

THE FREE PRESS

FREE
Take One

TUESDAY, FEBRUARY 18, 2020

Serving Midcoast Maine since 1985 • www.freepressonline.com

VOL. 36 NO. 7

In this issue...

China's Big, Bad, Unexpected Event
— See MIKE ROSKIN, Page 3

'Lobster Lady' Named Grand Marshal
— PAGE 9

Betting and Budgets
— See EYE ON AUGUSTA, Page 6

Café Miranda Benefit Breakfast
— PAGE 12

The Optimistic Birder
— See DON REIMER, Page 17

Cabin Fever Film Fest Returns
— PAGE 21

Art on the Coast 10
Astrologically Speaking 26
Business Service Directory 29, 30
Calendar of Events ... begins on page 22
Car Talk 35
Classifieds 31-32
Crossword 35
Dining 10
Home & Garden 18,19
Letters & Opinions 2-3,8-9
Market Basket 32
Movie & Video Shorts 24
Obituaries 22
Outdoors 16,17
Sudoku 35
TV Listings 33, 34
Weather & Tides 17

The governor has almost nothing in her new proposed budget that would change things

Concentration Camps for the Troublesome Poor

by Lance Tapley

"Prisons are concentration camps for the poor, especially for people of color."

— Raymond Luc Levasseur, the former Maine radical militant who spent 20 years in prison

Look closely at the accompanying photograph. Notice the big scar on Michael James's forehead. He recently got that, he said, by headbutting the walls of a solitary-confinement cell at the Mountain View Correctional Facility in Charleston, deep in the country northwest of Bangor.

He also has a big, banded wound on his left wrist, where he had "cut up." He has cut himself there several times. He said he had been put in solitary for three days because of his cutting up, which had come from feeling frustrated that he couldn't get medication for back and foot pain.

When I took the photo, Michael had just participated in a "smudging" ceremony. A Wabanaki group has been conducting "healing circles" within Maine's prisons. If anyone in the state needs healing, it's Michael. (I'll use his first name because during 15 years of writing more than 120 articles on the prison horrors — he was a subject in my first piece — he has become a friend.)



DEEP STATE



Michael James at Mountain View

PHOTO: LANCE TAPLEY

Michael is a poster boy for much that's wrong with American mass incarceration. When I first interviewed him, he had been in the maximum-security Maine State

DEEP STATE continues page 7

BEP finishes weeklong review of proposed salmon farm —

Notes from the Nordic Aquafarms Hearings

by Ethan Andrews

Nordic Aquafarms posted to Facebook the morning of February 11: "Show-time!"

Representatives of the company spent most of the next week in front of the Maine Board of Environmental Protection, which is reviewing four critical permits for Nordic's proposed land-based Atlantic salmon farm in Belfast. The hearings, held from February 11 to 14 at the University of Maine Hutchinson Center in Belfast, were the most exhaustive public review of the contentious project to date.

A little more than two years ago in the same conference room, Nordic Aquafarms went public with its plan to build the largest land-based salmon farm in the world, producing 33,000 metric tons per year. That distinction was snapped up almost immediately by Atlantic Sapphire, which has since broken ground on a former tomato field outside of Miami and plans to open the first phase of a 220,000 metric ton salmon farm in August.

Erik Heim, Nordic Aquafarms' founder and president, gave a nod to the slow permitting process on February 11, saying his company is "a few million dollars poorer and a few thousand pages richer" than in 2018. He delivered the line

Notes from Nordic Aquafarms continues page 4

ROCKPORT
automotive
www.rockportautomotive.com 236-2431

Giving Back...
For the month of February we are donating \$5.00 of every oil change to Community Investors of Knox County

Come On By...
We'll leave the lift down for ya!
271 Commercial St., Rockport

Darby's
Restaurant & Pub
155 High Street
Belfast
338-2339

WARREN DENTAL
"ALL PHASES OF GENERAL DENTISTRY"
EMERGENCY CARE FREE CONSULTATION
273-2835 at the junction of U.S. 1 & Rte. 97 • Warren 1-800-464-6551

Huston Tuttle
404 Main St. Rockland 594-5441
Mon - Sat 10:00 - 5:00

Art Supplies for all ages.

EXTERIOR HOME RENOVATIONS
Standing Seam Metal Roofing • Vinyl Siding and Windows • Garages • Decks • Additions • Asphalt Roofing
Call for a Free Estimate
1-800-464-3039
www.all-season.com

GOLD-SILVER-PLATINUM-DIAMONDS
Get CASH
George Holmes Jeweler LLC
376 Main St. - Rockland 594-4552

SAME GREAT BAGELS SAME LOCAL & ORGANIC FOODS

BAGELS
SANDWICHES PRODUCE
BREAKFAST MEATS
ESPRESSO DAIRY
MUFFINS BULK
LUNCH BEER

OPEN TO ALL, EVERYDAY
750-754 MAIN ST, ROCKLAND

LUMBER & HARDWARE
E.L. SPEAR, INC.
SINCE 1900

MAPLE SUGARING SUPPLIES
Full Line of Equipment & Supplies
Mon.-Sat. 7:00-5:00
Sun. closed
40 Payne Ave. (U.S. Rte. 1) - Rockland • Tel. 594-4331

Community Banking since 1888
RSB
Rockland Savings Bank, FSB

1.85% APY CD RATE*
17 month term
*The Annual Percentage Yield (APY) is available from 2/1/20 - 2/28/20. A minimum opening deposit of \$500 is required. All interest must remain on deposit for 17 months to earn the APY stated above. Fees could reduce the earnings on the account. A penalty may be imposed for early withdrawal.

www.rocklandsavingsbank.com
582 Main St. Rockland ~ 594-8465
1341 Atlantic Hwy., Waldoboro ~ 832-4424

ADA'S KITCHEN
PIZZA • PASTA • LOUNGE
449 MAIN STREET
ROCKLAND

HAPPY HOUR
\$5 'BLICE'
[BEER + SLICE]
4:00 - 5:30PM

Notes from Lime City

No on 1, Support Public Health

by Becca Shaw Glaser and Nathan Kroms Davis

You've probably seen the signs: "Yes on 1, Reject Big Pharma." The nicest thing we can say about these signs is that they are extremely misleading. On March 3, Maine voters will choose whether to reject a law passed last year by the Maine Legislature that would strengthen public health in Maine. Public Law 154 provides more flexibility for medical exemptions from vaccination requirements, while eliminating religious and philosophical exemptions for Maine students, children in preschool and day care, and for employees of day care facilities. Voting "no" on Question 1 means that the new law will stand, strengthening public health in Maine. Voting "yes" means the law will be repealed, weakening Maine public health standards.

This is especially relevant in Knox County, which has the highest rate of kindergarten vaccine exemptions in the state, according to Maine Department of Health and Human Services. And our local state senators, Dave Miramant (Camden) and Erin Herbig (Belfast), were among the only three Democrats in the Legislature to oppose Public Law 154.

To learn more about the Yes on 1 campaign, we visited its website. The homepage leans heavily on "Reject Big Pharma" rhetoric, to which we are sympathetic. After all, who loves giant multinational corporations? But when we clicked on "Myth vs. Reality," the illusion fell apart with the jaw-dropping claim that "despite the portrayal in the media, there is no documented evidence that under-vaccinated children pose any risk to others."

Wow. People have truly forgotten about our relatively recent pre-vaccination past in which huge numbers of children died. Indeed, children around the world are still dying from under-vaccination. The nonprofit Population Reference Bureau reports, "Each year, about one in five children who dies before his or her fifth birthday dies from a vaccine-preventable disease. Measles alone kills more children worldwide each year than HIV/AIDS, Sudden Infant Death Syndrome, traffic accidents, or drowning."

Cemeteries in Maine and elsewhere are full of tiny children's tombstones from the pre-vaccine past. Polio peaked in the U.S. in 1952, causing over 3,000 deaths and 21,000 cases of paralysis. The modern polio vaccine was announced in 1953, and by 1961 only 161 cases of polio were recorded in the U.S. Recently, Maine's low whooping cough vaccination rates appear to be giving the bacterium a playground to mutate, infecting even vaccinated people.

Facts about Public Law 154:

1. Public Law 154 provides more flexibility for medical exemptions. Medical exemptions can now be given by licensed physicians, nurse practitioners and physician assistants. These medical professionals are free to decide what qualifies for a medical exemption. Before this law, they had to adhere to strict criteria determined by the state.

2. There are different requirements for children entering day care or preschool versus entering kindergarten. But the general required vaccinations are the time-tested ones against polio, measles, mumps, rubella, hepatitis A and B, diphtheria, tetanus, whooping cough, meningitis, and chicken pox. Vaccines for flu and HPV are not required.

3. The law allows for spacing out vaccines as appropriately determined with a licensed medical provider. Although no reputable studies show that the recommended simultaneous vaccinations, and schedules, cause extra problems in children with healthy immune systems, guardians can request that their medical provider space out a child's vaccination schedule. There are still milestones for vaccinations, based on age for day care, and by grade for K-12 (K, seventh, and twelfth). But between those milestones there is room to spread out vaccines as much as necessary. If a child has additional medical factors, a medical exemption can be used.

4. What about Big Pharma? Sure, these corporations are profit-motivated, but when compared to other types of medications, vaccines are a small part. Global pharmaceutical revenue is expected to be about \$1.3 trillion in 2020, and only about 4.6 percent of that will come from vaccines.

5. No reputable scientific studies bear out the idea that vaccines are riskier than not vaccinating. Most negative reactions are minor — slight swelling or bruising — and the World Health Organization (WHO) writes: "More serious adverse [vaccine] events occur rarely (on the order of one per thousands to one per millions of doses)."

The grassroots group Suit Up Maine has great information about the new law at suitupmaine.org/vaccine-guide. For general information about vaccines, we highly recommend the WHO's vaccinesafetynet.org.

We don't like depending on giant for-profit corporations for our health care. But the way to address the problem of Big Pharma is regulation, transparency and a nonprofit health care system. Vaccinations have transformed the landscape, creating some of the greatest improvements in public health and children's life expectancy of the past century. Let's not go back in time. Please vote "no" on 1.

Vote Her Out of Office—

We know when Susan Collins uses the words "disturbing" and "troubling," she is going to faint to the center as if she were serving the people of Maine and democracy. Instead, she throws a right punch in favor of Donald Trump and her extreme right-wing wealthy donors.

To no one's surprise, she's done it again on the impeachment of quite possibly the most corrupt president we have ever had. She began with one of her favorite ploys the previous week when she made an 11th hour announcement that she would vote to hear witnesses once it was clear her vote would not make any difference to the Republican agenda.

We've been pretending Collins is a moderate representing Mainers' concerns in Congress. We have also told ourselves she is a powerful and influential woman there. We've now caught on that she is neither. After her Kavanaugh vote (center faint, right punch), she raked in her biggest haul of out-of-state money in her entire career. The Texas oil industry has donated more to her campaign than Maine voters. Not only does Collins vote for money, she's so ineffective she can't seem to bring any other Republican senators over to her side.

It's troubling and disturbing when a woman throws aside her values for money and the approval of a man like Donald Trump. We look forward to voting her out of office in November.

Linda Buckmaster, Belfast

Vote Yes on 1—

We are writing to urge you to vote Yes on 1 to reject Big Pharma. Since pharmaceutical companies were exempted in 1986 from liability for injuries that occur from vaccines, the number of recommended doses for children has grown to 69. Many parents have concerns about the aggressiveness of the current schedule. Big Pharma is pushing legislation across the country to mandate participation in the vaccine program in exchange for education.

Our rights as parents to make medical decisions for our children should not fall prey to pharmaceutical companies' pursuit of profit.

Voting "yes" on 1 is a vote for medical freedom, bodily autonomy and a vote against tyrannical corporate governance.

Visit rejectbigpharma.com for more information on this grassroots effort by Mainers for Mainers to maintain basic human freedoms for all.

Rebecca Carter, Rockport

David Harrach, Thomaston

Andrew and Jennifer Marshall, Thomaston

Ethan and Melissa Hall, Hope

Louisa Enright, Ph.D., Camden

Diana Day, Camden

Katie Wilson, Rockport

Nisa Smiley, Camden

Rob and Jan Spencer, Camden

Joanna Nymanson and Evan Obercian, Lincolnville

Warren and Bethany Allgrove, Lincolnville

Sherry Stanley and Michael Keating, Owls Head

Facts Count—

Here's the thing: I am all for allowing parents deciding to not vaccinate their kids. You have "agency" over them and are responsible for them, however your decisions turn out. You also get to cover their medical bills, correct?

Good thing to have, freedom, I would say. But ... and a big "but" it is, your freedom stops when you harm others.

So, go ahead, do not vaccinate your children. That means you will be homeschooling them. So, good, they are not in school with all of our kids. Please keep your kids inside, and do not bring them to the public library, the swimming pools, beaches, lakes, the movie theater, the local stores, big and small, etc.

Without a vaccination, you can be a carrier of some of these diseases without contracting the disease itself. Search for "Typhoid Mary," a real person, who infected 51 people, three who died.

Kind of a lousy life for your kids, but it is what you have chosen. They are statistically in more danger at home from a fall down some stairs or a dresser tipping over than they are from side effects from vaccines.

I am old enough to remember the sheer terror felt by school kids over polio until there was a vaccine. The images of kids' lives spent living in an iron lung are still very clear to me. Please do an online search about this and educate yourself.

And — America, just because you do not "like" science does not make it any less real. Facts count.

Vote "no" on the referendum that is attempting to repeal our sensible law on March 3.

Paul Sheridan, Northport

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.

Vote 'No' for Science—

In 2019 the Maine Legislature approved Public Law 154, removing religious and philosophical exemptions to school-required immunizations. This law was enacted to ensure that, to the extent possible, public school children would be protected from the spread of preventable diseases such as measles, mumps, rubella, chicken pox, tetanus, diphtheria and pertussis. While this law seeks to protect all children, it is especially important for the protection of medically fragile children. Question 1 on the March ballot seeks to overturn this important public safety accomplishment.

In the drive to overturn Public Law 154, the protagonists have sought to cast this as a campaign against big pharmaceutical companies. While these corporations have done many things to damage their collective reputation and are a now frequent focus of political ire, characterizing the need to maintain school-required immunizations as a fight against pharmaceutical interest is a dishonest and cynical manipulation of public perception.

The argument for those who seek to overturn Public Law 154 is not with the pharmaceutical companies, but it is with evidence-based, medical science that informs us that vaccines are effective in preventing diseases, saving lives, and helping to keep all of our children safe. Let us continue to support and sustain reasonable legislation that protects children and individuals from vaccine-preventable diseases. Voting "no" on Question 1 is the best we can do!

Neal Guyer, Thomaston

It's Not 'Big Pharma'—

Please vote "no" on Question 1 at the March 3rd Maine elections. Last year the state passed important legislation that further protects our children by enhancing requirements for vaccinations. That law eliminated so-called "philosophical" and religious exemptions for school attendance and health-care employment. Most all scientists, public health professionals and physicians agree that immunizations work to protect our children from communicable diseases such as measles, chicken pox, whooping cough, polio and mumps. But you have to have the vast majority of the target population immunized for it to work for the community as a whole.

Opponents would have you believe that "Big Pharma" corporations are the ones promoting immunizations for their profits. Not so! Ask any pediatrician, family physician, nurse or health professional what they believe. They will likely tell you that there is over 100 years of proven efficacy of vaccines to fight contagious diseases, and that they get their own children immunized. Voting "no" on Question 1 will help protect your children and grandchildren and the health of our community at large.

Roy Hitchings, Camden

Retired CEO of Pen Bay Medical Center

THE FREE PRESS

Mail: P.O. Box 1076, Camden, ME 04843-1076
Physical: 6 Virginia Ave., 2nd floor, Camden
207-596-0055 • www.freepressonline.com

Display advertising: deadline 10 a.m. Friday.

For advertising rates, advice, and information, call 596-6696, or e-mail advertising@freepressonline.com.

Classified ads: deadline noon Wednesday. Call 596-6696 to place an ad; or see the classified page in this issue.

Calendar items and press releases should be received by noon Wednesday;

Letters to the editor should be received by noon Thursday — email them to copyedit@freepressonline.com or by regular mail to the address above.

Call 596-0055 or e-mail ethan@freepressonline.com with news items, questions.

Associate Publisher & Advertising Manager, Steve Davis, admanager@freepressonline.com

Executive Editor & General Manager, Wendell Greer
Managing Editor & Staff Writer, Ethan Andrews, ethan@freepressonline.com

Publisher & Editor Emerita, Alice McFadden

Contributing Writers, Andy O'Brien, Lance Tapley,

Tom Sadowski, Eva Murray, Mike Roskin,

Georgianne Davis, Don Reimer, Judith Hatch Orme,

Nate Davis, Becca Glaser, Elisa Ross

Advertising Representatives:

Glenn Billington, Deena Carafelli,

John Jensen, Sanford Delano, Charles Berry

email: advertising@freepressonline.com

Classified Ads, Administrative Assistant, Robin Anderson

Art/Layout Design/Production Department: Wendell Greer,

Kate Boughton-Hummel, Dan Kirchoff, Ben Kann

Copy Editors & Proofreaders, Ann Greenleaf, Ed Carroll,

Judith Soleil, Amelia LaRoche

Calendar Editor, Amelia LaRoche • *Web Master*, Dan Kirchoff

Circulation, Parker Wadsworth, James Blackman,

Bill Payson, Glenn Wooster, Carl Rhode

Publisher, Jim Kendrick

Published weekly by Free Press, Inc.: President, Reade Brower. Contents of this issue © 2020 Free Press, Inc., all rights reserved. No portion of this publication may be reprinted without the express written consent of the publisher. Publisher reserves the right to refuse any press release or ad for publication. In the case of errors on ads, *The Free Press* will not be responsible for more than the cost of the ad for one week's insertion.

Established 1985 by Reade Brower & Martha McSweeney Brower

LETTERS / OPINIONS

Trump's Phony Peace Plan —

I have labored under Quaker auspices for five decades and journeyed to the Middle East eight times to work for a just settlement of the Israeli/Palestinian conflict. Over time I have been dismayed by the relentless dispossession of Palestinian land, rights, and prospects for a secure future.

President Trump's recently announced "deal of the century" is no peace plan. Rather than an accord negotiated in good faith with Palestinian participation it is the administration's final step in imposing the Israeli wish list on long-occupied Palestinians against their will. The Palestinians have been mere bystanders in this brutal exercise. The deal violates international law and decades of U.S. foreign policy. The proposed plan brazenly adopts the policies of the extreme right wing in Israel to promote the re-election of now-indicted Prime Minister Netanyahu (and now-impeached Trump).

The Trump administration had already shredded any pretense of honest U.S. support for a negotiated outcome. It pre-empted crucial issues that should be resolved bilaterally such as annexation of the Golan Heights, cutting off funds for Palestinian refugees (an international obligation), and moving the U.S. Embassy to Jerusalem in defiance of law and our allies.

Now Trump grants previously unimaginable approval for direct Israeli annexation of the Jordan Valley (!) and the illegal settlements in the West Bank. Palestinians will be left in separated fragments of the West Bank and still be under total Israeli control.

Trump's phony "peace plan" violates law, morality, and the best traditions of U.S. foreign policy. He will perpetrate a further historical and humanitarian calamity. Once again his conduct brings to mind a Roman leader's comment on the destruction of Carthage: "They have made a desert and called it peace."

James Matlack, Camden

Broken Promises —

Susan Collins was elected to the U.S. Senate in 1996, promising in that year and again in 2002 to serve only two terms (12 years total), even signing a document supporting a Constitutional amendment to limit terms. She said, and I quote, "I do support term limits and I have pledged that if I'm elected, I will only serve two terms regardless of whether [a] term limits law [or a] Constitutional amendment passes or not. Twelve years is long enough to be in public service and make a contribution and then come home and let someone else take your place." End of quote.

That promise has fallen by the wayside. She is approaching 24 years of service and has now announced she is running for a fifth term (30 years total and counting). She broke her promise, twice, to the citizens of Maine in order to get elected and retain her power. She learned early on how to play the game. What does that say about her character and integrity? Will we continue to ignore her broken and dishonest promises?

She also deceives her constituents by continually calling herself moderate when in reality she voted with her party 90.5 percent of the time during the 115th Congress — 2017–2018. Moderate? Hardly.

She needs to honor her way-past-due pledge to us and leave office. As for Maine citizens, we need to realize she is not whom she claims to be. Reward her by voting her out.

Leslie Poole, Rockland

Dear Senator Collins —

During the Kavanaugh hearings, I wrote you a letter asking you to see behind the Supreme Court nominee's protests of innocence. I invoked your courageous predecessor, Margaret Chase Smith, who stood up to the witch-hunting Joseph McCarthy. Alas, you voted to confirm this under-qualified man, offering the bizarre explanation that his accuser misremembered who did the assault!

In the impeachment trial, we find a similar pattern: you supported Trump in spite of overwhelming evidence — of his manifold abuses of power, his historic levels of corruption, and his everyday assault on the rule of law, freedom of the press and human decency itself. And after you voted against impeachment, you again showed your talent for mental contortion by proclaiming that Trump had learned his lesson!

Tell me, please: How is it possible for a woman of your age and experience to be so naive? To believe that this power-hungry man would do anything but put pedal to the metal to promote his dark, inhuman agenda.

Senator Collins, it is clear that you no longer possess the sound judgment the people of Maine need to guide us forward in these troubled, divisive times. So I call on you to resign, since you have failed to uphold your duty to serve the people instead of the powers that be — which, not incidentally, is what our Founding Fathers held foremost in their minds as they drafted our Constitution.

Step down, Susan. It is your only path of honor.

Dale Hueppchen, Lincolnville

Moral Obligation —

I am deeply disappointed Trump will not be removed from office, but it was a foregone conclusion. I have never belonged to a political party; I do not believe in them. The founders of the Constitution did not really foresee them or they would never have stated that the runner-up should serve as vice president. Let's be clear before what I have to say is merely discarded as simply Democratic propaganda. I have voted for Senators Cohen, Snowe and Collins, and I revere Senators Margaret Chase Smith and Bill Cohen for not being afraid to take a stand against injustice, bigotry and unlawful behavior even if it meant confronting the powerful within their own party. Trump politicized his unlawful behavior, making it appear Democrats against Republicans, and the Republicans cowered behind his cloak and complied. All during the mock trial both sides spoke of the Constitution, but the Constitution is not the document upon which this nation was formed. It is merely an operation manual. This country was formed on a moral declaration, and this should never be forgotten: that we are all created equal and endowed by our Creator with inalienable rights. These are universal rights, innately ours; they cannot be given to us for we are born with them, they can only be robbed from us. We have struggled against oppression to affirm these rights for over 200 years. They are the promise of our nation and the ethical responsibility of those who lead it. The leader of our nation is morally obliged to uphold these "truths" and if he does not, as the Declaration purports, he must be removed. I shall no longer call Trump president for he should have been stripped of the title, and I am not speaking merely of the Ukrainian ordeal, I am speaking of his repeated attacks on humanity's most basic universal rights; Trump has violated these "truths." He has attacked our freedom to know, calling the press fake news, while lying to our faces on national TV. He has verbally attacked and debased women. He did the same to U.S. citizens of Mexican ancestry. He threatened the life of the whistleblower. He has condoned white supremacy while calling our predominantly black Caribbean neighbors s[hit]hole nations. He demonized Muslim and Honduran refugees and took their children from them, placing the children in something resembling prison camps. He removed the 50 odd troops, his number, that kept Turkey from invading the Kurds, our allies, and gave the Turks the green light to commit atrocity. His rhetoric incites fanatics to commit hate crimes, yet he continues to fan those flames. How far do we go in letting him trash our common humanity? He declares he is going to make America great again, but without a moral basis to his talk, he sounds more like Mussolini or Hitler.

I do not understand why the Christian right reveres this man. Do you not read the same Bible as I? What of Jesus's parable of the Good Samaritan, or the words to love others as oneself, or the words of Jesus's brother James telling us to care and provide for those in need?

The Senate has shirked its responsibility. It now falls upon us. This is not a political issue; it is an ethical reality. It is our unequivocal, moral obligation to vote him out of office in November.

Mike Beaudry, Montville

Where the Polls Never Close —

Kindness. Respect. Integrity. Not only are these traits vital to our day-to-day lives, but also essential to our very survival. Regrettably, not everyone is seeing the value in such heart-driven principles, as we are experiencing unsettling times. And despite the immense challenges humanity continues to face, many remain preoccupied with political theatrics rather than engaging in respectful dialogue on ethics and how to build a better world.

To be clear, I recognize the value of staying tuned in. Awareness is imperative, and to dismiss reckless behavior only encourages more of the same. However, perhaps it would be wise to take breaks from the insanity. Or better yet, place our attention on what we are for, rather than who or what we are against.

It's time for us all to lay down our arms, take a deep breath and cast a vote for kindness, civility and reverence for all. This referendum, however, has nothing to do with 2020 politics or which side of the aisle you sit on. Instead, it is a life-affirming vote concerning your heart — the very place where polls never close, and the only candidate up for election is you.

Mahatma Gandhi once said, "My life is my message." Of course, this same philosophy applies to all 7.7 billion people on our planet. So I ask you: What is your message in these trying times? Is it one of compassion and unity, or anger and hostility? Chaos or kindness? Please choose wisely. Your decision will not only determine your legacy, but also our children's future, the direction of our country and the very fate of humankind.

Michael J. Chase

Founder of The Kindness Center, Camden

Black Swan Bites China

by Michael G. Roskin

Several American scholars and journalists predict that looming crises in China could change or even collapse the regime. We might call them "China pessimists." Others, "China optimists," argue that China's Communist rulers have devised a durable, resilient system. We just got an indicator of who's right.

A "black swan" — a big, bad, unexpected event — took a bite out of China's veracity and GDP. The coronavirus outbreak reveals a brittle system of control freaks who concealed the epidemic for seven weeks and silenced the doctor who first reported it. Dr. Li Wenliang died of it. Then they tried to block news of his death, but it spread on social media, turning Dr. Li into a hero and flaring distrust of the regime. One black swan unmasked China's contrived stability.

A year ago, the Camden Conference heard from a China optimist that China would survive and prevail. Martin Jacques, longtime editor of the British Communist journal *Marxism Today* and author of "When China Rules the World," argued that the liberal Western order is foundering and a new order is aborning. (Under Trump, alas, that may come true.)

Unpanicked, accurate predictions about China could save us from a policy stampede into armed confrontation. We got stuck overestimating a Soviet threat. Few appreciated its economic decline; its collapse was a surprise. Are we now too frightened of China? Sometimes patience — while keeping our economy and defenses up — is the best strategy.

A new scholarly book I reviewed by Feng Sun and Wanfa Zhang, who teach at U.S. universities, is titled "Why Communist China Isn't Collapsing." They challenge the China-pessimist views, proposing that the Communist leadership has constructed a flexible, workable system combining what they call "Comcapitalism," blending capitalism with state socialism, and "Comfucianism" that grafts traditional values onto Party rule. Coercion still abounds, but local complaints allow discontent to vent. Clever, but can it work in the long run?

Their prediction gives us a testable proposition. If in, say, twenty years, the Beijing regime has weathered systemic crises — several of which now percolate — the optimists will have been proven right. If, on the other hand, systemic crises have forced regime collapse or replacement, the China pessimists will have been proven correct.

China's incredible economic boom is fading. Beijing claims growth of around 6 percent a year — still quite good — but some suspect it's hyped. By stuffing loans into big, dubious projects, China's state banks deliver whatever percentage growth Beijing orders. But this yields the world's biggest debts along with overproduction and vacant new cities rather than self-sustaining, unsubsidized industries.

China's growth came after waves of privatization starting in late 1978, but Xi Jinping favors state-owned enterprises (SOEs). The market sector now delivers most of China's GDP, but Xi understands that marketization weakens central rule, so he sacrifices growth for control. Xi's one-man, possibly lifetime rule portends eventual succession problems.

If China is growing, how come unemployment appears and real estate plunges? Pervasive subsidies make much Chinese industry inefficient. Zombie SOEs shuffle on because the regime requires China's four giant state banks to keep them afloat. Smaller, unregulated provincial and "shadow" banks are overextended; some fold. Xi's grandiose Belt and Road Initiative is a major drain with little gain. Much capital flees overseas. China's birthrate has plunged, predicting pension shortfalls and slower economic growth.

Worker protests over unpaid wages and the jailing of activists, attorneys, students, Christians and Muslims suggest a nervous regime. A million or more Muslims in Xinjiang have been jailed in "re-education centers" to "deradicalize" them. Might not work. Xi must crush Hong Kong democracy before it gives mainlanders notions. China's advanced Artificial Intelligence monitors everyone.

The Point: This is a frightened regime. For years, Beijing may rule via subsidies, material rewards, traditional symbols, Chinese nationalism, rigged media and tough security, but always fearing disturbances to "stability." Watch out for the black swans.

The post-Stalin Soviet Union liberalized a little but stagnated. Middle-way economies (e.g., Yugoslavia under Tito, the USSR under Gorbachev) alternated between looser and tighter, never finding stability until they collapsed. China may be caught up in this zig-zag, now in a tightening phase that punishes critical views and favors SOEs.

"Phase 1" of a U.S.-China tariff deal was just signed, but it may do little good. It merely rolls back Trump's 2019 tariffs while keeping his bigger 2018 tariffs and doesn't touch the underlying problem of Chinese state control, which Beijing will never relinquish. Phase 2 will likely stall.

So, how to handle China? If the China optimists are right, we'd better worry, because stable growth means China can build military power with pugnacious global aims. If the China pessimists are right, however, our best strategy is to wait until China's economy falters and ends its rise to global dominance. Any wagers? By the way, try ordering respiratory masks. None available. All sold out, especially in China.

NOTES FROM NORDIC AQUAFARMS CONTINUED FROM PAGE 1



Lobstermen Terry Faulkingham Jr., right, of Belfast and Hunter Penney of Waldo speak against the salmon farm at a February 11 public hearing in Belfast.

with a laugh, the first of several that day that suggested a weaker man would have lost his mind.

Heim said Nordic's record — no major incidents, disease outbreaks or escapes — speaks for itself. The company has three fish-rearing facilities in Norway and Denmark and is seeking approval for another in Eureka, California. Heim said only a fraction of the salmon eaten in the U.S. is grown here, and the market is expected to grow to several times its current size in the coming decades. "In the end, all that matters is what you produce," he said. An attendee took down the statement and attempted to use it against him at a public hearing that night.

Susan Lessard of BEP asked Heim what purchase commitments Nordic has. Lessard is town manager in Bucksport, where Whole Oceans has already received permits for a smaller land-based salmon farm. In its initial announcement in 2018, Whole Oceans said it had pre-sold 10 years' worth of fish from the facility. Heim said Nordic hasn't pre-sold because demand for Atlantic salmon is growing so quickly that there's no benefit to locking in sales.

Nordic's parent company, Nordic Aquafarms AS, has raised \$63.6 million in equity for all of its operations, including its U.S. subsidiary, which includes the Maine and California project, Brenda Chandler, chief financial officer for Nordic Aquafarms Inc. (NAF), said. The Belfast project would be split into two phases, the first costing \$270 million, the second \$230 million. Originally, it was to be funded by equity, but "debt has entered the picture," which she said is typical. Chandler said NAF is working with Carnegie, a Stockholm-based investment bank, and is in talks with another investment bank that she didn't name. Additionally, Nordic has letters-of-intent shareholders, who are "ready to go," she said, and "other investors are waiting to enter this" if NAF is approved for permits.

To navigate the stand-off — needing funding to get permits, and permits to get funding — Marianne Naess, Nordic's commercial director, said she expects Nordic would receive provisional permits from the state that could be

brought back to investors, who would see that the project is effectively approved, and so on.

Some of the official intervenors challenging Nordic at the BEP hearings argued that the \$63.6 million in equity is just 12 percent of the projected cost of the Belfast facility and isn't earmarked for that project alone. They also expressed concern that the money is being raised by the Norwegian parent company, which could decide to cut bait on Belfast.

Lawrence Reichard, a Belfast activist and freelance journalist with intervenor status, prodded Nordic's representatives about their reluctance to post a decommissioning bond, so that Belfast wouldn't be stuck with its buildings if the company fails. City Planner Wayne Marshall said the city has required such bonds for three communications towers and is requiring one for a planned 20-acre solar farm on Perkins Road because the structures don't have other uses. He said the case is less clear with Nordic Aquafarms.

Reichard, who formerly wrote a column in The Republican Journal that was highly critical of NAF and traveled to Norway and Denmark to find holes in the company's claims, said he is prepared to "do anything short of violence and property damage" to defend his home community. On Tuesday, that meant wedging testimony into his cross-examination of NAF's experts, while Nordic's attorney, Joanna Tourangeau, repeatedly, and successfully, objected.

During a break in the hearing, another opponent assessed Reichard's strategy: "I don't think we'll make a lot of progress with BEP if the opponents don't stay on topic."

The salmon farm would draw from three freshwater sources — groundwater from wells, surface water from the lower reservoir on Little River, and city water. Nordic's senior vice president of projects, Ed Cotter, said this would allow the facility to cover a shortage in any one source.

The amount the facility would draw out of the ground would be variable, he said.

Cotter said the capacity at the site would determine how the system is built, which raised eyebrows among board members. Heim clarified that freshwater would be used to

adjust the salinity in the tanks, which would be predominantly saltwater from the bay. Nordic has an ideal salinity in mind, he said, but there is a range that is suitable for raising salmon.

Company representatives fielded questions about effects on nearby private wells, which are protected by a zoning condition enacted by the city that requires NAF to correct any problems caused by its groundwater extraction. Salt was detected in one of NAF's test wells. Predictably, opinions on what this meant for the long term varied.

Of 42 speakers at an open comment session that evening, 39 opposed the project, primarily for environmental reasons.

The weeklong event, part trial, part "Shark Tank," ran 12 hours on its first day. The board seemed none the worse for wear. A reporter in attendance likened it to a campaign. A young man in a blaze-orange deerstalker commended the board, which was in its tenth hour of testimony. "I've been sitting at the back," he said. "You guys really look like you're paying attention, so thank you, I appreciate it. It's not easy."

A woman asked for a moment of silence and got tacit agreement from the room. A man put in a word for the fungi of the Little River watershed — a "pharmacy for the bees and other pollinators, which are in decline" — and closed with a quote from Thoreau: "Many men go fishing all their lives without knowing that it is not the fish they are after."

Marsden Brewer, a scallop farmer from Stonington, testified that the fishery is finally coming back after decades of industrial abuse. He feared the NAF proposal would set it back again.

Sally Brophy of Belfast challenged a statement that Naess made to the Christian Science Monitor: "To feed the world, we have to do things differently."

"Nordic isn't trying to feed the world," Brophy said. "They're trying to feed people who can afford expensive fish. They want to do this by digging a giant hole in the Belfast Bay watershed, then filling that hole with huge concrete and steel machines that require enormous amounts of power and water ..."

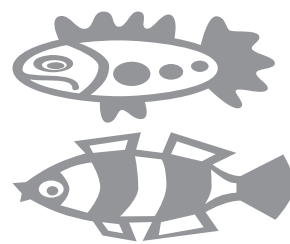
Hilary Emma read a cautionary letter from neighbors of Nordic's Fredrikstad, Norway, salmon farm: "Initially we were all positive and found the dialog with the company to be good. Now not so. First the building process lasted ages ... during construction, a gray haze of clay dust engulfed our homes, gardens and cars, time and again, as well as the lungs of our kindergarten kids. All that is history; terrible while it lasted; now comes the future ... a strange and constant humming noise 24/7."

**Experience the freedom
of our retirement community!**

Moments from downtown Belfast!

The Residence
at Tall Pines
We're locally owned!

Retirement Living in Midcoast Maine
24 Martin Lane, Belfast, ME 04915
tallpinesliving.com · 207-930-7031



WRFR FM, Rockland



Your local community radio station welcomes you! We're volunteer-powered, so tune in to hear your friends on the air at 93.3 FM (99.3 Camden) or stream online at wrfr.com. Remember, WRFR is *your* community radio station. See how you can become involved. Call WRFR at 594-0721 or visit wrfr.org for more information.



Email wrfr93.3@gmail.com for inquiries about hosting a radio show. To sponsor your favorite WRFR radio show, contact station manager Jo Lindsay at wrfr93.3@gmail.com.

NOTES FROM NORDIC AQUAFARMS

Nordic Aquafarms President Erik Heim, left, listens as hydrologists representing his company field questions on February 11 from the state Board of Environmental Protection.



As the night wore on, the speakers got younger. Thirty- and 20-somethings lined up. Young parents stepped to the lectern with children at their sides or strapped to their chests. The final speaker of the evening, Shana Hanson, had come directly from a birth. She apologized to the board for missing the earlier part of the meeting and testified with a container of milk inside her vest that she was warming for the newborn goat.

In the days that followed, the board heard testimony and cross-examination on wildlife, wetlands and streams, stormwater, air quality, blasting and noise. Supporters were represented at the hearings by The Fish Are Okay, a citizen group with official intervenor status. The group posted regular digests to its Facebook page for those not in attendance. After a dust-up between intervenor Paul Bernacki, an opponent of the salmon farm, and Nordic's representatives, the entry read: "Not worthwhile, nor productive, to describe details here but enough to say that both integrity and civility in our democratic process suffered mightily for about an hour."

In a coffee shop on the third day of the hearing, Jim Merkel, an opponent, offered an explanation of why we are now raising fish on land in recirculating aquaculture systems (RAS): Technological advancements led to overfishing — regulations always took a back seat to money, he said — and when the fisheries disappeared, net pens were pitched as the savior of the industry. Fishermen sold their boats and worked for the big companies. Years later, when the net pen operations folded, the fishermen had no boats and many had severed the link to their craft. The environment remained despoiled. "Now RAS is the savior," he said.

On Facebook, Belfast Mayor Eric Sanders said he would drink the water from the salmon farm. "It's going to be fine," he said. "We will be lessening the ozone hole by using less jet fuel to carry the current fish in. Yes it's our air it's our sky the Earth spins. Move along, nothing to see here. I'm with ya enough is more than enough."

Later sessions of the BEP hearing focused on wastewater, which has been the subject of intense public scrutiny and criticism. Nordic says the water will have been cleaned of excess nutrients to a degree unheard of in the industry. Based on its wastewater system (MEPDES) permit application, this is likely true. However, opponents say the quality of the wastewater will be worse than what's already in the bay, which is also unquestionably true.

Before leaving the facility, the wastewater would be blasted with ultraviolet light and run through screens fine enough to catch bacteria — .04 microns. This precision would be applied to a torrent of water. Experts for the opposition group Upstream Watch, unfamiliar with the exact specifications of the system, wondered how the filters would not constantly be clogged.

Kyle Aveni-Deforge, a marine ecologist testifying for Upstream Watch, called Nordic's filtration system commendable but, by the same token, concerning. If a system designed to filter 99 percent of nutrients loses one percent of that efficiency, he said, it's now letting double the amount of nutrients through.

The pipeline itself would be buried in shallower water and the intertidal zone. The farther reaches would sit a foot above

the seafloor, which is mostly mud, as deep as 10 meters in places. To keep the bundled pipeline — a pair of 30-inch intake pipes and a single 36-inch diameter outfall pipe — from floating away, as one of Nordic's experts testified would be their natural tendency, the bunch would be tethered to anchors sunk through the mud to bedrock. The end of the pipe would have three ports to diffuse the effluent and be pinched into a "duckbill" to keep the rate of flow steady. Nathan Dill, a coastal engineer testifying on behalf of Nordic Aquafarms, likened it to a party favor horn that unrolls when you blow into it.

The water coming from the salmon farm would be 59 to 64 degrees Fahrenheit. The bay at 20 feet is 36 to 54 degrees. Nordic's representatives said the wastewater would cool quickly to a level that passes state requirements. Even in the worst case, Dill said, the effluent would cool to nearly the ambient temperature "within tens of feet." Later it was estimated that this dispersion, viewed from above, would leave a warm spot roughly 20 feet by 100 feet.

Tyler Parent, a fisheries biologist testifying for Nordic Aquafarms, challenged public concern about the contents of the wastewater. "If the water coming out of that discharge pipe was bad, it would not be conducive to raising these fish inside their facility," he said.

After the hearings, Ed Cotter of Nordic Aquafarms said he felt confident that Nordic made its case. "There's a great discussion," he said. "I think we clarified a lot of the concerns that people have voiced. We put real facts to it, and we were able to explain everything very clearly to the people that matter the most in the process, which is the deciders, the board."

Kim Ervin Tucker, attorney for Upstream Watch and Maine Lobstering Union, said she hopes the board considers the "really incredible evidence" presented by opponents, for whom she believes the process has been more difficult than for Nordic Aquafarms. "They build this into the cost of business," she said. "Private citizens do not, and that's an incredible burden when the applicant is the one with the burden of proof."

The comment period closed February 18. Maine Assistant Attorney General Peggy Bensinger speaking on behalf of the board, said BEP and Department of Environmental Protection staff will analyze the information and testimony from the hearings and make a recommendation to the board. The board then will deliberate at one of its regular meetings and either adopt or deny the applications, with or without changes, or send department staff back to the drawing board.



Tenants Harbor, ME 04860
207-372-8049
Stgeorge-realty.com

GREAT LOCATION - ROCKLAND



3-bedrooms/two baths, large kitchen/den plus 2017 mudroom, half bath & new deck with hot tub. Private back yard, garage, sunroom w/ hardwood floor & woodstove. **\$305,000**

ARTIST'S RETREAT - SAINT GEORGE



Spectacular open-ocean & island views. 3 BR/2BA. Stone fireplace, wood-stove, large loft. **\$652,000**

WATER VIEW WITH ACCESS - SAINT GEORGE



Private access to Mosquito Harbor & beach. 4 bedrooms/2 baths, open concept living/dining/kitchen, 1st floor bedroom/bath, laundry, light-filled studio on 2nd floor. Full, unfinished basement w/ work bench & built-in shelves. **\$435,000**

WATER VIEW - SOUTH THOMASTON



Panoramic views of the Saint George River, room for gardens & extended family! Large kitchen, dining, living room w/fireplace, sunroom & 2nd floor family room & many wood floors. Prior history as a B&B. Oversize 2-car garage w/expansive loft. **\$365,000**

COMPACT SUV's with WARRANTIES

2017 CHEVY EQUINOX LT

- 38,000 Miles
- One Owner
- NAV & Moon Roof
- Remainder of Warranty



\$18,485

2017 FORD ESCAPE SE

- 32,500 Miles
- One Owner
- Remainder of Warranty



\$16,485

2017 KIA SPORTAGE LX

- 49,000 Miles
- One Owner
- Remainder of Warranty



\$14,985

Come Buy From the Best of the Best!



**70 Rockville St., Rockport
236-8006
herricksgarage.com**

May We Sell Your Home or Land in 2020?

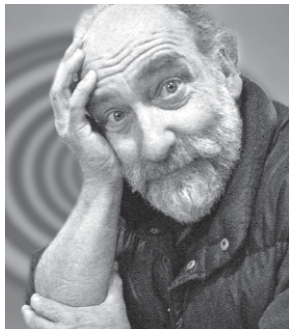
Just Saying ...

by Tom Sadowski

Getting Out of Dodge

February in Maine. If you live here, you understand what that means: you can either adjust your thinking and adapt to the dead of winter or, if you can manage it, pack up and get out of Dodge.

Last year after endlessly feeding the woodstove while wishing for more daylight, my wife and I adjusted our thinking by vowing to spend this February in T-shirts without



the long johns, flannel shirts and down vests. We would head southward for the entire month and then some.

It took extensive planning. We had to sell two camels and apply for credit under different names but we made it work. In reality, it took more effort than toughing it out and just staying home. We had never attempted an extended vacation but we

were going to do it even if it stressed us to the point of ... I hesitate to say, needing another vacation.

Leaving for six weeks is totally different than taking leave for shorter periods of time. Bills come due, houseplants need water, fuel oil deliveries have to be managed, regular monthly obligations have to be addressed and, of course, your parole officer always wants to know where you are going.

We had to wait until the dog died to pull this off. I mean, we didn't wait for him to die but the sad event, tragic as it was, allowed us to celebrate, party and travel free of concern for his well-being. May he rest in peace.

To emphasize that we wanted to relax and were not in a hurry, we chose to start our vacation by taking Amtrak from Boston to Los Angeles. You know, the train. It carries people over track pulled by a locomotive. No, silly, a diesel locomotive. Trains were the primary means of long-distance transportation for people back in your grandfather's time; okay, your great-grandfather's time.

Those trains are still running. Well, not your grandfather's trains but newer trains along the same routes; that is, along some of the routes ... actually, along just a very few of the long-distance routes. Even though freight trains are going gangbusters, long-distance passenger train routes are evaporating. It was time to get on board before we missed the train altogether.

We bussed to Boston. Boston was warmer than Maine but, you know, still freezing. From there we got seats on a day-and-overnight-and-some-of-the-next-day train to Chicago.

On the train we met Steve, a character who insisted we could get a great beer and hamburger at a restaurant he thought he remembered, if we got off the train during our short layover outside Albany. I wasn't interested but my wife was excited to think we could get off the train, party and possibly make it back before it departs. What's a cross-country train trip without taking a huge risk that you'll be left behind with a local beer and a half-eaten hamburger?

I went along, as I did not want to lose my wife to Steve and a hamburger. Steve couldn't find the restaurant even though he swears it was there 15 years ago. We found a substitute tavern, and in spite of ourselves, make it back on time.

In Chicago, we changed trains, heading straight for Los Angeles with only a few dozen stops along the way. This time we reserved a roomette in a sleeper car, as my wife assured me that she would rather tough-out the winter in Maine, barefoot in the snow, than proceed cross-country if we didn't get a sleeper. Go figure.

After a day and a night on the train I open my eyes and from my bunk determined that we had pulled into the Dodge City train station. Yes, that Dodge City. Hours later, after sunrise, we have not moved. The conductor announced that there was trouble ahead on the tracks and until the buses arrived to take all the passengers three hours around the trouble, we were stuck in Dodge City.

So there was the bus trip to another train, then a day through the plains and then a night through the mountains, which I assume was the most picturesque part of the trip, before we pulled into Los Angeles Union Station only 13 hours late.

We are now poised to begin that final leg to our destination: Australia, where it's summertime.

So far, so good. At least we got out of Dodge.

To contact the author, send an e-mail to sadowski@tidewater.net. Watch for next week's comprehensive report on summer in Australia.

© 2020, TOM SADOWSKI



Supplemental Budget, Sports Betting and Mental Health Crisis Centers

by Andy O'Brien

Committee Holding Hearings on \$127 Million Supplemental Budget

For the next two weeks, the Legislature's powerful Appropriations Committee will continue to hold public hearings on Governor Janet Mills' \$127 million supplemental budget. The biggest-ticket item in the proposal is \$32 million for K-12 education, which will move the state's share of education funding up one percent from 50.78 to 51.78 percent, but still short of the 55-percent target set by a voter referendum in 2004. The measure also includes more funding for workforce training, higher education, additional state troopers, child protective services, services for adults with severe mental disabilities, the Center for Disease Control and Prevention, wastewater treatment, hazardous waste site cleanup and to help divert people with severe mental illness from jail and emergency rooms.

"This supplemental budget is balanced. It does not create new programs. It takes care that one-time monies are used for one-time needs and that we fulfill our obligation within existing programs to take care of our schools, child welfare and public safety needs," said Mills in a recent radio address. "As the Legislature puts their own fingerprints on this document, I hope that they do so with caution, balancing the health and safety of Maine families and our workforce needs with the long-term health of the state."

In press releases and on the radio, Mills has repeatedly emphasized that \$20 million of the \$126.6-million revenue surplus would be added to the \$30 million already in the state's rainy-day fund — a pot of money set aside for economic downturns.

Nevertheless, Republicans argue that the spending is too high and that several of their priorities are not addressed in the budget.

"Our view is that large spending increases, coupled with a heavy reliance on one-time monies will likely result in increased taxes in future years," said Rep. Sawin Millett (R-Waterford), the ranking Republican on the Appropriations Committee, in a statement. "This is especially true if the economy slows, or there is a major emergency. For months, Republicans have pointed out that core priorities such as our roads and bridges, nursing homes, and individuals with disabilities on wait lists have been overlooked in favor of spending on new priorities that focus on 'wants' rather than 'needs.'"

Millett pointed out that the state's aging transportation infrastructure is underfunded by about \$232 million annually, though Republicans have fiercely opposed any gas tax increases or even indexing the current tax to inflation to repair roads and bridges. Instead, they argue that more one-time money should be used to fund those projects. Mills



Photovoltaic Panels to Generate Value at Old Damariscotta Landfill

Sundog Solar of Searsport is installing a 65.1-kilowatt solar array on the former Damariscotta landfill to provide discounted power for the municipality. The 176 solar panels will soon produce all of the electricity needed for municipal buildings. Damariscotta voters approved the solar project in June 2019; because a third party owns the solar system, the installation has no upfront cost to the town.

Damariscotta will purchase the solar electricity at a lower price than grid power, resulting in immediate savings. Over time, the solar array is expected to create greater sav-

Climate Change Effects on Earth and at Sea

Camden Public Library and Mid-Coast Audubon will host a free, public talk at the library by Colby College geology professor Bess Koffman, Ph.D., on Thursday, February 20, at 6:30 p.m.

Koffman, a paleoclimate scientist, will present the evidence for present-day climate change, placing it in the context of

also is backing a bond package that would ask voters to approve borrowing another \$100 million to fix roads, which both parties point out is merely a stopgap measure as the state manages the decline of its transportation infrastructure.

House Fails to Override Veto of Sports Betting Bill

The Maine House failed to garner the two-thirds vote necessary to override Governor Janet Mills' veto of a bill (LD 553) to legalize sports gambling in Maine. Previously, the Senate overrode the veto but only because Sen. Lisa Kim (R-Oxford County) accidentally voted to override. In her veto message, Mills wrote that she is "unconvinced at this time that the majority of Maine people are ready to legalize, support, endorse and promote betting on competitive athletic events."

Conservatives argued that the measure would lead to an epidemic of gambling addiction. Speaking to WABI TV, Rep. Scott Strom (R-Pittsfield), the bill's co-sponsor, said he lobbied his colleagues hard to support the measure, but "... we have a lot of representatives down here that need to get permission today from the Maine Christian Civic League before they can vote for a certain bill and they just didn't get that permission today and that's why they voted their 'no' vote."

Strom's comments infuriated far-right Rep. Larry Lockman (R-Bradley), who said he doesn't "need anyone's permission to vote for or against any bill."

"[Strom] has a history of making wild accusations against unnamed fellow Republicans, and then sprinting for the tall grass when he's called out," Lockman wrote. "This appears to be a case of sour grapes. Strom has so little influence in the House GOP caucus that he fell way short of getting the votes he needed to override the veto."

Speaking in favor of the bill, independent Rep. Jeff Evangelos of Friendship argued that sports gambling is already happening, so at least the state would be able to get some revenue from it.

"We can't legislate fun," he said. "People have fun doing this and they're going to do it whether we legalize it or not."

LD 553 — Sports Betting (needs two-thirds majority)

House (85 Yeas, 57 Nays)	Genevieve McDonald (D-Stonington) Y
Anne Beebe-Center (D-Rockland) N	Bill Pluecker (U-Warren) Y
Scott Cuddy (D-Winterport) N	Holly Stover (D-Boothbay) Y
Michael Devin (D-Newcastle) X	Stanley Paige Zeigler (D-Montville) Y
Jan Dodge (D-Belfast) Y	
Vicki Doudera (D-Camden) Y	U = unenrolled
Jeff Evangelos (U-Friendship) Y	X = absent E = excused
Jeffrey Hanley (R-Pittsfield) Y	Senate (20 Yeas, 10 Nays)
MaryAnne Kinney (R-Knox) N	Dana Dow (R-Lincoln Cty) N
Ann Matlack (D-St. George) Y	Erin Herbig (D-Belfast) Y
Chloe Maxmin (D-Nobleboro) Y	Dave Miramant (D-Knox Cty) Y

Bill to Create Mental Health Crisis Centers

The Health and Human Services Committee will take up a measure on February 24 that aims to address the shortage of facilities to treat people suffering a mental health emergency. LD 803, sponsored by Rep. Charlotte Warren (D-Hallowell), would establish four crisis intervention centers throughout the the state that would be operated by the Department of Health and Human Services. The centers would operate 24 hours a day, seven days a week.

Andy O'Brien is communications director at Maine AFL-CIO. He is a former managing editor of *The Free Press* and a former state legislator. His *Eye on Augusta* column appears weekly in *The Free Press*.

ings as the cost of grid power increases and the cost of the solar electricity remains fixed.

The solar installation work began in December, despite the winter weather. Construction should be completed within a month, according to the company.

Damariscotta Solar LLC owns the solar system, and Sundog Solar is responsible for maintaining it.

"There are few commercial development options for capped landfills, and they provide no ongoing value to area residents," said Danny Piper, co-owner of Sundog Solar, through a company news release.

past climate changes. She will use data from a range of natural climate archives, such as lake-sediment cores, ice cores and tree rings, to show how climate has changed through time, both globally and here in Maine, and its possible impacts.

For more information, phone the library at 236-3440 or visit midcoast.maineaudubon.org.

DEEP STATE CONTINUED FROM PAGE 1

Prison's solitary-confinement "supermax" for over three and a half years — originally, he said, because he had threatened to commit suicide.

He had reacted to extended isolation in a typical fashion of prisoners — by lots of cutting up and throwing feces at guards, who frequently answered bad behavior with beatings known as "cell extractions." He reputedly held the Warren prison's record of five in one day.

Michael is mentally ill. He self-diagnoses as having PTSD, but he's collected a list of official diagnoses. And he may have brain injuries because of the abuse he suffered as a small child, his self-beatings, and what prison guards did to him.

Taken away from his destitute mother at 2 years old, he spent much of his childhood in various mental and penal institutions, where he was often disruptive. When at 18 he was set free with no medications, he wound up back in an institution — jail — after seven months of freedom. He had committed some small-time robbery and burglary. The judge sentenced him to 12 years in prison because there wasn't any room at the Augusta Mental Health Institute, the big state mental hospital of the time.

Michael is now 37. The added prison time stemmed from the angry, sometimes assaultive protests he made during his confinements. And the years he spent at the state's Riverview Psychiatric Center, in Augusta, didn't count against his sentence. Before Mountain View, the state had put him for a couple of years in a private prison hospital in South Carolina. He's now scheduled to be released in two and a half years.

Michael is intelligent and caring toward other prisoners — he is currently volunteering to help those in the assisted-living category. And, to me, he seems extremely sad. He looks down a lot. His days, he said, are "pretty idle." He gets little exercise (he weighs much more than he should) and almost no visitors.

Who really is mentally ill?

A cliché about insanity is that it's when people get the same result continually from their actions but expect something different. If that's true, Michael may be mentally ill, but on prison issues it's we Americans who are insane.

We have a unique-in-the-world mass-incarceration system: over 2 million people in prison, with an imprisonment rate more than four times what it was 40 years ago and five times the world median. Tens of thousands of prisoners are kept in solitary confinement. This system began around 1980, when Republican Ronald Reagan became president, but the Democrats have supported it.

I've published versions of the preceding paragraph several times for at least 10 years. The numbers are still valid. We're doing the same thing over and over, year after year, and getting the same bad results.

What are the bad results? We call our state prison agency the Department of Corrections (DOC). But here and in other states they're an utter failure in the "correction" of criminals. A U.S. Department of Justice study of released state prisoners found in 2014 that, within five years, 77 percent were rearrested (in criminal-justice jargon this is called recidivism).

Thus, clearly, we've continued mass incarceration for other reasons. My candidates for why we do it, after 15 years of study, is that it's for removal from society of a class of people and then the torture of them.

Those removed (our country is notorious for its long prison sentences) are undesirable, difficult, extremely poor people — a messy nexus of drug addicts, the mentally ill, those abused in childhood, the mentally disabled, the uneducated, the habitually unemployed, the homeless — with a special vehemence shown toward black and brown people.

There's also a special vehemence toward women. The Vera Institute of Justice reports that, in Maine, "Since 1980, the number of women in jail has increased 1,981 percent, and the number of women in prison has increased 794 percent." Those numbers are not typos.

Prison Cost Overruns —

The Maine Correctional Center expansion, funded with a \$150-million state bond issue (including \$8 million for the Washington County re-entry project), has had cost overruns — reportedly, huge ones.

The project is "so underwater," commented Rep. Charlotte Warren, House Criminal Justice Committee chairperson. The \$150 million has already been given to the DOC, according to the Maine Municipal Bond Bank. Construction has begun.

Asked for details, including the overrun amount, the Department of Corrections emailed me just before deadline that "as a result of the project facing a budget shortfall, the construction plans have been revisited in order to have the construction meet the bond amount." So there's "not a current cost overrun."

A 2018 United Nations report found that America's "principal strategy for dealing with extreme poverty is to criminalize and stigmatize those in need of assistance."

Recall that not that many years ago the Nazis instituted concentration and extermination camps for not only Jews but also for many others they considered undesirable, including disabled people, the homeless, beggars, prostitutes, Roma ("gypsies"), and homosexuals. They did this with the support of millions of "good Germans."

With their many practices in stripping dignity or humanity from inmates, prisons are undeniably places of torture. The UN increasingly has called solitary confinement torture. Historians and philosophers have chronicled how prisons — and, originally, the entire justice system — arose from the primitive human desire for revenge. Most prison guards are not personally torturers, but the system they're in is a torture chamber.

As Michael's friend, I'm particularly worried about him. A few years back, the New England Journal of Medicine reported that the risk of death for prison inmates in just the first two weeks after their release was 13 times higher than among "other state residents." Drug overdose, suicide, and homicide were among the chief causes.

And then — unless he's healed — there's that possible risk to others from Michael. (See the return-to-crime statistic above.)

So how shall we good Mainers heal Michael — and the thousands of others in our prisons and jails who need healing? Or call it "correcting" them, so they don't keep committing crimes and going back.

Nothing in Mills' budget

Maine has seen some progress on prison issues over the past 15 years. Solitary confinement has been dramatically reduced. So have cell extractions. Despite the current controversy over the future of the long-troubled and euphemistically named Long Creek Youth Development Center, the youth prison in South Portland, the number of children in it has been reduced from several hundred to about 50.

At a recent Maine Prisoner Advocacy Coalition (MPAC) meeting in Lewiston, the group's legislative coordinator, Peter Lehman, reported on a promising increase in addiction-recovery "coaches" (other inmates) at the state prison, although he also reported on continuing staff shortages. These result in more "lock-downs" of prisoners — restricting them to their cells.

Joseph Jackson, MPAC's director, thought food at the Maine Correctional Center (MCC), in Windham, was better, but also remarked that the prison system generally "doesn't seem to be improved" when he looks at numbers like recidivism rates.

Prison reformers appear to think that Randall Liberty, Democratic Gov. Janet Mills' corrections commissioner, is making laudable efforts to try to improve conditions for prisoners. But Liberty is constrained by the cords the governor and the Legislature use to tightly tie the state's purse. For example, there isn't a cent in Mills' recently proposed \$127-million "supplemental" budget for the DOC's core programs (the main two-year budget was passed last year).

And, as I've previously reported, no state Corrections funds are specifically earmarked for prisoner rehabilitation, even though rehab, particularly education, has been proven to reduce recidivism. For what rehab they do, the prisons rely on volunteers, philanthropy, and what they can scrape from the general budget.

The new budget does have \$1.1 million, as the governor's office described it, to "restore a forensic crisis team at the Department of Health and Human Services ... to divert people with severe mental illness from jail and emergency rooms and transition those already in prison back into the community."

Dollars seem to be more easily found, however, for new prisons (see sidebar, "Prison Cost Overruns"). Two major projects are currently under way. A big expansion has begun of the medium- and minimum-security Maine Correctional Center. And there's a Washington County "re-entry" center for 50 prisoners being constructed. Prisoners there will be able to work in the community.

Rep. Charlotte Warren, of Hallowell, the House chairperson of the Criminal Justice and Public Safety Committee, was quoted in the Maine Beacon as saying that Mills "came up as a prosecutor. She's been working in a system for a very long time that, quite frankly, has treated her well. She is a cop. She believes in law and order."

Warren told me: "We have no money for what we actually need ... We have a governor who thinks the criminal justice system is working just fine."

She pointedly noted that Mills' budget contains funds for more law enforcement. There would be 14 more state police officers and four more drug-enforcement agents.

"We all seem to use the talking point that we can't arrest ourselves out of this problem," she said, specifically refer-

Reforms Proposed —

Nothing in Maine's current legislative session has been proposed that would revolutionize our prison system. American mass incarceration is one of those problems, like the climate crisis and income inequality, that almost appears insoluble because it is so cemented into what we do and are. But reformers keep trying to chip away at the block:

—LD 1492 would relax the drug-sentencing laws — for example, to make it harder to charge someone with trafficking solely based on the amount of a drug in his or her possession. MPAC says it "has enormous implications for reducing mass incarceration and revisiting drugs as a public-health issue."

—LD 1221 would deduct some time from a sentence for participation in educational and vocational programs.

—LD 1572 would prohibit the denial of housing based only on criminal history. LD 2087 would ban a criminal-history question on employment-application forms.

—LD 1421 and LD 182 would make it more difficult in many ways to impose bail. The inability of poor people to make bail for relatively minor offenses, even when they're not a flight risk, is a big reason the jails are crowded.

—LD 1756 would broaden eligibility for home confinement, facilitating the re-entry of prisoners into the community. Another bill to help in re-entry is still being drafted. Among its provisions, it would allow the transfer of a prisoner to a halfway house, "sober-living house," or assisted-living facility.

—LD 1941 would increase correctional officer pay. This is one of several bills initiated by prisoners.

The ongoing struggle over the future of the Long Creek youth prison — widely considered to be a disaster for the children — may be resolved this session. The DOC would like to move women from the Maine Correctional Center to Long Creek. This is opposed by prisoner advocates.

Recent issues involving women and child prisoners tend to boil down to the question of whether the state should focus on building more housing for prisoners or on housing fewer of them. Thus, the other big question is: Where's the state money for the community alternatives that the reformers promote?

For information on the bills' sponsors, text, and status in the legislative process, look up the LD (legislative document) number at legislature.maine.gov/bills.

ring to the opioid epidemic that's now filling the jails and prisons, "but we sure seem to be continuing to try."

Natasha Irving, the reform-minded district attorney in the midcoast region, told me that she sees movement among other prosecutors, law enforcement and the community at large toward treating rather than punishing lawbreakers who suffer from mental illness and addiction.

But, she said, "the problem is money."

The governor's office emailed me that "lawmakers on either side of the aisle who wish to advocate for changes have the opportunity to do so through the budget process."

That appears to throw the ball into the Legislature's court. But Mills has the power of veto.

Michael's future

In six months at medium- and minimum-security Mountain View, Michael James has taken one course that might be called rehabilitative, a group discussion called "Impact of Crime," which is about its effect on victims. He may get to take a correspondence course on small-engine repair.

He does get psychological counseling from a "wicked nice lady." And on the morning of the day my wife Peggy and I visited, he had had a meeting with Warden Jeff Morin and other prison staff to discuss his needs, which resulted in what appeared to us to be an extremely sketchy written plan to help him prepare for release.

So who shall we blame if Michael's remaining life, like so many other lives in the prison system, is tragic — perhaps even more tragic than it has been?

Should we blame Michael himself? Has he just been making bad choices, as a state psychologist once testified in court in order to send him from Riverview back to the state prison? That language usually comes from right-wingers as a contemptuous retort to bleeding-heart liberals overly concerned about criminals' welfare.

Or we could blame the politicians. They have created this massively counterproductive and cruel system. But in a democracy, they work for us.

(Please go to freepressonline.com for links to background information on points in the text.)

Deep State is an investigative and political-analysis column diving deep into state issues. It appears in The Free Press every few weeks. Email tips and suggestions to lance.tapley@gmail.com.

The Tireless Spirit of Elizabeth Warren —

The billboard on one side of Elizabeth Warren's campaign bus contemporizes the wisdom of Teddy Roosevelt: "Courage over Cynicism"; the other side blasts "Hope over Fear." Both messages are clarion calls to the nearly 60 percent of all registered voters who've reported that the Trump administration has exhausted them. Warren reminds us that if we're serious about addressing the urgent issues we face; we each have to dig down deep and find the courage to commit to the substantive changes we'll need to make together. Ceding to our fears with a sense of hopelessness ensures that we'll never make the changes that this country needs to make.

If we're to find our courage, we need to be mindful of the mine fields of cynicism dotting the campaign and social media trails today. They masquerade as critical thinking instead of symptoms of resignation, with little predictive value of actual outcomes. They lace conversations about electability ("We need to hedge our bets against Trump") gender ("Nobody will elect a woman president") and voter profiles ("Moderates and progressives will never find common ground").

The case for Elizabeth Warren as our next president rests on a vision that government should serve all of us, not just the interests of monied donors and lobbyists. She's been an empathetic champion of middle-class, working families throughout her career — she formed a government agency from scratch to protect them. She has a tireless spirit to meet the demands of a presidency, an intellectual capacity that has distinguished her as a respected influence in the Senate and proven administrative skills to implement the well-considered plans central to her candidacy. Under her leadership, we can realize our collective courage, invest in our citizenry, and regain our trust in government.

Marie McNeely, Owls Head

News from Fredrikstad —

On February 5, salmonbusiness.com reported that a court in Fredrikstad, Norway, hometown of Nordic Aquafarms, ordered Fredrikstad Seafoods, Nordic's Norwegian affiliate, to pay Graakjaer, a Danish "supply" firm, a total of \$3.7 million euros — more than \$4 million — in a cross-suit dispute over flaws in the design of Fredrikstad Seafoods' industrial fish factory in Fredrikstad. The design flaws delayed construction of the plant by months and were costly to Fredrikstad Seafoods — and thus to Nordic.

In the fall of 2018, I traveled to Fredrikstad to look into Nordic Aquafarms' operations there, and word on the street was that the legal dispute arose when Nordic's building(s) started sinking into the ground, from its/their sheer weight, and this happened because the quality and character of the site's subsoil hadn't been adequately studied or assessed. It was thought Nordic might have relied on assurances from the city of Fredrikstad that the site and or subsoil were fine.

This is all very interesting for various reasons.

Firstly, a source from the Swedish firm Skanska, the biggest construction contractor in Scandinavia, told me it was incumbent on Nordic, not Graakjaer, to know about the subsoil.

Secondly, this is reminiscent of Nordic's initial statement that they scoured the world and Belfast was the perfect place for its next fish farm — only to then quietly announce much later that it must remove at least 14,000 truckloads of earth from its proposed Belfast site, thus dramatically increasing its already quite considerable carbon footprint. This because soil sequesters carbon, but not when it's dug up and carted off in 14,000-plus truckloads.

And though perhaps not directly related to the soil issue, here in Belfast we have witnessed, and continue to witness, a municipal government moving heaven and, well, earth for the sake of this highly polluting and very carbon-intensive for-profit corporation from 3,000 miles away.

Fredrikstad Seafoods' lawsuit against Graakjaer is reminiscent of Nordic's behavior here in Belfast when Nordic discovered that the intertidal zone it needed to cross with its saltwater intake and effluent discharge pipes was perhaps not owned by Janet and Richard Eckrote, who were prepared to give Nordic permission to cross that intertidal zone. Instead of approaching the intertidal zone's perhaps rightful owners, Nordic filed a DEP permit application that failed to mention its discovery that the Eckrotes' possession of the intertidal zone was, at best, in considerable doubt. And when this failure was discovered, Nordic attempted to shift the blame for its poor business judgment, just as it did with Graakjaer in Fredrikstad. Only this time it tried — incredibly — to shift the blame to those who had uncovered its, Nordic's, subterfuge.

Lawrence Reichard, Belfast

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.

Folly —

Barbara Tuchman's "The March of Folly" documents events through history when governments took actions not in their national interest despite many contemporary reasonable voices arguing against those actions.

Our government seems to be in a like situation.

The echoes of folly have been loud and marked throughout history from Lord North insisting that George III push his attack on the American colonies despite warnings by Edmund Burke and others to the U.S. government pressing its attack on Vietnam, despite reasonable voices at the time warning that the war was unwinnable. We have a "dear leader" who will not listen to reasonable voices warning of disaster.

When Napoleon declared himself emperor, Beethoven and other contemporary voices were appalled. They could not compete with the chorus of populism that overtook France in the wake of the disastrous revolution. Ultimately, people will follow anyone including a fraud with a loud enough megaphone who will promise them "order."

The echoes of the Trump rallies reflect the mob psychology that brought other autocrats to power. Those who are inside the Republican Party have at least partially confessed that the unacknowledged motivations of Trump sycophants and shills is partially "fear" of being attacked by him and losing their power. Profiles in courage are few and far between.

Now that Trump has vowed to take revenge on anyone who counters him, he is using language reminiscent of mob capos. He defines "honesty" as anyone who favors him. Anyone who doesn't is clearly "dishonest."

Having declared himself "the Chosen One" as he looked up to the sky, there is little left but to declare himself "emperor." The craven Republicans in the Senate have pledged their undying fealty to his person.

In Trump We Trust!

Ray Janes, Rockport

Birds on the Brink

The Belfast Library was packed on February 4. We had come to hear Dr. Jeffrey Wells, a mild mannered National Audubon conservation biologist, talk about what the climate crisis means for birds. Although Dr. Wells made an effort to keep the bad news to a minimum, gasps of despair frequently filled the room.

As we now know, 3 billion birds have vanished from the planet since 1970, and we are losing more all the time.

Dr. Wells named habitat destruction as the number one reason for decline.

Maine has lost 869,000 acres of forest between 1980 and 2000 along its coastal areas alone. Birds decline because forests are increasingly fragmented or entirely eliminated. Smaller and smaller patches of forest lead to the loss of nesting and feeding opportunities. Mating decreases as birds are crowded into marginal areas, and vie for suitable habitat. The white-throated sparrows, the common loons and the hermit thrushes — birds that define the natural wonder and beauty of Maine — are also in danger now, as are many of the warblers. We are pushing even common birds, such as the sweet dark-eyed juncos, toward the brink.

Wells urged people to do what he called "one-in-three" a day. In other words, one day people can do a personal action (like eliminating the use of pesticides or committing to keeping their cats inside), another they might focus on a local action (such as helping protect habitat), and on a third they may get behind a global effort, (perhaps by supporting indigenous people protecting their ancestral lands from exploitation and destruction).

In the midcoast area individuals and environmental groups, including the Belfast Bay Watershed Coalition, Coastal Mountains Land Trust, and the Midcoast Conservancy might want to join the Sierra Club in its support of saving 45 acres of forest, wetland and shoreland habitat bordering the Little River.

Classified as a significant wildlife habitat under Maine's Natural Resources Protection Act, this riverine habitat shelters 19 wetlands, nine of which are classified as wetlands of special significance, and includes tidal water/wading bird habitat, and inland waterfowl/wading bird habitat. A maturing, mixed secondary growth forest, along with meadow lands, provides essential habitat for birds, bats and numerous other creatures. It is also sequestering approximately 13,465 metric tons of carbon above and below ground (in the trees, the soils and wetlands). Currently the forest is absorbing about 42.9 metric tons of carbon each year. If the forest was protected, this number would increase as the forest ages. Belfast could even explore receiving money for sequestering carbon.

In addition to providing permanent habitat for numerous birds, wintering habitat, and a migration stop-over, the below species are expected to be at this site, (no studies have been conducted to determine if they are there, in what numbers, or if other threatened species are present).

Bats are included here as all Maine's species are likely to be present, and all are at risk. Bats are incredibly important pollinators and insects eaters. They are estimated to provide nontoxic pest-control services totaling \$3.7 billion to \$53 billion per year.

Time for Maine to Update Federal Indian Law —

In this bicentennial year, Maine has an historic opportunity to right persistent wrongs that have afflicted tribal-state relations for years. LD 2094, the Judiciary Committee's bill to amend the 1980 Maine Implementing Act (MIA), will have its public hearing at 9 a.m. on Friday, February 14, in Augusta.

This bill exists thanks to the efforts of the legislative task force and the tribal attorneys, who labored for six months to educate legislators and interested parties about the body of established federal Indian law that properly governs the trust relationship between the United States and federally-recognized tribes. (In 1980 when the Settlement Acts were signed, three of the four Maine Wabanaki tribes were already federally recognized. Recognition of the Aroostook Band of Micmac followed in 1991.)

Back in 1980, the state of Maine imposed many limitations on tribal jurisdiction, undercutting inherent tribal sovereignty and favoring the state — in direct contravention of established law! Much was written in on the sly, without the informed consent of tribal negotiators at the time.

Maine can now catch up with the rest of the country, by acknowledging tribal sovereignty and restoring the rights and jurisdictions that will permit the tribes to determine their own socioeconomic destinies. Tribes need and have the right to control what happens on their land. The state of Maine must cease making decisions that are not its to make.

The good news is that neighboring communities stand to share in this elevated prosperity, so please support this bill with all your heart.

Diane Oltarzewski,
Belfast

Species of concern and species of greatest conservation need, are on the "on ramp" toward extinction.

State Endangered and Threatened

Northern long-eared bat (also federally threatened and being reviewed for the federal endangered species list), little brown bat, eastern small-footed bat

Species of Concern

Chestnut-sided warbler, eastern wood-pewee, tree swallow, veery, white-throated sparrow, greater scaup, lesser yellowlegs, American redstart, black-and-white warbler, barn swallow, semipalmated plover, hoary bat, eastern red bat, big brown bat

Species of Greatest Conservation Need

Semipalmated sandpiper, long-tailed duck, least sandpiper, purple finch, common eider, northern parula, bobolink, black-throated blue warbler, black-throated green warbler

This area was protected by the Belfast Water District for many years because forest cover and wetlands equals healthy, clean water. Zoning was changed to accommodate Nordic Aquafarms, a Norwegian industrial aquaculture corporation that hopes to build the largest [recirculating] salmon factory in the world—a factory that would add 550,000 to 759,000 metric tons of carbon dioxide equivalents (CO₂e) to the atmosphere each year, and equal the size of Gillette Stadium, Fenway Park, and two TD Gardens.

It will also require its own cement plant for construction, its own power plant (eight diesel generators each with a 67-foot smoke stack) and an output pipe carrying 7.7 million gallons of warm, nutrient-rich effluent that will also contain chemicals from fish foods, antibiotics, pesticides, and cleaning agents.

Fortunately, numerous alternatives exist for industrial aquaculture sites and systems, including ones like Sustainable Blue — a zero-effluent system producing organic salmon. Fewer and fewer exist for the vanishing birds.

Susie O'Keeffe, Montville



Bobolink PHOTO BY DON REIMER

LETTERS / OPINIONS

Poliquin's Disingenuous Appeal for Democracy—

The Portland Press Herald reported that: “The Maine Republican Party announced Tuesday that it is launching a petition drive to put a question on the November ballot asking voters whether they want to repeal the law that extends ranked-choice voting to presidential elections.”

“State party Chairwoman Demi Kouzounas said ranked-choice voting is unfair. ‘One person, one vote is a bedrock American principle. Ranked-choice voting is a direct violation of that principle and threatens the rights of all Mainers and delegitimizes our election process,’ Kouzounas said in a statement.”

And Bruce Poliquin, who lost his 2018 bid for Maine's 2nd Congressional District to Jared Golden under a first-in-the-nation ranked-choice voting system, stated: “I am really upset about how they monkeyed around with my one-person, one-vote right because of this rank voting scam, as I call it, because I really believe that.”

I'm sure he really does believe that, if he's uninformed. Or says he does, if he's disingenuous.

“One person, one vote” is the emotionally potent oversimplification used by the conservative braintrust to mischaracterize ranked-choice voting, and to advocate for its repeal. We mustn't inject, they insist, more democracy in our election process. Wouldn't want to actually have our vote count toward the choices we favor. Better to have “one person, one vote, one choice” for the lesser evil on offer by a constrained, ineffectual democracy. Heavens forbid we could vote our dreams without penalty.

Poliquin might more usefully lament the violation of “one person, one vote” in the ridiculously anti-democratic apportionment of the U.S. Senate, where conservative Wyoming's 600,000 citizens have the same representation in the Sen-

ate as California's 40 million citizens. But, hey, the conservative demographics work for his ideological predilections (as distinct from honest principles), so what the heck.

And don't get me started on the winner-takes-all Electoral College. In battleground states it makes no difference whether the “electoral victory” wins by 600 or 6 million — the electoral votes carry forward and can cancel out the popular vote. Impossible to explain with a straight face, the Electoral College is just how “one person, one vote” works in America, the world's beacon of democracy.

Gerrymandering? That's some advanced political engineering, completely in line with Poliquin's commitment to “one person, one vote.”

Citizen's United, granting more free speech to the interests of more money? Totally consistent with Poliquin's Wall Street credentials, where the nobler and wiser can hold sway over the ignorant rabble.

And then there's the Supreme Court, whose members are nominated by the Electoral College-elected President, and confirmed for life by the mal-apportioned Senate, that casts its pall over the nation. Much too exalted an institution for “one person, one vote” to apply.

Don't waste your time, Mr. Poliquin, with focus-group derived talking points designed to convince the unsuspecting that more democracy, as in ranked-choice voting, is the problem.

I'll get behind your “one person, one vote” appeal — to counteract the absurdly anti-democratic nature of the Senate, the Electoral College, and much else — if that's what you really mean. But advocating for the repeal of ranked-choice voting belies you and your party's anti-democratic objectives.

Tom Boothby, Montville

Option of Opportunity

On Dec 8, 1953 President Eisenhower delivered his controversial “Atoms for Peace” speech.

In 1954, the Army Nuclear Power Program established a joint effort between the U.S. Army Corps of Engineers and the Atomic Energy Commission. The mission of this effort was to develop small nuclear power reactors for remote military installations.

By 1957 the first commercial nuclear power plant went online in Shippingport, Pennsylvania. This reactor originated from a cancelled contract for a nuclear-powered aircraft carrier.

The dawn of the nuclear energy epoch was upon us. Investors in the nuclear energy sector financed the construction of mega-scaled nuclear-power plants. These behemoths came with a plethora of infrastructural, political and economic frailties. The issues mounted, failures occurred and the nuclear power plants were soon deemed unsustainable.

By 1976, the beginning of the end of the nuclear era had arrived. These plants have been decommissioned and shuttered at a steady pace, as the inability to compete with abundant fossil fuel and the dilemma of safe storage for spent fuel then and still now remains an issue of unresolved contention.

At that time, I was on the anti-nuclear side of the chain-linked fence and participated in Seabrook Nuclear Power Plant demonstrations with the Clamshell Alliance. Doing so seemed appropriate at the time, being wary of the many “what if” scenarios, associated with nuclear power generation.

A few years prior in 1974, Dr. Gene Likens, co-founder of Hubbard Brooks Ecosystem Study and his colleagues announced their findings in Science magazine, indicating Sulphur Dioxide as the agent causing the scourge of acid rain, contaminating our rivers, streams, oceans and damaging our infrastructure; a consequence of the emissions from fossil fuel consumption.

Evidently, humans have been unable to comprehend or are in denial of the consequences related to their unbridled consumption, powered by fossil fuel.

The result has contributed to the trending of the earth's systems to veer off in disturbing directions, at a velocity in which the scientific community had apparently underestimated and/or failed to communicate through effective messaging. The innocuous sounding terms of “global warming” and “climate change” proved incomprehensible to many and of too little consequence to elicit an impactful response from the corporate world and the consumer. Those terms seemed to have recently morphed into “Climate Emergency” or “Climate Crisis”, but unfortunately, desensitization has left the majority of our species nonplussed and with a collective irrationality.

Consequently, we've put our trust in energy producing technologies that have ultimately threatened the sustainability of all life forms and earth systems.

Hydro, solar and wind indeed have much to offer, yet doubts remain the benefits of these technologies will be able to stave off what appears to be an inevitability brought on by the luxuries of a fossil fuel driven planet.

Perhaps now is the time to seriously consider another avenue to solve our existential dilemma. Why not enlist the vast resources and expertise of the Pentagon and NASA? After all, haven't they had a fair amount of success with nuclear powered space vehicles, land-based reactors, sub-

marines and surface vessels? These extant technologies may be the best chance to extricate humankind from this self-inflicted quagmire, if that is even possible at this point in time.

Shouldn't we be reconsidering nuclear energy as part of the solution to mitigate our present predicament caused in part by our addictive consumption of fossil fuels?

Let us not ignore that the threat of nuclear proliferation is a concern. The U.S. government reserves that privilege for themselves and their allies, to the exclusion of all others.

If the perceived threat of nuclear proliferation is partially rooted in a fear-mongering campaign, perpetuated by the conflicting interests of the military industrial complex, the fossil fuel industry, renewable energy proponents, Wall Street and geopolitics, would you be surprised?

Concept: convert a portion of our military weapons manufacturing into a burgeoning nuclear industrial complex for the production of small modular reactor designs that can be delivered to sites in pieces, assembled in place and disassembled or removed for maintenance or replacement as required.

Let us be leaders by giving it our maximum effort at averting complete disaster by creating an alternative to fossil fuel consumption with a nuclear option and call it something like “Planet Rescue” or the “Earth First Strategy.”

As a misanthropocentrist, my stance for the further exploration of nuclear energy to mitigate our crisis of consumption is somewhat out of character; however, if there is another solution that might produce an apposite impact in time enough to be of significant consequence, I'd appreciate being informed of it.

Have you ever wondered what would earth might be like had man never discovered how to produce fire?

One might speculate that Mother Earth would have been most pleased, had we not.

Neil Krane, Thomaston

Cruise Ships vs. Pollution—

Thank you for printing the informative [letter] by David and Sally Wylie. Both my husband and I read it and feel it was a well thought out presentation of the issues regarding the large cruise ships and what harm they actually contribute to the [Rockland] harbor's ecosystem.

Climate change is not a hoax. We know that hard-working scientists are mapping out changes from a myriad of issues, all of which are having varying but cumulative degrees of impact on our earth.

The harbor is our crown jewel. A few years of the large cruise ships will negate that — looming on the horizon and blocking shoreline views — and the pollution they create will be devastating to the fragile ecosystems of our harbor.

Other articles are speaking of the fact that many harbor towns are now regretting allowing the large cruise ships to anchor and re-thinking the issue by limiting their size, their numbers and [enacting] stricter pollution codes.

For the small financial gains to our city these cruise ships bring, the pollution issues are huge and overwhelming and soon our harbor will not be the special place it is now.

Perhaps our city could promote a “harbor keepers” group of citizens and feature harborside activities and educational workshops to promote the ongoing care of this exquisite resource, our harbor.

Judy Bicker, Rockland

**'Lobster Lady' Named Maine Lobster Festival Grand Marshal —**

The Maine Lobster Festival has selected Virginia Oliver, also known as the Lobster Lady, to be the grand marshal for this year's big parade. Oliver is a Rockland native who has been lobstering for 91 years — she will celebrate her 100th birthday in June. For the past 13 years, she has worked as a sternman for her son on the *F/V Virginia*. The Maine Lobster Festival Big Parade will take place Saturday, August 1, in Rockland. The 2020 festival will be held from July 29 to August 2. For more information, visit mainelobsterfestival.com. PHOTO: WAYNE GRAY

CASH Maine —**Earned Income Tax Credit and Filing Help**

Mainers who earned less than \$56,000 last year may be eligible for the federal Earned Income Tax Credit (EITC). Eligible filers could receive a credit worth up to \$6,557 on their federal tax return: the value of the credit varies based on income, whether the filer has children, and how many. Because the credit is refundable, it can lead to larger refunds even if the filer has no tax obligation.

Eligible filers claim the EITC on their federal tax returns. Maine also offers a smaller EITC on state tax returns.

While millions of Americans and tens of thousands of Mainers benefited from the EITC, others left money on the table because they did not file tax returns. The IRS estimates that one-fifth of eligible Mainers don't receive the EITC they earned.

Mainers who earned less than \$56,000 in 2019 can get free tax-filing assistance by IRS-trained and -certified volunteers at one of CASH Maine's 35 tax sites. Local sites include:

- Stockton Springs: 6 Station Street, 505-0778
- Belfast: Waldo County YMCA, 157 Lincolnville Avenue, 338-4598
- Searsport: Carver Memorial Library, 12 Union Street, 548-2303

CASH Maine is a statewide collaboration of 10 coalitions, comprised of 50 non- and for-profit partners. For more information about CASH Maine's free tax filing assistance program, visit cashmaine.org/free-tax-prep.

Exhibitor registration is open — Pen Bay Chamber Business Expo

Registration is now open for exhibitor booths at the 27th annual Business and Community Expo to be held by the Penobscot Bay Regional Chamber of Commerce at the Samoset Resort on Wednesday, April 1, from 2 to 7 p.m. While attendance at the event is free and open to the public, exhibitors must be Chamber members.

Booths are available on a first-come, first-served basis to all Chamber members in good standing. To join, or to reserve space at the expo, visit camdenrockland.com.

For more information, phone member services director Amy Rollins at 596-0376 or email amy@camdenrockland.com.

St. George Business Alliance Forum

The St. George Business Alliance (SGBA) will hold a panel discussion titled “A Question of Focus: Four Unique Approaches to Serving Up Hospitality in St. George” at 9 a.m. on Tuesday, February 25, during SGBA's monthly member meeting at Craginair Inn & Restaurant, 5 Third Street in Spruce Head. The discussion is open to the public.

Local businesspeople will discuss ways local inns and restaurants can attract customers; the importance of finding a niche; and why and how new owners can rebrand a successful, established business to make it their own, among other topics.

Panelists will include Randy Deutsch, owner of the East Wind Inn, Wan-e-set Restaurant and Quarry Tavern in Tenants Harbor; Greg and Lauren Soutiea, owners of the Craginair Inn and Restaurant in Spruce Head; Emily Chadwick, owner of the Black Harpoon in Port Clyde; and Malcolm Bedell, owner of Ancho Honey, Tenants Harbor's newest food venue.

For more information, email stgba2012@gmail.com or call Rosemary Limmen at 372-8102.

DINING



NORTH BEACON OYSTER

NOT JUST GREAT LOCAL OYSTERS!

See Our Menu at NorthBeaconOyster.com
421 Main Street, Rockland • 466-9120



BEER & WINE TASTING

Friday, Feb. 21 - 4-6 p.m.

rockland foodservice inc.

195 Park St., Rockland • 594-5443

Mon.-Fri. 8-6 • Sat. 9-4 • Sun. 10-2

No Membership Card Required

See Us On facebook

IN GOOD COMPANY CINEMATIC FOOD JOURNEYS

The Food Movies

2/27 The Lunchbox

The city of Mumbai speaks through the mix of human relationships and food.

2013 DRAMA/ROMANCE RESERVATIONS REQUIRED

415 MAIN ST / ROCKLAND, ME / 207-593-9110

INGOODCOMPANYMAINE.COM

ROCKLAND CAFE Open 7 Days A Week

LUNCH

2 Corn Dogs w/French Fries\$7.99

Teriyaki Grilled Chicken Caesar Salad\$10.99

Haddock Taco Wrap w/Lett/Tom/Salsa & Sour Cream & Cheese & French Fries\$12.99

DINNER

Lobster Dinner w/French Fries & Coleslaw..... Market Price

Prime Rib DinnerQueen \$18.99King \$22.99

Beef Tenderloin Tip Dinner

Plain or Teriyaki w/Mushrooms & Onions\$14.99

Homemade Chicken Pot Pies\$9.99

w/Side Salad\$12.99

Bay Basket w/French Fries & Coleslaw.....\$10.99

Fresh Smelts w/French Fries or Mashed w/Coleslaw\$10.99

Shrimp Scampi w/Side Salad\$16.99

Baked Haddock w/Hollandaise Sauce\$18.99

DESSERT

Pudding..... \$1.99

Pumpkin Pie..... \$3.49

All-You-Can-Eat Seafood 7 Days A Week JUST LIKE A BUFFET, BUT WE SERVE YOU

441 Main Street • Rockland, Maine • 596-7556

www.rocklandcafe.com

Rescheduled due to weather —

Native Poet to Read from Nominated Works

Thomaston Public Library has rescheduled a reading by poet Jason Grundstrom-Whitney, whose first book of poetry, “Bear, Coyote, Raven,” was recently published by Resolute Bear Press and has been nominated for a Pushcart Prize and a National Book Award. Weather caused postponement of the event, which will now be held at the library on Friday, February 21, at 5:30 p.m.

A Bear Clan member of the Passamaquoddy Tribe, Grundstrom-Whitney studied with native teachers and has worked in the fields of Native American rights; sexual assault and domestic violence survival; hospice and end-of-life care; homelessness; environmental issues; and alternative medicine.

The talk is open to the public; light refreshments will be served. For more information, call the library at 354-2453.



Palaver Strings Seeks Artist for Season

Palaver Strings, a conductorless string ensemble based in Portland, seeks an artist to create visuals for each of five program themes for the group’s seventh season. The artwork will be used throughout the season in marketing and promotional materials, on merchandise, as part of web-site design and in other print and digital materials.

To learn more about how to submit a proposal, stipend information and project timeline, visit palaverstrings.org/contact.

Pemaquid Art Gallery Call for New Members

Pemaquid Art Gallery in Lighthouse Park, Bristol, invites artists to apply for membership for the 2020 season. The gallery has been in operation for 91 seasons and exhibits the work of award-winning artists whose work is collected and exhibited across the U.S. and internationally. The gallery is professionally staffed — not a cooperative — and is open from late May until Columbus Day. The residency requirement for gallery members has been expanded to include all of Lincoln County.

To apply, artists are required to submit three recent, original works of art; pieces must be framed and ready for hanging. In addition, artists must submit a short résumé and a completed application. The application is available by visiting pemaquidartgallery.com.

Submitted work must be delivered to the gallery on Friday, April 3, and will be juried on Saturday, April 4.

For more information, email gallery president Bob Vaughan at rvaughan@tidewater.net.



Performance by Ariel Hall — Closing Reception for ‘Temporality’ Exhibit at CMCA

Center for Maine Contemporary Art (CMCA), 21 Winter Street, Rockland, will hold a free, public closing reception for the exhibition “Temporality — The Process of Time,” featuring a performance by artist Ariel Hall, “6pm and Anon,” on Sunday, February 23, from noon to 3 p.m.

Hall is a multidisciplinary artist working mainly in performance and installation. Her piece centers on the “precarious authorship of the trajectory of our lives.” Set within a sonic environment based on a year’s worth of one-minute recordings made each evening at 6 p.m., it “invites viewers to reflect on their own sense of self that conflicts, shifts and accretes over time through the recurrent activities and spaces we occupy daily.”

Hall earned a master’s degree in performance studies from New York University, where her thesis work focused on “dismantling capitalist notions of selfhood in favor of relational, affectively valued subjectivity instantiated in the body.”



primrose FRAMING

156 Main Street
Rockland, Maine 04841
Telephone: 207-596-7476
Fax: 207-594-7244

www.primroseframing.com

ANTIQUES ETCETERA

SEE OUR PHOTOS ON FACEBOOK

OPEN EVERY DAY 10:00-5:00

207-466-9284

AT 607 MAIN ST. ROCKLAND


WE 89.9

COMMUNITY RADIO

Download Our New Smartphone App!

weru.org

info@weru.org | 469-6600



Lani's Pick ...

Grab-N-Go Dinners

Megunticook MARKET

2 GOULD ST., CAMPDEN

WWW.MEGUNTICOOKMARKET.COM

Open Daily

Mon.-Sat. 7-7
Sun. 8-6

Tel. 207.236.3537

ENTERTAINMENT



A scene from Agrippina PHOTO: MARTY SOHL

In Damariscotta and Rockland — **Handel's Agrippina Live from the Met**

The Metropolitan Opera's Live-in-HD season of broadcasts from Lincoln Center to the Strand Theatre in Rockland and the Lincoln Theater in Damariscotta continues on Saturday, February 29, at 1 p.m. with a simulcast of *Agrippina*. The Strand will present an encore broadcast on Tuesday, March 10, at 1 p.m.

Mezzo-soprano Joyce DiDonato stars as the controlling, power-hungry Agrippina in this Met premiere of G.F. Handel's tale of intrigue and impropriety in ancient Rome. Sir David McVicar's production moves the action of this black comedy about the abuse of power to "the present." Mezzo-soprano Kate Lindsey appears as Agrippina's son, soprano Brenda Rae as the seductive Poppea, countertenor Iestyn Davies as the ambitious officer Ottone, and bass Matthew Rose as the weary emperor Claudius. Harry Bicket conducts.

The production includes some suggestive adult content that may not be suitable for young audiences.

Agrippina premiered at the Teatro San Giovanni Crisostomo, Venice, in 1709. The success of the early Italian opera secured Handel's international reputation and played a large role in paving the way for his subsequent career in London.

The show's estimated run time is 3 hours, 35 minutes. Tickets for live broadcasts at the Strand are \$27 for adults,

\$15 for students. Encore performance tickets are \$23 for adults, \$20 for Strand members and \$5 for students and are sold only at the box office one hour prior to the performance. Tickets can be purchased online at rocklandstrand.com; by calling the box office at 594-0070; or at the theater when it is open for scheduled shows.

Tickets for the broadcast at the Lincoln Theater — \$25 for adults, \$23 for members, and \$5 for youth ages 18 and under — go on sale one hour before showtime; there are no advance sales. For more information, visit lctc.org.

Highlands Classical Chamber Ensemble to Perform in Belfast —

The Highlands Classical Chamber Ensemble will perform a concert at 3 p.m. on Sunday, March 1, at Belfast Free Library. Admission will be by donation. Works by Haydn, Brahms, Kodaly, Gershwin and Kalliwoda will be performed by musicians playing violin, cello, piano, saxophone, flute and bassoon. For more information, call 564-0043. Shown here, from left to right, Kathy Hunter, Deb Maynard, Margery Aumann, Susan Ramsey, Ellen Dickinson and Ruth Fogg. PHOTO: JANA GERARDI



Above, left to right, Lydia Forbes, Myles Jordan, Kirsten Monke and Ferdinand Liva. Inset, Eric LaPerna QUARTET PHOTO BY SCOTT SELL

DaPonte Concert Series to Mark Maine's 200th

DaPonte String Quartet will present a series of concerts in March and April, "Maine's 200th: Music of Early Maine." Percussionist Eric LaPerna will be guest artist.

Midcoast performances will take place in Newcastle at St. Patrick's Church on Sunday, March 15, at 3 p.m.; Rockport Opera House on Saturday, March 21, at 2 p.m.; Belfast Free Library on Sunday, March 29, at 2 p.m.; and at Farnsworth Art Museum in Rockland on Thursday, April 23, at 2 p.m.

The program will highlight significant events along the timeline of Maine's pre-statehood — from the 16th to the early 19th centuries — and include songs of Membertou (c. early 1500s-1611), a major shaman-chief of the Mi'kmaq nation; a Basque tune; European chanteys and dance tunes; liturgical music, and more.

Tickets are \$22.50 online, \$25 at the door, and free for those under age 21 or with student identification when space is available. To purchase online, visit daponte.org.



REAL ESTATE

South Thomaston - \$349,000



This 2 bedroom, 1 bathroom nostalgic cottage on Spruce Head Island is truly an escape! It features an open layout, conveniently located to Rockland, Camden, and Thomaston amenities. MLS#1444324



RE/MAX
Jaret & Cohn

1504 Atlantic Highway
Waldoboro, Maine
(207) 832-5219

www.jaretcohn.com

Thomaston - \$285,000



Lovely New Englander style home with lots of upgrades, just a short way to the Public Landing. Formal dining & living rooms, office, family room and spacious kitchen. Patio with perennials, back shed and 3 car garage! MLS#1440106



RE/MAX
Jaret & Cohn

73 Elm Street,
Camden, Maine
(207) 236-9626

www.jaretcohn.com

Jefferson - \$79,000



3 +/- acres on the most easterly end of Clary Lake with pretty Northwestern views and 300' of frontage on the lake. MLS #1376030



RE/MAX
Jaret & Cohn

1504 Atlantic Highway
Waldoboro, Maine
(207) 832-5219

www.jaretcohn.com

For information about featuring your property in The Free Press, call John at 594-4401 ext. 131 or jviehman@villagesoup.com

Pen Bay and Waldo Hospital Events

Pen Bay Medical Center and Waldo County General Hospital will offer several courses in the coming weeks, including:

Antarctica! At Anderson Inn at Quarry Hill, 30 Community Drive, Camden, on Wednesday, February 19, from 10:30 a.m. to noon. Local journalist Linda Cortright combines photos from her recent travels with reflections on environmental perils now facing the region. Free and open to adults age 50-plus. Registration is required: call 301-6116 or visit quarryhill.org. The snow date is February 20.

Heart Coherence for Peaceful Living on Monday, February 24, from 5 to 6:30 p.m. at Rockland Congregational Church, 180 Limerock Street, Rockland. Instruction in the use of breathwork, mindful gratitude and elevated intentions to shift emotions and promote overall health. Registration is required; the fee is \$6.50. To sign up, visit journeytohealth.coursestorm.com or call 301-3950.

Pulmonary Fibrosis Support Group Free, drop-in support group at Pen Bay Medical Center, 6 Glen Cove Drive, in the Pulmonary Rehab Education Room, last Tuesdays of the month from noon to 1 p.m. Phone 301-8880 for more information.

Fat Tuesday Fundraiser at Darby's Restaurant, 155 High Street, Belfast, on Tuesday, February 25, from 5 p.m. until closing. Darby's will donate 10 percent of proceeds to the Cardiac Rehab Scholarship Fund for patients whose insurance does not cover care. Reservations are suggested; call 338-2339.

Also upcoming will be a **Zumba Gold** class: For details and more information, visit journeytohealth.coursestorm.com or call 301-3950; and a **COPD education and support group**: phone 301-8880.

St. Peter's Episcopal Church — Annual Pancake Luncheon in Rockland

St. Peter's Episcopal Church, at 11 White Street in Rockland, will offer a pancake luncheon on Tuesday, February 25 — Shrove Tuesday — from 11 a.m. to 1 p.m. The luncheon is open to all; proceeds from the admission charge of \$7 for adults and \$4 for children will support ministries of St. Peter's. No reservations are needed.

For more than 50 years, church members have prepared and served pancakes with maple syrup, sausage, sherbet, cookies, and coffee and tea to commemorate the day before Lent begins. Gluten-free pancakes will be available on request.

In many countries, the day is often referred to as Pancake Day or Fat Tuesday; the parish hall will be decorated with a Mardi Gras ("fat Tuesday") theme.

Public Supper in South Thomaston

A public supper will be held at Peoples' United Methodist Church, 13 Chapel Street, South Thomaston, on Friday, February 21, at 5:30 p.m. The cost will be \$8 for adults, \$4 for children age 10 and under.

The menu will include a variety of chilis and toppings, homemade corn muffins, an ice cream sundae bar and beverages.

Oktoberfest Waldoboro Call for Volunteers

Oktoberfest Waldoboro 2020 is in the planning stages and organizers are seeking volunteers. There will be a meeting for those interested at 6 p.m. on Thursday, February 27, at Waldoboro Public Library.

Help is needed with adult and children's games, children's crafts, setup and more. Those who cannot attend but would like to volunteer may text or call Susan Price at 790-0806.

Third Annual Toast Day at Rockport Library

Rockport Public Library will mark its third annual observance of National Toast Day on Thursday, February 27, from 9 a.m. to 5 p.m.

A variety of breads (including gluten-free) and toppings such as jam, jelly, butter, peanut butter and marmalade will be available all day, free of charge.

Lobster Festival Gives \$3,000 to Two Groups

The Maine Lobster Festival recently presented \$500 to local youth basketball organization MidCoast Elite and \$2,500 to Simonton Corner Community Association. The 2020 festival will be held July 29 through August 2. For more information about the festival, visit mainelobsterfestival.com.



Breakfast Fundraiser for the Apprenticeshop at Cafe Miranda —

Cafe Miranda, 15 Oak Street, Rockland, will host a community breakfast in support of free youth programming at the Apprenticeshop — the Rockland boatbuilding school — on Saturday, February 22, from 7 to 10 a.m. The first-come, first-served breakfast will offer a \$15 prix fixe menu. Half of the proceeds will benefit the Apprenticeshop's Maritime Skills program for local youth. The Apprenticeshop is partnering with RSU 13 and One Community Many Voices to offer free after-school programs for middle schoolers and in-school engagement for high school students several days a week. Students are working on projects that include steam-bending to build toboggans and fishing nets; jig-making to build skateboards; and assisting in the construction of a traditional Portugese sardine carrier. As the season allows, students will get out on the water in traditionally built boats. For more information, email Liz Sullivan at info@apprenticeshop.org or visit apprenticeshop.org.

Camden Opera House —

Complete the Seats! Campaign Launches

The town-owned Camden Opera House — in collaboration with the Camden Conference and the Camden International Film Festival — has launched a fundraising campaign, Complete the Seats! The effort seeks donations toward the purchase of cushions for the wooden seats in the balcony at the opera house.

Workers in the upholstery shop at Maine State Prison will handcraft 187 custom cushions using quality materials. A portion of the campaign goal of \$8,600



will benefit inmate families, as the prisoners receive some pay for their work.

Donations can be made by visiting camdenoperahouse.com and scrolling to the bottom of the "Upcoming Shows" list.

Finding Joyful Movement in Winter at Camden Public Library —

Camden Public Library will host a free presentation by certified wellness coach Hester Kohl on Tuesday, February 25, at 6:30 p.m.

Kohl will teach strategies for replacing negative thoughts about exercise with positive ones. She will discuss how to select activities based on one's "exercise personality," and suggest ways to use balance, variety and moderation to make movement a regular and enjoyable part of life. Kohl has worked as a coach at Waldo County General Hospital and Pen Bay Medical Center, and managed a statewide health coaching program for Maine Department of Transportation.

For more information, visit librarycamden.org.



Penobscot Marine Museum —

Bicentennial Series Celebrates Fish

Penobscot Marine Museum will hold one of a series of events designed to celebrate Maine's bicentennial, "Maine-ly a Celebration: Fish" on Sunday, February 23, from 12:30 to 3:30 p.m. in the Old Vestry building, 2 Church Street, Searsport. The cost is \$5 for museum members, \$8 for nonmembers, \$20 for families; children ages 7 and under are free.

Participants will learn about Gulf of Maine fish and cre-

ate fish prints and origami fish. At 1 p.m., Anna Harris, project leader at the Maine Ecological Services field office, will speak about the the history of Craigbrook National Fish Hatchery and current pressures on Atlantic salmon in Maine. She will also provide information on other aquatic species, including American eel and alewives.

In case of inclement weather, programs will be cancelled if Searsport First Congregational Church cancels their worship service. Cancellations will also be posted on the museum's Facebook page.

For more information, phone Jeana Ganskop at 548-2529, extension 213, or email jganskop@pmm-maine.org.

'Sleep Your Way to Better Health' at Rockland Library —

Rockland Public Library will host "Sleep Your Way to Better Health" on Thursday, February 27, at 2 p.m. Hester Kohl (left), a national, board-certified health and wellness coach and Dr. Deb Peabody, a family physician, will discuss the latest research on sleep, including the effect sleep can have on metabolism, the immune system and brain health. They will offer tips to identify possible impediments to sleeping well and review daily habits that have the potential to encourage deep and restful sleep. The program is free and open to the public.



Colonial Homestead Talk at Merryspring

Shown here, a contemporary map of the Gov. Bernard fort-to-fort road, 1765, which was routed over Mount Megunticook.

Merryspring Nature Center, 30 Conway Road, Camden, will host a talk by archaeologist Harbour Mitchell at noon on Tuesday, February 25, as part of the Winter Talk series at the center. Admission to Tuesday talks is \$5, free for Merryspring members.

Merryspring is home to midcoast Maine's rarest archaeology. The Elisha Gibbs Homestead site, discovered in 2018, dates to Camden's earliest settlement in the 1770s. The site represents not only the earliest European settlement in Camden and Rockport, but a critical period when a small Continental militia force and a few Penobscot warriors might have been all that stood between the British and southern New England. Mitchell will discuss his work at the site, how he came to believe what it is, why he believes it is located where it is, and why he believes it was critical to midcoast Maine's defense during the Revolutionary War.

Mitchell's archaeological career extends nearly 30 years and includes working for the University of Maine, the Maine Historic Preservation Commission in Augusta, the U.S. Department of Agriculture and professional archaeological contractors throughout the region.



For more information, email info@merryspring.org or call 236-2239.

'Pedaling to Progress': Golden Age of Bicycles

Owls Head Transportation Museum, 117 Museum Street, will host an exhibit — the first of a new season — "Pedaling to Progress: Bicycles from 1800s–1920s." Opening on



Saturday, February 22, the exhibit will explore the golden age of a "machine so versatile and liberating that it permanently changed the landscape of American economics and consumer culture," according to the museum's description. "Pedaling to Progress" will feature interactive displays about cycling and the ways that bicycles have influenced the way people travel.

The museum has a full schedule of events for the opening day, including Imagination Station from 10 a.m. to noon, offering STEM-based family activities for youth ages 7 to 12, and a Transport Talk at 1 p.m. with Kat Johnson from the University of Maine Museum of Art.

All scheduled activities and access to the new exhibition are free with the cost of admission: \$14 for adults, \$12 seniors; free for members, people under age 18, retired career veterans and active-duty military personnel.

For more information, visit owlshead.org or call 594-4418.

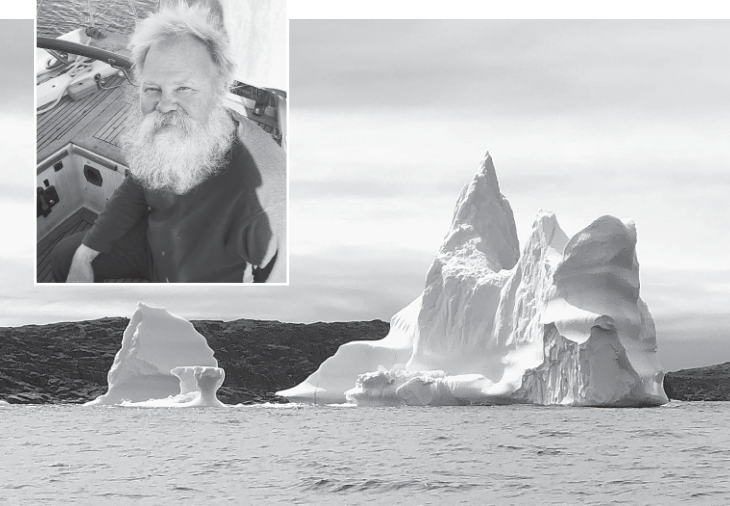
Belfast Free Library — Sailing from Belfast to the Top of Labrador

Jonathan Fulford on his sailboat, and an iceberg seen during the adventure

The Winter Adventure Series at the Belfast Free Library will feature "Sailing from Belfast to the Top of Labrador," an illustrated talk by Jonathon Fulford, on Tuesday February 18, at 6:30 p.m. The talk, cohosted by Come Boating!, Belfast's community boating organization, is free and open to all.

Belfast resident Fulford will discuss his recent four-month voyage; he sailed 4,000 nautical miles — to the tip of Labrador and back — with a crew of four in his 28-foot sailboat. It was an adventure into the high latitudes, a firsthand experience of a rapidly changing ecosystem and an opportunity to learn how people and wildlife in the region are adapting to changes. He will show photos of icebergs, puffins, polar bears and fjords.

The series will continue on Tuesday, March 17, at 6:30 p.m. with a screening of the film "Maiden" and on Tuesday, April 21, at 6:30 with Doug Welch, executive director of the Maine Island Trail Association, who will show his



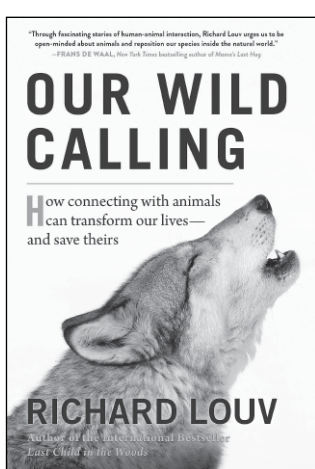
film "To Row and Let Go." Welch took up ocean rowing, built a boat at the Wooden Boat School and explored 34 islands on the Maine Island Trail.

All programs are free and open to the public. For more information, call the library at 339-3884, extension 10.

At Bremen, Appleton Libraries — Environmental Book Club to Meet in March

Knox-Lincoln Soil & Water Conservation District (SWCD) will again join with Bremen Library and Appleton Library to present a free book club in Knox and Lincoln counties focused on environmental issues. The Bremen Library group will meet on Wednesdays, March 4 and 11, from 3 to 4:30 p.m., and the Appleton Library group will meet on Wednesdays, March 18 and 25, from 3 to 4:30 p.m.

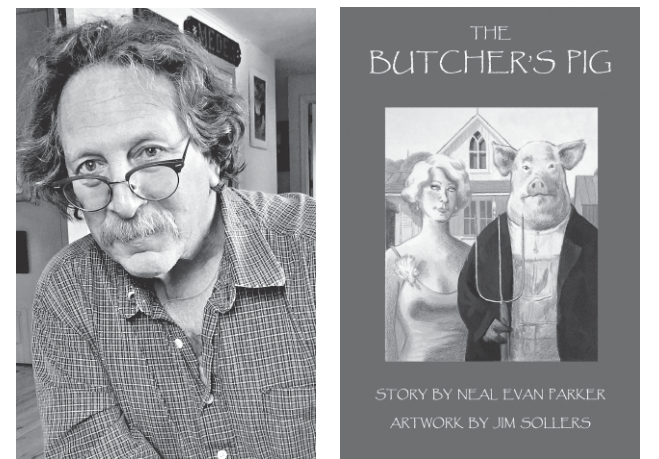
Both groups will read "Our Wild Calling: How Connecting with Animals Can Transform Our Lives — and Save Theirs" by Richard Louv. In the book, his 10th, Louv explores people's physical, mental and spiritual connections with animals. During four



years of research, he interviewed theologians, psychologists, researchers, wildlife experts and indigenous people. Louv believes reconnecting with nature, including wild and domestic animals, can address social isolation and the loneliness that is pervasive in the age of technology.

Participants are asked to read the first of three sections before the first gathering. Copies of the book are available to borrow through the participating libraries. There is no fee for the program.

For planning purposes, participants are asked to preregister by calling Knox-Lincoln SWCD at 596-2040 or emailing julie@knox-lincoln.org.



Neal Parker Reads for Grown-Up Story Hour at Camden Library —

Local author Neal Parker will read from his book "The Butcher's Pig" at Camden Public Library on Friday, February 21, at 11 a.m. during the library's weekly read-aloud program for adults. Parker says of his story, "From his humble beginnings in the English countryside and with the sure sentence of death upon him, Horatio Mudd escapes to America. There he begins life anew and discovers unimaginable hardships and a society unable to accept his porcine heritage." Parker is a sailor, a writer and a full-time father. For more information, visit librarycamden.org.

Difficult Conversations — 'Stress, Coping, and Mental Health'

The pastoral care committee at St. Peter's Episcopal Church, 11 White Street, Rockland, has planned a series of free talks called "Difficult Conversations." Harold Van Lonkhuyzen, M.D. will present the first program, "Stress, Coping and Mental Health," on Sunday, February 23, at 3 p.m. at the church. The program is not intended to provide individual diagnoses or treatment. Reservations are not necessary; beverages and light snacks will be provided.

Van Lonkhuyzen will discuss how people cope with stress to maintain balance and mental health and suggest ways to have conversations with family members and friends that are supportive and respectful of personal boundaries. A psychiatrist working in community mental health, he works with patients from all walks of life and with all kinds of mental health concerns, but especially those suffering from severe and persistent mental illness.

Future themes will include life issues, family conversations, memory and cognitive decline. Programs will be held on Sundays at 3 p.m. on March 15, March 29 and April 26.

For more information, phone the parish administrator at 594-8191 or visit stpetersrockland.org.

Belfast Free Library, February 20 — On the Brink of Extinct: A Talk on Right Whales

Belfast Bay Watershed Coalition will host a presentation by Mark Dittrick of the North Atlantic Right Whale BEACON (Bi-national Early Alert Coastal Network) in the Abbott Room of Belfast Free Library on Thursday, February 20, at 6:30 p.m.

Dittrick's talk, "Think Brink," will discuss whales in the Gulf of Maine, providing an in-depth look at the current status of the right whale population, which has experienced a significant decline. He will also look at efforts to reverse this trend.

Dittrick considers the North Atlantic right whale the most critically endangered large whale on Earth, which could soon face extinction as a consequence of climate change and the warming of the world's oceans.

'Memoirist's Dilemma' at Camden Library

Camden Public Library will host a six-week writing course facilitated by local writing coach Lee Heffner, "The Memoirist's Dilemma," Mondays from 9:30 to 11:30 a.m. from March 2 through April 6. Space is limited to eight participants.

Heffner notes, "Every writer struggles with truth. It is a particular battle for the memoir writer. We will pinpoint the relevant and relative scope, time frame and truth of your story."

Heffner is the author of "Write to Finish" and has contributed to the anthologies "Best Lit Review" and "Coastal Art and Words." She is an "intentional Mainer," writer's coach, and instructor.

To register, call the library at 236-3440. For more information, visit librarycamden.org.

Hutchinson Center, Belfast — Addressing Intimate Partner Violence

The University of Maine Hutchinson Center and Rockland-based New Hope for Women will offer a professional development program, Intimate Partner Violence, Thursday and Friday, March 12 and 13, at the Hutchinson Center in Belfast. Facilitators will be education and outreach director Kelly O'Connor and community-based advocate Jesse Lucas of New Hope for Women.

The two-day program, which will be held from 8:30 a.m. to 4:30 p.m. each day, is designed for social workers, substance-abuse counselors and other mental health professionals, as well as clergy, police officers and first responders. The fee is \$150 per person; \$60 for University of Maine students; need-based scholarships are available. A continental breakfast and catered lunch will be provided each day.

Beginning this year, applicants seeking to renew a social work license must demonstrate one-time successful completion of the equivalent of 12 hours of continuing education or coursework in family and intimate partner violence.

The program will provide 12 contact hours and include the following topics: foundations of domestic abuse; addressing the lasting impact of domestic abuse; intervention strategies; and trauma-informed and culturally competent responses to domestic abuse.

For more information, to register, or to request an accommodation or scholarship application, phone Michelle Patten at 338-8093, email michelle.patten@maine.edu or visit hutchinsoncenter.umaine.edu/intimate-partner-violence-march-2020.

A climate conversation —

'Strong Hope, Deep Courage, Big Love'

Climate Solutions of Waldo County will host "Strong Hope, Deep Courage, Big Love," a workshop led by Jennifer Comeau, on Sunday, March 22, from 3:30 to 5:30 p.m. at the Unitarian Universalist Church, 37 Miller Street, Belfast.

Comeau, an engineer, poet, musician, essayist and project manager based in Kennebunkport, attended the international Climate Change & Consciousness conference at Findhorn in Scotland last spring. She will relate what she heard at the conference from global leaders and explore how individuals and communities can adapt in the face of climate change.

Admission is by donation; funds collected will benefit treesisters.org, a grassroots network of people employing women throughout the world to plant millions of trees annually. To register, email Jen at jen@jennifercomeau.com or call/text 229-4136. Light refreshments will be served.

Free Forum on Climate Grief in Camden

A free forum on climate grief will be held Sunday, March 15, from 5 to 6:30 p.m. at Camden Whole Health, 91 Elm Street. The gathering is open to newcomers and returning participants.

The forum will offer an opportunity to explore participants' feelings about the climate crisis, learn coping strategies and build resilience and community.

Psychologists and other mental health professionals have begun to see climate grief as an important component of their work in the face of growing reports of anxiety and despair associated with the climate crisis.

For more information, call Barbara Davis, LCSW, at 706-6485 or email barbaradavislcsw@gmail.com.

Pine Tree Society Expands Services

Pine Tree Society, a statewide organization serving people with disabilities, has expanded its children's case management services to its Bath office and is now accepting new referrals with no waitlist. Pine Tree's case managers will provide services for families who live within an hour of Bath.

To be eligible for Pine Tree Society's case management services, a child must be younger than 21 and be enrolled in Katie Beckett/MaineCare. Private pay is also an option.

"We are flexible about where we meet and accommodate what works best for families based on what the goals are," said Julie Brennan, director of case management services, in a news release from Pine Tree Society. "As case managers, we want to get to know a child in different environments and we do whatever is easiest for the parent. The important thing is that the family gets what they need for help. We often meet at a child's school or home or at our office."

For instructions regarding Katie Beckett enrollment and a full list of diagnoses, as well as more information, visit pinetreesociety.org/children-and-families/case-management-children.

The Hatchery at CHRHS Fosters Innovation



Left, looking at artwork by local author Chris Van Dusen during his visit to the Children's Books class. Right, students making bioplastic

The Hatchery, a program at Camden Hills Regional High School (CHRHS) aimed at fostering students' innovation, problem-solving and design-thinking skills, was launched in fall, 2019. Administrators created a partnership with NuVu, a full-time innovation school for middle and high school students in Cambridge, Massachusetts. Megan Valanidas of NuVu currently serves as a fellow at CHRHS and is helping teachers incorporate an innovation model into their courses. CHRHS created a "maker space" to facilitate the program.

Through the Hatchery, students may enroll in Introduction to Innovation Engineering, a dual enrollment course with the University of Maine that offers both high school and college credit. Students in the course are asked to identify a problem large or small, devise creative solutions and develop an original product.

Students of Zenith, the alternative education program at CHRHS, have participated in NuVu courses: Children's Books and But I Recycle. The latter explored bioplastics —



plastic made from biological material, not petroleum. Students learned to make the biodegradable substance and are now prototyping bioplastic replacements for everyday items.

In the spring, two additional studios will be offered: Nature Calling (building composting toilets) and Devices for Activism (how to design and create devices for a particular topic or issue).

Future growth of the Hatchery program includes renovating the lecture hall to become an "incubator space" where collaboration, community events and classes can take place.

Next year, the Hatchery plans to host a speaker series and café nights to foster interaction among students, community members, entrepreneurs and businesspeople.

Registration will soon be open for the district's Innovation Conference, to be held July 1 and 2. Presenters will include Doug Hall, founder of Eureka! Ranch, Habib Dagher, founder of the composites lab at UMaine, a panel of young entrepreneurial alumni, and others.

For more information, visit csd.fivetowns.net/innovation-conference.

'Training in Tenderness' —

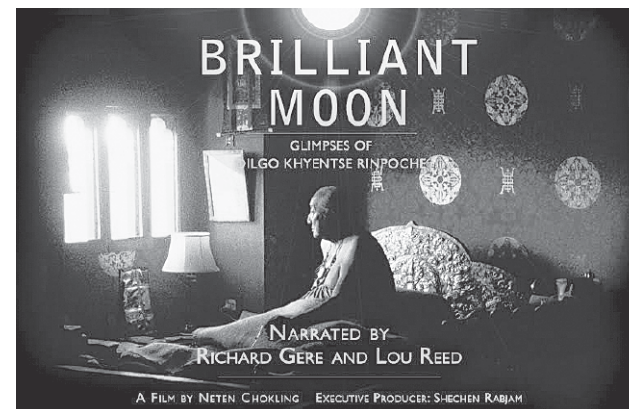
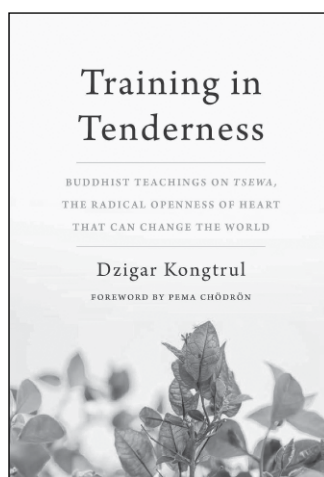
Buddhist Study Group Forming in Rockland

Rockland Shambhala will launch a six-week study group, "Training in Tenderness," at The Dancing Elephant, 14 School Street in Rockland, on Tuesday, February 25, from 6 to 8 p.m., led by Asher Putterman and Morgan Starr. The group is open to everyone, including those new to meditation, and payment is by donation. Registration is requested.

The group will be based on the book "Training in Tenderness: Buddhist Teachings on Tsewa, the Radical Openness of Heart that Can Change the World," by Dzigar Kongtrul Rinpoche. Tibetan Buddhism teaches that an essential quality of enlightenment is *tsewa* — a form of warm energy and openness.

Asher Putterman is working toward becoming a student of Dzigar Kongtrul Rinpoche. Morgan Starr has been studying and practicing Buddhism since 2016, most recently under the guidance of Dzigar Kongtrul Rinpoche.

For more information and to register, visit rocklandyoga.com or call 594-1694.



Dancing Elephant to Show 'Brilliant Moon'

The Dancing Elephant, 14 School Street, Rockland, will host a screening of the film "Brilliant Moon: Glimpses of Dilgo Khyentse Rinpoche" on Friday, February 21, at 6:30 p.m. Admission to the public showing, one in a series of movie nights planned for the third Friday of every month, is by donation.

Dilgo Khyentse Rinpoche, one of Tibet's most revered 20th-century Buddhist teachers, instructed the Dalai Lama and the royal family of Bhutan. "Brilliant Moon" recounts his dangerous journey out of China and the subsequent spread of his influence around the world. Richard Gere and Lou Reed narrate the film.

For more information, visit rocklandyoga.com, email rachel@rocklandyoga.com or phone 594-1694.

Maine Driving Dynamics Course

Maine Driving Dynamics, a five-hour defensive driving course developed and supported by the Department of Public Safety, Bureau of Highway Safety, will be offered in partnership with RSU 13 adult education on Saturday, March 21, from 8:30 a.m. to 2 p.m. at the McLain Building, 28 Lincoln Street, Rockland.

Taught by a certified instructor in a format that engages students with lecture and videos, the course includes discussion of collision avoidance techniques, safety, driver habits and attitudes, and highway challenges.

Those who successfully complete the course will receive a three-point credit on their driving record; students age 55 and older may be eligible for a discount from their insurer.

The cost is \$40, which includes a \$5 registration fee; \$25 for those over the age of 65. All course materials are provided. Preregistration is required.

For more information or to sign up, phone 594-9764 or visit rsu13.maineadulted.org.

At Prescott Memorial School —

Yoga Continues in Washington

Washington Recreation Committee will continue to offer yoga with instructor Sarah Trapani, launching a six-week session at Prescott Memorial School, 100 Waldoboro Road, Washington, on Wednesday, February 26, from 5:30 to 6:30 p.m. The session will end on April 1. Classes are held in the kindergarten classroom, which is behind the school across from the playground.

Classes are open to adults of all ages and abilities. Mats will be provided; participants are asked to bring a blanket and water. Trapani seeks to create an experience that is gentle, meditative, and calming. Classes are suitable for beginners as well as seasoned yogis.

Fee for the session is \$72; \$15 for a single class. Minimum class size is 10, maximum 20. For information, call Sarah Trapani at 975-0353 or email sarah@skytaptopsoftware.com.

RSU 13 after-school offerings — Photography Club at Oceanside High School

Oceanside High School is offering a free photography club, led by photographer Madeleine Morlet, most Wednesdays, January through June, from 2 to 5 p.m. The club is open to all Oceanside students and will offer opportunities for field trips and lab work. There is still space in the group.

Morlet, a photographer from London, studied classics and English at King's College and for almost a decade worked in video for companies such as Ridley Scott Associates and Vice. She is features editor for Teeth Magazine and teaches photography at Maine Media Workshops.

The club will establish different ways of seeing, using art as a means of discovery and a way to tell stories. Participants will work toward an exhibition for the Rockland Art Walk in June.

A free snack will be available and bus transportation home at 5 p.m. is offered for any RSU 13 student participating in afterschool programs.

To sign up or for more information about Oceanside's after-school offerings, email Alanna Hernandez at ahernandez@rsu13.org.

Free after-school programming is also offered for students at South School and Oceanside Middle School, Monday through Thursday, January through June. For more information, email Sarah Rogers at srogers@rsu13.org.

Art Club for Children at Waldoboro Library

Waldoboro Public Library is accepting registrations for Art Club, to be held Thursdays from 3:30 to 5:30 p.m., February 27 through March 26, for students going into grades fourth through sixth. The free program is limited to 15 participants. The deadline for enrollment is Monday, February 24. Children of all abilities are welcome.

Joyce Steel, a Waldoboro artist and teacher who is committed to providing an innovative and nurturing creative learning environment, will lead the activities. Each session will have a different focus. Children will gain hands-on experience with different tools, materials and techniques and learn about noted artists and innovators.

To enroll, or for more information, call Waldoboro Public Library at 832-4484 or sign up in person during library hours.

Support for Maine Journalism Students

The Guy P. Gannett Journalism Scholarship Fund and the Agnes Freyer Gibbs Scholarship Fund seek applications from Maine students. The two funds share an online application; the deadline is April 1. To apply, visit mainecf.org.

The Gannett Scholarship provides renewable support for students majoring in journalism or a related field, including print, broadcast, or electronic media. The fund helps pay tuition to attend an undergraduate, graduate, trade or technical school.

The Gibbs Scholarship provides renewable support to graduating high school seniors planning to major in journalism or a related field.

Applicants must be graduates of Maine high schools or have been homeschooled in Maine. Students will be chosen based on demonstrated interest in journalism through their choice of coursework and extracurricular activities, as well as financial need and academic achievement.

Scholarships for Waldo County Students

Waldo County Extension Association, in cooperation with the Maine 4-H Foundation, is accepting applications for a \$1,500 scholarship for graduating Waldo County high school seniors. Completed applications are due April 15.

The association's mission is to help Maine people improve their lives through an educational process that uses research-based knowledge focused on issues and needs. The scholarship is designed to assist students interested in pursuing a degree aligned with that mission, and has program areas focused on Maine's food system and youth development.

Students may apply by sending a 500- to 1,000-word essay that discusses their field of study and future plans. Priority will be given to students who have had experience with UMaine Extension or in their chosen field of study. The award will be presented in May at the Maine 4-H Foundation annual meeting.

The application is available at extension.umaine.edu/waldo. For more information or to request a paper application, email Viña Lindley at vina.lindley@maine.edu or call 342-5971.

'Game Time: Board Games for Teens & Tweens' in Rockland —

Rockland Public Library will present "Game Time: Board Games for Teens & Tweens" every other Friday at 10:30 a.m. starting February 28.

Young people are invited to meet and join in with players of various games including Prime Climb, Catan, Ticket to Ride, Skip-Bo, Boggle, chess, checkers and an assortment of Professor Noggin's Trivia Games. Attendees are welcome to bring their own favorites to share. The group is facilitated by volunteer Tansy Myster. Shown here, Derek and Markus Myster.



Rockland Public Library Will Hold a Free Puzzle Swap —

The Rockland Public Library will hold a free puzzle swap Saturday, February 29, from 11 a.m. to 1:30 p.m. The public is invited to bring gently used puzzles (no missing pieces) to the library from Tuesday, February 18, through Friday, February 28. Donors will receive a ticket to pick out a "new-to-you" puzzle at the swap on Saturday. Shown here, Riley Newton working on the library's community puzzle.



Wednesday Story Time for Families at Vose Library in Union —

Theater director and Union native Chloe Keller will host the weekly story time at Vose Library in Union on Wednesdays at 11 a.m. through early June. Keller will read a variety of picture books for children and their families. For more information, call 785-4733.

Spring Kindergarten Registration Camden-Rockport —

Camden-Rockport Elementary School (MSAD 28) invites families who reside in Camden or Rockport to register children who will be 5 years old on or before October 15 for entry into kindergarten in the 2020-21 school year. The dead-

line to complete spring registration is Thursday, April 30. To register, phone registrar Brenda Fournier at 236-7809, extension 1200, or email brenda.fournier@fivetowns.net.

Innovation Conference Registration Open

Registration is now open for Thru the Eyes of Innovation, a conference to be held at Camden Hills Regional High School in Rockport on Wednesday and Thursday, July 1 and 2. Space will be limited to 200 participants; to register, visit eyesofinnovation.com.

The conference will focus on the intersection of educa-

tion and innovation, and will feature sessions with leading educators, students, entrepreneurs and industry leaders.

The conference will include a Design Sprint Challenge, roundtable discussions, a young entrepreneurs panel and networking opportunities.

Girls Scouts Sign-ups Invite New Members

Girl Scouts of Maine will host sign-up events for potential members and volunteers at 6 p.m. on Monday, February 24, at Great Salt Bay Community School, 559 Main Street, Damariscotta and at 6 p.m. on Wednesday, February 26, at Camden-Rockport Elementary School, 11 Chil-

dren's Way, Rockport.

The event is for girls from kindergarten through third grade and their caregivers. For more information about Girl Scouts or to see a full list of new member sign-up events, visit girlscoutsofmaine.org or call (888) 922-4763.

CLC YMCA to Sell Childcare Facility

Central Lincoln County (CLC) YMCA has signed a purchase-and-sale agreement on the property on Sand Hill Drive in Nobleboro where CLC YMCA childcare programs for children ages 6 weeks to 5 years are currently held. The contract stipulates that the childcare program can remain in the building for up to three years; there will be no change in service for families at this time.

The agreement will give CLC YMCA leadership time to create and implement an exit strategy to move childcare to the main Y campus in Damariscotta. There are many benefits to having the facility at the main campus, including the capacity to serve more children.

For information about any of the Y's programs, visit clcymca.org.

Essentials of College Planning In Belfast, Rockland —

Maine Educational Opportunity Center (MEOC) will host free Essentials of College Planning workshops for adults age 19 and over at the following locations and times:

- Rockland UMA Center, 91 Camden Street, on Mondays at 9 a.m., February 24, March 2 and March 9.
- Hutchinson Center, 80 Belmont Avenue, on Fridays at 9 a.m., February 21, February 28 and March 6.

Financial aid counseling will be offered at the following

locations and times:

- Rockland UMA Center on Mondays at noon, February 24, March 2, and March 9.
- Hutchinson Center on Fridays at noon, February 21, February 28, and March 6.

To register or for more information, call (800) 281-3703 or visit meoc.maine.edu.



Closing Reception for Gibbs Exhibit of Forster Bird Photos — The Gibbs Library, 40 Old Union Road in Washington village, will hold a closing reception for the “Joy of Birds” exhibit of photos by Patti Forster on Friday, February 28, from 5 to 7 p.m. All are welcome. Photos will be displayed through February and are for sale to raise money for the library. The photographs include more than a dozen different species, such as the common house sparrow and the bald eagle, as well as some that may be harder to find, such as the great gray owl (shown here) or glossy ibis.

At Sugarloaf —

Ski Day Fundraiser for Karl’s Kids March 7

The 13th annual Damariscotta-Newcastle Rotary Club Karl’s Kids Ski Day fundraiser will be held Saturday, March 7, at Sugarloaf. The event will launch at Sugarloaf on Friday, March 6, at the Sugarbowl, 1242 Carrabassett Drive (Route 27) in Carrabassett Valley, with family games and food from 6 to 9 p.m.

Karl’s Kids helps Lincoln County youth get involved in athletics when they otherwise may not be afforded the opportunity.

Saturday will feature skiing all day and a race from 2 to 3:30 p.m. A \$5 donation to Karl’s Kids will provide two runs for a chance to win prizes for fastest run, slowest run and “craziest dressed” skier. A closing reception will take place at the Sugarloaf Hotel from 4:30 to 6 p.m., with free hors d’oeuvres, a cash bar and beverages for children.

For more information, visit karlskids.org.

Elver License Lottery Ends February 21

The Department of Marine Resources (DMR) lottery for the right to apply for an elver license will conclude at 4:30 p.m. on Friday, February 21. Lottery winners will have the chance to apply for a license prior to the upcoming season, which will begin March 22 and end June 7.

Nine Maine residents will be selected to participate in the lucrative elver fishery. Individuals can enter the lottery by visiting maine.gov/elverlottery. The department is not accepting applications sent by mail; applicants can go to the DMR offices in Augusta to complete the application on paper, if needed.

For details about application quotas and fees, and for questions, call the DMR at 624-6550, option 2.

Talk on Bird Decline Offered in Appleton

Appleton Library will host a Third Thursday Talk called “Human Influences on Bird Declines and What You Can Do to Help,” on Thursday, February 20, from 7:30 to 8:30 p.m. Registered Maine Guide and naturalist Gary Roberts will discuss the declining bird population and offer suggestions for helping attract and support local birds. For more information, call 785-5656 or email appletonlibraryjulie@gmail.com.

OUTDOORS



Eel (top inset), lampreys (left), and alewives PHOTOS: MARANDA NEMETH

Lamprey, alewives and eels (oh my!)

Sea-Run Fish Ecology Talk in Whitefield

Midcoast Conservancy will host a talk by Nate Gray, a scientist with the Maine Department of Marine Resources, about alewife, eel and lamprey ecology on Friday, February 28, from 6 to 7:30 p.m. at Sheepscot General Store, 98 Town House Road, Whitefield.

Gray, who works in the state’s Sea Run Fisheries and Habitat group, will discuss the benefits and downsides of allowing alewives into a lake and the life history and ecological function of alewives, lampreys and eels.

Alewives were once abundant throughout Maine. Dams and other human impacts have led to dramatic declines and depletion of many populations, causing them to be listed as a species of concern by the U.S. National Marine Fisheries Service. They are critical prey for marine groundfish species like cod and haddock and also provide commercial lobster bait and food for human consumption.

Sheepscot General Store will be selling pizza prior to the presentation.

Lincoln Theater Screens ‘The Woman Who Loves Giraffes’ —



Lincoln Theater, 2 Theater Street, Damariscotta, will show “The Woman Who Loves Giraffes,” a documentary film profiling Canadian biologist Anne Innis Dagg, on Thursday, February 20, at 2 p.m. and 7 p.m. and on Friday, February 21, at 2:00. In 1956, at the age of 23, Dagg traveled to South Africa to become the first scientist to study the behavior of giraffes in the wild. Although her pioneering efforts were groundbreaking, her career was destroyed upon her return home. In “The Woman Who Loves Giraffes,” an older (now age 85), wiser Dagg returns to Africa for the first time since her original trip and retraces her trailblazing expedition. Tickets are \$8, \$6 for Lincoln Theater members and youth ages 18 and under. For more information, visit lctt.org or call 563-3424. Shown here, Dagg at the Brookfield Zoo in Chicago in 2016. PHOTO: ELAISA VARGAS




Imagination Station
Today through Saturday, February 22, from 10:00 AM-12:00 PM
Hands-on activities for the youngest inventors, mechanics and history buffs in your family!
\$5 Suggested Donation • Designed for ages 7-12

117 MUSEUM STREET, OWLS HEAD • owlshead.org/events

Skepticisms—

Birding with Don Reimer



Great black hawk PHOTO BY DON REIMER

A spirit of optimism can be useful when aiming to identify birds. After all, without some optimistic prospect of success, who would ever have the courage to begin? I recall a field trip where a non-birding spouse accompanied his birder wife, just for the experience of participating in a field session. As our group scanned a swampy wooded section, the husband announced the eventual highlight species of the day with a whispered question: “What’s that little owl over there?” The novice then pointed out a skulking saw-whet owl peering from a tree cavity!

Whether it’s by novices or seasoned birders, bird identification is really a blend of art, science and, sometimes, dumb luck. But the power of suggestion also makes any field guide a double-edged sword. Occasionally, thorny issues of ID skepticisms arise, creating uncertainty among birders. In a best-case scenario, puzzling or confusing IDs should serve as constructive opportunities for deeper knowledge of a species by all parties involved. But, let’s face it: Anyone doing lots of birding will periodically make missed calls. This includes birders of considerable skill levels. One redeeming factor is if/when they freely recognize the error and reconstruct their first impressions. That’s how learning occurs.

Reports of rare birds that were initially misidentified or delayed abound. In January 1975, two members of the Brookline Bird Club (Massachusetts) stood fifty feet from

a Ross’s gull, a smallish pink-breasted gull that was previously unrecorded south of Alaska. Not expecting this vagrant species in Newburyport, the pair was stumped at first. Paging through field guides that evening, they eventually concluded it was a Ross’s gull. Next they phoned a representative of the local birding hotline, who wrote down the information but, not believing them, declined a hotline posting. Other nearby birders showed little interest in pursuing such an unrealistic sighting.

On March 2, six weeks later, the gull reappeared — this time on the CBS Evening News; its iconic image had also found its way into Time magazine. In the hubbub, the two men who initially reported the bird were generally unmentioned and forgotten.

But this plot deepens. Back on December 28, 1974, a man named James Nash had observed the same gull at the Newburyport mudflats. At that earlier date, its breast color was a vibrant pink, far pinker than the March sighting. “The possibility that it was a Ross’s hit me pretty quickly, but I was all alone, and I’d never heard of anyone reporting a Ross’s gull, and no other birdwatchers were around to verify it with me.” That night when he arrived home, he told his wife, “I just saw something that couldn’t be what it was.” “She and my children wanted me to report it, but I didn’t want to be taken for a fool,” he said. Nash mentioned the gull to a non-birding friend at work. Two months later in the office hallway, the friend stopped him to say, “That thing you saw at Newburyport has been confirmed.” “What are you talking about?” Nash asked. “That Ross’s gull. It was on television last night.”

Remember that vagrant great black hawk first seen in Biddeford and later in Portland in 2018? The original discovery was made by a curious lady, who photographed the “strange-looking hawk” and posted her sighting on Facebook. Her simple query: “What is this bird?” As more people studied her posting, speculation about a possible great black hawk began to emerge. Soon thereafter, the errant tropical hawk’s true identity was confirmed. But, even then, there were temporary suspicions that the bird in question had been photo-shopped into a green background of Maine foliage. Subsequent live sightings quickly dispelled that rumor. The take-away message here: In nature, expect the unexpected.

OUTDOORS

Registration is open —
8th Annual Biathlon at Hidden Valley Center



Biathlon skiers in costume

Midcoast Conservancy (MCC) will host the eighth annual biathlon at Hidden Valley Nature Center (HVNC), 131 Egypt Road in Jefferson, on Saturday, February 29. Races will begin at about 9 a.m. and continue into the early afternoon. People of all ages and skill levels are encouraged to participate. Racers can compete individually or in teams of four, and everyone is encouraged to compete in costume. Snowshoe racers are welcome. Biathlon is an Olympic sport that combines cross-country skiing and target shooting; MCC’s event is a twist on the classic, using paintball rifles. All rifles are provided, and each racer will receive safety training.

Race categories are based on self-selected skill levels upon check-in, and there is a category for youth racers. Awards will be given out for best costume, best team name and for youth and high school-age participants. The biathlon will be held even if there is no snow; trail running will replace skiing in that case. Postponement will be for dangerous conditions only.

There will be bonfires all day, along with food and hot chocolate from Alna General Store. Spectators are encouraged. Biathlon fans should consider volunteering if they are not planning to race; the volunteer crew can always use extra hands.

Register at midcoastconservancy.org. Same-day registrations will be accepted as space allows. Fees are \$20 for adults, \$10 for children and students. Space is limited and prices go up \$5 per participant on February 23. For more information, phone 389-5150.

ON THE WATER

February 9

New England, a 600-foot Irving Oil tanker, arrived in Searsport from Saint John, N.B., and delivered 90,000 barrels of gasoline, 90,000 barrels of No. 2 heating oil and 85,000 barrels of diesel. It sailed February 10, returning to Saint John.

February 11

TN Dawn, a 623-foot bulk carrier, arrived in Searsport from Patache, Chile, and delivered 52,000 tons of road salt. It sailed February 15 for Norfolk, Virginia.

February 12

Chemical Pioneer, a 662-foot chemical tanker, arrived in Searsport from New York and delivered caustic soda. It sailed February 13 for Philadelphia.



February 15

Zea Servant, a 482-foot general cargo ship, arrived in Searsport from Esbjerg, Denmark, and delivered wind turbine components.

Expected Arrivals

February 18 — *Thorco Reef*, to Searsport from Marin, Spain, delivering 55 towers for wind turbines.

Shipping news is compiled by Ethan Andrews using automatic identification system (AIS) data from marinetraffic.com, local sources and direct observation at ports.

Rockland Area Tides

February 18 to February 25

	High AM	High PM	Low AM	Low PM
Tuesday	6:40	7:23	12:14	1:04
Wednesday	7:41	8:23	1:18	2:06
Thursday	8:38	9:16	2:17	3:01
Friday	9:29	10:05	3:11	3:50
Saturday	10:16	10:49	3:59	4:34
Sunday	10:58	11:29	4:42	5:14
Monday	11:37	---	5:21	5:50
Tuesday	12:05	12:12	5:57	6:24

SEA SMOKE Proud Sponsor of Tides & Weather Forecast



• American Glass • Papers • Vaporizers
• IV:XX Gear • Vintage Items

95 Main Street (Rear Suite) Damariscotta, ME
Monday-Saturday 10am-5:30pm
www.seasmokeshop.com

NATIONAL WEATHER SERVICE

FORECAST for Knox County

Tuesday Night Rain and snow before midnight, then a chance of rain between midnight and 2am. Low around 31. Breezy, with a southeast wind 15 to 20 mph becoming southwest 10 to 15 mph after midnight. Winds could gust as high as 35 mph. Chance of precipitation is 100%. New snow accumulation of less than one inch possible.

Wednesday Mostly sunny, with a high near 36. Northwest wind 10 to 15 mph, with gusts as high as 25 mph.

Wednesday Night Mostly clear, with a low around 7. Northwest wind 10 to 15 mph.

Thursday Sunny, with a high near 18.

Thursday Night Mostly clear, with a low around 4.

Friday Sunny, with a high near 27.

Friday Night Mostly clear, with a low around 19.

Saturday Sunny, with a high near 37.

Saturday Night Mostly clear, with a low around 25.

Sunday Mostly sunny, with a high near 39.

Sunday Night Mostly cloudy, with a low around 29.

HOME & GARDEN

trove ON MAIN

June & December

**Flour Sack
Napkins and Towels**

100% flour sack cotton,
printed using hand-mixed eco-friendly inks

Main Street, Thomaston



RENEWAL ARBORICULTURE

Conscientious Care
for your Trees

From Apple to Spruce

New plantings and
corrective pruning

Technical support cables

Complex & difficult removals

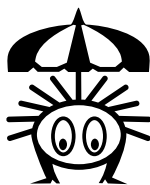
References Available

Arborist Peter Brady
(207) 801-1642

renewalarboriculture@gmail.com

www.renewalarboriculture.com

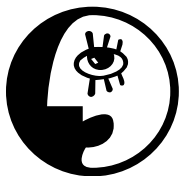
Maine Licensed #FCL3285 & Insured



**THE FREE
PRESS
readers
comment...**

"Last year we filled up to capacity after the press release ran in your paper, and are ever so grateful.

We are extremely lucky to have The Free Press in our community. As always, we shop at local businesses that advertise in your paper. We will be more vocal in letting them know that — for it is advertising dollars that provide the capital for your free paper."



Shepard

SAAB

Pre-owned SAABs – Authorized Service
(Part of Shepard Chrysler • Dodge • Ram • Jeep)

US Route 1 • Thomaston • 594-2154

www.shepardcars.com

COLOR

Style
ATTENTION TO DETAIL

**A PASSION
FOR WHAT WE DO**

We have that in common.

info@sognosalon.com
www.sognosalon.com



Sogno Salon
The Color Authority

62 Cedar Street (entrance on Pine Street) | Rockland, Maine 04841 • 207.594.2422



'Creating Japanese Gardens in Maine' Talk at Belfast Library –

Belfast Garden Club will present "Creating Japanese-Inspired Gardens in Maine," a free, public talk by Lee Schneller Sligh (pictured), at 6:30 p.m. on Tuesday, February 25, at Belfast Free Library. Many Japanese garden design principles are universal, according to Sligh, and can be applied to gardens that don't look Japanese at all. She will describe how plants that look at home in New England can be utilized with Japanese design concepts such as "hide and reveal," "the beauty of empty space," and "borrowed views." Sligh is the author of "The Ever-Blooming Flower Garden: A Blueprint for Continuous Color."



She majored in Chinese language and literature and worked as a Japanese technical translator for 10 years before starting her garden design-and-build business in the midcoast in 1995. For more information, visit belfastgardenclub.org.

Maple Syrup Tour at SweetWoods Farm



Justin Wood of SweetWoods Farm

Coastal Rivers Conservation Trust will host a free tour of the maple syrup operation at Justin Wood's SweetWoods Farm, 144 Lynch Road, Newcastle, on Sunday, March 1, from 10 to 11:30 a.m. People of all ages are welcome.

Wood started out tapping five trees as a college student years ago. His hobby has grown into a full-fledged family-run business, with more than 1,100 tapped trees. Participants will tour the sugar shack to learn about the sugaring process and see the evaporator in action. Those who are able may join Wood to walk the tap lines.

Wood will offer samples of fresh maple syrup, share interesting ways maple syrup can be used and answer questions. Due to space limitations, registration is required; to sign up, visit coastalrivers.org/events.

For more information, call 563-1393, email info@coastalrivers.org or visit coastalrivers.org.

**Knox-Lincoln Soil & Water Conservation District —
Spring Plant Sale Catalog Is Available**

Red elder

Knox-Lincoln Soil & Water Conservation District's 2020 Spring Plant Sale Catalog is now available in print and online. This year's sale will be held at the Union Fairgrounds the weekend before Mother's Day, Saturday, May 2, from 9 a.m. to 2 p.m. and Sunday, May 3, from 10 a.m. to 1 p.m. Plants preordered online or by mail through April 22 can be picked up at the sale.

The annual spring fundraiser offers almost 200 varieties to choose from: bareroot fruit trees and berries for the home orchard and garden; native conifers, deciduous trees, shrubs and vines for conservation, wildlife and landscape enhancement; and native, organic, Maine-grown perennials and herbs in one-gallon pots for pollinators. The plant list includes some new varieties as well as tried-and-true favorites. The print catalog offers descriptions of the plants and cultural requirements; links to plant-care fact sheets and



additional information, including plant images, can be found by visiting knox-lincoln.org.

To download a catalog or order online, visit knox-lincoln.org/spring-plant-sale. To request mailing of a catalog, phone 596-2040, or email hildy@knox-lincoln.org, or pick one up at 893 West Street (Route 90) in Rockport.

**Belfast's Repair Cafe
Continues March 7**

Belfast Community Works will hold a free Repair Cafe on Saturday, March 7, from 10 a.m. to 1 p.m. at Belfast FiberArts, 171 High Street.

A team of tinkerers and repair wizards will be available to help attendees fix small electrical appliances or mend clothing; bring replacement parts if available.

Belfast Community Works is a nonprofit organization whose mission is to be a shared space for makers, builders, tinkerers and dreamers of all ages that enriches the community and encourages innovation, creativity and connections throughout Belfast and beyond.

For more information, visit the group's Facebook page.

**Garden to table —
Oliver to Speak About
Annual Veggie Miracle**

Sandy Oliver

Camden Garden Club will host a free talk by Sandy Oliver called "Annual Vegetable Miracle — Garden to Table," the final presentation in the Winter Horticulture Series at Camden Public Library, on Tuesday, February 25, at 10 a.m.

James Beard Award-winning author Oliver is a Maine food writer, gardener and cook best known for her column "Taste Buds" that appears each weekend in the Bangor Daily News. Her writing appears in regional publications including The Working Waterfront and Down East Magazine, among others. Oliver has written several cookbooks and works of food history. She lives on Islesboro, where she gardens, preserves, cooks and teaches sustainable lifeways.

Camden Garden Club is a member of the Garden Club Federation of Maine and National Garden Clubs, Inc. Guests and prospective members are always welcome. For more information, visit camdengardenclub.org or email camdengardenclub100@gmail.com.



We finally got around to doing a side-by-side taste test of traditional versus nouveau burgers or, in everyday parlance, a Whopper vs. an Impossible Whopper. I was predisposed to liking the latter, as some of my family members had purchased some of the Impossible meat (roughly three times as expensive as ground beef) and made what they described as insanely delicious sliders with it. But as much as I wanted it to be otherwise, the Impossible burger was drier than its Whopper brother, which was already dry by any burger standards. Both of them were pretty much standard fast food burgers: same squishy bun, same pale lettuce and tomato, same pickle and same weird sauce. Frankly, you could put anything between those buns with those toppings and they'd taste the same: a slice of dish sponge or plastic flip-flop comes to mind.

Still, if you're thinking of saving the planet, reducing the wastefulness of the animal agriculture industry is a good place to start. It's a leading cause of greenhouse gas emissions, water contamination, deforestation and other environmental destruction. According to food industry standards, producing Beyond or Impossible burger meat generates 90% less greenhouse gas, requires 46% less energy, has more than 99% less impact on water scarcity, and has 93% less impact on land use than a quarter pound of U.S. beef. But it takes 22 ingredients for the Beyond Burger to look like raw meat, cook and sizzle like meat, and have a beefy flavor and texture. Some of these ingredients — pea protein isolate, expeller-pressed canola oil, refined coconut oil, potato starch, sunflower oil, beet extract for color — seem relatively benign. Other ingredients — cellulose from bamboo, and methylcellulose, which gives the mixture its meat-like fiber and texture — not so much.

As most of us who've looked for vegetarian or vegan answers to "Where's the beef?" know, there are plenty of veggie burgers already available in market freezers. Most of them are a bit dry and sad, but gussy them up with a good bun and lots of toppings and they are acceptable. But this is also true of other things that can be put between two halves of a bun. Portobello mushrooms first come to mind. Meaty flavor and texture? Check. Plant-based? Check. Easy on the planet? Check. While you can just slam a whole portobello under the broiler or on the grill, here's a recipe for a 'shroom burger that makes Impossible look anemic.

Portobello Burgers

- 4 Tbsp. olive oil
- 1 medium onion, chopped
- 3 portobello mushrooms, finely chopped
- 2 cloves garlic, minced
- Sea salt and black pepper
- 1 large egg
- ½ cup walnuts, finely chopped
- ½ cup chopped fresh parsley
- ¼ cup breadcrumbs
- 4 slices Swiss cheese

Heat two tablespoons of the oil in a large skillet over medium-low heat. Cook onion, mushrooms, garlic, and salt and pepper to taste until the mushrooms release their liquid, stirring. In a large bowl, combine egg, mushroom mixture, walnuts, parsley and breadcrumbs. Form four patties, using about ½ cup mixture per patty. Heat remaining oil in same skillet over medium-high heat. Cook patties for five minutes on each side, or until browned. Lay a slice of cheese on top of each burger and continue to cook until melted. To serve, place on the best buns you can bake or buy and top with tomato, sprouts, lettuce, arugula or any good crunchy green you'd like.

A second kind of non-beef burger that's worth its toppings is one made with beets. The beets keep them from having that mushy veggie burger texture and give them a rich color. I haven't made these burgers in years, but now that I know Impossible burgers are perhaps an impossible dream, I'm about to begin again. They do require a bit of work, with lots of steps and bowls, and some planning ahead, so doubling the recipe is a good idea.

Beet Burgers

- 3 large red beets, roasted
- 1½ cups cooked rice
- 1 medium yellow onion, finely minced
- 4 cloves garlic, minced
- 2 Tbsp. cider vinegar
- ¼ cup old-fashioned rolled oats
- 2 (15.5-ounce) cans black beans
- 1 Tbsp. olive oil
- 1 Tbsp. smoked paprika
- 2 tsp. brown mustard
- 2 tsp. cumin
- 1 large egg

To roast beets, heat oven to 400°F. Wrap beets loosely in aluminum foil and roast until easily pierced with a fork, 50 to 60 minutes. When cool, use a paper towel to slip the skins off, then grate the peeled beets on the largest holes of a box grater. Transfer the beets to a strainer set over the sink and press and squeeze, removing as much liquid as possible. Set aside. Heat a teaspoon of olive oil in a skillet over medium-high heat. Add onions and a pinch of salt and cook until they are golden. Add the garlic and cook about 30 seconds. Pour in cider vinegar, scraping up the mixture in the pan, and continue to simmer until the cider has evaporated and pan is nearly dry. Remove from heat and set aside to cool. Process oats in a food processor until they are reduced to a fine flour. Transfer to a small bowl and set aside. Drain and rinse one of the cans of beans and transfer them to the food processor. Pulse eight to ten bursts, just until the beans are roughly chopped, not so long that they become mushy. Transfer this mixture to a large mixing bowl. Drain and rinse second can of beans and add whole beans to the mixing bowl as well. Add squeezed beets, cooked rice, and sautéed onions to the bowl with the beans. Sprinkle the olive oil, brown mustard, smoked paprika and cumin over the top of the mixture. Mix all the ingredients until combined. Taste the mixture and add salt, pepper, or any additional spices or flavorings to taste. Finally, add the oatmeal flour and egg and mix until you no longer see any dry oatmeal or egg. Refrigerate the burger mix for at least two hours or (ideally) overnight. To form patties, use about ¾ cup of the burger mixture and shape it between your palms. To cook, heat a cast iron skillet or other heavy frying pan over high heat. Add a few tablespoons of olive oil to completely coat the bottom of the pan. When oil is hot, transfer the patties to the pan and cook for 2 minutes, then flip them to the other side. You should see a nice crust on the cooked side. Cook for another 2 minutes, then cover the pan and reduce the heat to medium-low. Cook for 4 more minutes until the patties are warmed through. If you're adding cheese, lay a slice over the burgers in the last minute of cooking. Serve on your best burger buns or lightly toasted sandwich bread along with some fresh greens.

Note: These burgers can be frozen raw or cooked. Wrap each burger individually in wax paper or between sheets of parchment paper, and freeze. Raw burgers are best if thawed in the fridge overnight before cooking. Cooked burgers can be reheated in the oven, a toaster oven, or the microwave.



by Georgeanne Davis

Better Burgers

UNITED FARMERS MARKET OF MAINE
 INDOOR PRODUCERS MARKET, MAINE MADE PRODUCTS
 OPEN EVERY SATURDAY 9AM-2PM
 FARMERS, BAKERS, ARTISANS, PREPARED FOODS
 WITH A BAY VIEW DINING AREA
 18 SPRING ST. BELFAST, MAINE
 BELFASTMARKET.COM (207) 218-7005 OFFICE@BELFASTMARKET.COM

HEAVENLY THREADS THRIFT SHOP
YELLOW Tagged Clothing
 50% OFF 2/18 - 2/21
 &
 \$1 Each on 2/22
 57 Elm Street, Camden, ME 207-236-3203
 Tuesday - Saturday 10 am to 4 pm
 We are an Outreach Mission of the First Congregational Church

BLEECKER & GREER
MAINE STREET MEATS
 Butcher Shop and Specialty Food Market
SERVING ALL DAY BREAKFAST & LUNCH
 8AM-3PM, MONDAY-SATURDAY
 www.MaineMeat.com
 310 Commercial Street, Rockport
 207-236-MEAT (6328)

BELFAST FARMERS' MARKET
 Aubuchon Hardware Greenhouse
 Rte. 1 (231 Northport Ave.)
 Every Friday 9am - 1pm

ENHANCING YOUR PROPERTY FOR OVER 35 YEARS

 269 Atlantic Hwy • Warren, ME
 207-273-1000 • 800-360-4866
 www.tomfence.com

From The Lincoln County Collection

 It started many years ago when four girls from Lincoln Academy headed to college and wanted to take a piece of Lincoln County with them. They purchased a necklace for each other in the same simple and beautiful design which we offer today.
 Choose the original necklace, matching earrings or bracelet. Exclusively at Stars since 1994.
 \$30
STARS
 Of Damariscotta
 563-5488

Browntail Moth Treatments

 Fully Licensed & Insured
 Free Estimates - Break the Cycle
 www.hawkestreeservice.com



A GLOBAL JOURNEY

2020 WINTER AUCTION WEEKEND

February 28, 29 & March 1 | 11 am

Fine Art, Antiques, Folk Art, Marine Art, 20th c. Decorative Items & more



Jacob D. Wagner - Vinalhaven, ME



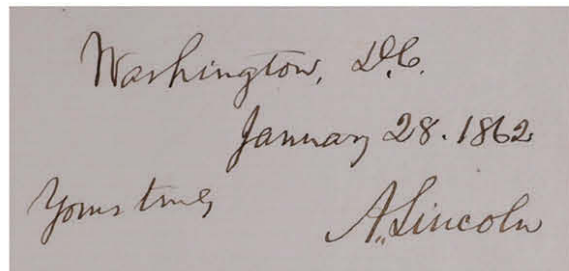
Antonio Jacobsen - SS Brazos



Wenzel Ignaz Prasz - Irish Wolfhounds



Silver Elephant Pin Cushion



Civil War Era Ephemera & Collectibles - 75 Lots



Arts & Crafts Table Lamp



Canton Lidded Serving Pieces



Cased Ship Model - "Pilgrim"



Jewelry & Watches - 66 lots



Silver Lighthouse Form Cocktail Shaker



Drum Form Side Tables



18th c. English Coach or Saddle Pistol



Merganser Decoy by John Paxson



Bing & Grondahl Porcelain Polar Bear



Seafood Trade Sign



18th c. Architect's Desk



19th c. American Coverlet



Antique French Wine Casks



Stickley Library Table & Chair

Thomaston Place
AUCTION
Galleries
the Preservation Generation™

Preview: Mon.- Thurs. Feb. 24 -27
from 9 am to 5 pm

Friday, February 28 - Civil War Ephemera & Artifacts
Saturday, February 29 - Fine Art & Antiques
Sunday, March 1 - Fine Art, Antiques & 20th c. Decorative Items

BID IN PERSON | BY PHONE/ABSENTEE | ONLINE

51 Atlantic Highway, Thomaston, ME 04861
207-354-8141 | info@thomastonauction.com
View catalog: www.thomastonauction.com

Kaja Veilleux (ME AUC #902)

ENTERTAINMENT

Three days of screenings & events —
Cabin Fever Film Fest Returns to Camden

Points North Institute — organizers of the Camden International Film Festival — has announced the slate for the second annual Cabin Fever Film Festival, February 28 through March 1 at the Camden Opera House. Cabin Fever is an extension of the CIFF Selects monthly screening series, which brings new, award-winning documentary films to midcoast Maine throughout the year as a lead-up to the Camden International Film Festival.

This year's event has been expanded to include three days of film screenings, virtual-reality exhibitions, live music, and other special events.

Highlights include pre-release screenings of several new films that premiered at last month's Sundance Film Festival and last fall's Toronto International Film Festival, the two largest film festivals in the world. Cabin Fever will open with "Crip Camp," which won the U.S. Documentary Audience Award at its Sundance premiere last month.

Films scheduled to screen include:

"The Capote Tapes"

"Answered Prayers" was meant to be Truman Capote's greatest masterpiece, an epic portrait of NYC's glittering jet-set society. Instead, it sparked his downfall. Through never-before-heard audio archive and interviews with Capote's friends and enemies, this intimate documentary reveals the rise and fall of America's most iconic gay writer.

"Crip Camp"

Down the road from Woodstock in the early 1970s, a revolution blossomed in a ramshackle summer camp for disabled teenagers, transforming their lives and igniting a landmark movement. With joy and humor, "Crip Camp" explores the universal experience of summer camp awakenings that would transform lives and shape the future of the disability rights movement. The film traces the journeys of campers and staff up to the present day, in this compelling story of a powerful movement toward inclusion.

"Love Child"

Sahand, Leila, and their 4-year-old son Mani are on the run. The Iranian lovers carried on a clandestine affair for years, and Mani was born out of wedlock. Now they're fleeing their homeland — where they could face the death penalty for their indiscretions — and seeking asylum abroad. Filmed over more than six years, "Love Child" tells the story of a family dedicated to each other but straining under the pressures of bureaucracy and the world's nationalist tilt.

"Mucho Mucho Amor"

Once the world's most famous astrologer, Walter Mercado seeks to resurrect a forgotten legacy. Raised in the sugarcane fields of Puerto Rico, Walter grew up to become a gender nonconforming, cape-wearing psychic whose televised horoscopes reached 120 million Latinx viewers a day for 30 years, before he mysteriously disappeared.

"Once Were Brothers: Robbie Robertson and the Band"

Inspired by Robertson's 2017 best-selling memoir, "Testimony," the film is a confessional, cautionary, and sometimes humorous tale of Robertson's young life and the creation of one of the most enduring bands in the history of popular music. The film blends rare archival footage and interviews with many of Robertson's friends and collaborators, including Bruce Springsteen, Eric Clapton, Van Morrison and Martin Scorsese, among others.

Swan Lake Direct from Moscow in Damariscotta and Rockland —

A captured-live, high-definition broadcast of *Swan Lake* performed by Moscow's Bolshoi Ballet will be presented Sunday, February 23, at 1 p.m. at the Lincoln Theater in Damariscotta and Sunday, March 1, at 1 p.m. at the Strand Theatre in Rockland. Tchaikovsky's beloved ballet — which the Bolshoi debuted in Moscow on February 20, 1877 — depicts the legendary love story between Prince Siegfried and the dual personalities Odette/Odile. Siegfried is summoned by his parents to choose a bride, but when he encounters a mysterious and magnetic swan-woman, Odette, by a lake, he is captivated. His vow of eternal love to her will have irreversible consequences. Running time is 2 hours, 40 minutes, with one intermission. For Strand ticket information, call 594-0070 or visit rocklandstrand.com. Lincoln Theater tickets will be available at the door beginning one hour before showtime. For more information, visit lcct.org or call 563-3424. PHOTO: NATALIA VORONOVA



Stills from some of the documentaries scheduled in the Cabin Fever Film Festival, from top to bottom, "The Capote Tapes," "Crip Camp" and "Mucho Mucho Amor"

"Picture Character"

The rapid rise of emojis is a global phenomenon without precedent. Their widespread use and their ability to convey complex messages have not only cemented emojis' place as an emerging digital language, but also prompted difficult questions about digital communication's fraught ties to identity and inclusion. "Picture Character" sheds light on the private consortium that approves new emoji offerings and the individuals fighting to make the language more representative of its billions of users.

"Primary"

Robert Drew's groundbreaking 1960 film is one of the most influential documentaries in the history of the medium. A pioneering work in the documentary movement that came to be known as *cinéma vérité*, "Primary" follows the young, charismatic senator from Massachusetts, John F. Kennedy, as he goes head-to-head with established Minnesota Senator Hubert Humphrey to win the Wisconsin presidential primary in April 1960.

Passes to Cabin Fever are on sale for \$40 and admit one to all screenings. All-access passes are \$75 and admit one to all film screenings, the Storyforms VR exhibition, the opening-night reception and Saturday-night party.

Tickets to individual screenings are \$10 and can be purchased online in advance, or day of show at the Camden Opera House box office. For more information on the films, tickets and the schedule, visit pointsnorthinsitute.org.



PHOTO: STEVE LORENTZEN

Jazzy Ash & the Leaping Lizards —
Mardi Gras Coming to Strand Theatre

Strand Theatre, 345 Main Street, Rockland, will host the five-piece band Jazzy Ash and the Leaping Lizards in a show for all ages on Friday, February 28, at 6:30 p.m. Admission to the show, which is part of the Strand Family Series, is "Pay-What-You-Can" — ticket prices are \$20, \$10, \$5 or free, so that cost is not a barrier to attendance.

Songwriter and music educator Jazzy Ash is primarily inspired by her New Orleans roots and early jazz. She trained professionally in music and theater and holds a degree in early childhood education.

Every musician in the band is a professional music educator and will share tidbits about New Orleans music, culture and the traditions of Mardi Gras. The band features a ukulele, guitar, banjo, accordion, fiddle, bass, trombone, sax, washboard, and drums and will perform zydeco, gypsy jazz, swing and Dixieland music.

Upcoming shows in the Strand Family Series include two productions of storytelling with live animation, "This World Made Itself" and "Infinitely Yours," on April 3; and a puppet play, "Go Home, Tiny Monster," presented by Boston-based The Gottabees on May 2.

For more information, visit rocklandstrand.com, phone 594-0070, extension 3, or email info@rocklandstrand.com.

Bay Chamber's Music@Noon Continues February 19 —



Bay Chamber Concerts' Music@Noon series will continue with a concert by the Portland Piano Trio on Wednesday, February 19, at noon in the library at Farnsworth Art Museum, 16 Museum Street, Rockland. The program will feature a single masterwork, the Schubert Piano Trio No. 2 in E-flat Major, D929. Admission to the hour-long performance includes soup provided by Atlantic Baking Company and free access to the museum following the performance. Tickets for adults are \$30, \$10 for those under age 25, and can be purchased at baychamberconcerts.org, at Bay Chamber's office at 18 Central Street, Rockport, or by calling 236-2823. Shown here, left to right, pianist Anastasia Antonacos, cellist Wayne Smith and violinist Tracey Jasas-Hardel.

Joe Moss Band for Monday Night Blues at Time Out Pub —

The weekly Monday Night Blues series in the upstairs music room at Time Out Pub, 275 Main Street, Rockland, will feature the Joe Moss Band at 7 p.m. on February 24. Doors open at 6 p.m.; admission is \$15 at the door.

Chicago-based guitarist Joe Moss, a Blues Hall of Fame inductee, leads a band that features some of Chicago's finest blues musicians. The series will continue March 2 with Slim and The Perkolators (\$15); March 9, Chris Beard Band (\$15); March 16, Gabe Stillman Band (\$15); and March 23, Biscuit Miller and the Mix (\$20). For more information, visit northatlanticbluesfestival.com or the Time Out Pub Facebook page.



OBITUARIES

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

NOTICES

Elinor Alberta Barnes
Died Fri., Feb. 7, 2020
Age 92; To share a memory or story with the family, visit bchfh.com.

Fannie Rachel Copeland
Died Mon., Feb. 3, 2020
Age 96; To share a memory or story with the family, visit bchfh.com.

Arnold Marcellus Esancy
Died Tues., Feb. 4, 2020
Age 90; To share a memory or story with the family, visit bchfh.com.

Madeline Lucille Gillam
Died Sun., Feb. 2, 2020
Age 95; Condolences and memories may be shared at longfuneralhomecamden.com.

Lowell A. Jones Sr.
Died Wed., Feb. 5, 2020
Age 81; To share a memory or story with the family, visit bchfh.com.

Michael A. Leon
Died Thurs., Feb. 6, 2020
Age 49; To share a memory or story with the family, visit bchfh.com.

Shalimar's Studio of Oriental Dance
407 Main St., Rockland ~ Info: 975-3317 ~ Classes with Patti Luchetti

ONGOING CLASSES
Middle Eastern Dance: TUES., 6:30-8 PM;
Graham Modern: WEDS., 7-8:15 PM
Stretch: THURS., 6:45 AM & SAT., 8 AM

BALANCE • STAMINA • STRETCH • FORM

Maine Center for Integrated Rehab
The Area's 1st & Only

RESIDENTIAL BRAIN INJURY HOME

We can assist with recovery.

Now Hiring Staff in our Rockland location!
Full & Part-Time DSP & PSS Positions Available.

Call Brian Hurd at 989-9638

MAINE CENTER for INTEGRATED REHABILITATION

Brewer 207-989-2034	Rockland 207-596-0133	Fairfield 207-453-1330
------------------------	--------------------------	---------------------------

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

TUESDAY, FEBRUARY 18:

► **"Summering with Vultures,"** noon at Merryspring Nature Center in Camden. Birder and columnist for The Free Press Don Reimer gives an inside look at a vulture pair raising their chicks last summer from egg to independence. He traces their weekly progress and changes at the nest site.

► **"Sailing from Belfast to the Top of Labrador,"** 6:30 p.m. at Belfast Free Library. Belfast resident Jonathan Fulford on his recent four-month trip of 4,000 miles with a crew of four in his 28-foot sailboat to the icy tip of Labrador and back. He'll show slides of icebergs, puffins, polar bears and fiords and talk about how people and animals there are attempting to adapt to climate change. The free public talk is cosponsored by the library and Come Boating! Belfast's Community Boating Organization.

WEDNESDAY, FEBRUARY 19:

► **Environmental "Teach-In" at Belfast Free Library,** at 6 p.m. The Peace and Justice Group of Waldo County sponsors the "teach-in" led by Midcoast Maine Extinction Rebellion. Learn about the worldwide movement of environmental activists confronting the growing threat of the climate crisis. Free and open to all.

THURSDAY, FEBRUARY 20:

► **Talk on Science of the Atmosphere, at Camden Public Library,** from 6:30 to 8 p.m. Colby College geology professor Bess Koffman explores how and why the atmospheric circulation has changed over time and its impacts on land and marine environments, in a talk presented by Mid-Coast Audubon.

► **"Think Brink" Talk on Right Whales at Belfast Free Library,** at 6:30 p.m. Expert Mark Dittrock tells how the North Atlantic right whale, the most critically endangered large whale on Earth, could soon face extinction as a consequence of climate change and the warming of the world's oceans. His free talk is sponsored by Belfast Bay Watershed Coalition, North Atlantic Right

Whale BEACON (Bi-national Early Alert Coastal Network) and Belfast Creative Coalition.

FRIDAY, FEBRUARY 21:

► **Poetry Reading at Thomaston Public Library,** at 5 p.m. Jason Grundstrom-Whitney reads from his first book of poetry, "Bear, Coyote, Raven," recently published by Resolute Bear Press and nominated for a Pushcart Prize and a National Book Award. The poems explore themes of environmental degradation, violence, and technological troubles and suggest a solution: to connect with the web of life. The reading was rescheduled to this Friday due to inclement weather.

► **Sock Hop at Watts Hall in Thomaston,** from 6:30 to 9 p.m. With a mix of tunes from the '50s and '60s spun by DJ Dan Miller. Snacks and drinks provided. The event is open to all ages, and families are welcome. It's free, but donations will be accepted. Proceeds will be used by the Watts Hall Community Players to fund their productions and for improvements to Watts Hall. People are invited to dust off and don clothes from 50 years ago.

► **33rd Annual Camden Conference, "The Media Revolution: Changing the World," Friday to Sunday,** live at the Camden Opera House and livestreamed to the Hutchinson Center in Belfast, Strand Theatre in Rockland, and Hannaford Hall in Portland. CamdenConference.org has all the details.

SATURDAY, FEBRUARY 22:

► **"Pedaling to Progress: Bicycles from 1800s - 1920s" Opens at Owls Head Transportation Museum,** this Saturday. The exhibit explores the golden age of a wheeled machine so versatile and liberating that it permanently changed the landscape of American economics and consumer culture. Also on opening day, the museum will offer a events including Imagination Station from 10 a.m. to noon, offering STEM-based activities for ages 7 to 12, and an entry to the *Transport Talks* series at 1 p.m. with Kat Johnson from the University of Maine Museum of Art. All activities and access to the exhibit are free with the cost of admission. Those under 18 as well as retired career veterans and active-duty military are admitted for free. The museum is a few miles from downtown Rockland, on Route 73.

SUNDAY, FEBRUARY 23:

► **"Maine-ly a Celebration: Fish,"** from 12:30 to 3:30 p.m. at Penobscot Marine Museum's Old Vestry, 2 Church Street in Searsport. The museum celebrates Maine's bicentennial, inviting

everyone to drop in and try their hand at fish prints and origami fish. At 1 p.m., Anna Harris of Maine Ecological Services will talk about the Craigbrook National Fish Hatchery and current pressures on Atlantic salmon in Maine. She'll also take a look at what's going on with American eels and alewives. \$5 museum members, \$8 nonmembers, \$20 families, free for kids 7 and under. Weather cancellations will be posted on the museum's Facebook page.

TUESDAY, FEBRUARY 25:

► **"Finding Joyful Movement in Winter,"** 6:30 p.m. at Camden Public Library. Hester Kohl discusses how to replace negative thoughts about exercise with positive, empowering thoughts; how to select activities based on your "exercise personality"; and how to use balance, variety, and moderation to make movement a consistent and joyful part of your lifestyle.

COMING UP:

► **"Global Warming: Moving Beyond the Problem to Solutions,"** Thursday, February 27, at 6:30 p.m. at Camden Public Library. Dave Oakes, codirector of the Center for Ecological Living and Learning, will propose what can be done at the individual, family, community, and global levels to resolve the climate crisis. His program will focus on solutions to global warming and include time for participant ideas and sharing.

MUSIC

TUESDAY, FEBRUARY 18:

► **Jordan Benissan's African Drum Ensemble at Searsport Town Library,** in its *Winter 2020 Concert Series*, at 7 p.m. Benissan, a native of Togo, West Africa, and member of the Ewe people, was introduced to music and dance at an early age in ceremonies and rituals. He received his music training from several West African master drummers and got his B.A. from the Institut des Sciences Commerciales in Lome, Togo. Admission is free. The snow date is February 25.

WEDNESDAY, FEBRUARY 19:

► **Music@Noon with Portland Piano Trio,** noon at Farnsworth Art Museum, Rockland. The trio's program will focus on a single masterwork, Schubert's Piano Trio No. 2 in E-flat Major, D929. The hour-long performance includes freshly prepared soup from Atlantic Baking Co. plus free admission to the museum after the performance. Tix are \$30 (\$3 ticketing fee at checkout) for adults, \$10 under age 25: BayChamberConcerts.org.

► **Musical Instrument Introductions at Carver Memorial Library,** Searsport, at 5:30 p.m. A show-and-tell with Jim Hyland and other musicians, who play instruments and help you give them a try. Carver's Musical Instrument Lending Library contains an acoustic guitar, an electric guitar, a violin, a banjo, two mandolins, and two ukuleles.

THURSDAY, FEBRUARY 20:

► **Will Brown Playing Maritime, Celtic and Transatlantic Music,** at 6:30 p.m. at Rockland Public Library in its *Monthly Concert Series*. Brown has played and recorded with many well-known Maine musicians during the past 40 years. He arranged his favorite Utah Phillips song, "Going Away," which is included on the 2009 Grammy-nominated compilation "Singing Through the Hard Times." The concert is free and open to the public.

SATURDAY, FEBRUARY 22:

► **Pianists Gulimina Mahamuti and George Lopez at Bowdoin College,** Brunswick, at 3 p.m. in Kanbar Auditorium, Studzinski Recital Hall. Mahamuti and Bowdoin's Beckwith Artist in Residence Lopez will perform works including Schumann's Canonic Studies and the epic Rachmaninoff Suite No. 2. That morning George Lopez will give a masterclass to piano students from 9 a.m. until noon, which is sponsored by the Maine Music Teachers Association and open to the public to observe.

► **Zak Kendall of GoldenOak in Belfast,** 6 to 8 p.m. at Perennial Cider Bar and Farm Kitchen, 84 Main Street. He plays a solo show of indie, soul and folk. All ages. Free; tips encouraged. Full food and bar menu offered.

MONDAY, FEBRUARY 24:

► **Joe Moss Band in Rockland,** at the *Monday Night Blues* series at Time Out Pub, 275 Main Street. Doors open at 6 p.m. for the 7 to 10 p.m. show. Admission is \$15 at the door. For more info, visit NorthAtlanticBluesFestival.com or check the Facebook page.

Free to Worship



Shalom
We welcome all to
Adas Yoshuron Synagogue
50 Willow St., Rockland
Unaffiliated ~ All-inclusive
For schedule: Call 594-4523 or
visit www.AdasYoshuron.org

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

Open Hearts, Open Minds, Open Doors
Sunday Worship 10:30 a.m.

ALDERSGATE
United Methodist Church
Rte. 17 Across from Chickawaukie Lake
aldersgaterockland@gmail.com

The Episcopal Church welcomes you!
Sunday Services
Holy Communion
7:30 and 10:00* am
*Nursery and Sunday School available

St. Thomas Episcopal Church
CAMDEN MAINE
33 Chestnut Street • 236-3680 • www.stthomascamdenme.org

John Street
United Methodist Church
98 John Street, Camden, ME 04843
(207)236-3829 jsumc@midcoast.com
Sunday Worship 11:00 - Childcare Available
We Welcome All Persons

First Congregational
Church of Camden
An open and affirming
congregation of the
United Church of Christ
Join Us for Worship Sunday at 9:30 a.m.
Sunday School starts at 8:45 a.m. Nursery Care Available
55 Elm St., Camden 236-4821 camdenucc.org

Join us for worship and
fellowship Saturday,
Sabbath - 10:45 to Noon
followed by a
vegetarian meal.
All are welcome.
132 Camden Street, Rockport.

SEVENTH-DAY
ADVENTIST
CHURCH

WELCOME to the
ROCKLAND
CONGREGATIONAL
CHURCH
Sunday Worship 10 a.m.
Tues., 9 a.m. Kierkegaard discussion -
Works of Love, Tues., 6 p.m. Choir
find.us.at:rocklandcongregationalchurch.org

Nativity Lutheran Church
179 Old County Rd, Rockport
Sunday Worship 10:30 a.m.
Find us on Facebook or on the web:
nativitylutheran.church
207-594-4665
All are welcome—You are welcome!

CALENDAR OF EVENTS

COMING UP:

➤ **“A Celebration of American Women Composers,”** Sunday, March 1, at 3 p.m. at First Parish Church UCC, 217 Maine Street in Brunswick. Under the direction of Dr. Jane Hagness, the church’s choir presents its annual spring concert, featuring works by Amy Cheney Beach and Florence B. Price and Alice Parker’s “Melodious Accord: A Concert of Praise,” which is accompanied by brass quartet and harp. Soloists are Jennifer Bates, soprano; Andrea Graichen, alto; Martin Lescault, tenor; and John David Adams, bass. Tickets are \$15 in advance (by calling 729-7331), \$20 at the door, and free for students.

ONGOING:

- **Songwriter Sessions at Camden Public Library,** last Thursdays of the month, 6 to 8 p.m. Find a supportive group for your songwriting.
- **Tuesday Jams in Thomaston,** 8 Hyler Street, at 7 p.m. Folk, country, blues, gospel. FMI: 273-2914.
- **Thursday Jams in Warren,** Saint George River Cafe, 310 Main Street, at 6 p.m. and **Second and Fourth Friday Open Mics,** at 6:30 p.m.
- **Thursday Karaoke in Thomaston,** Threshers Brewing Company, 1 Starr Street, 7 p.m.
- **Third Friday Open Mics in Whitefield,** Sheepscoot General Store and Farm, 98 Townhouse Road, at 7 p.m.
- **Second Saturday Drum Circles at River Arts,** Damariscotta, at 6:30 p.m. No experience needed; bring a drum or borrow one. Free. FMI: 633-6355.
- **Sunday Jams in Rockland,** Sail, Power & Steam Museum, 75 Mechanic Street, at 1:30 p.m.

FILM

THURSDAY, FEBRUARY 20:

➤ **“The Woman Who Loves Giraffes,”** at Lincoln Theater, Damariscotta, on Thursday at 2 p.m. and 7 p.m. and **Friday** at 2 p.m. The documentary profiles Canadian biologist Anne Innis Dagg, the world’s first “giraffologist,” whose research findings ultimately became the foundation for many scientists following in her footsteps, and it looks at the harsh reality facing giraffes today. \$8 adults, \$6 theater members and youth 18 and under.

FRIDAY, FEBRUARY 21:

➤ **“Brilliant Moon: Glimpses of Dilgo Khyentse Rinpoche,”** 6:30 p.m. at The Dancing Elephant, 14 School Street, Rockland. Brilliant Moon tells the story of Khyentse, one of Tibet’s most revered 20th-century Buddhist teachers, known as the instructor of His Holiness the Dalai Lama and the royal family of Bhutan. Richard Gere and Lou Reed narrate the film, recounting Rinpoche’s dangerous journey out of China and the subsequent spread of his influence around the world. Admission is by donation.

➤ **“The Shootist,”** 6:30 p.m. in Thomaston Public Library’s *Friday Night Films*. February’s Westerns wrap up with the story of J. B. Brooks (John Wayne, in his final film role), an aging gunfighter diagnosed with cancer who comes to Nevada at the turn of the 20th century. Renting a room from widowed Bond Rogers (Lauren Bacall) and her son (Ron Howard), Books is confronted by several people of questionable motives, including a few who are looking to profit from his notoriety and a man seeking to avenge his brother’s death. Not wanting to die a quiet, painful death, Books devises a plan to go out with a bang.

➤ **“Summer Hours,”** 7 p.m. in Belfast Free Library’s *Friday Night Flix* series. February’s movies look at love. This one is a reverie on family love, written and directed by Olivier Assayas, with Juliette Binoche and Charles Berling. Two brothers and a sister cope with the loss of their beloved mother and the disappearance of their childhood memories with her house and its historic family heirlooms. In French, with subtitles.

SUNDAY, FEBRUARY 23:

➤ **The Bolshoi Ballet Presents: Swan Lake,** 1 p.m. at Lincoln Theater, Damariscotta. Tchaikovsky’s masterpiece is captured in Moscow as the Bolshoi dances the legendary love story between

Prince Siegfried and the dual personalities Odette/Odile. Tickets are \$15 adults, \$13 theater members, and \$5 youth 18 and under.

COMING UP:

➤ **“Grease Sing-A-Long” at Lincoln Theater,** Damariscotta, Thursday, February 27, at 6:30 p.m. A newly restored print brings the highest-grossing musical of all time, “Grease” (1978), to the big screen as a sing-along. \$8 adults, \$6 theater members and youth 18 and under.

➤ **Second Annual Cabin Fever Film Festival,** Friday to Sunday, February 28 to March 1, at Camden Opera House. Cabin Fever is an extension of the *CIFF Selects* monthly screening series, which brings new, award-winning documentary films to the midcoast throughout the year as a lead-up to the Camden International Film Festival. This year’s Cabin Fever has been expanded to include three days of film screenings, virtual-reality exhibitions, live music, and other special events. The schedule is at PointsNorthInstitute.org.

AREA THEATERS:

- **ALAMO THEATRE,** Bucksport. OldFilm.org, 469-6910.
- **COLONIAL THEATRE,** Belfast. ColonialTheater.com, 338-1930.
- **FLAGSHIP CINEMAS,** Thomaston. FlagshipCinemas.com, 594-2100.
- **HARBOR THEATER,** Boothbay Harbor. BoothbayCinema.org, 633-0438.
- **LINCOLN THEATER,** Damariscotta. LCCT.org, 563-3424.
- **STRAND THEATRE,** Rockland. RocklandStrand.com, 594-0070.

ARTS

➤ **Local Color Gallery in Belfast Taking Applications for New Artists,** now through March 1. Details are at LocalColorGalleryMaine.com.

TUESDAY, FEBRUARY 18:

➤ **Intergenerational Book Club at Thomaston Public Library,** 2:30 p.m. The club will discuss “Enchantress of Numbers: A Novel of Ada Lovelace” by Jennifer Chiaverini, about an “unheralded pioneer in computing – a young woman who stepped out of her father’s shadow to achieve her own laurels and champion the new technology that would shape the future.” The club, for men and women of all ages, meets third Tuesdays of every month. For March, the book is “A Year by the Sea: Thoughts of an Unfinished Woman” by Joan Anderson.

➤ **Philosophical Society at Camden Public Library,**

3:30 p.m. The lively group meets third Tuesdays monthly to discuss a wide variety of topics, which are posted on the library’s website. New members are welcome.

WEDNESDAY, FEBRUARY 19:

➤ **Contemporary Fiction Discussion Group at Rockland Public Library,** meet at 3 p.m. The group focuses on critically acclaimed fiction from the past five years. This month’s book is “Else, Come Home” by Portland author Susan Conley. Meetings are held third Wednesdays monthly.

FRIDAY, FEBRUARY 21:

➤ **“Knitting Diagonally,”** a free class led by Katharine Cobey, at 3 p.m. at the Lincoln Home, 22 River Road, Newcastle. Bring yarn and needles. More info: 563-2250.

➤ **Belfast Maskers Weekend Open House, Annual Meeting, and Auditions,** on Friday from 6 to 8 p.m., the theater company invites community members to its Basil Burwell Community Theater, 17 Court Street in Belfast, to see original murals created by artist Krista Odom of Belfast adorning the theater entrance and stairwell. Light snacks and beverages will be provided. The Maskers host their annual members meeting on **Saturday** at 5 p.m., also at The Bazz. Following the meeting, the Maskers invite all volunteers to attend a celebration of thanks for bringing performances to the theater year-round. The Mardi Gras-themed party and dance, catered by the Maskers’ board of directors, will include the annual Golden Mask Awards presentation for outstanding performances in the company’s 2019 productions. To round out the weekend, the Maskers will hold open auditions for their annual One-Act Play Festival on **Sunday** from 2 to 4 p.m. and **Monday** from 6 to 8 p.m. Auditions, for adults ages 30 to 80, will be held on the lower level of theater. If you are unable either day, but are interested, email Greg Marsanskis at gmarsanskis@gmail.com or Meg Nickerson at maskermeg@gmail.com. Performances will be May 1, 2, 8, 9 and 15. For more info, head to BelfastMaskers.com.

SATURDAY, FEBRUARY 22:

➤ **Reception for Quilt and Fabric Artists at Camden Public Library,** from 3 to 5 p.m. During the month of February, visit the Picker Room at the library to view quilts and fabric art produced by members of two local guilds: Coastal Quilters of Midcoast Maine and Mt. Battie Modern Quilt Guild. The reception is an opportunity to meet the quilters and discuss their work.

SUNDAY, FEBRUARY 23:

➤ **“Temporality – The Process of Time” Performance and Reception,** at Center for Maine Contemporary Art, from noon to 3 p.m. Ariel Hall gives a performance during the final week of the winter exhibition. Free.

MONDAY, FEBRUARY 24:

➤ **Free Adult Art Classes at Rockland Public Library,** 11 a.m. Catinka Knoth leads the free Monday classes – with a

CALENDAR continues page 25

YOGA

Begins Week of March 2nd

ROCKPORT
Union Hall
Monday Eve: 5:30-7 p.m.

THOMASTON
St. John’s Episcopal Church
Tuesday & Thursday 9-10:30 a.m.

SLOW YOGA... Mindful movement encourages a return to flexibility and resilience. It deepens our sense of well-being. Movement is Medicine.

LINDA SHEPARD **785-4319**
shepsimp@midcoast.com



WEAVER’S ROADSIDE VARIETY

BAKERY CATERING AGENCY LIQUOR STORE

1386 Waterville Road, Waldo, ME • 342-5697

Live Bait - Shiners

weaversroadsidevariety@gmail.com

~ Celebrating Over 25 Years ~

Rhonda P. Feiman, L.L.C.
Doctor of Asian Medicine

Acupuncture & Chinese Herbs

18 Harbor St.
Belfast, Maine 04915
(207) 338-4454



www.belfastmaineacupuncture.com
Serving Our Community Since 1993

My small business is everything to me. What happens if my computer is hacked?

That’s where we come in.

Ask Allen.

(207) 236-4311 | AllenIF.com/cybercoverage

Insurance | Financial

Offices in Rockland, Camden, Belfast, Southwest Harbor and Waterville.

MOVIE NEWS



A scene from the documentary film "The Pollinators"

In Boothbay Harbor —

Botanical Gardens Hosts 'The Pollinators'

Coastal Maine Botanical Gardens will host a public screening of "The Pollinators" at the Harbor Theater, 185 Townsend Avenue, Boothbay Harbor, on Thursday, February 27, at 6 p.m. Doors will open at 5:00; appetizers, concessions and a cash bar will be available prior to the screening.

Director Peter Nelson said the film is "a cinematic journey around the United States following migratory beekeepers and their truckloads of honeybees as they pollinate the flowers that become the fruits, nuts and vegetables we all eat." The film focuses not only on these vital pollinators, but also on the beekeepers, farmers, chefs and academics who interact with them, offering the audience a broader perspective on honeybees' importance and the threats to both their survival and our food security.

Thomaston's Friday Night Films —

John Wayne's Final Film 'The Shootist'



The Friends of the Thomaston Public Library Friday Night Film Series for February features classic Westerns, at the Thomaston Academy building, continuing with "The Shootist" (1976, NR, 100 minutes), starting at 6:30 p.m. February 21.

J.B. Books (John Wayne, in his final film role) is an aging gunfighter diagnosed with cancer who comes to Nevada at the turn of the 20th century. Renting a room from widowed Bond Rogers (Lauren Bacall) and her son (Ron Howard), Books is confronted by several people of questionable motives, including a few who are looking to profit from his notoriety and a man seeking to avenge his brother's death. Not wanting to die a quiet, painful death, Books devises a plan to go out with a bang.

Friday Night Films are open to the public and free of charge, but donations are accepted. The Thomaston Academy building is accessible to all from the rear entrance. Light refreshments will be served. For more information, call the library at 354-2453.

'Summer Hours' at Belfast Friday Flix



In February, the month of Valentines and love, the Belfast Free Library's film series, Friday Night Flix, looks at love from differing viewpoints: marriage, friendship, love of the land, and love between parents and children.

In "Summer Hours" (2008, NR, 103 minutes), showing February 21, writer and director Olivier Assayas and a cast that includes Juliette Binoche, Charles Berling and others tell a story of love, loss and memory as family members close up their childhood home after the death of their beloved mother. In French, with subtitles.

Friday Night Flix are presented free of charge. All films are shown in the Abbott Room at the Belfast Free Library, beginning at 7 p.m.

New on DVD & Blu-ray

Just Released February 18 —

A BEAUTIFUL DAY IN THE NEIGHBORHOOD PG/Biography, Drama/Dir: Marielle Heller (Tom Hanks, Matthew Rhys, Chris Cooper) Tom Hanks portrays Mister Rogers in a tale of kindness triumphing over cynicism. After a jaded magazine writer is assigned to write a profile of Fred Rogers, he overcomes his skepticism.

Recent Releases —

AD ASTRA PG-13/Adventure/Dir: James Gray (Brad Pitt, Tommy Lee Jones, Ruth Negga) Astronaut Roy McBride is on a mission to Mars in search of his astronaut father, who disappeared on a doomed expedition 30 years earlier. Roy has long believed his father dead but comes to believe he is not only alive, but behind an attack on Earth that threatens the universe.

BLINDED BY THE LIGHT PG-13/Comedy/Dir: Gurinder Chadha (Viveik Kalra, Kulvinder Ghir, Meera Ganatra) A British teen of Pakistani descent writes poetry to escape the intolerance of his hometown and the inflexibility of his traditional father. When a classmate introduces him to the music of Bruce Springsteen, he discovers an outlet for his pent-up dreams.

THE FAREWELL PG/Comedy, Drama/Dir: Lulu Wang (Awkwafina, Tzi Ma, Diana Lin) Originally a segment on "This American Life," "The Farewell" tells the true story of a benign lie and its effects. Chinese-born, U.S.-raised Billi returns to China with her family to see her grandmother, ill with cancer, for the last time. However, her family members are determined not to reveal this and tell the matriarch they are coming for a wedding.

FORD v FERRARI PG-13/Action, Biography/Dir: James Mangold (Christian Bale, Matt Damon, Roberta Sparta) American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics and their personal demons to build a revolutionary race car for Ford and challenge Ferrari at Le Mans in 1966.

THE GOOD LIAR R/Drama, Thriller/Dir: Bill Condon (Helen Mirren, Ian McKellen, Russell Tovey) Con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions — and he intends to take it all. What should have been a simple swindle escalates into a cat-and-mouse game with high stakes.

JOKER R/Crime, Drama/Dir: Todd Phillips (Joaquin Phoenix, Robert De Niro, Zazie Beetz) A new story plumbs the psyche of the arch villain known from Batman comics and films. Clown Arthur Fleck, who aspires without success to be a stand-up comic, becomes a killer who terrorizes Gotham. The film won top prize at Venice International Film Festival; it has also sparked claims that it could inspire violence.

MALEFICENT: MISTRESS OF EVIL PG/Adventure/Dir: Joachim Rønning (Angelina Jolie, Elle Fanning, Michelle Pfeiffer) Sequel to the 2014 film. Maleficent and her goddaughter Aurora find themselves on opposite sides of an impending war, threatening their bond.

ONCE UPON A TIME IN HOLLYWOOD R/Drama/Dir: Quentin Tarantino (Leonardo DiCaprio, Brad Pitt, Margot Robbie) In 1969 Los Angeles, everything is changing, as TV star Rick Dalton and his long-time stunt double Cliff Booth make their way around an industry they hardly recognize anymore. Multiple storylines pay a tribute to the final moments of Hollywood's golden age.

PAIN AND GLORY R/Drama/Dir: Pedro Almodóvar (Antonio Banderas, Asier Etxeandia, Penélope Cruz) Widely acclaimed film about a film director — whose life parallels Almodóvar's in many particulars — whose career is in decline. In physical and emotional pain, depressed and drug-dependent, he seeks to make peace with his past, which is vividly depicted in a series of flashbacks.

PARASITE R/Comedy, Drama/Dir: Joon-ho Bong (Kang-ho Song, Sun-kyun Lee, Yejo-jong Jo) The Park family, paragons of aspirational wealth, and the Kims, rich in street smarts but not much else, are brought together and a symbiotic relationship forms between the two families. When a parasitic interloper threatens the Kims' newfound comfort, a savage battle for dominance breaks out. Devastating social satire. Awarded the Oscar for Best Picture.

In Our Theaters

Week of February 19 – February 25

Short descriptions of movies that are playing locally

1917 R/Drama/Dir: Sam Mendes (Dean-Charles Chapman, George MacKay, Daniel Mays) Winner of two Golden Globes. Two young British soldiers during W.W. I are ordered to deliver a message deep inside enemy territory that will save 1,600 men.

BIRDS OF PREY R/Action/Dir: Cathy Yan (Margot Robbie, Mary Elizabeth Winstead, Ewan McGregor) After breaking up with the Joker, comic book character Harley Quinn teams up with a gang of other tough female antiheroes to defeat the villainous Black Mask.

DOLITTLE PG/Comedy, Family/Dir: Stephen Gaghan (Robert Downey Jr., Antonio Banderas, Michael Sheen) Yes, it's another remake of the children's classic "Voyage of Dr. Dolittle."

DOWNHILL R/Comedy, Drama/Dir: Nat Faxon, Jim Rash (Julia Louis-Dreyfus, Will Ferrell, Miranda Otto) Remake of "Force Majeure," an edgy Swedish film, this American version skirts depth while going for laughs. A couple on a family vacation in the Alps is faced with questions about their marriage when, faced with a fake avalanche, the man grabs his phone and runs, leaving his wife and children to fend for themselves.

FANTASY ISLAND PG-13/Horror, Comedy/Dir: Jeff Wadlow (Lucy Hale, Maggie Q, Portia Doubleday) Horror adaptation of the popular '70s TV show about a magical island resort. In this rendition, wish fulfillment may lead to death.

THE GENTLEMEN R/Action/Dir: Guy Ritchie (Matthew McConaughey, Charlie Hunnam, Michelle Dockery) An expatriate marijuana magnate decides to sell his business, triggering plots, schemes, bribery and blackmail.

JUMANJI: THE NEXT LEVEL PG-13/Action, Adventure/Dir: Jake Kasdan (Dwayne Johnson, Jack Black, Awkwafina) The third film in the Jumanji franchise. A group of friends returns to Jumanji to rescue another, who has unwittingly "fallen in" to the dangerous game.

KNIVES OUT PG-18/Comedy, Crime/Dir: Rian Johnson (Daniel Craig, Chris Evans, Jamie Lee Curtis) When a famous crime novelist is found dead just after his 85th birthday, a star-studded assembly of relatives is sequestered at his estate while a mysterious detective probes to discover whodunit.

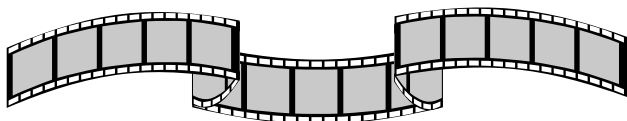
LITTLE WOMEN PG/Drama, Romance/Dir: Greta Gerwig (Saoirse Ronan, Timothée Chalamet, Meryl Streep) Drawing on Louisa May Alcott's classic novel, this tale of four sisters in New England during the Civil War feels fresh. Alcott's alter ego, Jo March, reflects on her life in a series of flashbacks. The feminism at the heart of what some have seen as tame treacle for young girls is front and center in this witty, spirited, and intelligent film.

PARASITE R/Comedy, Drama/Dir: Joon-ho Bong (Kang-ho Song, Sun-kyun Lee, Yejo-jong Jo) The Park family, paragons of aspirational wealth, and the Kims, rich in street smarts but not much else, are brought together and a symbiotic relationship forms between the two families. When a parasitic interloper threatens the Kims' newfound comfort, a savage battle for dominance breaks out. Devastating social satire.

SONIC THE HEDGEHOG PG/Action/Dir: Jeff Fowler (Jim Carrey, Ben Schwartz, James Marsden) Another movie based on a product. Sonic, one of the world's best-known video game characters, is also the world's speediest hedgehog (and is, by the way, bright blue). He and a new friend team up to defend Earth from an evil genius, Dr. Robotnik, and the villain's plans for world domination.

STAR WARS: THE RISE OF SKYWALKER PG-13/Action, Adventure, Fantasy/Dir: J.J. Abrams (Adam Driver, Daisy Ridley, Mark Hamill) Forty-two years after the original, this film completes the "Skywalker saga" — the surviving Resistance faces the First Order in a final battle.

THE WOMAN WHO LOVES GIRAFFES No rating/Documentary/Dir: Alison Reid (Anne Innis Dagg, Tatiana Maslany, Victor Garber) In 1956, four years before Jane Goodall ventured into the world of chimpanzees and seven years before Dian Fossey left to work with mountain gorillas, 23-year-old Canadian biologist Anne Innis Dagg made an unprecedented solo journey to South Africa to become the first person in the world to study animal behavior in the wild on that continent. After facing professional disappointments due to sexism in academia, she is finally sought after and hailed by giraffologists and, at age 85, returns to Africa after more than 50 years.



CALENDAR OF EVENTS

CALENDAR *continued from page 23*

focus on drawing in color – open to all, with materials provided. This week: Mardi Gras.

COMING UP:

► **Closing Reception for “Joy of Birds” at Gibbs Library**, Washington, on Friday, February 28, from 5 to 7 p.m. All are welcome. Patti Forster’s bird photographs will be for sale to raise money for the library. They include photos of common species in Maine and a few harder-to-find visitors, like the great gray owl and the glossy ibis.

► **“God+Man” Opening in Rockport**, at Carol L. Douglas Studio, 394 Commercial Street, on Saturday, February 29, from 4 to 6 p.m. Douglas will give a short talk on the paintings in the show, which include some familiar midcoast views, northern lights over Owls Head and the lime tailings at Rockport, painted over a Naphthol Red that reflects her battle with cancer. The public is invited.

► **“The Memoirist’s Dilemma” Course at the Camden Public Library**, a free memoir-writing course facilitated by local writing coach Lee Heffner on Mondays, March 2 to April 6, from 9:30 to 11:30 a.m. Heffner is the author of “Write to Finish” and a contributor to the anthologies of Best Lit Review and Coastal Art and Words. Space is limited to eight; call the library at 236-3440 to sign up.

EXHIBITS:

► **Center for Maine Contemporary Art**, Rockland. “Temporality – The Process of Time,” extended to February 29. “[On]Now Exhibition: Simulacrus,” to April 5.

► **Farnsworth Art Museum**, Rockland. “Andrew Wyeth: Witches, Ghosts and Mischief,” to March 1. “Katharine Cobey: A Different Voice,” to April 12.

► **Portland Museum of Art**, Portland. “Ragnar Kjartansson: Scenes from Western Culture,” to March 1. “Carrie Moyer & Sheila Pepe: Tabernacles for Trying times,” to June 7.

ONGOING:

► **Creative Art and Journaling at Camden Public Library**, a different project every Wednesday, 4 to 5 p.m., through June. Bring your journal. Art supplies provided.

► **Knitting Group at Camden Public Library**, second Tuesdays through June, 4 to 5 p.m. Bring your own project or try something new; supplies provided.

► **Leer y Charlar Spanish-Language Discussion Group**, second and fourth Tuesdays at 1 p.m. in Camden Library. Those proficient in Spanish are welcome.

► **Philosophical Society at Camden Public Library**, third Tuesdays, 3:30 p.m. The discussion group posts topics and readings on the library’s website.

► **Simply Books! Club at Camden Public Library**, fourth Saturdays through May, 2 to 4 p.m. Fun and informal. Bring

whatever book you are reading, and share it with the group.

► **Language Tables at Belfast Co-op Cafe**, every Tuesday. Italian and Spanish at 10 a.m. French at 11 a.m. German at noon. All levels.

► **Knit2Together at Belfast Free Library**, second and fourth Wednesdays, 4 to 5:30 p.m. Knitters and crocheters at every level are invited to drop in.

► **Fiber Arts at Rockport Library**, first and third Tuesdays, 3:30 to 5 p.m. FMI: 236-3642 or rockport.lib.me.us.

► **Fiber Arts at Appleton Library**, third Tuesdays, 3 to 4 p.m. Stitch at the library, 2916 Sennebec Road.

► **Warren Free Public Library**, offers **adult coloring** Wednesdays at noon, and **knitting** every Friday from 10 a.m. to noon and first Thursdays from 6 to 7 p.m.

► **Knit Wits Meet at Rockland City Hall Council Chambers**, every Wednesday from 9 a.m. to noon. Supplies provided for donation projects or bring your own. All levels welcome. For more information: call or text Jeanne at 908-887-0226.

► **Crafternoons at Carver Memorial Library**, Searsport. The group meets every Thursday at 3:30 p.m. (with a larger group on third Thursdays) and invites people to bring their knitting, mending or crafting for conversation, questions and socializing.

► **Adult Coloring Club at Rockland Public Library**, third Saturdays at 10 a.m. Free; all materials supplied.

HOME & GARDEN

► **Mid-Coast Audubon Bird Seed Sale Fundraiser**, order by 5 p.m. February 22. Funds support bird conservation and educational programs. Details are at Midcoast.MaineAudubon.org.

► **MOFGA Organic Certification Services Taking Applications**, through June 30 for the 2020 growing season for organic certification of crops and most livestock products. Find forms and more information at MOFGAcertification.org.

TUESDAY, FEBRUARY 18:

► **“Birds, Bees and Beneficials,” at Camden Public Library**, 10 to 11:30 a.m. Master Gardener Sharon Turner gives the free public talk in Camden Garden Club’s *Winter Horticulture Series*.

► **“Insect Friends and Foes in the Garden,”** 2 p.m. at Belfast Free Library. Insect diagnostician Clay Kirby of UMaine highlights beneficial and harmful insects common in the Maine garden and landscape. He also will discuss responsible insect management tactics. The Belfast Garden Club talk is free and open to everyone.

► **“Passive House Design 101: A Crash Course,” at Camden Public Library**, 6:30 to 8 p.m. Certified Passive House Consultant Erik

Durbas on designing and retrofitting a passive home — “a step toward securing our energy future and creating resilient buildings for the next generations to come.”

WEDNESDAY, FEBRUARY 19:

► **“Be Safe Out There: Browntail Moth,”** at 6:30 p.m. at Maine Coastal Islands National Wildlife Refuge Visitor Center, 9 Water Street, Rockland. State entomologist Tom Schmeelk gives an overview of the browntail moth’s biology, its history in Maine, and updates on its current range and areas at risk. He’ll tell how the invasive pest can cause human health issues. This is the first of a three-part series on being safe in the outdoors. Snow date is February 26.

► **Bird Walk to Rockland Harbor**, from 10 to 11:30 a.m. Lifetime birder Ann Boover offers a field trip for birders of all ages and abilities to Rockland Harbor. Participants will gather at the Maine Coastal Islands National Wildlife Refuge Visitor Center, 9 Water Street, then head out to search for eiders, guillemots, grebes, gulls and others, which often venture to calmer harbor waters in search of food. After looking for birds, the group will return to the center to warm up with hot cocoa. The movie “Counting on Birds” will be offered for those who wish to learn about the Christmas Bird Count. Register for the free program by calling 594-0600 or emailing info@mainecoastislands.org. The snow date is February 20.

SATURDAY, FEBRUARY 22:

► **UMaine Extension’s Wild Blueberry Conference in Bangor**, from 8:30 a.m. to 4:15 p.m. at the Hollywood Casino Hotel, 500 Main Street. The conference includes the latest research on management of diseases and pests, updates from the Maine Wild Blueberry Commission, a grower panel discussion, and separate afternoon sessions with a choice between value-added products or crop production as a focus. Admission is by donation and includes lunch. Register online. The snow date is February 29.

TUESDAY, FEBRUARY 25:

► **“Annual Vegetable Miracle – Garden to Table,”** 10 a.m. at Camden Public Library. Sandra Oliver gives the presentation in Camden Garden Club’s final entry in this season’s *Winter Horticulture Series*. Oliver is a Maine food writer, gardener and cook. She writes the column “Taste Buds,” which runs each weekend in the Bangor Daily News, and has authored several books of food history, plus “Maine Home Cooking: 175 Recipes from Down East Kitchens,” collected from her weekly column and published by DownEast Books. Most recently she compiled “Cooking Maine Style” for DownEast from two cookbooks written by Marjorie Standish.

► **“Creating Japanese Gardens in Maine,”** 6:30 p.m. at Belfast Free Library. Lee Schneller Sligh will talk about creating Japanese-inspired gardens in midcoast Maine in the free program

Camden Opera House



FRI-SUN, FEB 21-23
THE 33rd CAMDEN CONFERENCE

FMI: camdenconference.org

FRI-SUN, FEB 28-MARCH 1
CIFF: CABIN FEVER FILM FEST

FMI: pointsnorthinstitute.org

SAT, MARCH 7
“THE VERY HUNGRY CATERPILLAR”

Family show by Mermaid Theatre of Nova Scotia

www.camdenoperahouse.com
Box Office: (207) 236-3154

THE AMERICAN LEGION
War Memorial Post 30
PHONE: 207-236-3310 207-691-2270

Function Hall for Rent
91 Pearl Street, Camden
Includes: 2 floors with kitchen available.
Parking for up to 50 vehicles.
Proceeds go to assist local veterans.

Jeff’s Vacuum SALES AND SERVICE

New vacuums with FREE annual service
Authorized Dealer of Sebo and Miele Vacuums
Vacuum Repair and Estimates
Come in and visit Max & Tucker

WE beat Amazon’s prices every day, and WE find you the right machine - every time!
Mon. – Thurs. 8:00 – 4:30, Fri. 8 – 3 • 207-230-1100 • Jeff Hall, owner
451 West St. (Rt. 90), Rockport

Ireland’s Acclaimed
ALTAN
Saturday, February 29
Adv Tix \$28 / Reg \$33 / 7:30 PM

Also On Stage this Season
MCPEAKE
BRUCE COCKBURN
TOMMY EMMANUEL
RAMBLIN’ JACK ELLIOTT
DAVID BROMBERG
CHERISH THE LADIES

& dozens of other shows
Check out our website!

Advance Discounted Tickets On Sale Now!
BOX OFFICE 633-5159
Regular tix available boothbayoperahouse.com
86 Townsend Avenue Boothbay Harbor Free Parking

BRIAR PATCH RESTAURANT
785-2151
“At Gushees Corner”
48 PEBODY RD.
APPLETON, ME
Wed.-Sat. 4-9 PM
Reservations Recommended
www.briarpatchllc.com

Do you know we have
Cradled Baltic Birch Panels?

SALT BAY SUPPLY 563-8377
Damariscotta (Opposite Hannaford)

FLAGSHIP CINEMAS

- Featuring current movies and luxury seating -
CLOSED CAPTION & DESCRIPTIVE AUDIO DEVICES AVAILABLE UPON REQUEST

US. Rt. 1, Thomaston/Rockland line
MOVIE HOTLINE: (207) 594-2100
www.flagshipcinemas.com

MAJOR INVENTORY REDUCTION SALE!

Up to 50% Off • **Glass Pipes**
• **Previously Viewed DVDs**
Starting as low as \$1.00
• **Hurry for Best Selection**
Sale Ends Sat., Feb. 29

Town Line Video Plus
Route 1 on the
Knox/Lincoln/Warren/Waldoboro Line
273-2455

Lincoln Theater
Damariscotta
Tue Feb 18 thru Sun Feb 23

Knives Out (PG-13)
Wed Feb 19 at 2 PM and 7 PM

The Woman Who Loves Giraffes (NR)
Thu Feb 20 at 2 PM and 7 PM
Fri Feb 21 at 2 PM

1917 (R)
Fri Feb 21 at 7 PM
Sat Feb 22 at 2 PM & 7 PM
Sun Feb 23 at 7 PM
continues next week

Bolshoi Ballet: Swan Lake
Sun Feb 23 at 1 PM

563-3424 / www.lcct.org

STRAND THEATRE
345 Main St. Rockland

Feb 18 at 1pm
CLEMENCY

Feb 18 - 20
THE SONG OF NAMES
Tue 7:00 | Wed 7:00 | Thu 7:00

Feb 21 - 23
THE CAMDEN CONFERENCE
Visit camdenconference.org for full schedule

Feb 22 - 25
THE WOMAN WHO LOVES GIRAFFES
Sat 8:00 | Sun 3:00
Mon 7:00 | Tue 1:00

Feb 23 - 27
LES MISERABLES
Sun 5:30* | Mon No Film
Tue 7:00 | Wed 7:00 | Thu 7:00
* Film Screenings will have on-screen captions

207.594.0070
RocklandStrand.com

CALENDAR OF EVENTS

sponsored by the library and Belfast Garden Club. She will explain how to make use of Japanese design concepts such as "Hide and Reveal," "The Beauty of Empty Space," and "Borrowed Views." Many Japanese garden design principles are universal, according to Lee, and can be applied to gardens that don't look Japanese at all. All are welcome.

► **Seven-Week Beekeeping Class for Beginners**, Tuesday evenings, February 25 to April 14 (snow day included), from 6 to 8:30 p.m. at Lincoln County Assembly of God Church, 672 Main Street, Damariscotta. Experts tell you everything you need to know to get started or tweak your current practice. The \$60 fee includes a textbook, handouts and a prorated yearly membership to Knox-Lincoln County Beekeepers. Learn more and register at KLCBee.com.

FOOD & DRINK

WEDNESDAY, FEBRUARY 19:

► **"Soup's On!" in Camden**, at First Congregational Church, 55 Elm Street, at noon on Wednesdays to March 25 (except when school is cancelled). The church hall opens for homemade soups (one vegetarian), bread, dessert and tea or coffee. Free; donations accepted. More info: 236-4821.

► **Friends of Sears Island Fundraising Dinner at Nautilus Seafood & Grill**, in Belfast, from 4 to 9 p.m. Nautilus will donate 10 percent of every tab to Friends of Sears Island to support conservation and education programs.

FRIDAY, FEBRUARY 21:

► **Friday Night Chili Public Supper in South Thomaston**, 5:30 p.m. at Peoples United Methodist Church, 13 Chapel Street. The menu will include various chili's and toppings, homemade corn muffins, an ice cream sundae bar and beverages. \$8 adults, \$4 kids under 11.

SATURDAY, FEBRUARY 22:

► **Community Breakfast to Support Youth Programming at Rockland's Apprenticeshop**, from 7 to 10 a.m. at Cafe Miranda in Rockland. It will be first-come, first-served with a prix fixe menu for \$15 including coffee and orange juice. Half the proceeds will go to the Apprenticeshop to support its Maritime Skills program for local youth in traditional boat-building and boat-handling.

TUESDAY, FEBRUARY 25:

► **Fat Tuesday Fundraiser in Belfast**, 5 p.m. to close at Darby's, 155 High Street. Celebrate Fat Tuesday and support the Cardiac Rehab Scholarship Fund. Darby's will donate 10 percent of its proceeds to the fund for Phase III patients whose insurance policies do not cover care. Reservations suggested: 338-2339.

COMING UP:

► **Third Annual Toast Day at Rockport Public Library**, Thursday, February 27, from 9 a.m. to 5 p.m. The library invites everyone to stop by and crunch on a variety of toasted breads (including gluten-free) with toppings like jam, butter, and marmalade. Free.

ONGOING:

► **Community Produce Project**, free healthy

produce is given to all who arrive (not only people in need) from noon to 1:30 p.m. first Tuesdays of the month at Rockland's Flanagan Community Center.

KIDS & PARENTS

► **Journalism Scholarships Available for Maine Students**, the Guy P. Gannett Journalism Scholarship provides renewable support for students majoring in journalism or a related field, including print, broadcast, or electronic media. The fund helps pay tuition to attend an undergraduate, graduate, trade, or technical school. The Agnes Freyer Gibbs Scholarship provides renewable support to graduating high school seniors planning to major in journalism or a related field. The two funds share an online application, the deadline for which is April 1. Apply online at mainecf.org.

► **Registration Open for Thru the Eyes of Innovation Conference**, on July 1 and 2 at Camden Hills Regional High School in Rockport. It focuses on the intersection of education and innovation for educators, students, entrepreneurs, and industry leaders. Participants, limited to 200, can choose from more than a dozen sessions, a Design Sprint Challenge, roundtable discussions, and a young entrepreneurs panel. Learn more at EyesOfInnovation.com.

TUESDAY, FEBRUARY 18:

► **Free Children's Drawing Classes at Rockland Public Library**, 4 to 5 p.m. Tuesdays. Catinka Knoth leads the *Let's Draw Together!* series for kids 6-plus (under 11 with an adult — adults are invited to join in). All materials

provided. This Tuesday: Presidents Day.

► **STEAM-uary at Skidompha Library, Damariscotta**, for ages 7 and up, Tuesday to Thursday, February 18 to 20, from 11:30 a.m. to 1 p.m. In the three sessions, kids will explore chemical reactions, tackle engineering and construction, and drop raw eggs into the library atrium. The curriculum will build on itself, so participants are encouraged to attend all three. Space is limited; call 563-5513 or visit Skidompha Children's Desk to reserve a spot. Free and open to all.

► **Write On at Skidompha Library, Damariscotta**, for kids in grades seven through twelve, Tuesday to Friday, February 18 to 21, from noon to 4 p.m. The four-day writing workshop series led by teaching artists from The Telling Room will explore creative paths into the writing process. Kids will send characters on quests, write short fiction pieces and poems, and stretch their storytelling muscles. Advance sign-up required: email kgibbs@skidompha.org.

► **Wonders of Winter at Coastal Rivers' February Vacation Camp**, Tuesday to Friday, February 18 to 21, from 9 a.m. to 3:30 p.m. at Salt Bay Farm in Damariscotta. Campers ages 6 to 11 will try their hand at dogsledding, build a *quinzhee* (winter shelter), go sledding and snowshoeing, and track animals. They will create art projects, play nature-inspired games, and more. Register online at coastalrivers.org no later than February 12. The fee is \$180, or \$160 for Coastal Rivers members. Scholarships available.

► **Junior Journalists at Skidompha Library, Damariscotta**, for kids in grades five and six, Tuesday to Friday, February 18 to 21, from 11 a.m. to 1 p.m. Kids are invited to learn reporting basics in the free hands-on workshop led by Maia Zewert of The Lincoln County News. They will brainstorm article ideas, learn interview techniques, and write articles that will be published in the newspaper. Free and open to all, but space is limited. To sign up, email kgibbs@skidompha.org or visit the Children's Desk.

► **February Vacation Adventure at the Merry Barn**, in Edgecomb. Designed for kids ages 8 to 13, the camp will run from 9 a.m. to 3:30 p.m. Tuesday to Thursday, February 18 to 20, with a performance for family and friends on the afternoon of the 20th. Campers will explore circus literature and lore, create wordless picture books and poetry, and design circus posters based on classic examples. Liz Giles-Brown of Learning on the Move will teach kids how to juggle scarves and balls, balance tubes and feathers, and spin a plate or two. Camp runs from 9 a.m. to 3:30 p.m. The cost is \$150. Aftercare is available for a minimal fee. Financial assistance is available. Learn more at merrybarn.com.

WEDNESDAY, FEBRUARY 19:

► **Rockland Public Library's Dino Afternoon**, at 3:45 p.m. in the Children's Room. Join Patty and Jessie for the annual celebration of all things dinosaur. There will be a dino-story, a scavenger hunt, and chocolate chip cookies. Free and open to the public. Kids 10 and under must be with an adult.

★ ASTROlogically ★

Speaking WITH ANANUR

FEBRUARY 19 - FEBRUARY 25

Wednesday, February 19 — Yesterday the Sun slipped into Pisces at 11:57 p.m.; it will remain in this psychically aware water sign until March 19. Mars is in Capricorn, in a positive aspect with Uranus in Taurus. The mathematical relationship between these planets brings about tremendous physical energy, excitement and success if you are initiating a project that requires work and organizational skills beyond your usual capacities. You can be successful beyond your wildest dreams. Between 12:50 and 2:50 p.m. the Moon in Capricorn will be conjunct (close to) Jupiter, ushering in uplifting emotions that connect you with others of like mind and heart. From 1:05 until 3:05 p.m. the energy remains, inspiring you to share your thoughts and feelings.

Thursday, February 20 — Mars remains in a strengthening aspect to Uranus until Friday morning. The Sun is in Pisces and is in a favorable aspect to Uranus in Taurus, enriching the power-packed energies that are present. This aspect sticks with us until Sunday. You ought to be super creative and innovative during this phase. Between 7:15 and 9:15 a.m. the Moon is conjunct Saturn in Capricorn, ushering in a serious mood that could be moderated if you are very well organized during this two-hour phase. Jupiter and Neptune are in a very spiritually inspired aspect. This is an ideal time to pull back from the material world and spend time in silence, listening inwardly. You may find that if you are alone you will be moved to create art. From 7:15 until 9:15 p.m. the Moon in Aquarius is in a troublesome aspect with Uranus in Taurus. You're likely to lack patience and to feel somewhat agitated. Venus in Aries is now in a challenging aspect to Jupiter. When they make this aspect there is a general tendency to overeat or spend frivolously. This lasts until Saturday afternoon.

Friday, February 21 — Mars's incredibly power-packed aspect to Uranus comes to an end at 8 a.m. Hopefully you've gotten everything taken care of that you had hoped to. With Mercury still in retrograde motion until March 9, it's not quite possible to get everything done, although you've got the energy for it. Mercury retrograde just isn't happy that you are working so hard in the material realm. Venus is still aspecting Jupiter — temptation is inviting you to indulge. From 9 until 11 p.m. the Moon in Aquarius is nicely aspecting Venus, which is great for dancing and singing with friends. The Sun in Pisces remains in a positive aspect to Uranus, encouraging you to allow your creativity to be expressed without old insecurities blocking it. The Moon in Scorpio is making a favorable aspect to Jupiter in Capricorn.

Saturday, February 22 — Jupiter is still in a super fine aspect with Neptune. The Sun is still in Pisces in a positive aspect with Uranus, allowing us to imagine concepts beyond ourselves, to imagine love and inner peace for all. The New Moon will take place at 10:32 a.m. on Sunday, February

23, with the Sun and Moon both at four degrees of Pisces in a positive aspect to Uranus. Expect good things to come about that are innovative and brilliant. Pay close attention to what your intuitive intelligence offers — flashes of genius — during the next 29 days. The indulgent aspect I spoke of between Venus and Jupiter ends today at 3 p.m.

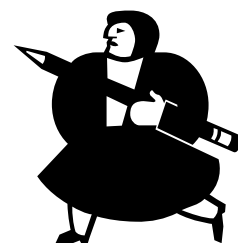
Sunday, February 23 — We are entering a new 29-day phase at 10:32 a.m. I love the New Moon each month because it brings a chance to begin afresh and take new chances based on intuition, which for me means surprises are about to appear. The Moon already entered Pisces at 1:37 a.m. and will stay until midday Tuesday. You'll be much more sensitive to feelings, yours and those of others, for the next few days. Observe how easy it is to dwell in memories rather than being in the present moment. Between 5:30 and 7:30 p.m. conversations will be loud and lively while the Moon is conjunct (close to) Mercury in Pisces. There will be misunderstandings. Remember, Mercury is still retrograde until March 9. I hope your car or truck is not stuck at the garage being fixed.

Monday, February 24 — From 11:30 a.m. until 2:45 p.m. the Moon will be in a positive aspect with Jupiter and Neptune. You could have a prophetic vision during this phase if you're relaxed and open to it. Between 12 and 2 p.m. the Moon in Pisces will be favorably aspecting Pluto in Capricorn, ushering in intense emotions that can heal the past if you are seeking that now. Prayers help. The Sun and Mercury are in a positive aspect to Mars until Wednesday. You're smarter than you realized; you just had a flash of insight that has increased your confidence. For those who love to write, today is the day! This aspect will end at 1 a.m. on Wednesday.

Tuesday, February 25 — Between 7:15 and 9:15 a.m. the Moon will be nicely aspecting Saturn in Capricorn, inviting you to be much more organized. The Sun and Mercury remain in a favorable aspect to Mars until early tomorrow morning. You've had some unbelievably cool thoughts — hopefully, you've made note of them. From 7:30 until 9:30 a.m. your temper is tempted to fly off the handle while the Moon is conjunct Chiron (large asteroid) in Aries. You're just not able to put up with someone telling you what to do — their behavior feels a bit too bossy. Venus is in Aries in an awkward aspect with Pluto. This aspect is dredging up memories about things you can't forgive yourself for. There's something in need of healing. Therapy might help. This aspect remains in effect until Friday night. Mercury is in a strong aspect with Uranus, asking you to trust your intuition more than ever.

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.

8	1	7	4	9	5	2	3	6
6	5	2	1	8	3	7	9	4
4	9	3	7	6	2	1	8	5
2	4	1	5	7	9	3	6	8
7	3	9	8	4	6	5	2	1
5	8	6	2	3	1	4	7	9
9	6	5	3	1	7	8	4	2
3	2	4	6	5	8	9	1	7
1	7	8	9	2	4	6	5	3



Y	O	D	E	L		O	W	I	N	G		H	O	S	T	S		A	R	D	O	R	
E	L	U	D	E		M	A	N	O	R		I	G	L	O	O		G	E	E	S	E	
A	D	M	I	T		I	R	E	N	E		C	L	A	Y	S		A	L	I	C	E	
S	E	P	T		T	I	P		W	O	K	E	N		O	P	T	I	C	A	L		
T	R	Y	S	T		T	E	T	E		G	O	R	G	E		L	E	V	E	R	S	
						A	V	E	R		P	U	R	R	S		N	O	I	S	E		
P	R	E	S	S	E	D		H	O	K	E	Y		C	L	U	E		S	U	P	T	
R	E	M	O	T	E		F	A	C	E	S		T	H	I	R	I	S	T		M	A	W
U	N	C	L	E		L	O	C	H	S		B	R	A	S	S		R	A	B	B	I	
D	E	E		D	R	I	N	K	S		W	A	I	S	T		B	E	F	E	L	L	
E	W	E	R		A	N	T	S		V	A	N	C	E		C	O	N	T	R	O	L	
						H	I	K	E	S		L	E	D	G	E		G	E	O	D	E	
S	P	L	I	C	E	D		Z	O	N	E	S		B	O	C	K		R	I	S	E	
C	H	I	N	O	S		M	E	N	D	S		F	I	N	I	S	H		O	N	A	
O	A	K	E	N		B	U	N	G	S		M	O	T	E	L		U	L	N	A	S	
U	S	E		S	T	A	N	D	S		L	O	S	E	R		U	M	P	I	R	E	
R	E	D	S		E	L	I	A		C	U	L	T	S		P	R	A	N	C	E	D	
						T	U	N	I	C		C	A	R	T	E		B	O	N	N		
S	T	R	U	T	S		H	E	A	V	E		R	O	O	K		S	E	E	P	S	
P	O	I	N	T	E	R		G	L	A	D	S		L	I	I		E	R	A	T		
I	R	A	T	E		I	D	Y	L	L		A	G	I	L	E		P	R	O	V	O	
E	S	T	E	R		T	A	P	E	R		L	O	V	E	S		E	I	D	E	R	
L	O	A	D	S		E	N	T	R	Y		E	V	E	R	T		W	E	E	D	Y	

Maskers Open House, Meeting and Auditions



Artist Krista Odom PHOTO: SASHA KUTSY

The Belfast Maskers theater company will hold an open house Friday, February 21, from 6 to 8 p.m. at the Basil Burwell Community Theater, 17 Court Street. Light snacks and beverages will be provided.

Visitors are invited to view original murals created by artist Krista Odom and to tour the theater, which has been outfitted with new, custom-built seating risers. New seats are filling the rows on the risers and supporters are invited to join the Sponsor-a-Seat campaign.

Belfast Maskers will host their annual members' meeting Saturday, February 22, at 5 p.m. at the theater. Following the meeting, all volunteers are invited to attend a Mardi Gras-themed party and dance that will include the annual Golden Mask awards presentation for outstanding performances in the company's 2019 productions.

The Maskers will hold open auditions for adults ages 30 to 80 for their annual One-Act Play Festival on Sunday, February 23, from 2 to 4 p.m. and Monday, February 24, from 6 to 8 p.m. at the theater. The festival will feature four plays by Maine playwrights: *Gloria Anderson* by Kevin O'Leary; *O'Hare - Gate A4* by Eddie Adelman; *The Store* by Travis Baker; and *Great Escapes* by David Susman. Performances will take place May 1, 2, 8, 9, and 15. Interested actors who are unable to attend scheduled auditions may email Greg Marsanskis at gmarsanskis@gmail.com or Meg Nickerson at maskermeg@gmail.com.

For more information, including details about the Sponsor-a-Seat donation program, visit belfastmaskers.com.

Midcoast Actors' Studio Auditions in Belfast

Midcoast Actors' Studio will hold auditions for a production of *The 39 Steps*, adapted by Patrick Barlow from Alfred Hitchcock's film and the novel by John Buchan. Auditions will be held at 6 p.m. on Sunday and Monday, March 8 and 9, with callbacks on Tuesday, March 10, at Troy Howard Middle School in Belfast. The director is Suzanne Rameczyk, who directed *Cabaret* and *The Curious Incident of the Dog in the Nighttime* for Midcoast Actors' Studio.

The play takes Hitchcock's classic and turns it into a fast-paced farce. Characters include the male protagonist, an actress who plays three female roles, and two "clowns" (two men, or a man and a woman) who play more than 100 different characters. Auditions will consist of readings from the script and a movement audition for those interested in the clown roles. Rehearsals will begin on April 13; performances will start June 5 and run for two weekends.

For more information, email Suzanne Rameczyk at smramczyk@gmail.com or Jason Bannister at midcoastactors@gmail.com.



WWW.DANKIRCHOFF.COM

CALENDAR OF EVENTS

FRIDAY, FEBRUARY 21:

► **"Abominable" at Movie Night at Stockton Springs Community Library**, 6:30 p.m. Kids are invited to wear their favorite PJs and bring a pillow and blanket. The library will provide popcorn, drinks and candy. Free and open to all.

SATURDAY, FEBRUARY 22:

► **Spanish Children's Story Hours and Sing-Alongs**, open to families with children of all ages, Saturdays, February 22 and 29, from 10 to 11 a.m. at Penobscot Language School, 28 Gay Street, Rockland. Jared McCannell will tell stories and lead children in songs and dances he learned while living and traveling in Spanish-speaking countries. The programs are free. For more information, go to penobscot.us or call 594-1084.

MONDAY, FEBRUARY 24:

► **Girl Scouts of Maine New Member Sign-Up Events**, for girls in kindergarten through third grade and their caregivers, and for adult volunteers. This Monday at 6 p.m. at Great Salt Bay Community School, 559 Main Street, Damariscotta. And Wednesday, February 26, at 6 p.m. at Camden-Rockport Elementary School, 11 Children's Way, Rockport.

TUESDAY, FEBRUARY 25:

► **Free Children's Drawing Classes at Rockland Public Library**, 4 to 5 p.m. Tuesdays. Catinka Knoth leads the *Let's Draw Together!* series for kids 6-plus (under 11 with an adult - adults are invited to join in). All materials provided. This Tuesday: Mardi Gras.

COMING UP:

► **Registration Open for Art Club for Children at Waldoboro Public Library**, a winter art program that will be held on five Thursdays, February 27 to March 26, from 3:30 to 5:30 p.m., for students in grades four to six. Each session will have a different art-making focus. Children will gain hands-on experience with the tools, materials and techniques pertaining to the week's art-making. In addition, they will have an opportunity to learn about noted artists and innovators in similar areas of art-making. Joyce Steel, a Waldoboro artist and teacher, will lead the program. The program is free of charge and limited to 15 children. To enroll, or for more information, call the library, 832-4484, or stop by during open hours. **The deadline for enrollment is Monday, February 24.**

► **"Game Time: Board Games for Teens & Tweens,"** every other Friday at 10:30 a.m. in Rockland Public Library's Board Room, starting February 28. Teens and tweens are invited to meet and join in with players of various games including: Prime Climb, Catan, Ticket to Ride, Skip-Bo, Boggle, chess, checkers, and an assortment of Professor Noggin's Trivia Games. They are welcome to bring their own favorites to share, too. The group is facilitated by volunteer Tansy Myster. Free and open to all teens and tweens.

► **"Jazzy Ash and the Leaping Lizards Bring Mardi Gras Family Fun to the Strand Theatre**, Rockland, on Friday, February 28, at 6:30 p.m. The band features a ukulele, guitar, banjo, accordion, fiddle, bass, trombone, sax, washboard, and drums and will perform zydeco, gypsy jazz, swing, and Dixieland tunes. Every musician is also a professional music educator, so concertgoers will also learn about New Orleans music, culture, and Mardi Gras. As part of the *Strand Family Series*, admission to the show is Pay-What-You-Can; ticket prices are set at \$20, \$10, \$5, or \$0 per person, so that cost is not a barrier to attend.

► **13th Annual Karl's Kids Ski Day Fundraiser at Sugarloaf**, Carrabassett Valley, Friday and Saturday, March 6 and 7. This year's event kicks off Friday from 6 p.m. to 9 p.m. at The Sugarloaf for a family night of food, games, and fun, with proceeds benefitting Karl's Kids, a nonprofit that provides athletic equipment for Lincoln County youth in need. On Saturday, there will be skiing

all day followed by a fun race from 2 to 3:30 p.m. A \$5 donation to Karl's Kids will provide two runs for a chance to win prizes for fastest run, slowest run and craziest dressed skier. Auction items will be available for bidding all day at the Sugarloaf Hotel. The closing reception will take place at the Sugarloaf Hotel from 4:30 to 6 p.m. with free hors d'oeuvres and beverages for children, a cash bar, announcement of the ski race winners, and closing remarks. Auction items will include cruises, a golf package, Red Sox tickets, a lobster bake for eight, many restaurant and Reny's gift certificates, and more. Sugarloaf will give a lodging discount to those who mention Karl's Kids 2020 when they book through 1-800-THE-LOAF. Discounted lift ticket vouchers are available to all Karl's Kids participants by contacting berger@tidewater.net. Karl's Kids is a Damariscotta/Newcastle Rotary Club program dedicated to the memory of long-time Rotarian Karl F. Berger. Learn more at KarlsKids.org.

ONGOING:

► **PUBLIC LIBRARY OFFERINGS**, in the midcoast. **Appleton Public Library:** Story Time for kids of any age on Saturdays at 10:30 a.m. **Belfast Free Library:** Stay & Play Storytime for babies and toddlers Tuesdays at 10 a.m. Preschool Storytime on Fridays at 10 a.m. **Camden Public Library:** Babbling Books for Busy Bodies on Mondays at 10 a.m. Book Time for Babies, newborn to age 2, on Wednesdays at 10 a.m. Friday Story Hour, for ages 2 and 3, at 10 a.m. **Damariscotta's Skidompha Library:** For newborn to age 5, Story Time on Tuesdays at 10 a.m. and Story Time and Craft on Wednesdays at 10 a.m. **Liberty Library:** It's Story Time on Thursdays at 10:30 a.m. **Palermo Public Library:** Toddler Playtime on Mondays at 10 a.m. **Rockland Public Library:** Rockin' Storytime on Tuesdays at 10:30 a.m. Storytime & Crafts on Wednesdays at 10:30 a.m. Baby Time on Thursdays at 10:30 a.m. Magic the Gathering Club for kids and adults first Saturdays at 1:30 p.m. Creative Art Crew second Thursdays at 3:45 p.m. Lego Club on third Thursdays at 4:15 p.m. **Rockport Public Library:** Story Time on Tuesdays at 10:30 a.m. Babies to age 5. **Searsmont Town Library:** Story Time on Saturdays at 10 a.m. **Searsport's Carver Memorial Library:** Preschool Storytime on Fridays at 10:30 a.m. **Stockton Springs Community Library:** Story Hour on Saturdays at 10 a.m. Includes a snack and activity. **Thomaston Public Library:** Storytime Hour on Thursdays at 11 a.m. **Waldoboro Public Library:** Read-Aloud Time on Wednesdays at 10:30 a.m. **Warren Free Public Library:** Kids Arts & Crafts Club on second and fourth Mondays at 6 p.m. **Washington's Gibbs Library:** Storytime Tuesdays at 10 a.m.

► **Breastfeeding Support Group in Belfast**, Mondays (call ahead if it falls on a holiday), 10 to 11 a.m., Waldo County General Hospital's Women & Infants Unit. Siblings welcome. FMI: 505-4109.

► **Breastfeeding Support Group in Rockport**, first and third Tuesdays, 5 to 6:30 p.m. in Pen Bay Medical Center's Chapel Room. Drop-in meeting facilitated by a lactation consultant.

► **Mother's Milk Support Group in Rockport**, Tuesdays, 12:30 to 2 p.m. or 5 to 6:30 p.m. in Pen Bay Medical Center's Chapel. Drop-in group open to families and moms-to-be.

► **Postpartum Support Group**, first and third Thursdays in Rockport in Pen Bay Medical Center's Cardiac Rehab Solarium and second and fourth Thursdays in Belfast in Waldo County General Hospi-

tal's Biscone Building, from 11 a.m. to 12:30 p.m. Drop-in meetings open to the family. FMI: 505-4140.

► **"A Family for ME,"** foster care and adoption info meetings for Maine residents interested in learning about the process of becoming a licensed foster parent or adoptive parent. Meetings are held monthly at various locations across the state to illuminate the process and the commitment it takes to foster or adopt children through the state. For the location and time of the next meeting, call toll free at 1-844-893-6311 or send an email through the website at AFamily-ForMEMaine.org.

► **Children's Clothing Exchange in Warren**, first Saturdays and every Thursday, 9 to 11 a.m. in the Old Brick School Community Center. Free clothes for kids. Clothing and monetary donations welcome. For info, call 273-2338.

► **Free Nature Play Group in Alna**, Fridays, 9 to 11 a.m. at Juniper Hill School, 180 Golden Ridge Road. For babies to age 3. For info, call 586-5711.

► **Born to Play! Parent-Child Class at Belfast Dance Studio**, up to age 3, with caregiver, Saturdays, 8:30 to 9 a.m. for non-walkers and 9:15 to 9:45 a.m. for walkers. \$8. Drop-ins okay.

MISCELLANEOUS

TUESDAY, FEBRUARY 18:

► **Alzheimer's Disease Support Group**, 3 to 4 p.m. (third Tuesdays monthly) at Knox Center, 6 White Street, Rockland. The group provides information and support to area residents who have loved ones coping with Alzheimer's disease or related dementias. For details, contact Cheri R. Blouin at 301-6237.

► **Women's Cancer Support Group**, 6 p.m. (third Tuesdays monthly) at Picker Family Resource Center, 756 Commercial Street, Rockport. Join facilitator Colleen Kinney. Call 542-4985 to register.

WEDNESDAY, FEBRUARY 19:

► **"Antarctica!" Program in Camden**, from 10:30 a.m. to noon at Anderson Inn at Quarry Hill, 30 Community Drive. Local journalist Linda Cortright combines photos from her recent travels to Earth's "last continent" with reflections on the environmental perils now facing the region. Free and open to adults age 50-plus. Registration required: call 301-6116 or visit quarryhill.org. The snow date is February 20.

THURSDAY, FEBRUARY 20:

► **Workshops in Damariscotta for New Indoor Cycling Bikes**, at Central Lincoln County YMCA. The 30-minute workshops - for all levels of fitness and open to members and nonmembers - will be led by certified IC6 instructors and help users set proper bike adjustments, navigate and use the computer monitor, familiarize themselves with the Coach by Color feature, and ask questions. Dates are this Thursday at 6 p.m.; Saturday at 9 a.m.; and next Thursday, February 27, at 6 p.m.

FRIDAY, FEBRUARY 21:

► **Neal Parker Reading at Camden Public Library**, from 11 a.m. to noon during the library's weekly Grown Up Story Hour, from his book "The Butcher's Pig." Volunteers read for 30 to 60 minutes at the story hour.

SUNDAY, FEBRUARY 23:

► **Difficult Conversations Series Opens with "Stress, Coping and Mental Health,"** at 3 p.m. at St. Peter's Episcopal Church, 11 White Street in Rockland. Dr. Harold Van Lonkhuyzen's

FEBRUARY SWEET DEALS

BUY 2 SALE ITEMS & SAVE 50% MORE!!

Ex: Item #1 orig. \$60.00 → Sale price \$36.00 → **\$18.00**

Item #2 orig. \$40.00 → Sale price \$24.00 → **\$12.00**

Indoors, all sales final... cash is kindest. **\$30.00**

WINTER HOURS: WED → SAT 10-5

Weather Permitting

508 Main St., Damariscotta

www.womenofsubstance.us

207.563.6809



Good for the Sole
Reflexology
Michele Nettles
Certified Facial and
Foot Reflexologist
207-701-8047

CALENDAR OF EVENTS

talk will cover how to cope with stress to maintain balance and mental health and how to have conversations with family members and friends who are supportive and respectful of personal boundaries. Dr. Lonkhuyzen is a psychiatrist working with patients from all walks of life, with all manner of mental health concerns, but especially those suffering from severe and persistent mental illness. Future programs will cover end-of-life issues, family conversations, memory and cognitive decline. These topics surround difficult and sensitive issues that are important but often avoided in conversations even with close family members. The later programs will be held Sundays, March 15, March 29, and April 26, all at 3 p.m.

MONDAY, FEBRUARY 24:

► **“Heart Coherence for Peaceful Living,”** 5 to 6:30 p.m. at Rockland Congregational Church, 180 Limerock Street, Rockland. Learn how to use breathwork, mindful gratitude and elevated intentions to shift your emotional state and promote overall health through heart-healthy meditation. \$6.50 registration fee is required: journeytohealth.courses-torm.com or 301-3950.

TUESDAY, FEBRUARY 25:

► **American Red Cross Blood Drive in Damariscotta,** from 8 a.m. to 1 p.m. at Central Lincoln County YMCA. The blood drive will be held in the gym and all participants will receive food and refreshments. Appointments are preferred, but walk-ins are also welcome. You can secure your spot by signing up at reblood.org/2RFw4ez.

► **“A Question of Focus: Four Unique Approaches to Serving Up Hospitality in St. George,”** featuring four St. George inn and restaurant owners, at Craignair Inn & Restaurant, 5 Third Street in Spruce Head, at 9 a.m. St. George Business Alliance invites members, aspiring entrepreneurs and the public to the panel discussion featuring Randy Deutsch, owner of the East Wind Inn,

Wan-e-set Restaurant and Quarry Tavern in Tenants Harbor; Greg and Lauren Soutiea, owners of the Craignair Inn and Restaurant in Spruce Head; Emily Chadwick, owner of the Black Harpoon in Port Clyde; and Malcolm Bedell, owner of Ancho Honey, Tenants Harbor’s newest food venue. All members of the St. George Business Alliance, they will discuss their businesses and their unique approaches to providing meals and lodging in St. George.

► **“Pulmonary Fibrosis Support Group in Rockport,** noon to 1 p.m. (last Tuesday of every month) at Pen Bay Medical Center, 6 Glen Cove Drive. The group provides education, support and local resources. Talk about lung diseases, build relationships with others and learn from each other. It is a free, drop-in group. Call 301-8880 for more info.

► **Zumba Gold in Rockland,** Tuesdays, February 25 to March 17, from noon to 1 p.m. at Salvation Army, 27 Payne Avenue. Zumba Gold is designed for active older adults or those looking for low-impact exercise. Certified Zumba instructor Antonia Small leads the beginner-level dance workout. \$26 registration fee: journeytohealth.courses-torm.com or 301-3950.

COMING UP:

► **COPD Education and Support Group,** Wednesday, February 26, noon to 1 p.m. at Pen Bay Medical Center, 6 Glen Cove Drive, Rockport. The group provides education, support and local resources. This free, drop-in group meets the last Wednesday of every month. Call 301-8880 for more information.

► **“Stop the Bleed” Training Course,** for any member of the public who wants to learn basic first aid and how to help someone who is injured and bleeding, on Wednesday, February 26, at 6 p.m. at Knox County Emergency Management Agency, 301 Park Street, Rockland. Registration is required;

email contact info to CRichards@KnoxCountyMaine.gov.


► **“Health and Wellness Talk: Sleep Your Way to Better Health,”** Thursday, February 27 at 2 p.m. at Rockland Public Library. Join Hester Kohl, a National Board Certified Health and Wellness Coach, and Dr. Deb Peabody, a family physician, to learn about the latest research on sleep. Among the topics covered will be the effect sleep can have on the metabolism, immune system, and health of the brain. Kohl and Peabody will offer tips to identify what might be keeping you from sleeping well and go over daily habits that have the potential to encourage deep and restful sleep. The program is free and open to the public.

► **Puzzle Swap at Rockland Public Library,** Friday, February 28, from 11 a.m. to 1:30 p.m. The public is invited to bring gently used puzzles (no missing pieces) to the library. For each puzzle donated, they will receive a ticket to pick out a “new-to-you” puzzle (that someone else has brought in).

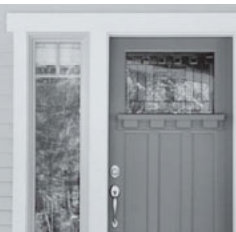
► **United Midcoast Charities Offers “Grantseeking: Goals & Objectives,”** Friday, February 28, at 3 p.m. at Camden Public Library. Program coordinator Kelly Carey will offer hands-on coaching about writing a winning grant application with concrete goals and objectives. Recommended for anyone with grant-writing responsibilities, especially those who plan to apply for a UMC grant in 2020. The workshop is free. Register at unitedmidcoastcharities.org/events. Refreshments will be provided. Carey is the primary contact for questions about UMC’s 2020 grant cycle. She’s at kelly@unitedmidcoastcharities.org or 236-2299.

► **Guided Hike at Crooked Farm Preserve,** Saturday, February 29, from 9:30 to 11 a.m. Winter conditions can be ideal for discovering animal tracks and other signs, and Crooked Farm Preserve in Bristol, with its mix of open fields, long


Auto




Home



Business



Marine



Insuring the Midcoast Since 1898

K INSURANCE
J. EDWARD KNIGHT
Independent. Local. Focused on You.

207.594.8823 jedwardknight.com

Boothbay Harbor
New Harbor
Vinalhaven
Rockland
Bath

Your Quality of Life Begins at Home

Respite or Seasonal/Furnished Available









A COMMUNITY LIKE NO OTHER.

Bartlett Woods is a lively neighborhood of individuals from all walks of life, offering custom-tailored services, support, and safety, all at a very reasonable cost.

Independent Living

Your 1 or 2 bedroom apartment includes all standard kitchen appliances and a private deck or balcony. We offer very affordable monthly rental rates, no admission fees and a la carte amenities for additional fees.

Seasonal Rentals & Respite Care

Need a short-term solution? We offer furnished apartments reasonably priced.

- ◆ Continental breakfast & chef-created daily main meals served in the dining room
- ◆ Individually-controlled heat & air conditioning
- ◆ All utilities except cable & telephone
- ◆ Warm, friendly, staff available 24-hours
- ◆ Daily activities
- ◆ Wellness & exercise programs
- ◆ Art studio
- ◆ Registered nurse on staff for consultation
- ◆ Emergency call system
- ◆ Transportation to doctor appointments & shopping trips
- ◆ Weekly housekeeping & laundry services
- ◆ Trash pick-up & recycling
- ◆ Free wi-fi access



BARTLETT WOODS

Schedule a visit today and find the key to your new home!

bartlettwoods.com • 207.594.1159 • 20 Bartlett Drive • Rockland



ERA[®] Cousens Realty, LLC

596-6433

15 Payne Ave., Rockland, Maine

Visit us at www.era-cousens.com



Unusual, large coastal parcel with major road access, private road in place and flexible zoning provides multi-use opportunities. Subject access on Hallmark Road includes potential of 6-lot residential or commercial use, survey with solid road construction and fire pond. Elevated back acreage, approx. 85 acres, offers private recreation opportunities, wood or mineral harvesting or off-the-grid home-steading! **Warren \$195,000**



Thoroughly refurbished for contemporary living on the country side of Thomaston. 3 BR, 1.5 baths, large lower-level family room & wood flooring in LR and DR, w/a rear-yard privacy deck for BBQs. Lower level includes bedroom hobby room, family/TV room and utility area with walkout access. Att. garage w/ paved drive. Quiet neighborhood w/ access to athletic fields, nature trails & Main Street shopping. **Thomaston \$198,500**



Perched on a 1-acre lot on a quiet country hillside, this 3 BR boasts southerly views toward Round Pond. Newer roof, some window replacements, efficient kitchen, new LR chimney for woodstove. Oversized workshop/garage, lg. rear yard. **Union \$156,112**



Conveniently located duplex close to shopping, downtown and waterfront activities. Each unit has two bedrooms, kitchen, laundry area and separate entrance and parking. Recent systems upgrades include siding, roof, windows and cosmetics. Great opportunity to have your tenant help with your payments. **Rockland \$149,740**



Located on 1.97 wooded acres, this 3,729 sq. ft. building is currently a group home for 8 adults. There is a full, walkout basement, FHW heat, a generator, 2 septic systems and unlimited possibilities! Another group home? Multi-family? Commercial endeavor? Storage facility? Bring your imagination and ideas to **Hope \$395,000**



Unusual, elevated lot overlooking Owls Head harbor. Surveyed w/ recent soils tests for two building sites. Private, secluded location not far from the Lighthouse Park and 'downtown' **Owls Head \$193,000**

CALENDAR OF EVENTS

stretches of river frontage, wetlands, and varied forest types, offers a place to find them. Education Director Sarah Gladu will lead the gentle hike with a focus on searching for wildlife signs. The hike is free of charge. Boots are recommended, as well as snowshoes or ice cleats if there is snow or ice on the trail. No dogs. Registration is encouraged and can be done online at coastalrivers.org/events. The preserve is off Old County Road in Bristol, about .8 miles from Route 130. The parking lot is on the left just before the Carpenter's Boat Shop.

ONGOING:

- **Chess Club at Camden Public Library**, Fridays from 4 to 5:45 p.m. Learn new strategies and test them out. For players of all ages and skill levels.
- **Concussion Support Group in Belfast**, second Tuesdays from 4:30 to 6 p.m. at the Biscone Medical Building, 119 Northport Avenue. This support group is also available via telepractice. Email mgrant@wchh.org for info or to register.
- **Cancer Support Group in Belfast**, meets Tuesdays from 9 to 10:30 a.m. at Oncology & Infusion Therapy of Waldo County General Hospital, 116 Northport Avenue, in the Ludwig Medical Building. The group is for cancer patients at any stage – newly diagnosed, in treatment and long-term survivors. Call 505-4200 for more information or to register.
- **Puzzle Club at Camden Public Library**, every Monday from 4 to 5 p.m. Puzzle lovers of all ages are welcome to the weekly gathering to socialize and work on puzzle projects together.
- **Belfast Area Citizens Climate Lobby**, first Thursdays, 6 to 8 p.m., Belfast Free Library. 338-6886.
- **Waldoboro Clothes Closet**, gently used clothing for adults, Saturday, 9 a.m. to 5 p.m., and first and third Tuesdays, 10 a.m. to 4 p.m. on Main Street next to Masonic Hall.
- **Wellness Wednesdays**, every Wednesday, 4:15 to 5:30 p.m., Bok Medical Building, 22 White Street. Reiki, chair massage, ear acupuncture and more. All welcome. 921-6993.

- **Co-Dependents Anonymous**, Tuesdays, 10 to 11:30 a.m., library of St. Andrew's Episcopal Church, Glidden Street in Newcastle. 563-6209.
- **Parkinson's Support Group in Belfast**, second Wednesdays, 10:30 a.m., Maine Home Health, 125 Northport Avenue. Drop-in group. 218-7256.
- **Waldo County Beekeepers**, first Thursdays, 6:30 p.m., Searsmont Community Center. 233-8257.
- **Rockland Taking Off Pounds Sensibly (TOPS) Group 172**, Thursdays, 5:30 p.m., Stella Maris meeting room, Route 1 and Broadway, Rockland. Tops.org.
- **Dementia Conversation Series**, third Thursdays, 4 to 5:30 p.m., The Lincoln Home, 22 River Road, Newcastle. All friends and families of people with dementia welcome. Learn new ways to cope. 563-3350.
- **Midcoast Bridge Club**, Mondays and Wednesdays, 9:30 a.m., American Legion, Rockland; Tuesdays, 6 p.m., St. John Baptist Episcopal Church, Thomaston. All welcome. 832-6855 or 236-8792.
- **NAMI Support Group**, third Thursdays, 6 to 8 p.m., 6 Hodgdon Street, Damariscotta. 882-7426.
- **Total Victory Support Group**, emotional/spiritual support group meets weekly in private homes in Lincoln County. No fees. 542-7397.
- **Family Game Night at Appleton Library**, second Thursdays, 6 to 8 p.m. If you have a fave board game, bring it.
- **Depression and Bipolar Support Alliance**, Thursdays, 7 to 9 p.m., First Universalist Church, Rockland. 691-3599.
- **Belfast Senior Center**, Tuesdays 10 a.m. to 3 p.m. at Belfast Boathouse, 34 Commercial Street. Free and open to adults 60-plus. Card games, puzzles, coffee and tea. Stop by anytime, and bring lunch. BelfastSenior@gmail.com.
- **Alzheimer's Support Groups**, first Tuesdays, 6 to 7 p.m., Anderson Inn's Media Room, Quarry Hill, Camden; third Tuesdays, 3 to 4 p.m., Knox Center, 6 White Street in Rockland. 921-6237.

- **Knox County Democrats**, second Tuesdays, 6 p.m., Stella Maris House, Broadway, Rockland. KnoxMaine-Democrats.org.
- **Knox County Republicans**, second Tuesdays, 6:30 p.m., Trade Winds, fifth floor, 2 Park Drive, Rockland. GOPKnoxCounty.com.
- **Coffee & Chat at ElderCare Network of Lincoln County "Greens,"** first Fridays, 9:30 to 11 a.m. All welcome at the Greens in Damariscotta, Round Pond, Boothbay, Wiscasset, Edgcomb, Jefferson and Waldoboro.
- **Drug Drop-Off in Rockland**, Knox County Sheriff's Office, 301 Park Street. Use the green box in lobby. 594-0429, extension 702.
- **Food Addicts in Recovery in Rockland**, Saturdays, 8:30 to 10 a.m. at Knox Center, 6 White Street. 354-6749.
- **Women's Cancer Support Group**, third Tuesdays, 6 p.m., Picker Family Resource Center, 756 Commercial Street, Rockport. FMI:PickerCenter@PenBayHealthcare.org.
- **Duplicate Bridge at First Church in Belfast**, 104 Church Street, Fridays at noon. All are welcome – there will be instruction for those new to the game. Call 548-2407, before the Friday. \$3.
- **Rockland Elks Lodge Bingo**, Wednesdays, doors open at 3:30 p.m.; bingo 6:30 p.m. Open to the public.
- **Midcoast Stroke Support Group**, first Wednesdays, 10 a.m., Camden Public Library.
- **Bereavement Support Group**, first Wednesdays, 3 to 4:30 p.m. at Picker Family Resource Center, 756 Commercial Street, Rockport. 230-0042.
- **Family Caregiver Support Group in Belfast**, first Thursdays, noon to 1 p.m., Home Health, 125 Northport Avenue. 930-2500.
- In Damariscotta:** second Thursdays, 1 p.m., Spectrum Generations at the YMCA. 563-1363.
- In Camden:** fourth Thursdays, 1 p.m., Spectrum Generations, 87 Elm Street.
- **Meditation in Camden**, is offered at **The First Congregational Church**, 55 Elm Street, meditation and mindfulness practice in the Zen Plum Village Tradition of Thich Nhat Hanh every Thursday from 9 to 10:30 a.m. Free. And at **Meetingbrook Hermitage**,

- 64 Barnestown Road, Sundays at 6 p.m. And at **The Start Center**, 37 Start Road, meditation and mindfulness practice in the Zen Plum Village Tradition of Thich Nhat Hanh, Sundays from 9 to 10:30 a.m. (except in August). Beginners welcome. Free. Also at The Start Center, discussions on second Sundays at 10:40 a.m. of "The Other Shore: A New Translation of the Heart Sutra with Commentaries by Thich Nhat Hanh," for beginners to Buddhism, Zen or meditation. Drop-ins welcome. Free; donations taken.
- **Meditation in Damariscotta**, at Midcoast Yoga Shala, 49 Main Street, Mondays from 6 to 7 p.m. By donation.
- **Meditation in Rockland**, at The Dancing Elephant, 14 School Street, Thursdays from 4 to 5 p.m. and Sundays from 9 to 10 a.m. Sitting and walking meditation. Drop-ins welcome. Donations taken.
- **Coastal Recovery Community Center**, 24 Lincoln Street, Rockland: *Friends & Family Together* Thursdays at 4 p.m. *Narcotics Anonymous* Mondays at 6:30 p.m. *Refuge Recovery* Wednesdays at 6 p.m. *SMART Recovery* Fridays at 6 p.m.
- **Recovery Dharma in Rockland**, at Rockland Shambhala, 14 School Street, Wednesdays and Sundays, 6 to 7:30 p.m. Buddhist practices for healing the suffering of addiction. Donations taken.
- **"A Course in Miracles" in Rockland**, last Wednesday, 6 to 8 p.m. Metaphysical, psychological, spiritual studies. Free. Location: ananur@twc.com.
- **Pulmonary Fibrosis Support Group in Rockport**, last Tuesdays of the month, noon to 1 p.m. at Pen Bay Medical Center, 6 Glen Cove Drive, in the Pulmonary Rehab Education Room. 301-8880.
- **COPD Education and Support Group**, last Wednesdays of the month, noon to 1 p.m. at Pen Bay Medical Center, 6 Glen Cove Drive, in the Pulmonary Rehab Education Room. 301-8880.
- **Genealogy Club**, first Tuesdays, 5:30 to 6:30 p.m., Stockton Springs Library.
- **Grown Up Story Hour at Camden Public Library**, Fridays, 11 a.m. New story every week, read by a rotating group of bookworms.

BUSINESS SERVICE DIRECTORY

Business Insurance



Allen
Insurance | Financial

Insurance for your business.

Call Krissy Campbell today
236-4311

AllenIF.com

Visit Us Online

freepressonline.com

Elderly Housing



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

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

Fine Furniture

Love Your Home!



Amish Dining Sets



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

Chair Caning

Anne's Old Chairs to Mend

Chair Caning & Cane Supplies Since 1998



25 Warrenton St. Rockport • 594-2015

Estate Planning



Jesse Bifulco, Esq.
Attorney

Penbay Estate Planning Law Center

66 Elm Street
Camden ME 04843 207-236-4888

penbaylaw.com

Furniture Restoration

RESTORE THE HIDDEN BEAUTY


- Stripping
- Finishing
- Repair
- Total Restoration



Route 90, Rockport
207-236-4673

Please call or come visit our wood shop today. Mon-Fri. 9am-5pm • Sat. 9am-noon

Medical Dispensaries



New World Organics

147 Waldo Ave.
Belfast, ME
207-272-8336

Check Us Out on Weedmaps

Senior Services

CAMDEN IN-HOME COUNSELING



Adults 70 Years & Older
Medicare & Martin's Point

Carol Owen, MSW, LCSW

"My goal is to help clients enjoy life more fully"

779-7635 carol@camdenhomecounseling.com

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 Cell
763-2988 Sterling Waterman 592-5504

Miscellaneous

Preserve your memories, movies, and music!

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

Visit: freepressonline.com

BUSINESS SERVICE DIRECTORY

Auto

BEST POWER WASH YOUR UNDERCOATING!
Rates INC.

FLUID FILM & RUST FREE UNDERCOATING

21 Merrill Drive, Rockland • 594-2442
 www.bestratesstowing.com

Auto Body Repair

Steve's AUTO BODY

207-596-0423
 Rockland, ME
 51 Glen St.

Auto Repair Service

Beckett's Auto Service, Inc.
 Serving the Mid Coast Over 36 Years
 SHAWN BECKETT - OWNER
 1181 River Rd.
 Saint George, ME 04860
 (207) 372-0560

Clock Repair

Antique & Modern Clock Repair

Thomas R. John, Sr.

Specializing in the repair of 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

Clock & Watch Repair

ON TIME CLOCK REPAIR

All Repairs Done On Site (we never ship out work)
OVER A DECADE OF QUALITY SERVICE

- We Buy Old & Unwanted Gold - Also Silver Coins
- Watch Batteries Installed While You Wait

Charlie Swift, Proprietor
 110 Union Street, Rockland
593-7765

Computers

TOM FORD COMPUTER SERVICES

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

tomford21@gmail.com 542-9120

Carpentry & Painting

J.H. KILTON
CARPENTRY & PAINTING INSURED / FREE ESTIMATES

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

Cleaning Services

Superior Restoration Services
 Since 1968

CALL US WHEN YOU NEED DISASTER RESTORATION SPECIALISTS

- Duct Work Cleaning • Pressure Washing
- Emergency Services: water extraction, structure drying, and securing of property
- Floor Scrubbing, Waxing & Buffing
- Upholstery & Fine Fabrics • Carpet Shampooing
- Mold Treatment Disinfection

24 HOUR EMERGENCY SERVICE
 1-800-870-4181 • 207-236-8888
 Dave Landry, Owner - info@superiorrestoration.net
 Est. 1968 - 4 Colorado Ave., Camden

Commercial Photography

Commercial Photography

Portrait • Product • Property
 JimDugan.com 207-230-0858

Flooring

CARPET • CERAMIC WOOD • VINYL Sales & Installation

Cayouette Flooring Inc.

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

 Member
 "A New Era in Customer Satisfaction"

Heating

LOCAL FAMILY OWNED & OPERATED

MARITIME ENERGY

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 Improvements & Renovations

What's Your Reason to Call All Season?

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

ALL SEASON HOME IMPROVEMENT CO.

1-800-464-3039
 www.all-season.com
 Our 29th Year In Business!

VETERANS CONSTRUCTION

VETERANS CONSTRUCTION
 Renovation Specialist

Call Arthur at 320-0450

Painting

SUTHERLAND PAINTING

Power Wash Siding
 INTERIORS • EXTERIORS
 Skim Coating • Crack & Plaster Repair
 Fully Insured • Call 338-2682 / Cell 907-9296

Power Equip. Sales/Service

Is Your Snowblower Ready for Winter?

Let us get your machine ready for whatever comes

 Pickup & Delivery Available

BERT'S MACHINE SHOP
594-7013
 11 Bay View Square, Rockland

Storage

NEW 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

VISIT: FREEPRESSONLINE.COM

CAUTELA'S
 - WE DO IT ALL -
 SIMONE CAUTELA
 236-0541 • 542-7327

Basement Waterproofing

SITE WORK • SEPTIC
 LANDSCAPING • EXCAVATION
 DRAINAGE PROBLEMS

358 Turnpike Drive • Camden, Maine • 04843

Lawn & Garden

THE HARLEY COMPANY INC.
 PROPERTY MAINTENANCE

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

Roofing

Soule's Roofing & Siding
 691-6758

Travel Agency

Village Travel

Ruth Etheridge
 Full Service Travel Agency

Damariscotta
 563-TRIP (8747)

Certified Auto Repair

West Street Automotive
 - A FULL AUTOMOTIVE CENTER -

Family Owned and Operated with 34 Years Experience

Call Tom or Brett Paxson 552 West Street
 (207) 236-7300 Rockport, ME 04856

Specializing in
 Engines, Transmissions, Electronic Diagnostics
 for all Foreign and Domestic makes and models

Master Certified Technician
 HYUNDAI PLATINUM CERTIFIED

Natural Organic Market

Fresh Off The Farm

Melanie Lea-Daigle
 Owner
 207-236-3260 207-236-2810

Your One-Stop Natural & Organic Market Shop Since 1987
 495 Commercial St, Rockport, ME 04856
 fot87@gmail.com • www.freshoffthefarmrockport.com

CLASSIFIEDS/HELP WANTED

FREE PRESS HELP WANTED ADS WORK

SEE ALL OUR LISTINGS AT WWW.FREEPRESSONLINE.COM (CLICK ON THE CLASSIFIEDS LINK)
 FREE ONLINE ADS AVAILABLE. MORE THAN JUST HELP WANTED TOO!
 CALL STEVE DAVIS AT 207-596-0055 FOR MORE INFO.

COMPOST

100% ORGANIC COMPOST — aged, screened and delivered. MOFGA approved. Also garden soil mix for raised beds, etc. Call anytime, 207-832-4204. (kr)

FOR SALE

FRESH DAILY MAINE SCALLOPS — \$13/pound and \$96/gallon. Creamers Shellfish, located in Waldoboro. 975-9932 or 790-2235. (2/25)

WANTED

LUCKY LADY — wants your woodlot. Turn those trees into cash. Roll those dice and give me a call, 441-7929 or 993-2629. (2/25)

WANTED

LUCKY LADY — I want to buy your junk cars and trucks, pay up to \$300. Roll my dice because I pay the best price. 993-2629 or 441-7929. (2/25)

HAD SEPTUM SURGERY? — I am interested in speaking with anyone who has had septum surgery, preferably here in midcoast. Would you be willing to speak with me briefly about your experience, good or bad? 207-701-1702, call or text. (kr)

FIREWOOD

FIREWOOD — Cut and split and delivered. 691-6758. (kr)

FIREWOOD

FIREWOOD — cut, split, delivered. CFMI, 975-1147. (8/4)

HELP WANTED

GROUNDPERSON/LANDSCAPER — Established mid-coast 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. 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 at 207-236-6855. (kr)

HELP WANTED

SEEKING ASSISTANT BAKER/PREP. PERSON — Monday through Thursday morning to early afternoon, 24 to 28 hours to start, baking experience helpful. email: hooting-lutenfree@yahoo.com. (2/18)

HIRING CARING PEOPLE — Do you have a loving heart? Cared for elderly? Raised children? Volunteer? Train to be a home care worker and make a valuable contribution to the senior population. Call 354-7077. Full and part time, flexible hours. Stop by for free coffee at 641 St. George Road, South Thomaston, Monday through Thursday from 8 a.m. to 4 p.m. Or ... email reception@ask-forhomecare for consideration. A rewarding opportunity. (kr)

HELP WANTED DISPLAY ADS

TOWN OF HOPE

Bookkeeper/Deputy Town Clerk/Registrar of Voters

A great opportunity for the right person who seeks challenging employment in a friendly work environment. Responsibilities include payroll, AP, maintenance of the Town's financial records and preparation of monthly/quarterly/annual financial reports. This position also serves as Deputy Town Clerk, Registrar of Voters and Deputy Tax Collector. Excellent Word and Excel skills required, plus a proven ability to work with and understand numbers and financial statements. Excellent customer service skills and positive attitude are a must. Must be a self-starter with attention to detail. Prior municipal experience and knowledge of TRIO is helpful but not required. Accounting knowledge is desired, but equivalent training and experience are acceptable. This is a part-time position (25 hours/week) with benefits (vacation, sick and 80% health insurance.) Please review the complete job description at www.hopemaine.org prior to applying. Send cover letter and resume along with 3 references to Bookkeeper Search, Town of Hope, 441 Camden Road, Hope, ME 04847 or admin@hopemaine.org or fax to: (207)763-4195. Application Deadline is Monday, February 24, 2020 at 4:00PM.

HELP WANTED DISPLAY ADS

Town of Thomaston

Full-time Town Clerk/Voter Registrar

The Town of Thomaston, Maine (2,767 pop.) is seeking applications to hire a full-time Town Clerk/Voter Registrar. The Town Clerk is responsible for the local and state elections, dog licensing and vital records. Other duties include motor vehicle registrations, sale of hunting and fishing licenses, inland fisheries registrations, tax collections, along with other various municipal reports and duties.

Experience with NDS, Northern Data Systems Software, and TRIO Software, and Microsoft Office programs helpful. The successful candidate will be a highly motivated professional who enjoys working with the public and who has excellent writing, presentation, and communication skills. The ideal candidate will have municipal experience; however, candidates with comparable experience and skill sets are encouraged to apply.

Applications can be picked up at the Town Office at 13 Valley Street, online at www.thomastonmaine.us, email Donna Culbertson at pcbkr@midcoast.com or call 354-6107 to request a copy.

Only a completed application, cover letter and resume will be accepted. Applications open until position is filled.

EOE

HELP WANTED DISPLAY ADS

Rocky Coast House

Thomaston, ME

NOW ACCEPTING APPLICATIONS!!!

Rental criteria:

Must be 62 years or older
 Individual income yearly \$21,800 or less
 Couple income yearly \$24,900 or less

Applicants must meet age & income requirements

For more information please visit our website www.voanne.org
 To request an application or schedule a tour, call 354-8952

The Rocky Coast House is owned and operated by:



Five Town CSD Camden Hills Regional High School Spring Coaching Opportunities

The Five Town CSD is currently accepting applications for the following Spring 2020 coaching opportunities at Camden Hills Regional High School:

JV Baseball JV Boys Lacrosse

Experience preferred. Must have or be willing to obtain First Aid & CPR Certification.

Responsibilities include instructing & supervising student athletes during practice and during home/away games. Coaches are expected to abide by the Maine Principals Associations' by-laws and code of ethics. Traveling is necessary for away games with the school providing transportation.

Interested applicants should submit an application or resume along with three letters of recommendation and DOE fingerprinting documentation, if available to the address below:

Five Town CSD
 Attn: Human Resources
 7 Lions Lane
 Camden, ME 04843
 (207) 236-3358

EOE

Five Town CSD/MSAD #28



Immediate Opening

Permanent Substitute Custodian Full-time with Benefits

Five Town CSD/MSAD #28 has an immediate opening for a year-round, full-time Custodian. This individual will rotate between all three schools (Camden Rockport Elementary school/Camden Rockport Middle School and Camden Hills Regional High School) as needed, covering staff vacations and other absences. The normal work schedule for this position is 3 PM to 11:30 PM. Successful candidates will be able to work a flexible schedule and be willing to adapt to different assignments from day to day. Current Maine Department of Education Criminal History Records Check Approval is required for this position (may be completed at the time of hire).

The hiring range for this position starts at \$16.65 and is based on experience. Five Town CSD/MSAD #28 offers a comprehensive benefit package including single health insurance at no cost to the employee, paid holidays, and paid sick time.

Current Maine Department of Education Criminal History Records Check Approval is required for this position (may be completed at the time of hire).

To apply via paper application, please contact Julie Waters at 236-3358, ext 4309.

If you prefer to apply online, go to: www.applitrack.com/fivetowns/onlineapp

Application deadline is March 2, 2020

Five Town CSD/MSAD #28
 7 Lions Lane
 Camden ME 04843
 (207)236-3358

EOE

RN/LPN Charge Nurse • Full Time • Tues.-Fri. – 11pm-7am

\$2,000 Sign On Award

At Country Manor, our goals involve providing excellent service to our residents while promoting an environment where our employees are treated with the respect they deserve.

We are currently seeking a flexible RN/LPN to work in our facility to complement our professional staff in the delivery of quality care in a homelike atmosphere. Must have valid RN/LPN license with experience in skilled rehab and LTC. Will be responsible for some medication administration and treatments, with some order entry.

Please contact:
 Carol Cooley, Business Office Manager
 Country Manor Nursing Home
 132 Main Street
 Coopers Mills, ME 04341
 Phone: (207) 549-7471 Fax: (207) 549-3617
country@ncaltc.com EOE
www.northcountryassociates.com

FREE PRESS ADS WORK!

CNA Full Time-Days & Evenings • Per Diem-All Shifts

\$1,000 Sign on Award

Call us about our new wage scale!!

Country Manor, a progressive nursing facility providing skilled and long term nursing care, has excellent opportunities for dynamic CNAs to join our team! Looking for dependable team players to come work in our homelike atmosphere where you can enjoy the rewards of helping your patients while having flexible scheduling with competitive pay and benefits.

Current C.N.A certificate required.

Apply in person or contact:
 Carol Cooley, Business Office Manager
 Country Manor, 132 Main Street Coopers Mills, ME 04341
 Tel: (207) 549-7471 Fax: 549-3617
 email: country@ncaltc.com
www.northcountryassociates.com E.O.E

Food Service Director Full Time ~ Days

Country Manor, a 52-bed progressive healthcare facility, is seeking an experienced Food Service Director to lead and oversee our dietary department and ensure excellent food service for our residents.

Candidate must have excellent communication, organization, and leadership skills. CDM or equivalent qualifications are required. Experience in Long Term Care setting is preferred but not required.

Responsibilities will include, ensuring that residents have an outstanding dining experience, staff scheduling and supervision, purchasing and ordering supplies, general program oversight, budgeting, and inventory.

North Country Associates offers a competitive salary and excellent benefits with ongoing professional development and advancement opportunities.

Apply To: Carol Cooley, Business Office Manager
 Country Manor
 132 Main Street
 PO Box 209
 Coopers Mills, ME 04341-0209 Ph. (207) 549-7471 Fax. (207)549-3617
country@ncaltc.com
www.northcountryassociates.com E.O.E.

CLASSIFIEDS/HELP WANTED

HELP WANTED DISPLAY ADS

PROGRAM DIRECTOR COASTAL FAMILY HOSPICE VOLUNTEERS

Our Rockport, ME, based organization is looking for a full-time experienced **Program Director** to oversee its volunteer programs that support Hospice patients throughout Knox County. This is a salaried position. Among other duties, the Program Director will be responsible for the screening, training and placement of volunteers; the coordination of ongoing bereavement support for clients; and the creation of continuing education opportunities for volunteers and the public.

A compassionate approach to the mission of CFHV; strong communication and computer skills; and a desire to work with a variety of people are a must. Experience in the fields of nursing, social work, hospice or bereavement support is a plus. Reliable personal transportation is essential.

Send resume and letter of application to CFHV at:
coastalfamilyhospicevolunteers@gmail.com
or
PO Box 122, Rockport, ME 04856

END HELP WANTED DISPLAY ADS

HELP WANTED

ARBORIST/TREE CLIMBER — Established midcoast company dedicated to quality tree care and preservation seeks experienced tree climber skilled in aesthetic pruning, cabling, bracing, removals to join our talented team. Must be conscientious, responsible, committed to quality and safety. Current Maine arborist license, clean driver's license. Smoke-free workplace. Equal opportunity employer. **TREEKEEPERS LLC** at 207-236-6855. (kr)

SERVICES

SOULE'S CARPENTRY
Siding, roofing, garages, window replacement, decks and more.
Free estimates.
Fully insured.
Call 354-7024 or 691-6758.
Ask for David.
(kr)

JR'S PAINTING
Fine Interiors/Exteriors
Painting & Staining,
Sheetrocking, Pressure Washing,
Plaster Repair.
Free estimates. References.
Fully Insured.
273-6116.
(kr)

SERVICES

NEED HELP?
Personal or Elder Care
Housekeeping, Errands,
Laundry, Shopping ...
References Available.
Within 20 miles of Warren.
273-2636.
(2/18)

RENTAL

SAMOSSET RESORT TIME-SHARE FOR MAINE FISHERMEN'S FORUM, ROCKPORT — Make a vacation out of it. Largest timeshare in the Samoset inventory available for Saturday, 29 February to Saturday, 7 March which includes Fishermen's Forum 5-7 March. Two floors, two BR, two full BA, two TVs, kitchen, LR/DR, wrap-around deck, sleeps six. Full access to Samoset amenities: heated indoor pool, hot tub, steam room, fitness center, games for children, restaurant and bar. Bring the family and have a wonderful Maine vacation, \$700 for the week! 703-981-7026. (2/25)

FREE PRESS ADS WORK!

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 – 15¢ 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

I would like my ad to read: _____

Please run my classified ad _____ times and list it under:
 ___ Vehicles ___ Boating ___ For Rent ___ For Sale
 ___ Help Wanted ___ Real Estate ___ Services ___ Wanted
 ___ Yard Sale ___ Other _____

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone _____

Cost for 1st 20/words/week = \$ _____
 Additional words = \$ _____
 Subtotal = \$ _____
 Times # of weeks ad to run x _____
TOTAL Due = \$ _____

**IF PAYING BY CREDIT CARD:
 JUST CALL IN YOUR AD COPY — 596-6696**
 Or, enclose payment and:
 Mail to: P.O. Box 1076, Camden ME 04843-1076
 or Bring to: 6 Virginia Avenue, 2nd floor, Camden

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 and services for more than 25 years. Information and pictures of available rooms/suites can be accessed by calling 354-7077 or at www.homeshareinc.com. (kr)

STORAGE

EVERGREEN SELF STORAGE — 6x10 to 10x40 sizes, all paved, Rte. 17, Washington, 785-4464, or Exit 132, W. Fairfield, 453-7131, 50% off 1st month with 3-month minimum. (kr)

INDIVIDUAL 8' x 12' UNITS — are secure, clean, dry and private. Only \$40 monthly. Call anytime, 832-4204, Friendship. (kr)

WATERMAN BEACH STORAGE

10 x 15 unit, \$80
 10 x 20 unit, \$100
 10 x 25 unit, \$120.
South Thomaston, 975-1326.
(kr)

COMMERCIAL

ROCKPORT — Stunning professional space available on Route 1 in Rockport. Approx. 3,000 sq.ft., 12-ft. ceiling, open plan, beautiful natural light, wood floor, private entrance, kitchenette and bathroom. Perfect for office, artist studio or gallery, architect or designer. \$1,600/mo., plus utilities. Email mainemeat@gmail.com. (kr)

EQUIPMENT RENTAL

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

TREE SERVICES

GREEN'S TREE SERVICE
 • Tree, brush removal
 • Pruning
 • Aerial truck or climber
 • Chipping, stump-grinding
 • Lots Cleared
 Free Estimates
 Licensed & Insured Arborist
Matt Green, 322-0320.
 — Reasonable Rates —
(kr)

SELF HELP AND SUPPORT

AA HOTLINE
 For meeting information
 24 hours a day, 7 days a week
1-800-737-6237
AAmaine.org

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Support groups help peers living with mood disorders reach out to one another and benefit from the experience of others who have "been there." Empower yourself to live the life you deserve.
Rockland:
 7-8:30 p.m., Thurs.,
 First Universalist Church,
 345 Broadway. **FMI: 505-2663.**

SELF HELP AND SUPPORT

CELEBRATE RECOVERY
 Freedom Fellowship Church, 721 Bath Rd., Wiscasset, Fri., 6 p.m. Free meal following meeting. Christ-centered recovery and support program for all. **FMI: Matt, 344-8660.**

NATIONAL SUICIDE PREVENTION HOTLINE
1-800-273-8255.
 24 hours/day;
 7 days/week.

CO-DEPENDENTS ANONYMOUS (CoDa)
 Tues., 10-11:30 a.m., Library,
 St. Andrew's Episcopal Church,
 Glidden St., Newcastle.
FMI: 563-6209.

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

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

BRAIN INJURY INFORMATION
800-444-6443
 The Brain Injury Association
 of America
www.biausa.org.

FREE PRESS ADS WORK!

Town of Union Request for Proposals

Cemetery and Town Maintenance

The Town of Union will be accepting proposals for mowing of Cemeteries and Town Facilities. Complete bid documents are available online at www.union.maine.gov, or in person at the Union Town Office. All RFP's will be due at noon on March 10, 2020. The Board of Selectmen reserve the right to accept or reject any and all proposals.

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
 \$27,540 for 1 Person
 \$31,440 for 2 Persons

If interested, please call
 Sherry at 594-2743

TDD/TTY 1-800-545-1833 Ext. 702



MARKET BASKET

DEADLINE is WEDNESDAY at NOON for the following TUESDAY issue.

PLEASE READ: As long as the TOTAL price of ALL your items is \$100 or less, it's FREE (ads must include prices for all items or we cannot run the ad).

Market Basket ads run for two weeks. Only one per household per week will be printed. We can only accept ads that are 20 words or less. We cannot accept ads over 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

Snowblower, Murray 24", \$100. 633-7646, Boothbay Harbor.
Solid Oak Table, early 20th cen., manufactured, rectangular, 52" x 34", metal gears at center expansion, stripped but needs some reassembly, \$100. 338-1951.
Hay, \$6 bale. 763-4032, Camden.

Used Fluorescent Shop Light, 4', \$10. Plastic truck, \$3. 338-3227.

Front Bumper, with lenses and brackets, for 1968 Chevelle Malibu, nice for its age, \$100. 230-1195.

SunWorks Solar Food Dryer, fits in SUV, light, easy to move, used three years, excellent condition, downsizing garden, \$95. 342-2076.

Dining Room Table, 44" x 70" with leaf for larger occasions. Five cushioned chairs, cherry brown, \$75. 785-2219.

Artificial Christmas Tree, 5 feet tall, with stand, \$10. Large black wood display cabinet, with glass door, \$5. Some free items. 542-1696.

Two Original Different Rubik (Erno) Cubes, \$25 each. Old handstitched patchwork quilt, \$25. Pair solid iron pigs, \$25. 563-7544.

Handicap Commode, like new, \$35. Walker, with basket, \$25. Shower chair, \$25. 832-4806.

Two Faux Fur Coats, by Dennis Basso, silver color, size large, like new, \$45 each. 691-1102.

Used Lobster Traps, 3' and 4', \$15 each. 236-2312. ■

Three Trailer Wheels, with tires, five on 4.5, ST 175/80R, 13", good tread, one new, \$85. 390-1232.

Diamondplate Toolbox, full size truck, \$60. Pair blue door panels, nice, '96-'98 Silverado, \$40. 230-1195.

Pure Sheep's Wool, from a sheep farm, five boxes, for crafts, \$50. 594-2109.

Brass Fireplace Screen, with glass doors, 34 1/4" wide x 26 1/4" high, adjustable, never used, \$100. 549-3899, Jefferson.

Wall Mount Ironing Board Holder, \$8. Bulletin board, with black trim, 36 x 24, \$10. Set of sheer panels, with lace, \$15. 563-7100.

Nutribullet Nutrition Extractor, compact smoothie maker, with individual serving cups, several different blades, recipes, never used, \$50. 273-2090.

Bangor Stoneware Two-Gallon Antique Jug, cobalt blue letters, \$75. Grab bar for bath, 24", \$8, can email photos. 561-389-1194.

MARKET BASKET RULES

FREE

- Maximum number of Words per Ad = 20
- TOTAL of all items added together must be \$100 or less!
- Ads must be priced or they cannot be run.
- Wanted ads seeking items costing over \$100 cannot be run.
- ONLY ONE AD PER WEEK per person/phone number.
- 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!

Price (\$100 or under): \$ _____ Telephone No. _____

7 Market Basket Ads Automatically Run For Two Weeks. 8 Mail To: **The Free Press MB**, P.O. Box 1076, Camden, ME 04843-1076. 9 **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.

Cross-Country Ski Exerciser, \$20. Old-fashioned snowshoes, \$25. Motorcycle helmet, \$5. Kid's bed comforter ("Force Field" w/story), new, in bag, \$20. 338-1951.

Sport Dog Field Trainer, orange dog collar, transmitter/receiver, 400-yard distance, good for hunting and training dog, very good condition, works great, \$75. 236-0747.

Bathroom Light Fixture, satin chrome, three white glass shades, \$35. Oil painting "Vineyard Shadows" by David Short, 20 x 20, \$50, can email photos. 561-389-1496.

WANTED

Wanted: Electric Clothes Dryer, clean and functioning. 975-3619. ■

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

TV Listings

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

CHANNEL LINE-UP

- Knox County
2 CKSH - French
3 UPN - WPME
4 FOX - WFPO
5 CBS - WABI
6 NBC - WCSH
7 PEG - Public
8 ABC - WMTW

- 9 TWCTV
10 MPBS - WCBB
11 PEG - Education
12 WB - WPXT
13 CBS - WGME
14 QVC
15 HSN
16 CHLT
17 Shop NBC

- 18 TV Guide
19 C-SPAN
20 C-SPAN2
21 ION
22 PEG - Government
23 GAC
24 Comcast Sports Net
25 ESPN
26 ESPN2
27 NESN
28 MTV
29 VH-1
30 Lifetime
31 Spike TV
32 CMT
33 Weather Channel
34 NECN
35 FOX News
36 CNN

- 37 Headline News
38 TOON
39 CNBC
40 MSNBC
41 truTV
42 TCM
43 INSP
44 TNT
45 Comedy
46 FX
47 USA
48 TBS
49 Oxygen
50 A&E
51 AMC
53 Bravo
54 E!
55 HGTV
56 Food Network

- 57 Travel Channel
58 EWTN
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

Table with columns for time slots (7:00-12:30) and program details for Wednesday Evening, February 19, 2020.

Advertisement for SHEPARD alignment service. Features a stack of tires, '50% off' text, and contact information for Jeep, Dodge, Ram, and Toyota.

Table with columns for time slots (7:00-12:30) and program details for Thursday Evening, February 20, 2020.

Table with columns for time slots (7:00-12:30) and program details for Friday Evening, February 21, 2020.

SATURDAY EVENING FEBRUARY 22, 2020. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

SUNDAY EVENING FEBRUARY 23, 2020. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

AN ALL NEW AUTO-FINANCE PROGRAM FROM SHEPARD Chrysler • Dodge • Jeep • Ram. With as Little as \$500 Down & Proof of Income. Get the GREEN LIGHT for an Auto Loan! 207-594-2154 Finance@ShepardMotors.com

MONDAY EVENING FEBRUARY 24, 2020. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

TUESDAY EVENING FEBRUARY 25, 2020. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

CAR TALK by RAY MAGLIOZZI

Husband Prefers a Hands-Off Approach

DEAR CAR TALK: My husband and I agree on most things, but there are a few disagreements. For one, he is a conservative and I am a liberal. Big disagreement there. Our other major disagreement is how to take care of the exterior of our new, 2019 Toyota Corolla. I am a hands-on person and prefer to hand-wash our vehicles. He is a fan of those brushes and slappy things at the local car wash. I think they are a bit rough on the finish. We are in our 70s and this will most likely be our last major vehicle purchase. This is especially so since we were lucky enough to get one of the last Toyotas with a CD player. We're not selling it! So, which of us is going to win this argument? Do I get to hand-wash it, or does he get to go watch those slappy things hit our car? Also, any car washing tips you'd like to share? And while you're at it, is there any way to get him to drop this conservative thing and adopt my liberal views? —Virginia

RAY: So, let me see if I got this straight. You're liberal, and he thinks you want to hand-wash the car with rags sewn by indigenous, fair-trade-rag makers, and a free-range, non-GMO, vegan car wash. And since your husband is conservative, you think he prefers a coal-fired, faceless corporate concrete box with brushes and slappy things that exploits its workers for the benefit of the 1%?

I'm going to suggest we focus just on the car because that's the only thing we're qualified to address. And even then, only barely so.

There's little doubt that hand-washing a car is gentler on the car's finish than a machine wash that uses brushes and slappy things. There's also an argument to be made that, if you're doing it yourself, you'll do a better job and pay more attention to the details.

I also like it because it gives you some exercise, Virginia. It takes a surprising amount of bending, twisting and polishing, and it's probably pretty good for you. Especially if you're in your 70s and aren't playing a lot of one-on-one hoops anymore.

The only downside is that it uses more water than a commercial car wash. How can that be? Well, these days, commercial car washes are required to capture and recycle the water they use. So even though your car drives through a virtual rainstorm, the overall use of water is not that great.

If you live in an area where wasting water is looked down upon, Virginia, you can combat that with some newer products called "waterless car washes."

A "waterless car wash" is essentially a spray that you apply to one section of the car at a time, and then use a clean rag to wipe off the dirt. In terms of how to wash the car, you'll find lots of how-to videos on YouTube these days.

In general, it's best to wash a car in the shade, so the car's finish isn't hot. Use a bunch of clean, microfiber towels. And make sure you change or rinse them frequently, so you're not scratching the car's surface with dirt that you wiped off another section of the car.

We've also had some good luck with a product called Meguiar's Hybrid Ceramic Spray Wax. It's a spray-on, rinse-off wax that's very easy to use and leaves the car with a really nice shine, not to mention a layer of wax protection.

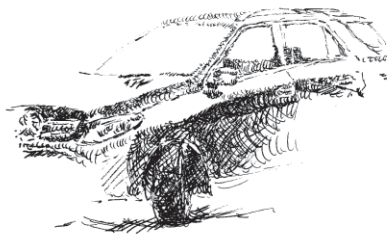
In terms of getting your husband to let you have your way with the car, frankly, if you're willing to do the work of washing the car, I don't see why your husband should object. He's getting a clean car, you're getting some exercise and fresh air, and you're both saving some money.

The only exception I would make is if you live in a part of the country where it snows. In that case, a week or so after a snowstorm, you might want to let him take the car through a commercial car wash to clean any road salt off the undercarriage.

To make that more palatable for yourself, you can force him to listen to MSNBC on the satellite radio while the car is getting brushed and slapped. Enjoy your clean, new car, Virginia.

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.

©2020 BY RAY MAGLIOZZI AND DOUG BERMAN



WWW.DANKIRCHOFF.COM

su | do | ku

© Puzzles by Pappocom

	1		4	5		3		
		2	1		3	7		
4								5
2		1		7		3		8
	3						2	
5	6		3		4			9
9								2
		4	6		8	9		
	7		9		4		5	

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 26.

Leaky Subaru Head Gaskets Fixed Once & For All!

WARREN AUTO BARN:
Rte. 90, Warren 273-2300



UltraComfort MONTAGE COLLECTION USA MADE

Visit us through princesfurniture.com

Since 1919 PRINCE'S FURNITURE & MATTRESSES 1-800-281-3796

We make homes beautiful

Tues.-Sat. 9 a.m.-5 p.m. 594-3000

Like Us On Facebook

Rte. 90, Rockland

<p>ACROSS</p> <p>1 Alpine warble 6 Due for payment 11 Party givers 16 Warmth 21 Slip past 22 Large estate 23 Ice structure 24 They come in for a landing 25 Grant access 26 Cara or Castle 27 Sticky soils 28 Wonderland girl 29 Equinox mo. 30 Iceberg part 31 Roused up 33 Of the eye 35 Rendezvous 37 Chapeau's place 39 Stuff oneself 41 Crowbars 42 State positively 44 Contented sounds 46 Static 48 Urged 52 Mawkish 53 Gumshoe's find 54 Apartment mgr. 58 Distant 59 Crowd features 60 Parched feeling 62 Gullet 63 Cousin's dad 64 Lomond and Ness 65 Copper alloy 66 Synagogue leader 68 Kiki or Joey 69 Consumes a beverage 71 Pants measurement 72 Happened to 73 Pitcher 75 Kitchen pests 76 Mrs. Mertz player 77 Manage 78 Nature outings</p>	<p>80 Mantel 81 Hollow rock 82 Joined genes 85 Territories 86 Strong, dark beer 87 Ascend 91 Slacks 92 Patches 93 Wrap up 95 Out -- limb 96 Bucket of song 97 Wine-barrel stoppers 98 Traveler's stop 99 Forearm bones 101 Find practical 102 Endures 104 Jockey, often 105 Mediator 106 Sunset colors 108 Essayist's pen name 109 Extremist sects 110 Frisked about 111 Loose garment 113 -- blanche 114 Former West German capital 115 Sashays 118 Pant 120 Chess piece 122 Leaks slowly 127 Hunting dog 129 Summer bulbs 131 Weeks per annum? 132 Was, to Ovid 133 Outraged 134 Romantic interlude 136 Nimble 138 BYU site 139 Banana oil, e.g. 140 Candle 141 Is mad about 142 Lightweight quilt 143 An awful lot 144 Admission 145 Turn inside out 146 Full of dandelions</p>	<p>DOWN</p> <p>1 B-vitamin source 2 Not so new 3 Short and stout 4 Fixes typos 5 Allow 6 Skipped 7 Less trusting 8 Klutzy 9 Miss Piggy's turn-down 10 Shot up 11 Baseball bat 12 Gawkers 13 Much teen talk 14 Miniature 15 Passable (hyph.) 16 Playing marbles 17 Experiences once more 18 Heater setting 19 Coveted Hollywood statuette 20 Is giddy 32 Horrible bosses 34 Operates a ferry 36 Took a sip 38 Noteworthy periods 40 Join the army 43 Churchill gesture 45 Luau instruments 47 Belonging to us 48 Goody-goody 49 Overhaul 50 Toastmaster 51 Sun, in Acapulco 52 Wields a machete 53 Try to catch 55 Earth tone 56 Cellist -- Casals 57 Diagonal pattern 59 Printers' options 60 In a -- (quickly) 61 Vogue 64 Wrinkled 65 Slams, as a door 67 -- dinner mint 70 Croupiers' tools</p>	<table border="1"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>25</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>29</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>35</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>48</td><td>49</td><td>50</td><td>51</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>58</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>63</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>68</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>73</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>82</td><td>83</td><td>84</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>91</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>96</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>101</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>106</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>115</td><td>116</td><td>117</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>127</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>133</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>139</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>143</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21																				25																				29																				35																				48	49	50	51																	58																				63																				68																				73																				82	83	84																		91																				96																				101																				106																				115	116	117																		127																				133																				139																				143																				<p>71 Stays near the shore 72 Reserves a flight 74 German white wine 76 Peddles 77 Photographer -- Beaton 79 Computer graphics 80 Pines for 81 Hopeless case 82 Search through 83 Part of a process 84 Delighted in</p>	<p>85 "The Prisoner of --" 86 Chomps down 88 Column order 89 Pitfall, maybe 90 Soothed 92 German city 93 Nurture 94 Earthlings 97 Island near Java 98 Drop feathers 100 Hosp. staffer 103 Fidgety</p>	<p>104 Attracted 105 Coffee dispenser 107 Dwarfed 109 Custer's men 110 Slowest 112 Says 113 Visitor 114 Steam generator 115 Hawker's pitch 116 Upper body 117 Cowboy's rope 119 Pharaoh's land</p>	<p>121 Martini extra 123 Paranormal, to some 124 Crumble away 125 Blacktopped 126 Floor 128 Formal observance 130 Closeout 135 Actor Aykroyd 137 State VIP 138 Hard seat</p>
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																																																																																																																																																																																																																																																																																																																																																																																																				
21																																																																																																																																																																																																																																																																																																																																																																																																																							
25																																																																																																																																																																																																																																																																																																																																																																																																																							
29																																																																																																																																																																																																																																																																																																																																																																																																																							
35																																																																																																																																																																																																																																																																																																																																																																																																																							
48	49	50	51																																																																																																																																																																																																																																																																																																																																																																																																																				
58																																																																																																																																																																																																																																																																																																																																																																																																																							
63																																																																																																																																																																																																																																																																																																																																																																																																																							
68																																																																																																																																																																																																																																																																																																																																																																																																																							
73																																																																																																																																																																																																																																																																																																																																																																																																																							
82	83	84																																																																																																																																																																																																																																																																																																																																																																																																																					
91																																																																																																																																																																																																																																																																																																																																																																																																																							
96																																																																																																																																																																																																																																																																																																																																																																																																																							
101																																																																																																																																																																																																																																																																																																																																																																																																																							
106																																																																																																																																																																																																																																																																																																																																																																																																																							
115	116	117																																																																																																																																																																																																																																																																																																																																																																																																																					
127																																																																																																																																																																																																																																																																																																																																																																																																																							
133																																																																																																																																																																																																																																																																																																																																																																																																																							
139																																																																																																																																																																																																																																																																																																																																																																																																																							
143																																																																																																																																																																																																																																																																																																																																																																																																																							

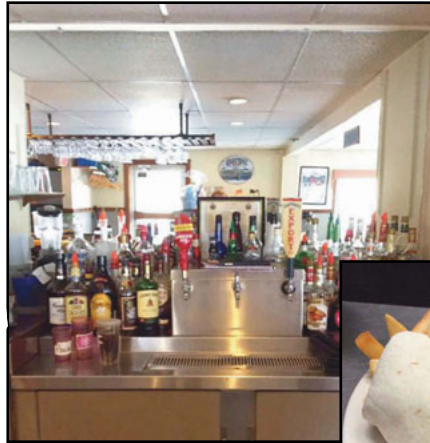
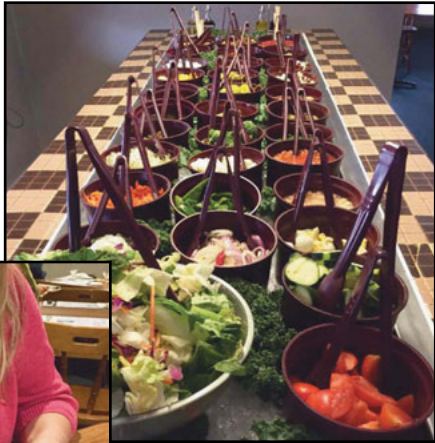


Crossword solution on pg 26.

Free Press Business of the Week

Reopening
Tuesday,
March 3rd

Offshore Restaurant



Route One,
Rockport
(Across from
Mini Golf)

596-6804
Air Conditioned
Plenty of Parking



Serving Breakfast, Lunch and Dinner

Best in Local Seafood

- ★ Fresh Salad Bar with over 30 Items ★ Daily Specials
- ★ Lobster ★ Clams ★ Scallops ★ Haddock ★ Steamers
- ★ Sandwiches ★ Burgers ★ Steaks
- ★ Prime Rib every Fri. & Sat.
- ★ Cocktails ★ Children's Menu



Casual Dining in the Heart
of Historic Thomaston



Full Bar
Craft Beer
Wine List

Lunch 11am-2pm
& Dinner 5-8pm
Sunday Brunch
8am-1pm
CLOSED MONDAYS

154 Main Street, Thomaston 354-8589

Masterman Agency

Meredith Lyon - Financial Advisor

of the Masterman Agency welcomes you to 91 Camden Street, Suite 308, Rockland. She can be reached at 207-542-5717 and www.meredithlyonfinancialdesigns.com



Meredith Lyon is a Registered Representative offering securities and advisory services through United Planners' Financial Services of America, a Limited Partnership. Member FINRA, SIPC. The Masterman Agency and United Planners are not affiliated.

Offshore Restaurant

Route One,
Rockport
(Across from
Mini Golf)



596-6804
Air Conditioned
Plenty of Parking

Serving Breakfast, Lunch and Dinner
Best in Local Seafood

- ★ Fresh Salad Bar with over 30 Items ★ Daily Specials
- ★ Lobster ★ Clams ★ Scallops ★ Haddock ★ Steamers
- ★ Sandwiches ★ Burgers ★ Steaks
- ★ Prime Rib every Fri. & Sat.
- ★ Cocktails ★ Children's Menu

THE STONE
BRICK OVEN KITCHEN

Northport, Maine

Dine In - Take Out
Delivery (Within 10 Miles)
Offering Wine, Beer & Cider from Maine
GIFT CERTIFICATES AVAILABLE

TUES-THURS 10:30AM-10PM / FRI 10:30AM-10:30PM /
SAT 11AM-10:30PM / SUN 11AM-8PM

681 Atlantic Highway • 207-338-2600

Park Street

Laundromat & Dry Cleaners

- Environmentally Friendly Laundry and Dry Cleaning
- The area's only on-site dry cleaner offering same-day service
- Free local pickup & delivery

Park Street
LAUNDRY & DRY CLEANING

117 PARK STREET • ROCKLAND
(Across from the Fire Station)
594-9393

Coastal
Dry Cleaning

470 MAIN STREET • DAMARISCOTTA
(Across from Hannaford Grocery)
563-6516

Leap Year Wine Tasting

Sat., February 29

the
Wine Seller

2pm - 5pm

Wine • Cheese
Gourmet Food

15 Tillson Ave., Rockland
207-594-2621 • www.thewineseller.biz

if it tastes good... it is

Mon.-Sat. 10-6
Sun. 11-5

GET THE PERFECT LAWN 24/7
WITH AUTOMOWER



HUSQVARNA.COM



GREAT GIFT FOR THE
MOWER IN YOUR LIFE.
SATISFACTION GUARANTEED.



BEHIND EVERY
PROJECT IS A
True Value

Warren True Value
Route 90 • 273-3100
Mon.-Fri. 7:30-6:00 • Sat. 7:30-5:00 • Sun. 9:00-noon

TEAM PLAYER

2011 HONDA MDX

- * AWD
- * Leather
- * 7 Passenger
- * NAV



Only **\$13,995**

Mid-Knight Used Cars

304 Old County Road, Rockland • 596-6915

\$50 Win a \$50 Gift Certificate
to any business on
this page

Name: _____

Phone: _____

Business on this page: _____

Entries must be received by 2-28-20. Drawing 2-28-20.

Send to:
Business of the Week
c/o THE FREE PRESS
P.O. Box 1076
Camden, ME 04843-1076

ONLY ONE ENTRY
PER HOUSEHOLD,
PER WEEK, WILL BE
ENTERED IN THE
DRAWING.

\$50