

June 11 - June 17, 2020

E-MAIL: vinalhavenwind@gmail.com



# Vinalhaven Wildflowers

Lots of wildflowers are blooming right now, and more to come! Flowers can be seen all over the island: on trails, in your own yard and woods, and along the roadsides.

Marcuse Wetlands Preserve has a great variety of wildflowers blooming, including pink lady slippers, strawberries, wild iris, bluets, several species of violets, wild apple, shadbush, starflower, Jack-in-the-pulpit, , sheep laurel, Labrador tea, dewberry, blackberry, lowbush blueberry, wild raisin, bush honeysuckle, and more!

Directions to Marcuse Wetlands: Drive on North Haven Road for about 4.3 miles. Parking for the Marcuse Wetlands Preserve is on the left, at the foot of a steep hill just beyond the windmills.

vinalhavenlandtrust.org

# **Community Calendar**

Email events to: windnonprofitads@gmail.com



Welcome to the world, Archie Thomson Crossman!

Born June 1, to delighted parents Kit & Maddie Thomson Crossman, Grandparents
Phil & Elaine Crossman and Hili Thomson and numerous aunts, uncles and cousins.

### **COVID-19 INFORMATION**

For the latest Town updates, visit www.townofvinalhaven.org There is a link on the homepage to all Covid-19 information and resources.

Also visit Facebook facebook.com/townofvinalhaven

If you have Covid-19-related questions or concerns contact **207-863-2168** or **VHEOC**@townofvinalhaven.org

Subscribe to receive Town Covid-19 Updates automatically in your inbox. Go to **Subscribe** on the Town's website and subscribe to "**Town Alerts**". Also subscribe to **CivicReady**® **Emergency Notifications** to receive text and phone alerts.

### WIND UPDATE

Starting this week, we will be printing paper copies of the WIND for all our subscribers. We want to make sure that anyone who wants a copy is able to get one. (The WIND will continue to be online, as well). The average cost of one paper, including printing and postage is \$1.70. If you would be interested in a 3 month subscription, please send \$15.00 to: The WIND, PO Box 194, Vinalhaven, Maine 04863. We will continue this offer as long as needed. Please be patient as we work out the wrinkles. Thank you.

### **Trivia Questions**

- What was the original purpose of bubble wrap?
- What is it called when a cat rubs their head on you?
- 3. What was the first company to air a legal tv commercial and when?

# 4. Maine Trivia

To date, what county in Maine has had the fewest covid-19 cases?

### **Town of Vinalhaven Information**

www.townofvinalhaven.org

### **Meetings**

Town Buildings are closed to the public until further notice. All events and programs have been cancelled until further notice. Committee meetings have been postponed or are being held virtually. The Select Board meets regularly online only. Meetings are delivered virtually from our Facebook page: **facebook.com/townofvinalhaven** and recordings are posted to the Town's YouTube Channel – **Town of Vinalhaven** 

**Virtual Meeting – Sea Level Rise Committee,** Tuesday, July 7, 4:30pm. For information and Zoom access, please contact Gabe McPhail, gmcphail@townofvinalhaven.org

### **Notices**

**Revised Property Tax Deadline** Due to COVID-19 and to relieve what may be a financial burden at this time, the Select Board voted to extend the May 1, 2020 Property Tax payment to July 1, 2020. While we encourage those that can pay to please do so, there will be no penalty for those who are unable to pay until July 1. Interest will still accrue on the unpaid November 1, 2019 balances. Any balance owed on June 30, 2020 will be listed in the next Town Report with a note on the change in the due date. If you have any questions, please contact the Town Office.

**Annual Town Meeting** originally scheduled for May 13, 2020 has been postponed. New date TBD.

**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 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

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 –** Hours vary, contact 863-2168 or vhceo@townofvinalhaven.org to set up an appointment

**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 - James Knowlton - 756-0209

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

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



# State and Local Elections For Tuesday, July 14, 2020

For Vinalhaven, in-person voting will take place on July 14 at the Town Office, 19 Washington School Road. This location will be open from 8am until 8pm.

# Voters may cast an absentee ballot instead of voting in person.

To minimize interaction with others during this public health pandemic (COVID-19), some voters may prefer voting by absentee ballot. Casting an absentee ballot is convenient and secure.

Absentee ballots may be requested in writing, by phone, online, or in person up to and including the day of the election,

without specifying a reason. However, if you are asking to receive your ballot by mail, please request it early enough to allow for postal mail delivery time–both to receive it and return it (2-5 days each way).

You can request an absentee ballot by calling your Municipal Clerk's office at **207-863-4343** 

You can request an absentee ballot online or by mail from the Secretary of State's website:

www1.maine.gov/cgibin/online/AbsenteeBallot/onlineform.pl

Absentee ballot requests are being accepted right now. Printed ballots will be available by mid-June, and we will issue your ballot as soon as possible after that date.

Ballots must be returned to the municipal clerk no later than 8pm on Election Day.

For additional information go to: www.maine.gov/sos/cec/elec/vote r-info/absenteeguide.html

# **Vehicle Registrations**

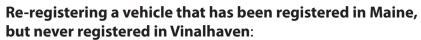
Effective May 26th, 2020 per Governor Mills Executive Order 53-a FY 19-20 ALL Vehicle Registrations need to be registered within 30 Days.

This includes ALL Motor Vehicles, ATV's, Watercraft, Snowmobiles and Trailers

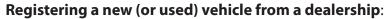
Please call **863-4471** or **863-4343** for amounts due.

# **How to Register a Vehicle**

**Re-registering a vehicle previously registered in Vinalhaven** Provide **current proof of insurance** on the vehicle (not past or future cards—it has to be effective on the date of registration), and **current mileage** of the vehicle. Please call for amount due.



Provide a **copy of the most recent registration**, **current proof of insurance** (as listed above) and **current mileage** of the vehicle. Please call for amount due.



Provide **proof of insurance** (as listed above), **current mileage** of the vehicle, a **sales invoice** that shows sales tax was paid, and the **blue title application** are needed. Please call for amount due.

## Registering a new (or used) vehicle from a private sale:

Provide **current proof of insurance** (as listed above), **current mileage** of the vehicle, a **bill of sale**, and the **original title signed over to you** (if the vehicle is 1995 or newer). \*Please Note\* You CANNOT sell a vehicle that is 1995 or newer until you have received a title for it in YOUR NAME. You do not need to register the vehicle, but you do need to get the new title. Please call for amount due.

## If you need to file a SR-22:

Please call for amount due for Excise Tax only. Forms will need to be taken to a Maine Bureau of Motor Vehicle Branch Office to complete your registration and receive your stickers.

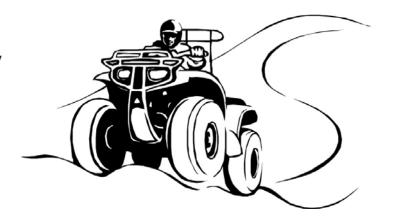
\*\*If you need to send proof of insurance, you can send via fax to 207-863-4393.

# **How to Register Your Boat, Snowmobile or ATV**

# Re-registering a vehicle previously registered in Vinalhaven:

Provide the **registration number** (5 letters/numbers) and **vehicle information** for boat, snowmobile or ATV you wish to re-register. Please call for amount due.

Registering a New Boat, Snowmobile or ATV:
Provide proof that sales tax was paid or bill of sale
listing sales price, hull or vehicle serial number, and
vehicle information (horsepower, length of boat,
make, and model). Please call for amount due.





# Vinalhaven School News, by Superintendent/Principal Tonya Arnold



### Open positions for 20-21:

- SE Teacher (1 year)
- 3<sup>rd</sup> Grade Teacher (1 year)
- Ed Tech 3 (90 college credits required for this certification) Special Ed K-12
- Ed Tech 2 (60 college credits required for this certification) Special Ed K-12
- Superintendent (Part-time 2 days/wk)
- Math Teacher (7-12 certification)
- PE/Health Teacher (K-12 certification)

<u>Congratulations</u>: Please help us congratulate Bryan Feezor who has been promoted to full-time Assistant Principal beginning with the 20-21 school year. Bryan has done a wonderful job this year, and we look forward to more of his leadership in the coming years.

## **Important Dates:**

June 12<sup>th</sup> – Last day for school meal deliveries

Food help - https://www.townofvinalhaven.org/home/pages/help-food-and-finances

June 13<sup>th</sup> – Graduation (For families of graduates only due to social distancing) followed by a car parade for the community to help celebrate from their own yard

June 15<sup>th</sup> – Last day for school staff to work

June 17<sup>th</sup> – Regular Board Meeting via zoom – contact Amanda for link

June 23<sup>rd</sup> - District Budget Hearing (via zoom for public questions or feedback)

Opportunity to send written feedback to <a href="mailto:tarnold@vinalhavenschool.org">tarnold@vinalhavenschool.org</a> by 6/30

There were 6 or 7 budget discussions with the public at budget workshops and as part of regular board meetings (January to April 29) where discussion was invited and heard as well. Look for the full budget newspaper and the bifold budget brochure around town.

July 14th - Budget Validation Referendum Vote and State Election Day by absentee ballot or polls

To the Senior Class of 2020: From the perspective of both educator and parent, I am in awe of the significance of this milestone in life, and the emotional roller coaster it presents for seniors and their families, especially this year. Each senior is likely reflecting on the year. I imagine, like many graduates, they are feeling a relief that this chapter in life of adolescence is about to be complete, and look forward to the first summer recognized "officially" as a member of the adult world. Meanwhile, families and staff are remembering all of your milestones, with strong emotion; raising a child is tricky business.

- The day you spoke your first word brought excitement, but the goal soon became teaching you
  when to be silent;
- The day you took your first step, the goal soon became teaching you not to run –walking will do;
- The day you entered Kindergarten, the goal soon became getting you to this moment.
- All the days in between you have used those powerful voices and exuberant personalities, and you
  have at times been nagged to tone it down or clean it up!

Now here you are, in cap and gown, leaving your childhood behind. We are ALL so proud of you. This is a celebration of the result of years of work with support provided by your parents, guardians, school and community, so take a moment this summer to thank those who love and support you. Know that they will be right here if you need a hand or reassurance as you navigate adulthood. The people of Vinalhaven are behind you, celebrating with you. Be safe and healthy.

# VINALHAVEN SCHOOL BOARD MEETING June 17, 2020

# VIRTUAL VIA ZOOM LINK

# (contact Amanda, School Secretary, for link and password) Business Meeting 6:00 PM

- 1. Call to order
- 2. Action on minutes of the May 20, 2020, Regular Monthly Board Meeting
- 3. Action on notes from Special Meeting for Executive Session June 11, 2020
- 4. Adjustments to and Approval of the Agenda
- 5. Public Comment via zoom

Welcomed again on ESEA (Title 1 etc) Application Process and Comprehensive Needs Assessment work of Priority Team (also discussed and input invited at last meeting May 20, 2020)
Application for Title funds to be submitted in July

- 6. Student Leadership Report
- 7. School Leaders Report
- 8. New Business

Discussion item: Update on Board signing warrants for 20-21 budget approved April 29th

Action item: Vote to move remaining 19-20 funds into reserve account(s) (if any)

Action item: Appointment of faculty and staff for 20-21 (if any)
Action item: Review and update of job descriptions (if any)

Action item: Review updated handbooks

### Old Business

Discussion: Finalize plans regarding District Budget Hearing June 23rd

Discussion/Action item: Facilities use fees and any update to policy KF (if any)

Action item: Approval of Professional Evaluation System from Steering Committee

Action item: Affirm date for next meeting based on timeline

Proposal of 6:00 July 15 and August 19 Regular Board meeting

via zoom

- 10. Superintendent Report
- 11. Executive Session (1 MRSA, Sec 405(6)(A)) (if needed)
- 12. Adjournment



# VINALHAVEN HIGH SCHOOL GRADUATION EVENTS

with the current Covid-19 crisis in mind, the graduation committee, with help from the class of 2020 & their families, members of the EOC, and school admin, have planned the following events:

# grand march

### DELAYED UNTIL FURTHER NOTICE

We know that this event is not possible without our community's involvement. We found that in trying to comply with the multitude of restrictions, the spirit of the event was lost and therefore we have delayed.

# graduation JUNE 13TH 1PM

VINALHAVEN SCHOOL AUDITORIUM

This is a private event for the seniors and a very small number of family members. Many, many restrictions need to be observed, one of which is a 50 person limit.

We are planning to record and/or live stream this ceremony to distribute to the community as well as seniors and their families.

We will miss having our amazing community members there!

# car parade JUNE 13TH 3PM

COMMUNITY EVENT

Immediately following the Graduation Ceremony the seniors and their families will travel around the island on a pre-planned route. Community members are encouraged to stand at the end of their driveways along the route to wave, hold up signs of congratulations, just simply show their support for the class. If you do not live along the route there will be designated spots where you may park your car. You will be required to remain in your vehicle at all times and use a cloth face mask if your windows are rolled down.

\*please be on the lookout for further details for this event!

# lobster boat celebration

The families will be gathering via lobster boats to celebrate in a way that is truly unique to Vinalhaven. This is a private celebration for the seniors and their families. The graduation committee recognized that not only are these seniors missing out of so many important aspects of what make a "vinalhaven graduation" so special, they are also losing the chance to gather their extended family and friends to celebrate. This gives the class one more chance to "gather" as a group and celebrate!

any questions, please contact Bianca Barroso (bbarroso@vinalhavenschool.org)

# Cor porode! a graduation community event JUNE 13TH starting at 3pm

Immediately following the Graduation Ceremony the seniors and their families will participate in a car parade to celebrate with our community!!

We hope that community members will stand at the end of their drive ways to cheer, hold up signs, and support the graduated seniors! If you do not live along the route, but wish to celebrate with us, below are the designated zones where you may park your car along the route.

We cannot wait to celebrate with you all!

# route & parking zones.

The car parade will start by leaving from the school and heading towards Main Street. They will then turn onto High Street to Round The Island Road, turning onto Pequot and ending back at the school.

Parking Zones:

1. Main Street/Town Parking Lot

2. Airport Parking Lot

# restrictions.

please be respectful of the following restrictions while participating in this event! We want to make sure that everyone involved stays safe and has fun!

- Each designated parking zone will have a school/town official "manning" parking.
- All participants must stay inside the cars with the doors closed and to wear cloth masks if windows are down.
- No congregating or gathering is allowed throughout this event!



# CELEBRATES

# The Class of 2020!

**Seniors:** We are very proud of your accomplishments and encourage you to follow your dreams! And even though we can't be there to congratulate you in person, **PIE** will be awarding the Vinalhaven College and Ogden/Chaffey Scholarships at graduation.

- The Vinalhaven College Scholarship (VCS) is a 4-year renewable scholarship of \$2,000
  (\$8000 total), awarded to a graduating senior accepted at a four-year college or university.
  Applicants are considered for their academic achievement, school and community
  involvement, personal statement of goals, recommendations, and the strength of their
  connection to the community. This year we are very pleased to award three Vinalhaven
  College Scholarships.
- The Ogden/Chaffey Scholarship (OCS) is a one-time award of \$500—\$2000 to graduating seniors enrolling in a 1-2-year post-secondary or vocational program. Depending on the number of applicants, the committee may, in order of their scores, award additional Ogden/Chaffey Scholarships to Vinalhaven College Scholarship applicants admitted to a 4-year program. This year we are pleased to be able to award three Ogden/Chaffey Scholarships.

# Class of 2021, you're next!

For information: PartnersinIslandEducation.org, PartnersinIslandEducation@gmail.com Or contact Jess Woods: jwoods@vinalhavenschool.org

# And don't forget ... PIE's Travel & Education Scholarships for Middle and High School!

- Scholarships are available for up to \$2500 per high school student, and \$1500 per middle school student, to help defray the cost of a program and related expenses.
- A PIE/Experiment in International Living Scholarship of \$5000 is available for one high school student to attend one of the Experiment's summer travel-abroad programs.



# WE ARE HERE TO HELP

The economy presents many challenges to us these days.

One of them shouldn't be your health care.

# ICMS has many programs available to help with your medical and dental care costs.

- 1. We offer a **sliding fee scale** for those who qualify based on income. The sliding scale offers discounts on medical, behavioral health, physical therapy and dental care.
- 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 also 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.**

Please reach out to Leslie Dyer at <u>lesliedyer@icmsvh.org</u> or 207-863-4341, ext 1114 or Carter Stanley at 207-863-4348 or ecstanley@icmsvh.org for more information or with any questions.



# Vinalhaven Eldercare Services

Carver's Harbor Market has been extremely helpful during all of this stay at home period. As you know Vinalhaven Eldercare Services is not going to be able to do our large fund-raising events this summer. Carvers Harbor Market has graciously agreed to let Vinalhaven Eldercare Services have the round up this summer.

I am asking that those of you who do curb side pickup when you place your order to ask them to round up for VES or add a small amount to your order to help support us and if you go to the store shopping that you please ask the cashier to round up for us.

This is going to be a very different summer for us, and we really need your support. *Thank you for your help keeping our Homestead and all of our programs going.* 

# Vinalhaven Eldercare Services NEEDS YOUR HELP

During this critical time, VES is grateful to have a dedicated staff of caregivers who ae going above and beyond and making personal sacrifices to ensure that the residents of the Calderwood Homestead remain healthy and safe during these scary times. We need each one of them to ensure adequate staffing at the Homestead.

However, there is currently one staff member who needs temporary housing on the island to continue working at the Homestead.

If you or anyone you know might have housing available for a few months over the summer, please let Linda Lynch know at

**863-9343**. Thanks for your help.



# **UPDATE ON DENTAL SERVICES:**

Starting May 20<sup>th</sup>, in accordance with the recommendations of the Maine CDC, ICMS Dental will begin to phase in routine and preventative dental care. Our dental hygiene visits will resume after June 1<sup>st</sup>. Office staff will contact you to reschedule appointments that were postponed during this pandemic. To protect our patients and staff, ICMS Dental is instituting new protocols to ensure that treatment is completed safely. Please be patient and allow extra time for your visit; staff will go into detail when your appointment is scheduled. If you were not previously scheduled and need a dental appointment please contact Brooke, our Dental Office Manager at (207) 863-2533 so she can setup an appointment for you. Again, thank you for your patience through this pandemic and in the future as we assist you in meeting your dental health needs.

### **Urgent!**

Looking for a rent or looking to rent to own. <u>Great references.</u> I work at Eldercare and my fiancé is a lobsterman. We have a child who loves school here. Please! Any leads would be helpful! We are desperate! Thank you.

nrussell94@gmail.com or 207-213-7490

## 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.

- Download the wind to your computer/device
- 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
- 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.

### 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



Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

-Mahatma Gandhi

### WANTED

Trailer for 15 foot skiff just needs to roll 863-4888

# SCHOOL LIBRARY BOOK SWAP

During this time of remote learning one of the things missing from many of our students' lives is access to books -- actual hands-on, physical books. In non-Covid times, the school library has annually held the very popular book swap where students bring books in and swap them with books donated by other students. All students get at least one book, regardless if they are unable to bring any in.

I am working on making the book swap happen, with a safe twist especially for these pandemic times!

Students, parents, and other community members, if you have books you no longer want or need at your home please consider donating them to our book swap. Of greatest need are children's books, but others are welcome as well.

For any of you who have books to donate, I will be leaving a box or milk crate on the bench outside the school entrance, marked Book Swap Donations each school day morning until noon for the remainder of May. For your safety, please place your books in the box without touching any other books that may already be inside. All items collected will then be quarantined until the swap.

I'm planning for the book swap to take place before the middle of June.

Thanks in advance for your help!

Susie Warren Pitts School Librarian



Field mowing and other light duty tractor work. Call Tim 863-4672

## Remembering David

On December 10, 1945, David Boughton was born to two talented art students. Rhoda and Stuart Boughton. So it may not be surprising that he, too, displayed a talent for sculpture, drawing, and painting at a young age. He also did carpentry, and when David made something, it was sturdy and long lasting. He was a talented musician as well. He played the guitar beautifully, and he enjoyed singing and performing.

David graduated from Cooper Union in New York City with a Bachelor of Fine Arts. He went on to graduate school at Indiana University where he earned a Master of Fine Arts. He also attended the Skowhegan School of art in Maine during the summer.

When his parents settled on Vinalhaven, David moved there shortly after. He worked at the fish plant, mowed lawns, and pursued his artwork. He loved living on the island. In the last conversation I had with him in March, he said "Life is good." I thought that was such a wonderfully positive thing to say especially given the fact that David did not always have it so easy.

Thea Zinck

# **Helping Friends In Need**

supporting those who support others

### **Community Lunchbox**

Union Church, attn: Lunchbox PO Box 249

Checks payable to Union Church

Memo line: Lunchbox

### Meals on Wheels

Vinalhaven Eldercare Services

attn: Meals on Wheels. PO Box 624 Checks payable to **VES** 

Memo Line: Meals on Wheels

### **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 Community** Outreach

PO Box 15, Checks payable to VCO, Memo line: Covid-19

### 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 addresses = Vinalhaven. ME 04863



Vinalhaven Cleaning Services, LLC We don't cut corners, we clean them!

207.863.2073

# Vinalhaven Cleaning Services is open for business!

At this time, we have decided that we do not feel comfortable flipping weekly rentals until things move in a different direction. We WILL, however, open houses for those coming to the island who plan on staying for the summer or for more than the 14-day quarantine. We will be more than happy to come back & clean for you again once you have satisfied the quarantine requirement. We will also be more than happy to clean for any local island residents and/or businesses. We are fully insured and can provide proof of insurance as requested.

We have all of our own cleaning supplies and equipment, facial coverings, gloves, foot coverings, ozone generators (more info on those as requested), etc. and look forward to talking to each of you on your personal needs & requirements for your home or business!

Please be patient with us as we work out the kinks with our new venture in this new world we are navigating thru! We hope to be able to provide a wonderful service to everyone & to the community.

Angelina Turner & Maggie Beckman 🚆



Email contact:

angelina@vinalhavencleaningservices.com

Disclaimer: we reserve the right to accept or deny any business & your safety & ours is our top priority!!

# For Sale: Boston Whaler



Boston Whaler For Sale

- \* 17' Montauk
- \* Honda 40 hp 4 stroke
- \* Bimini + Garmin GPS
- \* Best offer over \$2,200 863-9349



RESERVE YOUR COPY OF VINALHAVEN SCHOOL'S 2020 YEARBOOK



Only \$25 each. Make checks payable to VINALHAVEN SCHOOL and send to 22 Arcola Lane. Write to Bill Trevaskis at wtrevaskis@vinalhavenschool.org with any questions

For while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard.

There isn't any other tale to tell, it's the only light we've got in all this darkness.



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: 8:00 am - 12 noon, 1 pm - 5 pm

Tues: 1 pm – 5 pm
Thurs: 8:00 am – 12 noon
Closed Tues. AM and Thurs. PM
Dental Services

Dentist: June 10, 11, 17, 18, 19, 24, 25 Hygienist: June 10, 12, 15, 18, 19, 22, 25, 26, 29

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 June 12

Women's Health

To schedule an appointment, please call 863-4341. Cathy Colman, ANP: May 5th 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(q)-(n).

You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.

- Michelle Obama

# Vinalhaven Community Outreach

# We need your help and we're here to help you

We have set up a COVID-19 fund to help islanders who have been directly, financially affected by this virus.

Donations may be mailed to VCO, PO Box 15, Vinalhaven.

Please mark Covid-19 in the memo

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

# Get the Help You Need

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

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** 

Online Anonymous Peer Recovery Programs:

Narcotics Anonymous – namaine.org

Alcoholics Anonymous – csoaamaine.org

Nar-Anon – nar-anon.org Al-Anon – maineafg.org

### **Write to Our Friends**

We are sure these folks would love to hear from islanders /friends during the coronavirus pandemic

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

> Lucy Wadsworth 30 Community Drive Camden, Maine 04843

Joan Mitchell Assisted Living Floor Quarry Hill Camden, Maine 04843

Carlene Michael Boardman Cottage Islesboro, Maine 04848

Charles M. Miller 1725 Honore Avenue Sarasota, FL 34232

Gladys Walls (new address) PO Box 702 Newcastle, Maine 04553

Herb Conway
Nans Case
Barb Davis
Priscilla Rosen
Leonard "Buddy" Skoog
Pat Nick
Virginia Olney
Marguerite Mills
Calderwood Homestead
18 Beaver Dam Road
Vinalhaven, Maine 04863

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

Ann Anthony Caroline Morton Dottie Knowlton Bruce Kelwick Windward Gardens 105 Mechanic Street Camden, Maine 04843

Rosemary Anthony 7 North Shore Drive Owls Head, Maine 04854

### Thank You!

I'm not sure how to say THANK YOU to so many people at once. I want to thank Jen Desmond and the EMS staff. Especially, Kerry and Denise. Thank you to the Fire Department for being there for Life Flight. I would not be here without any of these people. It was Mother's Day and all of them gave their time away from family to save me. Jen even gave up her Birthday.

But wait, there's more!

Jeannie Conway and Community Outreach have done so much to help. I can't describe the outpouring of support. Thank you to more than 50 people who have donated to the raffle.

The ENTIRE Town of Vinalhaven has sent more love and caring than anyone could imagine. I received cards and gorgeous flowers that helped me get through the long hospital days.

I even had special friends thinking of my home, Stephanie and Myra mowed my yard.

Thank you to Cathy Watt and the ferry staff for always helping me make the ferry trips easier. This is truly a community that is a giant family. Vinalhaven is like no other place. I'm very blessed to be part of this island. I love you all.

Thank you, Sue,!

Love, Shannon

# WINDHORSE ARTS

Be the first to see my new summer colors and designs ~ sign up for my email list and get 20% off your first order!

Call 207/449-6285
Email alisonthibault@gmail.com
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Follow @alisonthibault on Instagram
Write PO Box 45 Vinalhaven, ME 04863



EASTSIDE VINALHAVEN, THE DUCK ISLANDS & 24 Acres with 1060 Waterfront. Grandmother's Cabin in need of TLC. Magical setting where you could build your dreamhouse, or Studio of just to get away from it all. \$795.000.

wreed@jaretcohn.com



OLDER MOBILE HOME ON ESTABLISHED LOT.
DRILLED WELL, 4 BEDROOM SEPTIC SYSTEM
IN PLACE THAT MAY SUPPORT A SECOND HOME.
SUNNY SPOT WITH GRASS IN FRONT AND TREES
IN BACK YARD
\$79,000.

wreed@jaretcohn.com 32 WEST MAIN STREET, VINALHAVEN

### FOR SALE: Double Sea Kayak

22' fast, stable, ocean kayak, w/3 cargo holds and rudder; includes 2 paddles w/leashes, 2 skirts & a bilge pump. Perfect for local day tripping or extended island hopping along the coast. This is a sister ship to the one that supported the Gulf of Maine Expedition, May to September, 2002; from Provincetown, MA to Cape Sable Island, Nova Scotia...by kayak. So, no problems going anywhere. \$1,600 complete, or \$1,300 w/o gear. Larry McIntosh, (207) 703-6668 or Lmacyak@gmail.com

Indoor Cycling is Zoom'ing! Contact Karen at kal@cs.wpi.edu for more info

### For Sale

2001 Honda Civic LX. Well maintained; good tires; 5speed manual; 40 mpg; 188,000 mi. Needs alternator repair; new battery; rust repair. Best offer, "as is," must tow away by June 20. 577-7178.

### 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.

# **Davidson Realty Vacation Rental Management**

Full-service rental management with a local touch from the leading agency on the Fox Islands

Call for information about renting your property or finding the perfect vacation spot!



Alex Young, Rental Manager rentals@davidson-realty.com 207.863.2275 maineislandliving.com

# Gardening Help Wanted

Island Groundworks, LLC Contact: Kristel Moore 207-863-4868

"Retired Property Manager" Frank W. Demmons 863-4364

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

### OVER 30 YEARS EXPERIENCE REPRESENTING BUYERS & SELLERS!







# **COME SEE US AT OUR NEW LOCATION DOWNTOWN JUNE 1!**



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lorraine@vinalhavenrealty.com

claire@vinalhavenrealty.com



Claire Jackson

Sales Agent

207 401 8242

FARMLAND IN WASHINGTON \$65,000



WWW.VINALHAVENREALTY.COM 207 863 5151

# FOX ISLAND DIVING 37 Years, Still Kicking! Not Retiring Yet! Wheel cleanings Mooring inspections and cleanings 863-4837 or text 542-1992



Organic Sprays for Ticks and Mosquitoes.

Also treatments for:

Ants Spiders Wasps Mice and More

"If you have a pest...we have a Solution!"
Charlie and Erica Simpson



## **Cleaning Services Available**

Experience cleaning both business and residential Access to AWD vehicle Scheduled cleaning available Please email at:

Sarina.Alley@gmail.com
Or call 863-2287 ask for Sarina
for more information

# PENOBSCOT ISLAND AIR



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

Hall357@gmail.com

# Help Wanted

Bean Maine Lobster has an opening for a full time position. Duties include buying/shipping lobster, working in the bait areas. Forklift experience helpful. Paid sick/personal days, paid holidays, and health insurance. Apply at the first lobster buying facility near the ferry terminal, or call 863-2082

Where justice is denied, where poverty is enforced, where ignorance prevails, and where any one class is made to feel that society is in an organized conspiracy to oppress, rob, and degrade them, neither persons nor property will be safe.

-Frederick Douglass



# GOOD FOOD. ISLAND GROWN.

# Selling seedlings now, produce coming soon.

Farm Hours: Tues, Thurs, Sat: 2:00-5:00 pm Follow CDC guidelines for masks, social distancing



@ROBERTSHARBORFARM | RHFARMVH.COM | 207-863-4474



### Rhubarb Bread or Muffins

It is rhubarb season and here is a recipe from Isabelle Osgood. Many of her recipes came from her mother, Julia Ames.

Enjoy!

Preheat oven to 325 degrees

1 1/2 cup brown sugar 2/3 cup of oil and 1 egg, mix together

Mix together and add alternately:

2 1/2 cups flour

I tsp baking soda, I tsp salt and I tsp of vanilla I cup sour milk (add 2 tablespoons of vinegar to make sour milk)

Last fold in 1 1/2 cups of raw, chopped rhubarb \*You may add chopped nuts if so desired

Top with

1 tablespoons butter

1/3 cup brown sugar

1/2 tsp cinnamon

Grease and flour pans

For bread bake at 325 degrees for 45 mins

For muffins bake at 350 for 25 minutes

Submitted by Ann Osgood



# COVID-19 FINANCIAL HELP

### Unemployment Benefit for Self-employed People

Go to the Maine Department of Labor Bureau of Unemployment Compensation webpage to apply.

### **General Assistance (GA)**

A program to help cover costs for basic needs like food, housing, and utilities. Contact **Andrew Dorr**, Town Manager **207-863-2042** 

townmanager@ townofvinalhaven.org

# **Vinalhaven Community Outreach (VCO)** VCO

has a COVID-19 fund to help islanders who have been directly, financially affected by COVID-19. Contact

vhcommunityoutreach@gmail.com

# Millstream Cottage



All seasons waterfront rental by day, week, or month

Two bedroom, two bath full kitchen and laundry Easy walk to ferry and all intown activities Great bird watching!

Contact
Phil Crossman
207-592-1865
philcrossman.vh@gmail.com

Looking for babysitting jobs. **Call Ava 867-5600** 

### **Trivia Answers**

- 1. wallpaper
- 2. bunting
- 3. Bulova Watch Co. during a game between the Brooklyn Dodgers and the Philadelphia Phillies in 1941. The ad cost the company \$9.

### **Maine Trivia**

As of Monday afternoon, June 8, two counties Washington and Piscataquis have reported 1 case each.

# HOW-TO GUIDE for Food Scrap



# COMPOSTING

Vinalhaven Community Compost at the Transfer Station



# Yes <br/> FOOD SCRAPS

vegtables, 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



## Representing Buyers and Sellers on the Fox Islands

207.863.2200 ~ <u>info@davidson-realty.com</u> Kris Davidson, Broker ~ Lisa Shields, Associate Broker www.maineislandliving.com

# VINALHAVEN STRONG!



Saltwater Farm. Stunning homestead on Coombs Neck. Renovated farmhouse, guesthouse, barn. 7 acres, HOA for 20 acres & dock. Very special! \$1,695,000



Leo's Lane. Fabulous 5 bdrm, 3 bath 1890s home, w/ deeded harbor access. Excellent craftsmanship and impeccable details. Completely rebuilt. \$849,000



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



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



Spectacular Views. Shingled home perched above Robert's Harbor. First flr ensuite master w/ 2 bdrms and bath above. Garage. Ocean access. \$625,000



Roberts Harbor Views. Contemporary cottage w/ big views on the SE side. Wood firs, first fir. bdrm., spacious covered porch. Impeccable! \$439,900



**The Point.** 1700' of waterfront and 7 + acres w/ expansive views of Penobscot Bay. Multiple bldg. sites w/ option for dock. A rare opportunity! \$749,000



**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** 



## Elin Elisofon - Realtor

Buyers and Sellers Agent 207-867-4866 • 207-450-1937 elin@islandheritagehomes.com

www.islandheritagehomes.com

# PLEASANT RIVER WOODLAND Vinalhaven



Offered at \$158,000.

**23** Acres of mixed woodland with frontage on the southern end of Vinal Cove. Close to town, existing woods road, driveway and soil test for a 3 bedroom home. A wonderful property with various habitats and many possibilities.

We have **SOLD** many properties acting as a Buyers Agent. The advantage of using a Buyers Agent is you have someone representing your interests above all others.



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<u>Fuel prices are low - think about</u> <u>pre-buying for next season!</u>

We are open and here to help you during this period of social distancing. Stay well all!

# New Hours: Noon-4pm Wed-Thur and Sat-Sunday

sorry we've had to reduce our hours due to health issues. If these hours do not work for you, please call and lets see what we can do!

Please wear a mask and practice social distancing! Check (preferred) or cash



Starter Seedlings of all kinds, veggies, herbs, perennials, flowers, including

Everything you need to create your own window boxes and hanging baskets
Supplies of all kinds, including

pea netting, potting soil, stakes, fish emulsion, gift certificates and more!



So many Reasons To visit Peaceful Harbor Farm's Greenh ouse

Greenhouse Hours: Wed-Thurs and Sat-Sunday Noon -4pm

closed Mon and Tues and Friday Dushane Road, 863-9381 Just off the Pequot Road Support Local Economies



# 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 Spirts, & North Haven Grocery

# **Cleaning Services**

Both house and/or yard!
We are experienced cleaners
available to start anytime willing to wear masks and
gloves.

Contact info:

Amber Shane: (207) 863-4455 Ashlyn Littlefield: (207) 863-4552

### Black Bear

In your swim across
the thoroughfare
did you dream of food
of shelter, of open spaces
and dark places, sweet berries
sweeter honey combs
or maybe only the chance
to be left alone
to do what bears do
when no one's watching?

Was it Impulse or did you have a plan? I do not mean to anthropomorphize what creatures do why birds have so much to say about housekeeping the way rocks lie in piles like friends on a sleepover but I believe in communication and some days when I'm moving slow enough I think I know the language we all knew when we once were brothers and helped each other live.

Paddy Noble



FIORE – The Freshest Olive Oil & Aged Balsamic from Italy

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

# COMPOST NOW!

@ Home or the Transfer Station

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

# **COMPOST REMINDERS:**

Transfer Station Composting does not allow for the composting of certain items. *Please...* 

NO (SHELLFISH) SHELLS
NO BONES, NO MEAT
NO DAIRY, NO YARD WASTE
NO COMPOSTABLE PRODUCTS
NO PRODUCE STICKERS

Thank You for Composting!



# for Single-Stream RECYCLING

Single-Stream is EASY! Everything goes in one bin – NO SORTING! Follow this guide to make sure ONLY recyclable materials get put into the recycling bin.



# **Plastic**

must... have #1-#7 symbol on it be rigid (no plastic bags, plastic wrap, etc.) be a container empty and rinse



milk & juice jugs detergent bottles food containers all rigid containers marked #1–#7

# No×

plastic bags! (shopping, frozen food, zip-lock, animal feed, soil, etc.) bubble-wrap, shrink-wrap plastic envelopes to-go cup lids



# **Paper Cartons**

empty and rinse, remove plastic caps

milk & juice cartons drink boxes aseptic containers

wax-coated paperboard



# Cardboard & Mixed Paper

must be clean and dry (no greasy-gross pizza or food boxes)

all clean cardboard paperboard boxes newspapers, mail catalogs, paper bags office paper, envelopes wrapping paper, books phone books, clean paper plates, shredded paper (in clear bag)

wax-coated cardboard shredded paper that's NOT in a clear plastic bag (bag gets sorted out by hand at recycling center)



# Glass

jars and bottles, all colors empty and rinse (if containing solids) remove caps

clear & colored glass bottles & jars

window glass



# Metal

tin and aluminum empty and rinse

tin cans aluminum cans & clean non-balled-up foil empty aerosal cans (cooking spray, paint, etc.) pots & pans, jar lids

scrap metal regular paint cans gas cylinders of ANY size

Still not sure what gets recycled? Ask the WasteWatchers Team! islandwastewatchers@gmail.com
Download EcoMaine's Free Recyclopedia app visit ecomaine.org/RECYCLOPEDIA





# Pleasant River Chapel

Sunday, June 14th Join us for a virtual service at 8:50 AM

If you would like to join in via internet or phone, contact Carol Thompson at 863-4110 or email pleasantriverchapel @gmail.com for log-on information

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

For pastoral care call: Rosanne Wallace 863-4846 Vannesa Henneke 863-4834

Not everything that is faced can be changed; but nothing can be changed until it is faced. – James Baldwin

# <u>AA</u>

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

VinalhavenAA@gmail.com

## 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

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



# **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!



### SUNDAY

Worshop 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 Conatct Cathy 286-2550
Kate 409-2969 or Maggie 863-2185

### ALL ARE WELCOME!

20 Fellowship Drive 863-9944 www.obbc-vinalhaven.org

# Find Anonymous Peer Recovery Programs ONLINE

Portland Recovery Center **portlandrecovery.org** 

Narcotics Anonymous namaine.org

Alcoholics Anonymous csoaamaine.org

Nar-Anon

nar-anon.org

Al-Anon

maineafg.org

You may encounter many defeats, but you must not be defeated.

In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.

–Maya Angelou

### Island Closet

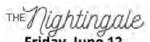
The Island's Closet is ready for summer, are you? We have wading pools for your little ones and your pets. We have beach towels, lawn and patio chairs, fans to keep you cool, flip flops for adults and children, sun screen, insect repellents. citronella candles and torch fuel, pool noodles, whiffle balls and bats as well as a variety of outdoor lawn games. Can't find what you want? Just let us know and we will get it. We'll do the shopping so you don't have to. Thank you for your continued support in these crazy days. We very much appreciate your shopping local to help keep us able to help you.

# Vinalhaven Taxi (207) 720–0056

Free Deliveries of Essentials paid for by ICMS!

Ferry/Airstrip Connections
Here and There
on Vinalhaven
By Reservation or by Chance

Jeanne Bineau-Ames



Friday, June 12 Saturday, June 13 dinner only

pickup at the window

new items;
VH lobster ravioli w/ English
peas, brown butter, preserved
lemon
Vinalhaven blackout cake
hibiscus mojito

MENU & ORDER ONLINE www.nightingalevh.com

our ordering system will assign you a time frame for your order to be ready- please arrive at the beginning of your quoted time to ensure that your food is hot and fresh

pre-order in advance to avoid us running out of your favorites Stuck in Quarantine? WE DELIVER! Order before 2 PM day of for delivery



### **SURFSIDE**

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



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

# Our Hours:

# TUESDAY thru SATURDAY 11-5

32 Main Street 863.2192 Call for curbside or home delivery!





# BOTTLE BRIGADE CONTINUES!!!



Ii is working! Following CDC guidelines, we are collecting returnable bottles and cans in the town parking lot

(not yet at the dump) to benefit Vinalhaven Eldercare Services.
 Please deposit clean returnables (no milk jugs) in the totes or bring bags of mixed returnables to the bin on the right.
 Please do not deliver directly to the Homestead as we need to keep items "quarantined" for three days before sorting on Sundays and Wednesdays.
 For more information, contact Bill Alcorn 863-2246 or Peter Richards 863-5055

## **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 Oxton: 703-6720