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VOL. 37 NO. 38

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Maine's Fall Foliage **Display Is Beginning**

The official start of Maine's fall foliage season was September 15. The 2021 Fall Foliage Report from the Maine Department of Agriculture, Conservation and Forestry shows very little color change throughout most of the state. Forest rangers in northern Maine are reporting a 10% color change, with low leaf drop.

Typically, northern Maine zones six and seven reach peak conditions the last week of September into the first week of October. The rest of the state's progression of color will start occurring from north to south in mid-October. Coastal Maine typically reaches peak conditions in mid- to late October.

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Turning Inward Again?

by Michael G. Roskin

I wrote my doctoral dissertation long ago on the effects the Vietnam War was having on U.S. foreign policy. It was turning us inward, preoccupied with domestic affairs and deeply cautious about overseas military intervention. This paradigm was likely to last for some time but end in a new bout of interventionism, I suggested.

Scholars have long detected cyclical or alternating patterns in history, including the history of U.S. politics. I explored how our foreign policy of a given period becomes rigid and wrecks itself by application ad absurdum, as it was then doing in Vietnam. As the established paradigm departs from reality, bitter domestic criticism grows until the opposite paradigm replaces it. This lasts until it too grows rigid and wrecks itself.

For example, World War I did not make the world safe for democracy and quarrelsome European allies wouldn't repay their war debts. Public opinion, the media and Congress slouched into isolationism, swearing to never get involved in overseas messes again.

Of course, we could not withdraw from the world and were drawn back into overseas conflicts. Japan's 1931 conquest of Manchuria brought Secretary of State Stimson's "non-recognition" of this aggression — words without deeds — that left Tokyo unimpressed. In 1937, Japan began the conquest of all of China. Embargo of California oil to Japan clinched their militarists' argument that the U.S. must be knocked out of the Pacific: Pearl Harbor.

The 1940 German Blitzkrieg through France started splitting U.S. opinion. Some saw that we would eventually have to engage, but the majority stayed isolationist, producing the short-lived America First Committee of 1940–41, which folded with Pearl Harbor.

American elites then plunged into almost unlimited intervention. We had been foolish in not responding sooner to aggression; that will never happen again. Stalin and the Soviet Union were the new aggressors, and the Cold War led to a series of showdowns. By early 1968, the Vietnam bog made Congress and the media question what we were doing there.

The paradigm then snapped back the other way. Only small interventions (Grenada, Panama) were tolerated. Expelling Iraq from Kuwait in 1991 was the first act of a new round of intervention. At first, Americans were enthusiastic. "Neoconservatives" (actually, Cold War liberals) preached expansion of democracy by wars that would pay for themselves. After years of inconclusive fighting in Afghanistan and Iraq, Americans wanted out.

An ideal foreign policy would find a sweet spot between too much and too little intervention. But it's awfully hard to define and stick to this middle ground. Involvement, egged on by demagogues and the media, tends to grow. Being "a little involved" is like being a little bit pregnant. U.S. shipments to Britain twice brought us into war with Germany.

In 1952, political scientist Frank L. Klingberg quantified historical shifts and found average "moods" of 27 years of extroversion followed by 21 year of introversion. Not mentioning Indochina, Klingberg anticipated the current extrovert mood would end in the late 1960s, precisely what happened. Nixon pulled us (too slowly) out of Vietnam and ended the draft.

Adding Klingberg's 21 years of introversion to 1968 gets us to 1989, the year of our Panama invasion. Two years later, we pushed Iraq out of Kuwait, initiating some 27 years of extroversion that put us into public rejection of the Afghanistan and Iraq wars.

God does not play numbers games with U.S. foreign policy, but this-worldly factors may explain the alternation. Prominently, a younger generation, enraged at the folly of the previous, enshrines and practices its paradigm. In 1940, the U.S. ambassador to London, Joseph Kennedy, wrote off Britain as finished; his son saw Britain as belatedly aroused. JFK then went on to overapply intervention.

Many trends arise from an emotionally charged younger generation rejecting the wisdom of the older generation. Those who fought World War II rejected isolationism so thoroughly that they made virtually the whole world our national interest. (It wasn't.) Other factors may contribute to the cycle, such as war exhaustion, domestic politics and economic downturns.

We seem to be entering another noninterventionist phase that tries to avoid overseas conflicts. Today's "restrainers" reject new wars in favor of domestic reform and reconstruction. If the above pattern holds, we could minimize overseas threats for some years and set up another catastrophe, leading to renewed interventionism.

Many foresee this coming in Asia, where China aims to hold sway. Neither China nor the U.S. want war over Taiwan or North Korea, but neither will abandon their respective small allies. Many urge preparation for collision. The Iran-Israel conflict could spill over until it involves the U.S.

The underlying problem is that the U.S. can neither control the outside world nor fully withdraw from it. Attempts to do either are bound to end in frustration.

Mike Roskin is a retired professor of political science.

LETTERS / OPINIONS

Abortion: Sexual Harassment?

Here are some reflections I'm weaving together these days: first is the memory of news analysis covering the confirmation hearing for Clarence Thomas in October 1991. Two newsmen (older, Caucasian-appearing) were discussing attorney Anita Hill's testimony that Supreme Court nominee Mr. Thomas had behaved in a sexually harassing manner several times during the period they worked together. The newsmen agreed, "This is not about sexual harassment, it's really about abortion."

Most likely they went on to speak of the vote balance on the Supreme Court with regard to fighting legalized abortion in this country, yet ever since I heard this language, I've found it true and useful to see abortion rights through a sexual-harassment lens.

Next is the Mormon mom of six and her posting from 2018. I refer readers to Gabrielle Blair's piece "My Twitter Thread on Abortion." An easy way to read her complete writing in article form is at designmom.com. Gabrielle teaches that unwanted pregnancies are what require legal abortion access and that females cannot impregnate themselves and create an unwanted pregnancy. She speaks with authority, and goes pretty far with examples and suggestions in her analysis. While this might cause some discomfort, when you keep in mind all the efforts afoot to require females to carry unwanted pregnancies, like me, you may find the Mormon mom to be measured and thoughtful.

Access to legal and safe abortion is vitally important. Preventing unwanted pregnancies is what will stop the need for safe and legal abortion procedures. Let's get more informed and honest about human reproduction and focus on education about birth control and safe, consensual sex rather than give power to the misguided and often mean-spirited attempts to criminalize unwanted pregnancy.

Paula Coil, Rockland

re: Peter Jenks' Letter—

Regarding the Rev. Peter Jenks' letter of September 14, I would observe after numbers of conversations with him my strong sense that he has a profound perception of the true meaning of religion. The issue of religion is at the heart of much of our social controversy.

While I am not religious in the conventional way, I believe there is a spiritual dimension to life which none of us completely understands. I would never denigrate "religious" people on principle.

As Peter alludes to, any "system" can be abused, as history has shown. He is by no means dogmatic in his beliefs, but exhibits a carefully nuanced awareness.

Konrad Lorenz describes what some psychologists have called gestalt perception. He speaks of a "fulgaration" or a "life spark" that at some point created life out of non-life. It is truly arrogant to believe that any of us completely understands that "event."

Ray Janes, Rockport

Christian Terrorism—

Two weeks ago, we saw fanatical religious Sharia law return to Afghanistan. Over the last 10 days we have been reminded of the terror that rained on the U.S. 20 years ago. The terrorists were Muslim religious fanatics. We were rightly and deeply affected and repulsed by their lawless and murderous religious zealotry.

Today in our own country we find a similar lawless religious zealotry. A sanctimonious, "self-righteous" fanatical Christian minority believes that they represent "godliness" and therefore must defend the "biblical" precepts of the Constitution. They believe, as Muslims believe in Sharia, that the Constitution is God-given. In the U.S., it is this variety of fanaticism that is permitting and promoting attacks of vigilantes on people obeying existing constitutional law under *Roe v. Wade*. It is the Christian "right" that has imposed its fanaticism on Texans and will attempt to do so in the rest of the country. It is also the belief of the fanatical religious "right" that we are not created equal and that some Americans should not be permitted to vote.

Just as some Muslims believe that non-Muslims are infidels and that they are obliged to rid the world of them, so too, some Christian fanatics believe that they have a right to persecute and eliminate minorities. They, like Muslims before them, have and continue to persecute those they hate. They do so with impunity and the conviction that God is on their side. They did this during the Crusades, the Inquisition, the conquest of Africa, Asia and the Americas, during slavery and latter-day racial profiling, during the Salem witch trials and during the Nazi final solution.

America has a choice: Are we going to permit terrorism to destroy our country or are we going to live by the law?

Andrew Stancioff*, Spruce Head

The Free Press welcomes and encourages your letters about whatever is on your mind. Include your name, town of residence, and phone number (in case we need to contact you). Email letters to copyedit@freepressonline.com or mail them to The Free Press, P.O. Box 1076, Camden, ME 04843-1076. Please note our deadline for letters is Thursday at noon for the following Tuesday publication.

Is Religion Bad?—

I'd like to reply to some of the points in Carl Scheiman's latest religion-is-bad letter in the September 7 issue of The

As regards the claim of moral superiority of one's religion, a Christian might well say that his religion has a superior teaching or ideal. As it says in the Episcopal Book of Common Prayer: "Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul and with all thy mind. This is the first and great commandment and the second is like unto it: Thou shalt love they neighbor as thyself." This is what a Christian is called to strive toward.

A Christian would not claim that he is morally superior to anyone else. He knows that he is a fallen creature, a sinner, susceptible to wrongdoing, often falling far short of the above ideal. As St. Paul says, "I find that the good I want to do, I do not do, but the evil that I don't want to do, that I do." I would hesitate to claim that Christians are in general morally superior to non-Christians.

As regards the flood described in Genesis and the genocide described in the book of Joshua, I can't recall any passage in the Gospels where Jesus says anything about these subjects. Do bear in mind that the Old Testament refers to a time when the Jews were still learning what sort of a god their god was and what he expected of them. For example, King Solomon is described as having 300 wives and 700 concubines. Christian teaching does not encourage polygamy or concubinage. The lesson to be learnt from Joshua is not to practice genocide but that trust in God and obeying his law caused the Jewish nation to prosper.

As regards the "eventual horrific destruction of humankind," be careful how you read the book of Revelation. A lot of it is allegorical or mystical. I admit I am no biblical scholar so I can't give an accurate account as to exactly how it should be interpreted. In short, don't take it all literally.

On the abortion question, the Catholic Church does not forbid a termination of pregnancy to save a mother's life. Note that I say "termination of pregnancy," not "abortion": the intent of the operation has to be that all is to be done to save both lives. As regards painful terminal illness, the Catholic Church does not prohibit pain-killing drugs to alleviate suffering, even though such drugs may shorten the patient's life. It does forbid deliberate killing of the patient, however.

Entirely extirpating the influence of religion from society has resulted in some pretty horrific activity in some places: to wit, Mao Tse-tung's long march resulted in 40 million deaths; Stalin's Russia, 9 million; Hitler's Germany, 6 million; Pol Pot's Cambodia, 2 million (?), Mao Tse-tung's Cultural Revolution, no known close estimate — 150,000 to 20 million.

David Bardon, Camden

PAGE 1 BANNER PHOTO: ED CARROLL

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Legislators Write Letter to President Biden Over New NOAA Regulations

by Sen. David Miramant

At the end of August, the National Oceanic and Atmospheric Administration (NOAA) announced new regulations that will pose a serious threat to Maine's lobster industry. The new regulations will close at least 950 square miles of the Gulf of Maine to lobstering from October to January, which is the most lucrative season. The regulations are supposed to protect the endangered right whale species. Scientists estimate that there are 360 right whales left. However, these new rules come at a time when there is no evidence or data to suggest that Maine lobstering is responsible for the deaths of right whales. That's why I, along with over 150 legislators, wrote a letter to President Biden urging him to roll back NOAA's new rules.

I believe that we must protect our marine wildlife and have an eye toward conservation. I think all lobster fishers would agree with me that the industry has been conscious of conservation for years. The Maine Department of Marine Resources, legislators and representatives of the lobster fishery began working on the issue of right whales over two years ago and have made productive suggestions.

Earlier this month, the Portland Press Herald reported, "Since 2017, 34 right whales have been killed, according to NOAA. An earlier estimate of 33 deaths attributed 21 to Canada and 12 to the U.S. Eleven incidents were attributed to ship strikes, including at least two in U.S. waters, but none can be linked to the Maine lobster industry." No right whale has been entangled in Maine lobster gear in over 17 years of reporting. The Maine lobster industry is being punished for something they are not responsible for. Mainers have relied on our working waterfronts to provide for their families for generations. Last year, NOAA reached an agreement with the state about gear marking for easy identification and our lobster fishery has been making changes to the lines to prevent any potential harm to right whales. Now, NOAA has broken that agreement and fractured our trust. Lobster fishers have adapted to rules and regulations in the past to protect our marine life, but this time they're being stretched too thin.

The new regulations are part of a three-phase plan that NOAA claims will reduce right whale deaths by 98% by 2030. The three-phase plan progressively shuts down regions to fishing and further stretches Maine's lobster industry. NOAA estimates that the first phase of the plan will cost Maine's lobster fishers between 5% and 10% in revenue per year. This does not account for what the long-term effects will be on the lobster industry holistically such as gear suppliers, restauranters trap builders and rope manufacturers. The only way to implement the new plan and maintain the lobster industry requires Maine to completely rethink our lobstering practices. It would mandate the conversion from traditional rope fishing to expensive and developmental ropeless fishing technology. Some estimates indicate that to fully transform Maine's lobster fleet to ropeless technology would cost upwards of \$500 million. The technology is still in the developmental phase and may not even work properly.

The NOAA regulations have put hardworking Maine families in a hard spot. I oppose this proposal that puts our coastal communities in jeopardy, risks hardworking Maine families' livelihoods and hurts our economy without ensuring safety for right whales. Environmental groups have opposed the regulations for not addressing the actual problem as well. I identify as an environmentalist and can recognize when a policy doesn't solve the problem.

As we said in our letter to President Biden, many of us here in the State House believe that "the new regulations threaten to irreparably harm Maine's iconic, sustainable lobster fishery." Mainers remain committed to supporting both the vitality of the lobstering industry and protecting the right whale. We asked President Biden to immediately reverse the new regulations and to re-engage with the state of Maine, our agencies, and our stakeholders to fund a better solution. We're asking for regulations that are based on documented risk, incorporate the needs of the people of Maine, take into account all the available resources, and are based in science.

David Miramant represents Maine Senate District 12, which includes most of Knox County.

LETTERS / OPINIONS

Extend Comment Period on Dredging Rockland Harbor—

About two weeks ago the Maine Bureau of Parks and Lands sent a notice dated September 1 to Rockland city officials about a proposal by the new owners of the property/pier by Archer's to dredge a large area of ocean and install a number of new floats for boat docking. The notice, posted by the city on September 14, calls for public comment about impacts of this development — before or on October 1.

This is a call on the city council, the town manager's office, the city harbor and waterfront department, Representative Geiger and Senator Miramant — and on the public — to contact the Maine state authorities and urge an extension of the public comment period for at least a month.

More steps can be taken to inform the public, publicize the details of the plan, set a public meeting and increase the transparency surrounding this large project.

The notice can be found at rocklandmaine.gov/news (Submerged Lands Notice), and it includes the plan proposed for dredging and the new docks. The application was made by SHM Rockland, LLC (Safe Harbor Marinas).

Here are a few details: the area to be dredged is 138,000 square feet; additional docks include four, long 150-foot fingers, one 90-foot dock, one 115-foot string of docks and one 172-foot string. No information is given about the type of boats expected to use the new docks.

The Maine Bureau of Parks and Lands is the trustee for submerged lands (those extending from mean low tide to three miles out). It may approve such a lease for the plan if it *does not*: "unreasonably interfere with customary or traditional public access

The Free Press Is a Gem!-

I hope our local community appreciates what a gem we have in The Free Press. In a recent issue, we had letters with such a variety of opinions: one writer saying the problem with the world is organized religion, another saying that The Free Press is too "left-of-center" and excludes other opinions, then another letter saying the president should be impeached.

We have folks writing about local issues like the Camden waterfall, and other writers about Afghanistan and about our foreign policy. And the rest of the newspaper gives us information about what our neighbors are doing, and how we can participate (if we have the time!) in such a wide variety of activities, as well as giving us important information about our local services, like the changes in visiting policy of our local health care centers.

We moved here from New York City about 15 years ago. I thought the local newspapers up here were likely to be just that — local. But having The Free Press is such a gift to our lives that we have even decided to pay to have a subscription (even though we don't have to) to guarantee that it can continue. Thank you for a continuing fine job.

Karen Gleeson, Northport

ways to or public trust rights (fishing, fowling, recreation, and navigation) in, on or over the submerged lands" or "unreasonably interfere with fishing or other existing marine uses."

Current users of the harbor area — including people who use the boardwalk/park area, moor boats, including lobster boats and people who enjoy the current views! — are urged to look at the plan, call city officials, and call the Maine Bureau of Parks and Lands at 287-6128 to ensure proper public evaluation.

Readers can also reference information provided by Dun & Bradstreet regarding the parent company, SHM, LLC, based in Dallas, with 555 companies, 2,584 employees and about \$405 million in annual sales, and its overall parent company, Sun Communities, Inc. of Southfield, Mich., a real estate investment trust with annual revenue of \$1.39 billion.

Judy Pasqualge, Rockland

Where Was Trump?—

September 11, 2021, was a somber and sadly evocative day, one that I imagine most all Americans noted with sorrow and a memory of terrible loss.

It was heartening and inspiring to see former presidents and first ladies Clinton, Bush and Obama, along with President Biden and the first lady, in attendance at ground zero in New York to mark the moment the 9/11 attacks began. This occasion calls for the sober gravitas, reflection and leadership which our presidents can provide.

I was astonished to note the conspicuous absence of our former President Trump. I checked on this and discovered that he was doing commentary, for money, at a boxing match in a Florida casino rather than supporting Americans by attending any 9/11 commemorative ceremonies. This is disappointing, to say the least, and shows our ex-president's true character, as actions speak louder than his meaningless words.

character, as actions speak louder than his meaningless words.

Any Americans who somehow still support this man should be ashamed and embarrassed.

John Shepard, Union

Thanks for the Laughs—

There is more than one reason to read every page in The Free Press.

A letter in the 9-14 issue mentions an earlier letter filled with "invective and hatred." It ended with the writer opining that letters lacking "any arguments or explanation for the author's point of view," that "lack any substance, have no place in this type of forum."

I politely disagree. Rambling letters written with an exuberance fired by nothing more than the last QAnon revelation often give me the best laugh I've had all day. I thank the editor for giving us a peek at the misinformation that's out there.

Robert Karl Skoglund, St. George

From Offshore

by Eva Murray

The Blessing of a Nice Café

ack in mid-August I had traveled off the island early, a day or two ahead of whatever my mainland business might have been, on account of Hurricane Henri. Said hurricane did not actually cause Maine any real trouble, but that is the way of islanders and mariners: watch the weather and strain to think ahead. We talk about the "weather report" but it is not a report, it is a forecast — and a forecast by definition involves a certain prognostication, an attempt at clairvoyance, wonky augury, thus is rarely spot-on. Those comma-shaped images on the hurricane maps are the "cones of uncertainty," where there is only the arithmetic of statistical likelihood of messy weather, nothing like a promise. My husband likes to heckle the TV weatherman, especially if said expert is caught map-casting in a three-piece suit. As goes the old line, "Lies, damned lies, and statistics."

A hurricane still some distance away will thwart anybody's best effort to plan, and so it was, about a month ago, "welcome to Rockland" with time to spare. This island correspondent was (as any regular reader will understand by now) unable to go home at that point. It does not take a storm to raise hell with Visual Flight Rules, or reasonable seas for a smallish passenger boat on a non-emergent trip, not to mention the expense. Here I was on the Big Continent and over the moon to discover one of my old hang-outs was once again an available refuge. My regular coffee shop was inviting customers to sit inside! Oh, happy day!

That day I recalled the last time I had nestled in and enjoyed breakfast in that particular establishment. It would have been early March of 2020. My husband sat across the table from me, which doesn't happen often, as his work does not bring him to the mainland as mine does. Quite the opposite; for every day he is away from the island he is apt to be hectored by somebody who "needed" something done, and just where in blazes was he? In any case, sharing a hot breakfast with the Phone Man in a restaurant in the middle of winter was my idea of a good time. I was supposed to be heading out of state immediately afterward, a multimodal trek to the bedside of a family member recently discharged from the hospital and now in a rehab facility. I had charge of the paperwork, and the paperwork was growing onerous. There was need for signatures and decisions. My cell phone rang, and before I was done with my bacon-egg-and-cheddar wrap, I had word from the rehab receptionist: "Don't come. We're not allowed to have any visitors at all as of today. If you make the trip, we're not going to be allowed to let you in." Thus began the reality of COVID for me.

At that moment I was grateful for the invention of the cell phone, but also for this place of comfort — my usual, familiar café — in which to think and sit still a moment and reconfigure a complicated situation.

We took our time finishing breakfast. Of course I didn't know that would be my last time in that seat for 17 months, but with that telephone call it did begin to dawn on me that things were changing.

I have studied for exams in this coffee shop. I have slammed up against deadlines here, I have taught algebra, memorized chemical placarding, drafted municipal boiler-plate and made plans over paper maps on these tables. I have taken shelter from rain and wind and the harangues of idiots. I am not, however, so loyal as to shun other businesses. To the few places we gratefully find open in the forgotten and neglected late-afternoon hours, when so many eateries are closed, I offer a nod of sincere thanks. You have no idea; after a potentially cold, wet five hours aboard a ferry in the cab of a U-Haul, a real mug of coffee or soup is what you'd call "restorative." A bright, welcoming brick-and-mortar coffee shop is without doubt one of the finer things in life. Hard to say what shall come next, this year, so let us enjoy this luxury while we have it.

It's not necessarily about the coffee, but sometimes it is. During the closed-up days of 2020, if one wanted coffee on the road, the only option was drive-though. Those are not always built with room for even what my friend Rolf calls "puny" trucks, nor do they readily accommodate pedestrians (including coffee-craving truck drivers who must park off to the side because they cannot fit

even a U-Haul under the overhead contraption). If we have to go back to drive-through service only, society is going to have to remedy that particular shortcoming.

Eva Murray lives, works and writes on Matinicus Island.



Notes from Lime City

by Nathan Kroms Davis & Becca Shaw Glaser

Fewer Mosquitoes, Fewer Tourists: Happy Fall!

Nate: Happy fall, Becca! This might be my favorite time of year: cooler weather; fewer mosquitoes and tourists; the promise of wood fires and the autumn harvest. Plus, election season is around the corner, which I enjoy as both observer and participant. How are you faring?

Becca: Thanks for baiting me, Nate!* Having a uterus (which is, you know, just mildly phenomenal), I'm glad I don't live in Texas with the U.S. Supreme Court supporting a \$10,000 anti-abortion bounty. But we in Maine hold responsibility for two-faced Senator Susan Collins, who consistently endorses anti-choice judges. I've been feeling joy to get to wear a sweatshirt, cozy pants, and think about tea. the warmth in the throat of it. But fall is a bittersweet time. Leaving the wild abandon of summer and moving toward winter that isn't the winter we used to have, and now this pandemic still clinging to our skin. How are you really, Nate? You can't be that unrelentingly happy all the time.

Nate: Well, I suppose that I'm concerned about the housing crisis and gentrification in Rockland, which isn't new, but during the pandemic we seem to have unwittingly ventured into a future much more stratified (and perhaps stultified) by class. But we're trying some things: an inclusionary zoning ordinance (thanks, City Councilor Sarah Austin!), a housing land trust (still in planning stages), and an advisory ballot referendum concerning zoning in Rockland. You and I feel somewhat differently about the ballot referendum, whose text is: "Do you support amending Rockland's zoning regulations to allow smaller, more efficient, more affordable dwellings?"

Becca: Yeah, in our text thread you said, "Becca, I disagree strategically and practically." Which was interesting because we have *never* disagreed about anything before. As I said in the text, I think the question put to the community should be clear that it is simply an advisory vote — a straw poll. But I also think it should have been about giving people as much direct power and participation as possible. Fundamentally, it's obscene that five people make decisions for 7,200 humans (and birds, water, etc.). But I'm nonetheless glad the city council is pursuing ideas to try to intervene in the housing crisis.

Nate: I think we disagree on a lot! Examples: The nature and efficacy of markets and competition (I'm avoiding the word "capitalism" here because I think we mean somewhat different things by it); space exploration; onions.

Becca: How the hell can anyone oppose onions? Also yep space exploration aka colonization — the amount of money and time spent on that when there are close to a billion hungry people on earth each day is a sad statement on priorities.

Nate: I remember how inspired I was as a child to study technical subjects (in my case, primarily mathematics) because of space exploration, and I wonder how many scientists and engineers wouldn't have pursued their dreams had they not been so inspired as well. I don't love space tourism by billionaires, but I am deeply moved by the images and discoveries of the cosmos and physical universe that the broader enterprise of space exploration has brought to us. Well, despite my enthusiasm, I don't think we have the money for a Rockland Aeronautics and Space Administration.

Becca: There are plenty of dreams to be had and dreaming to be done — like feeding and housing and nurturing everyone on the planet and still marveling at the stars without exploiting them. So I do not buy your argument. Earth itself is not amazing enough for you?!?

Nate: I admit that Earth is pretty amazing. Unfortunately, we're not doing a great job caring for it. Though Rockland is advertising for a new half-time sustainability coordinator to help us do at least a little better. One of my regrets on city council (yes, I do have some regrets!) is that I didn't push for this position to be full-time in this year's budget. Becca, maybe we should do a column where I tell you all my regrets and mistakes?

Becca: OK ... but how honest are you going to be able to be? What about a basic human needs coordinator (which is a sustainability issue)?

Nate: Pretty honest, I think, as long as it's about my own failures rather than other people's! I'd be open to something like a basic human needs coordinator, if we could find an appropriate way to assign responsibilities to such a person.

Becca: I've seen it work amazingly. Do it! ... but without making property taxes go up.

*When Nate sent the google doc link to start the column he wrote, "I'm kind of baiting you again by being so happy!"

Nate is a Rockland city councilor and ordained minister of the Universal Life Church. Becca is limping through to the end of landscaping season, muddy, sweaty and thorn-slivered.

Online Wabanaki History Program October 1

Map of Wabanaki Territory

The Dancing Elephant will host an online program led by Wabanaki REACH, called "Interacting with Wabanaki Maine History," on Friday, October 1, from 6 to 8 p.m. Registration is required through rocklandyoga.com to receive the Zoom link; the program is open to the public by donation.

Another program, "Healing Begins with Truth: Understanding Colonization," will be offered on November 5. REACH stands for Restoration, Engagement, Advocacy, Change and Healing.

Leaders and participants will interact, engaging in a story of particular events in the history of 400 years of colonization of Wabanaki people by Europeans in the territory now called the state of Maine. Attendees are asked to participate fully to increase their understanding of colonization and what it means for current descendants and future generations.

According to a contributed statement, Wabanaki REACH seeks "... to build a broader and stronger community of people who understand the long-term impact of the generational harms done to Indigenous people since first contact and who are committed to transforming the present-day systems that



provide advantages to the dominant culture. We believe in the power of education and engagement. When people more deeply understand what happened they innately wish to be a part of writing a different history for our grandchildren."

For more information or with questions, email Rachel at rachel@rocklandyoga.com or phone 594-1694.

Explore 'Indigenous Mid-Century Maine' with Virtual Panel Discussion

"Shell Heaps, Damariscotta River, Newcastle, Maine" POST-CARD IMAGE PROVIDED COURTESY UMA

The University of Maine at Augusta will host a virtual panel discussion exploring some of the cultural and political issues that affected Maine Indigenous communities with its final

event in the series Maine's Mid-Century Moment on Friday, September 24, from noon to 1:30 p.m. The program is free and open to the public; registration is required.

Speakers will include Donald Soctomah, a Passamaquoddy his-

torian, who will focus on inequities faced by Maine Wabanakis in the mid-century era; Donna Loring, who has been a tribal representative of the Penobscot Nation in the Maine Legislature, who will discuss material from her manuscript-inprogress on the history of the tribal-state relationship with a focus on the mid-century period; and Bunny McBride, a scholar and public historian of Maine Indige-

nous culture, who will talk about her research about Penobscot elder Charles N. Shay, a 97-year-old World War II combat medic. UMA Professor of English Kay Retzlaff will moderate.

To register, visit tinyurl.com/4pnhnf8x.

State Rep. Pluecker to Hold Public Hour in Union

State Rep. William Pluecker will host in-person office hours for constituents on Tuesday, October 5, from 4 to 5 p.m. at Vose Library in Union. No advance registration is required to attend.

Pluecker will welcome conversations with constituents about public policy issues that are important to them and what they would like the Legislature to address in Augusta

in the upcoming legislative session in January. In a news release, Pluecker said, "The meat of the work of a representative of the people in times like these is to be present for the families of the district, to speak with the people I work for about their challenges and fight for our rights."

Pluecker represents Appleton, Hope, Union and Warren. He is serving his second term.

'Maine Women @ Work' Offers Free Film Screening

Women @ Work," that will include a free screening of the film "9 to 5" on Sunday, October 10, and a Zoom workshop, in partnership with New Ventures Maine, called "Confidence-Building in the Workplace" on November 16 and December 7.

The 1980 film "9 to 5" will be hosted by Strand Theatre in Rockland from 1 to 4 p.m. Starring Jane Fonda, Lily Tom-

Midcoast Women will offer a two-part series, "Maine lin and Dolly Parton, the movie will be preceded by a short program about the ongoing evolution of the workplace. Moderator Destie Hohman of the Maine Women's Lobby will be joined in discussion by a panel that will include Maine Representatives Valli Geiger and Holly Stover. A reception will follow to continue the conversation.

Seating is limited. Registration is suggested for priority seating; visit midcoastwomen.org to sign up.

Medicare Options Talk at Rockport Public Library

From left, Renata Lahner and Nancy Schultz

Rockport Public Library will host a free presentation about Medicare open enrollment for 2022 on Tuesday, September 28, at 2 p.m. and on Wednesday, September 29, at 6 p.m.

Renata Lahner and Nancy Schultz of J. Edward Knight Senior Advantage, who have over 20 years of Medicare experience, will lead the presentation.

For more information, call the library at 236-3642.



Totally Trades Career Workshops for Girls

for girls in grades 8–12 statewide, will be offered virtually Octo-tice; building and design; earn and learn; renewable energy; ber 1 to December 15 on demand. Registration is now open.

The free workshops are designed to encourage self-identifying girls and gender-expansive youth to consider careers in fields where women are traditionally underrepresented. Sessions will be offered to girls interested in careers in trade and technical fields, highlighting eight high-wage, high-

Totally Trades workshops, offered by New Ventures Maine demand career sectors, including: automotive; criminal juscommunications and connectivity; fire and rescue; and computer technology.

Individuals seeking more information on the virtual Totally Trades Career Week sessions, or interested in registering, should phone Suzanne Senechal-Jandreau at 768-9635, email senechal@maine.edu or visit totallytradesmaine.org.

LETTERS / **OPINIONS**

Open Letter to Sen. Collins—

Dear Susan,

All else aside, we are both humans, equal among the nearly eight billion of our species. Well, you are a politician; I am not, so that last clause I suppose is debatable. Will you grant that there are nearly eight billion Earthlings, you and I among them? This planet our home? Surely these are facts you will concede.

You must have heard that people have contributed to environmental degradation of our world, conditions still deteriorating. Yes or no? Politicians equivocate, but this is undeniable; and, further, continuation on this course, perhaps already irreversible, is existential, meaning that life as we know it is on track for extinction. There is nothing — nothing — more important. Is there? I would certainly like to know.

No, we are not equal. You are a politician. You have power. I can only implore you. Stop equivocation; be decisive. Exercise that power on behalf of all of us which you have sworn to do. Lead as a woman, a Mainer, a senator, a Republican, an American, whatever you or your selfish allegiances may be, but mostly as a human. Institutions - governmental, religious, corporate, social – will not survive unless we prosper in posterity.

I write in urgent exhortation with faint hope once again.

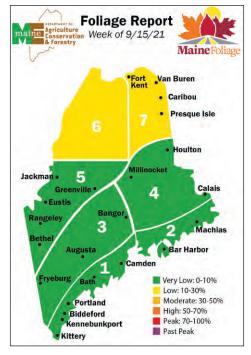
Phelps Bristol, Owls Head

FOLIAGE REPORT CONTINUED FROM PAGE 1

In a news release, Gale Ross, a fall foliage spokesperson for the department, said, "Maine experienced moderate drought this spring but received a sufficient amount of rainfall the month of July, which brought many portions of the state back to near normal rainfall levels. Aaron Bergdahl, a forest pathologist for the department, anticipates an excellent fall foliage season."

Visit mainefoliage.com to sign up to receive weekly reports by email. For more information about fall activities and events in Maine, see visitmaine.com.

While Maine's weekly foliage report graphic clumps the midcoast region into a broad swath, it's a reasonable guide to the progression of fall colors.



Local Artisans to Celebrate Maine Craft Weekend

Maine Craft Weekend, a statewide tour of craft studios, breweries and businesses scheduled in conjunction with American Craft Week, will be held on Saturday and Sunday, October 2 and 3.

Modeled on Maine Maple Sunday and Buy
Local Saturday, the self-guided tour features
participants throughout the state who are not
regularly open to the public or who have
deford.
Visit maine
participants a
region maps.

planned special events and demonstrations at their locations. Locally, there will be stops in Belfast, Liberty, Lincolnville, Pemaquid, Rockport, Thomaston and Union. Featured cities this year are Bucksport, Ellsworth, Bath, Gardiner, Freeport and Biddeford.

Visit mainecraftweekend.org to learn about participants and events and to use interactive region maps.

Museum to Host Webinar About Women Artists that have contained and

The Friends of the Collection Program at the Portland Museum of Art will host a free webinar called "So Many Great Women Artists" on Thursday, September 23, from 6 to 7 p.m. via Zoom.

Katy Siegel, a scholar and curator at Stony
Brook University and the Baltimore Museum of Art, will discuss the social systems attend.

that have contained and diminished women artists, while highlighting those who have achieved their ambitions in spite of these systems.

All donations will benefit the Friends of the Collection's effort to acquire works by artists Carrie Moyer and Sheila Pepe.

Visit portlandmuseum.org to register to attend.





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New Hope for Women's 2021 Pop Up Shop raised \$32,000+ to support our work!

Thank you to community members who donated clothing and shopped for hope. It is you who allow us to continue our work in support of those affected by domestic abuse, dating violence and stalking.

A special thanks to the following very generous merchants who donated many new items:

Barefoot In Denim • Black Parrot Bohemian Rose • EILEEN FISHER Leonards • Maine & Ivy • Stonefish Theo B. Camisole & Co.

as well as to these fine merchants:

Cotton Garden of Camden, House of Logan,
In the Clover, Katwalk, Maine Sport Outfitters,
Samoset Resort, Se Vende Imports,
Stars Fine Jewelry,
The Grasshopper Shop of Rockland,

Thanks to these businesses that also contributed to this event:

The Green Store and The Leather Bench

Belfast Coop, Bixby Chocolate Factory, Bobby Pins Salon, Brenda Cotton, Broad Arrow Farm Market & Butcher, Cedar Grove Sauna, Center Pilates, Danica Design, Du Jardin, Extreme Auto Detail, FIORE Artisan Olive Oils & Vinegars, Garden Island Cleaners, Glow Salon, Goose River Golf Course, Green With Envy Salon, Gretchen Scott, Guini Ridge Farm & Garden Center, Level 10 Salon, Lily, Lupine & Fern, Marnées Salon, Michael Good Gallery, Moose Crossing, Nina June, Park Street Laundry, Plants Unlimited, Rockland Family Dentistry, Rockland Golf Club. Salty Waves Salon, Samoset Resort, Skin Klinic & Day Spa, Strand Theatre, Studio 494 Salon, The Green Thumb, The Lost Kitchen. individuals who volunteered their time and loaned racks and tables, and The City of Rockland.

We look forward to seeing you next year!

Members of the 2021 Pop Up Shop Committee: Cathy Landau-Painter, Chairperson, Patricia Aboud, Susan Hirshberg, Necole Janczura, Joan LeMole, Elizabeth May, Cyndi Ostrowski, Rebekah Paredes, Barrie Pribyl, Susan Schor, Hildy Simmons, and Elisse Walter











Arlene Magoon and Jed Fiato

Disaster Preparedness Workshop Online

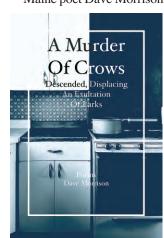
Camden Public Library will host a free online workshop led by representatives from the Midcoast Medical Reserve Corps and the Federal Emergency Management Agency that will introduce concepts from the ready.gov OPEN program on Tuesday, September 28, at 6 p.m. The registration link can be found on the library's "What's Happening" events calendar at librarycamden.org.

"From the 9/11 anniversary to tropical storms and wildfires, there has been a lot in the news lately about challenges that arise when areas are hit with emergency situations," Julia Pierce, programs coordinator at the library, said in a news release. "September is Disaster Preparedness Month — an ideal time to empower our community with these lessons."

The presentation will be conducted by Arlene Magoon and Jed Fiato of FEMA Region 1. Participants will learn how to understand risks, mitigate them and establish a communications plan. Individuals, community-based nonprofits, service groups and businesses will benefit from the strategies to be discussed in this introduction to general principles for preparedness.

Poet Dave Morrison Will Read at Rockland Library

Maine poet Dave Morrison will celebrate the release of his



new collection of poems with a reading in the Community Room at Rockland Public Library on Thursday, October 28, at 6:30 p.m. "A Murder of Crows Descended, Displacing an Exultation of Larks" is Morrison's 16th book of poetry.

The in-person event will offer limited seating and attendees will be asked to wear masks. There will be a simultaneous free livestream to Morrison's Facebook page.

Garden Gathering to Feature Survivor's View of 9/11, 20 Years Later

Lynn Tierney with her dog, Swish

Owls Head Village Library will host Lynn Tierney, former deputy fire commissioner for the New York City Fire Department, for a talk on "9/11/2001: Twenty Years Later — A Survivor's View," as the last Garden Gathering program of the season, on Thursday, September 23, at 4 p.m. The gathering will be hosted at the home of Diane and Stephen Nelson at 86 Lucia Beach Road in Owls Head. The rain date is September 30.



collapse of the World Trade Center. Her talk will highlight heroic firefighters who are credited with rescuing 25,000 people on 9/11, and the families who struggled to manage their sorrow and face a new reality. She will also discuss how city and FDNY recovery strategies in the first days and months were often improvised to meet the overwhelming need, and the creativity and sensitivity with which they were carried out.

Simple refreshments will be served; donations are encouraged. Attendees are asked to bring chairs or blankets.

September 30. To attend, email owlsheadvillagelibrary@ Tierney, a resident of Owls Head, was nearly killed in the gmail.com; RSVPs are appreciated.

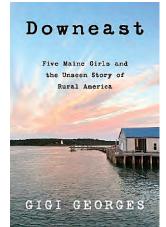
Vose to Host Book Talk by Author Gigi Georges

Vose Library in Union will host a free virtual presentation on Wednesday, September 29, at 7 p.m., with Gigi Georges, author of the recently released nonfiction book "Downeast: Five Maine Girls and the Unseen Story of Rural America."

Georges followed the lives of five teenage girls living in Washington County in Maine's far northeast corner, a region marked by a dwindling population, vanishing jobs, and pervasive opioid addition.

The author turned to narrative nonfiction writing after an extensive career in politics, public service and academia. A former White House special assistant to the president and United States Senate state director, she has

taught political science at Boston College and served as program director at the Harvard Kennedy School.



To register, email librarian@voselibrary.org or call 785-

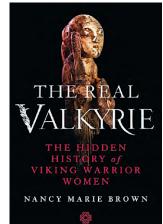
Author to speak in Cushing— Imagine the Life & Times of Viking Warrior Women

Cushing Public Library will host a free presentation by author Nancy Marie Brown about her book "The Real Valkyrie: The Hidden History of Viking Warrior Women"

author Nancy Marie Brown about her book "Valkyrie: The Hidden History of Viking Warrior



Nancy Marie Brown



via Zoom on Wednesday, September 22, at 6:30 p.m.

In 2017, DNA tests revealed that a Viking warrior from a high-status grave previously excavated in Birka, Sweden,

was a woman. In her book, Brown combines archaeology, history and literature to imagine the warrior's life and times, showing that Viking women had more power and agency than historians have imagined. She has named the Birka warrior Hervor and imagines her life intersecting with those of real women, including Queen Gunnhild and Queen Olga of Kyiv.

Brown has studied Icelandic literature and culture for decades; she contends that much of our perception of the Viking age (roughly A.D. 750–1050) is based on Victorian biases. She draws on science, history and a thorough knowledge of Viking literature to recreate Hervor's life and times. She has published extensively on the era. Brown lives on a farm in Vermont, where she keeps Icelandic horses and an Icelandic sheepdog.

To register, call Wendy Roberts at 691-0833 or email wrobertsmaine63@gmail.com.

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'Aging in the Right Place' Forum, Vaccine Clinic



Juanita Roushdy

Spectrum Generations' Lincoln County Regional Center and Inn Along the Way will host a free forum called "Aging in the Right Place" on Thursday, September 23, from 8:30 a.m. to 3 p.m. at Inn Along the Way, located at 741 Main Street in Damariscotta. Lincoln Health will offer free vaccinations at the great

The forum's theme will be "The Speed-bumps of Aging: How Do We Welcome the Transitions of Life?" and will address difficulties encountered during the various transitions of aging and how to cope with life changes.

The keynote speaker will be Bremen resident Juanita Roushdy, who will discuss her journey through two retirements and finding the right place to age.

Visit spectrumgenerations.org/aging-in-place-forum to sign up; registration is required. For more information, call Cindy Sullivan at 620-1185 or email at csullivan@ spectrumgenerations.org.

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Coastal Rivers to Host Apple Cider Pressing

Coastal Rivers Conservation Trust will host groups of up to six people for making sweet apple cider at Coastal Rivers Salt Bay Farm, located at 10 Belvedere Road in Damariscotta, on Saturday, September 25. Four half-hour slots are available between 1 and 3 p.m. If all slots are filled, Coastal Rivers may schedule a second date. There is no charge.

Attendees should bring their own apples and jugs; Coastal Rivers will supply the old-fashioned cider press, a wash station and instruction.

Registration is required; visit coastalrivers.org/events. For more information, email info@coastalrivers.org or

Learn Autumn Ecology in Walk at Merryspring

Merryspring Nature Center, located at 30 Conway Road in Camden, will host an autumn ecology nature walk on Saturday, October 2, at 10 a.m. as part of Merryspring's Free Family Programs series.

Those of all ages are invited to join a guided tour of Merryspring to see fall foliage and learn about the ecology of autumn. Attendees will learn how and why leaves change color, identify trees, look for evidence of animals and learn how they prepare for winter, and watch for other signs of the changing season.

Preregistration is necessary as space is limited. Phone 236-2239 or email info@merryspring.org. All children must be accompanied by an adult. Participants should wear weatherappropriate clothing and shoes and be prepared to walk for one hour. In the event of heavy rain, the program may be rescheduled.

'Pollinator Palooza' for All Ages at Salt Bay Farm

Coastal Rivers Conservation Trust will host a free family program for all ages focused on pollinators at Coastal Rivers Salt Bay Farm, located at 10 Belvedere Road in Damariscotta, on Saturday, September 25, from 10 a.m. to noon.

Naturalists will offer a brief introduction to the world of pollinators and lead a short, gentle hike in the fields to see some pollinators at work. Following the hike, participants will make a small craft to take home.



See pollinators at work in the field at Salt Bay Farm.

Registration is required; visit coastalrivers.org/events. For more information, email info@coastalrivers.org or visit coastalrivers.org.





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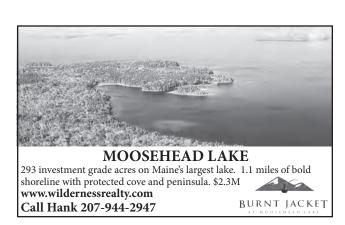
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The Sketchbook. A builder's journal

Of Mice and Moulding

by Jim Bahoosh

here was a time when I lived in the houses I was restor- I ing. The oldest of these was a 1787 center-chimney Cape. I was sitting in our temporary kitchen/living room, reading a book and having a cup of tea when a rat the size of a brown bear strolled into the room. Two throwable items were close to hand. A grapefruit and Amelia, our cat. I woke Amelia. She wearily opened one eye, took a casual look, and went back to sleep. I threw the grapefruit and the rat sauntered off. Amelia was a scrap of a cat but tough as can be. She finished off the rat the following day. Not every cat is a great mouser, or ratter, like Amelia, but most houses are an appealing residence for mice. Mice, on the other hand, are fairly inconsiderate houseguests. Keeping them out can be challenging.

My current project is a large old house in need of complete restoration. As I move forward with repairs, I do so with the goal of making the house rodent-proof. Mice are looking for one of two things: food, or shelter. If you don't want mice, you need to not allow access to food, and you need to block their access to the interior. An adult mouse can fit through a hole the size of a dime. A rat can gnaw in through a ½" gap. Mice and rats have very flexible rib cages. If they can get their heads through a hole they can flatten their bodies to get by. It's quite amazing.

Let's use what we know of their behavior to help keep them out. Rodents are impressive gnawers. Their teeth work very well on wood and other organic matter. Metal in many forms will create an effective barrier. Any entry points of over 1/4" can be stuffed with steel wool, then caulked over to hold it in place. Holes drilled for plumbing and electric lines are good candidates for treating this way. Larger holes can be backed, prior to patching, with 1/4" hardware cloth.

Squirrels are responsible for the larger exterior holes on my project. Today I was faced with repairing holes about 4" x 6" on a section of soffit and fascia. The boards were fairly easy to get to and in poor shape beyond the gnawed bits, so replacing them made sense. Last week I was dealing with 3" round holes chewed through exterior moulding. The moulding profile is no longer available so repairing it was the way to go. First, slide a scrap of backing wood in through the hole and attach it to the moulding. Next, partially fill the hole with expanding foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham's water putty. If you prefer, Bondo or epoxy can be used.

> Jim Bahoosh has been a solo house builder and designer since 1984. He lives in Unity.

Broadcasts Planned for Common Ground Keynotes

Maine Organic Farmers and Gardeners Association will share videos of three keynote addresses originally scheduled to be given at the Common Ground Country Fair, which was canceled due to the pandemic. Beginning at 10 a.m. on Sunday, September 26, videos will be posted at mofga.org and audio will be streamed at WERU FM Community Radio.

Speakers will include climate justice activist Amara Ifeji, whose talk will be titled "Food Insecurity and Its Interconnectedness to the Climate Crisis"; organic farmer and Maine Senator Stacy Brenner, giving a talk called "Farm Viability Through Land Justice and Farmworker Rights"; and Karen Washington, co-owner and farmer at Rise & Root Farm and cofounder of Black Urban Growers, whose talk will be titled "Food Justice Is More than Growing Food and Feeding People."

For more information, visit mofga.org.

Libby Lecture on Water Quality and Economics

Catherine L. Kling will offer the third annual Libby Lecture in Natural Resource Policy at 3 p.m. on Wednesday, September 22, at the University of Maine's Buchanan Alumni House in Orono. A reception with refreshments will follow the lecture. The event is free and open to the public, and can also be streamed online.

Kling's talk, "Improving Water Quality: Are Economics and the Environment Always at Odds?," will describe trends in water quality and the benefits and costs of regulations associated with the Clean Water Act.

The Tisch University Professor in the Dyson School of Applied Economics and Management and faculty director at the Atkinson Center for a Sustainable Future at Cornell University, Kling is a member of the National Academy of Sciences, chair of the academy's Water Science and Technology Board and has been a member of six National Research Council studies.

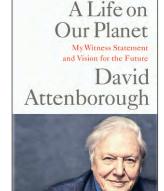
To stream the lecture, visit umainefoundation.org/live. For more information, visit umaine.edu/libbylecture.

To request a reasonable accommodation, call 581-1212 or email libby-lecture-group@maine.edu.

Environmental Book Club to Read Attenborough

Knox-Lincoln Soil and Water Conservation District will offer a free environmental book group online each Thursday in October from 12:30 to 2 p.m. Program Manager Rebecca Jacobs will lead discussions of "A Life on Our Planet: My Witness Statement and Vision for the Future" by David Attenborough. Registration is required.

The book is a companion to the October 2020 film "A Life on Our Planet." Jacobs will also discuss practical ways to



implement conservation practices at home to restore the health of the landscape and mitigate further loss.

Limited copies of the book are available to borrow through local libraries and interlibrary loan.

Visit knox-lincoln.org/environmental-book-club to register. For more information, email julie@knox-lincoln.org or call 596-2040.







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spree, I dragged a bloated folder from the recesses of a desk cubbyhole. Spotted and stained, it was chock full of recipes I'd collected over decades, until the internet made recipe-keeping paperless. Sad but true, these days I refer much more often to laptop files than my recipe or cookbook collection, and it was past time for this file to go — but

not, of course, without peeking inside. An hour later I was still paging through recipes clipped from newspapers and magazines, old file cards, hand-scribbled notes, including a recipe for Christmas bread written in my mother's hand, and ones from cookbooks whose pages had been pressed onto a copier and printed out. In the end, I managed to reduce the file by only a half and had spent several more hours happily remembering the people and places connected with some of the recipes, especially ones that originated on the St. George peninsula, my first Maine home. They brought back good memo-

ries, and some have withstood the test of time well enough that I would still use them today.

Several pages were printouts from "Sylvia's Cakes & Breads: Famous Recipes from a Small Maine Kitchen," a cookbook written by the late Sylvia Hocking, the worldfamous baker from South Thomaston whose cakes, pies, and breads were enjoyed by locals, Maine coast vacationers, and celebrities for over 30 years and who wrote and published two cookbooks during her retirement years. I must have copied the recipes to use when I interviewed her for The Free Press over 25 years ago, and what struck me when I looked them over was the detailed information Sylvia included that you won't find anywhere else, as in her pie recipe below. It's as if she were standing beside you in the kitchen, sharing secrets of her baking expertise. My only reservation is the use of margarine or Crisco, which can probably be swapped out for butter.

Sylvia's Three-Berry Pie

Dough for a double-crusted 9-inch deep-dish shell

Combine 1½ cups each blueberries, raspberries

- and strawberries. Mix with 2 Tbsp. flour, 1 cup sugar,
- 2 Tbsp. lemon juice or orange juice, and
- ½ tsp. cinnamon.

Roll out the bottom crust generously enough to have a good overhang. Sprinkle with about 2 Tbsp. sugar; add the berry mixture and dot all over with about 2 Tbsp. butter or margarine. Roll out top crust, fold in half and fit over the fruit. Be sure to wet the rim of the bottom crust with water to seal the two crusts. Make a nice, thick rim so as not to lose any of the juice while the pie is baking. Using your fingers, spread 2 Tbsp. butter-flavored Crisco over just the crust (not the rim). Sift a little flour over the Crisco, then brush crust with heavy cream. Last, sprinkle with sugar. Cut steam slits (I use about eight), and bake in a preheated 425-degree oven for 20 minutes. Lower temperature to 375 degrees for about 20 more minutes or until you see juice bubbling in the slits you cut for steam. The crust should be nicely browned. There's nothing worse than an underbaked

Note: Baking time is for fresh fruit. If you are using frozen berries, do not thaw. You will need to increase baking time to about an hour, and you may need to cover the top of pie with foil or parchment paper the last 15 minutes of baking time if the rim is getting too brown. Pies need to be watched closely — you don't just put them in the oven and forget about them. I always say, "You have to watch a pie as closely as you do your children; with tender, loving care."

Another peninsula institution no longer with us is Great Eastern Mussel Farm, once one of Maine's largest mussel producers and a pioneer in the state's mussel farming industry, which was in operation from 1978 to 2008, when it was reborn as Pemaquid Mussels Farm. I have a collection of

Planning to purge relentlessly on a recent fall cleaning in "The Great Eastern Mussel Cookbook," authored by thenpeninsula residents Cindy McIntyre and Terry Callery — a book much appreciated at a time when mussels were not the mainstream shellfish offering they've become today.

Belgian-Style Mussels

by Georgeanne Davis

Remembrances

of a Peninsula's

2 lbs. Great Eastern mussels, rinsed and debearded

1 Tbsp. olive oil

1 Tbsp. shallots, chopped fine

¾ cup leek whites, cut in ¼-inch rings 1 cup mushrooms, chopped

2 Tbsp. white wine or tarragon

vinegar ½ cup heavy cream Dry white wine

In a large pot saute vegetables in oil until limp; be careful not to burn. Add mussels, vinegar and cream. Cover and steam on high heat for four minutes until mussel shells open. Thin sauce with white wine if desired. Serves two.

Port Clyde Fresh Catch, the country's first communitysupported fishery, or CSF, is still operating out of the tiny town at the tip of the St. George peninsula, although its methods of fish distribution have become much more sophisticated than when it first started. In about 2007 when I was a member, the weekly fish allotment was handed to you in a plastic bag, gutted, but otherwise pretty much intact. Their motto was: "If it were any fresher, it would still be swimming," and one inhalation of the briny goodness contained within the bag backed up their claim. It was up to you to figure out how to make it pretty, fish that resembled something you'd find in a fish market, and thus I became a self-taught fish filleter — and used the leftover frames as stock base. Or, if the fish was thick enough, I used a cleaver to cut it into steaks and the head and tail went into the stock pot. Along with the fish, the CSF handed out printed sheets of recipes. Here's one for a simple fish chowder.

Oven Fish Chowder

- 1 lb. haddock, flounder or cod
- 2 potatoes, cubed
- 1 tsp. salt
- 2 whole cloves
- 1/8 tsp. garlic powder
- ½ cup butter
- 1/8 tsp. white pepper
- ½ cup white wine (optional)
- 1 medium onion, sliced
- 1 cup hot water (increase by ¼ cup if not using wine)

2 cups half-and-half

Put everything except cream in a casserole. Cover and bake at 375 degrees for one hour. Heat half-and-half to scalding (bubbles of cream form around edge of saucepan) and add to chowder. Stir to break up fish.

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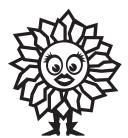
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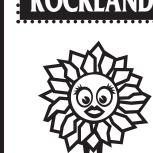
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The Rev. Alfred Johnson family plot

Tour Belfast's Grove Cemetery with Students

Belfast Cemetery Trustees will hold a tour of Grove Cemetery, located at 21 Belmont Avenue, on Saturday, September 25, at 1p.m.

The tour will feature student participants in the Belfast Game Loft program "Coming of Age in America," an indepth look at historical Maine life using role-play and experiential learning to explore concepts in U.S. history, Maine history and civic involvement.

Both students and adults will portray historically interesting citizens buried in Grove Cemetery, such as John S. Osborn, Belfast's first doctor; Joseph Wilson, a Civil War soldier; and Anne Crosby Johnson, a Belfast benefactor.

Attendees should meet at the cemetery chapel. A donation of \$10 is suggested, in support of the chapel fund. The rain date is Saturday, October 2. Parking is available at the cemetery, and refreshments will be served following the tour.

Hidden Valley Center Forest Bathing Workshop at

Midcoast Conservancy will offer a forest bathing workshop at Hidden Valley Nature Center, located at 131 Egypt Road in Jefferson, on Saturday, October 9, from 9 a.m. to noon.

Forest therapy is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. In Japan, where it originated, it is called "shinrin yoku," which translates to "forest bathing." Studies have demonstrated a number of health benefits.

Forest therapy guide and artist Susan Bickford will guide participants in several practices to awaken the senses and slow down. The pace will allow people to notice what is in motion along the trail, and time may be spent sitting with a particular tree. Attendees will walk perhaps a mile in total, and the morning will end with a cup of foraged tea.

The cost is \$20 for Midcoast Conservancy members, \$25 for others. Visit midcoastconservancy.org/events to register.

Rockland Public Library— **Atlantic White Shark Conservancy Webinar**

Rockland Public Library will host a free Zoom presentation by Kristen Kibblehouse of the Atlantic White Shark Conservancy on Thursday, September 30, at 6:30 p.m. The program is recommended for adults. There will be limited seating available to view the program via projector at the library.

Kibblehouse will provide an overview of the work of the conservancy and discuss public perception of sharks, the role of sharks in the marine ecosystem, and how ongoing research into white sharks conducted off the coast of Cape Cod is connected to white shark conservation. She will also describe how the presence of white sharks close to shore has affected the Cape community. A question-and-answer period will follow the talk.

Since 2013, the Atlantic White Shark Conservancy has worked in collaboration with shark-science experts, community partners, public and government officials, researchers and others to augment scientific research, improve and influence

factors that affect public safety, and educate people to better understand white sharks and conservation of the species.

For a Zoom link, email elewis@rocklandmaine.gov by 4 p.m. on September 30 and identify the event in the subject line.











OUTDOORS

Webinar Explains Changes in the Field of Ecology

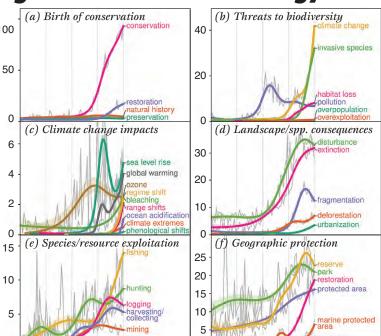
A series of charts from the presentation shows the trends in usage of various terms in journals of ecology and conservation. COURTESY CAITLIN MCDONOUGH MACKENZIE

Merryspring Nature Center in Camden will host a presentation by scientist Caitlin McDonough MacKenzie about how the field of ecology has changed in the last 80 years on Tuesday, September 28, at noon.

MacKenzie's team of researchers analyzed the full text — over half a billion words of papers published in 52 ecology and conservation journals to uncover broad trends in the field, watching as buzzwords like climate change, phylogenetics and biodiversity became popular among researchers. She will talk about the rise of terms and concepts like "invasive species" and "ecosystem services," the fall of "competition" and "predation," and how online publishing has replaced "unpublished data" with "supplementary materials."

A visiting assistant professor in environmental studies at Colby College, MacKenzie bases her research in Acadia National

Park. She holds a bachelor's degree in environmental science and public policy from Harvard University, a master's degree in ecological planning from the University of Vermont, and a doctorate in biology from Boston University. She was a David H. Smith Conservation Research postdoc fellow at the University of Maine's Climate Change Institute.



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Part of Merryspring's Online Summer Talk series, the presentation will be held via Zoom. To request a meeting link, email info@merryspring.org. Links will be sent the morning of the talk.

For more information, visit merryspring.org or call 236-

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Family Fun Bike Ride at Thorndike Brook Trail

Coastal Mountains Land Trust and Sidecountry Sports will hold a family fun bicycle ride for riders of all ages and abilities on Saturday, September 25, from 11 a.m. to 2 p.m. on the Round the Mountain Trail, leaving from the Thorndike Brook Trail Head in Hope.

The event is part of the Coastal Mountains Trails Challenge. Until the end of September, hikers, runners, cyclists or paddlers can log their miles as part of the challenge; every mile logged will lead to \$1 being donated from local businesses to support trails.

There will be group rides, snacks will be provided, and the Cold Toes Taco Truck will be on-site.

The Thorndike Brook Trailhead is located at 223 Hope Street, in Hope. Note that Google maps does not show this accurately. For the Thorndike Brook Trailhead, turn onto Hope Street from Route 17 (eight miles north of Rockland) or from Gillette Road. The new parking lot is just past the existing parking lot for the Georges Highland Path (¾ miles from Route 17). The new Round the Mountain Trail can be



accessed directly from the parking lot, including a ¼-mile accessible, stone dust path.

Visit coastalmountains.org for more information, or to add

NATIONAL WEATHER SERVICE FORECAST for **Knox County**

Tuesday Night Patchy fog after 3am. Otherwise, mostly cloudy, with a low around 56. South wind 5 to 10 mph

Wednesday Patchy fog before 9am. Otherwise, mostly cloudy, with a high near South wind 5 to 10 mph.

Wednesday Night Mostly cloudy, with a low around 59.

Thursday Areas of fog after 9am, Otherwise, mostly cloudy, with a high near 70. Thursday Night A 30 percent chance of showers after 9pm. Patchy fog. Otherwise, mostly cloudy, with a low around 60.

Friday A chance of showers before 9am, then a chance of showers after 3pm. Areas of fog. Otherwise, mostly cloudy, with a high near 69. Chance of Friday Night A chance of showers before 9pm, then rain likely, mainly after

3am. Patchy fog. Otherwise, mostly cloudy, with a low around 57. Chance of precipitation is 60% Saturday Rain likely. Areas of fog. Otherwise, partly sunny, with a high near 69.

Chance of precipitation is 60%

Saturday Night A 40 percent chance of showers. Mostly cloudy, with a low

Sunday A 40 percent chance of showers. Partly sunny, with a high near 68.

Climate Change Scenario Planners' Questionnaire

The East Coast Climate Change Scenario Planning Core Team, composed of representatives from the New England, Mid-Atlantic, and South Atlantic fishery management councils, the Atlantic States Marine Fisheries Commission and NOAA Fisheries, recently hosted three webinars to introduce the Scenario Planning Initiative. Recreational anglers,

ners and other stakeholders are now asked to complete a brief questionnaire to inform the team's continued work. To participate, visit surveymonkey.com/r/2WWCCHK. The questionnaire is open through Thursday, September 30.

Videos from the introductory webinars can be found by visiting mafmc.org/climate-change-scenario-planning. For more information, email Toni Kerns at tkerns@asmfc.org.

commercial fishermen, researchers, coastal community plan-Midcoast Conservancy Protects Land in Newcastle



Left to right, Sandra Barth, Nick Barth and Midcoast Conservancy Executive Director Pete Nichols

Midcoast Conservancy recently purchased a 57-acre addition to its Reverend Joseph Barth Memorial Demonstration and Experimental Forest from Nick and Sandra Barth. Joseph Barth, with his son Nick, founded the Sheepscot Valley Conservation Association in 1966; SVCA subsequently became a founding member of Midcoast Conservancy.

The property in Newcastle, which is close to Midcoast Conservancy's Bass Falls Preserve in Alna and Newcastle, adds to protected land that was donated by Roland Barth in 2020. It expands conserved lands along the Sheepscot River, protecting water quality in a river that federally endangered Atlantic salmon call home. The preserve will be accessible to the public for hiking and hunting.

"Conservation work is what I've done most of my life, even before SVCA was formed," Nick Barth said in a news release. "This is an extension of my life's work protecting and preserving forestland. My father purchased this land in the 1960s, and I'm glad to see the pieces coming together for this land to be an ecologically managed forest, well into the future."

For more information, visit midcoastconservancy.org or call 389-5150.



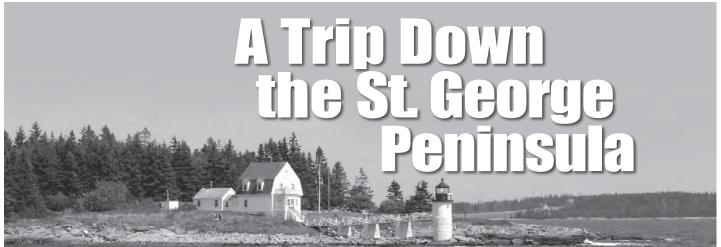
Rockland Area Tides

September 21 to September 28

	High AM	High PM	Low AM	Low PM
Tuesday		12:07	5:52	6:09
Wednesday	12:25	12:47	6:32	6:51
Thursday	1:06	1:24	7:10	7:31
Friday	1:46	1:59	7:47	8:10
Saturday	2:24	2:33	8:24	8:51
Sunday	3:04	3:09	9:03	9:35
Monday	3:48	3:52	9:46	10:24
Tuesday	4:38	4:41	10:34	11:18

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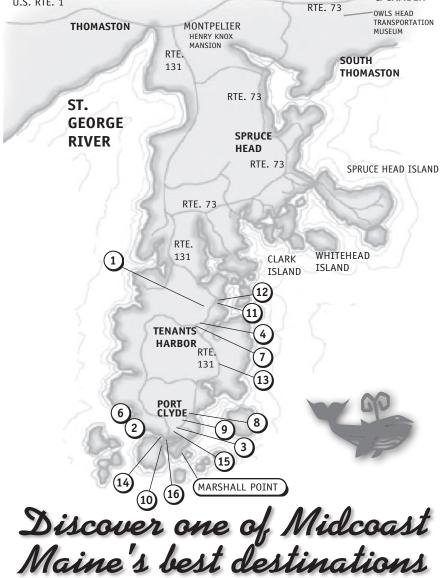


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You can also begin your travel down the St. George peninsula by taking Route 73 south out of Rockland. Explore Owls Head, South Thomaston, Spruce Head and Clark Island. At the junction of Routes 73 and 131S, turn left and continue through Tenants Harbor, on to Port Clyde - the end of the peninsula. To return, follow Route 131 back to Route 1 in Thomaston. Take your time — you'll be glad you

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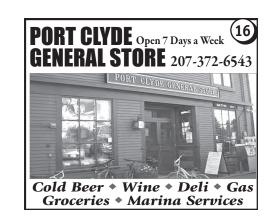














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Waterfall Arts to Host 'Chalk Walk' in Belfast

Waterfall Arts will host Chalk Walk, a free event, on Saturday, September 25, from 10 a.m. to 5 p.m. along the Belfast Harbor Walk at Heritage Park on Front Street and other sites downtown, including near the footbridge and near the farmers market.

Artists of all abilities over age 16 are invited to reserve a 4' x 4' pavement square; squares are available on a first-come, firstserved basis and artists must be registered in advance. Those with reserved squares will be provided with a chair, nametag, knee pads, and access to drinking water, chalk and rags.

There will also be a community area where anyone who wishes to may draw. Masks will be worn and distancing will be observed. Those who wish to view the art are advised to tour the sites once mid-morning and again at the end of the day to see the finished work.

Visit waterfallarts.org to sign up, and for more information.

'Intimate Conversations' Returns to Lincoln Theater

From left, conversationalists Jane Dahmen and Cherie Scott

Talking Art in Maine and Talking Food in Maine, both part of Lincoln Theater's Intimate Conversations series, will return on upcoming Thursdays with live, on-stage events at the theater in Damariscotta.

Artist Jean Jack and host Jane Dahmen will launch this season's Talking Art in Maine series on Thursday, September 23, at 7 p.m. Jack studied with Marshall Glazier and Leo Manso at the Art Students League in New York City and her paintings have won many awards. She takes the relationship between landscape and buildings as the initial departure for her formal investigations.

The second season of Talking Food in Maine will kick off with managing editor of Culture magazine, Susan Sherill Axelrod, and host Cherie Scott on Thursday, September 30, at 7 p.m. Axelrod worked as a caterer and restaurant owner before shifting to journalism. She worked at the Portland





Press Herald before joining Maine magazine, where she helmed Old Port and Ageless Maine magazines and covered the state's food, drink and restaurant scene. As a freelancer, she has developed recipes for Lighten Up America, was the founding editor of Eater Maine, and has contributed to Northeast Flavor and Zagat, among other publications.

All Talking Art in Maine and Talking Food in Maine events are offered free and are open to the public. Reservations are recommended but not required; visit lcct.org.

Waldoboro's Family-Friendly Oktoberfest **to Include Puppets**— Waldoboro's Oktoberfest will be held on Saturday, October 2, from 11 a.m. to 3 p.m at Cider Hill Farm, located at 785 Main Street. The rain date is October 3. Admission is free. Those interested in volunteering to help are encouraged to call 832-4484 or 790-0806. Recommended COVID-19 protocols will be observed. The familyfriendly event will feature games and activities for children and adults, including a puppet show with Sir Douglas and His Puppets, shown.





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Boothbay Region Art Foundation Call to Artists

"Mermaiden" by Andy Benoit, Best in Show 2019

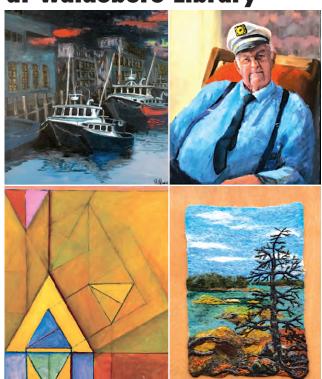
Boothbay Region Art Foundation is accepting submissions for its exhibit ARTinME 2021, which is open to all fulland part-time Maine residents until October 1.

The annual statewide exhibit seeks entries from contemporary artists who work in drawing, painting, printmaking, sculpture and mixed media. Keith Oehmig, director of Wiscasset Bay Gallery, will serve as juror. Individual awards of up to \$1,600 will be



presented during the opening reception on October 16. Visit boothbayartists.org/about-5 for more information.

Art for Auction on Display at Waldoboro Library



Clockwise from top left: "Les Bateaux," acrylic on canvas, by Philippe Guillerm; "Ray Perkins," oil on canvas, by Carolyn Gabbe; "Seal Cove Seclusion," wool and specialty fiber, by Laura McNelly; and "Blue Triangle," acrylic, by Audrey Bechler

Waldoboro Public Library will hold an online art auction September 25-October 8 on the auction site Bidding Owl — biddingowl.com.

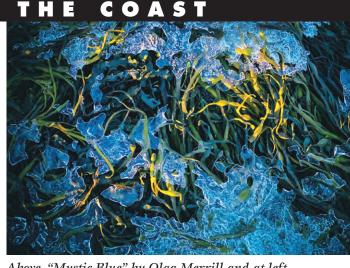
Now on display at the library are more than 70 original works by artists and artisans, including works on canvas and paper, sculpture, stained glass, wood turning and fiber arts. The library's "Great Art for Great Reads" page on Facebook also features some of the pieces that will be up for bid. The library is open Monday and Thursday from noon to 7 p.m.; Wednesday and Friday from 10 a.m. to 5 p.m.; and Saturday from 9 a.m. to 1 p.m.

Saltwater Artists Gallery Shows Work of Local Artists—



Saltwater Artists Gallery, located at 3056 Bristol Road (Route 130) in New Harbor, features works by a number of local artists. Visit saltwaterartists.com for more information. Shown here, ceramic lamp by Libbey Seigars, "Coastal Trio" sculpture by Cindy Smith, "Wiscasset Schooner" by Betsy Palmer, and "Bird's Eye View of Pemaquid Light" painting by David Higgins.

ON



Above, "Mystic Blue" by Olga Merrill and at left, "Purotechnic #185" by Jim Nickelson

Photography Exhibit at Maine Art Gallery

The Maine Art Gallery, located at 15 Warren Street in Wiscasset, will feature works by four fine-art photographers in "Our Maine," the gallery's final show of the season. A reception will be held on Saturday, September 25, from 4 to 7 p.m. The show continues until October 16. Singersongwriter Jud Caswell will provide music.

Works by Terry Hire, Jim Nickelson, Lisa Mossel Vietze

and Olga Merrill explore Maine through both abstract and representational imagery. The show, originally conceived by Vietze for the Archipelago Gallery in Rockland, has been reimagined for the Maine Art Gallery with new works and nearly the same roster of artists.

For more information, visit maineartgallerywiscasset.

'Artist's Choice' **Show at River Arts** in Damariscotta

Clockwise from left, "Gentle Woman" by Helen M. Farnham, "Summer Street" by Mark Coates, "Dragonfly Fruition" by Bonnie Faulkner

River Arts, located at 36 Elm Street Plaza in Damariscotta, is presenting a show called 'Artist's Choice," featuring a range of works selected by juror Simon van der Ven, through

Seventy-three artists were chosen to participate out of 153 entrants. The show encompasses a range of styles. The gallery is open Tuesday through Saturday from 10 a.m. to 4 p.m. and Sunday from 11 a.m. to 3 p.m.

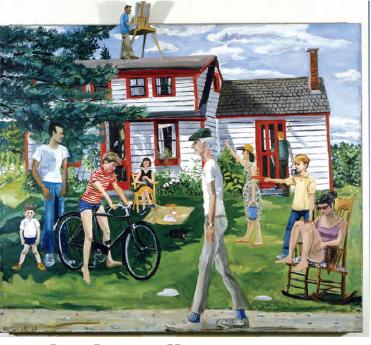
For more information, phone 563-6868 or email info@riverartsme.org.







Farnsworth to Host Talk on **Artist Red Grooms**



"Slab City Rendezvous" by Red Grooms, 1964, oil on canvas with wood and cardboard, 56½" x 60", collection of the Farnsworth Art Museum

The Farnsworth Art Museum in Rockland will host an online talk called "Red Grooms, A Maximalist Extraordinaire" by Judith Stein on Thursday, October 21, from 2 to 3 p.m.

Multimedia artist Red Grooms (b. 1937) spent his early years in downtown New York and painted and made movies in Maine with a community of creative friends in 1964.

Stein is a writer and curator specializing in post-World War II American art. As curator at the Pennsylvania Academy of the Fine Arts in 1985, she organized the first major traveling retrospective of the work of Grooms. She is author of the biography "Eye of the Sixties: Richard Bellamy and the Transformation of Modern Art."

The cost to attend is \$10; free to members. Visit farnsworthmuseum.org to register, and for more information.

Local Color Gallery Hosts Two Maine Guest Artists

Local Color Gallery, located at 135 High Street in Belfast, is hosting works by Maine artists Danielle Madore of Peaks Island and Deborah Stevenson of Searsport through Sunday, October 3.

Madore is a tattoo artist and writer-illustrator; Stevenson is a painter and collage artist.

Visit local colorgallery maine.com for more information.





Left, "Low Tide" by Danielle Madore, and above, "Charm of the Past" by Deborah Stevenson

On Sears Island—

Cyanotype Printing Workshop for Families

Cyanotype prints drying on a line on Sears Island PHOTO: ASHLEY MEGQUIER

Friends of Sears Island will host a cyanotype printing workshop for those ages 12 and up on Sears Island, located off Route 1 just east of Searsport, on Sunday, September 26, from 10 a.m. to noon, with Sandi Cirillo and Ashley Megquier.

Cyanotype is a photographic printing process that uses sunlight and water to create an image. Attendees will collect natural materials such as ferns, leaves, feathers and flowers on the island to use in their prints. Using light-sensitized cyanotype paper, each participant will practice making several blue-and-white prints by exposing the paper to the sun with an assemblage of materials placed on it.

Cirillo has been a fiber and mixed-media artist for over 25 years and is a retired art educator. Megquier is the outreach coordinator for Friends of Sears Island and an artist.

A materials fee of \$10 per person will be collected at the



start of the workshop. Participants must pre-register by emailing outreach@friendsofsearsisland.org. Registration is complete upon receiving a confirmation email.

For more information, visit friendsofsearsisland.org or go to the Friends of Sears Island Facebook page.

Prospective Health Workshop Leaders Sought

Healthy Living for ME, a statewide network of local organizations, health systems and volunteers, is offering trainings for those interested in becoming workshop leaders. Any interested Maine resident may participate, as well as staff and volunteers from community organizations.

Healthy Living for ME offers free and low-cost workshops to help people prevent and manage conditions and improve their overall health and wellness via Zoom, telephone and in-person workshops. Upcoming leader trainings include:

"Living Well for Better Health," in-person in Hallowell, September 27–30, from 9 a.m. to 4 p.m.; "Living Well with Chronic Pain," via Zoom, October 4–7, from 9 a.m. to noon; "Building Better Caregivers," in-person in Hallowell on

October 14, from 9 a.m. to 4 p.m.; and "Living Well with Diabetes," via Zoom, October 18–21, from 9 a.m. to noon.

Successful completion of the "Living Well for Better Health" leader training is a prerequisite for participation in the "Living Well with Chronic Pain" and "Living Well with Diabetes" trainings.

Healthy Living for ME also offers trainings for "Living Well with HIV," "Tai Chi for Health and Balance," "A Matter of Balance," "HealthMatters" and more.

To discuss becoming a leader or to register, phone (800) 620-6036 or email info@healthylivingforme.org.

More information about resources and programs is available at healthylivingforme.org.

Belfast Senior College Online Classes Begin Department from JFK to Biden; Five Hundred Years of Euro-

Belfast Senior College will offer online courses via the Zoom platform during the upcoming fall semester. All registrations are to be completed online, and membership is required for enrollment. Classes began on Tuesday, September 21. The group's annual meeting will be held via Zoom on September 30 at noon.

The curriculum includes nine six-week classes: African American Poets; Deepening Diversity Understanding; Origins of the Middle East Conflict; Exploring the Andes; The History of Making Cheese; British Mysteries; The U.S. State

including Introduction to Driving Safely as You Age and previews of future classes, will also be offered this fall.

View classes and register through belfastseniorcollege.org. Scholarships are available. The annual membership fee, which is valid September 1-August 31, is \$25.

Three free, one-day Brown Bag Lunch presentations,

pean Art; and Maine Women on the Women of Maine.

Five Town CSD Adult **Education Classes**

Five Town CSD Adult Education is offering an array of classes with both remote and in-person options. Several additional classes have been added to the fall semester roster, which features classes through the end of February.

Offerings include pickleball instruction; birding; computer tune-up instruction; beginning Tai Chi; mindful yoga; knitting socks; magic lessons; Middle Eastern dance; and more.

Also available are hundreds of online classes, workforce classes, HiSET (high school diploma) tutoring and College Transitions tutoring and advising, with meetings held both in person and remotely.

All in-person classes follow state guidelines for COVID-19 protocols, including distancing and required masking.

Visit fivetowns.maineadulted.org for more information, the full schedule and to register, or call 236-7800, option 5.

Online Workforce Pathways Conference

The Island Institute—

The Island Institute will host a Workforce Pathways Conference (formerly the Island Teachers Conference), online on Thursday, October 7, and Friday, October 8, for pre-K–12 island, coastal and rural educators and students, higher education and workforce organizations, industry leaders, government agencies and anyone interested in helping to connect young people to meaningful livelihoods through education.

The theme is "Connecting the Dots from Kindergarten to College and Career." Keynote speakers will be Maine State Economist Amanda Rector and Lawrence Alexander, a leader in diversity, equity and inclusion.

Visit islandinstitute.org to register, and for more information.

Service Academy Information Night in Portland

The offices of Maine's congressional delegation and Maine Maritime Academy will host a military academy seminar on Thursday, September 23, at the Clarion Hotel, located at 1230 Congress Street in Portland, from 6 to 8:30 p.m. Registration is from 5:30 to 6:00.

Students, parents and guidance counselors who are interested in the application process for the United States Military, Naval, Air Force, Merchant Marine and Coast Guard academies, state maritime academies, as well as private military colleges, Reserve Officer Training Corps and National Guard Scholar programs are encouraged to attend. Face required and walk-ins are welcome.

coverings will be required.

There will be a short presentation by representatives from the various organizations, followed by an opportunity to collect applications and brochures and speak with the individual representatives. Congressional aides from the offices of U.S. Senators Susan Collins and Angus King and Representatives Chellie Pingree and Jared Golden will be available to answer questions regarding the congressional nomination process.

To register, phone Maine Maritime Academy at 326-2207 or email admissions@mma.edu. Preregistration is not

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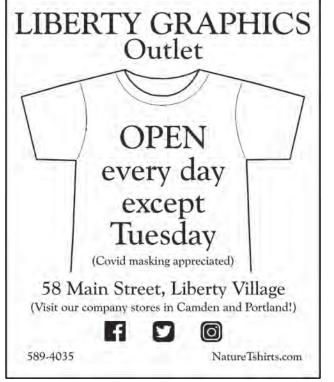
Meetings are the 1st Thursday of the month at 7pm

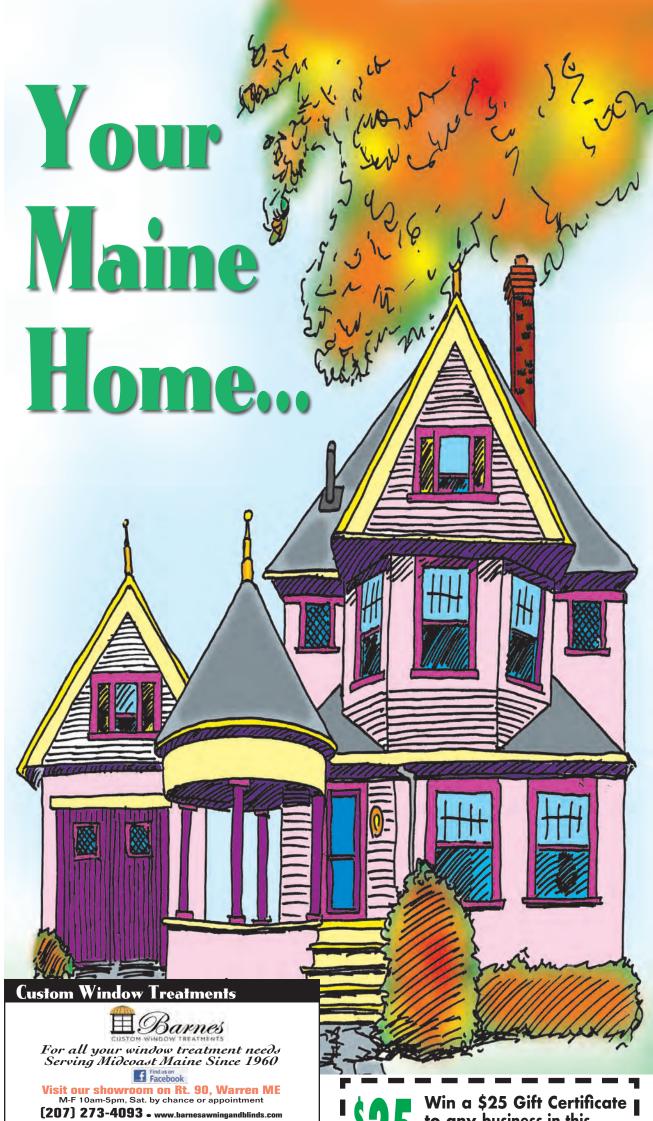
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The Jupiter String Quartet

Bay Chamber—

Jupiter String Quartet Concert in Rockport

Bay Chamber Concerts will host a concert by the Jupiter String quartets from the last 125 years by Charles Ives, Ruth Craw-Quartet in the first of a series called Café Concerts, on Saturday, October 9, at 7 p.m. at the Rockport Opera House. Seating is limited and proof of vaccination will be required at the door.

The quartet's American Prism program will feature string

ford Seeger, George Walker, Florence Price, John Adams, Michi Wiancko and Judd Greenstein.

Visit baychamber.org to purchase tickets and for more information.

Duo Yumeno in Friends of Music Concert in Camden



The First Congregational Church of Camden, located at 55 Elm Street, will present a free concert by Duo Yumeno as part of the church's Friends of Music series on Sunday, September 26, at 4 p.m.

Koto-shamisen player and singer Yoko Reikano Kimura and cellist Hikaru Tamaki combine traditional Japanese and Western classical music in their performances.

Visit camdenucc.org to view the complete 2021 Friends of Music concert schedule. Donations to sustain the Friends of Music program will be accepted at the door, or by visiting camdenucc.org. For more information, phone 236-4821.

Duo Yumeno

SoundCheck—

Charlie Marie Brings Classic Country to Camden

Camden Opera House, located at 29 Elm Street, will host another concert in its SoundCheck series on Friday, September 24, at 7:30 p.m. Doors will open at 7:00. The show will also be streamed from the opera house stage to its Facebook page; no tickets or RSVP are necessary.

After two EPs, Charlie Marie released a full-length album, 'Ramble On," this spring. Its first single, "Heard It Through the Red Wine," was a Rolling Stone Country Music Pick.

Inspired by the music of Patsy Cline and Loretta Lynn, the singer offers a new take on the classic genre by bridging the gap between Nashville and her native Rhode Island.

Tickets are \$10 and advance purchase is encouraged by visiting camdenoperahouse.com or calling 236-3154. The opera house's choose-your-own ticketing software ensures every-other-row distancing, as well as a couple of seats on either side of each party's reservation. Wearing a mask in the building is required.

Visit camdenoperahouse.com for the full lineup and to donate to the Community Arts Fund that makes the series possible.



Charlie Marie PHOTO: OWEN FILION



Rockland **Public**

Park St. (Route 1)

Library

Summer St.

Ferry Terminal

4

Limerock St.

Museum St.

Elm St.

Oak St.

Orient St.

31 Chamber of Commerce

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Maine

Harbor

Park

Lighthouse

Museum

Downtown **Walking Map**

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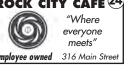
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VISTA members volunteering at Morris Farm in Wiscasset

Learn How to Become a Host for VISTA Volunteers

Goodwill Northern New England AmeriCorps is seeking additional VISTA host-site partners in Maine and will host informational meetings both online and in person September 17-November 3.

Nonprofits and municipal organizations will learn about Goodwill NNE and AmeriCorps and how to begin the process of becoming a site that hosts volunteers. VISTA members help organizations nationwide to build capacity and serve those in need through capacity-building projects

over the course of a yearlong or 10-week summer term.

The Goodwill NNE AmeriCorps VISTA Partnership seeks to alleviate poverty in Maine communities both rural and urban. Focus areas for partner agencies may include public health, food security, new Americans, environmental justice, educational support, youth development, housing and more.

To RSVP for one of the upcoming meetings or with questions, email Scott Dupee at scott.dupee@goodwillnne.org or visit forms.gle/sRMxahLPzwhPRv1c9.

Donation to Come Spring Food Pantry in Union

Marking the donation of proceeds from two Founders Day chicken barbecues, from left: Dale Flint, Edgar Moody, Frank Nelson, Tristan Gagne, Tracy Spaulding, Sarah Drickey, Jaine Jacobs, Gary Roberts, Bill Lombardi and Joshua **Smith** PHOTO: LORRAINE FRANCIS

Although Union Founders Day has been canceled for the last two years due to the pandemic, the Common Market and Union Masonic Lodge 31 continued the traditional Founders Day chicken barbecue, donating \$5,500 in proceeds from the meals to the Come Spring Food Pantry.

The pantry, in a new location at

away." See the Come Spring Food Pantry Facebook page for more information.

27 Common Road, serves the towns of Union, Appleton, Washington, Searsmont, Warren, Hope and South Hope. Their motto is "No one turned

Searsmont Broadband Expansion Public Meeting

The Searsmont Broadband Advisory Task Force will present a free, public informational meeting on Tuesday, September 21, from 6:30 to 7:30 p.m. at the Searsmont Community Building and on Zoom.

Conveners will report on the volunteer task force's progress since it was formed six months ago and present data collected from residents, suggest future actions, answer questions and listen to suggestions. Residents will also hear from people representing the nearby towns of Liberty, Palermo, Montville and Freedom. Those towns, along with Searsmont, make up the Southwest Waldo County Broadband Coalition.

For more information, call the Searsmont town office at 342-5411. Visit swwaldobroadband.org for information about the Southwest Waldo County Broadband Coalition.





Ponder the Labyrinth in Equinox Candlelight Walk

Edgecomb Community Church, United Church of Christ, located at 15 Cross Point Road, will hold an autumn equinox labyrinth walk by candlelight on Wednesday, September 22, at 6:30 p.m., open to all, at the Labyrinth in the Field, located on the church grounds. The walk will be guided by Pastor Kate Pinkham, who will begin the evening with a short introduction. Participants will have time to reflect together after the walk. Donations will be accepted for upkeep of the labyrinth.

The Labyrinth in the Field was created in a Medieval sevencircuit style, based on a 13th-century labyrinth at Chartres Cathedral in France. Unlike a maze with its puzzles and dead ends, labyrinths have only one winding path to the center. They have been used for centuries and in many cultures as a tool for prayer, healing and personal and spiritual growth.

The labyrinth is open from dawn to dusk, seven days a week year-round. Email edgecomb.church@gmail.com for more information, or call 882-4060.

Recovery Rally in Rockland

Coastal Recovery Community Center, Mid-Coast Recovery Coalition and other recovery organizations in Knox County will hold the fourth annual Recovery Rally on Sunday, September 26, from 1 to 3 p.m. at 11 White Street in Rockland. All are welcome.

The aim of the gathering is to celebrate recovery victories, mourn those lost to addiction, and bring attention to and reduce the stigma surrounding substance abuse disorder.

Visit the Coastal Recovery Community Center Facebook page or midcoastrecovery.org for more information.

'Love Light Tree' **Ceremony in Belfast**

First Church in Belfast, UCC, located at 8 Court Street, will hold its annual "Love Light Tree" ceremony on Sunday, November 28, at 5 p.m.

The program will include inspirational readings and songs and a reading of the names of area residents who have died. Individuals can have names added to the Love Light list by purchasing an individual "Love Light" for \$5 or a "String of Love Lights" for \$25. Orders must be received by November 19 to be included in the ceremony.

Order forms are available at the church office and the Belfast Area Chamber of Commerce, located at 14 Main Street.

For more information about the program, call the church

Marcel Lacasse Memorial **Golf Tournament**

Rockland Rotary Club will hold the Marcel Lacasse Memorial Golf Tournament on Friday, September 24, at the Samoset Resort Golf Club in Rockport. Registration will begin at 8 a.m.; the tourney's shotgun start will be at 9:00.

The field is limited to 100 players; registration is first-come, first-served. The fee is \$150 per player or \$500 per team, which includes greens fees, cart, lunch after the tournament and prizes.

Visit facebook.com/RocklandRotary to view the registration form and sponsorship opportunities. To register, mail a check, payable to Rockland Rotary, to Hillary Jackson, Rockland Rotary, P.O. Box 1811, Rockland, 04841.

With questions, phone Kermit Voncannon at 593-6853 or email nkvoncannon@aol.com.



Friday, Sept. 24, 4:-7:00 Saturday, Sept. 25, 10:00am-4:00pm free admission-refreshments

Ridge Works Studio 37 Sandy Ridge Lane Searsport, Maine

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Still image from "Things Don't Stay Fixed"

New Film by Artist Bo Bartlett at Strand Theatre

Strand Theatre will screen the new film "Things Don't Stay Fixed" by artist Bo Bartlett on Friday, October 1, at 8 p.m. in conjunction with Rockland's First Friday Art Walk. A Maine summer resident, Bartlett is known for his documentary film "Snowhill: The Art and Life of Andrew Wyeth." The film is rated PG-13.

"Things Don't Stay Fixed" is the story of a worldly photojournalist who returns to the Deep South to stop his daughter's wedding and, he believes, save her future; he then realizes that he has been stuck in the past. According to a news release, the film, inspired by Southern Gothic literary works by Tennessee Williams and Carson McCullers, "is a surreal and subtle hero's journey that utilizes powerful dreamlike imagery and psychological archetypes.'

The film is Bartlett's first feature and was shot in his hometown of Columbus, Georgia. His narrative paintings have been collected by film directors Steve Martin, M. Knight Shyamalan and Dennis Hopper as well as museums throughout the country.

Visit rocklandstrand.com, email info@rocklandstrand.com or call 594-0070 for tickets and more information.

Belfast Maskers Postpones and Cancels Shows

Belfast Maskers is postponing scheduled performances of the play "One Flew Over the Cuckoo's Nest" until the Waldo County COVID-19 case rate declines to a safer level. Ticket purchasers will receive a refund.

The planned December production of "The Best Christmas Pageant Ever" will be postponed until December 2022. Auditions set for Saturday and Sunday, September 25 and

Americana Concert at High Ridge Farm in Montville

Maine-based Americana band Tiger Saw will mark the release of their new album "Wet & Unlucky," a collaboration with Arkansas-based country singer Dylan Earl, at High Ridge Farm, located at 117 Choate Road in Montville, on Saturday, September 25, at 7 p.m.; doors open at 6:30.

Dylan Earl will join Tiger Saw for their set and will also play a set of his own original music. Waldo County singer songwriter Sara Trunzo will open with some songs from her new EP that will be released the night before the show.

Tickets, sold on a sliding scale from \$10 to \$20, will be sold at the door. High Ridge Farm Cider will be available by the glass or bottle.

Online Portuguese Maritime Film Festival

Break the Anchor, an initiative that promotes contemporary urban boat culture inspired by traditional seafaring practices, in collaboration with The Apprenticeshop, will host "Film Festival CineMar: First Exhibition of Portuguese Cinema in Relation to the Sea — Films, Conversations and Workshops" online on Friday, Saturday and Sunday, September 24, 25 and 26, as part of World Maritime Day.

A number of short films will be shown. Donations are encouraged but the event is free, with the support of the Ministry of Foreign Affairs of Portugal.

For more information, visit breaktheanchor.com or email Maria do Ceu Oliveira at mceu@breaktheanchor.com.

New on DVD & Blu-ray

Released September 21—

CRUELLA PG-13/Comedy/Dir: Craig Gillespie (Emma Stone, Emma Thompson, Joel Fry) A creative young grifter in London befriends a pair of young thieves and together they build a life for themselves on the streets. Her flair for fashion catches the eye of the Baroness von Hellman, a fashion legend, but their relationship sets in motion a course of events and revelations that will cause the younger woman to embrace her wicked side.

Recent Releases —

THE CONJURING: THE DEVIL MADE ME DO IT R/Horror/Dir: Michael Chaves (Vera Farmiga, Patrick Wilson, Ruairi O'Connor) In this sequel to 2013's "The Conjuring," paranormal investigators Ed and Lorraine Warren investigate a murder that may be linked to a demon-

DREAM HORSE PG/Comedy/Dir: Euros Lyn (Toni Collette, Owen Teale, Alan David) Small-town Welsh bartender Jan Vokes breeds an unlikely racehorse named Dream Alliance. Despite her inexperience, she convinces her neighbors to chip in their meager earnings to help raise the horse, hoping he can compete with the racing elites.

THE FATHER PG-13/Drama/Dir: Florian Zeller (Anthony Hopkins, Olivia Colman, Mark Gatiss) Anthony is 80, living defiantly alone and rejecting the caregivers that his daughter, Anne, introduces. Yet help is also becoming a necessity for Anne; she hopes to move to Paris and can't make daily visits anymore, and Anthony's grip on reality is unraveling.

FRENCH EXIT R/Comedy/Dir: Azazel Jacobs (Michelle Pfeiffer, Lucas Hedges, Tracy Letts) Her husband has been dead for 12 years and, with his vast inheritance gone, socialite Frances Price cashes in the last of her possessions and resolves to live out her days in a borrowed apartment in Paris, accompanied by her directionless son.

GODZILLA VS. KONG PG-13/Thriller/Dir: Adam Wingard (Alexander Skarsgård, Rebecca Hall, Brian Tyree Henry) Humanity's fight for its future sets Godzilla and Kong on a collision course that will see the two most powerful forces of nature on the planet collide in a spectacular battle for the ages.

HERE TODAY PG-13/Comedy/Dir: Billy Crystal (Billy Crystal, Tiffany Haddish, Sharon Stone) A veteran comedy writer who is slowly losing his grip on reality befriends a talented young New York street singer.

THE HITMAN'S WIFE'S BODYGUARD R/Action/ Dir: Patrick Hughes (Ryan Reynolds, Samuel L. Jackson, Salma Hayek) Bodyguard Michael Bryce and hitman Darius Kincaid are back on another life-threatening mission. Still unlicensed and under scrutiny, Bryce is forced into action by Darius's even more volatile wife, the infamous international con artist Sonia Kincaid.

JUDAS AND THE BLACK MESSIAH R/Biography/ Dir: Shaka King (Daniel Kaluuya, LaKeith Stanfield, Jesse Plemons) FBI informant William O'Neal infiltrates the Illinois Black Panther Party, tasked with keeping tabs on their charismatic leader Fred Hampton. A career thief with some sympathy for their cause, O'Neal must decide whether to betray the Panthers for his own advantage.

A QUIET PLACE, PART 2 PG-13/Horror/Dir: John Krasinski (Emily Blunt, Cillian Murphy, Millicent Simmonds) Following the deadly events at home, the Abbott family must now face the terrors of the outside world as they continue their fight for survival in silence.

TOGETHER TOGETHER R/Comedy/Dir: Nikole Beckwith (Patti Harrison, Ed Helms, Rosalind Chao) Matt very much wants to be a father, although he has neither wife nor girlfriend. He hires a young, single woman to be a surrogate, and the two navigate the emotional ups and downs of pregnancy, their platonic relationship and relationships with their friends and family.

THE TRUFFLE HUNTERS PG-13/ Documentary/ Dir: Michael Dweck, Gregory Kershaw (Piero Botto, Sergio Cauda, Maria Cicciù) In the forests of Piedmont, Italy, a handful of older men hunt for the rare and expensive Alba truffle, guided by a secret culture and training passed down through generations, as well as by the noses of their cherished and expertly trained dogs.

ZOLA R/Comedy/Dir: Janicza Bravo (Taylour Page, Riley Keough, Coleman Domingo) Zola works as a waitress and has an encounter with a sex worker named Stefani. Out of the blue, Stefani proposes a road trip for a weekend, hitting the Florida strip club scene in order to make cash. The scenario also includes Stefani's boyfriend, Derek, and her aggressive pimp, X.

Movies

Week of September 22-September 28 Short descriptions of new movies

THE CARD COUNTER R/Drama/Paul Schrader (Oscar Isaac, Tiffany Haddish, Willem Dafoe) A gambler and former serviceman sets out to reform a young man seeking revenge on a mutual enemy from their past.

DAVID BYRNE'S AMERICAN UTOPIA NR/ Documentary/Dir: Spike Lee (David Byrne, Jacqueline Acevedo, Gustavo Di Dalva) A filmed version of the 2019 Broadway musical brings musician David Byrne (Talking Heads) together with 11 musical artists from around the world to perform songs from across Byrne's career. Features a conversation between Byrne and director Spike Lee.

F9: THE FAST SAGA PG-13/Action/Dir: Justin Lin (Vin Diesel, Michelle Rodriguez, Jordana Brewster) Dominic is leading a quiet life off the grid with his family when a threat will force him to confront the sins of his past if he's going to save those he loves. His crew joins to stop a worldshattering plot led by a skilled assassin: a man who also happens to be Dom's forsaken brother, Jakob.

FREE GUY PG-13/Comedy/Dir: Shawn Levy (Jodie Comer, Ryan Reynolds, Taika Waititi) A bank teller realizes he is a background character — non-playable — in a video game called Free City that will soon go offline. Talk about an existential crisis.

GREEN KNIGHT R/Fantasy/Dir: David Lowery (Dev Patel, Alicia Vikander, Joel Edgerton) The story of Sir Gawain, King Arthur's reckless and headstrong nephew, who embarks on a daring quest to confront the Green Knight, a gigantic emerald-skinned stranger and tester of men.

JUNGLE CRUISE PG-13/Adventure/Dir: Jaume Collet-Serra (Dwayne Johnson, Emily Blunt, Édgar Ramírez) Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his dilapidated boat.

THE LOST LEONARDO PG-13/Documentary/ Dir: Andreas Koefoed (Martin Kemp, Robert K. Wittman, Jerry Saltz) The inside story behind the "Salvator Mundi," the most expensive painting ever sold at \$450 million, claimed to be a long-lost masterpiece by Leonardo da Vinci. From the moment it is purchased from a shady New Orleans auction house, and its buyers discover masterful brushstrokes beneath its cheap restoration, the fate of the Salvator Mundi is driven by an insatiable quest for fame, money and power. But as its price soars, so do questions about its authenticity.

OLD PG-13/Drama/Dir: M. Night Shyamalan (Gael García Bernal, Vicky Krieps) A family on a tropical holiday discovers that the secluded beach where they are staying is somehow causing them to age rapidly, reducing their entire lives into a single day.

THE PROTEGE R/Action/Dir: Martin Campbell (Michael Keaton, Maggie Q, Samuel L. Jackson) Rembrandt and Anna, two assassins who share a mysterious past from Vietnam, traverse the globe competing for high-profile contracts. But when Anna's mentor is murdered, she and Rembrandt must form an uneasy alliance and return to Vietnam to track down his killer.

RESPECT PG-13/Biography/Dir: Liesl Tommy (Jennifer Hudson, Forest Whitaker, Audra McDonald) The rise of Aretha Franklin's career, which began in childhood when she sang in her father's church's choir and progressed to international superstardom.

SHANG-CHI AND THE LEGEND OF THE TEN RINGS PG-13/Action/Dir: Destin Daniel Cretton (Simu Liu, Tony Chiu, Awkwafina) Shang-Chi must confront the past he thought he left behind when he is drawn into the web of the mysterious Ten Rings organization.

SPACE JAM: A NEW LEGACY PG/Animation/Dir: Malcolm D. Lee (LeBron James, Don Cheadle, Cedric Joe) When LeBron James and his son are trapped in a digital space, he must get them home by leading Looney Tunes cartoon characters to victory over a roster of professional basketball stars. O-kay....

STILLWATER R/Drama/Dir: Tom McCarthy (Matt Damon, Abigail Breslin, Camille Cottin) An American oil-rig roughneck travels to Marseille to visit his estranged daughter who is in prison for a murder she claims she did not commit. Bill builds a new life for himself in France as he makes it his personal mission to exonerate his daughter.

THE SUICIDE SQUAD R/Action/Dir: James Gunn (Margot Robbie, Idris Elba, John Cena) Supervillains Harley Quinn, Bloodsport, Peacemaker and a collection of nutty cons at Belle Reve prison join the super-secret, supershady Task Force X as they are dropped off at the remote, enemy-infused island of Corto Maltese.

CALENDAR OF EVENTS

Submissions

to the Calendar of Events must be made by noon Wednesday before the Tuesday publication day. Send them, along with your contact information. to calendar@freepressonline.com or The Free Press, P.O. Box 1076, Camden, ME 04843-1076.

NOTEWORTHY

WEDNESDAY, SEPTEMBER 22:

➤ Water Expert Gives Third Annual Libby Lecture, 3 p.m., streamed live to umainefoundation.org/live and in person at University of Maine's Buchanan Alumni House, in Orono. Catherine L. Kling's talk is on "Improving Water Quality: Are Economics and the Environment Always at Odds?" She is a professor at Cornell University and served on the EPA Science Advisory Board for 10 years. Free. Learn more at umaine.edu/libbylecture.

➤ "The Hidden History of Viking Warrior Women," via Zoom at 6:30 p.m. In her free talk hosted by Cushing Public Library, Nancy Marie Brown tells how in 2017, DNA tests revealed that a Viking warrior in a high-status grave in Birka, Sweden, was actually a woman - to the surprise of those still viewing the Viking age through a Victorian lens. She is the author of "The Real Valkyrie: The Hidden History of Viking Warrior Women." To register, call Wendy Roberts at 691-0833 or email wrobertsmaine63@gmail.com.

➤ "Forest Weston and the Sounds of a Variety of Didgeridoos," 7 p.m. in Vose Library's Vose or Virtual series. Weston promotes the didgeridoo as a meditational and healing aid, especially in outdoor settings. He often accompanies groups playing Celtic and other folk music. If you opt to attend virtually, call 785-4733, email librarian@voselibrary.org or stop in for the Zoom link. Vose Library is at 392 Common Road in Union.

THURSDAY, SEPTEMBER 23:

➤ Final Owls Head Village Library Garden Gathering of the Season, 4 p.m. at the home of Diane and Stephen Nelson, 86 Lucia Beach Road, Owls Head. With speaker Lynn Tierney of Owls Head, former deputy fire commissioner of the FDNY, giving a talk on "9/11/2001: Twenty Years Later - A Survivor's View of the Day." Bring a chair or blanket. Simple refreshments served. RSVP to owlsheadvillagelibrary@gmail.com.

➤ "Boothbay Harbor's Wharfscape: Structures, Territory, and Life at Water's Edge," 4:30 p.m. via Zoom. The free talk offered by Boothbay Region Historical Society features William Keller, an architecture historian interested in the landscapes we experience in the course of our daily lives. He will examine Boothbay Harbor's wharf environments - created by fisheries, shipbuilding, and other marineoriented businesses – for their key role in building and reflecting community identity. Email brhszoom@gmail.com for the link.

➤ "Experiences of a Young Woman Merchant Mariner," 6:30 p.m. via Zoom. Camden Public Library hosts merchant mariner Megan Frey for an online slideshow of her ocean adventures, such as sailing around Cape Horn on the 1911 barque Europa, visiting the Vanuatu Islands in the South Pacific, and traversing the Northwest Passage Sea Route from Alaska to Norway For a link, go to librarycamden.org.

➤ Talk with Maine Author Eleanor Brackbill, 6:30 p.m. at Rockland Public Library. From her book "The Queen of Heartbreak Trail: The Life and Times of Harriet Smith Pullen, Pioneering Woman," Brackbill tells the story of the Gold Rush pioneer who, despite landing broke and alone in Alaska in 1897, launched her career as the owner of Skagway's famed Pullen House by single-handedly hauling prospectors' provisions into the Yukon, where gold beckoned. For more information, email elewis@rocklandmaine.gov.

FRIDAY, SEPTEMBER 24:

➤ Marcel Lacasse Memorial Golf Tournament, sponsored by Rockland Rotary, at the Samoset Resort in Rockport. \$150 entry fee. Scramble format, 8 a.m. registration, 9 a.m. shotgun start. Proceeds fund scholarships for local high school seniors. Learn more at RocklandRotary.org.

➤ Friday Walking Tours of Historic Downtown Camden, 4 p.m. Fridays through October 15. The one-hour tour tells of notable places and people as it meanders from Camden Public Library to the village green. Reservations: 236-3440. Free; donations to the library suggested.

SATURDAY, SEPTEMBER 25:

➤ Meet the "Residents" of Grove Cemetery in Belfast, 1 p.m. Students and adults will portray historically interesting citizens buried in Grove Cemetery. Meet Dr. John S. Osborn, Belfast's first doctor; Joseph Wilson, Civil War soldier; and Anne Crosby Johnson, Belfast benefactress. The cemetery is at 21 Belmont Avenue. Meet at the chapel. A donation of \$10 is suggested.

MONDAY, SEPTEMBER 27:

➤ "A World on the Wing: The Global Odvssev of Migratory Birds," via Zoom at noon. Scott Weidensaul discusses his acclaimed new book and shares the latest findings about this natural phenomenon, which includes Maine's Blackpoll warbler, a chickadee-sized bird that makes a 12,000mile round-trip migration. They breed on Maine mountaintops and north across Canada to Alaska. This time of year, they're fattening up in Maine before departing for South America on a journey that may take them three days of nonstop flying over the open ocean. The free webinar is sponsored by the Natural Resources Council of Maine. Head to nrcm.org to register. Bird lovers can also check out Cornell Lab of Ornithology's Migration Celebration 2021, with free online events, including seminars at noon Wednesday, September 22, on the magic of eBird and Friday, September 24, also at noon, on the BirdCast team that creates forecasts of when and where birds are flying en masse. Visit birds.cornell.edu.

TUESDAY, SEPTEMBER 28:

➤ Talk on the Changing Language of

Ecology, via Zoom at noon. Scientist Caitlin McDonough MacKenzie tells how she and her team analyzed the text – half a billion words – in papers published in 52 ecology and conservation journals to answer questions like: When did the big buzzwords like climate change, phylogenetics, and biodiversity become popular among researchers? What topics that were a part of early ecology work in the 1930s have dropped out of favor? And how does conservation fit into this story? The free, public webinar is offered by Merryspring Nature Center, in Camden. Request the link by emailing info@merryspring.org.

COMING UP:

➤ "Downeast: Five Maine Girls and the Unseen Story of Rural America," Gigi Georges discusses her nonfiction book in the Vose or Virtual Wednesday Series on Wednesday, September 29, at 7 p.m. via Zoom. Georges is a former White House special assistant to the president and United States Senate state director. She and her family live in New Hampshire and Southwest Harbor, Maine. For a link to the free talk: call 785-4733, email librarian@voselibrary.org, or visit the library, 392 Common Road, Union.

➤ Virtual Talk on White Sharks, Thusday, September 30, at 6:30 p.m. via Zoom. Rockland Public Library hosts Kristen Kibblehouse of the Atlantic White Shark Conservancy. Her lecture will cover the role of sharks in the marine ecosystem and research taking place off Cape Cod, where the presence of white sharks close to the shore has affected the community. For a link to the free talk, email elewis@rocklandmaine. gov by 4 p.m. There will be limited seating to view the program via projector at the library.

MUSIC

WEDNESDAY, SEPTEMBER 22:

➤ Rocks and Roots in Thomaston's Behind the Block Music Series, from 5:30 p.m. to dusk. The new midcoast group brings a danceable blend of bluegrass, rock, blues and Americana to the free show behind Thomaston's business block. It's sponsored by nonprofit Thomaston Main Street. Next Wednesday, September 29, The Cattails.

FRIDAY, SEPTEMBER 24:

➤ Camden Opera House SoundCheck: Charlie Marie, 7:30 p.m. The Rolling Stone Country Music Pick delivers classic country for the modern world, with a Rhode Island twist. \$10, with advance purchase encouraged at camdenoperahouse.com. The show will also stream free to Facebook.

SATURDAY, SEPTEMBER 25:

➤ DaPonte String Quartet Playing at Ocean View Grange in Port Clyde, at 5 p.m. Go to daponte.org for details.

FILM

TUESDAY, SEPTEMBER 21:

➤ 17th Camden International Film Festival, the documentary fest and launchpad for emerging filmmakers,

Wish your friends, loved ones (and yes your fur loves ♥) a Happy Birthday



in The Free Press The Courier-Gazette & The Camden Herald or The Republican Journal

Contact Jody at 594-4407, Ext. 110 or email jmckee@villagesoup.com



FILMS

Tickets available on our rebsite or at the Box Office 30 min. prior to showtime. Sept 20 - 24

DAVID BYRNE'S AMERICAN UTOPIA Mon 7:00 | Tue 1:00, 7:00 Wed 7:00 | Thu 7:00 Fri 5:30, 8:00

Sept 25 - 30 THE TRUFFLE **HUNTERS**

Sat 5:30, 8:00 Sun 3:00, 5:30 | Mon 7:00 Tue 1:00, 7:00 Wed 7:00 | Thu 7:00

COVID safety protocols are in place at the theater

Please visit our website: RocklandStrand.com or call: 207-594-0070 for possible changes and updates to our schedule

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Charlie Marie

Classic country for the modern world - with a **Rhode Island** twist!

Pick-your-own \$10 reserved, spaced seats (in advance encouraged)



7:30 p.m. Friday, Sept. 24 29 Elm Street, Camden * masks required *

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CALENDAR OF

continues virtually and at Rockport's Shotwell Drive-In through Sunday. Details are at Pointsnorthinstitute.org.

FRIDAY, SEPTEMBER 24:

➤ CineMar Film Festival, 1st Exhibition of Portuguese Cinema in Relation to the Sea, offers virtual movies, conversations and workshops Friday to Sunday, in a collaboration of Break the Anchor and Rockland's The Apprenticeshop. The festival is geared toward education, addressing different student age groups. Donations to Break the Anchor or The Apprenticeshop are taken but the event is free with support from the Ministry of Foreign Affairs – Portuguese Communities. Learn more at breaktheanchor.com.

ARTS

➤ Boothbay Region Art Foundation ARTinME **2021 Open for Entries,** to full- and part-time Maine residents. The annual statewide exhibit welcomes entries from contemporary artists who work in drawing, painting, printmaking, sculpture and mixed media. Submissions are due October 1 by midnight. Keith Oehmig, director, Wiscasset Bay Gallery in Wiscasset, will serve as this year's juror. Individual awards amounting up to \$1,600 will be presented during the opening reception on Saturday, October 16. Details are at boothbayartists.org.

➤ Penobscot Marine Museum Seeks Volunteers for Twilight Tours, the museum's annual end-of-season event, the evening of Friday, October 15. Volunteers are needed to play the spirits of those lost at sea, as well as to take tickets and hang posters. Twilight Tours is an outdoor event with volunteer actors stationed throughout the Searsport museum's campus. Volunteers will be required to attend a dress rehearsal via Zoom the evening of Tuesday, October 5. For more information or to volunteer, email Jeana Ganskop at jganskop@pmm-maine.org.

TUESDAY, SEPTEMBER 21:

➤ Exhibition of Paintings by George **Pearlman,** at Jackson Memorial Library, 71 Main Street, Tenants Harbor. The show begins today and runs through October 29 with a reception on Friday, October 1, between 5 and 7 p.m. Pearlman is a ceramicist with a studio in Tenants Harbor. His paintings began as a way

to express dream imagery through a medium other than clay. All art sale proceeds benefit the library's community programs.

➤ Intergenerational Book Club at Thomaston Public Library, 2:30 p.m. The Intergenerational Book Club will meet both online and in person to discuss "The Signature of All Things" by Elizabeth Gilbert. The selection for the book club's October 19 discussion will be the memoir "Eat a Peach" by David Chang. Everyone is welcome to join the club.

WEDNESDAY, SEPTEMBER 22:

➤ Art & Journaling Meetings on Zoom, 4 to 5 p.m. Join Camden Public Library's creative group for a different project every Wednesday. Email alhand@libarycamden.org if you would like to be emailed project ideas and a link to the Zoom meeting.

THURSDAY, SEPTEMBER 23:

➤ Talk by Cyanotype Artist Deborah Loughlin, 6 to 7 p.m. via Zoom. Camden Public Library's Artist of the Month talks about her inspiration, creative process, and how her work continues to evolve. Register at librarycamden. org. A reception for her show, "Cyan: The Blues of Art-Making," will be held Saturday, September 25, from 2 to 4 p.m.

➤ "Talking Art in Maine: Intimate Conversations," with host Jane Dahmen and guest Jean Jack, at 7 p.m. at Lincoln Theater, Damariscotta, in the free series of one-on-one conversations between Dahmen and notable artists and curators who have made a substantial contribution to the arts in the state of Maine. Jack's paintings explore the relationship between landscape and buildings. Tickets for this free event may be reserved through the online box office.

➤ "Home: The House as a Mirror" with MJ **Viano Crowe,** 1 to 5 p.m. on three Thursdays, September 23, 30 and October 7, at Gamble Education Center on Farnsworth Art Museum's downtown Rockland campus. Create a multifolding, two-sided accordion book with images and text that investigates your relationship to "home." \$180, \$156 members: farnsworthmuseum.org.

FRIDAY, SEPTEMBER 24:

➤ Explorations Read-Aloud for Adults, Fridays at 11 a.m. on Camden Public Library's Facebook page and YouTube channel. Local

thespian Joseph Coté will read aloud from the week's selection of fiction or nonfiction.

➤ Belfast Maskers Auditions for "The Best

SATURDAY, SEPTEMBER 25:

Christmas Pageant Ever," are CANCELED. ➤ Sampler Program "my fingers on the canvas move...." 3 p.m. at Pownalborough Court House, off Route 218 in Dresden. Lincoln County Historical Association hosts Susan Jerome, collections manager at University of Rhode Island Historic Textile and Costume Collection, for the program on antique samplers. Learn how textile history and technological changes in fabric production influenced the slow demise of samplers during the 19th century. Proper storage of textiles and family samplers will be covered, and LCHA's collection of historic samplers will be on display. Free and open to all. RSVPs encouraged by emailing lchamaine1954@gmail.com.

SUNDAY, SEPTEMBER 26:

➤ Cyanotype Printing Workshop on Sears Island, from 10 a.m to noon, with Sandi Cirillo and Ashley Megquier. Cyanotype is a photographic printing process that uses sunlight and water to create an image. Workshop attendees will be given time to roam on Sears Island and collect interesting natural materials such as ferns, leaves, feathers and flowers to use in their prints. Using light-sensitized cyanotype paper, each participant will practice making several blue-and-white prints by exposing them to the sun with an assemblage of materials placed on top. This program is for adults and children ages 12 and up. A materials fee of \$10 per person will be collected at the start of the workshop. Participants must register by emailing outreach@ friendsofsearsisland.org. Registration is complete upon receiving a confirmation email.

COMING UP:

➤ Opening Reception for Four New Shows at CMCA, Center for Maine Contemporary Art, in Rockland, on Saturday, October 2, from 4 to 6 p.m., preceded by a 3:30 p.m. gallery talk by some of the artists. "Ryan Adams: Lessons" is Portland-based artist Adams' solo exhibition with a 33-foot-long mural in the lobby. "Spatial Relations" presents new and recent sculptures by Elizabeth Atterbury, Gordon Hall and Anna Hepler in the Main Gallery. "Into Action" is a group show featuring photography and photobased works set in nature. "Hiraki Sawa: Absent" presents the internationally acclaimed video artist's video of a world populated by a parade of by University of Maine Cooperative Extension

surreal creatures using stop-motion photography.

➤ Maine Craft Weekend, Saturday and Sunday, October 2 and 3, a statewide tour of Maine craft studios, businesses, and events, and an opportunity for the public to explore the life and work of craft artists and craft businesses throughout the state. For a full event drectory and interactive maps, head to mainecraftweekend.org.

➤ "Capturing Details with Graphite," via Zoom on Tuesdays, October 5, 12, 19 and 26. Whitney River leads the class offered virtually by Rockland's Farnsworth Art Musuem. \$144, \$120 members. Farnsworthmuseum.org.

HOME & GARDEN

TUESDAY, SEPTEMBER 21:

➤ "Herbs for the Chef's Garden" Hosted by Merryspring Nature Center, Camden, via Zoom at noon. Denise DeSpirito will talk about how to grow culinary herbs from around the world. She will cover the classics, as well as more obscure herbs like epazote, perilla, papalo, and other plants, for a chef's cutting garden. This talk is part of Merryspring's Online Summer *Talk* series, open to everybody, free of charge.

THURSDAY, SEPTEMBER 23:

➤ UMaine Extension Webinar on **Dehydrating and Freezing for Food Preservation**, 6 to 7:30 p.m. Learn how to blanch, freeze, and dehydrate food safely. \$5. Register at extension.umaine.edu/register/shop.

FRIDAY, SEPTEMBER 24:

➤ Virtual Common Ground Country Fair **Content,** at the Maine Organic Farmers and Gardeners Association website, mofga.org, See new, free educational content that celebrates the spirit of the fair, and a list of vendors and exhibitors.

SATURDAY, SEPTEMBER 25:

➤ Mushroom Walk at Erickson Fields Preserve, 10 a.m. to noon at Erickson Fields Preserve, 164 West Street, Rockport. Maine Coast Heritage Trust steward and naturalist Kirk Gentalen will lead a guided hunt for natural treasures of the forest and fields during the free walk. Register at aldermere.org/mushroom. For more information, call 236-2739.

TUESDAY, SEPTEMBER 28:

➤ Webinar on Sugarbush Leasing, presented

Music Behind The Block 2.0

Thomaston Municipal Building Front Lawn Watts Hall in the Event of Inclement Weather



Concerts Featuring Local Artists Sponsored by Brooks Trap Mill & Lyman-Morse



ROCKS AND ROOTS

Wednesday, September 22, 2021 5:30PM-Dusk



Rocks and Roots is a new Midcoast group whose unique blend of bluegrass, rock, blues and Americana will have you siging and dancing along!

The CATTAILS

Wednesday, September 29, 2021 5:30PM-Dusk





Music Behind the Block 2.0 is coordinated by Thomaston Main Street, a non-profit organization dedicated to supporting the economic and cultural needs of our downtown.



This special publication will be inserted in the October 26 issue of The Free Press and October 28 issues of the Courier-Gazette, Camden Herald and Republican Journal

5"w x 4.375"h

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CALENDAR OF **EVENTS**

and Land for Good, from 7 to 8:30 p.m. It will include resources and best practices for assessing land value and land leases, and discussions of case studies relevant to maple producers considering a lease agreement. Jason Lilley, UMaine Extension sustainable agriculture professional, and Mike Ghia, Land for Good Vermont field agent, will lead the webinar. \$10, Register at extension.umaine.edu/register/shop.

COMING UP:

➤ "Woodland Stewardship Workshop: After the Harvest," Thursday, September 30, from 1 to 3 p.m. Join Maine Forest Service and District Forester Alyssa Gregory and Waldo County Soil and Water Conservation District Technical Director Aleta McKeage for a walk-and-talk to explore forest regeneration and management considerations after a recent harvest. Directions to 35 Cates Road, in Jackson: Avoid Underpass Road route (not well maintained) and take Valley Road to Littlefield Road. Cates will be on your right. From Cates, take the second driveway on the right.

FOOD & DRINK

FRIDAY, SEPTEMBER 24:

- ➤ Belfast Farmers Market, outside Waterfall Arts, 256 High Street, Fridays, 9 a.m. to 1 p.m., rain or shine. SNAP, Maine Harvest Bucks accepted.
- ➤ Union Farmers Market, at a new location, 27 Common Road, just off Route 17, Fridays, 3 to 6 p.m., through October 8. SNAP, Maine Harvest Bucks accepted.

SATURDAY, SEPTEMBER 25:

➤ Apple Cider Pressing in Damariscotta, Coastal Rivers Conservation Trust invites groups of up to six people to bring their own apples and jugs to Coastal Rivers Salt Bay Farm to make sweet apple cider. Coastal Rivers will supply the old-fashioned cider press, a wash station, and instructions. There are four half-hour slots available between 1 and 3 p.m. If all slots are filled, Coastal Rivers may schedule a second date. The program is free. Registration is required at coastalrivers.org.

KIDS & PARENTS

- ➤ Deadline for Entries to Strand Youth Film Fest Extended, to October 31. The festival is for young people in midcoast Maine ages 9 to 18. Learn more at rocklandstrand.com
- ➤ Monarch Butterfly Activity Kits for Kids, Friends of Sears Island offers the free grab-and-go activity kits through September 30 for children ages 5 to 12. To request a free kit, email outreach@friendsofsearsisland.org, then pick up at Carver Memorial Library in Searsport. There will be a Monarch Butterfly StoryWalk for Children on Sears Island with laminated pages of the book "Monarch! Come Play with Me" by Ba Rea through October 5.

TUESDAY, SEPTEMBER 21:

➤ Rockport Public Library In-Person Storytimes, 10:30 a.m. Aimed at kids up to age 5. Join Mr. Ben to read picture books and do a craft. ➤ Storvtime with Miss Katie at Rockland

Public Library, 10:30 a.m. A themed musical storytime, with dancing, songs, rhymes, and two books for toddlers to early elementary age.

➤ Outdoor Story Time at Jackson Memorial Library, Tenants Harbor, Tuesdays at 10:30 a.m.

➤ Virtual Breastfeeding Support Group,

- Tuesdays from 12:30 to 2 p.m. The informal group provides interaction as well as individual assistance. Women wanting more information are also welcome. For online access: 301-3950 or journeytohealth.coursestorm.com.
- ➤ LGBTQ+ Online Youth Group, for ages 9 to 13, Tuesdays from 4 to 5 p.m. Hang out, try a workshop, play games and connect with peers. Visit OutMaine.org for details.

WEDNESDAY, SEPTEMBER 22:

- ➤ Book Time for Babies with Camden Public Library's Miss Amy, 10 to 11 a.m. Outdoor story times in the Camden Amphitheatre themed for toddlers and babies on Wednesday mornings. Bring a blanket. Weather permitting. For more info, email alhand@librarycamden.org
- ➤ Preschool Storytime at Rockland Public Library, 10:30 a.m. Miss Katie reads favorite picture books on the lawn. Bring a hat and blanket. ➤ LGBTQ+ Teen Group, for ages 13 to 17, via Zoom on Wednesdays, 4 to 5 p.m. Hang out,

try a workshop, play games and connect with

peers. Go to OutMaine.org for details. THURSDAY, SEPTEMBER 23:

- ➤ Outdoor Story Time with Miss Amy of Camden Public Library, from 10 to 11 a.m. Thursdays and Fridays, geared toward preschool-aged children. Bring a blanket to sit on. Weather permitting. For more information, email alhand@librarycamden.org
- ➤ Babytime with Miss Katie of Rockland Public Library, 10:30 a.m. New and familiar nursery rhymes in a storytime is for little ones, with lots of songs and one short story at the end.
- ➤ Virtual Postpartum Support Group, 11 a.m. to 12:30 p.m. The group was created by women who have gone through challenging postpartum experiences or who have been educated on postpartum experiences. It is a safe place for new and pregnant mothers and families to talk, listen, get support and gain education. The free group meets second and fourth Thursdays of the month. For more information, call 505-4140. Registration: journeytohealth.coursestorm.com or 301-3950.

SATURDAY, SEPTEMBER 25:

- ➤ "Pollinator Palooza" at Coastal Rivers Salt Bay Farm, Damariscotta. Coastal Rivers Conservation Trust hosts the family program focused on pollinators. Naturalists will offer a brief introduction to the world of pollinators and lead a short, gentle hike in the fields to see pollinators at work. Following the hike, participants will make a small craft to take home. The program for all ages is free of charge. Registration is required at coastalrivers.org.
- ➤ Family Fun Bike Ride, from 11 a.m. to 2 p.m. Riders of all ages and abilities are invited to join Sidecountry Sports and Coastal Mountains Land Trust to celebrate the Trails Challenge. Bring your bike and meet at the Thorndike Brook Trailhead in Hope. There will be group rides and

snacks provided. The Cold Toes Taco Truck will also be on-site. Until the end of September, any time you hike, run, bike or paddle you can log your miles as part of Coastal Mountains' Trails Challenge. Every mile logged equals \$1 being donated from local businesses to support trails. For more information, or to add your miles, visit coastalmountains.org.

MONDAY, SEPTEMBER 27:

➤ Emerging LGBTQ+ Leaders Online Meetings, for ages 16 to 22, Mondays from 3 to 4 p.m. Out Maine hosts the virtual meet-ups where LGBTQ+ young adults can share knowledge and increase their leadership and facilitation skills. Email leah@outmaine.org for details.

COMING UP:

➤ Autumn Ecology Nature Walk for Families, at Merryspring Nature Center, Camden, on Saturday, October 2, at 10 a.m. All ages are invited on a one-hour walk to see fall foliage and learn how and why leaves change color, identify trees, look for evidence of animals and learn how they prepare for winter, and watch for other signs of the changing season. This program is part of the Free Family Programs series at Merryspring and is free to all ages. Registration required: 236-2239 or info@merryspring.org.

MISCELLANEOUS

➤ Five Town Adult **Education Offers Fall and** Winter Classes Two Ways, in person and virtually, starting soon, with topics ranging from how to knit socks or run an Airbnb to recognizing birds by sound or publishing a book. Details are at fivetowns. maineadulted.org.

TUESDAY, **SEPTEMBER 21:**

- ➤ Eighth Annual Maine Wisdom Summit, 8 a.m. to 4 p.m., virtual, open to all who are interested, and designed for health care providers, social service and behavioral health professionals, legislators, municipal officials, building developers, advocates and researchers. Mainecouncilonaging.org.
- ➤ Belfast Senior Center, open to fully vaccinated people 60 and older, Tuesdays from 10 a.m. to 3 p.m. at Belfast Boathouse. Table games, puzzles, socializing, coffee and lunch at noon. Donations taken. Details: BelfastSenior@ gmail.com.
- ➤ Free Senior Exercise Class at Thomaston Public Library, led by Sandy Bodamer, 11 to 11:45 a.m. on Tuesdays and Thursdays in the gym of the

Academy building. Standing and chair routines using light weights, resistance bands, and small fitness balls. All fitness levels welcome. Free, donations taken.

- ➤ Knox Clinic Men's Walking Group, Tuesdays at 5 p.m. through September 28, rain or shine. Meet at the Knox Clinic parking lot, 22 White Street, Rockland. More info:
- ➤ Searsmont Broadband Expansion Public **Information Meeting,** 6:30 p.m., at Searsmont Community Center and via Zoom. The meeting will report to Searsmont residents on the volunteer Searsmont Broadband Advisory Task Force's progress since it was formed six months ago. It will present data collected from residents and mapping on Searsmont's low level of internet service, suggest future actions, answer questions and listen to residents' suggestions. Residents will also hear from people representing Liberty, Palermo, Montville and Freedom. Those towns, along with Searsmont, make up the Southwest Waldo County Broadband Coalition. Learn more at swwaldobroadband.org
- ➤ Healthy Lincoln County Weekly Meditation Group, Tuesdays from 7 to 7:30 p.m. via Zoom. The group is free and everyone is welcome. For more info and to register: 622-7566, ext. 236, or lemmons@ healthylincolncounty.org.

OBITUARIES

Paid print obituaries may be submitted to the advertising department of The Free Press. Contact admanager@freepressonline.com for more information.

NOTICES

Nancy Parkman Akers

Died Tues., Sept. 14, 2021 Age 88: Condolences and memories may be shared at longfuneralhomecamden.com.

Allen Andrew Carter

Died Sun., Sept. 12, 2021 Age 70; Condolences and memories may be shared at www.bchfh.com.

Ralph W. Russell

Died Sun., Sept. 12, 2021 Age 84; Condolences and memories may be shared at www.bchfh.com.

Stephen R. Blackman

Died Thurs., Sept. 9, 2021 Age 79; Condolences and memories may be shared at www.bchfh.com.

William Stinson Sr.

Died Tues., Sept. 7, 2021 Age 65; Condolences and memories may be shared at longfuneralhomecamden.com.

Veselinka Kriste

Died Tues., Sept. 7, 2021 Age 65: Condolences and memories may be shared at long funeral home cam den. com.

Susan Cowan Conrad Died Sun., Sept. 5, 2021

Age 74; Condolences and memories may be shared at longfuneralhomecamden.com.

Marjorie H. Martin

 $Die \bar{d} \; Sun., Sept. \; 5, 2021$ Age 93; Condolences and memories may be shared at www.bchfh.com.

Judith Ann Dinsmore

Died Sun., Aug. 22, 2021 Age 76; Condolences and memories may be shared at longfuneralhomecamden.com.

FREE to Worship

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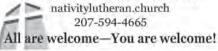
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55 Elm St., Camden 236-4821 camdenucc.org

Nativity Lutheran Church 179 Old County Rd, Rockport

> **Sunday Worship: See our** website for online worship.





St. Brendan the Navigator Parish Roman Catholic Church Weekend Mass Schedule

> Our Lady of Good Hope, 7 Union St, Camden Sat at 4pm, Sun at 11am St. Bernard, 150 Broadway, Rockland Sat at 6pm, Sun at 8am & 11am St. Francis of Assisi, 81 Court St, Belfast Sat at 4pm, Sun at 8:30am

207-236-4785 ~ stbrendanparish.net



Join us for worship and fellowship Saturday, Sabbath – 10:45 to Noon followed by a vegetarian meal.

All are welcome. 132 Camden Street, Rockport.





VENTS CALENDAR 0

WEDNESDAY, SEPTEMBER 22:

- ➤ Black Lives Matter Vigils in Rockland, Wednesdays at Chapman Park (corner of Park and Main, by Walgreens) from noon to 1 p.m. Everyone is invited. Wear a mask. More info at 385-7452 or smanning5757@gmail.com.
- ➤ Carver Memorial Library Offers Five Animal Qigong, on the library's back lawn in Searsport, Wednesdays at 3 p.m. If there is enough interest, it will continue into October. The Five Animal Qigong Form is a traditional Qigong form used throughout China with regional variations: this is the Wudang Mountain form. Free, donations taken.
- ➤ Mid-coast Chapter of Maine Genealogical Society to Meet, 6:30 p.m. at Rockport Public Library. Use the main door on Limerock Street and take the stairs to the lower-level Rockport Room. All are welcome.
- ➤ Autumn Equinox Candlelight Walk at the **Labyrinth in Edgecomb**, starting at 6:30 p.m. on the grounds of Edgecomb Community Church, UCC. It will be guided by Pastor Kate Pinkham, who will give a short introduction followed by time to reflect together after the walk. The labyrinth is next to the church building at 15 Cross Point Road, Edgecomb. It is seven-circuit Chartres-style, designed after a 13th-century labyrinth at Chartres Cathedral in France. For more info, email edgecomb.church@gmail.com or call the office at 882-4060. The event is free to all. The labyrinth is open dawn to dusk, year-round – but snow is not removed during winter months.

THURSDAY, SEPTEMBER 23:

➤ Tai Chi in Camden Amphitheatre, noon to 1 p.m. Instructor Anna Dembska leads classes for all levels. A portion of donations collected benefits the library. For more info and to sign up for weather notifications: camdentaiji@gmail.com.

➤ Trails Challenge Hiking Series of Coastal

Mountains Land Trust, from 1 to 3 p.m. Discover a lesser-known trail from the Ducktrap Preserve trailhead on Route 52 to Tanglewood's extensive hiking system. This walk will be almost four miles round-trip. Participants can drop off a car at Tanglewood's camp parking lot for a shorter adventure. For details, email info@ coastalmountains.org.

➤ Waldo County Republicans General Meeting, 6:30 p.m. at the WCRC office, 230 Searsport Avenue, Belfast. Guest speaker Walt Whitcomb will discuss Maine agriculture and Question 3.

FRIDAY, SEPTEMBER 24:

- ➤ Yoga in Camden Amphitheatre, 9 to 10 a.m. Take in views of Camden Harbor while being guided through a sequence of poses with certified instructor Denyse Robinson. All levels welcome. Donations accepted, with a portion going to Camden Public Library. For more info, and to sign up for weather notifications: 975-5325 or denyserobinson@gmail.com.
- ➤ Online Chess Club, with matches every Friday from 4 to 6 p.m. Members may also challenge other members at any time. Join at lichess.org/ team/camden-chess-club. For more info, email Evan Annis at camdenchessclub@gmail.com.
- ➤ Knox County Homeless Coalition **Announces Third Annual One Night Without a Home Event,** a fundraiser where anyone can start a team, join a friend's team, or simply donate by visiting homehelphope.org/ONWAH2021. The "sleep-out" begins tonight, and ends at 6 a.m. on Saturday, September 25, on the village green in Camden. Educational programming is planned for participants throughout the evening.

SATURDAY, SEPTEMBER 25:

➤ Clothing and Bake Sale at Broad Cove Church, 89 Pleasant Point Road, Cushing, on Saturdays from 8 to 10 a.m. through September. Clothes are \$5 a bag.

> ➤ Saturday Yoga in Camden **Amphitheatre**, 8:30 to 9:45 a.m. Be guided through a sequence of yoga poses with certified instructor Denyse Robinson. All levels welcome. Donations accepted, with a portion going to Camden Public Library. For more information: denyserobinson@ gmail.com or 975-5325 (Register to be contacted if classes are canceled.)

➤ Race Through the Woods Returns to Hidden Valley Nature Center, in Jefferson.

Racers will opt for a 13.1-mile half-marathon or a 5.5-mile race. This single-loop course brings runners over steep hills, through the woods, past ponds and has about 1,000 feet of elevation with lots of technical single-track. Fees are \$35 for the half-marathon, and \$25 for the 5.5-miler. This race is currently capped at 125 entrants, with a waitlist. To learn more, go to midcoastconservancy.org.

SUNDAY, SEPTEMBER 26:

➤ Rockland Bicycle Club Weekly Ride, meets at 9 a.m. Sundays at South School, 30 Broadway, Rockland. Wear a helmet. Rides continue through September, ending with the Rockland Classic, a ride to Marshall Point Lighthouse in Port Clyde. The Classic is free and open to all. For more information, visit the Rockland Bicycle Club's Facebook page.

MONDAY, SEPTEMBER 27:

- ➤ Camden Public Library's Walsh History Center Hour on Zoom, 1 p.m. The Walsh History Center will try to find an answer to your Camden history questions. Email kgross@ librarycamden.org for the link.
- ➤ Yoga Nidra in Camden Amphitheatre, 4 to 5 p.m. Guided meditation led by health and wellness coach Hester Kohl Brooks. Bring something comfortable to lie or sit on. Free, donations accepted, with a portion going to Camden Public Library. For more information and to sign up: hesterkohlwellness@gmail.com.
- ➤ Coastal Senior College Offers Fall Speaker Series - Open to All, Coastal Senior College continues its Brown Bag Series for CSC members and, new this fall, to nonmembers. Jayne Gordon hosts the series, via Zoom from noon to 1 p.m. on Mondays, with an artist, a diplomat, an architect, and a teacher. On September 27, Winslow Myers presents "Walter Murch: A Painter's Painter." On October 4, Bob Rackmales discusses "Grace Under Pressure: Hazards of the Foreign Service." On October 25, Arne Aho talks about "Sketching as a Means of Seeing." On November 1, Caroline Janover presents "Learning Differences and Islands of Competency." Register at coastalseniorcollege. org. All four programs are offered free to CSC members. Nonmembers pay \$10 per talk, or \$30 for the series. A yearly membership is \$25.

TUESDAY, SEPTEMBER 28:

➤ Sheriff's Office to Provide Liquor Law Training, Lincoln County Sheriff's Office offers the Responsible Beverage Service Training, from 9 a.m. to 1 p.m. via Zoom. It will cover Maine liquor laws as well as best practices for managing a bar or restaurant

> alcohol. Topics include how to identify a fake ID and how to appropriately card anyone that looks under the age of 27. The course also covers how to avoid overserving

that serves

patrons. To register and receive the link, contact lemmons@healthylincolncounty.org.

- **➤** Disaster Preparedness Workshop Teaches Strategies for Emergencies, at 6 p.m. via Zoom. Camden Public Library hosts the Midcoast Medical Reserve Corps and the Federal Emergency Management Agency for a workshop that will introduce concepts from the Ready. gov OPEN program. The program is designed to teach participants how to identify risks, locate resources, and take preparedness actions. The registration link is at librarycamden.org.
- ➤ Medicare Options 2022, with Renata Lahner and Nancy Schultz, with two options: today at 2 p.m. and Wednesday, September 29, at 6 p.m. at Rockport Public Library. Learn about Medicare options for the upcoming open enrollment for 2022. Lahner and Schultz have over 20 years of Medicare experience. For more information, call the library at 236-3642.

COMING UP:

- ➤ Spectrum Generations Offers Aging in the Right Place Forum and Free Vaccination Clinic, at Inn Along the Way, 741 Main Street in Damariscotta, Thursday, September 23, from 8:30 a.m. to 3 p.m. This year's forum will focus on "The Speedbumps of Aging: How Do We Welcome the Transitions of Life?" and will address the difficulties encountered during the various transitions of aging and how to cope with the change of life. There will be no fee for attendees, but registration is required at spectrumgenerations.org. The keynote is provided by Juanita Roushdy, a resident of Bremen, who will touch on her journey through two retirements and life lessons as she found her right place to age.
- ➤ Virtual Info Sessions with Food Addicts in Recovery Anonymous, for those who may be struggling with food obsession, overeating, undereating or bulimia. Sessions online and by phone are set for Tuesday, October 5, at 6:30 p.m. and Saturday, November 6, at 8:30 a.m. For phone and online access information, call Kate V. at 529-5550 or send an email to fa.newcastle.maine@gmail.com.
- ➤ Midcoast Conservancy Forest Bathing Workshop, join Forest Therapy Guide Susan Bickford at Hidden Valley Nature Center in Jefferson on Saturday, October 9, from 9 a.m. to noon. Bickford will guide participants through several invitations to awaken the senses and slow down. The pace will allow people to notice what is in motion along the trail; time may be spent sitting with a certain tree for a bit. Attendees will share observations in council. In all, the group won't walk very far, maybe a mile in the three hours of the workshop. Forest Bathing is a gentle restorative and meditative way of being in nature. To conclude, the group will share a foraged tea together. The workshop is \$20 for Midcoast Conservancy members, \$25 for others. Register at midcoastconservancy.org.
- ➤ Workforce Pathways Conference, Island Institute, based in Rockland, hosts the two-day, virtual conference Thursday and Friday, October 7 and 8. The theme is "Connecting the Dots from Kindergarten to College and Career," and the goal is to connect island and coastal educators and industry leaders to help guide Maine students and adults toward promising workforce pathways; to improve individual livelihoods; and to strengthen communities. Islandinstitute.org.

SEPTEMBER 22 TO SEPTEMBER 28

the day of equality, the autumn equinox. Mercury is in a chart. This is a romantic time for married people, too. complex aspect with Pluto until noon. Suspicious thoughts Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You're filled with thoughts of the possibilities.

www.DestinationWellnessME.com

Making Wellness A Mainstay Of Life

Thursday, September 23 — Venus remains in the electhose born: 1/25 - 1/29, 3/25 - 3/30, 5/26 - 5/30, 9/24 - 1/299/29 and 11/28 - 12/1 of any year.

Friday, September 24 — Mars and Saturn continue to offer increased concentration. The energy is chaotic from 11 a.m. until 1 p.m. while the Moon is conjunct Uranus in Taurus. Circumstances shift. The Moon is opposite Venus in Scorpio from 2:15 until 4:15 p.m., which is an ideal time to relax and forget worrying.

Saturday, September 25 — Your emotions are intense while the Moon in Taurus is in a super-fine aspect with Pluto from 7 until 9 a.m. Communications are frustrating from 9 until 11 a.m. while the Moon is awkwardly aspecting Mercury. The Moon will enter chatty Gemini at 8:36 p.m., until Tuesday morning. You're open to sharing information.

Sunday, September 26 — The Sun in Libra is in a super-fine aspect with Saturn in Aquarius. You're relaxed. You're able to accomplish a project at home. This aspect remains until Tuesday. Another super-fine aspect, good

Wednesday, September 22 — The Sun moves into Libra until Wednesday, is taking place — I'm referring to Venus at 3:21 p.m., until October 22. Libra is the star sign of in Scorpio and Neptune in Pisces. There is a possibility of balance, justice, romance, beauty and harmony. Today is meeting your mate if this aspect coincides with your natal

Monday, September 27 — Mercury turns retrograde have got your full attention. Venus in Scorpio is opposite at 1:10 a.m., until October 18. There are now six planets retrograde: Mercury, Jupiter, Saturn, Uranus, Neptune and Pluto — and the asteroid Chiron makes seven. This is the worst time to start a business. While Mercury is retrograde, be careful not to make any assumptions. This is the time trically charged aspect to Uranus until noon. Have you met when miscommunications take place. Electrical machinery someone interesting? Mars moves into a super-fine aspect is known to break down, including computers, phones, cars with Saturn, until Saturday. You can accomplish plenty. and trucks. Travel plans won't turn out the way you hoped. This aspect helps you to be organized. This works well for Use your organizational power to accomplish your goals with the Sun and Mars in a super-fine aspect with Saturn until tomorrow.

> Tuesday, September 28 — The Moon enters familyoriented Cancer at 9:34 a.m., until Thursday night. The Moon will be in a positive aspect with Uranus from noon until 2 p.m., bolstering creative expression. The Sun remains in a super-fine aspect with Saturn until tomorrow. Venus and Neptune are still in a super-fine aspect, inviting unconditional love to lead the way until Wednesday afternoon. Venus is aspecting Jupiter until Thursday. This aspect is testing your ability to avoid acting out addictive patterns. The best advice is always to seek moderation and

> **NOTE:** Due to space constraints, this column has been edited. Read the full version at freepressonline.com. Ananur Forma lives in Rockland and can be reached for a personal astrological reading in person or by phone at 207-594-2565. Visit www.AstrologyWithAnanur.com.





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CHECK OFF ONE WINNER OF EACH GAME WINNER: Person with most correct answers. • TIES: In the

event of a tie, winner will be chosen by closest score of Monday Night Game. ONLY ONE ENTRY PER HOUSEHOLD,

PER WEEK, WILL BE ENTERED IN THE DRAWING.

Thursday, Sept. 30

■ Jacksonville at Cincinnati 8:20 pm Sunday, Oct. 3 Time (ET)

■ Washington at Atlanta 1:00 pm ☐ Houston at Buffalo ☐ 1:00 pm

■ Detroit at Chicago ☐ Carolina at Dallas ☐

Indianapolis at Miami lacksquare Cleveland at Minnesota lacksquare

■ NY Giants at New Orleans ■ ☐ Tennessee at NY Jets ☐

☐ Kansas City at Philadelphia ☐ Arizona at Los Angeles

■ Seattle at San Francisco

☐ Baltimore at Denver ☐

☐ Pittsburgh at Green Bay ☐ ☐ Tampa Bay at New England ☐

Monday, Oct. 4

Las Vegas at LA Chargers

Total Points Scored Monday Night Game: Address:

Phone:

If I Win, Make My Gift Certificate Good At:

(select any business on this page)

Drop Off or Mail Entries to: THE FREE PRESS. c/o Football Contest PO Box 1076. Camden, ME 04843-1076 OR bring to: 6 Virginia Ave., 2nd floor, Camden OR FAX: 596-6698 **Entries Must Be Received By**

5 pm Thursday, Sept. 30th.

Each week's winner will receive a \$25.00 GIFT **CERTIFICATE** at any one of the participating businesses on this page. Last weeks winner Paul Callahan.

All Gift Certificates will be mailed out at the end of each month



\$9.99 UP TO 3 TOPPINGS

1:00 pm

4:05 pm





With our knowledgeable staff and one-stop shopping, you can get your household projects done fast so you can watch the game.



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1/2-ton towable. Only 167 miles. Lived in 5 months waiting for house. New retail \$36,193.25. àv retail now \$27,193.25. Our price, \$22,590. Trailer is in Warren. Joe, 207-975-6583. (kr)

AUTOMOTIVE

2007 DODGE VAN, mileage 239,280, new sticker, runs great, four free extra rims, \$2,500. Come see and try it out. 207-845-2786, (9/28)

WANTED

LUCKY LADY - wants your woodlot. Turn those trees into cash. Roll those dice and give me a call, 441-7929 or 993-2629. (kr)

LUCKY LADY — I want to buy your junk cars and trucks, pay up to \$500. Roll my dice ecause I pay the best price. 993-2629 or 441-7929. (kr)

DEN TRACTOR, HD 112 or HD 212 desired. Rockport, 596-6303. (kr)

EQUIPMENT RENTAL

UNION FARM EQUIP-MENT RENTALS: Tractor loader/back-hoe, excavator, wood splitter, wood chipper. Delivery available, reasonable rates. 1-800-935-7999. (kr)

HELP WANTED

ASK WANTS YOU! — Is it time for you to be paid for your caregiving skills? If you have raised a family, cared for sick or elderly family members, been a volunteer, you might have the knowledge, experience, and caring heart to be a home care 2019 CAMPER TRAILER. worker. ASK values your life Forest river surveyor premium. skills and will train you while Loaded. Svt267rbs. Bought new you work. Call 207-354-7077, as a leftover. Sleeps 6. Value email dee@askforhomecare. package. Fall program package. com or text 207-542-5505, let us help you explore the oppor-

> ARBORIST/TREE CLIMB-ER — Established mid-coast company dedicated to quality tree care and preservation seeks experienced tree climber skilled in aesthetic pruning, cabling, bracing, removals to ioin our talented team. Must be conscientious, responsible committed to quality and safety. Current Maine arborist license. clean driver's license. Smokefree workplace. Equal opportunity employer. TREEKEEPERS

LLC at 236-6855. (9/21)

GROUNDPERSON/LAND-SCAPER — Established midcoast company dedicated to quality tree care seeks person to assist arborists/climbers with tree preservation, pruning, planting. Must be conscientious, responsible, committed to quality and safety. ALLIS CHALMERS GAR- work is physically demanding, environmentally rewarding. Clean driver's license, reliable transportation. Prefer experience. but will train. Smoke-free workplace. Equal opportunity employer. TREEKEEPERS LLC. Call 236-6855. (9/21)

FARM & HOME

NOW OPEN, 7-Tree Farm & Home, the former Union Agway, Heald Highway, Route 17, in Union. 785-4385. (kr)

Applications are now being taken for the KNOX HOTEL APARTMENTS

192 Main St. Thomaston

One bedroom apartments that are conveniently located right downtown, rent is 30% of income and includes: wall to wall carpeting, laundry facilities, community living room, parking and professional Service Coordination on site.

> Maximum Income Limits are \$29,580 for 1 Person \$33,840 for 2 Persons



If interested, please call Sherry at 594-2743 TDD/TTY 1-800-545-1833 Ext. 702



SNOW PLOW BID

Hope Elementary School

The Hope Elementary School is seeking bids for year.

Bids should contain separate costs for sanding and plowing per storm and for the season.

Hope Elementary requests sweeping of sand after the season, if possible. See specifications.

Specifications are available at the Office of the

Contact info: Phone: 207 763-3818 or email: wendy.tricomi@fivetowns.net

Bids must be received at the Office of the Superintendent of Schools by 12:00 P.M. on Friday, October 8, 2021.

Each bid envelope must be clearly marked "Hope Elementary School Snow Plowing Bid" and addressed to:

> **Snow Plow Bid** Superintendent's Office SU #69 444 Camden Road Hope, ME 04847

The Hope School Committee reserves the right to accept or reject any and all bids.

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Two levels. \$30-90 minutes. Wednesday and Friday, 772-217-7070.

(9/28)RENTAL

SENIOR HOUSING — The Homesteads in Cushing and Owls Head have vacancies for seniors who wish to live in a home-like environment but need homemaking and/ or personal/nursing services. The Homesteads provide a small, intimate setting where frail elderly can age in place and pay for services as needed at significantly lower rates than traditional medical facilities. We have enjoyed a reputation for high-quality meals years. Information and pictures of available rooms/suites can be accessed by calling 354-7077 or at www.homeshareinc.com. (kr)

PROFESSIONAL OFFICE SPACE — available now, 2-3 days/week, month-to-month. Must be COVID-conscious/ safe. Clean, spacious, south-facing windows, furnished. Scentfree, chemical-free space. Heat and electric included. Ample parking. For more information and pictures, please call or text 701-1702. (kr)

RENTAL

OWLS HEAD, Directly On The Ocean — 3 BR house, fully furnished, available from now until June 1st, 2022. 1-1/2 baths, kitch/dining combo, lg. LR, no pets, non-smoking. \$2,000/mo. plus utilities, 1st, last and sec. 207-594-2442. (10/12)

STORAGE

WATERMAN BEACH STORAGE

10 x 15 unit, \$100 10 x 20 unit, \$120 10 x 25 unit, \$140

South Thomaston, 975-1326.

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HELP WANTED DISPLAY ADS

Friends of Hog Island **Volunteer Coordinator** Summer 2022

Be part of a caring summer island community that lives and works at the Hog Island Audubon Camp in Bremen, Maine, May to September. Manage and recruit teams of FOHI volunteers during camp sessions.

Candidate will possess strong communication, interpersonal, and organizational skills. Ability to operate a boat or willingness to learn is desirable.

Competitive hourly wage, room and board included.

See complete job description at fohi.org Send cover letter and resume by October 15, 2021 to president@fohi.org or Friends of Hog Island P.O. Box 242, Bremen, ME 04551

Lucette Residential Care Facility

Thomaston, Maine

Now Hiring Full-Time CRMA

for second shift 2:30pm-10:30pm. This shift will include at least every other weekend (preferably every weekend if it works for applicant) Starting pay \$15.50 per hr.

Also Hiring Part-Time, and per diem CRMAs

Benefits include 60% paid health, paid vacation, meals, work in a homelike atmosphere, paid trainings, generous holiday bonuses. Must have proof of Covid-19 vaccination or have arrangement to have it before Oct. 1st.

Stop by for application 61 Main St. Thomaston, Maine 04861 or call 207-354-6746 if interested

Progressive Housing Assoc. Residential Care Facilities

Residential Counselors, DSP's/CRMA's Private agency providing residential services to developmentally challenged adults in the Warren area is now accepting applications for

Day & Night Positions Available

The ability to work as a team. Implementing care plans, behavioral plans, meal assistance, hygiene and ADL assistance, may include total care, and all aspects of residential programming. Recognition of State and Federal regulations as well as maintaining a safe and clean environment.

Qualifications include:

High School diploma or GED. DSP/CRMA certified if applicable, however we will facilitate all necessary training, valid Maine driver's

Benefits Include:

Offering sign on bonus, increased wages, additional increased wages with experience, health insurance and other benefits. To schedule an interview: call 207-273-3369

> You may also send your resume to: **Progressive Housing Association** P.O. Box 277, Warren, ME 04864 Or Fax to (207)273-3355 E.O.E.

ASHWOOD Waldorf School

Ashwood Waldorf School in Rockport is looking to hire care providers for our early childhood program.

Full and part time positions available.

Essential qualities for this position are enthusiasm, joy, energy, positivity, and most of all, a love for working with young children.

Please send your letter of interest, resume, and contact for three professional references to: jclough@ashwoodwaldorf.org.

Immediate Vacancy Hope Elementary School Food Service Manager

Position Description:

Food Service Manager-serving 175 students in grades PreK-8.

40 hours per week during the school year.

This job will involve all aspects of managing a small school kitchen including menu planning and preparation, ordering and inventory management, record keeping, filing of reports, program promotion/marketing, staff supervision, implementing farm-to-school activities and working with school staff, parents, and students to create a healthy school nutrition environment.

Interested applicants should send a completed support staff application, CHRC (fingerprint documentation), resume, and three current letters of reference to:

> Kate Clark, Superintendent of Schools **School Union 69** 444 Camden Rd. Hope, ME 04847

Applications will close when a suitable candidate is found. To obtain an application, please go to union.fivetowns net. Choose the Support Staff Application, which is found in the Employment Information section under the District Information tab. Applications may also be obtained at the Superintendent's Office. Please call Wendy at 763-3818 for more information. EOF

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Help Wanted

We're seeking an inside sales/marketing representative for our Belfast office. This is a full-time position, 8am - 5pm, Monday - Friday and includes a benefit package

Passionate about Sales?

Competitive salary plus commission for a bright, motivated, detail oriented person. Strong sales experience, communication and organization skills preferred.

Please send resume and cover letter to: admanager@ freepressonline.com No calls or walk-ins please.

HELP WANTED DISPLAY ADS CONTINUE NEXT PAGE

FREE PRESS CLASSIFIEDS

HELP WANTED DISPLAY ADS

Help Wanted

Full Time Morning Dishwasher -

Full Time Breakfast Cook Full Time Dinner Cook

> Wednesday - Sunday Hours Varv Apply within -NO PHONE CALLS

ROCKLAND CAFE

441 Main Street, Rockland

END HELP WANTED ADS

SELF HELP **AND SUPPORT**

NA HOTLINE For meeting information 1-800-974-0062 www.namaine.org

AL-ANON HOTLINE For meeting information 24 hours a day, 7 days a week 1-800-498-1844

TOTAL VICTORY

Self-help emotional and spiritual support group. Meets weekly in various private homes in Knox and Lincoln counties. FMI: 542-7397 or Total Victory, P.O. Box 1166, Waldoboro, ME 04572.

SELF HELP **AND SUPPORT**

PEER ONE SUPPORT GROUP

Are you or someone you know living with depression, bi-polar. OCD. PTSD or any other mental illness? Come join our local peer-run support group. We share daily living skills, coping tools, learn wellness

and self-care tips. Tues., 7 to 8 p.m., VOA Building, 33 Booth Drive (off Congress St.) in Belfast.

FMI: Louise, 322-8738. Open to All, Respect Anonymity

Run your ad one week for only \$6.65/week for 20 words – 20¢ each additional word Run your ad for two weeks for only 6.13/week for 20 words – 15ϕ each additional word. Run your ad for three or more weeks for only \$5.55/week for 20 words − 10¢ each additional word. (Please print clearly & include your phone number!)

DEADLINE IS NOON ON WEDNESDAY FOR THE FOLLOWING TUESDAY ISSUE

Please run my classified ad times and list it under:	Cost for 1st 20/words/week = \$
Vehicles Boating For Rent For Sale	Additional words = \$
Help Wanted Real Estate Services Wanted	Subtotal = \$
Yard Sale Other	Times # of weeks ad to run x
Name	TOTAL Due = \$
Adress	If Paying by Credit Card Just Call in Your Ac
Toyan	Copy at 596-6696 Or, enclose payment and:

SELF **HELP AND SUPPORT**

WALDO COUNTY AREA Is Food a Problem for You? PROSTATE CANCER FEL-LOWSHIP GROUP—Second Tuesday, monthly, 6:30 p.m., Belfast. FMI: Mark, 338-8372.

I would like my ad to read

SEX AND LOVE ADDICTS ANONYMOUS

FMI: Email mmislaa@fairpoint net, or go to the 211 Maine Web site (click on 211 directory then keyword: Augustine Fellowship)

Having Trouble Staying Away from a DRINK?

Looking for help? Alcoholics Anonymous is here for you. Statewide virtual meetings listed at

csoaamaine.org www.maineaa.org AA Hotline: 1-800-737-6237

PARENTS WITHOUT **PARTNERS**

20 single parents needed to start new group. Age and custody arrangements are not a factor. Meetings to be held in Montville. FMI: tommvcarter1962@ yahoo.com.

REFUGE RECOVERY — A MIDCOAST DEPRESSION **AL-ANON MEETINGS** non-theistic, Buddhist-inspired Waldo County approach to recovery from addictions. Wed., 6-7:30 p.m., and - Mon., noon-1 p.m. First Sun., 6-7:30 p.m., The Dancing Elephant, 16 School St., Rock-

Mail to: P.O. Box 1076, Camden, ME 04843-1076

or Bring to: 6 Virginia Avenue, 2nd floor, Camden

gmail.com. **Domestic Abuse Helpline** for Men and Women Support Group. FMI: 1-866-786-0758

land. FMI: rrrocklandme@

Baptist Church annex, 95 High St., Belfast. Wed., 7 p.m. Monroe Community Church basement,

26 West Main St., Monroe. Thurs., 7 p.m. First Baptist Church annex, 95 High St.,

MARKET BASKET

Deadline is WEDNESDAY at NOON for the following TUESDAY issue.

Please read: As long as the Seven HP Printer Ink Cartridg- Tin Windup Toy, Handstand total price of all your items is es, 932XL (2) high yield black, Clown, Chein, USA, 1950s, \$100 or less, it's FREE (ads 933 (5) color — some full, most very good condition, \$95. 561must include prices for all items over half-full, printer broken, I 523-3621. or we cannot run the ad).

Market Basket ads run for two or less. We cannot accept ads over pair. 594-4704. the phone — we do accept faxes (596-6698). Market Basket ads must be received by noon Wednesday for inclusion in the next week's issue. NO BUSINESS. SERVICE or YARD SALE ADS qualify for the Market Basket. Ads that do not follow these guidelines cannot be printed.

FOR SALE

Fridge with Top Freezer, 18 cubic feet, older RCA model, Simple 3-Drawer Bureau, almond, 65" high, 301/2" deep, 29¹/₂" wide, Belfast, \$95. 329-

can't use, \$25. 338-1951.

Antique Oak Ice Chest, \$25.

black rubber roller, galvanized and 3 upright, \$95. 975-0242. steel frame with mounting bolts, \$8. 594-5261.

Wooden TV Cabinet, 51"x39"x24" deep, 2 doors, 2 drawers. Call Ginny, 763-3131. You harvest. 563-5663.

36"W, 27"H, \$35. RCA Victor Victrola, crank model, over 100

Dress Boots, 2 pair, one black one brown, knee-high, heeled, weeks. Only one per household per week will be printed. We can only accept ads that are 20 words where $\frac{91}{2}$, $\frac{92}{2}$ each. 7M, \$20 ea. Fur-trimmed, ankleper week will be printed. We can only accept ads that are 20 words ladies shoes, new, size $\frac{91}{2}$, \$3/ \$25. Men's suede jacket, sz 42, \$10.338-1951

Boat Trailer 2" Adjustable Roller Bracket Assembly, 3" Stereo Speakers, 4 speakers total: Bowers and Wilkins woofer/bass

FREE

Riding Lawn Mower, needs Free: Little Free Library, take work, good condition, \$75. a book, leave a book, 6 Brew ster Street, Rockland.

MARKET

Maximum number of Words per Ad = 20 2 Total of all items added together must be \$100 or less! 3 Ads must be priced or they cannot be run. 4 Wanted ads seeking items costing over \$100 cannot be run.

5 Only one ad per week per person/phone number. 6 No business, service or yard sale ads accepted. Use the regular classified ad form for these and all other ads which don't fit the above guidelines -Ads that don't follow these guidelines cannot be printed!

7 Market Basket Ads Automatically Run For Two Weeks. 8 Mail To: The Free Press MB, P.O. Box 1076, Camden, ME 04843-1076.

Sorry, we cannot take Market Basket ads by phone or e-mail, but you can fax your ad to 596-6698. 10 Do NOT copy this form and then fax it — copies from newsprint don't fax well, and we can't read them — write your ad on a white sheet of paper and fax that — remember to include your phone number. 11 And about the handwriting: If we can't read it, we can't run it.

Market Basket Ad deadline WEDNESDAY at NOON for the following TUESDAY issue.

FREE PRESS ADS WORK!

Elderly Services



Providing licensed home health care, 24 hour care, respite & care management for the elderly.

Employment Inquiries Welcome.

Contact us: 641 St. George Road, S. Thomaston, ME (207) 354-7077 or (800) 876-8418 www.askforhomecare.com

Chair Caning

Anne's Old Chairs to Mend

Caning & Cane **Supplies** Since 1998



25 Warrenton St. Rockport • 594-2015

Business Insurance



Insurance for your business.

Call Krissy Campbell today 236-4311

AllenIF.com

Fine Furniture

Love Your Home! Amish **Dining Sets**



2485 Camden Rd (Rt. 90) Warren 273-1270

frantzfurniture.com

Miscellaneous



Auto Body Repair



Auto Repair Service



Furniture Restoration

RESTORE THE HIDDEN BEAUTY

- Stripping
- Finishing
- Repair

Please call or come visit

• Total Restoration

Route 90, Rockport 207-236-4673

lankee

Stupper

our wood shop today. Mon.-Fri. 9am- 5pm • Sat. 9am-noon

Clock Repair

Antique & Modern Clock Repair

Thomas R. John, Sr.



weight & spring driven clocks

By Appointment Only "House Calls"

A Family Trade for Over 100 Years Established in the Midcoast 1970

207-594-9341 or Cell 207-882-4144

P.O. Box 35, South Thomaston, ME 04858

Cleaning Services

Full Service Residential and Commercial Cleaning, Rug & Carpet Cleaning, Floor Care Services, Fire/Smoke, **Water Damage & Mold Remediation Services.**

Free Estimates: CALL US TODAY!



233 PARK ST., ROCKLAND, ME 04841

Tree Service

A-1 WATERMAN'S TREE SERVICE

Free Estimates Reasonable Prices

Licensed Arborist Fully Insured Friendly, Reliable Service

Landscaping Tree Removal Aerial Lift Service

Home Sterling Waterman Cell 763-2988 592-5504

Carpentry & Painting

INSURED / FREE ESTIMATES

JAMIE KILTON jhkilton@gmail.com ROCKPORT, ME 701-8824

WWW.JHKILTON.COM

(WW) CARPENTRY

SUMMER CABIN FIXER-UPPER 207-200-8857

michael@mwcarpentry.me

Lawn & Garden

COMPANYING.

PROPERTY MAINTENANCE

* FALL CLEANUP

★ BRUSH/TREE WORK ★ LANDSCAPING ★ RAKING ★ MOWING WHAT CAN WE DO FOR YOU? **594-2471**

Dellamo's ILAWN CARIE

"Providing Quality Care for Your Property"

Fall Clean-up • Caretaking

Landscaping ~ Miscellaneous Jobs Insured ~ 832-5845 / 542-9094

Flooring

CARPET • CERAMIC WOOD • VINYL Sales & Installation

Cayouette Flooring Inc.

210 Park Street, Rockland, ME 207-594-2413



"A New Era in Customer Satisfaction"

Heating

LOCAL FAMILY OWNED & OPERATED



Heating Fuels including #2 Heating Oil, Bioheat, Propane, K-1, and Diesel.

Equipment including heating systems, hot water systems, LP stoves, Rinnais and more.

Fuel and Service Plans & Gasoline Discounts

www.MaritimeEnergy.com

594-4487 • 234 Park St. Rockland

Home Imp & Renovations

Vinyl Siding & Windows Standing Seam Metal Roofing Garages & Additions – And Much More!

What's Your Reason to Call All Season?



HOME IMPROVEMENTS

1-207-626-3039 www.all-season.com

HONEYDEW

HANDYMAN SERVICE

For all your "Honey-Do" Projects

All Aspects of Home Repair & Light Construction

Care Taking Services

Guaranteed Services or Job is FREE • Call 596-3563

· WE DO IT ALL -

SIMONE CAUTELA

Basement

Waterproofing

SITE WORK • SEPTIC

LANDSCAPING • EXCAVATION

DRAINAGE PROBLEMS

358 Turnpike Drive • Camden, Maine • 04843

⊘COMESHARE, INC

The Homesteads at Cushing and

Owls Head offer a wonderful alternative to

traditional boarding & nursing home care.

Contact us:

641 St. George Road, S. Thomaston, ME

(207) 354-7077 or (800) 876-8418

www.homeshareinc.com

236-0541 • 542-7327

Our 30th Year In Business!



Miscellaneous

Preserve your memories, movies, and music!

BERT'S MACHINE SHOP

594-7013

11 Bay View Square, Rockland

Hours: M-F 8-4 / Sat 8-12

Power Equip. Sales/Service

Now is the

To bring your mower

in for servicing!

We Service All Brands!

WE TRANSFER TO DVD OR CD:

Videotapes, Home Movie Reels, Slides & Photos, LP Records, Blu-ray & Cassettes

AFFORDABLE COMMERCIAL **PRODUCTION & EVENT VIDEOGRAPHY**

MATHIESON DIGITAL

Call Craig at 226-7419

Storage

State of the Art **Indoor Storage Facility**



CLIMATE CONTROL **HEAT AND HUMIDITY**

Security Cameras Key Pad Easy Access

SHEPARD STORAGE 594-2155

5 Locations - 750 Units

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Elderly Housing

Power Wash Siding INTERIORS • EXTERIORS

Skim Coating • Crack & Plaster Repair Fully Insured • Call 338-2682 / Cell 907-9296

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TOM FORD COMPUTER SERVICES

Troubleshoot Issues & Training Computers, Cellphones & Tablets Backup/Manage Pictures & Music Consult on Purchase - Setup

 $tomford 21@gmail.com \textbf{542-9120}$

SERVICE DIRECTORY

Listings

Not all channels available in all parts of The Free Press circulation area.

For the latest on TV - either live or streaming - go to: https://ontvtoday.com/

CKSH – French UPN – WPME FOX - WFPO CBS - WABI

NBC - WCSH PEG - Public ABC - WMTW

CHANNEL LINE-UP

Knox County

9 TWCTV

10 MPBS - WCBB 11 PEG – Education 12 WB – WPXT

CBS - WGME

14 QVC 15 HSN 17 Shop NBC

WE	DNES	DAY E	EVENI	NG S	EPTE	MBER	22, 20)21				
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3	Blue Blood From the F		Blue Blood the Rabbit		Blue Blood Extra Mile		Blue Blood back" CC	s "Blow-	Blue Blood Stereo) CC		Blue Blood less" CC ([
4	Big Bang Theory	Big Bang Theory	The Maske (N) CC (D)		Alter Ego avatars au		FOX23 Ne (N) (Live)		Daily- MailTV	Schitt's Creek	Seinfeld CC	Two and Half Men
5	Big Bang Theory	Big Bang Theory		New Era"		ew cast-	Big Brothe Stereo) CC		News	Late Show	-Colbert	James Corden
6	207	Inside Edition	Chicago M (DVS)	ed (N) CC	Chicago F day" (N)	ire "May-	Chicago P. sure" (N)	D. "Clo-	NEWS- CENTER	Tonight Sh Fallon	iow-J.	Seth Meyers
8	Wheel of Fortune	Jeopardy! (N)	Goldbergs	Wonder Years	The Con- ners (N)	Home Econ.	A Million Li	ttle Things	WMTW News 8	Jimmy Kim Live! CC	nmel	Nightline (N) CC
10	PBS News			d Ali Muhar reman. (N)		efeats		d Ali Muhar reman. (In :		efeats	Amanpour Company	
12	Modern Family	Modern Family	Riverdale friend goes	Γabitha's	In the Darl Point" (N)		WMTW News 8	TMZ CC	2 Broke Girls	2 Broke Girls	Mike & Molly	Mike & Molly
13	CBS 13 News	Ent. Tonight		New Era"		ew cast-	Big Brothe Stereo) CC	r (N) (In	CBS 13 News	Late Show	-Colbert	James Corden
21	Blue Blood	ls	Blue Blood	s	Blue Blood		Blue Blood	s cc	Blue Blood		Blue Blood	ls
24	Early	Early Edition		The Ga	Quick	The Ga	Boston Sp		Boston Sp		Ninja Warr	
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36 39	E. B. OutF Shepard S		Anderson (Shark Tan		Cuomo Pr Shark Tan		Don Lemoi		Don Lemo		Anderson Shepard S	
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41	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokers	Jokers	Jokers	Jokers
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(44)	(5:30) Mov	ie: ★★½		restling: Dy			Movie: ★★		ed " (2008, A	Action) Jam	es McAvoy,	"The Mule"
45	South Pk		South Pk	South Pk	South Pk	South Pk	Nora	South Pk	Daily	South Pk	South Pk	Nora
46	(5:00) "Sp Far From			" Venom " helle Williar			American I Story	Horror	American Story	Horror	American Story	Horror
47	Movie: ★≠	★½ "Johr	Wick: Cha	apter 3 Pa	arabellum"	(2019)	Movie: ★★	×½ "Johr		apter 3 Pa		(2019)
48	American Dad	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal	Full Frontal	George Lopez	George Lopez	George Lopez
49	Dateline: S	Secrets	Dateline: S	ecrets	Dateline: S	Secrets Unc	overed CC		Dateline: S	Secrets	Dateline: S	ecrets
50	Court	Court	Court	Court	Court	Court	Neigh	Neigh	Court	Court	Court	Court
51	"Lethal W		Gibson, Da	anny Glover	, Joe Pesci			Gibson, Da	anny Glover	Veapon 4" , Joe Pesci	CC	, -
53	Real Hous			ewives/Bev		Real Hous		Real Hous		Housewive	-	"Just
56	Guy's Gan		Guy's Gan		Guy's Gan		Guy's Gam		Guy's Gan		Guy's Gan	
59	(6:00) Mov the Weddi		Jansen, Jo	er Pen Pal" shua Sasse	e. CC (DVS)	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls
60	Church	Potters	David	Gaither	Stage	Worship	Gospel	Elevation	S. Fur	Watch	Prince	Jordan
<u>61</u>	Counting C		Counting C		Counting (Counting	Counting	Cnt. Cars	Cnt. Cars	Counting (
62	Dr. Pimple		Dr. Pimple		Dr. Mercy	<u> </u>		re Killing Me		uster"	Dr. Pimple	
63 64)	Expedition Andy G.	Andy G.	Raymond	Unknown (, ,	Raymond	Raymond	"Against Al Raymond	King	King	Expedition King of Qu	
66			"Shrek" (2			t ★ "Shrek			The 700 C		Simpson	Simpson
67)	Slime	Smurfs	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
68	Big City	Big City	Big City	Big City	Sydney-	Almost	Big City	Big City	Ladybug	Ladybug	Ladybug	Ladybug
69	Greens Lone Star	Greens	Greens	Greens Law: Uncufl	Max fed (N) (In 9	Never	Greens	Greens Law: Uncuf	& Cat	& Cat Stereo)	& Cat Lone Star	& Cat
70	(6:35) Mov	ie: ★ ½ " La	w Abiding	Citizen"	Movie: ★ 7	★ ★ "Tomb	stone" (199	33) Kurt Rus	ssell, Val Ki	lmer. Doc	Movie: ★ ۶	"Crimi-
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18	TV Guide	37	Headline News
19	C-SPAN	38	TOON
20	C-SPAN2	39	CNBC
21	ION	40	MSNBC
22	PEG – Government	41	truTV
23	GAC	42	TCM
24	Comcast Sports Net	43	INSP
25	ESPN	44	TNT
26	ESPN2	45	Comedy
27	NESN	46	FX
28	MTV	47	USA
29	VH-1	48	TBS
30	Lifetime	49	Oxygen
31	Spike TV	50	A&E
32	CMT	51	AMC
33	Weather Channel	53	Bravo
34	NECN	54	E!
35	FOX News	55	HGTV
36	CNN	56	Food Network

59 Hallmark Channel 60 TBN 61 History Channel 62 TLC 63 Discovery 64 TV Land 65 BET 66 ABC Family 67 Nickelodeon 68 Disney Channel 69 Animal Planet 70 SCI-FI 71 TV5 72 ONTV4 85 Local Access



	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
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4	Theory	Theory	(N) CC (DV		tions Night		(N) (Live)		Daily- MailTV	Creek	CC	Half Men
5	Big Bang Theory	Big Bang Theory	Big Brother Stereo Live		Kenny Rog for the Gar		Bull "A Frie Need" CC	end in	News	Late Show	-Colbert	James Corden
6	207	Inside Edition	Law & Orde		Victims Unit		Law & Ord nized Crim		NEWS- CENTER	Tonight Sh Fallon	iow-J.	Seth Meyers
8	Wheel of Fortune	Jeopardy! (N)		y The win-	The Hustle and Strive		The Hustle		WMTW News 8	Jimmy Kim Live! CC	nmel	Nightline (N) CC
10	PBS News Stereo) CC	Hour (In	Unforgivab of Jack Joh		s: The Rise	and Fall	Raising Ali: A	Liz CC	PBS News Stereo) CC		Amanpour Company	
12	Modern Family	Modern Family	Coroner "N No Peace"	(N)	The Outpo Stereo) ©©	1 ` ´ `	WMTW News 8	TMZ CC	2 Broke Girls	2 Broke Girls	Mike & Molly	Mike & Molly
13	CBS 13 News	Ent. Tonight	Big Brother Stereo Live	r (N) (In e) ©©	Kenny Rog for the Gar	mbler	Bull "A Frie Need" CC	end in	CBS 13 News	Late Show		James Corden
21	Chicago P.		Chicago P.		Chicago P.		Chicago P.		Chicago P.		Chicago P	
24	Early	Curran's	Early Edition		Ninja Warr		Boston Sp		Boston Sp		Boston Sp	
25	Football	College Fo	otball: Mars	hall at App	alachian Sta	ate. (N) (Liv	e)	SportsCen	ter W/Van F	Pelt	SportsCen	ter (N)
26	SportsCen		WNBA Bas				WNBA Bas				E60	
27)	Minor Leag	jue Baseba	I: Red Wing	s at Red S	OX	C. Moore	NESN Afte	r Hours	NESN Afte	r Hours	Minor Bas	eball
30	Rizzoli & Is	les cc		en: Atlanta tlanta. (N) ©	The cast of	Little	Rizzoli & Is lines" CC	sles "Blood-	Rizzoli & Is Own Wors	sles "My t Enemy"	Little Wom	en: Atlant
35	FOX Primetime Tucker Carlson				Hannity (N		Ingraham		Gutfeld! (N		Fox News	at Night
36	E. B. OutF		Anderson (Cooper	Cuomo Pri	me Time	Don Lemo	n Tonight	Don Lemo	n Tonight	Anderson	Cooper
39	Shepard S	mith	Shark Tank	(Shark Tan	k	Shark Tank		Shark Tank		Shepard Smith	
40	The ReidO	ut (N)	All In With		Rachel Ma	ddow	The Last Word		The 11th Hour		Rachel Maddow	
41	Jokers	Jokers	Jokers	Jokers	Jokers	Jokes	Tacoma Jokers		Jokers Jokers		Tacoma	Jokes
42	(6:30) "The the Cat Pe	ople"	Caan, Johr	n Housema		•	(1972, Acti	* ½ "Kansas on) Raquel	City Bom Welch. ©	ber"	Movie: ★ Boogie" ("Roller 1979) ©©
44	Bones (In S		Alden Ehre	nreich, Em	ilia Clarke, I	Story" (20 Donald Glov	er. CC (DV	S)	(2018) Ald	* ½ "Solo: / en Ehrenrei	ch. 🚾 (DV	S) ,
45	Office	The Office		Office	Office	Office	Office	Office	Daily		South Pk	
46	"Venom"	Movie: ★ ★ Reynolds,	Josh Brolin.	(In Stereo)	CC		What We Do	What We Do	What We Do	(2017) Ans	★ ½ "Bab sel Elgort. (I	n Stereo)
47	Law & Ord		Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley
48	American Dad	Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Wipeout Si Sweeper; I	3ig Balls.	Wipeout (II		Wipeout C face obsta	cles.
49	The Backy			e Backyard	/		The Backy			ecrets Unc		
50	The First 4		The First 4		Kids Behin		Kids Behin		The First 4		The First 4	
51	(5:00) Mov "Lethal W	eapon 4"	company e	xecutive is	marooned o	0, Drama) 1 on a remote	island. [cc]		Tom Hank	* ★ ★ "For s, Robin W	ight. 🚾 📩	. ,
53	Million Doll		Million Doll		Watch			ing Crashe	- ()		"50 First I	
56	Halloween		Halloween		Halloween		Halloween		Halloween		Halloween	
59	Daytime D		Laura Osne	es, Juan Pa	blo Di Pace). CC	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls
60	Church	Potters	Jordan Rul		Drive	Insights	Watch	Why Is	Jordan Rul		Prince	Osteen
61	Cities/Und	erworld	Cities/Unde		Cities/Und		Cities/Und		Cities/Und		Cities/Und	
62	Dr. Mercy	_	Dr. Pimple		Feet-Killing			. Life Maja o			Dr. Pimple	
63	Gold Rush		Gold Rush		Gold Rush		Gold Rush		Gold Rush		Gold Rush	
64	Andy G.	Andy G.	,	Raymond	Raymond		Raymond		King	King	King	King
66	(6:30) Mov	ie: ★★★ "	Shrek 2"			ters Univer		CC	The 700 C		Simpson	Simpson
67)	Dylan	Lay Lay	"Alvin and		"Alvin and	<u> </u>	Friends	Friends	Friends	Friends	Friends	Friends
68	Big City	Big City Greens	Big City Greens	Big City Greens	Sydney- Max	Almost Never	Big City Greens	Big City Greens	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat
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69	Deadliest (Deadliest C		Deadliest (Deadliest (Catch "The I	Jltimate Pri		Deadliest (

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	Hawaii Fiv Stereo) [CC		Hawaii Fiv Stereo) ©©		Hawaii Fiv Ka Lima"	e-0 "Hewa	Hawaii Five Stereo) CC		Hawaii Fiv Stereo) [CC		Hawaii Fiv Stereo) ©	
4		Big Bang Theory		ay Night Sn	nackDown (N) (In	FOX23 Ne (N) (Live)	ws at Ten	Daily- MailTV	Schitt's Creek	Seinfeld	Two and Half Me
5	Big Bang Theory	Big Bang Theory	Big Brothe Stereo) CC	r (N) (In	Secret Cel Renovation			ls "Justifies	News	Late Show		James Corden
6	207	Inside Edition	Ordinary J Leads on t	oe "Way		BC (Seasor			NEWS- CENTER	Tonight Sh Fallon	ow-J.	Seth Meyers
8	Wheel of Fortune	Jeopardy! (N)	Wonder Years	Home Econ.	20/20 (In S				WMTW News 8	Jimmy Kim Live! CC	mel	Nightlin (N) CC
10	PBS News Stereo) CC	Hour (In	Washing- ton Wk	Firing- Hoover	American I career. (In	Masters Sar Stereo) 🚾	mmy Davis (DVS)	Jr.'s	PBS News Stereo) CC		Amanpour Company	
12	Modern Family	Modern Family	Dynasty (N Stereo) CC	N) (In]	Dynasty Al fronts Dom	lexis con-	WMTW News 8	TMZ CC	2 Broke Girls	2 Broke Girls	Mike & Molly	Mike & Molly
13	CBS 13 News	Ent. Tonight	Big Brothe Stereo) CC	r (N) (In	Secret Cel Renovation		Blue Blood the Means	ls "Justifies	CBS 13 News	Late Show	-Colbert	James Corden
21	Hawaii Fiv	e-0 cc	Hawaii Fiv	e-0 cc	Hawaii Fiv	e-0 CC	Hawaii Fiv	e-0 CC	Hawaii Fiv	e-0 cc	Hawaii Fiv	e-0 cc
24	Early	Early Edition	on cc	The	Curran's	The	BST Friday		BST Friday	ys cc	BST Frida	ys cc
25	MLB Base	ball: New Y	ork Yankee	s at Boston	Red Sox. (I	N)	MLB Basel	ball: Teams				
26	Football	College Fo	otball: Wak	e Forest at	Virginia. Sc	ott Stadium	. (N)	CFL Footb	all: Roughri	iders at Lior	S	
27	MLB Base	ball: New Y	ork Yankee	s at Boston	Red Sox. (I	N)	Extra	Red Sox	NESN Afte	er Hours	MLB Base	ball
30	(6:00) Mov Elizabeth	Smart"	Aly Raisma (N) ©	an: Darknes	s to Light Ir		eveal their tr	auma.	Lisa McVe	elieve Me: 1 ey" (2018) k		
35	FOX Prime		Tucker Ca		Hannity (N		Ingraham		Gutfeld! (N	() CC	Fox News	
36	E. B. OutF		Anderson		Anderson (Shark Tan			ial Report @			Anderson	I
39		hepard Smith Shark Tank CC				k	Shark Tan		Shark Tan	k CC	Shepard S	
40	The ReidC	out (N)	All In With		Rachel Ma	ddow	The Last V		The 11th Hour		Rachel Maddow	
41	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes		₹½ "Bad B			Movie: "Bad Boys	
42	(6:15) Mov Hard Day	s Night"	Marlon Bra	ando, Anna	ugitive Kin Magnani.	C ` ´	(1954, Dra	★★ "On ma) Marlon	Brando. Co		Movie: ★ ≠ of Eden" (1955)
44)		★★★ "Start ction) Mark				" (1980,	All Elite Wi Rampage		restling:	Movie: "Star Wars Return of the Jedi		
45	Office	Office	Chap	Chap	Chap	Chap		Kevin Hart	Rampage	Tha God	Chap	Chap
46	"Dead- pool 2"	Movie: ★ ½	"Baywatc		Comedy) Dw	1 1	The New Y	ork Times	The New \		Movie: ★? watch" (2	"Bav-
47)	Chicago P		Chicago P		Chicago P	.D.	Chicago P.		Chicago P	.D.	Chicago P	
48	Movie: ★ 7	★ * "Creed ains to fight	II" (2018)	Michael B.	Jordan. Box		Movie: ★ ≠	₹½ "Big Ga Jackson, O	me" (2014	, Action)	ELEAGUE	
49	Dateline: S	Secrets	Killer Siblir	ngs 🚾	Killer Siblir	ngs 🚾	Snapped @	CC	Dateline: S	Secrets	Dateline: 9	Secrets
50	The First 4	.8 [cc]	First 48: T	racking	Cold Case	Files (N)	American .	Justice	The First 4	.8 [cc]	First 48: T	racking
<u>51</u>	York police	★ ½ "Die I eman outwit	s foreign th	ugs in an L.	A. high-rise	CC	hero spots	military teri	orists at D.			"Die Hard"
53	, ,	dding Cras			է ½ "The Sp	,		,		ne Spy Who		
56	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
<u>59</u>	(6:00) "As Would Ha	ve It"	Nikki Delo	ach, Mike F	Christmas" aiola. © (D	(NVS)	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls
60	Church	Potters			egins" (201			ve's Reso			Prince	Harbin
<u>61</u>	Ancient Al		Ancient Ali		Ancient Ali	. ,	Proof	Proof	Ancient Al		Ancient Al	
62	Darcey & S				ther Way (N		90 Day	Darcey & S		90 Day	90 Day: O	
<u>63</u>	Gold Rush	, , ,			siders buyir	, , ,		l	Gold Rush	,` '	Gold Rush	
64	Andy G.	Andy G.	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King
<u>66</u>	Fam Guy	Fam Guy	Fam Guy	Fam Guy	Fam Guy	Fam Guy	Fam Guy	Fam Guy	The 700 C		Simpson	Simpso
67 20	Koral (6:10) Mov	Smurfs	Casa Disney's	Tooned Disney's M	Loud lagic Bake-	Friends Jessie CC	Friends Jessie CC	Friends Raven's	Friends Disney's M	Friends lagic Bake-	Friends Ladybug	Friends Ladybu
68		d" (2017)	Magi	Off CC	agio Dake-	000000	OCOOIC ES	Home	Off "Froze		& Cat	& Cat
00												
69	River Mon	sters	River Mon	sters: Dead	liest Man-Ea	aters	River Mons	sters	River Mon	sters	River Mon	sters

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	Law & Ord Victims Un		Law & Ord Victims Un		Law & Ord Victims Un		Law & Ord Victims Un		Law & Ord Victims Ur	er: Special	Law & Ord Victims Ur	
4			Stereo Live)		Violinio On		FOX23 News	The Nite Show	Inside Fury	PBC Col- lection	MacGyver Saw" [cc]	
5	CBS Fall Preview	Big Bang Theory	To Be Ann	ounced	To Be Ann	ounced	48 Hours (Stereo) CC	N) (In		Nite Show		The Song
6	Maine Life		The Voice voice. (In S	The coache	s seek Ame	erica's best	Saturday N (N) (In Ster	light Live	NEWS- CENTER	Saturday N	light Live (In Stereo)	
8	Coll. Football	College Fo		t Virginia at		Gaylord Fa	mily - Oklah		WMTW News 8	Castle An a	Arctic	Prime Crime
10	Doo Wop t	o Pop Rock	: My Music 20 years. Cc	Celebrates		Stevie Nick (In Stereo)	ks: 24 Karat	Gold Tour	Great Perf	ormances A Mac. (In St	concert ho	
12	Modern Family	Modern Family	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	WMTW	TOTAL MAINE		Simpsons		Bob's Burgers
13	Judge Judy	CBS Fall Preview	To Be Ann	ounced	To Be Ann	ounced	48 Hours (Stereo) CC		CBS 13 News	Ring of Ho tling CC		Outdoors
21	Law & Ord		Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord		Law & Ord		Law & Ord	er: SVU
24	The Ga	Quick	The	Football	Ninja Warr	ior	United Figh	nt	World Pok	er	World Pok	er Tour
25	College Fo	otball: Teni	nessee at F	orida. (N) (L	_ive)		Scores	College Fo	otball: Arizo	ona at Oreg	on. (N) (Liv	e)
26	College Fo	otball: Kent	ucky at Sou	th Carolina	. (N) (Live)		College Fo	otball: Tear	ns TBA.			
27	Extra	Red Sox	My Story			My Story	NESN	NESN	NESN	Dirty	MLB Base	ball
30	(6:00) Mov Sister" (20			eadly Debu			Movie: "Do Mollee Gra	ouble Dadd y, Brittany	l y" (2015, E Curran. 🚾	Orama)	Movie: "De Debutante	
35	Life, Libert	у	Watters' W	orld (N)	Justice Jud	dge	Unfiltered v		Watters' W	/orld	Justice Ju	dge
36	CNN News	room	Champion	3	The Ninetie	es [CC]	The 2000s	CC	The Eighti	es cc	The Sever	ities 🚾
39	Undercove	ver Boss Undercover Boss Undercover Boss Undercover Boss Undercover Boss					r Boss	Undercover Boss				
40	American \		Ayman (N)	CC	Ayman (N)		American \		Ayman 🚾		Ayman 🚾	
41		Jokes	Jokes	Jokes	Jokes	Jokes	Jokers	Jokers	Jokes	Tacoma	Jokes Jokes Movie: ★★ "Hell	
42	and the U		Crawford,	7½ " Daisy I Dana Andre	WS. CC			Wendell Co		Bound" (1	957)	
44	Empire St	rikes Back	"Star War " (1980) Ma	rk Hamill.	Fiction) Ma	ark Hamill, F	Wars: Retu larrison For	d, Carrie Fi	sher. 🚾 (D	VS)	Phantom	
45	"Wedding			"Blended"						edding Sir		
(46)	(6:00) Mov "Pitch Per		Movie: * 1	r★½ "Bohe ddia Marcu	emian Khal	osody" (20 on find succ	18) Rami M ess in the 1	alek. 970e		"Pitch F In Stereo)		2015) Anna
47			ky" (2017)				Play" (198			"Child's I		90) [CC]
<u></u>		t-Man and					is Hemswor			ow "Go Out		
10	The Wasp								With a Bar	nal"	lı ı ŏı	
48		"	must battle				ful Hela.				Last Chan	
49	Snapped		must battle Snapped: I	Behind Bars	"Misook W	ang"	ful Hela. In Ice Cold		In Ice Cold	Blood	In Ice Cold	Blood
49 50	Snapped (5:00) "Fas	st Five"	must battle Snapped: I Movie: ★ #	Behind Bars Fast & F	"Misook W urious" (20	'ang" 009) Vin Die	ful Hela. In Ice Cold esel. ©	Movie: ★ #	In Ice Cold	Blood ive" (2011)	In Ice Colo Vin Diesel.	Blood
49	Snapped (5:00) "Fast Movie: *	st Five" ★ "The G	must battle Snapped: I Movie: ** oonies" (1)	Behind Bars "Fast & F 985, Childre	"Misook W urious" (20	ang" 009) Vin Die Movie: ★ ≯	ful Hela. In Ice Cold esel. ©© * * "Greas	Movie: ★ ≠ e" (1978, N	In Ice Cold 1/2 "Fast F 1/2 (Iusical) Joh	Blood ive" (2011)	In Ice Cold Vin Diesel. Movie: *	Blood CC * ½ "Six-
49 50 51	Snapped (5:00) "Fast Movie: *	st Five" ★ * "The G Brolin, Jef	must battle Snapped: Movie: * * conies" (19 Cohen. CC	Behind Bars F "Fast & F 985, Childre	"Misook W Furious" (20 en's) Sean	ang" 009) Vin Die Movie: ★↓ Olivia New	ful Hela. In Ice Cold esel. ©© * * "Greas ton-John, S	Movie: ★ ۶ e" (1978, N tockard Ch	In Ice Cold Figure 1: The Told	Blood ive" (2011)	In Ice Cold Vin Diesel. Movie: ★↑ teen Cand	Blood CC * ½ "Six- lles" CC
49 50 51 53	Snapped (5:00) "Fast Movie: ★ ≯ Astin, Josh	st Five" ★ * "The G Brolin, Jef	must battle Snapped: Movie: * * conies" (19 Cohen. CC	Behind Bars F "Fast & F 985, Childre	"Misook W Furious" (20 en's) Sean	ang" 009) Vin Die Movie: ★↓ Olivia New	ful Hela. In Ice Cold esel. ©© * * "Greas	Movie: ★ ۶ e" (1978, N tockard Ch	In Ice Cold Figure 1: The Told	Blood ive" (2011) n Travolta,	In Ice Cold Vin Diesel. Movie: ★↑ teen Cand	Blood CC * ½ "Six- lles" CC
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49 50 51 53 56	Snapped (5:00) "Fast Movie: ★★ Astin, Josh Below Dec Diners (6:59) Mov	st Five" ★ "The G Brolin, Jef k Diners ie: "Sweet	must battle Snapped: Movie: ** conies" (1: Cohen. Co Movie: ** Diners Autumn" (2: Cohen. Color) Autumn (2: Cohen. Color) Autumn (2: Cohen. Color) Autumn (2: Cohen. Color)	Behind Bars r "Fast & F 985, Childre r ½ "The No Diners 2020, S)	s "Misook W Furious" (20 en's) Sean otebook" (2 Diners Movie: "Ta	Movie: ** Olivia New Olivia New Olivia New Olivia New Olivia New Could Ryan Diners king the R Scott Porter	ful Hela. In Ice Cold esel. © * * "Greas ton-John, S Gosling. © Diners eins" (2021 Premiere.	Movie: ** e" (1978, Nitockard Chill Diners) Nikki	In Ice Cold 1/2 "Fast F Musical) Joh anning. ©© Movie: ** Diners Movie: "Lo	Blood ive" (2011) n Travolta, v ½ "The No Diners ove, Roman ey Chabert.	In Ice Cold Vin Diesel. Movie: *> teen Cand otebook" (2 Diners	Blood CC *½ "Six- lles" CC 2004) Diners
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49 50 51 53 56 59 60	Snapped (5:00) "Fast Movie: ★ Astin, Josh Below Dec Diners (6:59) Mov Romance) In Touch Pawn Stars	st Five" ** "The G Brolin, Jef k Diners ie: "Sweet Nikki Deloa	must battle Snapped: Movie: * # conies" (1: Cohen. © Movie: * # Diners Autumn" (2: ch. © CUDV Huckabee Pawn Stars	Behind Bars T "Fast & F P85, Childre T "The No Diners 2020, S) (N) ©	"Misook W furious" (20 en's) Sean stebook" (20 Diners Movie: "Ta DeLoach, Some Pawn Stars	Movie: ** Movie: ** Movie: ** Olivia New Olivia New Olivia New Hour of Po S (N) CC	ful Hela. In Ice Cold esel. © * * "Greas ton-John, S Gosling. © Diners eins" (2021 Premiere. wer	Movie: ** e" (1978, Notockard Ch. Diners) Nikki GE Youseff	In Ice Colc "Fast F Musical) Joh anning. © Movie: * Diners Movie: "Lo (2019) Lac Huckabee Pawn Star	Blood ive" (2011) n Travolta, * ½ "The No Diners ove, Roman ey Chabert. cc s	In Ice Colc Vin Diesel. Movie: ** teen Canc btebook" (2 Diners ce & Choo © (DVS) Some Pawn Star	Blood ©C * ½ "Six- lles" ©C 2004) Diners olate" Fontaine s ©C
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8	Wheel of Fortune	Jeopardy! (N)		reo Live) 🚾		nination"	The Good "New Begin		WMTW News 8	Jimmy Kim Live! ©		Nightline (N) ©€
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=	Big City	Big City	Big City	Big City	Sydney-	Almost	Big City	Big City	Ladybug	Ladybug	Ladybug	Ladybug
<u>(68)</u>	Greens	Greens	Greens	Greens	Max	Never	Greens	Greens	& Cat	& Cat	& Cat	& Cat
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70	1(6:30) Mov	ie: ★★½ "E vester Stall		n " (2013,		★★ "John	Wick " (2014 rist. CC (DV		Futurama	Futurama	Futurama	Futurama

A World Without Gas Caps Is Here; Jump Starts Can Be **More Complicated with Newer Cars**

DEAR CAR TALK: In a recent column, you talked about how a vehicle's emissions system monitors itself for leaks. And that if a gas cap is loose and lets vapors escape, that will turn on the check engine light. Well, neither my 2019 GMC Terrain nor my wife's 2021 Honda Accord even have a gas cap. And I'm pretty sure they were not stolen! How is that possible? There is no way for the tank to be pressurized without a cap. And gas fumes can certainly evaporate and escape through the filler spout. What's going on, Ray? — Scott

RAY: Oh no. GMC and Honda forgot to order gas caps!

Actually, I think Ford was the first manufacturer to go "capless." It's not really capless. The cap is just on the inside now. It's a spring-loaded flap located just inside the filler opening.

When you insert the fuel nozzle, it pushes the cap out of the way and allows you to add fuel. When you remove the nozzle, the internal cap springs back into place. It has a rubber O-ring around it to seal the filler opening and keep both gasoline and vapors from escaping.

So it works exactly like a gas cap does, except you never have to remove it, replace it, tighten it or go back to the gas station because you accidentally left it on top of the pump and drove away. A week ago.

These capless filler necks have been around for years now, and they seem to work great.

The only downside is that if you need to add emergency fuel — from a can with a flexible hose, for instance — you can damage the cap mechanism. So, several companies, like Ford and Honda, include a little plastic spout to use just for that purpose. You can check your owner's manual to see if your car has one, and where it's stored.

Think of the world without gas caps like wireless internet, Scott. The lack of a wire doesn't mean you can't check your email. It just means you no longer have a wire to trip over.

DEAR CAR TALK: We live in Minnesota and have two 2009 cars, which we park on the street. Last winter, the battery failed on one of our cars when the temperature had been below minus 10 degress for ... awhile. As sensible Minnesotans do, we have jumper cables in the trunk. A friendly shopkeeper offered to let us jump our car off of hers. White on white — red on red — but there were no white and red terminals on her newer, more modern battery! It was a more recent Chevrolet. Please explain! — Sharon

RAY: Jump-starting is more complicated than it used to be, Sharon. Just like feeding a family of four.

You used to be able to throw some slop on four plates, and everybody was happy. Now one person is vegan, another is pescatarian, one is lacto-ovo and the fourth one refuses to eat breadcrumbs.

87 Flourished

95 Not sit still

98 Abundant

109 "-- Bovary"

110 Blvd.

111 Swerve

114 House site

120 Male doll

122 Samovar

134 Lariat

142 Reeked

143 Buver

145 Pens

147 Coasters

121 Moose kin

91 Censor

Cars used to have two, easily accessible and clearly marked battery terminals. But now, lots of manufacturers don't want you getting anywhere near the battery. And some batteries aren't even under the hood anymore.

Many now have "jump points," which are standalone, remote terminal ends designed just for jump-starting.

So, if you either don't see the battery, see the battery but can't reach a terminal, or see the battery, but don't see a plastic cover with a plus sign or the letters "POS" on it, check the owner's manual for the position of the jump points in the

By the way, every car my late brother Tom owned had the letters POS on it. But in his case, they had periods after each

Anyway, the jump points will usually have a plastic covering and will have that same plus sign or POS designation for the positive terminal. Once you find that, remove the plastic cover and attach your positive cable to that metal post.

The approved order is positive dead car to positive live car. Then negative live car and negative dead car. Then duck.

Actually, we recommend that instead of attaching the final jumper clamp to the negative terminal of the dead car, you attach it to a solid, substantial, bare piece of metal in the engine, like the engine block. That way, when that last connection creates a small spark, it won't be near the battery.

You can also use the engine block as a negative terminal if you can't reach the negative terminal or if the car doesn't provide a negative jump point for you.

But if you're in doubt about how to do it, call for help. Don't risk your safety or your car's electronics, unless you're in imminent danger of being eaten by mountain lions.

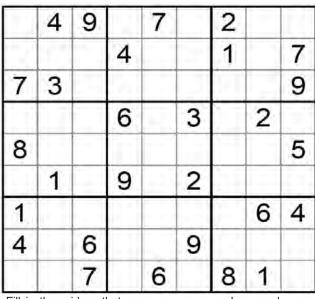
Once you're done and you've got your car running, Sharon, the next step would be to move to Florida. Minus 10? Really?

Got a question about cars? Write to Car Talk in care of The Free Press, P.O. Box 1076, Camden, ME 04843-1076 or via email by visiting www.cartalk.com.

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Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats. That means that no number is repeated in any row, column or box. Solution, tips and computer program at www.sudoku.com Sudoku solution on page 24.



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ACROSS 1 Buffet choices 6 Deviates 10 Thin clouds 15 Longbow's sound 20 Black billiard ball 21 Transplant 22 Total indifference 23 Harder to find 24 Bag 25 Heroic quality 26 In the air 27 Wouldn't hurt --28 Cliffside abode 29 As -- (usually) 30 Done with little interest 32 Ruffles 34 Composed a story 36 Hot time in Paris 37 Voucher 40 Very, in Veracruz 41 Dash widths 42 Disappoints (2 wds.) 47 Daughter of Hyperion 49 Chatter at length 52 Hearty laughs 53 Fork over 54 Military activities 56 Burn 57 Midwest airport 59 To what place 61 Snake shapes 62 Nurse's concern 63 Golfer's shout 64 Parched feeling 65 Like instant cocoa 67 Go slow 68 The Force was with him 69 Farm denizens 72 Outback bird

73 Setback

79 Shad's eggs

80 Get wind of

81 Lay down

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DOWN Tableland 92 Dept. store inventory 2 Aachen article 93 Furniture buy 3 Culture medium 94 Curved lines 4 Economy 5 Roundup unit 6 Annual 100 Delhi nursemaid 7 High mark (hyph.) 101 They're almost grown 8 Cashmere 102 Early Peruvians 9 Fling 10 Spear or club 106 Roof overhangs 107 Pistol fights 11 Bays 108 Give -- up (help) 12 Saw logs 13 Breathe hard 14 In -- (as found) 15 Pamphlets 112 Thicken, as pudding 16 Blew gently 113 Edmund Hillary's title 17 A Guthrie 18 Poet's contraction 19 Cloudy 115 Vovage end 21 Insulation meas. (hyph.) 118 Milne marsupial 31 Mesh fabrics 33 Little rascals 35 Vicksburg fighter 38 - d'oeuvres 125 Walked softly 39 Mother of Horus 127 Energy renewer 132 Mall for Plato 42 Tempt 43 Make ends meet 138 Posh hotel lobbies 44 Ran 139 On-ramp sign 45 Armed conflicts 140 De Palma or Dennehy 46 Nikita's no 141 Social mores 48 As well as 49 Class ender 50 Microsurgery tool 144 Shoppers' guides 51 "-- you serious?" 52 Feet containers 146 Exhibits pictures 55 Fewer 56 Residential area 148 Fencing sword 57 Recently (2 wds.) 149 Romantic appointment 58 Ear dangler 59 Cry of glee

60 Secrete

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69 Old hand

64 Business class

70 Cash substitute

- 15 130 143 46 147 71 Retaliates (2 wds.) 96 Walk unsteadily 74 Noteworthy periods
- 97 Perjurer 75 Waning 77 Good connections 98 Loud burst of noise 99 Molten rock 78 High note 80 Knife handles

83 Drops behind

86 Unfrequented

89 Unwritten test

90 Reside

92 Repair

101 – kwon do 103 Summon 104 Running wild 88 Weaker, as an excuse 105 Hardens, as glue 107 Dover's st.

109 Watch over

111 Minibuses

- 112 Diner coffee 113 Car models 116 While
- 117 Loses it 100 Ayla's creator Jean -118 Surrounded 119 Abalone eaters 120 Black belt sport
 - 121 Tabloid staffer 123 Swiss capital 124 Deep black 125 Self-confidence

126 Not on all fours

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130 Med. plans 131 Whimper 133 Hold tightly

135 Mariner's shout 136 Crests 137 Like some mgrs.

Crossword solution on pg 24.

What can you GO GOT FUN this weakenes

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