

Interviewee Name: Frank Heller and Jack Collins

Project/Collection Title: Voices of the Maine Fishermen's Forum 2018

Interviewer(s) Name(s) and affiliations: Galen Koch (the First Coast) and Teagan White (College of the Atlantic intern)

Interview Location: Maine Fishermen's Forum, Rockland, Maine

Date of Interview: March 1, 2018

Interview Description: Frank Heller and Jack Collins, two friends and prospective aquaculturists from Brunswick, ME, share anecdotes from their life, including how Heller broke his leg while walking on Popham Beach, was treated by the same doctor as Stephen King, and a few years later, broke his wrist in the same location as the leg. Both men are interested in organic ocean farming and discuss the information they learned at the Forum about oyster aquaculture and seasteads.

Collection Description:

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Transcription by: Ela Keegan, College of the Atlantic Intern

FH: Frank Heller

JC: Jack Collins

GK: Galen Koch (Interviewer)

TW: Teagan White (Student intern)

Galen Koch: [0:00;00] Both say your names.

Jack Collins: Jack.

GK: And this will be yours, Frank.

Frank Heller: Frank.

GK: Okay, and I'll hold this one because I want to.

FH: Shoot him, go ahead.

GK: Do these charts mean anything to you? Do you have any work or any of your life that involves specific places or the ocean that you'd want to point out? We're doing some of that work with people.

FH: Yeah.

GK: You do?

JC: Yeah. I did the Chesapeake Bay, and these numbers, like fifty-one – they become two point five, and your sailboat – you have to kedge it off of sand bars all over the bay. It's very interesting. If you're in the shipping channel going up to Annapolis and your sailboat only does eight knots, ten knots, you don't want to be in the shipping channel. So, a rock-hard place, actually sandbar-hard place. But I lived near Tangier. I had a British sailboat that had twin keels so when the tide went out, it didn't fall over; it rested. So that was an interesting part of my life.

FH: [0:01:16] See, now, if you have a map that would cover Popham State Park.

GK: Yeah, we do. Let's help him. Teagan, can you help him find that one?

JC: This looks like home.

JC: Oh, we have dead time. Fill it in, Frank

GK: I don't know that we need your –

FH: [Singing] “The little old ladies of the island, sitting and knitting and smiling. And they while away the entire day while the men are out earning their pay.”

GK: What island –?

FH: That's my sea chanting.

GK: Which island did you make that up about?

FH: Oh, that's a generic tune. It covers most islands, probably Monhegan, but there's very few left. This is –

GK: Would you like a pen? You can mark it up.

FH: No, that's okay.

GK: Please, we want you to. We ask it of you.

FH: [0:02:11] All right, what I'm going to do here is look for Popham Beach, which should be down here at the end of Cape Small, and right over here is a trail which goes from Morse Mountain from the beach over to the main road. I was on my way coming back from the beach, where I had a delightful day, and I went over the mountain. I was climbing back down the other side of the mountain, and my left leg started to slip on some pebbles, a steep section of the road, and so I tried to catch myself on my right leg and started to slip on those pebbles. So I was sort of looking like one of those (half tube borders?), and I was going down the hill on both things of pebbles, and then my right leg caught a dry spot, and I got flipped over, and I landed on my right leg and it broke in two places. So I was laying out there in the middle of the road on a beautiful sunny day, and there was no one else there, and twenty-five minutes later, two guys showed up. I gave them my phone, and they went out to the end of the road because there was no cell phone coverage there. They called the emergency services, and that began an odyssey that is just barely beginning to end, over a year and a half of a broken leg getting fixed from a nice walk at the beach.

GK: [0:03:41] Oh, no.

JC: This is our celebration road trip.

GK: Did you just sort of recover?

FH: No, well, I'd show you – it's a great scar.

JC: Yeah, point the mic at it.

GK: Yeah, wow. Whoa.

JC: Isn't that a beautiful leg?

FH: From here down to there.

GK: Jeez.

FH: Oh, it's a great story, especially if people go out and they expect to have this idyllic day at the wilderness beach, Popham Beach, nude sunbathing and everything like that, and if you break

something – it's like with the Appalachian trail; you don't want to have a problem because you may not be able to get anybody on the cell phone and if you do, it may be a pickup truck with two guys in there that you know, and you don't want to ride in their pickup truck.

GK: Who found you?

FH: Actually, it was two guys. They had rented a small house back there. They were Bowdoin students, and they were coming back. They were actually going to the dump, so I was laying there in the middle of the road, just laying there; my leg is just flopping. So, they came, they took my phone, they called, and got the Phippsburg emergency service. Those guys came with pickup trucks and everything else [and] threw me in the back. Went from there to Mid Coast Hospital [and] talked to John Van Orden. John Van Orden, who's an orthopedic surgeon that's worked on me – and so John said, "I can't do this. This is too complicated." So he went to talk to Barr, Stephen Barr, who's the surgeon who put Stephen, the writer – what's the guy's name again?

GK: [0:05:15] King.

FH: Hello?

JC: I can do other things.

FH: Stephen King. Put Stephen King back together after the pickup truck ran over him – twenty-two separate operations. So Dr. Barr went and put my leg back together. He pinned it, immobilized it, and I spent four weeks in bed, unable to move while the bone was setting. Then he took out the external skeleton, put in a plate, a ten-inch long titanium plate with screws. Looked like a bad day at a hardware store. And then that was in there for a couple of months. Then that was taken out. Then everything finally – three operations later, and then everything finally started to heal.

GK: Wow. And so you are now – the two of you – at the Forum. And this is a celebration of sorts?

FH: Kind of, yeah. This is the longest time I've spent standing on my legs since the break. My knees are pretty stiff still from having the – the legs healed relatively well, but everything's stiff, and I have to keep walking. It's the longest time I spent standing up.

JC: [0:06:19] I'm a hospice volunteer, so when I heard Frank in distress.

FH: "Oh, my bedpan needs emptying. I forgot to tell you."

JC: I went over, and I took measurements right away – Brackett Funeral Home – in case things would progress further than Frank had anticipated, but he looks much better. He looked like – you looked like shit, Frank, about eighteen months ago.

FH: You never saw the pictures, though, did you? Me wrapped up in a cocoon with my little head sticking out, all wrapped up in this white stuff.

JC: He was precious.

FH: They immobilized the leg by putting this inflatable cuff onto it made out of heavy-duty foam rubber, so you can't really walk, and the leg is pretty stiff with the immobilizer. I had to have that on for an awfully long time.

JC: The rehab home he was in –

FH: Oh, no.

JC: – had a thirteen-inch cathode ray TV set.

FH: From the 1960s – early.

JS: And I went over. There's no remote. *The Young and the Restless* was on. Have you ever seen daytime TV? You don't want to stick around a hospital for any length of time.

FH: [0:07:28] Black and White, that big.

GK: This was the place where you were getting rehabilitation for your leg?

JS: The horror.

FH: Yeah.

JS: The horror.

FH: See, because I couldn't really – I couldn't move, so I was immobilized in there, and they also had PT. They had physical therapy and occupational therapy. What the difference was [of] the two, I couldn't really tell. I don't do anything.

GK: Where were you? Were you in Maine?

FH: Yeah. Bodwell House.

JS: In Brunswick.

FH: In Brunswick. Yeah, it was right by Martin's Point, a little complex out there. So, I was in there, and I all of a sudden became institutionalized. You read stories about it. See, because when I broke my leg, I figured, "Okay, they put a cast on it. Two days later, I'll be running around." Just the opposite direction. Yeah, so the Bodwell House is basically a rehab center. For a long time, it ran – still does – on Medicaid money. So that meant that you didn't exactly have the best equipment. For example, one of the things – some of the food was pretty good. I wanted salads every day, and they said, "Oh, on Wednesday, we have a salad." Wednesday? Okay. [inaudible] all that.

GK: [0:08:34] Wild.

FH: And nurses.

JS: Yeah, he was admitted on a Thursday, and he had to wait the whole cycle. Speaking of institutionalized, he's signed out to me. He's in my custody right now, so I have to be real careful. Frank, how're you feeling?

FH: Feeling pretty good.

JC: Okay, do you need more meds?

FH: I have enough prednisone.

JC: Okay.

FH: I decided to pop a prednisone for the day. I'm celebrating.

JC: Yeah, this is – you laugh, but he's –

FH: No, it's true. I really did take a prednisone.

JC: Do not unlock – do not unlock – we don't have film do we? If you could see – he's in a straitjacket. If you could see this, do not take that lock out.

FH: Some people call it – some people call it a back brace; they don't call it a straitjacket. It's a back brace.

JC: Yeah, I wish you could see this.

FH: And that's what you get when you lay in bed for six weeks straight. Your body rots off whatever you've got left there, and you start getting back aches because you really haven't – your back muscles atrophy.

JC: [0:09:34] It's like Hansen's [disease]. It's almost like Hansen's. He lost an ear and a nose, and we've had that rehabilitated.

GK: What are you guys doing here at the Forum? Why do you come to the Forum?

JC: Oh, I wanted to know more about Maine's *Crassostrea virginica*, obviously.

GK: What's that?

JC: That's the –

FH: Do you have to ask? Just let him go.

JC: A young person can go to college – go to school and learn to make himself a millionaire before he's twenty-five years old raising oysters. It is just the guaranteed – aquaculture is the big deal. I had to stop by UMaine – UMaine's well represented – and pick up brochures. Ms. Collins, my wife, is a student advisor for the community college system, and I get to feed brochures through her to the future of our country: you guys. So there was actually a plan sort of, and then hanging out with Frank, as you can see, we do have fun. Two old men hanging out with babes. Woo.

FH: [0:11:00] Good stuff.

GK: It's so fun in an Airstream from 1976.

FH: I would buy one of these in a flash if I could find one.

JC: With [Rainer Maria] Rilke on the shelf and Henry Beston, *The Outermost House*. All my favorite books.

FH: I expect to see Hemingway books and stuff like that.

JC: Oh, my god.

FH: They really did. My parents went out to the West Coast, lost all their savings, and we came back, and we lived in a used twenty-eight-foot trailer in a trailer park. So quite a comedown.

GK: Where? You came back here to Maine?

FH: No, this was in Pennsylvania.

GK: Oh, okay.

FH: Pennsylvania. So, yeah, I was talking with Sean Moody, and Moody was saying, “Well, we lived in a trailer for a while.” And I said, “No. I know what you're talking about. You were at the bottom of the social structure when that happens. My parents worked their way up to getting a Spartan, which looks like – it's not quite as good. The Airstream is A-plus; the Spartan is B-plus. So it's that kind of an all-aluminum aerodynamic trailer. So, we lived in a trailer for a while.

JC: [0:12:00] My twelve brothers and I lived under the trailer. We didn't have shoes.

FH: Oh, that's tough. I knew some people that did that too.

JC: I know. I know. I know.

FH: You learn to burrow.

JC: Yeah, yeah.

FH: It's a good thing. That's a good skill to have.

JC: Yeah.

FH: You have the moles and things like that, chipmunks.

JC: A man is known by the company he keeps.

FH: True, but the [inaudible] is an interesting thing because health care, whether you are on it – because one of the most hazardous occupations is really workboats.

JC: Or walking on the side of Morse Mountain. That's fairly hazardous.

FH: God damn. This is terrible. The same place – because before, we went out cross-country skiing, like twenty, twenty-five years ago – cross country skiing. We're coming down the side of that stupid thing, and I fell in the same spot, and I broke my wrist. I didn't break the wrist. I did the navicular, which is a piece of cartilage. Once that breaks, you got to keep your arm – so I can walk around. Some days, I'll just be like that. That's how they had the arm set. I just go, “Oh Jeez, I can't do that anymore.” Same spot. I want to go back and see if it'll hit me again.

JC: [0:13:15] To know Frank, you need to take a course in anatomy and physiology, and then we can really break it down. Everything's been shattered.

FH: Hey, I've got nurses to do that stuff.

JC: Shattered.

FH: I got my nurses to do that. [Why] I came here today was I've got an interest in what's called organic ocean gardening, which means that you can start gardens off your dock and your float and in your unused swimming pool in the winter by pumping ocean water into it, and so you can grow shellfish in bags. You got scallops. You've got oysters if you want. You have mussels. Must be something else.

JC: Possum.

FH: Possum. Underwater possums. They're not that happy with that – or frogs. Nobody eats those ocean frogs.

JC: Frogs, no. Saltwater and frogs don't mix.

FH: I know. That's what we found out the hard way.

JC: That they don't. They dissolve.

FH: They do.

JC: Yeah, amphibians dissolve in salt water.

FH: So the question is – we're looking at actually being able to build a structure so somebody could farmstead on the ocean. It's called the seasteed, and it's being pioneered out in Tahiti right now in Polynesia. If I had ten thousand dollars, I'd go out to the conference that's being held next month, but I don't have ten thousand dollars.

JC: [0:14:31] If pigs could fly too, Frank.

FH: If pigs could –

GK: Where would you do it?

FH: We're thinking of the bay – Machias, off of the University of Maine Machias. I've got an affiliation with them. I was arrested there once, but that's another story altogether.

JC: We've all served time.

FH: “If you don't want us to look in the windows, don't put the windows on the street level.” That's what I told them. I said, “It's your fault.” Anyway, I have an affiliation with a friend of mine who was president of the faculty. We held a conference on ocean acidification. As it turns out, the bay of Machias is a nice little place to do this kind of stuff at. It's a discreet [inaudible] thing, and if you get in trouble, you can get to shore by swimming. There's a hospital not too far away. But yeah, it's gotten to be very interesting because doing research now into sources for – spores for algae, for kelp, and things like that if you want to grow kelp. And then also, the new breeds of shellfish coming out and the fact that people are beginning to [inaudible] species of shrimp. So you can have a large cage, like about the size of this room, plunk that in the water, and you can grow shrimp in it. Now, I like shrimp.

GK: [0:15:49] How are you – how is that related to your work now? I mean, do you farm?

FH: Should I tell her what the answer is?

GK: Yeah, what's your –?

FH: What work?

GK: No work. You have many interests.

FH: I have many interests, yes. Well, I mean coming off the leg – because I was doing small hydro. I just got my first client in two years.

JC: Hydroelectric. Small hydroelectric plants.

GK: Oh, that's what you were doing.

JC: Yeah.

FH: And still am, actually.

JC: Frank's a baker, an attorney –

FH: I got a client actually not far from downtown.

JC: Look it, he's a Renaissance man.

GK: It sounds like it.

FH: Yeah, sort of.

GK: All right.

FH: Card-carrying? But there's a new card coming out that's got the ocean gardening thing onto it.

GK: Seasteads?

FH: And ocean gardening – what?

GK: You wrote it on this one. Is that a seastead?

FH: Did I?

GK: Like a homestead, but a seastead?

JC: Yeah, that's right.

FH: Yes, it is. That's a seastead. You could live on there; you could get a boyfriend or a girlfriend or a dog and live there and grow things, and you might be able to sell some. Fat chance. But anyway, you could do that. You could sell things like that, or you could just live there and grow stuff. The problem is the growing season for things like alaria and sea kelp is in the winter, so you'd have to live there in the winter or tell people you live there in the winter and go row over there once a week. Get a boat and go over there once a week and do that. But yeah, that's it. And it's pretty – there are entire – the folklore behind seasteads is rather fascinating. In Hawaii, they had entire cities that were floating on the water, and part of the long-distance future planning here is that we're running out of land to grow crops on, so people – and also land for people to live. Everyone wants to live by the ocean. So now people can live on the ocean, not at the [inaudible] Marina either. But on the ocean, get moored, and you could live out there, so we've got a prototype of a domed seastead. Dome would have solar panels into [to] generate electricity, and you'd have living quarters and other things around the outside. You'd have a big,

long pipe for all the sewage that goes out into the water. That's what I haven't figured out yet. I was talking to a guy. I was talking about generating methane gas from it, so we'll see if that comes by.

GK: [0:18:13] What if you have a little humanure for your flowers? Just get a composting toilet like I've got.

FH: Yeah.

GK: Sterile urine from that. Not that this needs to be on the record, but I'm just trying to give you some ideas. [laughter] Yeah.

FH: Well, yeah, you can – I think you can do that, and then other things you can dispose into it as well. The problem is making it a compact, self-contained, self-cleaning unit. I'd have one floating in the water, for crying out loud. And then you could do that, have a little floating toilet, and you wouldn't need toilet paper; you could use seaweed. We could grow special seaweed for that. It's slippery, but who's going to notice?

GK: This is great. So we've got to follow up with you to see where the seasteads are, what's happening with your seasteads.

FH: [0:19:12] They're really interesting. There's a group that's got a video out, two videos, and unfortunately, they really are headquartered out someplace in Polynesia, and they've gotten funding from Bahrain and one of the other Mideast countries because they're got the same situation; they've run out of land. So people are beginning to live on the water in these floating communities, and they don't have the storms or anything which is going to disrupt that. So they're looking at building these communities. I just saw the first design for one, so what we want to do is we want to get a design – I've got a grant going in – to come up with the prototype for what one might look like. What we're really looking for right now are dumb gullible students to live in them.

JC: With gills.

FH: With gills. Preferably with gills. If you fall off the – you see, if you fall off into the water, you don't break your leg anymore. You could drown, but you won't break your leg. I [inaudible] remember that.

GK: What have you learned today? Anything?

FH: [0:20:15] Yeah, I found a guy that builds docks and floats, and he's interested. He wants to see what an RFP [response for proposal] would look like for building on and designing one and give me an idea of what it would cost if they were involved and actually doing the design. I found a new source of shellfish, which I was really surprised. Somebody up the coast in, I think, Pembroke – he's got whelks. He's got things I didn't know were being distributed. So you can get

small quantities, a little bag of sea scallops or something like that. Great, I love scallops. Grow big scallops. That's kind of neat to walk out to the end of your dock, pull up a bag, and there's dinner. So they had a source to that. They do three kinds of sea veggies, which we call them now, not seaweeds – sea veggies. Then I got some other – that was a big find today. I was really surprised to find that. Other than that, dumb people will put out KitKat bars. I'm a sucker for a KitKat bar. I'll talk about insurance, but more KitKat bars.

GK: [0:21:23] Oh, yeah, the trade show, the KitKat bars.

JC: Right, right. Title insurance for your boat – they enticed us to talk to them with a bowl full of KitKat bars. That is so interesting.

GK: Yep.

FH: It is.

GK: Jack, what about you? Do you have an affiliation with the water? You sail?

JC: Well, I've had a lot of boats.

GK: Yep.

JC: I've had a lot of boats. I lived on a thirty-eight – it's in Egg Harbor; it's called a Pacemaker, and it was a wooden boat. I lived on it about eight years, and I was the carpenter that showed up to fix the boat. It belonged to Nancy. I gave her an estimate, hull planks.

FH: Nancy's his wife now.

JC: Current

FH: He had to marry her because she couldn't pay his bill, so it was a fair exchange.

JC: [0:22:27] What happened was I stayed for breakfast twenty-five years ago. So, I have a lot of experience on the Chesapeake Bay. It's very interesting. I've grown a lot of oysters and worked with the Chesapeake Bay Foundation, and moved to Maine to get away from Virginia, which is if you went out to the parking lot to open your car door and the thermometer would indicate a hundred and twenty-three degrees. That went on for even two weeks in July and August. Maine is different. We might get a little snow in early June. *Ahh*.

GK: You like that?

JC: Oh, who doesn't?

FH: Oh yeah.

JC: And the seasons.

FH: Nothing like going into Washington DC and thinking you've outsmarted everybody by getting a cheap flat lot parking space and suddenly realizing your car has been sitting out there at a hundred and twenty degrees, and your dashboard has melted. Just [inaudible] sitting in the bottom of the car. You just step over it, that kind of thing.

JC: [0:23:45] So I went on a trek around the country. I'm a carpenter, and the word journeyman means to finish a job and then journey to the next job. So, all my life, forty-five, fifty years now, I've been journeying. Finish a job and then move on, sinking routes. "Born and raised" doesn't count in my value system, so I said, "What do I want to do with my retirement?" I managed to just really fall off enough buildings that I really had to retire. So I found a college town in Brunswick, and it was Bowdoin. They have life sciences. Just an insanely good life science department. There's two libraries, two hospitals, two farmer's markets, and it's a walking town. So I bought a pottery studio in town, and I write, and Frank is like one of my heroes. So we do road trips. He is back on the road again, and it's an interesting time.

FH: [0:25:10] You know, ready for the next crash. I should have pointed out – three months ago, someone came and hit us out of nowhere, and my –

JC: Car crash.

FH: – wife and I in the car. Totaled the car, put me back in the ER again.

GK: Oh god.

FH: Oh, yeah. I was like, "We aren't doing anything." I wasn't speeding. I didn't cut anybody off. They just didn't see the yield sign. The Town of Richmond should be sued likewise for the stupid sign.

JC: I found the measurements for Bracketts, and so we still had that just in case – the funeral home.

FH: Wait a minute, I still have all my durable medical goods. I've got two wheelchairs, one portable wheelchair, the commode. Let me see what else. We've got other things too. A couple cans, air torches.

JC: Oh, he has a toilet seat that's raised, you put it on your conventional toilet seat, and it's like four-five inches. You're almost standing up. It's interesting.

FH: If you have weak knees, it's great for doing that. We have all these large gauze bandages from my leg; I still have a pile of those. We have fancy waterproof bandages. You ever have a major medical emergency, don't call the ER; they don't know anything. There's a big cut or something, call me.

JC: [0:26:25] Just call me. I'm a carpenter; I can fix anything.

FH: Whenever you can, use your nail gun.

JC: Between a farmer and a carpenter, you can get anything done.

FH: Who do you think did the leg?

JC: Yeah.

FH: [inaudible] I said, "I want to see your tools."

JC: Yeah, yeah.

FH: This is like someone that got drunk at Rogers Hardware.

GK: Did it feel significant that Stephen King had also been treated by the same doctor? Did you feel a sort of his presence in your –?

FH: Not really, but I know the guy. The thing is the guy is good. He's a real hot shot. I remember once we had – I had to wait about an hour twenty minutes, and I was a little peeved about it. Then they said he was treating – he was putting some guy's hand back on, and that night they had a picture of the guy with his arm hanging off by a tendon and an artery. It got cut off in a boat accident, boating accident. He was on a fishing boat, and the arm got cut off. Stephen went and put the arm back on. He was just (ruffled?), and I thought that's a pro. Went and put the – I'll wait, I don't care ...

JC: [0:27:31] I can do that.

FH: Take care of the arm. So, he's one of the genuine super orthopedic surgeons in this state, and the fact that he treated Stephen King –

GK: Just means he's good.

FH: He's good, yeah.

JC: And he tossed in an ear and a nose; he sewed that back on after –

FH: Well, he's also an orthopedic surgeon. I don't know if he had probably – if he probably had much experience with doctors. Oh boy, have I had, and it turns that our orthopedic surgeons are kind of like – they're jock docs. So like, if you're saying, "Yeah, it really hurts when I bend my knee," he'll say, "Ahh, don't worry about that; just keep walking on it." I go, "But it hurts." He says, "It does? So what? It's supposed to hurt. That's part of your rehab process." So no matter what you wanted to do, he encouraged you, and my wife's going, "You don't want to walk on that if it hurts. You should just take some hydrocodone like everybody else." I don't want [hydrocodone].

JC: I encourage self-medication; it's worked for me. I'm seventy years old, and it's really been helpful. I learned it in college. I majored in social chairman fraternity, and that's a life – that's a career.

GK: [0:28:46] That's a lifelong career.

JC: Frank and I went to school together. He was a little bit older.

GK: Where did you go?

FH: Penn State.

JC: Yeah.

FH: We met in a shower room at Penn State. It's a nice place. Good showers. Great showers.

JC: Jerry was our shampooist.

FH: Really wonderful place.

GK: Alright, guys, we're at thirty minutes. I'm going to take your photo. Anything else you want to say on the record before --? This is your last chance.

JC: Okay, the photo, will it have our height measurements behind us or anything?

GK: Yes.

JC: I knew you were going to do that.

FH: You will not get our fingerprints either.

GK: I'm going to take your photo and, yep, fingerprints.

FH: For the record.

GK: We just have to swab. A little swab.

FH: Ooh. I'm reading a sequel to Dexter, and so I was getting into the Dexter frame of mind lately.

GK: Anything else?

FH: But everything we said --

JC: Thirty minutes, Frank.

FH: -- don't believe any of it.

JC: Thirty minutes.

GK: Okay. I don't know if I do. Thank you so much for coming in here. Great.

JC: [0:29:50] You know Bob and Ray lived in Boothbay Harbor. Do you know who they are?

Teagan White: No.

[0:29:56]

-----END OF INTERVIEW-----

Reviewed by Molly A. Graham