

# FISHERMEN'S VOICE

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*News & Comment for and by the Fishermen of Maine*

**FREE**

## **Too Many Pillows**

Way too many pillows in this world. Get ready to set the tired old bones on the bed at night and good half dozen pillows need an overnight home. Then have to find the one I usually snore on. Lucky is the evening when it isn't wearing some decorative camouflage and gets scaled toward the bedcover rack with its cousins, precipitating some abrupt remark as I go over and burrow through the pile. Then, on the occasional day when time for a nap becomes preeminent on the afternoon schedule and the proper place of repose has been determined there's more than a good chance this spot will have its own quota of 'just for looks' pillows. What to do? Quietly slide the lot onto the freshly vacuumed carpet, nt, nt, nt, nt... Not if I want to be brought out of that "dead-to-the-world twenty minutes" with screams of anguish. Piled on the chair might do if you've picked the couch. But then, where to put the couch pillow from the back? You know the one in the back so the shoulders will have plenty of space. Sometimes you'd like to just chuck 'em all into the garage or down cellar where they live when mother takes off for a week to see the grandbabies. Small things in life can be an atrocious quandary.

Now that you've got me ruminating on subjects of "too many", there are a few more items of note that are of the utmost importance and should be addressed at this time.

I've been meaning to call Al Gore since I saw his movie. I believe there's a major element lying just beneath the level of sight, much the more important than methane cow poop and one long overlooked in this time of global warming. This problem must be not only a contribution of astounding proportions to the credit side of the carbon footprint ledger but has to add countless hours of human toil, frustration and loss of human wellbeing. What can this be you say? The ubiquitous electronic blinking clocks. They're everywhere. I get up at night for the bathroom run. It's like the Ginza Strip in Tokyo. The stove, the microwave, stereo, cell phones, answering machine, all blinking a different time. And when the power hiccups we're supposed to reset them I guess. Be damned if each and every doesn't have its own frustrating combination. I never have mastered the ones in the cars. Perhaps a hammer, screwdriver and a strategic whack might be a simple solution. Anyhow I'm hoping Al will give me an honorary membership in the demographic party for this suggestion.

Know where else there's "too many", you've got it. Bloated Maine Legislature. Augusta, Maine. One of the few situations where Maine has the dubious honor of placing near the top. State of lesser population and one of largest legislatures. We send what, two senators and three congressmen to DC. To Augusta 35 senators and 151 representatives (one representative for every 8400 Maine citizens) gather on an annual basis where they

vote to add more government workers for too many positions. How many miles of Maine roads have you seen added in the past 30 years? Care to guess how many people have been added to the Maine Highway Department? Course, only way we'd change this situation would be through a statewide referendum. Can't imagine the legislators voting to abolish their elected positions for the common good.

And last from the curmudgeon's pen is the latest issuance from the wisdom gods of BC/BS Anthem on yours truly's struggle for prostate cancer coverage.

From the "CYA" folks at Anthem I was encouraged to appeal the "no cover that procedure" decision passed down in January (see "PC" Feb. 07—FV) my doctors had said would be to no avail but believing still in the greater goodness and succor of this mighty insurance company to whom I had paid my monthly premiums, had children, and been protected all these many years both through Wilbur Yachts and personally, I fired off a list of reasons why BC/BS Anthem of Maine should cover the cost of the Cyberknife procedure and cure my prostate cancer once and for all. Five days of treatments, no side effects, virtually 100% successful not to mention same cost as the six-week burn up the tissue routine. Results came back within 20 days as promised. A panel was convened of one MD, board certified in radiology oncology and the Appeals Analyst (who works for Anthem). Their decision... *"Your relative young age and good health would suggest that your condition may be treated with standard treatment for prostate cancer as there is more scientific data to support its efficacy. He offers that a radical prostatectomy and other safer, effective treatments such as brachytherapy, intensity modulated radiation therapy, or conformal radiation therapy are available to treat your medical condition. Based on the clinical reviewer's recommendation and your contractual definition of medical necessity, the panel has upheld the initial determination to deny benefits for the stereotactic radiosurgery using the Cyberknife technology."* Doesn't this now put one in mind of the buggy whip theory; it's working okay what more do we need. Or my Dad the Doctor's favorite, take two aspirin, get a good night's sleep and call me tomorrow.

The good oncology MD and Appeals Analyst of course never did mention the cost being the same or that in my case, burning up the tissue would preclude a future operation were it necessary. And a side note, big time politics exist in our health "system". Those who derive their income from older technology have no desire to be displaced by newer and better. One of the "best" urologists in the state labeled Cyberknife a "gimmick". Gimmick I ask at over six million dollars a machine. Be a chuckle to see his reaction to Nano Molecular Procedure in a few years. So, for now, I've decided to step back, fight the cancer itself with nutritional therapy and ask the great god Neptune, protector of retired boat builders to keep an eye on me. By the way, should you know of someone with the dreaded lung cancer, Cyberknife delivered radiation is beginning to deliver some astounding results—you can email me at [office@wilburyachts.com](mailto:office@wilburyachts.com) for an address.

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## Upside Stuffed Chicken

1 lg. boneless whole chicken breast pounded flat 1/4  
– 3/8”

Béchamel sauce (or simple white sauce) mixed with  
1 tablespoon or to taste mashed anchovies (opt.)

1/2 bag spinach

4-5 medium white mushrooms chopped

3 oz. mild breakfast sausage

1/3 cup reg. bread crumbs

1 med. garlic clove

1 teaspoon oregano

Olive oil

Make a béchamel sauce and set aside to keep warm. Sauté spinach in 2 tablespoons of olive oil. Set aside. Crumble and lightly fry sausage. Drain off grease. Set aside. In a larger bowl (I like to mix with my hands) combine spinach, sausage, bread crumbs, oregano and mushrooms. Add a bit of olive oil and mix as in a stuffing. Put two tablespoons olive oil in a shallow baking dish and heat the pan in oven for a few minutes at 450 degrees. Place chicken on baking dish, salt sparingly if you must. Spread the stuffing on top and bake approximately 15-20 minutes at 425 degrees. Cut chicken in long strips and serve with the béchamel sauce. Rice and oven roasted asparagus are great side dishes. Serves 2.

This was one of those last minute challenges when a major date in our lives called for a champagne meal, which I'd of course forgotten. Fridge and pantry were as good as it was going to get for ingredients. I never let on, made it up as I went along and enjoyed kudos in the end. Turned out to be one of my favorite chicken dishes.

*Lee S. Wilbur*