to-print "as is") and  
properly sized submissions are HIGHLY  
PREFERRED.

Acceptable Sizes

By the page (in inches):

Full page: 7.5 x 10"

Half Page: 7.5 x 4.75"

Quarter Page: 3.5 x 4.75"

Eighth Page: 3.5 x 2.25"

By the column (in inches):

Column width: 2.25"

Max. column length: 10"

Acceptable File Formats

MS Word, pdf, jpg, png, tif

Images must be at least 300dpi



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Get answers about your pregnancy options  
**594-1616**

carenetofrockland.org  
Hotline: 1.800.712.4357

**CARENET**  
Pregnancy Center of Rockland



### Trivia Questions

1. What is a yeoman?
2. What does a Snellen test evaluate?
3. What does the word LEGO mean in Danish?

### Maine Trivia

Alphabetically what Maine county is last?

**In Town Family Home!-**  
3br/2 bath, 2.6 acres \$199,000

**Farmhouse on State Beach Rd.**  
1.7 acres, 4 bd/1.5 bath \$249,000

**East Side Woods**  
5 wooded lots, 2-4 acres  
\$22,000-\$35,000

**VINALHAVEN  
REALTY**

**Gateway to the Basin**  
1.5 acres, oceanfront, well & septic  
\$165,000

### **Let us help you find your dream home.**

We're *everyone's* realtor! [www.vinalhavenrealty.com](http://www.vinalhavenrealty.com)

**Lorraine Walker**

Designated Broker

[lorraine@vinalhavenrealty.com](mailto:lorraine@vinalhavenrealty.com)

207 249 5379

**Claire Jackson**

Sales Agent

[claire@vinalhavenrealty.com](mailto:claire@vinalhavenrealty.com)

207 401 8242

## **WHAT CAN YOU DO IF YOU AREN'T EARNING MUCH OR AT ALL BECAUSE OF COVID-19?**

*As of 4/2/20, the programs listed below are not available yet but will be ready soon.*

### **Unemployment Benefits for Self-employed People**

Go to the Maine Department of Labor Bureau of Unemployment Compensation webpage to check the status of this program.

### **Small Business Administration (SBA) Paycheck Protection Plan (PPP)**

Business loans to cover employee payroll and associated expenses between February 15 and June 30, 2020; if the money is all used for payroll, the loan will be forgiven. Apply through your bank.

### **How to Get Ready to Apply**

1. Document the harm that the shutdown is having on your business. When did your orders or service calls begin to drop?
2. Get your financial records for the last two years or longer in order and make sure you can back up your claims. Also, what are you projecting for sales for the next three months, and how does that compare to last year?
3. File your 2019 taxes (but be aware that there are income-based phase out provisions). If you haven't filed taxes in previous years but should have, do that too. If you didn't file taxes in 2018 and don't intend to file in 2019 (unless you are receiving social security benefits), you will not be eligible for the direct stimulus payments to individuals and families.

FMI Contact Gabe McPhail, Town of Vinalhaven Community Outreach Coordinator at [gmcphail@townofvinalhaven.org](mailto:gmcphail@townofvinalhaven.org) or **863-2168** or talk to your bank.





## ISLAND TICKS

### pest control

Ticks, Ants, Spiders, Mice, and More

They are going to start enjoying this early spring too!

Doing estimates now.

We can do everything remotely.

We can do an inspection to make sure your property is pest free while you are unable to get here. Stay safe and Healthy!

Erica and Charlie Simpson  
207-837-7011

Free Estimates • Fully Insured • 17 Years Experience • RRP Lead Certified

## HALL PAINTING

INTERIOR & EXTERIOR  
PAINTING

Sheetrock and Plaster Repair

No job too big or small. Set prices, no surprises.

All material & Labor with no extras.

Noah Hall VH: 863-5024 Cell: 299-8633

Hall357@gmail.com

### Cleaning Services Available

Experience cleaning both

business and residential

Access to AWD vehicle

Scheduled cleaning available

Please email at:

[Sarina.Alley@gmail.com](mailto:Sarina.Alley@gmail.com)

Or call 863-2287 ask for Sarina  
for more information

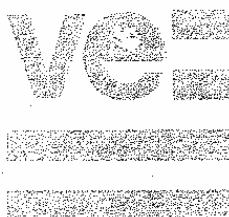
## PENOBSCOT ISLAND AIR



P.O. Box 273, SOUTH THOMASTON, ME 04858

TERMINAL LANE, OWLS HEAD, ME 04854

(207) 596-7500 • [WWW.PENOBSCOTISLANDAIR.NET](http://WWW.PENOBSCOTISLANDAIR.NET)



# vinalenergy.com

36 West Main St. (207) 613-7460

## Fuel oil, Kerosene, Diesel & Propane

Factory Authorized Toyotomi and Monitor service and sales

Please call & ask for our prices!

## KINDERGARTEN KIDS: Class of 2032



**What is your name?** Logan  
Cyrus Miller

**How old are you?** I am 5.

**When is your birthday**  
September 14.

**Who is in your family?** Daddy,  
Henry, Mumma.

**Do you have any pets? Tell me  
about them.** Yes, of course I do.  
It is Gronk the cat. He is furry.  
He is very nice.

**Where do you live?** I live on  
Vinalhaven.

**Name some of your friends.**  
Ellie, Aria, Francisco, and Ezra,  
Mazey and definitely Avery.

**Name three of your favorite  
foods.** Chicken, French Fries,  
and scrambled eggs and toast.

**What is/are your favorite  
color (s)?** Blue

**What do you like best about  
kindergarten?** I like going  
outside and coloring.

**What do you like to do after  
school?** I like to play on the  
playground with Ellie and after  
we go to daycare.

**What do your parents do for  
work?** My daddy goes  
lobstering. Mom goes to  
teach kids.

**Tell us something special about  
you.** I'm strong and I can wrestle  
my dad.

**What do you want to be when  
you are grown up?** I want to be  
a cop.

## 1999 Pursuit for Sale



\$29,500. Gorgeous boat!!! Very  
good condition. 28+' . Runs and  
looks great. Garmin GPS, radar,  
depth finder. With aluminum  
bunk trailer. Reupholstered  
cushions. Ready for summer fun  
and fishing! Call Drew 860-490-  
3001 or [Dkeir@cox.net](mailto:Dkeir@cox.net).

“No one can make you feel  
inferior without your consent.”

– *Eleanor Roosevelt*

## Trivia Answers

1. Farmer
2. Sight
3. Play well

## Maine Trivia

York



# COMPOSTING IN TOUGH TIMES

**We have more reasons to compost NOW than ever before!**

We need to make as little waste as possible in case we can't get as much trash shipped off the island because of the ferry schedule. Only throw away what you can't compost or recycle! Getting food scraps out of the trash also makes it less stinky. Let's keep the stink down!  
The more food scraps you keep out of your trash bag, the fewer bags you have to use, and that saves YOU money.  
Plus composting today builds garden soils for tomorrow!

If you are new to composting, get a **FREE Compost Pail or Bucket!** Call the Town Office to arrange for pickup! **1-207-863-4471**  
Put food scraps in it and bring the bucket to the Transfer Station as part of your normal trash run. Empty it into the blue bin by the household trash, close the lid and go!

FMI please contact Anna [knitwitmaine@gmail.com](mailto:knitwitmaine@gmail.com) or Gabe [gabemcpail@gmail.com](mailto:gabemcpail@gmail.com)

**--- PRESS RELEASE ---**  
***For Immediate Release***



## **DEP reminds Mainers of what not to flush**

**AUGUSTA, Maine, March 20, 2020** — Properly functioning sewer systems are extremely important for the protection of public health and to reduce the spread of the Coronavirus Disease (COVID-19).

To help keep these systems functioning properly, the DEP is reminding people that the following products should not be flushed:

- Baby wipes or cleaning wipes
- Paper towels
- Tissues
- Dental Floss
- Tampons and sanitary products
- Cotton balls and swabs
- Cat litter
- Prescription drugs
- Over-the-counter medicines
- Cigarette butts

Unlike toilet paper, these products do not break down and once flushed they are likely to clog the plumbing in your house, in your septic system, or in the public sewer system.

When these products make their way into the public sewer system they clump together, causing very large obstructions in the sewer lines. They get tangled in pump stations requiring repair of equipment and causing backups and discharges of raw sewage into basements of homes and businesses, and into waters of the state.

Due to the potential for public works staffing shortages during the COVID-19 pandemic, response time to repair clogged sewers could be substantially delayed.

Maine DEP and wastewater treatment facilities across the state reminds everyone to make sure they are only flushing toilet paper and properly disposing of all other materials.

***For additional information, contact:***

**David R. Madore, Communications Director**

**(207) 287-5842**

**[david.madore@maine.gov](mailto:david.madore@maine.gov)**

**or**

**Brian Kavanah, Director, Bureau of Water Quality**

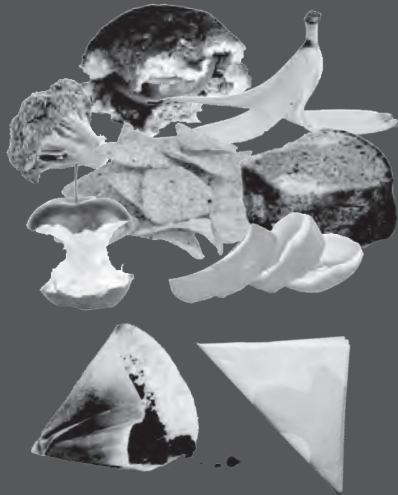
**(207) 287-7700**

**[brian.w.kavanah@maine.gov](mailto:brian.w.kavanah@maine.gov)**

# HOW-TO GUIDE for Food Scrap **COMPOSTING**



Vinalhaven Community Compost at the Transfer Station



**Yes ✓**

## **FOOD SCRAPS**

vegetables, fruit, peels, grains, coffee grounds  
eggshells, fish, spoiled and leftover foods

## **UNCOATED FOOD PAPERS**

tea bags, coffee filters, soiled napkins



**No ✕**

## **MEAT, BONES, DAIRY**

no meats and dairy, no large quantities of oil

## **COMPOSTABLE “PLASTICS”**

no bags/pail liners, no cups, no cutlery

## **PRODUCE STICKERS**

remove produce stickers

---

### **How VH Community Compost Works**

1. Collect food scraps at home and at work
2. Dump food scraps into the collection bin at the Transfer Station
3. We mix 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

For more information about VH Community Compost visit the **WasteWatchers** page at [www.townofvinalhaven.org](http://www.townofvinalhaven.org)



# Star of Hope Update



*Star of Hope Building, Main St. Vinalhaven, ME @1984-1986.*

*Photo credit: Joel Greenberg Photography*

Throughout our community engagement process many Vinalhaven residents expressed interest in seeing the interior of the Star of Hope building, formerly Robert Indiana's residence. We are pleased to share a video of the building which is now posted on our website: [starofhopefoundation.org](http://starofhopefoundation.org). The footage was taken in August 2019, shortly after the Foundation received control of the real estate properties. As the stabilization and renovation project progresses, additional videos and photographs will be posted on our website.

It will be a wonderful day when the Star of Hope building can be open to the public again. Thank you for your support.

**[www.starofhopefoundation.org](http://www.starofhopefoundation.org)**

***The Mission of the Star of Hope Foundation is to promote education of the visual arts through various means including exhibitions, a museum, artist-in-residence programs and other outreach endeavors.***



## GOOD FOOD. ISLAND GROWN.

Local Vegetables, Flowers, Herbs, and More

Opening as soon as we can.  
We'll keep you posted.

Visit our website and sign up for our CSA

Thank you for understanding our need to limit  
farm visits to essential suppliers at this time.

**RHFARMVH.COM**

**f @ROBERTSHARBORFARM**

"Do what you can, with what you have, where you are."

— Theodore Roosevelt

### KINDERGARTEN KIDS: Class of 2032



**What is your name?** Isla Faith Poole

**How old are you?** I am 6

**When is your birthday**  
November something.

**Who is in your family?** Mom,  
Dad, Thaniel, and Javin.

**Do you have any pets? Tell me  
about them.** Two dogs and 9  
chickens

**Where do you live?** In a house.

**Name some of your friends.**  
Fiona, Ellie, Tori, Helen, and  
Addy.

**Name three of your favorite  
foods.** Pepperoni pizza, apples  
and ice cream.

**What is/are your favorite  
color (s)?** Purple and blue.

**What do you like best about  
kindergarten?** Playing with my  
friends, coloring and activities.

**What do you like to do after  
school?** Sometimes I color, and  
play with Thaniel

**What do your parents do for  
work?** My Dad is a Lobsterman  
and my Mom does the bills for  
the Boatyard.

**Tell us something special about  
you.** My family.

**What do you want to be when  
you are grown up?** I haven't  
thought about that yet.



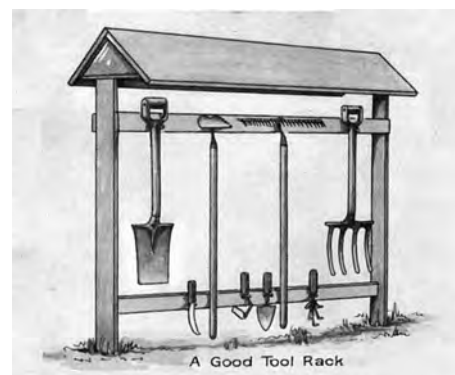
## Fox Islands APIARIES

Fox Islands Apiaries harvests  
their honey from hives right  
here on the islands!

**support  
local bees**

foxislandsapiaries@gmail.com

available at: Carver's Harbor Market,  
Creelman Farm Store, Island Spirits, &  
North Haven Grocery



A Good Tool Rack

### Fathom Seafood and Meats

Offering free delivery of a  
variety of fresh meats from  
Wiggins Butcher shop. Call for  
free delivery and a full menu  
including steaks, ground chuck,  
sausage, pork chops, fresh  
chicken, fresh cooked lobsters,  
and much more!

Kelly and Lee Oxtan: 703-6720



## Pleasant River Chapel

Sunday, April 5th

## Palm Sunday and Communion

The Chapel will be holding a service this Sunday at 8:50 AM by conference call in response to the Covid-19 virus.

Please join us by calling

712-432-6172

And then when requested, entering 585694#

We are grateful to those who are taking care of so many others

-----

For pastoral care call:

Rosanne Wallace 863-4846

Vannesa Henneke 863-4834

-----

**Al-Anon and Peer Support Group Meetings: Still Postponed**

-----

Please contact Vannesa Henneke at 207-863-4834 with any questions

**Union Church**  
Partnering with the Maine  
Seacoast Mission and the  
United Church of Christ  
~ Welcomes You ~

**Union Church**  
is temporarily **NOT**  
holding services at the  
church.

**We will have audio**  
services on our FB page.

**If you need pastoral care,**  
please continue to contact

**John Potter**

**729-7024**

or

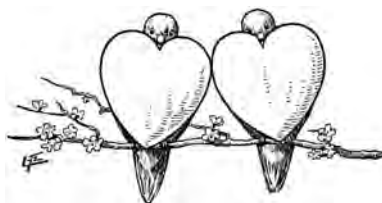
**Ruthie Philbrook**

**863-4507**



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

**VinalhavenAA@gmail.com**



*"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."*  
— Martin Luther King



### SUNDAY

Worship Service Live Feed  
Streaming at 11:15 @ Open Bible Baptist  
live on Facebook

Open Bible Baptist Church Corona  
Virus Relief Fund (CVRF) will purchase  
and deliver food for anyone in need.

Donations for the Corona Virus Relief  
Fund can be made out to Open Bible  
Baptist Church with CVRF in the memo  
line. All financial or item donations will  
go directly to help those in need.

FMI Contact Cathy 286-2550  
Kate 409-2969 or Maggie 863-2185

**ALL ARE WELCOME!**

20 Fellowship Drive  
863-9944  
[www.obbc-vinalhaven.org](http://www.obbc-vinalhaven.org)

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

## **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](mailto:vinalhavenalanon@gmail.com)  
or call 207-952-1817

Help is also available from Maine  
Al-Anon [maineafg.org](http://maineafg.org)  
and World Al-Anon [al-anon.org](http://al-anon.org)

*We are here for you! Newcomers welcome!*



## Community Lunch Box

*Union Church will be looking at the best options for lunch box going forward. We will not have our sit down lunch at the church for the next couple of weeks.*

*We will contact our regular guests and ask them to send out the word when we will be preparing and delivering to make sure no one is excluded from their meal. If you have any questions, please contact Candi at 2001*

## GO FISH

Is taking

## To Go Orders

1. WINDOW SHOP OUTSIDE OR GO TO OUR FACEBOOK PAGE FOR ITEMS AND PRICES.

2. MAKE YOUR LIST – PLEASE BE AS SPECIFIC AS YOU CAN WITH YOUR CHOICES

3. EMAIL YOUR ORDER TO [MRSGOFISH@GMAIL.COM](mailto:MRSGOFISH@GMAIL.COM) PLEASE INCLUDE YOUR PHONE NUMBER

4. ORDERS WILL BE ASSEMBLED AND I WILL CALL WHEN READY TO REVIEW ORDER AND TAKE PAYMENT.

5. ORDERS CAN BE FOR DELIVERY OR PICKED UP OUTSIDE STORE WITH AN APPOINTMENT.

6. BE KIND, PATIENT AND THOUGHTFUL, WE ARE ALL IN THIS TOGETHER.

**20% OF ALL SALES TO  
BENEFIT OUR ISLANDS  
COMMUNITY MEDICAL  
CENTER**

## WindHorse Arts

207/449-6285

[www.WindHorseArts.com](http://www.WindHorseArts.com)



## Roadside Clean-ups

Early spring is a great time to clean up our roadsides before the growth of plants and bushes cover up the trash and debris.

- Due to the coronavirus pandemic, please do this alone or in family groups.
- Wear gloves.
- If you need bags, let us know and we will get them to you safely.
- Please let the transfer station know what was collected from the clean-up so the town can track it.
- Be safe, practice social distancing when with friends outside, stay six feet apart.

VLT office (207) 863-2543  
[info@vinalhavenlandtrust.org](mailto:info@vinalhavenlandtrust.org)

**Pay-It-Forward** by supporting businesses that have been required to close their doors to the public. Utilize take-out and curbside to-go services. Purchase merchandise from businesses' websites. Buy a gift card or gift certificate and pass it along to someone in need.



Hand-selected wines, artisanal cheeses, craft beers, Maine raised meats, locally roasted coffee, and more!

***Call us and we will  
meet you curbside.  
Or, call us and we  
will deliver to  
your doorstep.***

**863.2192**

**32 Main Street**

Check our FB page and our Instagram feed for our current hours.  
Stay well!



**FIORE – The Freshest  
Olive Oil & Aged  
Balsamic from Italy**

**Find Us Every Day  
at Island Spirits  
as well as  
503 Main Street in  
Rockland**