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## February 1st is John Ford's 125th birthday — Festival Honoring the Life & Films of Maine-Born Director John Ford Starts Next Week

by Andy O'Brien

The Maine Film Center (MFC) is holding a statewide celebration of the 125th birthday of acclaimed Hollywood director John Ford with 10 days of films, panel discussions and educational programming from February 1 through February 10 at venues throughout the state.

During his extremely prolific career, Ford, who grew up in Portland, directed more than 140 films between 1917 and 1964, receiving 72 Oscar nominations and winning 23 Academy Awards. With such films as "The Informer" (1935), "Stagecoach" (1939), "The Grapes of Wrath" (1941), and "The Quiet Man" (1952), Ford is widely regarded in the movie industry as one of the greatest and most influential directors of all time.

"Consciously or not, most filmmakers today have been influenced by Ford," said MFC Executive Director Mike Perreault. "His westerns in particular are cultural touchstones.... Ford's a towering Maine cultural figure so we all agreed this milestone shouldn't pass without recognition from his home state."

The Free Press will be sponsoring a panel discussion on Irish history prior to the screening of Ford's classic Irish film "The Quiet Man," starring John Wayne and Maureen O'Hara, at the Lincoln Theater in Damariscotta on Feb. 6 at 6 p.m. Historians Michael Connolly and Matthew Jude Barker, who contributed to the book "John Ford in Focus," will discuss Ford's childhood in Portland, the historical significance of "The Quiet Man" and the history of Irish immigrants in Maine.

On Saturday, Feb. 2, Ford's 1956 western "The Searchers" will be shown at 5:30 p.m.



As part of "John Ford: 125 Years," The Free Press and the Lincoln Theater are sponsoring a talk by historians Michael Connolly and Matthew Jude Barker about John Ford and the history of the Irish in Maine at the Lincoln Theater in Damariscotta on Wednesday, Feb. 6, at 6 p.m. Irish coffee from King Eider's pub will be served. Following the panel discussion, at 7 p.m. will be a showing of Ford's 1952 Academy Award-winning film "The Quiet Man," starring John Wayne and Maureen O'Hara. Tickets, \$8 adults, \$6 LT members and youth 18 & under.

ILLUSTRATION BY EDWARD KINSELLA

at the Strand Theatre in Rockland, and the Oscar-winning "How Green Was My Valley," a 1941 film about a hard-working Welsh coal-mining family, will be screened at 7 p.m. at

JOHN FORD continues page 7

## Fundraiser for AIO Food Pantry — Rockland and Camden Celebrate Pies This Weekend

The 15th annual Pies on Parade celebration will take place this weekend, Friday, January 25, through Sunday, January 27 — with a Silent Auction and Pie Gala in Rockland on Friday, a Saturday Pie Scavenger Hunt in Camden, and the 15th annual Pies on Parade tour from 1 to 4 p.m. on Sunday.

Every dollar raised from the weekend's events will be donated to help midcoast Maine families through the Area Interfaith Outreach (AIO) Food Pantry. More than \$185,000 has been raised for the AIO Food Pantry over the 14-year tenure of Pies on Parade, and the goal this year is to raise the 15-year total amount to \$200,000.

• Friday night's Pies on Parade Gala — The weekend will kick off on Friday, January 25, with the Pies on Parade Gala at the newly opened Rock Harbor Tap Room and Brewery, 5 Payne Avenue in Rockland, from 6 to 9 p.m. The evening includes a silent auction with overnight getaways, gift certificates, products, artwork, pies and more; pie samplings and complimentary hors d'oeuvres; and music, brewery tours and a cash bar. Entry to the kick-off gala is free.

• Saturday's Scavenger Hunt in Camden — Spend Saturday afternoon exploring downtown Camden and visiting participating Camden businesses to collect "letters," eat pie and learn facts about AIO and food insecurity in Maine's midcoast. Then unscramble the letters to complete the pie-

PIES ON PARADE continues page 12

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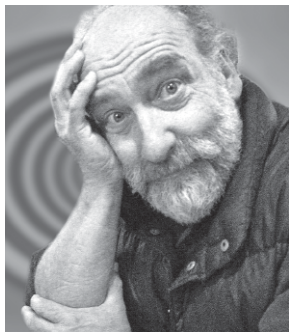
## Just Saying ...

by Tom Sadowski

### Weaponizing Humor

Attention people! Everybody relax. There is nothing really new here.

In what appeared to be a very disturbing development according to a recent story by the BBC, Russia has been working to “weaponize” humor or at least use humor for political influence. Ha ha, people have known forever that humor is a weapon. Is the Kremlin just catching on? Weaponizing humor is like saying newspapers are trying out sensationalism to sell more papers.



Where have they been for the past 2,000 years? Humor has been used for political influence since politics emerged, however that influence was wielded generally by the individual author or comic and not written and orchestrated by state-controlled media.

Humor has been recognized as dangerous for so long that language has evolved describ-

ing the fact that someone was skewered by a comic routine or cut down by a rude gag. It's not uncommon to say that some people have very sharp wit that cuts like a knife and may cause explosive laughter. Comics can bomb on stage or kill the audience, and nobody wants to use jokes that are duds. And haven't the Russians ever noticed political cartoons in the newspapers? Did they just assume all of that political satire was for children?

Governmental control of humor on mass media is easier than you might think. First the government takes control of all the big media outlets and then it censors all the jokes, fires the writers that put it in a bad light, and replaces everything with programs that make fun of anything the government wants to disparage. You might imagine the current administration producing a situation comedy called “It's the Democrats' Fault.”

Really, it's not such a big deal. For goodness sake, even the TV networks are terrible with humor, and they've been trying for decades to get it right. Governments are hopelessly incompetent with humor; they can't handle the receiving end and their delivery and timing are always off.

Take for instance the recent and very sad case in Sri Lanka, where apparently humor is considered very dangerous to the regime. Two men were arrested in the town of Vavuniya after posting a satirical video where they try to bribe a cardboard cutout of a traffic cop holding a speed radar gun that had been displayed on the side of the road to deter speeders.

The 23-year-olds were charged with humiliating and creating a bad public image of the Sri Lanka police, who, incidentally, have a problem with corruption. It's like being arrested for creating a religious public image of the Pope.

Authoritarian governments find that it's easier to develop nuclear weapons than it is to hone the use of humor, because those that have been seduced by the corruptive properties of power generally lose their sense of humor somewhere early along the way. You don't see North Korea and Iran issuing hilarious proclamations catching us off guard; they can't do it. Instead they are taking up rocket science because it's easier.

Not only is humor an effective weapon, but it also makes a great shield to hide behind when a political figure is caught lying or making offensive statements. “The senator was just joking” is the first defense that comes out of the bag of pathetic excuses — and it's a familiar one, since we all learned how to use it in third grade.

Ultimately this weaponizing of humor usually backfires. State-sponsored humor just has to be mediocre at best. The most powerful and incendiary political humor is written by independent individuals who are emotionally motivated to produce it. Since jokes are relatively easy to manufacture and not hard to transport and conceal, clandestine humorists can be making and stockpiling jokes, cartoons and visual gags against repressive administrations while waiting patiently for an opportune time to release them.

Unlike conventional munitions, which are generally single-use, jokes can be used and then reused time and again. More worrisome is that good humor will multiply itself and spread far beyond the original target.

Yes, the pen is mightier than the sword; especially a very keen and sharp pen that can poke you in all your ticklish spots.

In a related development, Russia's president Putin, as reported by the BBC, wants the government to control rap music since it is based on sex, drugs and protest, with the additional headache that it typically contains bad language. Yeah, well, good luck with that, too.

Contact the author by sending email and even improvised explosive humor to [sadowski@tidewater.net](mailto:sadowski@tidewater.net). © 2019, Tom Sadowski

### from Sen. Dave Miramant: My Priorities for the Legislative Session—

On December 5, my colleagues and I were sworn in to the 129th Maine Legislature. On January 3, Janet T. Mills was sworn in as Maine's next governor. Over the past few years, many good bills were passed by committees and the Legislature, but were vetoed by Gov. LePage. We overrode many of the governor's vetoes, but failed to override a number of good bills by only a few votes. Today, with Gov. Mills in the Blaine House and a new Legislature at the State House, opportunity is in the air. There is a fresh atmosphere at the Capitol, one of civility, teamwork and forward momentum. While progress is never easy, I'm hopeful that this new day will bring meaningful change to the people of Maine.

This legislative session is shaping up to be a very busy one, with roughly 2,200 bills for us to consider. I've sponsored a number of bills that don't require funding — including proposals that did not survive Gov. LePage's notorious veto pen. One of my bills, “An Act To Ensure Transparency in College Costs,” requires colleges and universities to reveal the true costs of college to prospective students. Currently, when colleges offer financial aid packages to admitted students, they can conceal some costs, making their aid packages look better than they really are. My bill requires schools to put all their cards on the table.

Another bill, “An Act to Amend the State's Hemp Laws,” would align Maine's hemp laws with the new farm bill. Hemp is a great fiber replacement for a range of products and a powerful supplement for strengthening our bodies, but Maine law forbids large-scale production. My bill brings Maine in line with a number of other states, allowing hemp to be grown at a commercial scale. Other bills I've sponsored allow small newspapers to publish public notices, allow ethanol-free gasoline to be sold across Maine, and eliminate car inspections.

Senate President Troy Jackson appointed me as chair of the

### In Praise and Support of Small Local Hospitals—

On Tuesday morning, January 15, I had a stroke. I live in Bristol and am very fortunate to be located only five or six minutes away from our local hospital, the Miles Campus of MaineHealth (formerly Miles Memorial). On arrival at the ER, I was immediately rushed through the halls to get a cat scan and then wheeled back to find my bed facing a full-size screen. The nurse explained that a doctor from MaineMed would come on the screen and talk with me to explain the “clot-busting” procedure called tPA (or recombinant tissue plasminogen activator) they recommended to attempt to dissolve the clot in my brain. My ability to speak had been compromised, and the ER nursing staff and doctor were warm, supportive and patient with my difficulty communicating, yet respectful of me as the patient. They wanted me to know that there are substantial risks with this treatment, and although time was of the essence, they worked hard to communicate with me so that I could be fully informed, ask questions, and make my decision.

I chose the treatment, and both the nurse and doctor who stayed with me were highly focused yet calming presences. As the treatment continued, my nurse (Nurse P.) explained that when this tPA treatment was completed, they would transport me to MaineMed in an ambulance. I had come to feel quite connected and trusting of Nurse P. and was very touched when she chose to stay with me for the ambulance ride, though she was due to go off shift. By the time the ambulance drove into Portland, I turned to her to say something and joyfully realized I had fully regained my ability to speak.

I am a truly lucky person to be located near a small local hospital with emergency treatment available to me. Had I been forced to wait until after the long ambulance ride for the tPA treatment, I may well not have recovered. We not only need the best doctors and the best technology for our health care, we need geographic availability to that care. As I read about so many of our small local hospitals in Maine and across the country closing because of financial issues, I feel saddened about our priorities and values as a society. I feel deeply grateful that I happen to live in an area which still has a local hospital, and I want to specifically thank Nurse P. and Dr. S. for saving, if not my life, my quality of life. I urge our elected officials to look at ways to save and reopen small local hospitals.

Jody Telfair-Richards, Bristol

### Waldo County Republicans to Elect Officers January 26—

Waldo County Republicans will meet at noon on Saturday, January 26, at the Troy Howard Middle School Cafeteria in Belfast to nominate and elect county officers.

We encourage everyone who cares about Republican ideals to meet to keep our Waldo County Committee on the map. Registered Republicans from at least five Waldo County towns must be present to make a quorum. We hope folks who can't do our Thursday evening meetings are excited to turn out during the day on Saturday, January 26!

Elections for Chairman, Vice Chair, Secretary and Treasurer are held every cycle at this time. Do you have a vision for the next election cycle? Jump in and share your vision!

Please feel welcome to bring a bag lunch for our social hour, noon to 1 p.m. Coffee and donuts will be provided. Meeting and election of county officers is at 1 p.m. Tables will be reserved for Town Chairs, Young Republicans, and Maine Federation of Republican Women. For more information, call 992-3172.

JoAn Petersen, Swanville

Joint Standing Committee on Marine Resources for the 129th Legislative session. The Marine Resources Committee is responsible for managing commercial marine fisheries, fish species and aquaculture. I'm honored to be chosen as chair, and will work to protect our marine resources so they are sustainable for future generations. Our fisheries contribute millions to our economy each year, and the hardworking men and women of our coastal economy deserve the strongest support we can provide.

In addition to chairing the Marine Resources Committee, I have been chosen to serve on the Legislature's Energy, Utilities and Technology Committee, which is responsible for energy policy, the telecommunications industry, and water and sewer utilities. On this committee, I will continue my work to make Maine a leader in new energy technologies. We have not yet taken the bold steps necessary to seriously pursue a renewable energy economy, but we have a real chance to make substantial progress toward that goal. It's time to move forward on smart solar energy policies, creating good-paying jobs and clean energy right here in Maine.

If you have questions or concerns for me, never hesitate to reach out. I'm always available at 287-1515 or [David.Miramant@legislature.maine.gov](mailto:David.Miramant@legislature.maine.gov). We have hard work ahead of us, but working together with my fellow lawmakers and the new administration, I'm more optimistic than ever that we can improve the lives of people across the state.

Senator Miramant lives in Camden and represents Senate District 12, which includes nearly all of Knox County.

### Inspiring Experience at Waldo County Tech Center—

Nine members and friends of the Belfast Indivisible group had lunch and a tour at Waldo County Technical Center on January 11. What a memorable and inspiring experience it was! Our lunch was delicious; our server was cheerful and attentive; and the four vegetarians among us were very impressed that meatless alternatives were readily offered. We can't thank Bonnie Kein enough for spending over an hour showing us around the Tech Center building and telling us how the Maine technical education centers work and what amazing programs they offer to Waldo County high school students.

The WCTC works with Searsport, Mount View and Belfast Area high schools. It offers an impressive range of 13 different academic programs, including construction, outdoor leadership, diesel and auto mechanics, computers, graphic design, CNA and EMT certification, horticulture and culinary arts.

A three-course lunch is served every Friday (from October until sometime in the spring) at the center, at 1022 Waterville Road in Waldo. The charge is a flat \$9, though tips for the students are welcome. Just call the center at 342-5231 for details and to make a reservation.

We encourage everyone to take advantage of this great resource in our community!

Andree Bella, Marcia Cooper, Corliss Davis, Susie Dexter, Connie Hatch, Cris Hughes, Kathy Kreamer, Eileen Wolper

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## Hannah Pingree Hired to Run New "Office of Innovation"

by Andy O'Brien

Governor Janet Mills has appointed former Maine House Speaker Hannah Pingree of North Haven to lead the state Office of Policy Management (OPM) and develop the framework for transforming it into the new Office of Innovation and the Future (OIF). Pingree will develop the framework for OIF and propose it to the Legislature for its consideration.

"This office will lead the charge in charting our state's path forward on critical issues like health care, workforce

development and climate change," said Mills in a statement. "Hannah is extraordinarily well-qualified to lead this transition, and the state is in need of it. I look forward to working with her to accomplish this goal and to put Maine back on track to more strategically and comprehensively thinking about its future."

Mills says Pingree will also be responsible for advancing Mills' policy priorities and coordinating them across departments, as well as strategic planning, coordination with federal and private funding and engaging with the Legislature on climate and energy policies, early childhood education, workforce development, broadband, rural economic development, and health and opioid policies.

Pingree served as Speaker of the Maine House of Representatives from 2008 to 2010 and as House Majority Leader and co-chair of the Health and Human Services Committee. She has also managed Nebo Lodge and serves on the local school board on North Haven.

"I am honored to lead Governor Mills' efforts to restore



Hannah Pingree

forward-looking strategic planning to state government," said Pingree. "From the cost of health care to climate change to our workforce shortage, Maine faces a set of serious challenges. But inherent in those challenges are also opportunities to marshal the collective power of state government to address them and begin charting a course for a better future."

Former Gov. Paul LePage formed OPM in 2012 to replace the State Planning Office, which the GOP-controlled Legislature eliminated. During LePage's tenure, OPM housed the state economist as well as other employees charged with conducting research to support the governor's tax and welfare policies and other objectives. Last year, the governor dissolved OPM into other departments after its director Jonathan LaBonte quietly resigned in April. Shortly after, LaBonte deleted both his Facebook and Twitter accounts and has kept a low profile ever since. In August, the LePage administration decided to demolish the building that housed OPM after spending \$271,000 to buy and renovate it.

## Mills Rejects Medicaid Restrictions

by Andy O'Brien

Gov. Janet Mills has decided not to accept a federal Section 1115 waiver that would have allowed the state to impose work requirements as a condition for receiving MaineCare. Instead, Mills says that she will increase coordination between the Departments of Labor and Health and Human Services to promote more access vocational training and workforce support services for low-income

MaineCare recipients.

"Maine's low unemployment rate, its widely dispersed population, and our lowest per capita income in New England make mandates — without appropriate supports like vocational training and specific exemptions for groups like people undergoing treatment — problematic," wrote Mills in a letter to Seema Verma, administrator of the Centers for Medicare & Medicaid Services. "We believe that the like-

ly result of this 1115 demonstration would leave more Maine people uninsured without improving their participation in the workforce."

Mills noted that in Arkansas, which was first state to implement Medicaid work requirements, nearly several thousand people lost their health care coverage due to the mandate. The Arkansas policy is currently being challenged in court.

## ACA Protections, Solar, Beverage Container Ban, For-Profit Colleges and More

by Andy O'Brien

Next week, Democratic leaders will introduce a bill (LD 1) that would codify the Affordable Care Act's health insurance protections in state law even if Congress repeals the federal law or a legal challenge to the ACA is successful. The bill comes in the wake of Federal District Court Judge Reed O'Connor's ruling that the ACA is unconstitutional because Congress removed the "individual mandate" requiring everyone to purchase health insurance in the federal tax cuts package passed in 2017. Although the ACA law is still in effect while the case continues in the appeals process, state Democrats say they're not taking any chances.

"I refuse to stand idly by as forces in Washington and elsewhere work to strip Maine people of critical coverage for pre-existing conditions and other essential health benefits like mental health and maternity and newborn care," said Gov. Mills in a statement last month. "Maine can do more to strengthen its laws and align them with the protections guaranteed under the Affordable Care Act. That's why my administration will move immediately, in concert with the Legislature, to help protect Mainers with pre-existing conditions, regardless of what happens at the federal level."

LD 1 — which will be heard by the Health Coverage, Insurance and Financial Services Committee on Jan. 29 — would prohibit insurers from discriminating against patients on the basis of a pre-existing health condition. It would also ban annual or lifetime caps on the dollar value of benefits, require that children and young adults be allowed to stay on their parents' health insurance policies until they turn 26 and mandate that health plans cover certain essential benefits.

### Repealing the Anti-Solar Rule

Rep. Seth Berry (D-Bowdoinham) has proposed a measure (LD 91) to repeal the Public Utilities Commission's controversial gross metering rule that reduces the compensation utilities provide to solar producers for the energy they produce. The bill — which will be heard by the Energy, Utilities and Technology Committee on Jan. 29 — would effectively restore the net energy billing (NEB) rule for solar customers.

The PUC's rule has been widely unpopular with the solar industry not only because it makes solar more expensive to install, but it also taxes solar producers for power that they use on site. Solar companies and environmental groups have filed a legal challenge to the rule and Democrats have attempted multiple times to repeal the law in the Legislature, only to be thwarted by Gov. LePage and House Republicans. However, this time the bill has a much better chance of passing as Gov. Janet Mills opposes the rule.

On the same day, Rep. Beth O'Connor (R-Berwick) will introduce LD 41, which would eliminate net energy billing for new customers after 2019 and gradually phase it out for existing customers. The bill would also prohibit utilities from requiring customers to meter the gross output of their solar projects, as the current PUC rule requires, and it would limit to 50 the number of customers who can participate on a community array. LD 41 would require that solar producers receive credits based on wholesale energy prices and would direct the PUC to procure 20 megawatts of large-scale community solar power at no more than 6¢ per kilowatt-hour or the average wholesale electricity rate over the preceding 12 months, whichever is less.

### Regulating For-Profit Colleges

On Jan. 30, the Education Committee will hear Sen. Eloise Vitelli's (D-Sagadahoc Cty.) bill (LD 103), which would require an annual review of for-profit colleges by the State Board of Education to ensure that they are meeting "adequate educational standards." If the board finds that a for-profit college is not up to par, the bill allows it to terminate the authority of the college to grant degrees. For-profit colleges, typically offer courses exclusively online, have been the targets of several lawsuits due to their reputation of awarding useless degrees and saddling students with tens of thousands of dollars in student loan debt.

Earlier this month, Career Education Corp., a for-profit college operator, agreed to forego collection of \$556 million in debt owed by former students in order to settle a lawsuit with attorneys from 48 states over allegations of deceptive recruitment and enrollment practices. According to the Washington Post, prosecutors alleged that the company informed students only about the cost per credit hour without disclosing the number of required credit hours, lied about graduate employment and failed to disclose that some of its programs lacked the accreditation required by licensing boards. A recent study by the Center for Education Policy and Evaluation (CEPE) at George Mason University concluded that online education courses are often lacking in quality.

"Instead, on average, fully online coursework has contributed to increasing gaps in educational success across socioeconomic groups while failing to improve affordability," wrote Associate Professor Spiros Protopsaltis, the CEPE director, and Professor Sandy Baum, a fellow at the Urban Institute and professor emerita of economics at Skidmore College. "Even when overall outcomes are similar for classroom and online courses, students with weak academic preparation and those from low-income and under-represented backgrounds consistently underperform in fully online environments. Success rates are lower and employers — in addition to students, faculty, academic leaders and the public — attribute lower value to online than to classroom degrees."

The researchers wrote that there is a "strong body of evidence" to suggest that "frequent and meaningful interaction between students and instructors" is critical to increasing the quality of the online education experience and improving student outcomes and satisfaction. Recently, New York Governor Andrew Cuomo rolled out a plan to tighten regulation on for-profit colleges, including requiring them to report their funding sources and spend at least half their budgets on instruction as well as prohibiting them from operating with more than 80 percent of their funding from taxpayers, according to the news site Inside Higher Ed.

### The Next Gen. Science Standards Return

Also on Jan. 30, the Education Committee will hear Rep. Mick Devin's (D-Newcastle) bill to require the Maine Department of Education to adopt the Next Generation Science Standards for kindergarten to grade 12 as part of the state's learning results. The bill would replace the current Maine science standards with the new set of standards developed by a consortium of 26 states, the National Science Teachers Association, the American Association for the Advancement of Science and the National Research Coun-

cil, and the corporate-funded nonprofit Achieve, which is responsible for developing the controversial Common Core standards for English and math.

Supporters argue that the Next Gen. Science Standards foster deeper learning, emphasize better critical thinking skills and stimulate more interest in the material than the current science standards. In previous years, Gov. Paul LePage has vetoed the proposal, because he said it presented an unfunded mandate to schools and because the standards state that global warming is caused by human activity.

### Reining in the Influence of Lobbyists

Sen. Justin Chenette (D-York Cty.) is once again trying to rein in the influence of lobbyists in Augusta. Under current law, the governor, legislators and constitutional officers are prohibited from soliciting or accepting contributions from lobbyists while the Legislature is in session. Chenette's bill LD 54, which will be heard by the Veterans and Legal Affairs Committee on Jan. 30, would simply ban elected state officials from accepting donations from lobbyists and their associates. On the same day, Chenette will also present LD 76, which would prohibit former legislators from being paid lobbyists for four years after their terms expire. Current law prevents former legislators from engaging in lobbying activities for a year.

The VLA Committee will also hear LD 95, sponsored by Rep. Norm Higgins (U-Dover-Foxcroft), which would clarify that legislative candidates must reside in the district that they seek to represent on the date of the candidate's nomination for placement on the ballot. The bill also requires that candidates must reside in the district for three months preceding the general election, and, if elected, throughout their entire term in office.

### Tax Exemption Bills

On Jan. 30, the Taxation Committee will hear a number of bills that would provide various tax breaks and credits to various groups and businesses. Sen. Erin Herbig (D-Waldo Cty.) will introduce her bill to provide a tax credit to businesses that employ apprentices participating in an approved apprentice program. The measure would also provide a partial credit for employers that employ an apprentice for fewer than 2,000 hours during a calendar year. Herbig says the bill is necessary because some employers don't have enough resources to train workers.

The committee will also hear LD 22, sponsored by Rep. Margaret Craven (D-Lewiston), which would provide a sales tax exemption and a service provider tax exemption for nonprofit organizations with annual gross receipts of less than \$40,000. Sen. Stacy Guerin (R-Glenburn) will introduce LD 71, which would reinstate income tax deduction for certain contributions to qualified tuition programs. Rep. MaryAnne Kinney (R-Knox) will present her bill (LD 86) to provide a sales tax exemption for the commercial production of maple syrup and honey. Kinney's family owns Kinney's Sugarhouse in Knox.

### Crossbows and Turkeys

On Jan. 30, Inland Fisheries and Wildlife Committee will once again consider a bill (LD 27), sponsored by Rep. Tim Theriault (R-China), to allow crossbows to be used during the regular archery-only deer hunting season. Back in 2013,



## EYE ON AUGUSTA

CONTINUED FROM PAGE 3

John Hurt of the Maine Bowhunters Association said his group opposed a similar bill because allowing crossbows during bowhunting season would make landowners less likely to allow all hunters, including bowhunters, on their property. The Department of IF&W pointed out that increased crossbow hunting opportunities could result in an increase in the number of does killed, which could force the department to reduce the number of doe permits.

Also on Jan. 30, the IF&W Committee will hear LD 33, sponsored by Rep. Will Tuell (R- East Machias), which would establish a special youth hunting day during Thanksgiving week for junior hunting license holders to harvest one turkey.

### Preventing Tip Pooling With Non-Service Employees

Over in the Labor and Housing Committee on Jan. 30, Rep. Ryan Fecteau (D-Biddeford) will introduce LD 81, which would clarify that an employer may take an employee's tips as long as the tips are pooled among other service employees and not pocketed by the employer. Fecteau says he is submitting the bill because he is concerned about a proposal US Department of Labor (DOL) that would allow employers to share tips with non-service employees.

"My bill would ensure Maine law continues to ensure that there was a limit to a tip pooling arrangement to sharing between just service employees as is current Maine law, regardless of any future US DOL rule changes," he said.

The committee will also hear Sen. Erin Herbig's bill (LD 75) to allow workers to receive both their vacation pay and unemployment benefits. In 2011, Republicans changed the law so that employees with more than four weeks of vacation time due to them are disqualified from receiving unemployment benefits. When she proposed a similar bill in 2017, Herbig said that it's a very common situation.

"Imagine you are loyal to your employer and don't take any vacations," said Herbig. "Meanwhile, your coworker takes every vacation day available to him. Then, you both get laid off. Your co-worker gets to receive his unemployment check immediately. You however are told that the vacation time you have earned and rolled over for years is being taken away from you in exchange for an unemployment check."

### Drug Prevention & Teacher Retirement

On Jan. 30, the Education Committee will hear LD 29, sponsored by Rep. Jay McCreight (D-Harpswell), which would implement the state's Opiate Task Force recommendation to create a working group to evaluate existing substance use prevention programs in schools and examine other programs that have been shown to be effective. The measure would also direct the group to look for funding resources and determine how prevention programs should be incorporated into school curricula. The work group would include representatives of educational, law enforcement and public health organizations.

The same day, Rep. Paul Stearns (R-Guilford) will present his bill (LD 55) to repeal the LePage-era law that puts half of the responsibility for paying teacher retirement costs on local school districts. Municipalities have long complained that forcing school districts to shoulder the burden of teacher retirement costs presents an unfunded mandate on municipalities and causes higher property taxes. Gov. LePage dumped teacher pension costs on towns back in 2013 in order to fill a budget hole created by his income tax cuts, which primarily benefitted the wealthiest taxpayers.

### Microgrids & Beverage Container Ban

Rep. Mick Devin (D-Newcastle) has resubmitted his bill (LD 13) to allow the construction of microgrids, which are localized groupings of on-site electricity generators that are capable of operating in conjunction with the traditional electric grid or disconnecting from it and running autonomously as an electrical island. The measure — which will be heard by the Energy, Utilities and Technology Committee on Jan. 31 — would direct the Public Utilities Commission to approve a petition to operate a microgrid if it deems the project is in the public interest.

Also on Jan. 31, Rep. Vicki Doudera (D-Camden) will present LD 102, which would ban single-use beverage containers except those that contain at least 15 percent recycled plastics. The bill would then gradually increase the amount of recycled plastic required in each beverage container to 20 percent in 2022 and 25 percent in 2024. LD 102 would also prohibit the sale of single-use plastic beverage containers with a plastic beverage cap unless the cap is composed of the same plastic as the beverage container. The bill would also require that caps either be tethered to the container or include an opening in the cap to allow users to consume the beverage with the cap screwed on.

"At least seven new bills will address plastic pollution, and I've submitted one to address one of the most common kinds of plastic pollution: plastic bottle caps," wrote Doudera in an email. "My bill is a 'connect the cap bill' which tethers plastic bottle caps to the bottle to reduce littering, and sets recycled content standards for plastic beverage bottles."

## Three-Town employees lauded for "exceptional" effort — Recycling Station Workers Recognized



Above, entrance to the Three-Town Solid Waste Cooperative station in South Thomaston; left to right, Bruce Colson, John Jacques, Reggie Vokes, Lissa Bitterman of ecomaine, and Dave MacNeill.

PHOTOS BY BRIAN P. D. HANNON

by Brian P. D. Hannon

Keeping basketballs, bedding, boots, and other bits of trash out of recycling materials earned recognition for a group of employees of the Three-Town Solid Waste Cooperative in South Thomaston.

The cooperative, which handles waste management and recycling for Thomaston, South Thomaston and Owls Head, along with its partner firm, ecomaine, recognized transfer station Program Manager Reggie Vokes and employees John Jacques, Dave MacNeill, and Rick Fales on January 17.

Bruce Colson, chairman of the cooperative board, explained that loads of material are sent each week to waste and recycling processing facilities in South Portland and Scarborough owned by ecomaine, which commenced a contract with the transfer station in April.

The employees of the Three-Town Cooperative, also known as the OHSTT Solid Waste Corporation, were commended for ensuring the station on Buttermilk Lane in South Thomaston transported "clean" loads of recycling to ecomaine between May and November.

Lissa Bitterman, business development manager of ecomaine, explained a clean load includes five percent or less of items beyond the corrugated cardboard, mixed paper, glass, metal and plastic containers recycled by ecomaine.

"Anything outside of those are what we would consider contamination," Bitterman said. She noted that "random bits," such as clothing, balls, shoes, food, and even Christmas tree lights, are among the trash mixed in with recycling that frequently puts loads above the 5-percent threshold tolerated by the global market of companies and countries that purchase recycled material.

The OHSTT employees scour the recycling so thoroughly that the station routinely produces loads with contamination of zero to 1 percent. "It's exceptional," Bitterman said. "Some of the cleanest material we receive down at ecomaine."

Bitterman presented Vokes, Jacques and MacNeill — Fales was absent — with certificates and gift bags containing items made from recycled content. "It's very commendable what you've been able to accomplish," she said.

Colson noted the employees have helped avert the extra expense of disposing of material that tops the 5 percent contamination level. "These guys have done a tremendous job keeping the costs down for the taxpayers of the three towns," he said. "You wouldn't believe the thousands of dollars they've probably saved them already."

Bitterman said that ecomaine operates a "waste to energy" plant that burns trash to create fuel, but the company strives to follow the "waste hierarchy" mandated by Maine statute and recommended by the Environmental Protection Agency that puts "reduce, reuse and recycle" above repurposing trash into fuel. Receiving more clean loads of recycling, rather than trash, assists in that effort, she said.

"When we're getting loads from these communities and they're coming in virtually pristine, it allows all those materials to be recovered and to be out in the market over and over again and be made into new items," Bitterman said. "That's really the ideal way to treat these materials."



Between April 1 and January 16, the Thomaston transfer station sent slightly more than 106 tons of recycling material to ecomaine, Bitterman said.

Additionally, each year the station generates about 3,400 tons of municipal solid waste, better known as household trash.

Colson also recognized Thomaston Recycling, Inc., and its owner Scott Johnson, for "outstanding service" to the transfer station. Johnson was represented at the ceremony by his wife, Thomaston Select Board member Beverly St. Clair.

"This is a great crew," St. Clair said of the recycling staff. "We all work in sync and that's a key element to keeping that trash flowing and keeping business going."

Owls Head Selectman Gordon Page commended the members of the recycling team for their work ethic and "strong interest in doing a good job, as opposed to doing a job."

South Thomaston Select Board member Cheryl Waterman also attended the ceremony along with OHSTT board member and South Thomaston Selectman Walter Reitz.

"When you serve the public you're never going to have a hundred percent customer satisfaction," Reitz said. "But the level of positive feedback that we're getting because of how helpful, effective and polite you guys are... you have a high level of increased customer satisfaction far and beyond anything that's happened in this facility for as long as I've been in town."

MacNeill said the residents of the three towns make his work at the transfer station "a lot easier."

"There's a majority of people that do a great job of recycling, and they take pride, and we make it a point to thank them," MacNeill said. "And we take pride in having a low percentage of contamination, too."

For more information about the station's recyclable items, visit [www.town.thomaston.me.us](http://www.town.thomaston.me.us) or [www.ecomaine.org](http://www.ecomaine.org).

## Mainers Asked to Test Internet Speeds

ConnectME Authority is asking Maine people to help identify specific areas in Maine in need of faster broadband service. To help test your internet speed and map your area for potentially faster service in the future, go to [www.maine.gov/connectme/communities-resources/Broadbandmapping](http://www.maine.gov/connectme/communities-resources/Broadbandmapping) and follow the instructions.

ConnectME will use the additional data as leverage to help Maine improve its chances of accessing a portion of the more than \$600 million the federal government has dedicated to broadband expansion efforts in the U.S.

According to Heather Johnson, acting commissioner of the Maine Department of Economic and Community Development (DECD), "Evaluating our broadband needs is the first step to solving them. We are hoping that residents, businesses and providers will help us update this list to ensure that we have captured all of the areas that do not have access to effective broadband service. We believe that reaching out to communities can be one of the most effective ways for us to learn what capacity homes and businesses have access to."



One Maple Tree—

**Birding with Don Reimer**

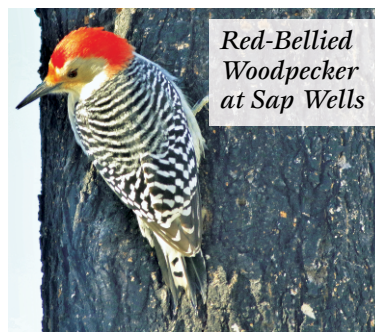
Amid stands of mature hardwoods in my Warren neighborhood, four species of woodpeckers inhabit a certain rock maple tree in the front yard. That 40-year-old maple has some compelling physical traits, such as partially decayed limbs and sectors of trunk rot that generally appeal to woodpeckers. My own judiciously placed suet offerings serve to augment the woodpeckers' natural cuisine.

Delivering 8,000 to 12,000 pecks per day, woodpeckers are supremely equipped for a lifestyle of percussive repetitive motion. Sinewy attachments encircle the base of the bill and brain, acting as a protective helmet to absorb reverberating shockwaves. Woodpecker feet differ from most songbirds (three forward-facing toes and one back-facing). Their "zygodactyl" arrangement of two toes positioned forward and two facing backward is strategically efficient for grasping onto trees. A set of stiff tail feathers helps to brace and stabilize the bird as it maneuvers and hammers into bark. A thick band of bristly bill feathers shields the nostrils from inhaling sawdust. And for added visual protection, woodpeckers use their third eyelid (a.k.a. nictitating membrane) to keep flying wood particles from their eyes.

Woodpecker tongues are uniquely structured by species, varying in length according to their preferred diets. The tongues of Red-bellied Woodpeckers, for example, extend



Male Sapsucker  
PHOTOS BY DON REIMER



Red-Bellied Woodpecker at Sap Wells

up to three times the length of the bill! Perfect for extracting insects from deep holes and crevices. By contrast, sapsuckers have a shorter tongue with a customized brushlike tip for slurping up tree sap.

Despite the harsh winter conditions, two Yellow-bellied Sapsuckers forage my maple on most days. Since the majority of sapsuckers retreat from New England during winter, these are slightly unusual sightings for the time of year. Over time though, I've come to anticipate such January visits at this particular tree. You may have noticed the handy work of sapsuckers on tree trunks — those tiny holes in outer bark layers, usually created in neatly spaced horizontal rows that sometimes ring the entire trunk. Older trees in fruit orchards are common sapsucker targets. These drillings don't typically kill the trees, but can potentially affect the value of other trees that eventually become lumber.

At my yard maple, the arrival of sapsuckers generally sig-

returns at intervals to consume the oozing sap, bits of cambium bark and any insects that might accumulate in the sap.

Eventually the pulsing streams of dripping sap reach a critical mass that draws in other expectant partygoers. A male Red-bellied Woodpecker buries his bill in a row of wells for an extensive feeding session. Soon his probing bill appears all shiny and wet with sap. Next a Hairy Woodpecker takes his turn as he nuzzles the sap. Then a sequence of Downy Woodpeckers, chickadees, titmice and nuthatches all visit the seeping fountains. There is a loose pecking order to the sap access, somewhat related to relative size. The male sapsucker shifts casually between high and low well sites, but shows no real aggression toward the fellow birds.

As the daily sap parties continue, I ponder whether this male sapsucker is the same individual that drums so loudly on the metal street sign beyond my house each May and nests somewhere in the local hardwoods.

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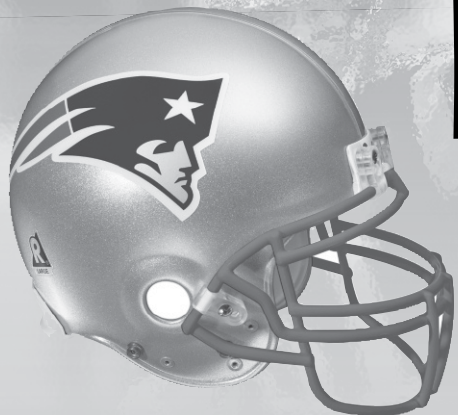
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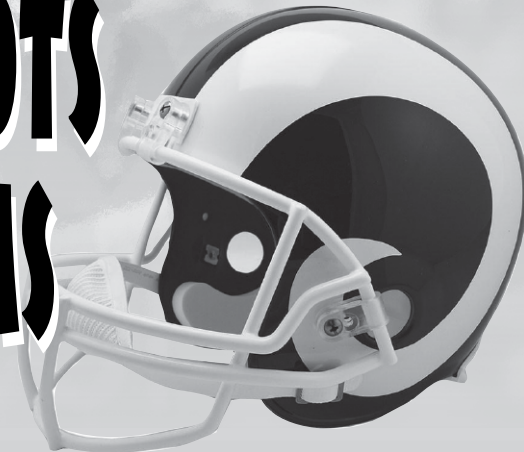


# SUPER BOWL 53

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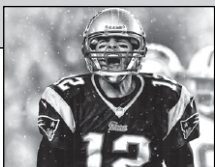


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**JOHN FORD** CONTINUED FROM PAGE 1

the Colonial Theatre in Belfast. Other Ford films will be shown in Bar Harbor, Brunswick, Lewiston, Bucksport and Waterville.

The son of Irish immigrants, John Feeney was born in Cape Elizabeth in 1894 and grew up on Munjoy Hill in Portland. His father, John A. Feeney, operated a saloon on Fore Street and would occasionally get hauled into court for violating the state liquor prohibition laws. He is said to have even used a grocery store as a false front for his bar. Known as "Bull Feeney," the younger John played fullback and defensive tackle on the Portland High School championship football team and got his first taste of the cinema while working as an usher at the Gem Theater on Peaks Island. Then in 1914, at the age of 20, he headed out to California to join his older brother Francis, who had changed his last name to Ford, to work in the movie business as a stuntman, actor and assistant director on westerns and adventure films. One of his earliest gigs was as an extra in D. W. Griffith's "Birth of a Nation." Soon John also changed his last name to Ford.

Essays in the book "John Ford in Focus," edited by Michael Connolly and Kevin L. Stoehr, describe Ford as "notoriously cantankerous" and "mistrustful of intellectuals," but it may have just been his "Mainer" coming out.

"The man who was born John Feeney, who became John Ford, always emphasized his Irishness, so commentators and critics followed his lead," writes Ford's biographer Scott Eyman in "John Ford in Focus." "But Ford was also the staunchest of New Englanders, a Maine man, with an abiding memory of a New England town, that is to say an ideal community of enduring values. From the town of Portland, Maine, John Ford learned the value of the common people, the beauty of the natural world and the powerful symmetry that results when the two are joined.... Beyond that, his Maine upbringing had given him a valuable lesson in modesty, for you do not put on airs if you live in Maine; the worst thing a Yankee can be is a snob. In short, from Portland Ford learned the emotional dynamic that would inform practically every film he would ever make."

In 1917, Ford began directing silent films, completing 10 in the first year alone, followed by another eight in 1918 and 15 in 1919, although few of those movies still exist. He would go on to win countless awards and recognitions for his work. During World War II, Ford entered the Naval Reserves to serve as a lieutenant commander in the Field Photographic Branch of the Office of Strategic Services (OSS), where he was



John Wayne and Maureen O'Hara in "The Quiet Man"

wounded while filming the Battle of Midway. He later received a Purple Heart and Presidential Medal of Freedom. The next film Ford made was "They Were Expendable," starring John Wayne, about the U.S. defeat in the Philippines.

Later in life, Ford was considered to be a bit of a reactionary, as opposition to the Vietnam War and the social movements of the 1960s challenged the American mythology that his nostalgic films about men in uniform represented. But as the cultural critic Stanley Crouch wrote in a 2006 essay in Slate, Ford's work is more complex than that.

"Ford was surely patriotic but not in a simple way; his best work always contains a celebration of the nation and its mythologies as well as its inherent troubles," wrote Crouch. "Ford understood that America's essential anti-aristocratic attitude was good as long as it was heroic and possessed of a sacrificial sense of duty. But he also knew that the common man was not above submitting to anarchy. Perhaps worst of all, as Ford tells us, is that the sheer weight of a man's pain and loss can transform him in despicable ways."

And as Martin Scorsese points out in the documentary "Directed by John Ford," the curmudgeonly old Irish director from Maine continues to have a profound influence on filmmaking today. "He is the essence of classical American cinema," said Scorsese, "and any serious person making films today, whether they know it or not, is affected by Ford."

For more information, along with dates and times of film screenings, visit [mainefilmcenter.org/john-ford-125-years-screenings](http://mainefilmcenter.org/john-ford-125-years-screenings).

On International Day of Commemoration — **"Who Will Write Our History" at Lincoln Theater January 27**

On Sunday, January 27, the International Day of Commemoration in memory of the victims of the Holocaust, the film "Who Will Write Our History" will screen simultaneously around the world in theaters, churches, mosques, synagogues, universities, museums and community centers. The only screening in Maine will be at Damariscotta's Lincoln Theater at 12:30 p.m. Audiences at all the venues around the world will join a post-screening discussion from UNESCO Headquarters in Paris, the United States Holocaust Memorial Museum in Washington, D.C., and the Museum of Tolerance in Los Angeles. The discussion will be moderated by Stephen Smith, executive director of the USC Shoah Foundation, and will include behind-the-scenes stories from the film's executive producer, Nancy Spielberg, and director Roberta Grossman.



In November 1940, days after the Nazis sealed 450,000 Jews in the Warsaw Ghetto, a secret band of journalists, scholars and community leaders led by historian Emanuel Ringelblum vowed to defeat Nazi lies and propaganda with pen and paper. Known by the code name "Oyneg Shabes," they commissioned diaries, essays, jokes, poems and songs, and documented Nazi atrocities with eyewitness accounts. They sent reports of mass murder to London via the Polish underground. Then, as trains deported them to the gas chambers of Treblinka and the Ghetto burned to the ground, they buried 60,000 pages of documentation in the hopes that the archive would survive the war, even if they did not. "Who Will Write Our Story" tells the story of Emanuel Ringelblum and the "Oyneg Shabes" archive. The feature documentary mixes the writings of the archive with new interviews, rarely seen footage, and dramatizations inside the ghetto of the lives of the resistance fighters.

Tickets — \$8 adults and \$6 for LT members and youth age 18 and under — are available at the door only.

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Friday, March 29, 2019, 6:00pm | Union Hall, Rockport
- **Palaver Strings – You can dance if you want to...**  
Friday, April 26, 2019, 6:00pm | Rockport Opera House, Rockport
- **Palaver Strings – You can dance if you want to... Contra Dance**  
Friday, April 26, 2019, 7:30pm | Rockport Opera House, Rockport
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## Conversations on Death with Dignity

The Conversation Project will host a presentation about Death with Dignity, an initiative dedicated to helping people talk about their wishes for end-of-life care, at Rockport Public Library, Wednesday, January 30, at 6:30 p.m., led by Nelda McClellan, a nurse at Lincoln Health—Miles Campus & Hospital in Damariscotta and a resident of Rockport.

The presentation will provide family members and friends with resources and tools to help start the conversation.

## Family Law Services Available to Reentry Center Residents

Maine Volunteer Lawyers Project is extending its family law clinic services to residents of the Maine Regional Reentry Center in Belfast, a residential center designed to give incarcerated men the skills and experience they need to live successfully as citizens and employees after they transition back into their home communities.

Free family law clinics to deal with family matters such as divorce, custody, visitation, and spousal and child support are offered in Waldo County on the second and fourth Monday of each month (except for holidays) from 1 to 4 p.m. at the District Courthouse, 103 Church Street in Belfast.

For more information, contact Jan B. Geller at [jan.gelleresq@gmail.com](mailto:jan.gelleresq@gmail.com) or 917-710-5460.

## Rabies Clinic in Winterport February 2

Waldo County Humane Society will hold its final free rabies clinic of the season on Saturday, February 2, at Leroy H. Smith School, 319 South Main Street in Winterport, from 9 to 11 a.m. Dr. Rachel Emerson of Ridge Runner Veterinary Services will be administering shots. It will be the last free clinic until the fall.

For dogs who need proof of a rabies shot to get licensed, this is the time to get it done. Cats are welcome, too. Rabies shots are free to pet owners residing in Waldo County. Pets from other counties are welcome for a fee of \$7. Donations will be gratefully accepted. All animals must be on leashes or in portable pet carriers, and owners should bring a pet's previous rabies records.

In addition to the rabies shot, discount coupons toward the cost of having pets spayed or neutered will be available. For further information, call 852-5033 or 323-6308.

## Five Town Adult Ed's Workforce Training & Life Enrichment Classes Starting Soon

Health career, IT and paralegal training, along with other workforce development opportunities, are available through Five Town Adult & Community Education, including incumbent worker recertification opportunities.

Five Town Adult and Community Education also offers many evening enrichment classes. Some of the popular courses starting over the next few weeks include Genealogy, Spanish for Beginners, Sign Carving, Japanese Haiku, Carving the Hooded Merganser, CPR Refresher for Lay Responders, and Edible and Medicinal Mushrooms.

For more information on the workforce training, go to [pub.lucidpress.com/FiveTowns\\_Workforce\\_Education](http://pub.lucidpress.com/FiveTowns_Workforce_Education) or call 236-7800, ext. 3275. For more information on the enrichment classes, visit [www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org) or call 236-7800, ext. 5.

## ASL Class Begins January 31 in Rockport

Five Town CSD Adult & Community Education is offering a new session of American Sign Language (ASL) beginning on Thursday, January 31, from 5 to 6:30 p.m. at Camden Hills Regional High School in Rockport. Instructor Carrie Pierce is certified by the American Sign Language Teachers Association and the State of Maine (for Early Childhood Special Education and Deaf Education), and has both bachelor's and master's degrees from Gallaudet University.

For more information, contact call 236-7800, ext. 5, or email [adult.education@fivetowns.net](mailto:adult.education@fivetowns.net). Visit [fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org) for more information on the ASL class.

## New Knitting Group at Waldoboro Library

A new group for those who would like to knit and socialize will meet on Wednesdays from noon to 2 p.m. at Waldoboro Public Library beginning on January 23. Practitioners of fiber arts of all types and levels are welcome. Participants should bring their own projects to work on while enjoying the company of others. For more information, call the library at 832-4484.

## From the First World War to the Six Day War — Class on Jewish & Muslim Refugees Begins February 6

Coastal Senior College is offering a course on the Balfour Declaration with instructor Robert Rackmales. The class, "Jewish and Muslim Refugees in Palestine From the First World War to the Six Day War," begins Wednesday, February 6, and meets for two weeks on Wednesday and Friday from 1 to 3 p.m. at Camden Public Library.

Rackmales' 32-year career with the State Department included discussion of refugee and migration issues with senior officials in Turkey, the Soviet Union, Bulgaria, and the former Yugoslavia. Rackmales worked closely with the U.N. High Commissioner for Refugees and nongovernmental organizations, including the International Committee of the Red Cross and the International Rescue Committee, to alleviate the suffering of those caught up in the wars in the Balkans.

At MOFGA's Education Center —

## Food Safety Workshops for Produce Handlers

Atina Diffley of Chicago-based Family Farmed will lead three workshops on produce safety at Maine Organic Farmers and Gardeners Association's (MOFGA) Common Ground Education Center in Unity.

Food Safety Workshop will be held on Thursday and Friday, January 31 and February 1, from 8:30 a.m. to 5 p.m. Farmers will assess risks to identify potential hazards; discuss all areas of food safety on the farm and ways to implement cost-effective strategies related to food safety; and discuss record-keeping systems that support decision making and maximize profitability while meeting food safety requirements. The workshop may satisfy staff training requirements as described in the FSMA Produce Safety Rule, but since no equivalency evaluation process exists yet, it does not currently satisfy supervisor training described in the rule. Registration is \$30, and space is limited; to register, visit [www.mofga.org/MOFGA-Events/food-safety-workshop](http://www.mofga.org/MOFGA-Events/food-safety-workshop).

Produce Safety Alliance Grower Training will be held on Friday, February 8, from 9 a.m. to 6 p.m. Offered in col-

laboration with the Maine Department of Agriculture, Conservation and Forestry, the University of Maine Cooperative Extension and AgMatters LLC, this training currently is the only option that satisfies the supervisor training requirement of the FSMA Produce Safety Rule. Register (\$20) by February 1 at <https://extension.umaine.edu/register/product/produce-safety-alliance-grower-training-unity-2-8-19/>.

Post-Harvest Handling will be held on Monday, March 4, and Pack Shed Design will be on Tuesday, March 5, both from 8:30 a.m. to 5 p.m. Day 1 focuses on post-harvest handling; the cold chain and efficiency of systems; and quality and safety throughout harvest, cleaning, cooling, packing, storing and transport. Day 2 attendees will use their post-harvest handout from Day 1 to design a packing house. Attend either or both workshops; registration priority will be given to those attending both. Registration (includes lunch) is \$30 for both days or \$15 for one day at [www.mofga.org/MOFGA-Events/post-harvest-handling-and-packing-shed-design](http://www.mofga.org/MOFGA-Events/post-harvest-handling-and-packing-shed-design).

## Language Lunches & Classes at Penobscot School

Penobscot Language School, 28 Gay Street in Rockland, serves as a language and cultural learning resource in the mid-coast area. Classes for as many as eight languages and cultural events for 2019 may be tracked at [www.penobscot.us](http://www.penobscot.us).

Language lunches are open to the public. All are welcome to join fellow language speakers for any one of the school's brown bag lunches, which go from noon to 1 p.m. Almuerzo, a Spanish lunch, with Billy Smith meets Tuesdays and starts February 5. Pranzo, an Italian lunch, with Erika Nesi meets Wednesdays and starts January 23. Café Français, a French lunch, is not yet scheduled.

Spanish classes include Primeros sonidos, Spanish for Beginners, with 13 weekly classes on Mondays, 5 to 6:30 p.m. from February 4 to April 29. Subiendo la montaña, Intermediate Spanish, will engage learners in practicing what is necessary to leave a beginner's level and engage in the language. Classes will meet Tuesdays, 10 to 11:30 a.m., over 13 weeks from January 29 through April 30. Nivel avanzado,

Advanced Spanish, meets on Tuesdays, 5 to 6:30 p.m., during the same 13 weeks, January 29 to April 30, and will engage learners in conversation about varied subjects while advancing vocabulary, reading, speaking and structures of the language. All Spanish classes will be taught by Billy Smith, who annually visits family in Republica Domenica.

French classes will be taught by Owen Page, an experienced instructor raised in Brittany, France. French for Beginners will introduce the language for everyday interactions with the goal of making the student comfortable at speaking as soon as possible. It meets for 12 weeks on Thursdays from 3:30 to 5 p.m., January 24 through April 11. Advanced French focuses on polishing speaking skills in a conversation-based class. It meets Thursdays from 5 to 6:30 p.m. for 12 weeks, January 24 through April 11. A French cooking and language class will be scheduled with details in the near future.

Scholarships are available. Join a class by calling 594-1084 or go to [www.penobscot.us](http://www.penobscot.us).

## Free Five Town CSD Adult Ed Classes

Five Town CSD Adult and Community Education has a wide range of classes beginning in the upcoming weeks, including the following free classes:

Big Brothers Big Sisters Volunteer Information Night — This free one-night class is offered on four different dates: January 29, January 30, and May 7 and May 8, all from 6 to 7 p.m.

Integrated Education and Training CNA certification — through a collaboration of area providers, local adults may be eligible for this free course, which is expected to begin on February 25.

Medicare 101 — Anna Moorman and Jo-Ann Neal will answer questions about what Medicare does and does not cover, when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. The free one-night class is offered on February 25 from 4:30 to 6 p.m. and again on April 22 from 5:30 to 7 p.m.

## Intro to Beekeeping Begins February 5

Sheepsfoot Valley RSU 12 Adult Education is offering Introduction to Learning Beekeeping on Tuesday, February 5, from 6 to 9 p.m. The instructor is Jean Vose, a beekeeper from Knox-Lincoln County Beekeepers who has been keeping bees in her backyard for more than 30 years. The class is not

a complete "how to keep bees" course, but rather an introduction to help people decide if beekeeping is for them. To register and for the location of the class, go to [maineadulted.coursetorm.com/somerville/course/backyard-honey-bee-s](http://maineadulted.coursetorm.com/somerville/course/backyard-honey-bee-s) or email [info@maineadulted.org](mailto:info@maineadulted.org).

## Climate Crisis Conversation Circles Start February 3 in Damariscotta

Molly Willcox (pictured), convener of Talking Tree: Earth Conversations, will host conversations about the planetary climate crisis in a small group circle over six sessions, starting Sunday, February 3, at 12:15 p.m. at Skidompha Library in Damariscotta. Sessions will last 1½ hours and continue every other Sunday. There is no charge. During the sessions, a topic is picked from a basket, and using a talking stick, participants explore that question until momentum fades and they pick another topic. To join the circle, register with Carney Doucette, director of religious exploration, Midcoast Unitarian Universalist Fellowship, at [midcoastuure@gmail.com](mailto:midcoastuure@gmail.com). Anyone interested in participating who is unable to attend at those times is asked to send an email as well.





**"From Chinese Streets to American Homes" Talk on Golden Retriever Rescue January 27**

— The Camden Conference presents Peter Fitzgerald (pictured), Emeritus Professor of Law, and Allyson MacKenna, Executive Director of Yankee Golden Retriever Rescue, at the Camden Public Library on Sunday, January 27, at 2 p.m. Their talk, "From Chinese Streets to American Homes: International Golden Retriever Rescue and Adoption," is free and open to all. In recent years pet ownership in China has increased significantly, due in no small part to the development of a large, urban, middle class. China is now said to have the world's third largest dog population, and a booming pet and pet-products marketplace. Many Chinese welcome this development. However, the legacy of the Maoist era when pet dogs were viewed as part of a Western lifestyle that was inappropriate for socialist China is still seen in a wide range of conflicting legal and social attitudes towards pet dogs. Accordingly, alongside the increasing number of pet dogs, there are also persistent social issues with puppy mills, strays, abandoned animals, and trafficking in stolen pets, and as a result there are a substantial number of Chinese dogs in need of new homes. Yankee Golden Retriever Rescue (YGRR) is one of a handful of rescue organizations that works with its Chinese counterparts to bring some of these dogs to the United States for adoption. The talk is offered as a free community event in anticipation of the 32nd Annual Camden Conference, "Is This China's Century?," February 22-24.



**UMaine Augusta Awards 20 Degrees at Maine State Prison**

University of Maine at Augusta (UMA) held a graduation exercise on January 15 at Maine State Prison in Warren during which 14 associate degrees and six bachelor's degrees were conferred. UMA began providing educational opportunities at Maine State Prison in 2006, when the Doris Buffett Sunshine Lady Foundation began funding the program, which has since awarded over 100 degrees. "The Department of Corrections is more prepared and motivated than it has ever been to support and encourage offenders to set off on a path of educational attainment," Acting

Commissioner of the Department of Corrections Randall Liberty said. "Education in prison contributes to public safety. Individuals engaged with correctional education are shown to have 43 percent lower odds of recidivating than those who don't. Reduced recidivism benefits families, communities and our Maine economy." "At the heart of UMA's mission is a commitment to transform the lives of its students, regardless of age or background," said UMA President Rebecca Wyke. "It is not enough for us to say we believe in the power of education to transform lives, we must demonstrate it."

**Habitat for Humanity to Host Meeting for Potential Applicants**

Midcoast Habitat for Humanity will host an informational meeting on Saturday, January 26, at 10 a.m. at Rockland Public Library in the Lower Level Conference Room. Habitat Homes are affordable because they are built by volunteers working in partnership with the future homeowner. Homes are sold to the homeowner family with an affordable 0-per-

cent interest mortgage. The basic qualifications are that applicants must have current income and ability to pay for a Habitat home, a need for better housing (based on suitability and affordability of current housing), willingness to partner with Habitat, including putting in "sweat equity" hours, and applicants must live or work in Knox County.

**Camden Legion to Host Public Breakfast**

American Legion War Memorial Post 30, on Pearl Street in Camden, is holding a public pancake breakfast on Sunday, January 27, from 7:30 to 9:30 a.m. to raise funds for the replacement of its 40-year old furnace and other building maintenance. The menu includes plain and blueberry pancakes, sausage, applesauce, scrambled eggs, orange juice, and coffee. The cost is

\$8 for adults, \$5 for children age 10 and under. Ample parking is available, and all are invited. For more information, call Frank Carr at 691-6766 or Jeff Sukeforth at 691-2270.

*Knox Cty. sees biggest jump in median sales price in the state —*

**Record-Breaking Home Sales & Prices for 2018**

According to the Maine Association of Realtors, a total of 17,864 homes changed hands in Maine in 2018 — a 1.31 percent increase over 2017, while prices jumped 7.5 percent — for a statewide median sales price of \$215,000. The MSP indicates that half of the homes sold for more and half sold for less. According to Peter Harrington, 2019 president of the Maine Association of Realtors, "The sales year 2018 ended with the highest number of reported residential real estate transactions (17,864) and highest median sales price (\$215,000) since we began compiling data 20 years ago. That said, fourth quarter — especially December — statistics show a decline in the number of transactions, though values remain solid. It's difficult to gauge a market's direction during the month of December. The true test will come as we move into the spring selling season." Harrington also stated that "the partial government shutdown has delayed or completely

suspended some real estate transactions that were in the pipeline for government-guaranteed loans. The USDA Rural Development Program has been non-operational for the entire shutdown, and RD-guaranteed loans account for around 10 percent of Maine's home sale transactions." The National Association of Realtors reported December-only sales across the country eased 10.1 percent compared to December 2017, while prices rose 2.9 percent to a national MSP of \$255,200. Regionally, comparing December 2018 to December 2017, home sales in the Northeast decreased 6.8 percent and prices increased 8.2 percent to \$283,400. Below are two charts showing statistics for Maine and its 16 counties. The first chart lists statistics for the month of December only, statewide. The second chart compares the number of existing, single-family homes sold (units) and volume (MSP) during all of 2017 and 2018

**Maine Real Estate Stats**

	# Units Sold 2017	# Units Sold 2018	% Change	MSP 2017	MSP 2018	% Change
<b>Dec. only Statewide</b>	1,414	1,215	-14.07%	\$202,000	\$217,000	7.435%

**Full year comparison by county:**

Chart below compares January through December 2017 with January through December 2018.

County	2017	2018	% Change	MSP 2017	MSP 2018	% Change
<b>STATEWIDE</b>	<b>17,633</b>	<b>17,864</b>	<b>1.31%</b>	<b>\$200,000</b>	<b>\$215,000</b>	<b>7.50%</b>
Androscoggin	1,119	1,179	5.36%	\$154,000	\$165,000	7.14%
Aroostook	556	627	12.77%	\$82,250	\$90,000	9.42%
Cumberland	4,096	4,073	-0.56%	\$285,000	\$307,000	7.72%
Franklin	456	448	-1.75%	\$129,000	\$145,000	12.40%
Hancock	804	778	-3.23%	\$210,000	\$210,000	0.00%
Kennebec	1,530	1,562	2.09%	\$150,000	\$162,500	8.33%
<b>Knox</b>	<b>613</b>	<b>617</b>	<b>0.65%</b>	<b>\$204,000</b>	<b>\$245,000</b>	<b>20.10%</b>
<b>Lincoln</b>	<b>566</b>	<b>559</b>	<b>-1.24%</b>	<b>\$215,250</b>	<b>\$228,000</b>	<b>5.92%</b>
Oxford	834	848	1.68%	\$147,000	\$156,750	6.63%
Penobscot	1,723	1,728	0.29%	\$140,000	\$144,900	3.50%
Piscataquis	288	350	21.53%	\$105,000	\$106,250	1.19%
Sagadahoc	494	497	0.61%	\$213,950	\$229,000	7.03%
Somerset	580	599	3.28%	\$111,850	\$115,000	2.82%
<b>Waldo</b>	<b>491</b>	<b>476</b>	<b>-3.05%</b>	<b>\$170,000</b>	<b>\$180,000</b>	<b>5.88%</b>
Washington	363	370	1.93%	\$115,000	\$119,500	3.91%
York	3,120	3,153	1.06%	\$257,000	\$279,900	8.61%

Source: Maine Real Estate Information System, Inc. (d/b/a Maine Listings). Note: Maine Listings, a subsidiary of the Maine Association of REALTORS, is a statewide Multiple Listing Service with over 4,700 licensees inputting active and sold property listing data.

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## Tall Tales & Fish Stories at Vacation Week Camp in Searsport

Penobscot Marine Museum in Searsport and Neighborhood Arts will hold a Tall Tales and Fish Stories Camp for children ages 5 to 10. The camp will be held the week of February vacation, February 18 to 22, from 9 a.m. to 4 p.m. each day. The cost of the camp is \$195 or \$160 for Penobscot Marine Museum members. Coastal Maine is rich with fish stories and tall tales, and during vacation week camp, children will start each day at the museum enjoying stories, crafts, games and music relating to tall tales. In the afternoon participants will create their own performance inspired by fish stories and tall tales at Neighborhood Arts, 21 Main Street in Searsport. On Friday, February 22, at 4 p.m., families and the public are invited to attend the performance at Neighborhood Arts. Registration deadline is February 8. For more information or to register, email [jganskop@pmm-maine.org](mailto:jganskop@pmm-maine.org) or call 548-2529.

## Children's Museum Offers Free Admission to Govt. Employees

The Board of Directors of the Coastal Children's Museum recently voted to open its doors at no charge for families of federal workers affected by the government shutdown and their immediate families. A current government ID is all that is required for free admission until the shutdown is over.

Coastal Children's Museum, located on the water at Sharp's Point South, 5 Mechanic Street in Rockland, features interactive exhibits and displays for children ages 5 to 9. The museum is open from 10 a.m. to 4 p.m. Wednesday through Saturday and on Sundays from 1 to 4 p.m.

## Barn Brownie at Rockland Library January 26 –

A New England Barn Brownie will visit Rockland Public Library on Saturday, January 26, at 11 a.m. Chris Ann Derby of Waldoboro will introduce the barn brownie and tell of his exploits, which will soon be published in a children's series. The program's suggested audience is age 12 and under.



## February Happenings for Teens and Tweens

Skidompha Public Library in Damariscotta will offer two free programs for youth in grades 5 to 12 during February vacation, Tuesday, February 19, to Friday, February 22.

Write On, a workshop for students in grades 7 to 12, will be held from 11 a.m. to 4 p.m. each day. Write On is a collaboration with The Telling Room, a nonprofit based in Portland that works to "empower youth through writing and share their voices with the world." Participants will explore a number of creative paths into the writing process, take characters on quests, write mini fiction pieces and different styles of poems, and stretch storytelling muscles while having fun. Students must sign up early to reserve a spot; email Skidompha Director of Communications Kelsey Gibbs at [kgibbs@skidompha.org](mailto:kgibbs@skidompha.org).

Junior Journalists is for students in grades 5 and 6 and will be held from 11 a.m. to 1 p.m. Students will learn reporting basics in a free hands-on workshop led by Maia Zewert of The Lincoln County News. Participants will learn reporting basics, brainstorm article ideas, learn interview techniques, and write their own news articles that will be published in the newspaper. Spots are limited; to sign up, email [kgibbs@skidompha.org](mailto:kgibbs@skidompha.org).

## Just Published, New Volume of Teen Creative Magazine –

Skidompha Library has published the third volume of "Epoch, the Literary Magazine for Teens by Teens." The most recent volume contains artwork, short fiction, and poetry by 28 local young adults. Free copies are available at the library. The next issue of EPOCH (Volume 4) is due to be published in May. Artists and writers ages 12 to 18 can submit artwork and writing to the magazine's editorial board by emailing it to Kelsey Gibbs ([kgibbs@skidompha.org](mailto:kgibbs@skidompha.org)) by the submission deadline of Friday, March 1. The board is also accepting applications to join the board; note your interest and include an introductory paragraph in an email to Gibbs. The project is partially funded by an anonymous grant that supports youth programming.



## Judith Hatch Orme

*Kids & Families First*

### The Challenge: Building a Successful Stepfamily

Entering the kitchen, Sarah says: "My mom would *never* make something like that for dinner!" Scowling, she skips off into the living room, ignoring her stepmother Jill's attempts to engage her. With a deep sigh, Jill reflects on the many times she's watched her stepchildren — Sarah and her two sisters — lovingly surround their father, giving him their full attention, while treating her with contempt. It's likely most step-parents have endured times like this, when they wonder whether their new families will ever be successful. It's common when adults remarry that their children are often hostile to the new spouse, their stepparent. Although it is indeed difficult not to take this behavior personally, it's usually not as much about the new parent as it is about the newly configured family constellation. Children can grieve for a very long time after the breakup of their family, needing emotional space and understanding to negotiate the changes that come with divorce or with the death of a parent. Things have shifted for them, typically in ways over which they have no control: new relationships, new living situations, new schedules, possibly sharing bedrooms with step-siblings, sometimes new schools, adjusting to different expectations and considerable disruption.

It's important that parents and stepparents understand that beneath each hurtful comment and hostile behavior is a frightened child, desperately trying to get her needs met. Just like all children, stepchildren need to feel unconditional love and acceptance. They also need a sense of belonging, with some control over their changing lives. Their needs can be undermined by the emotional and physical disruptions the parent's remarriage imposes on them.

Many children do very well, understanding they can belong to two families. However, a child's age and temperament play an important role in determining the goodness of fit and her adjustment to her stepfamily. Of course, another integral factor to consider is the personality of the stepparent and how accepting he/she is of the new spouse's children, as well as whether a parent's remarriage results from death or divorce. The quality of the relationship between the adults and whether other children are involved also matters a great deal.

The best way to help children cope with all these factors, in easing the transition, is by understanding the child's viewpoint. This involves patience and connective communication, allowing children to express any feelings without judgment or censorship, while being careful to avoid any adult conflicts. We must appreciate that the idea of remarriage is threatening to children. For the parents, the new marriage is exciting, joyful, bringing a hopeful, fresh start. It represents an opportunity to shape a new family following death or divorce. However, for children, this is just another change in a series

of changes they have endured. They want something quite different from what the adults want — they want their old family back, not new families imposed on them. Parents and stepparents can become impatient with their children's lack of acceptance and slower adjustment, expecting everything to be as positive and thrilling as they're feeling. A child's most fervent wish is to have her parents get back together — a parents' remarriage brings a crushing blow to this hope.

All children need individual attention from their parents, which is often compromised by the attention parents devote to their new spouse. By parents planning ahead before remarriage, understanding what makes children behave the way they do, parents and stepparents can be better prepared to resolve problems. Children struggle to feel at home in their new families. Their vulnerable feelings of displacement cause them to be possessive with their belongings — their toys, their clothes, their room, etc. It's important for parents to create ways for each child to assume some control in his new environment.

Parents and stepparents often describe their new families as "blended," which is an interesting term. What this implies is a more seamless adjustment. Although we can smoothly mix together ingredients in a blender, two separate families usually do not "blend" as successfully. We simply can't mix new partners and children without very sensitive care and attention to the vulnerability, sense of loss, bitterness, sadness and anger these kids are feeling. Of course, as much as new partners are excited to join their two families, creating stability and peace after divorce or death, these expectations are often unrealistic. Although parents and stepparents want to enjoy a flawless transition, we must consider what's required of a child in adapting comfortably to his parent's new partner — he needs acceptance, space, compassion, patience and unconditional love, with the understanding that his adjustment can be at his own pace.

Please send me your questions.

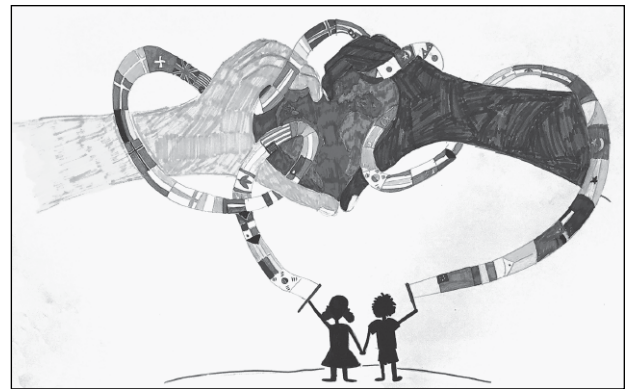
*Judith Hatch Orme, MSW, LCSW, has an office at 69 Elm Street in Camden. A parenting specialist, counselor, consultant, and family mediator, she provides workshops, teacher trainings, parenting consulting, counseling for children, parents, couples and families, and divorce mediation. She also works part-time at the Knox County Health Clinic in Rockland as the Mental Health & Wellness Coordinator. To schedule appointments or customize a workshop/staff training, contact her at 603-801-6382 or email [kidsandfamiliesfirst@gmail.com](mailto:kidsandfamiliesfirst@gmail.com).*



## Camden Lions Peace Poster Contest Winner—



At its January 15 dinner meeting, Camden Lions Club hosted the three student winners of the local 2018 Lions International Peace Poster Contest and Jim Morse, a sixth-grade teacher at Camden-Rockport Middle School who has worked with the Peace Poster contest for 14 years. The contest theme was "Kindness Matters." Students who were 11 to 13 as of November 15 were eligible to participate. The winning local poster goes next to district judging and could go on to judging at the regional, national and international levels. Awards of \$100 each went to Cadence Ankers, whose poster took first-place, and to runners-up Lea Zwecker and Charlotte Delehey. Shown here, left to right, Lion Jerry Stone, Jim Morse, Cadence Ankers, Lea Zwecker, Charlotte Delehey, and King Lion Peter Martin. Also shown is Cadence Ankers' winning poster.



## New Activities Added to Healthy Kids' Playgroups

Healthy Kids, which works to support and promote healthy families in Lincoln County, has added some new activities for families who have children who aren't in school yet and are looking for new things to do. Healthy Kids will be adding kid's yoga, instant pot mac 'n' cheese cooking, and kid's African drumming to the many other activities offered at the weekly playgroups. Healthy Kids playgroups are free and meet from 10 a.m. to noon.

Instant pot mac 'n' cheese will be offered on Tuesday, February 5, at the playgroup held in Wiscasset at the First Con-

gregational Church, and again on Monday, February 25, at Healthy Kids offices, 15 Belvedere Road in Damariscotta.

Kid's yoga will be held on Monday, February 11, at Healthy Kids offices, and on Wednesday, February 20, at Boothbay Region YMCA.

African Drumming will be held Wednesday, March 22, in Waldoboro at the Methodist Church on Friendship Street, and on Monday, March 25, at Healthy Kids offices in Damariscotta.

For more information, go to [www.healthykidsmaine.org](http://www.healthykidsmaine.org) or call 563-1818.

## Free Class in Christian Parenting Begins Feb. 5

Broadreach Family & Community Services is offering Christian Active Parenting, a free program for parents and caretakers of children ages 5 to 12. Offered in collaboration with Rockland Congregational Church, 180 Limerock Street in Rockland, the sessions are held at the church on Tuesdays from 5:30 to 7:30 p.m. for six weeks, starting February 5, and will focus on encouragement, communication

and nonviolent discipline, while incorporating scripture and Christian family scenarios. A light meal will be served during each class, and childcare will be available. The program is supported through Department of Health & Human Services and Maine Children's Trust. For more information or to register, call Helen Rogers at 338-6675 or e-mail [hrogers@brmaine.org](mailto:hrogers@brmaine.org).



It's possible that I'm the last person on the planet to not be cognizant of forest bathing. On the off chance that others may be in the dark, I thought a bit of information on the subject would be of interest, especially to gardeners, who find little reason to be outside when the ground is frozen or covered with snow. Of course there are those who find plenty of reasons to be outside: crosscountry and downhill skiers, dogsledders, snowshoers, skaters — even runners. All take pleasure in pitting themselves against the elements. But for the rest of us, those whose cold-weather outside activities are limited to ambling along behind the dog for a few minutes or racing across the parking lot from car to shops, forest bathing could be a way to engage with the outdoors during the winter months.

Forest bathing is a rough translation of the Japanese term "Shinrin yoku," which translates into "taking in the forest atmosphere" or "forest bathing." Forest bathing means wandering quietly among the trees, immersing yourself in nature. Forest bathing is not a trek to identify native plants or observe ecosystems, nor is it a hike with a pace and specific destination. It's a chance to absorb a forest's energy by actively noticing sounds, smells and textures, to slow down our monkey minds. While the relaxation element of such a walk is evident, scientific studies have shown that other benefits are derived from airborne essential oils called phytoncides that trees emit. This chemical, which protects the trees from microbes, also boosts humans' immune system functions. Levels of the stress hormone cortisol have also been shown to decrease in test subjects after a walk in the forest, when compared with a control group of subjects who engaged in walks within a laboratory setting. Forest bathing seems to mitigate excess stress, which can play a role in headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma and arthritis, among many other ailments.

Stress hormones also compromise immune defense; the activities of antiviral natural killer cells are suppressed by stress hormones. Since forest bathing can lower stress hormone production and elevate mood states, it's not surprising that it also influences immune system strength. In a 2007

study, men taking two-hour walks in the woods over a two-day period exhibited a 50 percent increase in levels of natural killer cells — the body's disease-fighting agents. But benefits can be found with just a 40-minute walk in the woods a couple times a week, which would be more sensible when temperatures hover in the low 20s.

Lest you dismiss these claims as too New Agey, look back at century-old reports on the success of the so-called forest cure in tuberculosis treatment. In the mid-to-late 1800s, physicians Peter Detweiler and Hermann Brehmer set up sanatoriums in Germany's pine forests, as did Edward Trudeau in the Adirondack forests of New York. All reported the benefit of the forest air; contrary to expectations, the results seemed to be magnified when the forest air trapped moisture. There was speculation among the physicians of the time that pine trees secreted a healing balm into the air, and now, with modern technology and superior laboratory testing available, the existence of an unseen airborne healer is actually measurable.

Forest therapy is so accepted that it has its own international organization — the Association of Nature and Forest Therapy, which offers programs and guided walks all over the country. Since this means that walks take place in climates even colder than ours, guides offer some tips for those who may want to try winter forest bathing, to get a dose of sunlight and fresh air. The first may seem ludicrous, given that we live in northern New England, but you need to dress warmer than you think you might. You aren't moving fast enough to generate any heat, so warm boots, lots of layers, mittens and a warm hat are a necessity. At temperatures of around 20 degrees, a walk should probably last no longer than an hour or instead of appreciating your surroundings you'll just be noticing the loss of sensation in your fingers and toes. You might even consider carrying some of those handwarmers that hunters carry.

A forest bathing walk can be enjoyed alone, but could also be an event to be shared with friends, one that leads to a blazing fire pit at the walk's end. Be sure to put out some of those stadium seat cushions so walkers can sit in a warming circle on the cold ground.

# HOME & GARDEN

by Georgeanne Davis

## Forest Bathing

### Blueberry Conference February 28 in Orono

University of Maine Cooperative Extension will host a free wild blueberry conference from 8:30 a.m. to 3:30 p.m., Thursday, February 28, at Black Bear Inn, 4 Godfrey Drive, Orono.

Topics include management updates on diseases, pollinators and weeds; ideas about precision agriculture, post-harvest quality, and blueberry fertility; and insight into food

safety requirements. Pesticide credits will be available. March 4 is the snow date.

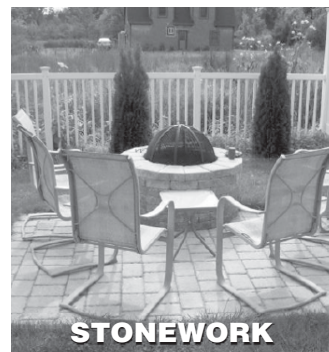
To register, go to <https://extension.umaine.edu/register>. For more information, contact Mary Michaud, 581-3175 or [mary.j.michaud@maine.edu](mailto:mary.j.michaud@maine.edu), or UMaine Extension blueberry specialist Lily Calderwood, 581-3193 or [lily.calderwood@maine.edu](mailto:lily.calderwood@maine.edu).

### Camden Garden Club Hosts Talk on Winter Care of Houseplants —

The Winter Horticulture Series presented annually by the Camden Garden Club in the Picker Room of Camden Public Library returns on Tuesday, January 29, at 10 a.m. The featured speaker, Dennis Milliken (pictured), is a lifelong gardener who has worked in the horticulture industry for over 40 years, most recently at Green Thumb in Rockport. He is a member of the board of trustees at Merryspring Nature Center. Milliken will talk about proper winter care of houseplants, including insuring enough sunlight during the darkest months, keeping humidity in check, and how to identify and treat for the tiny pests that can harm houseplants. The weekly Winter Horticulture Series is free and open to the public and will continue on Tuesdays throughout February. Guests and prospective members are always welcome. For more information about the club and its activities, visit [www.camdengardenclub.org](http://www.camdengardenclub.org). PHOTO COURTESY JUDY MCGUIRK



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## PIES ON PARADE CONTINUED FROM PAGE 1

related phrase; submit completed entry forms for a chance to win several prize baskets of donations from participating Camden businesses. Saturday scavenger hunt tickets are \$15 per person with children under 10 free or purchase a multi-event ticket for the weekend. Tickets are available at the Hawthorn Inn in Camden or online at [www.PiesOnParade.com](http://www.PiesOnParade.com).

• 15th Annual Pies on Parade Tour — The Historic Inns of Rockland are joined by 27 additional businesses and restaurants to welcome pie eaters to Rockland's downtown on Sunday from 1 to 4 p.m. Pie-tour goers will sample more than 50 different sweet and savory pies. All Aboard Trolley will provide transportation at designated stops for those who want a walking break.

Day tickets for Sunday's Pies on Parade Tour are \$30 for adults and \$15 for children 10 and under. Tickets to the Camden Scavenger Hunt are \$15. Weekend combination tickets are available for \$40. Tickets are available from the three Historic Inns of Rockland (Berry Manor Inn, LimeRock Inn and Granite Inn); by calling 596-6611; or at [PiesOnParade.com](http://PiesOnParade.com).



Tartlets offered at LimeRock Inn  
PHOTO BY PJ WALTER PHOTOGRAPHY

## Belfast's Three-Day Winter Whoopla Starts Feb. 1

Belfast Area Chamber of Commerce and organizations across the city are getting ready for the second annual Belfast Winter Whoopla — three days of outdoor and indoor activities including an Ice Ball dinner and dance, Chili Cook-Off, and a pancake breakfast. Schedule highlights include:

### Friday, February 1:

- Outdoor Fun sponsored by RSU 20 Winter Kids from 4 to 6 p.m. behind Waterfall Arts, 256 High Street in Belfast — games, s'mores, hot chocolate, skating, snowshoeing, etc.
- Annual Ice Ball, formal dinner and dance at Wentworth Event Center, 139 Searsport Avenue in Belfast, 6 to 11 p.m.
- Teen Night — dance contests, Nerf battles, music and refreshments at United Farmers Market, 18 Spring Street in Belfast, 5 to 9 p.m.

### Saturday, February 2:

- Cabin Fever Sale, all day throughout the downtown
- Snowshoeing, X-C skiing and fat bike loaners on Rail Trail; Ice skating at the Belfast Ice Rink (at Waterfall Arts)
- Belfast Bay Birding — from 9 a.m. to 11 a.m. scopes will be set up on the Belfast Commons
- Kids' Arts & Crafts with Cornerspring Montessori School and Little River Church at United Farmers Market from 10 a.m. to 2 p.m.
- "Ralph Breaks the Internet," free movie sponsored by Belfast Co-op at noon at the Colonial Theatre
- Corn Hole Tournament & Chili Cook-Off, 2 to 5 p.m. at United Farmers Market, \$10 admission fee
- Christmas Tree Bonfire, 4:30 to 6 p.m., harborfront

### Sunday, February 3:

- Snowshoeing, X-C skiing and fat bike loaners on Rail Trail; Ice skating at the Belfast Ice Rink (at Waterfall Arts)
- Morning Tea Hike along the Rail Trail, sample teas from native trees, starts at 8 a.m. at the Footbridge
- Pancake breakfast, 9 to 11 a.m. at United Farmers Market, \$5 adults, \$4 children
- "Ralph Breaks the Internet," free movie sponsored by Belfast Co-op at noon at the Colonial Theatre
- Teen Games with Game Loft, noon to 2 p.m., Belfast Boathouse
- Movie, "Free Solo," 4 p.m., \$10 at the Colonial Theatre, fundraiser for Pendleton Stewardship internship

For detailed schedule, go to [www.belfastmaine.org/belfast-winter-whoopla/event-schedule](http://www.belfastmaine.org/belfast-winter-whoopla/event-schedule).

## Waldoboro Business Assoc. to Host 15th Anniversary Gathering

Waldoboro Business Association will celebrate its 15th anniversary with a "Meet and Greet" on Wednesday, January 30, at McGrory & Wolf Gallery, 9 Friendship Street in Waldoboro, starting at 5:30 p.m. Jeff Hurd, owner of The Narrows Tavern, will cater appetizers and beverages. To RSVP, email [info@waldoborobusiness.org](mailto:info@waldoborobusiness.org).

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**A Thank You Open House at the Apprenticeshop January 31 –**

The staff and board of The Apprenticeshop in Rockland are hosting a Thank You Open House on Thursday, January 31, from 6 to 8 p.m. (snow date February 7) to thank friends and the community for their ongoing support. There will be live music and drink, wooden boats to look at, boatbuilders to converse with, and plenty of maritime-minded people to meet. Visitors will also be able to sign up as a summer volunteer or enter a raffle for a handmade boatshop gift. Founded over 42 years ago, The Apprenticeshop is more than a school of traditional maritime arts and seamanship. In the last year it launched a Pilot Gig, several Susan Skiffs, and most recently a Whitehall rowing boat (shown). The Apprenticeshop is also home to the Maritime Academy for local high schoolers, homeport for several high school sailing teams, a thriving woodshop where a Dublin Bay 24 is currently under construction, and a winter waterfront home to hundreds of vessels. Upcoming lectures at the Apprenticeshop include one on the life of a vessel pilot and life aboard a tall ship. Upcoming workshops include a toboggan building class, a weekend learning traditional lofting skills, and classes in navigation.



**Record Attendance at Maine State Parks**

A record number of visitors used Maine State Parks in 2018. Parks Bureau staff reported attendance of just under 3 million visits to Maine's 48 state parks and historic sites. Overall visits to parks were up 11 percent over 2017. The parks system set new high numbers for camping, day use visits, and overall use of state parks. At the same time, revenues generated by the visits rose substantially over prior years. For more information about Maine State Parks, go to [www.parksandlands.com](http://www.parksandlands.com).

**DRA Offers Midcoast Stewards Course**

For those with an interest in natural resources and conservation, Damariscotta River Association's (DRA's) Midcoast Stewards Program offers a 40-hour curriculum that covers coastal ecology, Wabanaki culture, geologic history, sustainable fisheries management, seabird restoration, water quality monitoring, lake health, lobster biology, estuarine studies, and much more. The course finishes with a field trip to Monhegan Island for a natural history tour. Coordinated by DRA and co-sponsored by the Maine Coastal Program, participants learn about natural and cultural history from professionals in natural resource management fields. Graduating stewards commit to volunteering a minimum of 40 hours of service with a local conservation organization of their choice. Classes meet on Tuesday and Thursday evenings from 5:30 to 8:00 starting April 9 and ending May 28 at the Heritage Center at DRA's Great Salt Bay Farm in Damariscotta. There will be a few Saturday field trips from 9 a.m. to 3 p.m. Class format includes lectures and discussions as well as field trips and hands-on experiences. The application form is online at [www.damariscottariver.org/events-programs/midcoast-stewards](http://www.damariscottariver.org/events-programs/midcoast-stewards) and is due by April 1. Space is limited to 20 participants. There is a materials fee of \$100 for the 40-hour course. Limited scholarships are available.

**OUTDOORS**



Heidi, Kelly and Oliver Perkins at the local farmers' market selling their wares through "A Small Good"



Left to right, brothers John Walker and Fred Walker with Annette Naegel and Meg Rasmussen of Georges River Land Trust

**Walker Easement in Owls Head Expanded, Plus Agricultural Easement for Hope Farm**

Georges River Land Trust (GRLT) recently closed on an addition of 43 acres to its existing 132-acre Walker Easement in Owls Head. Walker family members share a swath of land that had been farmed for generations by their forebears. According to GRLT, a desire to protect "a swath of green from one end of Owls Head to the other" prevailed among the family of eight siblings who live from one end of the country to the other. Last month all eight agreed to add the additional 43 acres to the land they first conserved through a land trust-assisted easement in 2010. The land will remain in family ownership, with several members in residence on the property, and the remaining land in conservation. The recently added 43 acres are primarily woodland and include an old quarry harvested in the 1950s, with wetlands, vernal pools and streams providing habitat diversity throughout.

Hope that had been owned by Judith and Bill Jones for more than 30 years — and to permanently protect it as farmland with the assistance of Georges River Land Trust. The Taylor Place Farm property is within a newly defined conservation focus area for the land trust encompassing the band of mountain ridges from Union to Hope.

**Taylor Place Farm in Hope —**

With help from Maine Farmland Trust, Kelly and Oliver Perkins, who run A Small Good, a farming business that produces charcuterie, were able to purchase Taylor Place Farm — 125 acres of farm fields, woodland, and blueberry barrens on the southern slope of Philbrook Mountain in

The Joneses wanted to sell to a farm family, but the market price for the property was more than a farmer could typically afford. Maine Farmland Trust's program allowed the sale of development rights to offset some of the purchase price, resulting in the permanent conservation of the farm and payment to the buyers for the easement portion of the full value of the property.

Georges River Land Trust assists landowners in voluntarily protecting their land. Its mission is to conserve and protect, for the public benefit, the natural resources and traditional character of the 225-square-mile Georges River watershed region, extending from Montville to Port Clyde. For more information on the Georges River Land Trust and its activities, check the web site at [www.georgesriver.org](http://www.georgesriver.org) or phone 594-5166.

**Woodland Stewardship Tour at Hodson Preserve in Camden —**

Knox-Lincoln Soil and Water Conservation District and Maine Forest Service will co-sponsor the first Woodland Stewardship Tour of the year on Thursday, January 31, from 10 a.m. to noon at Hodson Preserve, Molyneux Road in Camden. Kirk Gentalen, naturalist and Maine Coast Heritage Trust steward, will lead a walk along Sucker Brook at Coastal Mountains Land Trust's Hodson Preserve. Says Gentalen, "Hope for a fresh snow that will capture tracks.... There's so much potential for exploration after a midcoast snow, it's literally insane out there!" Meet at the Camden Snow Bowl parking lot by 10 a.m. in order to carpool to the preserve. Registration is required. For more information or to register, contact Julie at 596-2040, [julie@knox-lincoln.org](mailto:julie@knox-lincoln.org).



**Winter Nature Walk at Merryspring January 26 —**

Merryspring Nature Center in Camden will host a family winter nature walk on Saturday, January 26, at 10 a.m. Along the way through Merryspring's fields and forests, walkers will look for mammal tracks, identify trees by bark, and see some of Merryspring's year-round freshwater springs. Family nature walks are part of the Free Family Program series at Merryspring. A limited number of snowshoes will be available for use.

**Rockland Area Tides**  
January 24 to January 31

	High AM	High PM	Low AM	Low PM
Thursday	12:57	1:10	6:57	7:33
Friday	1:51	2:07	7:53	8:26
Saturday	2:47	3:07	8:52	9:22
Sunday	3:45	4:10	9:54	10:19
Monday	4:45	5:15	10:58	11:19
Tuesday	5:45	6:20	---	12:03
Wednesday	6:45	7:21	12:19	1:05
Thursday	7:41	8:18	1:18	2:03

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**NATIONAL WEATHER SERVICE**  
**FORECAST for Knox County**

**Thursday Night** Rain showers likely, possibly mixing with snow after 10pm, then gradually ending. Cloudy, then gradually becoming partly cloudy, with a low around 25. Northwest wind around 10 mph. Chance of precipitation is 60%. Little or no snow accumulation expected.

**Friday** Mostly sunny, with a high near 34. West wind 5 to 10 mph, with gusts as high as 20 mph.

**Friday Night** Partly cloudy, with a low around 13.

**Saturday** Mostly sunny, with a high near 24.

**Saturday Night** Mostly cloudy, with a low around 17.

**Sunday** A 40 percent chance of snow. Mostly cloudy, with a high near 33.

**Sunday Night** Snow likely. Mostly cloudy, with a low around 24. Chance of precipitation is 60%.

**Monday** A 30 percent chance of snow showers. Partly sunny, with a high near 33.



## Simple? Yes, and ... Outrageous—

We pay our taxes, to buy our services. Simple.

The person we hire to provide those services — the President (who, as we know, runs the Executive) — owes us those services. No ifs, ands, or buts. Simple.

If the President wants to add another “service” (like a wall), fine. But give us the choice! We elect our representatives, the Congress, to decide our wishes, and to set the price needed to purchase them. Still fairly simple. We are owed the services we are willing to buy, and for which we are now paying. Not complicated.

But all of a sudden to stop performing ongoing services while we pay their price — those taxes? Outrageous!

Would I pay \$15 for a wall I will never see (and don't want)? I very much doubt it ... but I suppose, maybe. Certainly, though, I and all us purchasers deserve a separate choice, including the decision to put that \$15 to a purpose we think would serve us better. To get a bill while being denied what we bought and are still required to pay? That's outrageous. Lost services never to be performed, but we are told we must still pay for them as if we had received them, already for a month, and maybe for much longer.

Justice requires sympathy and compensation for our servants put out of work by our President. He is our President. But for us, is this not thievery?

Now that's outrageous — truly Outrageous!

*George B. Terrien, Rockland*

## South Central China Comes to Main Street Rockland—

*Elizabeth Robbins began her life as SiHan Wang in Guizhou, a province in South Central China in 2010.*



When Angela Johnson, Oceanside Middle School's music teacher, heard 8-year-old Elizabeth Robbins singing, she immediately thought the little girl was ready for voice lessons at Midcoast Music Academy in Rockland.

Elizabeth Robbins began her life as SiHan Wang in Guizhou, a province in South Central China in 2010. Her severely cleft lip and palate were difficult for the superstitious people of her village to accept. She lived covered up and unseen on the back of an assigned caretaker who carried the baby while working. The women in the remote village sang their stories and histories while harvesting rice. Deprived of light, comfort and human interaction, SiHan Wang learned to sing.

In October 2011 the Chinese government freed her for adoption. By October 2012, through an American adoption agency, Linda Robbins and SiHan Wang found each other.

SiHan, now Elizabeth Robbins, started the first of her surgeries just four months after arriving in Maine. Her surgeons at Shriners' Hospital in Springfield, Massachusetts, built a jaw out of bone marrow from her hip, repositioned tissue, rebuilt the roof of her mouth and repositioned teeth. Using pharyngeal flap surgery, Elizabeth learned to make sound, one consonant at a time.

Elizabeth's mother, Linda Robbins, an English teacher at Oceanside Middle School, had Elizabeth with her one day when Angela Johnson heard Elizabeth singing. Angela, who knew about the nonprofit organization, Raising the Blues, Ltd., got things rolling. Together, Ruth Atherton, founder of Raising the Blues, Tom Ulichny, creative director of Midcoast Music Academy, and Paul Benjamin, producer of the North Atlantic Blues Festival, collaborated to present the Raising the Blues award to Elizabeth on stage at the North Atlantic Blues Festival and gave her a scholarship for voice lessons at Midcoast Music Academy.

Linda says she is grateful for the generous gift of lessons for Elizabeth: “Music is the great equalizer. No one notices her scars when she is making beautiful music with her voice.”

Now, once a week Elizabeth works with Abi Nash, one of the academy's voice teachers, to practice singing, reading music and composing at the MCMA studios on Main Street in Rockland. Nash says, “Elizabeth has a natural talent for music. She's full of curiosity and life and is always eager to try something new or experiment in some new way. She works hard at everything I give her, and she has a natural ear that allows her to quickly pick up the tune of new songs.”

Raising the Blues, Ltd. is a 501(c)(3) nonprofit public charity founded in 2009. Its mission is to bring music, instruments and lessons to children with unique life challenges — including medical, physical, educational and emotional. Primarily through the use of Blues music, the organization seeks to raise the spirits, abilities and aspirations of children who can benefit from the music of hope and healing. To learn more, go to [www.RaisingtheBlues.org](http://www.RaisingtheBlues.org).

Midcoast Music Academy, also a 501(c)(3) charity, was founded in 2012 as a community music school. Its mission is to bring quality music instruction to students of all ages and skill levels. MCMA believes students should learn to play what they love and love what they play. Learn more about Midcoast Music Academy at [www.midcoastmusicacademy.org](http://www.midcoastmusicacademy.org).

*Barbara Reitz, South Thomaston*

*Note: The public is invited to Midcoast Music Academy's winter recital on Sunday, January 27, at the Strand Theatre in Rockland — with solo performances from 1 to 2:30 p.m. and ensemble performances from 4 to 5:30. A donation of \$10 is suggested.*

## A War Between the States (of Mind)—

Walt Whitman believed that history told by historians rarely told the stories experienced by average people. To him, in 1888, the American dream wasn't a drive for material possessions, property or personal wealth, the American Dream was Democracy. Like today, the late 1880s saw popular support for tariffs and trade restrictions; the barring of immigrants; a total disregard for the plight of the average worker doomed to overwork with meager pay and devoid of political power.

In the decades following the 1880s, many of these problems were partly addressed by Congress, up to and including New Deal legislation. It is the goal of today's Republican Party to erase that history; return America to the robber baron days (“Make America Great Again”); eviscerate LBJ's Great Society and FDR's New Deal; deregulate all corporations; remove restrictions on predatory finance; ignore monopolies by ignoring anti-trust laws; ignore the worker by ignoring labor laws and destroy collective bargaining; shrink governmental function to the slimmest of roles and staff it with pro-corporate and pro-finance insiders whose origins are based in the “profit system” rather than a democratic one; fill Congressional seats with millionaires whose fundraising arms are financed by billionaires.

The argument is made that Donald J. Trump became president through democratic choice, explaining why nearly 40 percent of Americans continue to support him. But if the power of this president is used to crush democracy and democratic institutions, then his power is undemocratic in essence, a clear and present danger to the republic.

Today, the question is whether American democracy, law and institutions will withstand unending, vicious, sadistic frontal attacks by this president and the Republican Party, or whether it will acquiesce and become an island between two oceans for the sole benefit of corporations, marketeers, finance and the oligarchs whom Americans call billionaires?

If 40 percent of Americans continue to prefer a demagogue, autocrat and mentally unbalanced leader as their representative, they have, in essence, chosen to support the demolition of all that America stands for.

The words of Judge Emmet G. Sullivan directed to Gen. Michael Flynn at his sentencing in December are worth remembering: “Arguably, you sold your country out!”

This is a war. But not a “war between the states” in a traditional sense. It is a war between states-of-mind. In the end, progress, evolution and “good over evil” always prevail. There is no reason to think they won't prevail again.

*Michael T. Bucci, Damariscotta*

## Rockland City Council's Zoning Changes—

On January 14, I attended the Rockland City Council meeting in which a vote was scheduled on Ordinance Amendment 48 of the city's zoning regulations. I had been following this progression both on TV and in the newspapers. My attendance was difficult as I'm partially disabled, but I was eager to hear in person those pro and con on the issue. This was particularly of concern to me because in my contacts with neighbors and acquaintances, I hadn't heard a single person in favor of it.

At this point I wish to clarify that, although two months short of living here for 45 years, I'm not a native. However, after 33 years of practice in the community, I've had the distinct pleasure of making the acquaintance of many fine people in all walks of life.

I was prepared to speak to my concerns on the issue, which pertain to our 19th-century aging infrastructure and my conviction that it simply is not adequate to support the population influx to be expected with “infill.” My own extensive experience from 2011 til 2014 trying to stir the city council to recognize and address the fact of raw sewage infiltration into the surface stormwater drainage system city-wide thence into the harbor was an eye-opener.

Subsequently, I've become aware of the cavalier hodgepodge of private sewage lines in the “Historic Districts” of the city and have tried, by letter, to bring this to the consideration of the current council. Surely, with an RN, a former Harbormaster and a traveler to East Africa, where waterborne diseases cost thousands of lives per year, some thought and reflection might be given to it.

In the end, I didn't speak, because five former mayors, a former assemblyman, the current chair of the Rockland Planning Board, and citizens like me spoke far more eloquently to the issue. I also appreciated the two citizens who spoke in favor but didn't address my concern.

The council then voted — split but as expected — lacking statistical support to their anecdotes, opinion-polling (except their own) and in face of considerable opposition on the part of the citizenry.

When in the course of current events, a citizens' petition seems to be called for.

*C.F. Manning MD, Rockland*

*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](mailto:copyedit@freepressonline.com) or mail them to The Free Press, 8 North Main St., Suite 101, Rockland, ME 04841.*

## Greed—

Marx must be cheering from the great beyond! We are fulfilling his prediction that greed would be the downfall of capitalism and we are echoing that prediction. He was wrong, of course. Greed was equally the downfall of the Communist state. Both capitalist and communist confess at the same altar and greed ultimately fuels both. If one observes Putin's body language it is obvious that he is certain that he is winning. He has bought himself a president at minimal cost. That smug smirk is pretty revealing. His KGB training has paid off bigly!

*Ray Janes, Rockport*

## Basics of Behavior Modification—

It was once possible to take a course called psycholinguistics in which one learned the basics of behavior modification by training a rat. In the process of training the rat, language teachers and speech therapists learned how to correct speech problems — which is a tedious business and requires patience.

Young parents with infants who scream for no reason except to get attention are often taught to use behavior modification to extinguish their child's screaming habit. Ignore screaming, and the child will eventually stop. Weaken only once and pick up the infant who screams for no good reason, and the child will scream even longer next time he wants attention.

Students of behavior know that giving in to President Trump only once will teach him that shutting down the country is a valid bargaining chip. Close to a million people will be back on the street the next time he wants something.

There is something to be said for knowing how to train a rat.

*Robert Karl Skoglund, The humble Farmer, St. George*

## Shelter Kicks Off 30th Anniversary Year—



*Before and after — Ingrid Van Steenberg and Sybil Davis pose with a photo of the article about the opening of the original shelter, for which they also posed.*

Pope Memorial Humane Society kicked off its 30th anniversary year with a New Year's Day Open House. Founders, board members, donors and volunteers came together to reminisce over the shelter and how far it has come while enjoying light refreshments and 30 years worth of mementos.

From our humble beginnings in 1989 to our brand new 10,000-square-foot facility built in 2015, this anniversary offers our community the chance to reflect on the significant impact we have had on the local homeless animal population.

“We achieved this milestone through the hard work of our volunteers, staff and community as a whole. We have served thousands of animals over the years, and we plan to continue to serve the community for the next 30 years. I'm proud to work with such amazing people towards our mission to save lives and create families,” said Tracy Sala, executive director of Pope Memorial Humane Society.

Throughout the year, Pope Memorial Humane Society will host a variety of anniversary events, including but not limited to hosting the Pen Bay Chamber of Commerce Business After Hours on May 8 and a Barks N Brews in the Barn party at Harmony Hill Farm in Warren on August 14. We hope you will join us as we celebrate 30 years of saving lives and creating families.

Founded in 1989 in response to the needs of homeless animals — their protection, care and adoption — Pope Memorial Humane Society has become a community institution making a difference in the lives of thousands of local homeless animals.

Money was raised to purchase the land between Dexter Street Extension and Buttermilk Lane in Thomaston. With generous support of many animal lovers, and a substantial mortgage, the shelter was built and opened in November 1991. Since that day thousands of animals have been lovingly tended, rehabilitated and adopted. Volunteers and members of Pope Memorial Humane Society are from every community — students, retirees, artists and businesses.

The following towns contract with the Pope Memorial Humane Society of Knox County: Rockland, Thomaston, Warren, Owls Head, St. George, Port Clyde, Martinsville, Tenants Harbor, South Thomaston, Spruce Head, Union, Cushing, Matinicus, North Haven, Vinalhaven, Stockton Springs and Morrill.

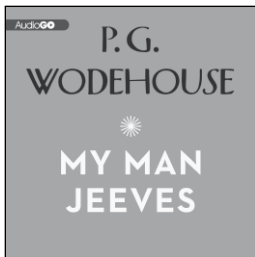
*Pope Memorial Humane Society*



## BOOK REVIEWS

**CUDDLE UP AND LISTEN:  
Three Great Audio-Books to  
Stave Off the Winter Blues**

Reviewed by Katherinen A. Powers, special to  
The Washington Post

**"My Man Jeeves: The Jeeves and  
Wooster Series"**

by P.G. Wodehouse

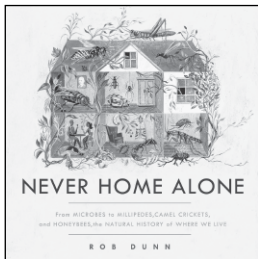
This year marks the 100th anniversary of the appearance of P.G. Wodehouse's greatest gift to the world: Bertie Wooster and Jeeves. To honor the occasion, Blackstone has re-released the late great actor Jonathan Cecil's narration of the stories in which the famous duo

first figure. Scion of marquesses and an old Etonian, Cecil is matchless in rendering Bertie, the upper-class twit nonpareil and comes right up to the mark — as Bertie might say — in delivering Jeeves, his low, hollow tones cryptic and withering when it comes to his charge's sartorial whims. ("Injudicious, sir," he said firmly. "It will not become you.") Four of the stories star our heroes, all set in New York where Bertie finds himself entangled with wastrels even more hapless than he is. The remaining four feature idle young men of "almost human intelligence" and their several tribulations. A festival of language, happy conceit and peerless delivery: This is a recording for the ages. (Blackstone, unabridged, 5 hours)

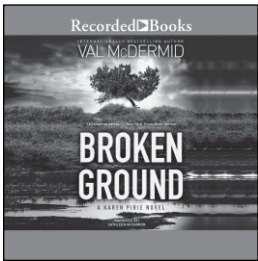
**"Never Home Alone: From Microbes to  
Millipedes, Camel Crickets, and  
Honeybees, the  
Natural History of  
Where We Live"**

by Rob Dunn

Rob Dunn's wild animal hunt through our living spaces — and our bodies — reveals that "homo indoorus" as he styles us, lives amid millions of tiny, busy crea-



tures, eating, excreting, procreating and expiring, including in freezers, stoves, shower heads, salt and ourselves. Narrator Sean Patrick Hopkins reads this revelatory, fact-filled book in a friendly, buoyant voice and seems just as pleased as the author himself to let us know that the microbial life found on toilet seats and pillowcases is "not as different as you might hope." Aside from introducing us to housemates whose presence we had not suspected, Dunn explains how the battery of chemicals we enlist to combat nonhuman life in our homes is exterminating benign forms, while malign ones rapidly evolve into poison-resistant villains. Biodiversity is Dunn's watchword and he shows again and again how nature takes care of nature far better than we can. (Hachette Audio, unabridged, 9½ hours)

**"Broken Ground"**

by Val McDermid

Val McDermid's genius at plotting, sense of place, and attention to character is all on display in her fifth novel starring Detective Chief Inspector Karen Pirie of Police Scotland's Historic Cases Unit. The story juggles three diverse murders, that of a Highland athlete found dead and buried in bog — a crime with roots going back to 1944; a rape that left its victim incapacitated and, years later, dead from her injuries; and a fatal stabbing committed during a marital imbroglio. While these cases are picking up speed, an insolent male underling sent to spy on Pirie by her resentful, grudge-bearing boss is bent on undermining her and following his own ill-begotten schemes. To further complicate matters, Pirie finds herself attracted to a kilt-wearing Adonis whose animal magnetism may be joined to a duplicitous soul. Cathleen McCarron narrates the book in an intoxicating Scottish accent that adds yet another engaging dimension to an exceedingly clever and absorbing tale. (Recorded Books, unabridged, 13 hours)

Powers reviews audiobooks every month  
for The Washington Post.

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**THE BIRTH OF LOUD:  
Leo Fender, Les Paul and the  
Guitar-Pioneering Rivalry  
That Shaped Rock 'n' Roll**

BY IAN S. PORT

Reviewed by Michael Lindgren, special to  
The Washington Post

Consider the Fender Stratocaster. Asked to picture an electric guitar, most people will immediately bring to mind inventor Leo Fender's most famous creation. Upon its introduction in 1954, the Stratocaster not only redefined the sound of American music but immediately became, with its sweeping curves and jewel-like colors, a stunning piece of midcentury design on par with a Bel Geddes radio or an Eames chair.

Yet the Strat's iconic shape was not a bold foray into space-age aesthetics as much as it was an on-the-fly modification. Many musicians found the Stratocaster's predecessor, the Telecaster, cumbersome, so Fender simply streamlined the instrument with beveled contours that echoed a player's body — and a classic was created. "A radical design had been born through Leo's obsession with practicality," author Ian S. Port writes; for Fender, form followed function as naturally as morning followed night.

This and many other fascinating accounts are the bounty of "The Birth of Loud: Leo Fender, Les Paul, and the Guitar-Pioneering Rivalry That Shaped Rock 'n' Roll." Port's book is a lively and vivid account of the careers of Fender and his main competition, Les Paul, the star guitarist whose name adorns the Gibson six-string that rivals Fender's instruments in popularity and influence.

"The Birth of Loud" traces the dual arc of the men's rise with consummate skill and authority. Although they were close for a few years in the late 1940s (Port writes that, tantalizingly, Paul turned down a position with Fender in 1951), and would be forever linked in their fame, they were in many respects opposites. Fender was a taciturn man who could be found tinkering in his laboratory until late at night, whereas Paul was a showman, a musical and technical whiz who, with his wife, Mary Ford, was one of the biggest stars of the postwar, pre-rock 'n' roll pop era.

What they shared was that ineffably American knack for experimenting and stirring the pot, for trying out harebrained ideas and pushing homemade contraptions to their limits. They were "untrained men who could build or fix almost anything because, back then, anything was simple," Port observes.

They also shared a keen itch for the main chance. Fender, Port relates, frequented the gritty honky-tonk joints in the

crude postwar boomtowns springing up around Fullerton, Calif., talking shop with rawboned country musicians; what they needed, he quickly sussed out, was an electrified guitar that could be cranked up for maximum volume, and that was cheap, sturdy and easy to repair.

Out in New York City, Paul was experimenting along similar lines; in 1940, he had created a Frankenstein's monster-like object called "the Log," an ur-electric guitar fashioned out of a plank of pine and a crude pickup that "looked like a lumberyard mutant, a stick bound with steel cables." Paul was already a seasoned professional musician with a distinctive style, but the reaction he got one night from a stunned crowd in a bar in Sunnyside, Queens, of all places, told him everything he needed to know about the future of the instrument. The guitar arms race was on.

The next two decades were probably the most transformative in the history of American music, and Port does an outstanding job of tracking the ways each new musician, from Buddy Holly to Jimi Hendrix, vaulted over the next, engaging the new instruments with ever-surprising results. Port tells the story elegantly and economically, but two turning points are identified with exceptional insight.

In 1960, now-forgotten surf icon Dick Dale pushed Fender's amplifiers to the limit and beyond during his thunderous concerts at a roadhouse in Orange County, Calif., called the Rendezvous Ballroom, thus inventing a style of music that was specifically built on excessive volume. And the 1966 recording of John Mayall's album "Bluesbreakers With Eric Clapton," in Port's estimation, was a ground-zero moment when the signature sound of an overdriven Les Paul — "a molten, billowing wail" — was first recorded.

These passages highlight one of Port's true strengths: his ability to marry an agreeably anecdotal writing style to a musician's ear. Describing sound is extraordinarily difficult; Port can do it without channeling one of those weird, adjective-heavy descriptions of wine or perfume. I myself have owned and played both a Fender Telecaster and a Gibson Les Paul for many years now, and Port's descriptions of their respective sonic capabilities is the most articulate and accurate I have ever read. The way a Telecaster snaps and sizzles, the way a Les Paul purrs with liquid, violin-like tones; he just gets it.

Port's descriptive elan is particularly in force in his account of Hendrix's famous rendition of "The Star-Spangled Banner" at Woodstock in 1969, which pushed rock guitar playing to a height it may never again reach. Port wisely ends his narrative here, and it's an apt capstone. The story of these instruments is the story of America in the postwar era: loud, cocky, brash, aggressively new.

Lindgren is a frequent contributor to  
The Washington Post.

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**Keep Your Tidy, Spark-Joy  
Hands Off My Book Piles,  
Marie Kondo**

by Ron Charles

Marie Kondo is back, and this time it's personal. With "The Life-Changing Magic of Tidying Up," the anti-clutter guru persuaded millions of people to clean out their closets. This month, she's taken the KonMari Method to television with a Netflix show called "Tidying Up With Marie Kondo." And suddenly people have noticed the dark side of Kondo's war on stuff: She hates books.

All books.

That signed first edition of "Catcher in the Rye."

That poetry collection your husband gave you before he was shipped off to Iraq.

The Bible that's been in your family since 1784.

Consign them all to the flames and breathe in those sparks of joy!

Kondo may not have gone that far, but you wouldn't know it from the response on social media, where defenders of books have pushed back hard against Kondo and her shelf-tidying message.

"Do NOT listen to Marie Kondo or KonMari in relation to books. Fill your apartment & world with them," tweeted novelist Anakana Schofield. "The woman is very misguided about BOOKS. Every human needs an extensive library not clean, boring shelves."

And then, inevitably, came the tweets making fun of the anti-Kondo tweets, such as this one from fantasy writer Sam Sykes:

"I cant believe Marie Kondo said to destroy all books and then broke into people's houses individually and made them eat all their books and then when they tried to protest she said 'don't talk with your mouth full of books, bookmouth' and all the cool kids laughed at them."

What Kondo actually said is, perhaps, less outrageous. In Episode 5, "From Students to Improvements," she told a young, moderately cluttered couple, "Take every single book into your hands and see if it sparks joy for you."

This is Kondo's fundamental advice, which she applies to everything from mismatched socks to old Tupperware. But it's advice that seems particularly problematic when applied to literature. The first challenge is volume. I have a single cabinet full of chipped mugs, but I have a house full of books — thousands of books. To take every single book into my hands and test it for sparkiness would take years. And during that time, so many more books will pour in. (How do you say "The Sorcerer's Apprentice" in Japanese?) In "The Life-Changing Magic of Tidying Up," Kondo advises deciding the fate of each book only by touch. "Make sure you don't start reading it," she says. "Reading clouds your judgment."

But reading that sentence clarified my judgment of her.

Admittedly, things were not always so bad in my house. As Hemingway said of bankruptcy, it happened in two ways: "Gradually, then suddenly." (I think that's in "The Sun Also Rises." Give me a minute — I have a copy around here somewhere.)

About 20 years ago when I stopped teaching, I gave away almost all my academic books: hundreds of critical editions, collections of essays and literary biographies. It felt like severing a limb, but at the time I needed some kind of dramatic gesture to convince myself I was ready to start a different life.

As a book critic, I began with a clean (or cleaner) slate. Like real adults, my wife and I bought two cherry bookcases and put them in the living room filled only with great expectations. I was judicious about what books I let into the house.

When we ran out of room, we bought cheaper bookcases from Ikea and Target and placed them in other rooms. A certain natural order held firm: reviewed books, favorite books, children's books, religious books, books saved for gifts, books saved for gag gifts. Books neither of us wanted and could not imagine anybody ever wanting ended up in a box near the front door, and when it was full, a charity group was summoned to haul it away.

But a few years ago, we were hit with two simultaneous disasters: I was appointed a judge for the Pulitzer Prize for Fiction, and our basement flooded. All the carefully organized books in my office had to be immediately moved upstairs in no particular order. And then the Pulitzer submissions began arriving — by the hundreds. Some days, my wife and I could barely drag the boxes off the front stoop into the house. Books started piling up in the kitchen. Under the table. On all horizontal surfaces. Stalagmites of books rose from the living room floor. Streams of books converged into rivers that emptied into oceans of literature.

It's not ideal, but my wife and I wouldn't have it any other way. We're not after sparks of joy — we want to swim in wonder.

"Books are the reflection of your thoughts and values," Kondo says, and she's right, but then she's so wrong when she goes on to tell her television audience: "By tidying books, it will show you what kind of information is important to you at this moment."

That's the problem with Kondo's method. It presumes a kind of self-consciousness that no real lover of literature actually feels. We don't keep books because we know "what kind of information is important to us at this moment." We keep them because we don't know.

So take your tidy, magic hands off my piles, if you please. That great jumble of fond memories, intellectual challenges and future delights doesn't just spark, it warms the whole house.

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## ENTERTAINMENT



### Bluegrass Stars to Bring Their New Musical Mix to the Strand –

The Gibson Brothers (pictured) and their Mockingbird band will be at the Strand Theater in Rockland performing songs from their latest album, "Mockingbird," on Friday, February 1 at 7:30 p.m. Leigh and Eric Gibson were named back-to-back Entertainers of the Year by the International Bluegrass Music Association in 2012 and 2013. However, their new album — a mix of country, soul and '70s rock — demonstrates their ability as writers and vocalists to float between genres. "We'll be able to reach more people than we have in the past," says Eric. "I don't want to downplay what we accomplished in bluegrass, but I didn't know our voices would suit this variety of music so well." Tickets for the concert are \$28 in advance, \$32 at the door. The lobby and balcony bars will be open for age 21 and older. For more information, visit [www.rockland-strand.com](http://www.rockland-strand.com) or call 594-0070, extension 3.

### Gawler Family Band at Belfast's February 1 Contra Dance –



Belfast Flying Shoes' monthly contra dance will take place Friday, February 1, at American Legion Post #43, 143 Church Street in Belfast, beginning at 6:30 p.m. with a community dance called by Chrissy Fowler and music by the All Comers Band. At 8 p.m. the contra dance, featuring the Gawler Family Band and caller Chrissy Fowler, begins. Admission to the community dance is \$2 for adults and \$1 for children. Admission to the contra dance is \$10 for adults, \$8 for ages 13 to 20 and adult All-Comers, and \$5 for children. For more information, call 338-0979 or visit [www.belfastflyingshoes.org](http://www.belfastflyingshoes.org). Pictured here, Gawler Family Band, left to right, Edith Gawler (fiddle, banjo), Ellen Gawler (fiddle), John Gawler (banjo, guitar, harmonica), Elsie Gawler (cello), Bennett Konesni (guitar and banjo), and Molly Gawler (fiddle).

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## ART ON THE COAST

## CMCA Closed Temporarily for Repairs

CMCA is closed temporarily for repairs following a break in the water main that occurred inside the building in the early morning hours on Saturday, January 19.

We are pleased to report that no works of art were damaged in the event. All artwork on display has been moved to the Starfire climate-controlled art storage facility in Rockland. CMCA expresses its deep gratitude to Jake Dowling and the crews of Dowling Walsh Gallery and Starfire for their professionalism and assistance in the prompt movement and storage of the art.

The Rockland Fire Department and Emergency Services led by Assistant Fire Chief Adam Miceli moved quickly to limit the damage and secure the building so that the artwork could be safely removed and the process of cleaning up begun.

Crews from Cold Mountain Builders, Central Maine Power, Hedstrom Electric, ELCO Electric, Thayer Corporation, Maine Water, Norris A. Preble, and Superior Restoration Services were all on site to immediately begin repairs. Thanks to the extraordinary speed of everyone's

responsiveness, the water was cleared from the building and the heating, water and electrical systems were back up and running within hours.

CMCA is immeasurably grateful to all those that assisted with the clean up and to the community for its support. In addition to the first responders, art movers, contractors and repair crews, we thank Joanne Billington of Allen Insurance and Financial for her guidance, and Jen Rockwell at Main Street Markets for delivering food, and beverages for the workers. The true quality of Rockland's community spirit was palpable and we are grateful to call this town home.

We will remain closed temporarily while further repairs to the building are made. In the meantime, the Biennial Exhibition continues to be available for viewing through the 3D Virtual Tour on our website, [cmcanow.org](http://cmcanow.org). We encourage you to explore this online portal and to stay tuned for further updates as they are known.

Gratefully,

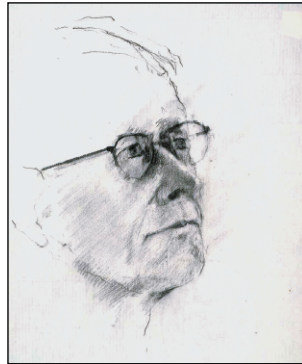
*The Board and Staff of CMCA*

### Facetime with Connie Hayes at Dowling Walsh Gallery –

During January and February at Dowling Walsh Gallery, 365 Main Street in Rockland, Connie Hayes will draw

100 portraits of people from a cross section of the community. The performative drawing project is intended to create a visual dialogue and representation of the area through the artist's work. Each drawing will be available for \$100, with one hundred percent of the proceeds given to an organization chosen by the subject of the drawing.

Shown here, Connie Hayes' portrait of Nick Ruffin, 2019, graphite on paper.



## Bucksport Art Festival Accepting Applications from Artists, Food Vendors

The fifth annual Bucksport Arts Festival is now accepting applications from artists and food vendors. The festival will be held on Friday, August 9, and Saturday, August 10, from 10 a.m. to 5 p.m. on Bucksport waterfront. The festival jury will accept up to 40 artists and fine craftspeople. Applications are due by Wednesday, May 1, and selected artists will be notified by May 15. A \$25 non-refundable application fee is required. Applications and all the details can be found at [www.mainstreetbucksport.org/bucksport-arts-festival](http://www.mainstreetbucksport.org/bucksport-arts-festival).

**Denise Rankin Paintings at CLC YMCA –** Paintings by Denise Rankin of Damariscotta are on view at Central Lincoln County YMCA, Main Street in Damariscotta, through the end of February. Primarily a painter of whimsical, colorful still

lives, Rankin says, "I paint what tickles my fancy. I paint unencumbered by logic or even commonsense, as a way to love life, the pure messy joy of it." For additional information on art exhibits at the Y, contact Katharina Keoughan at 563-6538 or [communityarts@clcymca.org](mailto:communityarts@clcymca.org).

Shown here, a Denise Rankin still life.



## Call to Artists with a Family Legacy in the Arts

Art at Bartlett Woods is seeking submissions from local artists with a family legacy in the arts for its upcoming Mid-coast Maine Legacy Art show, which will open Saturday, March 2, featuring mothers and daughters, fathers and sons, sisters and brothers, and husbands and wives coming together to participate in one show.

Art at Bartlett is in its seventh consecutive year. Artists interested in discussing participation in the show should contact the show's curator, Pam Cabañas, by Friday, February 1, at [pamcabanas372@gmail.com](mailto:pamcabanas372@gmail.com) or 691-5787.

## Free Admission to the Farnsworth for Furloughed Employees

Farnsworth Art Museum is offering free admission to all furloughed federal employees during the partial government shutdown. "This current situation is stressful for the many federal workers throughout the country," said Farnsworth Director Christopher Brownawell, "but Rockland in particular, as a Coast Guard City, is witnessing these challenges firsthand. We're hoping we can offer a welcoming space to any of those dealing with this government shutdown and relieve even a tiny amount of that stress for as long as the shutdown lasts."

Any federal employee affected by the current government shutdown should show a federal ID at one of the Farnsworth's admission desks to receive free admission for themselves and a guest.

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ENTERTAINMENT



**Bizet's Carmen at the Strand and Lincoln Theater**

**February 2** – The Metropolitan Opera's Live-in-HD season of broadcasts from Lincoln Center in New York City to the Strand Theatre in Rockland and Lincoln Theater in Damariscotta continues Saturday, February 2, at 1 p.m. with a simulcast of Bizet's *Carmen*. The Strand will show an encore broadcast on Tuesday, February 12, at 1 p.m. Mezzo-soprano Clémentine Margaine portrays Carmen opposite Roberto Alagna, and Louis Langrée conducts Sir Richard Eyre's production. Bizet's masterpiece of the gypsy seductress who lives by her own rules premiered at the Opéra Comique, Paris, in 1875. It was a scandal at its premiere but became one of the most frequently staged operas in the world. Sung in French with Met titles in English, the run time is 3 hours 21 minutes, including one 36-minute intermission. For Strand ticket information, call 594-0070, extension 3, or go to [www.rocklandstrand.com](http://www.rocklandstrand.com). For Lincoln Theater information and reservations, go to [www.lct.org](http://www.lct.org) or call the box office, 563-3424. Shown here, scene from the opera. PHOTO BY KEN HOWARD/MET OPERA

**Midcoast Music Academy's Student Recital**

**January 27** – Midcoast Music Academy will hold its annual winter student recital at the Strand Theatre in Rockland on Sunday, January 27. Expect to hear anything from young vocalists singing solo to jazz and rock bands to beginning musicians playing on the big stage for the first time. This year, due to the ever-increasing enrollment at the academy as well as the addition of several new ensembles and group classes, Sunday's recital will be presented in two separate parts, with solo performances from 1 to 2:30, and ensembles and groups from 4 to 5:30 p.m. Suggested donation is \$10; proceeds benefit music students at MCMA. PHOTO BY JACK SULLIVAN



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# CALENDAR OF EVENTS

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## NOTEWORTHY

### THURSDAY, JANUARY 24:

- **"Chinese Education: 20 Years of Evolution from Catch-Up to Leadership,"** 10 a.m. in *Chats with Champions* at Skidompha Public Library, Damariscotta. Kyle Tong draws on his 20 years of work in the school system of Hefei, a city in China, where he was made an honorary citizen. The Lincoln Academy instructor's free talk is given ahead of February's Camden Conference, which asks "Is This China's Century?"
- **Talk on Usual and Unusual Winter Wildlife in St. George,** 7 p.m., St. George Town Office. Learn how changes in weather and food sources along the peninsula affect the ebb and flow of bird and mammal life, including visits by snowy owls and others, in Kirk Gentalen's talk. He's Regional Steward for Maine Coast Heritage Trust and a columnist for The St. George Dragon.
- **Conversation with Susan Conley and Lily King at Left Bank Books,** 109 Church Street in Belfast, at 7 p.m. The two novelists will celebrate the release of Conley's "Else Come Home," and much-lauded author King will lead a discussion of Conley's work. Free; reservations are suggested: 338-9009, [LeftBank@myfairpoint.net](mailto:LeftBank@myfairpoint.net).

### FRIDAY, JANUARY 25:

- **Folk Dance Brunswick,** 6:30 to 9 p.m. at People Plus, 35 Union Street in Brunswick. World music and dance. All welcome. \$5 donation. FMI: 200-7577, [FolkDanceBrunswick.org](http://FolkDanceBrunswick.org).
- **PechaKucha Night at Rockport Opera House,** 7 p.m. Presenters will share their ideas and inspiration with 20-image slide shows. This one will include an eel chef, a Maine historian, and a member of the online Singlehandedly community for single parents. \$5 cash at the door, which opens at 6:30 p.m. A reception will follow.
- **Pies on Parade Weekend,** with three events raising money for Area Interfaith Outreach, which feeds hungry families in the midcoast and supplies emergency fuel. It starts Friday at 6 p.m. with the **Pies on Parade Gala** at Rock Harbor Tap Room, 5 Payne Avenue in Rockland. The free fete will have live music, brewery tours and tastings, food (and pie) and a cash bar pouring pie-themed cocktails people can sip while perusing the silent auction. The **Camden Pie-Themed Scavenger Hunt** will run 1-4 p.m. Saturday. Visit venues in downtown Camden to collect

pie samples and "letters" to be unscrambled for the secret pie-themed phrase – then enter your ballot into the gift basket raffle. \$15 (kids under 10 free). The **15th Annual Pies on Parade Tour** will be 1-4 p.m. Sunday, with 28 Rockland venues serving over 55 types of pies, sweet and savory. \$30 adults; \$15 for kids under 10. Tickets (including combo tix for both paid events) are at [PiesOnParade.com](http://PiesOnParade.com) and at the Historic Inns of Rockland: Berry Manor Inn, LimeRock Inn and Granite Inn.

### SATURDAY, JANUARY 26:

- **Human Error at The Public Theatre,** Lewiston, Jan. 25-Feb. 3. A blundering fertility doctor mistakenly implants the embryo of a latte-sipping liberal couple into the womb of an NRA-cardholding conservative family in the East Coast premiere of the provocative comedy. It's performed Thursdays, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m., with an added Saturday matinee on Feb. 2 at 3 p.m. Tix are \$20 adults; \$17 groups; \$5 under 19.
- **Annual Robert Burns Night in Belfast,** at United Farmers Market of Maine, 18 Spring Street. Maine Celtic Celebration offers a scotch tasting at 4 p.m. and dinner at 6 p.m. (with haggis on the menu), along with a cash bar and entertainment. Prizes will be awarded for best traditional dress and Burns poetry recitals. The whisky tasting and dinner are \$35 in advance, \$40 door; dinner only is \$20 in advance, \$25 door. Buy tix at [MaineCelticCelebration.com](http://MaineCelticCelebration.com) or Left Bank Books on Church Street in Belfast.

### SUNDAY, JANUARY 27:

- **"The Owls of Maine" at Chewonki in Wiscasset,** noon to 1 p.m. Adults and kids are invited to meet three live owls and see what sets these nighttime flyers apart from other birds. Learn to recognize different owl calls, how to find pellets in the wild, and what to do if you find a young owl in the woods. Free and suitable for all ages. RSVP: [chewonki.org](http://chewonki.org).
- **"From Chinese Streets to American Homes: International Golden Retriever Rescue and Adoption,"** 2 p.m. at Camden Public Library. China is said to have the world's third-largest dog population, thanks to its booming middle class. It also has the same problems as the U.S. with puppy mills, strays, abandoned pets and trafficking in stolen dogs. Learn how Yankee Golden Retriever Rescue is one of a handful of organizations bringing some of these dogs to the U.S. for adoption in this free public talk that is a run-up to the 32nd annual Camden Conference set for Feb. 22-24.
- **"Living in China, An Architectural Perspective,"** 2 p.m. at Cushing Public Library. In this free talk presented by the Camden Conference, Brooke Harrington will discuss traditional dwellings of selected regions and Judith Bing will

present the transformed design of housing in modern China. Both are professors emeritus of architecture.

### MONDAY, JANUARY 28:

- **"Prehistoric Maine: The First People,"** 2 p.m. in Schooner Cove Retirement Community's library, 35 Schooner Street (on the LincolnHealthMiles campus) in Damariscotta. Everyone is welcome at the free talk by Lee Emmons about the first inhabitants of Maine and the world

they encountered 11,000 years ago. The former educator will also discuss prehistoric animals and climate change.

► **"Coast to Coast and Back Again: Traveling the Blue Roads on Two Wheels,"** 3-4 p.m. at The Lincoln Home, Newcastle. Val Lovelace will share images and experiences from her 2008 motorcycle adventure on two-lane highways in the U.S. and Canada. Her solo trip spanned 10 weeks and 12,000 miles as she rode from Maine to California and back home. Free and open to everyone.

### TUESDAY, JANUARY 29:

- **Animal Tracks in the Snow,** noon in MerrySpring Nature Center's *Tuesday Talks* series. Naturalist Kirk Gentalen gives the program with slides, stories and tips for tracking animals along their trails and tunnels in midcoast Maine. \$5; free for members of MerrySpring, which is on Conway Road, off Route 1 in Camden, behind Hannaford Plaza.
- **"Burn the Ships – It's a New Year!"** at Jefferson Public Library, in Jefferson Village School, 48 Washington Road, at 6 p.m. People who embrace change and people who dread it are invited to learn how it can move us toward greatness. Everyone is welcome at the free event with refreshments. If school is closed for a storm, it will be cancelled.
- **International Folk Dances at Belfast Co-Housing Common House,** 6:30 to 8:30 p.m. Tuesdays, Jan. 29, Feb. 5, 12, 19 & 26, and March 5, 12, 19 & 26. Live music. All dances are taught; beginners of all ages are welcome. Bring sweet or savory treats to share. Milk, cider and water provided. Free. RSVP: 338-3301.

### WEDNESDAY, JANUARY 30:

- **The Conversation Project: Death with Dignity,** 6:30 p.m., Rockport Public Library. Nurse Nelda McClellan gives family members and friends the tools and resources to start the conversation. The Conversation Project's goal is to have every person's wishes for end-of-life care expressed and respected.

### THURSDAY, JANUARY 31:

- **Thank You Open House at The Apprenticeship in Rockland,** 6 to 8 p.m. Live music and drink, wooden boats to admire, boatbuilders to converse with, and maritime-minded people to meet will star at the party to thank friends and the community for their ongoing support. The Apprenticeship is a nonprofit dedicated to inspiring personal growth through craftsmanship, community and traditions of the sea.

### COMING UP:

- **Belfast Flying Shoes Contra Dance,** Friday, Feb. 1, at American Legion Post 43, 143 Church Street in Belfast. The community dance starts at 6:30 p.m. with music by the All-Comers band. \$2 adults; \$1 kids. The contra dance starts at 8 p.m. with caller Chrissy Fowler and music by the Gawler Family Band. \$10 adults; \$8 ages 13-20 and All-Comers musicians; \$5 under 13. FMI: [belfastflyingshoes.org](http://belfastflyingshoes.org).
- **Belfast Winter Whoopla Weekend,** the town's second annual "get out and do something" indoor and outdoor event, Friday to Sunday, Feb. 1-3, with an Ice Ball dinner and dance, Chili Cook-Off and Corn Hole Tournament, teen night, pancake breakfast, and winter games, snowshoeing, sledding and skating. The full schedule is at [BelfastChamber.org](http://BelfastChamber.org).
- **Camden Winterfest 2019,** a week of indoor and outdoor fun starting with the **Winterfest Carnival** in Camden Library Amphitheatre and Harbor Park Saturday, Feb. 2, from 11 a.m. to 2 p.m. Eight teams will carve ice masterpieces with the theme Fantastic Beasts surrounding a sculpture by Master Carver Tim Pierce. Music indoors and out, vaudeville and fire shows, food and hot drinks, crafts and face paint-

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# CALENDAR OF EVENTS

ing, fat-bike and showshoe tryouts and an 11 a.m. Polar Plunge into Camden Harbor. The following week of music, films and family fun will be capped by the **Toboggan National Championships** at Camden Snow Bowl from Friday-Sunday, Feb. 8-10. Registration for those willing to brave the 440-foot chute closes Monday, Feb. 4.

► **Winter Fest at Round Top Farm in Damariscotta**, Sunday, Feb. 10, noon to 3 p.m. The family-friendly day will include a sled-dog demonstration, hot dogs on the grill, and an open warming house with skates of all sizes to borrow, as well as snowshoes for adults and kids to try out. The no-snow date is Feb. 17.

## MUSIC

### FRIDAY, JANUARY 25:

► **Maine Songwriters Live Recording at Boothbay Harbor Opera House**, doors open at 4:30 p.m. and recording will run from 5 to 6 p.m. Featuring Robbie Simpson and Mike Krapovicky. Free admission; donations welcome.

### SATURDAY, JANUARY 26:

► **All That Jazz at Saint George River Cafe**, in Warren village, 6:30 to 8:30 p.m. Music from the Great American Songbook and a few R&B, rock and Latin tunes by Bill Hahn, Renny Stackpole, Susan Davenport and Hank Lunn – they were the house band at Elm Street Grille in Camden for 15 years. No cover.

► **The Boneheads & the Holy Mackerels at Boothbay Harbor Opera House**, at 7:30 p.m. The annual gathering of fishy friends will feature Bob Colwell, Mark Stover, Steve Jones, Paul D'Allesio, Scott Elliott, drummer Dicke "Do" and surprise guests. \$10 advance tix at the box office. \$15 tix online and at the door.

► **Maine's Got Talent Open Auditions**, for musicians of all types interested in being chosen as one of 10 acts to compete for cash at the 2019 event on March 9 at Gendron Franco Center in Lewiston. Auditions are open to Mainers and out-of-state students at Maine schools; you must

be at least 16. Bands should bring light set-up; vocalists should bring a soundtrack. Auditions will be held this Saturday and Sunday, 1 to 4 p.m., at Community Little Theater, 30 Academy Street, Auburn. FMI: 782-2150, Facebook.

### SUNDAY, JANUARY 27:

► **Winter Student Recital of Midcoast Music Academy**, at Rockland's Strand Theatre. Young vocalists, jazz and rock bands, and musicians on the big stage for the first time – with solo performances from 1 to 2:30 p.m.; ensembles and groups from 4 to 5:30 p.m. A suggested donation of \$10 will benefit student programs.

### MONDAY, JANUARY 28:

► **Balkan Music Jam**, 6:30-9 p.m. at Belfast Co-Housing Common House, Village Road. RSVP: 338-3301.

### COMING UP:

► **Open Mic at the Opera House at Boothbay Harbor**, Friday, Feb. 1. Doors open at 6:30 p.m. for sign-ups and early arrivals. The show starts at 7 p.m. in the historic upstairs bar. Singers, songwriters and poets are invited. A baby grand piano is available. Free; donations welcome.

► **The Gibson Brothers at Rockland's Strand Theatre**, Friday, Feb. 1, at 7:30 p.m. Bluegrass duo Leigh and Eric Gibson and the band that backed them on their new country-soul breakout album, "Mockingbird," bring their retro sound to the Strand. \$28 advance; \$32 door.

► **The Mallett Brothers Band with Oshima Brothers Opening**, at Camden Opera House on Thursday, Feb. 7, at 7:30 p.m. The Americana band returns to Maine with new tunes that float between genres, from country to soul to '70s rock. The Oshima Brothers and their new drummer, Jon Fishman, open the show. \$22 general admission.

### ONGOING:

► **Tuesday Jams in Thomaston**, 8 Hyler Street, 7 p.m. Folk, country, blues, gospel. FMI: 273-2914.

► **Thursday Jams in Warren**, Saint George River Cafe, 310 Main Street, 6 p.m. and **Friday Open Mics**, second

and fourth Fridays, at 6:30 p.m.

► **Sunday Jams in Rockland**, Sail, Power & Steam Museum, 75 Mechanic Street, 1:30 p.m.

## FILM

### FRIDAY, JANUARY 25 – THURSDAY, JANUARY 31:

► **COLONIAL THEATRE**, Belfast. "Green Book," "A Dog's Way Home," "Bumblebee." See ad on p. 23 for showtimes.

► **FLAGSHIP CINEMAS**, Thomaston. FlagshipCinemas.com, 594-2100.

► **HARBOR THEATER**, Boothbay Harbor. "Vice." BoothbayCinema.org.

► **LINCOLN THEATER**, Damariscotta. "Shoplifters." LCCT.org, 563-3424.

► **STRAND THEATRE**, Rockland. "The Favourite." See ad on p. 23 for showtimes.

### FRIDAY, JANUARY 25:

► **Celebrating the Silents at Lincoln Theater**, Damariscotta. Classics are shown for free on Fridays in January at 2 p.m. This week, Charlie Chaplin's masterpiece "City Lights." A tramp befriends a blind flowerseller and convinces her he is a millionaire, while he secretly labors to pay for the restoration of her sight.

► **"The Grass Harp,"** 6:30 p.m., *Friday Night Film Series* at Thomaston Public Library (Academy building). January is Walter Matthau Month and it concludes with him playing a judge who harbors a secret crush on a spinster named Dolly, who has her own problems, including dealing with a sleazy entrepreneur who wants to market her health tonic to the nation.

► **"Defending Your Life,"** 7 p.m., *Friday Night Flick* at Belfast Free Library. January's theme of "fantasy" wraps up with Albert Brooks playing a man who dies in a car crash and then falls in love with a woman played by Meryl Streep when they meet in Judgment City.

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# CALENDAR OF EVENTS

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### February 22-24, 2019 Is This China's Century? Community Events Series

Events listed here are open to the public and free unless otherwise noted.

- **Sunday, January 27:** *Camden Public Library*, 2-3:30 p.m., "From Chinese Streets to American Homes: International Golden Retriever Rescue and Adoption," with Pete Fitzgerald, Allyson MacKenna and furry friends from Yankee Golden Retriever Rescue.
- **Sunday, January 27:** *Cushing Public Library*, 2-4 p.m., "Living in China, An Architectural Perspective," with Judy Bing and Brooke Harrington.
- **Thursday, February 7:** *Rockland Public Library*, 6:30-8 p.m., "How I Broke Up with Hong Kong," a talk and book signing by novelist Xu Xi.
- **Tuesday, February 12:** *Union Hall, 24 Central Street, Rockport*, 6:30-7:30 p.m., **Bay Chamber presents a lecture and concert** with the Odeon Chamber Orchestra performing work by Chinese composer Chen Yi. The concert is free and will be followed by a reception with the musicians.

Once again this year, the Camden Conference will focus on a timely and compelling topic. The Conference, "Is This China's Century?" will explore China as it emerges as a major global power, and faces complex challenges in its domestic economic, social, environmental and political affairs and its relations with Asian neighbors, the United States and the broader international community.

The Conference takes place live at the Camden Opera House with streaming to the Strand Theatre in Rockland, the Hutchinson Center in Belfast, and USM in Portland, February 22, 23 and 24, 2019. Conference registration is now open and seats are going quickly.

For more information on the Camden Conference and for detailed descriptions of the Community Events, visit [www.camdenconference.org](http://www.camdenconference.org), or call 236-1034.

► **"Shoplifters,"** at Lincoln Theater, Damariscotta, Friday at 7 p.m.; Saturday at 2 p.m. and 7 p.m.; and Sunday at 7 p.m. A family of shoplifters takes in a little girl they find in the freezing cold. They all seem to live happily until an unforeseen incident reveals hidden secrets, testing the bonds that unite them. Japanese with English subtitles.

#### SATURDAY, JANUARY 26:

► **"Blue Planet II"** at Lincoln Theater, Damariscotta. After last year's successful showings of BBC's "Blue Planet" series, the theater is screening "Blue Planet II" on Saturday mornings through February 2. This week's episode looks at devoted albatross parents unwittingly feeding their chicks discarded plastic, mother dolphins exposing their calves to contaminated milk, and baby clownfish that can't find their way home because of increasing noise levels, all because of humans. All screenings are free.

#### SUNDAY, JANUARY 27:

► **"Who Will Write Our History"** at Lincoln Theater, Damariscotta, 12:30 p.m. Simultaneously shown at the Lincoln and venues around the world on International Day of Commemoration in memory of victims of the Holocaust, it tells the story of the Oyneg Shabes, a band of journalists, scholars and community leaders who secretly documented how the Nazis sealed 450,000 Jews in Warsaw Ghetto before burning it to the ground and deporting them to gas chambers at Treblinka. A post-screening discussion will feature director Roberta Grossman and executive producer Nancy Spielberg. \$8 adults; \$6 LT members and under 19.

#### TUESDAY, JANUARY 29:

► **Brown-bag Discussion of "Green Book,"** 11 a.m. to 1 p.m. at the Quaker Meetinghouse, 77 Belvedere Road in Damariscotta. The film about a black pianist on tour in the South of the 1960s whose chauffeur is white. Beverages and cookies served; bring lunch, if you wish.

► **"Recovery Boys" Free Screening and Discussion,** 6 p.m. Lincoln Theater, Damariscotta. After a screening of the documentary about four men reentering society sober after years of drug abuse, a forum will be led by community members fighting on the front line of Maine's battle against opioid abuse.

#### WEDNESDAY, JANUARY 30:

► **"Maria by Callas,"** Lincoln Theater, Damariscotta, on Wednesday, Jan. 30, at 2 p.m. (with captions) & 7 p.m.; Thursday, Jan. 31, at 7 p.m.; and Friday, Feb. 1, at 2 p.m. Tom Volf's film tells the story of the legendary Greek-American opera singer through her own words in performances, TV interviews, home movies, private letters and unpublished memoirs.

#### THURSDAY, JANUARY 31:

► **NT Live: I'm Not Running,** Lincoln Theater, Damariscotta, Live broadcast at 2 p.m. of David Hare's explosive play about a woman who has spent her life as a doctor—the inspiring leader of a local health campaign. When she crosses paths with her old boyfriend, a stalwart loyalist in the Labor Party, she's faced with an agonizing decision to sacrifice her private life and piece of mind.

► **"Seven Songs for a Long Life,"** 6:30 p.m. at Rockland Public Library. The 2015 documentary takes viewers to a Scottish hospice where patients face pain, uncertainty and the possibility of life's end with song and humor. After the film, a rep from Coastal Family Hospice Volunteers will lead a discussion about the film and tell of CFHV's volunteer opportunities.

#### COMING UP:

► **Live in HD: Bizet's Carmen,** Saturday, Feb. 2, at 1 p.m. Broadcast from Lincoln Center in Manhattan to Rockland's Strand Theatre & Damariscotta's Lincoln Theater. The popular French opera stars a fiery gypsy and a naive military man. The Strand shows an encore Tuesday, Feb. 12, at 1 p.m.

► **"Laurel & Hardy Shorts" at Strand Theatre,** Rockland, on Sunday, Feb. 3, at 3 p.m. (offered a week prior to screenings of the 2018 film "Stan & Ollie"). The newly restored shorts featuring the old-time slapstick duo include "Helpmates," in which Ollie asks Stan to help him clean up after a wild party before his wife returns; "Their First Mistake," in which Ollie adopts a child to pacify his angry wife; "County Hospital," in which Stan visits Ollie when he's laid up with a broken leg; and "The Music Box," the Oscar-winning classic in which Stan & Ollie struggle to move a piano up a steep flight of stairs. 95 minutes. \$7.50.

► **"Free Solo" at Colonial Theatre,** Belfast, on Sunday, Feb. 3, at 4 p.m. Coastal Mountain Land Trust screens the documentary about a professional rock climber's attempt to conquer the first free solo climb of the vertical rock face of El Capitan at Yosemite National Park. Tix are \$10 and will go to the Pendleton Fund, established to support a trails stewardship internship in Waldo County.

### ARTS

#### THURSDAY, JANUARY 24:

► **"Sew Your Own Tote Bags" at Camden Public Library,** 6 p.m. Join Amy Hand and Lindsay Pinchbeck to make earth-friendly tote bags in the *Jumpstart January* series for adults. \$10 materials fee. Call the library to register: 236-3440.

► **Community Discussion to Guide Planning at Appleton Library,** from 7 to 8 p.m. The town's public Mildred Stevens Williams Memorial Library

(aka Appleton Library) welcomes the public to give their ideas and visions for the library's future.

#### FRIDAY, JANUARY 25:

► **Gallery Opening and Wine Tasting at Good Tern Co-op in Rockland,** from 5 to 6 p.m. Eve Hupper's photos are shown and reception attendees are invited to taste various wines at the free event.

#### SATURDAY, JANUARY 26:

► **Volunteer Appreciation Open House at Carver Memorial Library,** Searsport, 10 a.m.-1 p.m. The library thanks its Friends and volunteers. Everyone is invited to see the new Large Print reading area and Book Nook shop. Share your ideas and vision for the library, and learn how you can volunteer. Refreshments will be served.

► **Free Reading & Writing Program,** at Boothbay Harbor Memorial Library, 11 a.m. to 3:30 p.m. (with a break for a brown-bag lunch). Belfast writer Linda Buckmaster will lead "Writing Place: Landscape, People & the Natural World," which opens at 11 a.m. with discussion about how modern writers like Zora Neale Hurston and John McPhee have approached the topic of place (the reading packet is available at the library now). At 12:30 p.m., Buckmaster will lead the workshop with prompts for poets and prose writers at any level to help them write new works.

#### MONDAY, JANUARY 28:

► **New Day for Catching Up with the Classics Book Group,** at Rockland Public Library – it will now meet fourth Mondays of the month at 6 p.m. New members are welcome. This week's discussion will be of two pieces by Virginia Woolf: "To the Lighthouse" and "A Room of One's Own."

► **Free Adult Art Classes at Rockland Public Library,** 11 a.m. Catinka Knoth leads the free weekly classes – with a focus on drawing in color – that are open to everyone, with all materials provided. This one will focus on penguins and winter sports figures.

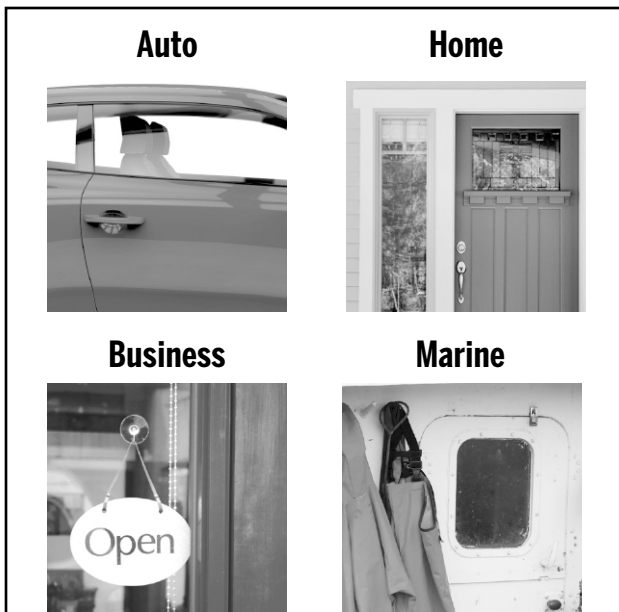
#### TUESDAY, JANUARY 29:

► **"The Decorated Handwritten Letter" at Camden Public Library,** 6 p.m. Rita Swidrowski leads it in the library's *Jumpstart January* series. \$10 materials fee. Registration: 236-3440.

#### WEDNESDAY, JANUARY 30:

► **New Knitting Group at Waldoboro Library,** meets noon-2 p.m. Wednesdays, for those who like to socialize and stitch. All fiber artists at every level welcome.

► **"Word Art – Word Play" at the Art Loft in Rockland,** 385 Main Street, Suite 9. Photographer and mixed-media artist Amy Wilton wraps up her classes in January that focus on words used as, in and around art. This week: create any kind of art with words and/or mixed media. Classes run 10 a.m. to noon on **Wednesday** and 6 to 8 p.m. on **Thursday**, Jan. 31. Free for members; \$20 drop-in fee for nonmembers.



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# CALENDAR OF EVENTS

**COMING UP:**

- **Traditional Chinese Painting: Snowy Landscape**, Saturday, Feb. 2, from 1 to 4 p.m. at Rockland's Art Loft. Nanfei Wang will teach traditional techniques using ink, water and brushes on rice paper. All are welcomed, from beginners to experts. \$35.
- **Auditions for Annie – The Musical with Monmouth Community Players**, for their final show of the 2018-2019 season, which will be performed at Cumston Hall Theater April 26-May 5. Orphan girls and other chorus kids will audition Saturday, Feb. 2, from 5 to 8 p.m. Adults and teens audition Sunday & Monday, Feb. 3 & 4, from 6 to 8 p.m. All will start with a closed singing audition, followed by a mini choreography audition, and end with cold reads. Learn more at MonmouthCommunityPlayers.org.
- **"Come a Little Bit Closer" Writing Workshop in Belfast**, Saturday, Feb. 9, from 10 a.m. to 5 p.m. at Belfast Free Library. Beacon Press author Melanie Brooks will teach how to craft memoir scenes in the workshop hosted by Maine Writers & Publishers Alliance. FMI: MaineWriters.org, 228-8263.

**ONGOING:**

- **Center for Furniture Craftmanship, Messler Gallery**, Rockport. "Boxes to Die For," through April 10."
- **Center for Maine Contemporary Art**, Rockland. "CMCA Biennial 2018" through March 3.
- **Farnsworth Art Museum**, Rockland. "Andrew Wyeth in Rockland," through February 17. "Maine and the Index of American Design," through March 24.
- **Maine Jewish Museum**, Portland. "Jane Banquer: Habitats, Inhabitants," "Ilana Welch: Extracts" and "Berri Kramer: Oh, So It's You Again" through March 1.
- **Maine State Museum**, Augusta. "Maine + Jewish: Two Centuries" through October 25.
- **Portland Museum of Art**, "Richard Avedon: Portraits, 1952-1970," through

February 17.

- **UMaine Hutchinson Center, Fernald Gallery**, Belfast. "Kosti Comes Home: An Exhibit of Maritime Images by Maine's Iconic Photographer Kosti Ruohomaa" and "The Alluring and Enduring Maine Coast," through March 28.

## FOOD & DRINK

**THURSDAY, JANUARY 24:**

- **Author of "The New Mediterranean Diet" at Rockland Public Library**, 2 p.m. Food writer Nancy Harmon Jenkins will explain what the diet is and tell why it's an easy and delicious way to eat healthfully. Copies of that book and her "Virgin Territory" will be available for sale and signing.

**FRIDAY, JANUARY 25:**

- **Once-a-Month Friday Lunch at Spectrum Generations at the Y**, at Central Lincoln County YMCA in Damariscotta, 11:15 a.m. FMI: 563-1363.

**SUNDAY, JANUARY 27:**

- **Pancake Breakfast at American Legion War Memorial Post 30**, 91 Pearl Street, Camden, 7:30-9:30 a.m. Pancakes, sausage, scrambled eggs, applesauce, OJ and coffee. \$8 adults; \$5 under 11. Proceeds from the Post's Sunday breakfasts will help replace its furnace.

**MONDAY, JANUARY 28:**

- **"Meatless Monday" at Rockland Congregational Church**, 180 Limerock Street, from 6 to 7:30 p.m. For those who have considered reducing how much meat they eat, going vegetarian one day a week is a place to start. Cook up hearty recipes that will leave you feeling full and inspired. \$10. Registration: 921-3950, JourneyToHealth.coursesstorm.com.

**TUESDAY, JANUARY 29:**

- **Farm-to-Table Community Lunch at Central Lincoln County YMCA**, in Damariscotta. Community members are invited to participate in the Cook & Dine

option for \$5 from 11 a.m. to 1 p.m. to learn how to prepare traditional Chinese dumplings and mixed dishes while helping to cook the meal, or in the Dine Only option for \$10 from noon to 1 p.m.

**WEDNESDAY, JANUARY 30:**

- **"Soup's On!" in Camden**, free soup lunch served at noon every Wednesday through March 27 at First Congregational Church of Camden, 55 Elm Street. To volunteer: 236-4821.

**THURSDAY, JANUARY 31:**

- **Food Safety Workshop in Unity**, at Maine Organic Farmers and Gardeners Association's Common Ground Education Center. Atina Diffley of Chicago-based Family Farmed leads it Thursday & Friday, Jan. 31 & Feb. 1, from 8:30 a.m. to 5 p.m. \$30. Register at mofga.org.

**COMING UP:**

- **Farm-to-Table Dinner with Chef Frank Giglio**, Saturday, Feb. 2, at 6 p.m. at United Farmers Market of Maine, 18 Spring Street in Belfast. \$50 tickets: BelfastMarket.com, 218-7005.
- **Superbowl Sunday Sub Sale at Edgecomb Community Church**, with church members now taking orders for white or wheat 8-inch subs with a choice of ham or vegetables and cheeses and toppings. A sub with potato chips and a drink will cost \$7. Order by **Wednesday, Jan. 30**, from a church member or by calling 882-6338. Pick-up will be at the church 11 a.m. to 1 p.m. on Superbowl Sunday, Feb. 3, or you can request home delivery when you order. Proceeds will be used for church mission work.

**ONGOING:**

- **Midcoast Farmers' Markets**, selling local and organic food and artisan crafts and goods. **Belfast (MFFM)**, 9 a.m.-1 p.m. Fridays in the greenhouse at Aubuchon Hardware, 231 Northport Avenue (Route 1). **Belfast (UFMM)**, 9 a.m.-2 p.m. Saturdays, 18 Spring Street. **Damariscotta**, 9 a.m. to noon Fridays in its winter location: Lincoln County YMCA, 525 Main Street.

(Continued on p. 23)

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### Shalimar's Studio of Oriental Dance

407 Main St., Rockland ~ Info: 975-3317 ~ Classes with Patti Luchetti

Middle Eastern Dance-I: TH, 4:30-5:45 PM;

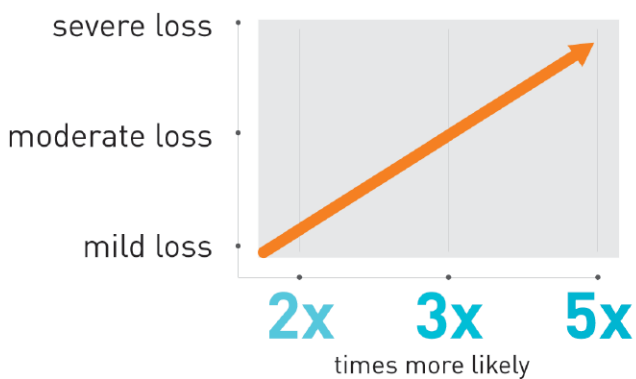
Middle Eastern Dance-II: TU, 6-7:30 PM;

Graham Floor: WED, 7-8:15 PM; Stretch: TH, 6:50 AM and SAT, 8 AM

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# WELLNESS UPDATE:

Untreated hearing loss and dementia are linked.



Adults with untreated hearing loss are more likely to develop dementia.<sup>1</sup>

Wearing hearing aids reduces the risk of cognitive decline associated with hearing loss.



Source: Journal of the American Geriatrics Society  
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SOURCES: 1http://www.hopkinsmedicine.org/news/media/releases/hearing\_loss\_and\_dementia\_linked\_in\_study

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## MOVIE NEWS

**Climbing Documentary at the Colonial February 3 to Benefit Waldo County Trail Internship —**

**FREE SOLO**

A FILM BY ELIZABETH CHAI VASARHELYI & JIMMY CHIN

Coastal Mountains Land Trust will present the climbing documentary film “Free Solo” at the Colonial Theatre in Belfast on Sunday, February 3, at 4 p.m. Tickets are \$10 each. All proceeds will go to the Pendleton Fund, established to support a seasonal trails stewardship internship in Waldo County. The internship honors the memory of Skip Pendleton, a longtime volunteer for the land trust who worked tirelessly to create and maintain trails throughout greater Belfast. To purchase tickets in advance, go to [coastalmountains.org](http://coastalmountains.org) and click “tickets” on the home page, under the picture of Skip and Jo Pendleton. Only cash and checks will be accepted at the Colonial on the day of show. The Pendleton Fund has a goal of raising \$75,000 and to date has raised \$40,000.

## Film Series Addresses Opiate Crisis

Points North Institute, along with support from MaineHealth and its affiliates Maine Behavioral Health and LincolnHealth, is continuing its Recovery in Maine program, a statewide series of free film screenings and community discussions about the ongoing opioid crisis.

The Netflix documentary “Recovery Boys,” followed by discussions with local panelists, will be presented on Tuesday, January 29, at 6 p.m. at Lincoln Theater in Damariscotta, and on Sunday, February 10, at 2 p.m. at Boothbay Region High School. The film is about four young men in West Virginia attempting to reinvent their lives and mend broken relationships after years of drug misuse.

Community members from all backgrounds are invited to listen, learn, and participate in the discussions. The screenings are free of charge and open to the public.

In a statement about the film series, Steve Merz, CEO of Maine Behavioral Healthcare, said, “We are losing hundreds of Mainers every year — 418 alone in 2017 — to the epidemic of opioid use disorder and addiction. As Maine’s largest integrated health care delivery system, MaineHealth and its members are investing substantial resources in developing community-based solutions to address prevention, education and treatment of Opioid Use Disorder. Maine Behavioral Healthcare provides intensive treatment at three sites for patients who have acute levels of need. All MaineHealth primary care practices provide treatment to patients who are more stable.... We are proud to support this film festival as a means to facilitate critical conversations in our communities about how best to work together and support one another to save lives.”

## Lunchtime Discussion of Movie “Green Book”

A discussion about the movie “Green Book” will be held at the Quaker Meetinghouse, 77 Belvedere Road in Damariscotta, on Tuesday, January 29, from 11 a.m. to 1 p.m. The movie, set in 1962 and named after a guidebook aimed at helping people to avoid dangers posed by “traveling while black,” especially in the South, is based on a true story of an Italian-American bouncer who becomes the driver of a black classical pianist on a tour of venues through the South. The Civil Rights Act of 1964 outlawed racial discrimination in public accommodations, and the last edition of The Green Book was published in 1966.

Sponsored by the Midcoast Outreach and Peace Center and Coastal Senior College, the discussion is free and open to the public; no registration is required. Beverages and cookies will be provided, and participants are welcome to bring a brown-bag lunch.

## New on DVD & Blu-ray

### Just Released January 22 —

**THE HATE U GIVE** PG-13/Drama/Dir: George Tillman Jr. (Amandla Stenberg, Regina Hall, Russell Hornsby) Starr Carter is constantly switching between two worlds: the poor, mostly black neighborhood where she lives and the rich, mostly white prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend, Khalil, at the hands of a police officer. Now, facing pressures from all sides of the community, Starr must find her voice and stand up for what’s right.

### Recent Releases —

**ALPHA** PG-13/Drama/Dir: Albert Hughes (Kodi Smit-McPhee, Natassia Malthe, Leonor Varela) An epic adventure set in Europe 20,000 years ago. While on his first big hunt, a young man is injured and left for dead. He slowly recovers and discovers a lone wolf abandoned by its pack. The pair learn to rely on each other and become unlikely allies, enduring countless dangers in order to find their way home before the deadly winter arrives.

**BATTLE OF THE SEXES** PG-13/Drama/Dirs: Jonathan Dayton, Valerie Faris (Emma Stone, Steve Carell, Andrea Riseborough) The 1973 tennis match between women’s world champion Billie Jean King and ex-men’s champ and serial hustler Bobby Riggs became one of the most-watched televised sports events of all time, reaching 90 million viewers around the world. As the rivalry between King and Riggs heated up, off court each was fighting more personal and complex battles.

**CRAZY RICH ASIANS** PG-13/Romantic Comedy/Dir: Jon M. Chu (Constance Wu, Henry Golding, Michelle Yeoh) The story follows New Yorker Rachel Chu as she accompanies her longtime boyfriend Nick Young to his best friend’s wedding in Singapore. Rachel is unprepared to learn that Nick has neglected to mention not only is he the scion of one of the country’s wealthiest families, but also one of its most sought-after bachelors. Being on Nick’s arm puts a target on Rachel’s back, with jealous socialites and, worse, Nick’s own disapproving mother taking aim.

**THE HAPPYTIME MURDERS** R/Comedy/Dir: Brian Henson (Melissa McCarthy, Elizabeth Banks, Maya Rudolph) A filthy comedy set in the underbelly of Los Angeles where puppets and humans coexist. Two detectives with a shared secret, one human and one puppet are forced to work together again to solve the brutal murders of the former cast of a beloved classic puppet television show.

**HOUSE WITH A CLOCK IN ITS WALLS** PG/Comedy, Fantasy, Family/Dir: Eli Roth (Jack Black, Cate Blanchett, Owen Vaccaro) The magical adventure tells the tale of 10-year-old Lewis, who goes to live with his uncle in a creaky old house with a mysterious tick-tocking heart. But his new town’s sleepy facade jolts to life with a secret world when Lewis awakens the dead.

**INCREDIBLES 2** PG/Animated Adventure/Dir: Brad Bird (Craig T. Nelson, Holly Hunter, Sarah Vowell) Helen is called on to help bring Supers back to the world, while Bob navigates the day-to-day heroics of “normal” life at home as a house-husband, with his kids, who are learning all about their own superpowers. Inevitably these two worlds will collide.

**LOVE, GILDA** NR/Documentary/Dir: Lisa Dapolito (Gilda Radner, Chevy Chase, Laraine Newman) Weaving together Gilda Radner’s recently discovered audiotapes, interviews with friends, rare home movies and diaries read by modern-day comedians inspired by Gilda, the film opens up a window into the honest and whimsical world of a beloved performer whose greatest role was sharing her story.

**THE OLD MAN & THE GUN** PG-13/Drama/Dir: David Lowery (Robert Redford, Casey Affleck, Sissy Spacek) Based on the true story of Forrest Tucker, from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are a detective who becomes captivated with Forrest’s commitment to his craft and a woman who loves him in spite of it all.

**SIBERIA** R/Thriller/Dir: Matthew Ross (Keanu Reeves, Pasha Lychnikoff, Molly Ringwald) An American diamond merchant travels to Russia to sell rare blue diamonds of questionable origin. As the deal begins to collapse he falls into an obsessive relationship with a Russian cafe owner in a small Siberian town. As their passion builds, so does the treacherous world of the diamond trade from which he is unable to extricate himself.

**SMALLFOOT** PG/Animated Family/Dirs: Karey Kirkpatrick, Jason Reisig (Channing Tatum, James Corden, Zendaya) A bright young yeti finds something he thought didn’t exist—a human. News of this “smallfoot” throws the simple yeti community into an uproar over what else might be out there in the big world beyond their snowy village.

**VENOM** PG-13/Action/Dir: Ruben Fleischer (Tom Hardy, Michelle Williams, Marcella Bragio) Eddie Brock needs to rebuild his career as a journalist and while doing so bonds with an alien symbiote that gives him super powers. It also gives him a bad attitude and leads him toward a vigilante life as the host and the parasite battle for control.

## In Our Theaters

Week of January 25 – January 31

Short descriptions of movies that are playing locally

**AQUAMAN** PG-13/Superhero Action/Dir: James Wan (Jason Momoa, Amber Heard, Willem Dafoe) The origin story of half-human, half-Atlantean Arthur Curry sees him taking the journey of his lifetime — one that will not only force him to face who he really is, but discover if he is worthy of who he was born to be ... king.

**BUMBLEBEE** PG-13/Action Adventure/Dir: Travis Knight (Hailee Steinfeld, Dylan O'Brien, Megyn Price) On the run in the year 1987, Bumblebee finds refuge in a junkyard in a small California beach town. Charlie, on the cusp of turning 18 and trying to find her place in the world, discovers Bumblebee, battle-scarred and broken. When Charlie revives him, she quickly learns this is no ordinary yellow VW bug.

**CAPTAIN MARVEL** PG-13/Action/Dirs: Anna Boden, Ryan Fleck (Brie Larson, Samuel L. Jackson, Gemma Chan) The story follows Carol Danvers as she becomes one of the universe’s most powerful heroes when Earth is caught in the middle of a galactic war between two alien races. Set in the 1990s, the film is a new adventure from a previously unseen period in the history of the Marvel Cinematic Universe.

**A DOG’S WAY HOME** PG/Family/Dir: Charles Martin Smith (Bryce Dallas Howard, Ashley Judd, Alexandra Shipp) Bella the dog loses her way and is separated from her owner by hundreds of miles. Trying to find her way home she discovers a lot can happen between lost and found.

**THE FAVOURITE** R/Drama/Dir: Yorgos Lanthimos (Olivia Colman, Emma Stone, Rachel Weisz) In the 18th century Queen Anne occupies the throne and her close friend Lady Sarah governs the country in her stead while tending to Anne’s ill health. When a new servant, Abigail, arrives, her charm endears her to Sarah. Sarah takes Abigail under her wing and Abigail sees a chance to return to her aristocratic roots. As the politics of war become time consuming for Sarah, Abigail steps in as the Queen’s companion. Their friendship gives her a chance to fulfill her ambitions.

**GLASS** PG-13/Sci-Fi/Dir: M. Night Shyamalan (Samuel L. Jackson, Bruce Willis, James McAvoy) David Dunn, a man with superpowers, is pursuing Kevin Wendell Crumb. Crumb has multiple personalities and one of them is the superhuman known as The Beast. Meanwhile the shadowy presence of Elijah Price, also known as Glass, emerges as an orchestrator who holds secrets critical to both men.

**GREEN BOOK** PG-13/Drama/Dir: Peter Farrelly (Viggo Mortensen, Mahershala Ali, Linda Cardellini) A film inspired by a true friendship that transcended race, class, and the 1962 Mason-Dixon line. When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on “The Green Book” to guide them to the few establishments that were then safe for African-Americans.

Confronted with racism and danger — as well as unexpected humanity and humor — they are forced to set aside differences to survive and thrive on the journey of a lifetime.

**MARY POPPINS RETURNS** PG/Family/Dir: Rob Marshall (Emily Blunt, Lin-Manuel Miranda, Ben Whishaw) In Depression-era London, a now-grown Jane and Michael Banks, along with Michael’s three children, are visited by the enigmatic Mary Poppins following a personal loss.

Through her unique kills, and with the aid of her friend Jack, she helps the family rediscover the joy missing in their lives.

**MARY QUEEN OF SCOTS** PG-13/Drama/Dir: Josie Rourke (Saoirse Ronan, Margot Robbie, Jack Lowden) Mary Stuart, Queen of France at 16 and widow at 18, defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her rightful throne. But Scotland and England fall under the rule of Elizabeth I. Determined to rule as much more than a figurehead, Mary asserts her claim to the English throne, threatening Elizabeth’s sovereignty.

**ON THE BASIS OF SEX** PG-13/Drama/Dir: Mimi Leder (Felicity Jones, Armie Hammer, Justin Theroux) The story of how Ruth Bader Ginsburg rose to power and ultimately Supreme Court Justice.

**REPLICAS** PG-13/Sci-Fi/Dir: Jeffrey Nachmanoff (Alice Eve, Keanu Reeves, Emily Alyn Lind) Neuro-scientist William Foster is on the verge of successfully transferring human consciousness into a computer when his family is killed in a car crash. Desperate to resurrect them, William recruits a fellow scientist to help him secretly clone their bodies and create replicas. But he soon faces a choice — they can only bring three of the four family members back to life.

**SPIDER-MAN: INTO THE SPIDER-VERSE** PG/Animated Adventure/Dirs: Bob Persichetti, Peter Ramsey (Shameik Moore, Jake Johnson, Hailee Steinfeld) A fresh vision of a different Spider-Man universe, with a groundbreaking visual style, introduces Brooklyn teen Miles Morales and the limitless possibilities of the Spider-Verse, where more than one can wear the mask.

**THE UPSIDE** PG-13/Dramatic Comedy/Dir: Neil Burger (Nicole Kidman, Kevin Hart, Bryan Cranston) A heartfelt film about a recently paroled ex-convict who strikes up an unlikely friendship with a paralyzed billionaire.



# CALENDAR OF EVENTS

(Continued from p. 21)

## HOME & GARDEN

### THURSDAY, JANUARY 24:

► **Worm Bin Harvesting Workshop at Merryspring Nature Center**, Camden, at 6 p.m. Vermiculturist Jock Robie will teach beginners how to use earthworms to odorlessly and naturally digest kitchen waste into useful soil amendments for flower and vegetable gardens. Current vermicomposters are encouraged to meet up and harvest the season's castings. Sign-up: 236-2239 or info@merryspring.org.

► **Browntail Moth Program at Palermo Community Library**, 2789 Route 3, at 6:30 p.m. UMaine entomology professor Eleanor Groden will discuss health hazards presented by browntail moths and give tips on how to manage this invasive species. The library has an extendable tree pruner that patrons can borrow to remove browntail moth winter webs from their trees.

### SATURDAY, JANUARY 26:

► **Learn About Midcoast Habitat for Humanity**, 10 a.m., Rockland Public Library's lower-level conference room. The group recruits volunteers to build homes for people who live or work in Knox County and need a better place to live, and who are willing to put in sweat equity in return for a no-interest mortgage.

► **4th Annual Seed Swap and Saving Seeds Workshop**, 10 a.m.-2 p.m. at Knox & Lincoln Counties Extension, 377 Manktown Road in Waldoboro. The free workshop starts with Master Gardener Jean Vose showing slides about the history of saving seeds and why it matters. Swap rules: no hybrid or GMO seeds; bring perennial, annual or biennial flower, herb or veggie seeds and their growing instructions and other pertinent details. Coffee, tea and refreshments will be served. Snow date: Feb. 2. FMI: godslove@tidewater.net, 563-7564.

### TUESDAY, JANUARY 29:

► **Presentation on Care for Indoor Plants**, 10 a.m. at Camden Public Library. *The Winter Horticulture Series* presented by Camden Garden Club kicks off with a talk by lifelong gardener Dennis Milliken, with tips on making sure they get enough sun in the dark months, keeping humidity in check, and battling any tiny pests that show up. Free and open to everyone.

► **Meeting of Local Working Group for Knox and Waldo Counties**, 1 to 3 p.m. at Union Town Office, 567 Common Road. The group invites agricultural producers, foresters, woodland owners, members of watershed organizations or land trusts, and those with knowledge of agricultural and natural resource concerns in Knox or Waldo counties to help prioritize conservation concerns and recommend how local funds for USDA conservation programs should be distributed by the Natural Resources Conservation Service. To attend, visit knox-lincoln.org/LWG or call 596-2040.

### THURSDAY, JANUARY 31:

► **Woodland Stewardship Tour at Hodson Preserve**, Molyneux Road in Camden, 10 a.m. to noon. Knox-Lincoln Soil & Water Conservation District and the Maine Forest Service co-sponsor their first *Woodland Stewardship Tour* of the year. This one will be led by Maine Coast Heritage Trust steward and naturalist Kirk Gentalen, who will lead the hunt for tracks, trails and tunnels of coyote, deer, fox, raccoon and fisher, among others. Meet at Camden Snow Bowl parking lot before 10 a.m. to carpool to the preserve. Registration is required: 596-2040 or julie@knox-lincoln.org.

## COMING UP:

► **"Introduction to Learning Beekeeping,"** Tuesday, Feb. 5, from 6 to 9 p.m. at Sheepscot Valley RSU 12 Adult Education. Jean Vose, Master Gardener and co-founder of Knox-Lincoln County Beekeepers, will lead the class that is not a lesson on how to keep bees, rather it's an introduction to how much time, knowledge and investment is involved. Sign-up: info@MaineAdultEd.org or MaineAdultEd.coursestorm.com.

## FAIRS & SALES

### SATURDAY, JANUARY 26:

► **Indoor Yard Sale at People's United Methodist Church**, 13 Chapel Street (across from the Keag Store) in South Thomaston, 9 a.m. to noon. Furniture, clothing, household goods, crafts, sports equipment and more, plus free coffee and donuts. FMI: 571-277-5184 or 594-5518.

## COMING UP:

► **Cabin Fever Sale in Downtown Belfast**, Saturday, Feb. 2. Businesses will be offering great deals on clothing, housewares, toys, books, food and more.

► **Midwinter Book Sale in Camden**, held by Camden Public Library in the Blue Door Book Shed next to "Meadow Parking Lot" the first and last weekend of Winterfest, Feb. 2 & 3 and 9 & 10, from 9 a.m. to 4 p.m. each day

## KIDS & PARENTS

### SATURDAY, JANUARY 26:

► **10th Annual Youth Ice Fishing Derby at Lake St. George State Park**, 278 Belfast-Augusta Road (Route 3) in Liberty, from 8 a.m. to 2 p.m. Equipment and bait will be provided. Lunch and hot cocoa will be served. There will be a warming hut, an igloo and a hobo cooking demo. Midcoast Conservancy will have fat bikes, skis, snowshoes, ice skates and sleds to borrow. The cost is \$1.50 for kids 12 and up; free for those under 12 and over 65. Register in the white barn before heading onto the ice.

► **Family Hike at Merryspring Nature Center**, Camden, at 10 a.m. Look for mammal tracks, identify trees by bark, and check out Merryspring's year-round freshwater springs on the hike through field and forest. It is part of Merryspring's *Free Family Program* series. Snowshoes will be available to borrow.

► **Human Nature Series at Vose Library in Union**, at 10:30 a.m. Kids of all ages are invited to take the free class offered by Dirigo Learning and 4-H's *Human Nature Series* to explore the local landscape and learn about animal tracks and signs. They can explore further with a hands-on display in the Children's Room. Dress warmly for the outdoor class. Registration: 785-4733.

► **Barn Brownie to Visit Rockland Public Library**, 11 a.m. Chris Ann Derby of Waldoboro will introduce her stuffed friend, a pointy-eared elf looking for a new barn in New England in which to live. He'll star in her upcoming children's book. Suggested for kids 12 and under.

## MONDAY, JANUARY 28:

► **Just for Kids Yoga at Lincolnville Central School**, Mondays, Jan. 28-March 11 (no class Feb. 18), 3:15 to 4:15 p.m. Kids will move in and out of yoga poses and explore stories about happiness, anger, love and more. \$30; family discounts and financial help available. Sign-up: JourneyToHealth.CourseStorm.com, 921-3950.

## TUESDAY, JANUARY 29:

► **Free Children's Drawing Class at Rockland Public Library**, 4-5 p.m. Tuesdays. Catinka Knoth leads the ongoing *Let's Draw Together!* series for kids 6-plus (under 11 with an adult - adults are encouraged to join in). All materials are provided. This week: Arctic Animals!

## THURSDAY, JANUARY 31:

► **Just for Kids Yoga**, Thursdays, Jan. 31-March 14 (no class Feb. 21), from 3:45 to 4:45 p.m. at Camden-Rockport Elementary School, Rockport. Kids will move in and out of yoga poses and explore stories about happiness, anger, love and more. \$30; family discounts available. Registration: 921-3950 or at JourneyToHealth.CourseStorm.com.

## COMING UP:

► **Six-Week Christian Parenting Class at Rockland Congregational Church**, 180 Limerock Street, on Tuesdays starting Feb. 5, from 5:30 to 7:30 p.m. The free class will look through a Christian lens at encouragement, communication and non-violent discipline. A meal will be served at every class, with childcare available. Registration: Helen Rogers at hrogers@BRmaine.org, 338-6675.

► **Pinot and Augustine at Camden Opera House**, Wednesday, Feb. 6, at 6 p.m. The clowns put on a 45-minute family friendly show, inspired by the golden age of circus. Pinot is the authoritarian in fancy clothes and white cone hat and Augustine is the red-nosed bumbler who punctures his pomposity. \$5 cash at the door.

## ONGOING:

► **Appleton Library: Story Time Saturdays**, 10:30 a.m., for all ages.

► **Belfast Free Library: Story Time Tuesdays**, 10-10:30 a.m., babies to age 2 and siblings. **Story Time Fridays**, 10-11 a.m., ages 2-4 and siblings. **After-School Chess Club**, Thursdays, 4:30-5:30 p.m., ages 8-14. **After-School Cartooning Club**, Tuesdays, 4-5 p.m., ages 8-14.

► **Camden Library: Story Hours**, all at 10 a.m. Mondays: preschoolers. Wednesdays: babies to age 2 and siblings. Thursdays: ages 4-5. Fridays: ages 2-3. Saturdays: preschool to early elementary.

► **Carver Library, Searsport: Preschool Story Hour**, Fridays, 10:30 a.m.

► **Gibbs Library, Washington: Story Hour**, Tuesdays, 10 a.m.-ish, depending on when kids drop in. FMI: 845-2663.

► **Liberty Library: Story Time**, Thursdays, 10:30 a.m. Ages 3-5. Younger and older kids welcome if not disruptive.

► **Palermo Library: Toddler Time**, Mondays, 10 a.m.-noon. **Lego Club**, Wednesdays, 6-7:30 p.m.

## Camden Opera House



WEDS., FEBRUARY 6, 6PM  
**PINOT AND AUGUSTINE**

*Friendly Clown Duo  
Inspired by The Golden Age of Circus*

THURS., FEBRUARY 7, 7:30PM  
**MALLETT BROTHERS BAND**  
*with Opener the Oshima Brothers*

FRI., FEBRUARY 15, 7:30PM  
**Camden Opera House Blue Café presents**  
**DAVE MORRISON**  
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**Colonial Theatre**

Showtimes for Fri., Jan. 25 to Thurs., Jan. 31

**Green Book -PG13-**  
Fri. 5:30, 8:10 Sat. 1:15, 5:30, 8:10  
Sun. 1:15, 4:30, 7:10  
Wed. 4:30, 7:10 Thurs. 4:30, 7:10

**A Dog's Way Home -PG-**  
Fri. 5:55, 8:00 Sat. 1:45, 5:55, 8:00  
Sun. 1:45, 5:55, 7:00  
Wed. 4:55, 7:00 Thurs. 4:55, 7:00

**Bumblebee -PG13-**  
Fri. 5:45, 8:15 Sat. 1:30, 5:45, 8:15  
Sun. 1:30, 4:45, 7:15  
Wed. 4:45, 7:15 Thurs. 4:45, 7:15

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**STRAND THEATRE**  
345 Main St. Rockland

Jan 25 - Jan 31

**THE FAVOURITE**  
Fri 5:30, 8:00  
Sat 3:00, 5:30, 8:00  
Sun No Film | Mon 7:00  
Tue 1:00, 7:00  
Wed 7:00 | Thu 7:00

Jan 27 at 1pm & 4pm  
**MIDCOAST MUSIC ACADEMY'S WINTER RECITAL**

Feb 1 at 7:30pm  
**LIVE ON THE STRAND STAGE**  
**THE GIBSON BROTHERS**

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RocklandStrand.com

**Lincoln Theater**  
Damariscotta

FRI. JAN. 25 THRU  
THURS. JAN. 31

City Lights (1931, G)  
Fri. at 2 PM (FREE)

Shoplifters (R)  
Fri. at 7 PM, Sat. at 2 PM & 7 PM,  
Sun. at 7 PM

Blue Planet II (FREE)  
Coasts Sat. at 10 AM  
Our Big Blue Planet at 11 AM

Who Will Write  
Our History?  
Sun. at 12:30 PM

Recovery Boys (NR)  
Tues. at 6 PM (FREE)

Maria By Callas (PG)  
Wed. at 2 PM & 7 PM  
Thurs. at 7 PM

NT Live: I'm Not Running  
Thurs. at 2 PM

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# CALENDAR OF EVENTS

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Fri. 12 noon – 9 p.m.  
Sat. 10 a.m. – 9 p.m.  
Sun. 10 a.m. – 5 p.m.  
**207-322-8718**  
1 Mill Lane Belfast (Rte 1)



## ★ ASTROlogically ★

Speaking WITH ANANUR

**JANUARY 25 - JANUARY 31**

**Friday, January 25** — Saturn in Capricorn has been in a favorable aspect with Neptune in Pisces since Tuesday and will continue offering us stability until January 31. Saturn is the natural ruling planet of Capricorn and it resides in Capricorn once every 20-1/2 years. It brings maturity and the ability to face difficulty with courage and inner strength. Neptune is the natural ruling planet of Pisces and is found in this vastly expansive water sign once every 165 years! With these prominent placements taking place, we get double the benefits — and a worldwide opportunity for cooperation. The positive aspect of Mars and Jupiter ends at 4 p.m. and lifts the doom and gloom we've been fed.

**Saturday, January 26** — A good time for socializing is always when the Moon and Venus are in a fine aspect. That takes place from 8 until 10 a.m. Saturn and Neptune can help resolve any tension in a relationship that you care about. Between 9:30 p.m. and 12:30 a.m. the Moon will be awkwardly aspecting both Pluto and Uranus, which could bring unsettling thoughts and emotions to deal with.

**Sunday, January 27** — From 11 a.m. until 1 p.m. the Moon in Scorpio will be in a challenging aspect to Mercury in Aquarius. Lively discussions will take place. This mentally stimulating phase could lead to a magnificent blending of ideas and options. The Sun and Mercury are conjunct in Aquarius. Your mind is activated and focused on world issues. You're wondering what's next for humanity and all of Earth's inhabitants.

**Monday, January 28** — The Sun and Mercury remain conjunct in Aquarius until tomorrow night. This aspect tends to make us a bit more subjective and forceful in expressing opinions. Others may get irritated with your blunt approach. This could be reflective of someone in the White House. One of my books says this aspect tends to "make a person more ego centered." I see this aspect as a powerful personality tool to break through stuck energies.

**Tuesday, January 29** — The Sun and Mercury end their aspect at midnight. Saturn and Neptune continue on searching for reconciliation and global peace treaties to be signed,

until January 31. Mars and Pluto have formed a challenging aspect to each other. This is troubling, as it is volatile, reactionary, defiant and combative. Those who are known to be "hot headed" will be quick to lose their tempers. Those around won't know what to do. This is more than an accident-prone time. There is a calculated plan taking place that is dangerous. Mars and Pluto remain in this tight aspect until Friday night. Reminder, astrology is all about potential possibilities. Knowing ahead of time can ward off cosmic lessons, unless they are needed globally to shake humanity out of its dull slumber.

**Wednesday, January 30** — Between noon and 2 p.m. you're apt to feel spacey and dull. You probably need a nap but won't be able to get it. Between 5:30 and 7:30 p.m. we are all blessed with the Moon now conjunct Jupiter in Sagittarius. I hope we can see it rising and then view it tonight. This combo brings out our innate wisdom, joy and optimism. It seems to me that all we really want is to have fun and get along with each other. This would be an ideal time for peace talks in Middle East. You'll be amazed at how much energy you have between 11 p.m. and 1 a.m. while the Moon is aspecting Mars.

**Thursday, January 31** — The Moon will be conjunct Venus in Sagittarius from 10:30 a.m. until 12:30 p.m. which promotes romantic attractions and also overeating. Venus is in a positive aspect to Uranus, which favors socializing events of all kinds, until Saturday night. Mercury is in a fine aspect with Jupiter, stimulating your sense of humor and quickening your brilliance. This is a perfect time for studying and taking a class; especially perfect for learning a different language. Mars and Pluto in their violent aspect to each other will end tomorrow night. Saturn and Neptune will end their aspect promoting peace, harmony and a saner world at midnight. Saturn and Neptune will form this very same aspect again this year in June and also in November.

*Ananur Forma lives in Rockland and can be reached for a personal astrological reading in person or by phone at 594-2565. Visit [www.AstrologyWithAnanur.com](http://www.AstrologyWithAnanur.com).*

## MISCELLANEOUS

### THURSDAY, JANUARY 24:

- **20th Anniversary Party of Maine Farmland Trust in Belfast**, 6 to 8 p.m. at United Farmers Market, 18 Spring Street in Belfast. Look back at MFT's milestones since 1999 and celebrate its founders and members who shaped the group along the way. Hearty snacks from Belfast Co-op will be served with local beer and wine. See an interactive timeline of MFT and a retrospective of art shown at its gallery over the past 10 years. Guests will have a chance to win goodies from local farms and businesses. The party is free and open to all. RSVP: [MaineFarmlandTrust.org](http://MaineFarmlandTrust.org), 338-6575.
- **Women's Recovery Residence Public Meeting in Camden**, at Chestnut Street Baptist Church, 6 to 8 p.m. Mid-Coast Recovery Coalition will share its plans for opening 63 Washington Street Women's Recovery Residence. MCRC will be asking people to join a Community Advisory Committee or its board of directors. Meanwhile, the nonprofit will continue to seek donations to sustain the house while applying for funding and grants.

### FRIDAY, JANUARY 25:

- **Celebration at Medomak Valley Land Trust**, 25 Friendship Road in Waldoboro, 5 to 7 p.m. MVLT celebrates its merger with Midcoast Conservancy. Staff will be on hand to talk with anyone interested in Midcoast Conservancy's work caring for land and trails stretching from Bristol and Friendship to Montville, and the watersheds of Medomak and Sheepscot rivers and Damariscotta Lake.
- **Shambhala Level I Meditation Training**, at Rockland Shambhala, 16 School Street, from 7 p.m. Friday to mid-day on Sunday. The weekend kicks off with a public talk at 7:30 p.m. Friday on "The Art of Being Human" by Shastri Veit Weber. The talk and the weekend are open to all, with donations encouraged. Registration: 594-1694 or [RocklandShambhala@gmail.com](mailto:RocklandShambhala@gmail.com).

### SATURDAY, JANUARY 26:

- **2nd Annual Jigsaw Puzzle Swap at Jackson Memorial Library**, in Tenants Harbor, 10 a.m.-1 p.m. Get a Puzzle Buck good for one puzzle for every puzzle you bring to the library. You can also buy any puzzle for \$2. There will be coffee and a bake sale for the library's After-School Program.

### SUNDAY, JANUARY 27:

- **"The Birthday of the Trees" at The Thirteenth Moon Center**,

Montville, 10 a.m. to 5 p.m. Using shamanic experiential practices, participants will learn about a centuries-old holiday and connect to spirits of trees. Presented by Susan Bakaley and Chris Marshall. Snow date: Feb. 3. FMI: [ThirteenthMoonCenter.com](http://ThirteenthMoonCenter.com), 589-3063.

➤ **Talk by Clinical Aromatherapist at Good Tern Co-op's Bagel Cafe**, 754 Main Street in Rockland, 2:30-4 p.m. Nancy Lubin will introduce essential oils made from plants desired for their fragrance and therapeutic properties. She'll discuss their effects on different aspects of anxiety and tell how to use them at home, at work and while traveling. Free; donations appreciated.

➤ **Free "Access Wellness" Group Training Sessions**, at Stockton Springs Community Library, on Sunday and again on Tuesday, from 1-2 p.m. Participants will explore sources of trustworthy health information on the Internet and in the library's expanding collection, as well as materials available via interlibrary loan. One-on-one sessions on everything from chronic conditions such as diabetes to reproductive health will also be offered. Register in advance: call 567-4147 or stop by the library.

### MONDAY, JANUARY 28:

- **Noon Yoga in Rockland**, Mondays, Jan. 28-March 25, noon to 1 p.m. at Knox Center, 6 White Street. Escape and refresh on your lunch break with certified instructors in this gentle class. No experience needed. \$52. Registration: 921-3950, [journeytohealth.coursestorm.com](http://journeytohealth.coursestorm.com).
- **Simple Strategies for Preventing Falls**, 1-2:30 p.m. at Tall Pines, 24 Martin Lane in Belfast. Join personal trainer Rachael McCormick and certified Matter of Balance facilitator Megan Day to learn exercises and easy changes you can make at home to decrease your chances of falling. Free. Registration: 921-3950, [journeytohealth.coursestorm.com](http://journeytohealth.coursestorm.com).

### TUESDAY, JANUARY 29:

- **Lung Health Education, Prevention and Wellness Support Group**, from noon to 1 p.m. (last Tuesday of every month) in Pen Bay Medical Center's Pulmonary Rehab Education Room, 6 Glen Cove Drive, Rockport. FMI: 921-8880.
- **Noon Yoga in Belfast**, Tuesdays, Jan. 29-March 26 (no class Feb. 19), noon-1 p.m., Ananda Yoga and Wellness, 9B Beaver Street. Escape and refresh on your lunch break with certified instructors in this gentle yoga class. No experience required. \$52. Registration: 921-3950, [journeytohealth.coursestorm.com](http://journeytohealth.coursestorm.com).
- **St. George MSU Meetings**, in St. George School's Art Room. Finance Committee meets at 5:45 p.m. School Board meets at 6:30 p.m.

### WEDNESDAY, JANUARY 30:

- **Lunch and Learn at Spectrum Generations at the Y**, at Central Lincoln County YMCA in Damariscotta, at 11:15 a.m. This one will feature Ryan Breton, meteorologist at WCSH Channel 6. He'll talk about how he started. FMI: 563-1363.

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# CALENDAR OF EVENTS

► **15th Anniversary Meet & Greet of Waldoboro Business Association**, at McGrory & Wolf Gallery, 9 Friendship Street, at 5:30 p.m. With appetizers and beverages from The Narrows Tavern. Members of WBA are invited, and so are reps of local businesses who want to learn more about the benefits of membership. RSVP: info@WaldoboroBusiness.org.

**THURSDAY, JANUARY 31:**

► **Rep. Bill Pluecker Constituent Hours**, 4 to 6 p.m. at Hope Town Library. He reps House District 95 (Appleton, Hope, Warren and part of Union) in the State Legislature.

► **Introduction to Social Partner Dance at Camden Public Library**, 7 to 8:30 p.m. Chris Sprague leads the class for beginners. It will cover principles that can translate between various partner dances like West Coast swing, salsa and Bachata, among others. \$10 per couple. Register at the circulation desk or call 236-3440.

► **8-Week American Sign Language Class Begins in Rockport**, 5-6:30 p.m. at Camden Hills Regional High School. Certified instructor Carrie Pierce will lead it. Details: FiveTowns.MaineAdultEd.org.

**COMING UP:**

► **Free Rabies Clinic in Winterport**, Saturday, Feb. 2, from 9 to 11 a.m. at Leroy H. Smith School, 319 South Main Street. Dr. Rachel Emerson of Ridge Runner Veterinary Services will be giving the shots, which are free for cats and dogs whose owners live in Waldo County and \$7 for all others. Discount coupons for spaying and neutering will be available. Donations to Waldo County Humane Society are encouraged — this is WCHS's final rabies clinic until next fall.

► **USCG Limited Masters License Certification Course**, at Rockland Yacht Club on Saturday & Sunday, Feb. 2 & 3, for boaters interested in being launch drivers for any yacht club or marine in the Gulf of Maine. \$295 (with partial tuition reimbursement for those who drive for RYC next season). FMI: BoatWise.com or captains@BoatWise.com.

► **Climate Crisis Conversation Circles in Damariscotta**, at Skidompha Public Library, starting Sunday, Feb. 3, at 12:15 p.m. and continuing every other Sunday. Molly Willcox, convener of Talking Tree: Earth Conversations, will host the free sessions where a topic is picked from a basket, and, using a talking stick, participants explore the question until momentum fades and another topic is picked. Registration: midcoastuure@gmail.com.

► **Essentials of College Planning in February**, UMaine Hutchinson Center, Route 3. The free workshops for adults cover admissions, financial aid, career planning and study skills. They will be offered at 9 a.m. and 1:30 p.m. Monday, Feb. 4; and Tuesdays, Feb. 12 and 26. Maine Educational Opportunity Center hosts. Register by calling 800-281-3703 or visit meoc.Maine.edu.

► **The Emerging Link Between Parkinson's and Melanoma**, will be the focus of the Parkinson's Support Group meeting at Quarry Hill in Camden on Tuesday, Feb. 5, from noon to 2 p.m. Dr. Kerry Lavigne of Camden Dermatology and Mohs Surgery will discuss research findings and review melanoma-prevention strategies. Bring a bag lunch; Quarry Hill provides beverages and dessert. FMI: 596-3978, ckwalters66@gmail.com.

► **Free "Introduction to Reflexology" Class in Searsport**, Tuesday, Feb. 5, 1:30 to 2:30 p.m. at Carver Memorial Library. Join Certified Reflexologist Elisabeth Wolfe to learn about this touch technique applied to the feet, hands and ears to provide relaxation and support the body's ability to heal. Sign-up: 921-3950, Journey-ToHealth.courses-torm.com.

► **Singles Over 55 Social**, Wednesday, Feb. 6, at 6 p.m. at Archer's on the Pier in Rockland. Everyone single and over 55 is invited to join the group and make new friends. RSVP: 542-9014 or 542-0848.

► **Spring 2019 College Next Program at UMA Rockland**, registration is now open for the 13-week course that starts Wednesday, Feb. 6. It is for adult learners with a high school credential and will help them apply for financial aid, fill out paperwork for scholarships, refresh their study skills,

explore career options and learn computer skills needed for college. FMI: pjunge@rsu13.org, 691-5751.

**ONGOING:**

► **Co-Dependents Anonymous (CoDa)**, Tuesdays, 10-11:30 a.m., library of St. Andrew's Episcopal Church, Glidden Street in Newcastle. FMI: 563-6209.

► **Bereavement Support Group**, first Wednesdays, 3-4:30 p.m., Picker Family Resource Center, 756 Commercial Street (Route 1), Rockport. For anyone coping with loss of a loved one. FMI: Coastal Family Hospice Volunteers, 230-0042.

► **Wellness Wednesdays**, every Wednesday, 4:15-5:30 p.m., Bok Medical Building, 22 White Street (behind Rockland Library). Reiki, chair massage, ear acupuncture and more. All welcome. FMI: 921-6993.

Visit [FreePressOnline.com](http://FreePressOnline.com) for more ongoing events

## OBITUARIES

Paid print obituaries may be submitted to the advertising department of The Free Press. Contact [admanager@freepressonline.com](mailto:admanager@freepressonline.com) for more information.

## NOTICES

**Dorothy Grant Brown**  
Died Tues., Jan. 8, 2019  
Age 96; To share a memory or story with the family, visit [www.bchfh.com](http://www.bchfh.com).

**Alfred L. Butler**  
Died Fri., Jan. 11, 2019  
Age 90; To share a memory or story with the family, visit [www.bchfh.com](http://www.bchfh.com).

**Madelyn M. (Webber) Dean**  
Died Sun., Jan. 13, 2019  
Age 91; Condolences and memories may be shared at [www.longfuneralhomecamden.com](http://www.longfuneralhomecamden.com).

**Horace R. Grover, Jr.**  
Died Tues., Jan. 8, 2019  
Age 74; To share a memory or story with the family, visit [www.bchfh.com](http://www.bchfh.com).

**Beverly Nolan**  
Died Tues., Jan. 8, 2019  
Age 75; Condolences and memories may be shared at [www.longfuneralhomecamden.com](http://www.longfuneralhomecamden.com).

**Carol C. Pinkham**  
Died Tues., Jan. 1, 2019  
Age 74; To share a memory or story with the family, visit [www.bchfh.com](http://www.bchfh.com).

# Free to Worship



**Shalom**  
We welcome all to  
**Adas Yeshurun Synagogue**  
50 Willow St., Rockland  
Unaffiliated ~All-inclusive  
For schedule: Call 594-4523 or visit [www.AdasYeshurun.org](http://www.AdasYeshurun.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](http://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](mailto: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](http://www.stthomascamdenme.org)

**John Street**  
**United Methodist Church**  
98 John Street, Camden, ME 04843  
(207)236-4829 [jsumc@midcoast.com](mailto: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](http://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.

**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](http://rocklandcongregationalchurch.org)

A weekly feature in  
**THE FREE PRESS**  
contact Glenn Billington:  
[glenn@freepressonline.com](mailto:glenn@freepressonline.com)

## 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](http://wrfr.com). Remember, WRFR is your community radio station. See how you can become involved. Call WRFR at 594-0721, email [wrfr93.3@gmail.com](mailto:wrfr93.3@gmail.com) or visit [wrfr.org](http://wrfr.org) for more information.

# MARKET BASKET

DEADLINE is 4 p.m. MONDAYS

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 4 p.m. Mon. for inclusion in that week's issue. NO BUSINESS, SERVICE OR YARD SALE ADS qualify for the Market Basket. Ads which do

not follow these guidelines cannot be printed.

**FOR SALE**

**HP Laserjet 1012 Computer Printer**, \$25 OBO. HP Scanjet G4050 flatbed scanner, inc. adapter, \$25 OBO. 594-4293.  
**Solid Oak Table**, early 20th cen., manufactured, rectangular, 52" x 34", metal gears at center expansion, stripped but needs some reassembly, \$100. 338-1951.  
**Kero Heater**, Corona, works great, new wick, \$20. Glass fire screen, four panels, with mesh screen, size 38" x 29", ready to install, \$15. 594-1885.

**Solid Six-Foot Wooden Toboggan**, \$15. Full size, dark wood bed, \$40. 763-3274.

**Wheelchair**, new, \$100. 354-8363.

**Bike**, ladies' 1950s Schwinn, reconditioned, \$75 OBO. 594-1052.

**Gluten-Free Red Mill Flour**, 2 lb., 12 oz., \$5. Two ukulele music books, one is a beginner book, \$10. 342-2040.

**Jeep Liberty Weathertech Mat Set**, fits 2002-2007, very good condition, no mud, snow, water on carpets, a steal at \$100. 785-3503.

**Women's Black, Ankle-Length Winter Coat**, fur trim, size 5, \$25. Men's suede jacket, size 42, \$10. Bed comforter, "Force Field," new, \$20. Four computer war games, floppy disks, in boxes, \$5 all. 338-1951. ■

**Very Old Doll**, with cradle, bonnet and original clothes, \$100, can email photos, large eyes close. 563-7100.

**Free: Countryside Magazine**, 100 copies, about all aspects of homesteading. 563-5663. ■

**FREE**

## MARKET BASKET ADS FREE

**MARKET BASKET RULES:**

- #1. Maximum # of Words per Ad = 20
  - #2. TOTAL of all items added together MUST BE \$100 or less!
  - #3. Ads MUST be priced or we cannot run them.
  - #4. We cannot run Wanted ads seeking items costing over \$100.
  - #5. ONLY ONE AD PER WEEK per person/phone number.
  - #6. NO BUSINESS, SERVICE OR YARD SALE ADS accepted.
- Please use the regular classified ad form for these and all other ads which don't fit the above guidelines — sorry, ads that don't follow these guidelines cannot be printed!

!Market Basket Ads Automatically Run For Two Weeks!

Mail To: **The Free Press MB**, 8 No. Main St., Suite 101, Rockland, ME 04841  
**Sorry, we CANNOT take Market Basket ads by phone or e-mail, but you can fax your ad to 596-6698. However, we ask that you NOT copy this form and then fax it — copies from newsprint don't fax well, and we can't read them — just write your ad on a white sheet of paper and fax that — do not forget your phone #.**

**And about the handwriting: If we can't read it, we can't run it. MARKET BASKET AD DEADLINE IS 4 PM ON MONDAYS**



# CLASSIFIEDS/HELP WANTED

**FREE PRESS HELP WANTED ADS WORK**  
 SEE ALL OUR LISTINGS AT [WWW.FREEPRESSONLINE.COM](http://WWW.FREEPRESSONLINE.COM) (CLICK ON THE CLASSIFIEDS LINK)  
 FREE ONLINE ADS AVAILABLE. MORE THAN JUST HELP WANTED TOO!  
 CALL JENN RICH AT 207-706-6765 FOR MORE INFO.

**YARD SALES**

**INAUGURAL INDOOR YARD SALE**  
 People's United Methodist Church,  
 13 Chapel Street,  
 South Thomaston  
 (across from the Keag Store)  
**Saturday, January 26,  
 9 a.m. to noon.**  
 Furniture, clothing, household goods, crafts, sports equipment, etc.  
*Free coffee and donuts.*  
*All proceeds go to People's United Methodist Church.*  
**FMI:**  
 Priscilla Torpey, 571-277-5184 or PUMC, 594-5518.  
 (1/24)

**WANTED**

**LUCKY LADY** — wants your woodlot. Turn those trees into cash. Roll those dice and give me a call, 441-7929 or 993-2629. (1/31)

**WEDDINGS**

**ECHO HILL WEDDINGS/ST. GEORGE**  
 Echo Hill — St. George.  
*Make your day special in your own way!*  
 Privacy, dance floor, kitchen, porch, rental items.  
 echohill@outlook.com  
**207-372-2014.**  
 www.echohillinc.com  
 (kr)

**HELP WANTED**

**YARD/TECH/PAINTER** — Looking for someone to install plows, service trailers, fork truck operation and some painting. Need a dependable person with valid driver's license. Benefits include health, dental, vision insurance and holiday pay. Apply in person at On the Road Trailers, 2243 Camden Road (Route 90), Warren. (kr)

**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 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)

**ARBORIST ASSISTANT/GROUNDPERSON/LANDSCAPER** — Established midcoast company dedicated to quality tree care seeks person to assist arborists/climbers with tree preservation, pruning, planting. Must be conscientious, responsible, committed to quality and safety. 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)

**SERVICES**

**GREEN'S TREE SERVICE**  
 • Tree, brush removal  
 • Pruning  
 • Aerial truck or climber  
 • Chipping, stump-grinding  
 • Lots Cleared  
 Free Estimates  
 Licensed & Insured Arborist  
**763-4093.**  
**Peter C. Green, 322-3718.**  
**Matt Green, 322-0320.**  
 — Reasonable Rates —  
 (kr)

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 MONDAY AT 4 p.m.!**

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 bring or mail to:  
**The Free Press Classifieds**  
 8 No. Main Street, Suite 101, Rockland ME 04841

**COMPOST**

**COMPOST**, aged, screened, 100% organic compost. Your soil will love it! We make what we sell. Call anytime, 832-4204. (kr)

**FOR SALE**

**GOLD, SILVER, PLATINUM JEWELRY** — custom made or from stock. Repairs, restorations, re-knotting pearls. Russell's, 17 Mechanic Street, Camden, 236-4367, www.russellsofcamden.com, Wednesday through Saturday, 10 a.m. to 4 p.m. (kr)

**COMMERCIAL GREENHOUSE** — 24'6" x 36', with 6' sides, square steel, \$7,000 OBO, you move, located in Waldoboro. Includes: Modine propane furnace, model 150AEO185, 120,000 BTU; Dosatron Injector; plastic inflating equipment; and 12 wooden benches. 207-542-9363. (kr)

**MICHELIN TIRES** — LTX - A/T2, P245/75 R16, less than 4,000 miles, asking \$600. 236-4897. (kr)

**FIREWOOD**

**FIREWOOD** — Cut and split and delivered. 691-6758. (kr)

**FIREWOOD** — Cut, split and delivered. CFMI: 975-1147. (1/31)

**EQUIPMENT RENTAL**

**UNION FARM EQUIPMENT RENTALS:** Tractor/loader/backhoe, excavator, wood splitter, wood chipper. Delivery available, reasonable rates. 1-800-935-7999.

**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. (1/31)

**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)

**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)

**ROCKLAND** — Furnished rooms available, \$150/week, heat, lights included, on-site laundry, no pets, now taking applications. 594-9761. (1/31)

**CAMDEN** — Desirable 2 BR, 1 block from harbor, \$895 plus utilities. 230-4426. (kr)

**RENTAL**

**WEST ROCKPORT** — Large, second-story loft apt., 1 BR, eat-in kitchen, heat, water, garbage removal included, no dogs, owner-occupied building, available Feb. 16. 236-4874. (1/31)

**SEASONAL**

**ISLESBORO** — Vacation, explore and sleep on an island this summer! Weekly rental, 2 BR housekeeping cottage in pine and birch grove. lowest rates on the island, broadband internet included, discounts for June. "Sweet and inviting!" 734-6655. (1/24)

**COMMERCIAL**

**ROCKLAND** — Retail space available on Main Street, Rockland, 594-4006, whoh-feld@gmail.com. (1/17)

**NOBLEBORO** — Office space, convenient Route 1 location, multiple spaces (200 to 500 sq.ft.) available, heat and utilities included. Call 563-6800 or email 104 AtlanticHwy@gmail.com. (kr)

**STORAGE**

**INDIVIDUAL 8' x 12' UNITS** — are secure, clean, dry and private. Only \$40 monthly. Call anytime, 832-4204, Friendship. (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)

**WATERMAN BEACH STORAGE**  
 10 x 15 unit, \$80  
 10 x 20 unit, \$100  
 10 x 25 unit, \$120.  
**South Thomaston, 975-1326.**

**SELF HELP AND SUPPORT**

For information about area NA meetings, call 1-800-974-0062 or visit [www.namaine.org](http://www.namaine.org).

**AA Hotline**  
**1-800-737-6237**  
**AAmaine.org**  
**Al-Anon Hotline**  
**1-800-498-1844**  
 Hotline numbers are manned 24 hours a day, seven days a week.

**HELP WANTED DISPLAY ADS**

**HELP WANTED DISPLAY ADS**

**SAMOSSET RESORT**  
 ON THE OCEAN  
 CAMDEN-ROCKPORT-ROCKLAND, MAINE

**Now Hiring**  
**Licensed and Experienced Nail Technician**  
**Licensed and Experienced Esthetician**  
**Licensed and Experienced Massage Therapists**  
**Hours include weekends and holidays.**  
**Competitive pay, discounts in our Gift Shop, Spa and accommodation discounts at our affiliate properties.**

**Please apply in person at 220 Warrenton St., Rockport or email: jrhowes@samoset.com**


## Service Writer

Eastern Tire & Auto Service has an immediate opening for a Service Writer. This position is responsible for assisting the owners with all aspects of its front counter operations.

Candidate must have 3-5 years of experience in the automotive field, and the desire and ability to contribute to the fast-paced, rewarding work environment. Experience is required.

Pay and benefits are at the top of the scale for the successful candidate and include optional health and dental insurance, 401k, paid vacation, uniforms and company-paid group life.

Resumé and cover letters can be emailed to: [info@easterntireinc.com](mailto:info@easterntireinc.com)



**HELP WANTED DISPLAY ADS**

**Good Tern Co-op** seeking a Point of Sale Manager. Must be a fast-learning, detail-oriented team player capable of keeping POS database accurate. Good with technology and people, strong business & retail sense in fast paced environment. Apply with cover letter & resume or full job description to gm@goodtern.coop.

**RN Consultant** - Boardman Cottage, Adult Family Care Home is looking for RN to provide consulting services, observe residents, review medication and resident records, and work with staff with trainings as required. This position requires ferry travel to Islesboro which will be reimbursed. Current Maine RN license required. Boardman Cottage is a licensed Level IV Residential Care Facility, housing eight elderly residents. Interested applicants please submit resume to Maura Michael, Administrator, Boardman Cottage, 131 Main Rd, Islesboro, ME 04848. Email: [beacon1@myfairpoint.net](mailto:beacon1@myfairpoint.net). For additional information please call 207-734-2100.

**Ashwood Waldorf School**  
 in Rockport has an immediate opening for an **Early Childhood Extended Day Teacher**. Hours are Monday through Wednesday & Fridays from 12:45 until 3:30. Please send your letter of interest, resume, and three professional references to Jody Spanglet at [jspanglet@ashwoodwaldorf.org](mailto:jspanglet@ashwoodwaldorf.org)

**Thursdays Free?**  
**THE FREE PRESS has an immediate opening for a Delivery Driver**  
 Requirements: We are seeking an absolutely **DEPENDABLE** person with a reliable vehicle and a good driving record, who ALWAYS has Thursdays free (from about 8 a.m. to 5-6 p.m.) to help deliver *The Free Press* throughout the midcoast area. The job requires physical agility, and drivers must be able to lift 40 pounds with ease. We pay an hourly wage plus mileage.  
*If interested, pick up application at The Free Press, 8 N. Main St., Suite 101, Rockland.*



# CLASSIFIEDS/HELP WANTED

## SELF HELP AND SUPPORT

**NATIONAL SUICIDE PREVENTION HOTLINE**  
1-800-273-8255.  
24 hours/day;  
7 days/week.

**Is Food a Problem for You? OVEREATERS ANONYMOUS MEETS:**

**Rockport:**  
Sat., 11 a.m.-noon, PARC Social Work Conf. Rm., Pen Bay Medical Center  
**Belfast:**  
Fri., noon-1 p.m. First Baptist Church, 95 High St., Belfast.  
Sat., 8 a.m., First Baptist Church, 95 High St., Belfast.  
**FMI, Belfast: 382-6446**

**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.**

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

**"I AM SECOND"**  
Video/discussion Bible-based group. Jesus is the cure! **Fri., 7-8 p.m., 336 Limerock St., Rockland.**

**CO-DEPENDENTS ANONYMOUS (CoDa)**  
Tues., 10-11:30 a.m., Library, St. Andrew's Episcopal Church, Glidden St., Newcastle.  
**FMI: 563-6209.**

**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.**

**BRAIN INJURY INFORMATION**  
800-444-6443  
The Brain Injury Association of America  
[www.biausa.org](http://www.biausa.org).

**NEW HOPE FOR WOMEN** — offers an ongoing support group for women affected by domestic or dating violence. Receive emotional support in a safe environment, learn about the patterns and impacts of abuse, and move towards personal growth and empowerment. **FMI: New Hope for Women, 1-800-522-3304.**

**SEX AND LOVE ADDICTS ANONYMOUS**  
**FMI:** Email [mmislaa@fairpoint.net](mailto:mmislaa@fairpoint.net), or go to the 211 Maine Web site (click on 211 directory then keyword: Augustine Fellowship).

**REFUGE RECOVERY** — A non-theistic, Buddhist-inspired approach to recovery from addictions. **Wed., 6-7:30 p.m., and Sun., 6-7:30 p.m.**, The Dancing Elephant, 16 School St., Rockland. **FMI: rrocklandne@gmail.com.**

**SMART RECOVERY** — Non-religious, no steps, scientifically proven program for recovery from substance use disorders. **Fri., 6:00 p.m.**, Coastal Recovery Community Center (CRCC), 24 Lincoln St. (old Lincoln School), Suite 103, Rockland. **FMI: 691-3697, Bruce.**

**FRIENDS & FAMILY TOGETHER** — Support group for family & friends of people with substance use disorders. **Thurs., 4:00 p.m.**, Coastal Recovery Community Center (CRCC), 24 Lincoln St. (old Lincoln School), Suite 103, Rockland. **FMI: 691-3697, Bruce.**

**ONGOING SOCIAL AND SUPPORT GROUP** — Lesbians 40+, coupled or single, living in Camden/Rockland area. **FMI: 631-0249 or email [mwpbooks@midcoast.com](mailto:mwpbooks@midcoast.com).**

**CRISIS LINE**  
Maine's Statewide Toll-Free Crisis Hotline  
1-888-568-1112.  
The Maine Department of Mental Health, Mental Retardation and Substance Abuse Services' 24-hour crisis line links to the center in Maine nearest you.

**AL-ANON MEETINGS**  
**Knox County**  
Mon., 7-8 p.m., St. John Episcopal Church, Thomaston.  
Thurs., 5 p.m., Our Lady of Good Hope Catholic Church, Camden.  
Sat., 10-11 a.m., Pen Bay Physicians Building, Rockport.

**AL-ANON MEETINGS**  
**Waldo County**  
- **Mon., noon-1 p.m.** First Baptist Church annex, 95 High St., Belfast.  
- **Wed., 7 p.m.** Monroe Community Church basement, 26 West Main St., Monroe.  
- **Thurs., 7 p.m.** First Baptist Church annex, 95 High St., Belfast.  
- **Sat., 10 a.m.** St. Margaret's Episcopal Parish House basement, 95 Court St., Belfast.

**FREE PRESS ADS WORK!**

**ACA**  
**Adult Children of Alcoholics and Other Dysfunctional Families**

- **Wed., 6:30-8 p.m.**  
Pen-Bay Hospital Ground Floor Conference Room, Rockport  
**FMI: [Adulthood.org](http://Adulthood.org).**  
- **Sun., 1:30-3 p.m.**  
Lower level classroom (at rear of hospital), Ludwig Medical Bldg., Waldo County General Hospital, Belfast.  
**FMI: Sue, 322-6284.**

**NARCOTICS ANONYMOUS:**  
for meeting updates and other locations, call 1-800-974-0062 or visit [www.namaine.org](http://www.namaine.org).

- **Second Chances**, Mon., 6:30-7:30 p.m., First Church of Belfast "Annex," beside Crosby School, 55 Spring St.  
- **Mon., 6:30 p.m., Coastal Recovery Community Center (CRCC)**, 24 Lincoln Street (old Lincoln School), Suite 103, Rockland. **Bruce, 691-3697.**  
- **Love in Light**, Mon., 6:30-7:30 p.m., St. John's Episcopal Church, 200 Main St., Thomaston.  
- **New Attitudes**, Tues., 6:30-7:30 p.m., St. Peter's Episcopal Church, 11 White St., Rockland.

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  
\$26,880 for 1 Person  
\$30,720 for 2 Persons

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



## SELF HELP AND SUPPORT

**NARCOTICS ANONYMOUS:**  
- **Spiritual Warriors Group**, Wed., 7:30-8:30 p.m., Miles Memorial Hospital, 3rd floor conf. room, Rt. 130 (Bristol Rd.), Damariscotta.  
- **12 Steps to Recovery**, Wed., 6:30-7:30 p.m., St. Peter's Episcopal Church, 11 White St., Rockland.  
- **Second Chances**, Thurs., 6:30-7:30 p.m., United Methodist Church, 23 Mill Lane, Belfast.

**NARCOTICS ANONYMOUS:**  
- **Keag Is Up**, Thurs., 6:30-7:30 p.m., People's United Methodist Church, 13 Chapel St., South Thomaston.  
- **Living Free**, Fri., 7:30-9 p.m., Miles Memorial Hospital, 3rd floor conf. room, Rt. 130 (Bristol Rd.) Damariscotta.  
- **New Attitudes**, Fri., 6:30-7:30 p.m., St. Peter's Episcopal Church, 11 White St., Rockland.

# BUSINESS SERVICE DIRECTORY

### Business Insurance



**Allen**  
Insurance | Financial

Insurance for your business.

Call Krissy Campbell today  
**236-4311**

**AllenIF.com**

### Elderly Housing



**HOMESHARE, INC.**  
The Homesteads at Cushing and Owls Head offer a wonderful alternative to traditional boarding & nursing home care.

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

### Insurance/Investments



**January M. Peavey, Agent**  
207.230.8365  
[january@peaveyinsurance.com](mailto:january@peaveyinsurance.com)  
The greatest compliment you can give is a referral.

280 West Street, Ste A, Rockport

### 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](http://www.askforhomecare.com)

### Medical Dispensary



**New World Organics**  
147 Waldo Ave.  
Belfast, ME  
207-272-8336

Check Us Out on Weedmaps

### 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](mailto:info@superiorrestoration.net)  
Est. 1968 — 4 Colorado Ave., Camden

### Estate Jewelry

**FULL SERVICE JEWELER**

Watch & Clock Repair • Largest Buyer of Estate Jewelry  
**ESTATE JEWELRY EMPORIUM**  
[Goldsilverstandard@gmail.com](mailto:Goldsilverstandard@gmail.com)  
395 Main St., Rockland • 594-0023

### Travel Agency

**Village Travel**

Ruth Etheridge  
Full Service Travel Agency  
Damariscotta  
563-TRIP (8747)

### Fine Furniture

*Love Your Home!*

**Amish Dining Sets**



2485 Camden Rd  
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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	9	TWCTV
3	UPN - WPME	10	MPBS - WCBB
4	FOX - WFPO	11	PEG - Education
5	CBS - WABI	12	WB - WPXT
6	NBC - WCSH	13	CBS - WGME
7	PEG - Public	14	QVC
8	ABC - WMTW	15	HSN
		16	CHLT
		17	Shop NBC

18	TV Guide	37	Headline News
19	C-SPAN	38	TOON
20	C-SPAN2	39	CNBC
21	ION	40	MSNBC
22	PEG - Government	41	truTV
23	GAC	42	TCM
24	Comcast Sports Net	43	INSP
25	ESPN	44	TNT
26	ESPN2	45	Comedy
27	NESN	46	FX
28	MTV	47	USA
29	VH-1	48	TBS
30	Lifetime	49	Oxygen
31	Spike TV	50	A&E
32	CMT	51	AMC
33	Weather Channel	53	Bravo
34	NECN	54	E!
35	FOX News	55	HGTV
36	CNN	56	Food Network

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

FRIDAY EVENING JANUARY 25, 2019												
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation
4	Big Bang Theory	Big Bang Theory	Last Man Standing	The Cool Kids	Hell's Kitchen "An Episode of Firsts"	FOX23 News at Ten (N) (Live)	Daily-MailTV	Seinfeld	Two and a Half Men	2 Broke Girls	2 Broke Girls	2 Broke Girls
5	Big Bang Theory	2 Broke Girls	Big Brother: Celebrity Edition (N)	Hawaii Five-0 (In Stereo)	Hawaii Five-0 (In Stereo)	Blue Bloods "Meet the New Boss"	News	Late Show-Colbert	James Corden	James Corden	James Corden	James Corden
6	207	Inside Edition	Figure Skating: U.S. Championships: Ladies Free. From Detroit. (N) (In Stereo Live)	Speechless (N)	20/20 (In Stereo)	WMTW News 8	NEWS-CENTER	Tonight Show-J. Fallon	Jimmy Kimmel Live (In Stereo)	Seth Meyers	Seth Meyers	Seth Meyers
8	Wheel of Fortune	Jeopardy! (N)	Fresh Off the Boat	Speechless (N)	20/20 (In Stereo)	WMTW News 8	NEWS-CENTER	Tonight Show-J. Fallon	Jimmy Kimmel Live (In Stereo)	Seth Meyers	Seth Meyers	Seth Meyers
10	PBS NewsHour (N) (In Stereo)	Washington Hooper	Firing- Hooper	Great Performances "Doubt From Minnesota priest is suspected of abuse. (N) (In Stereo)	Great Performances "Doubt From Minnesota priest is suspected of abuse. (N) (In Stereo)	Opera A	PBS NewsHour (In Stereo)	Firing-Hooper	Firing-Hooper	Firing-Hooper	Firing-Hooper	Firing-Hooper
12	Mom	College Hockey: Massachusetts at Maine. (N) (Live)	WMTW News 8	Last Man Standing	Last Man Standing	King of Queens	King of Queens	Engagement	Engagement	Engagement	Engagement	Engagement
13	CBS 13 News	Ent. Tonight	Big Brother: Celebrity Edition (N)	Hawaii Five-0 (In Stereo)	Blue Bloods "Meet the New Boss"	CBS 13 News	Late Show-Colbert	James Corden	James Corden	James Corden	James Corden	James Corden
21	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation
24	College Hockey: Northeastern at Providence. (N)	Boston Sports Tonight (N)	Best of Football	Best of Boston	Best of Boston	Best of Boston	Best of Boston	Best of Boston	Best of Boston	Best of Boston	Best of Boston	Best of Boston
25	NBA Countdown (N)	NBA Basketball: Raptors at Rockets	Winter X Games: Aspen. (N) (Live)	SportCtr	SportCtr	SportCtr	SportCtr	SportCtr	SportCtr	SportCtr	SportCtr	SportCtr
26	Pro Bowl Skills	High School Basketball	UFC Top	UFC Top	SportCtr	X Games	X Games	X Games	X Games	X Games	X Games	X Games
27	Women's College Hockey: Warriors at Terriers	Hockey	Sports	Sports	C. Moore	Wm. Hockey	Wm. Hockey	Wm. Hockey	Wm. Hockey	Wm. Hockey	Wm. Hockey	Wm. Hockey
30	(6:00) Movie: ★★ "The Stepfather"	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)	Movie: ★★ "Enough" (2002, Suspense) Jennifer Lopez, Billy Campbell, Juliette Lewis. (DVS)
35	The Story	Tucker Carlson	Hannity (N)	Ingraham	Fox News at Night	Tucker Carlson	Tucker Carlson	Tucker Carlson	Tucker Carlson	Tucker Carlson	Tucker Carlson	Tucker Carlson
36	E. B. OutFront	Anderson Cooper	Cuomo Prime Time	CNN Tonight	Anderson Cooper	Anderson Cooper	Anderson Cooper	Anderson Cooper	Anderson Cooper	Anderson Cooper	Anderson Cooper	Anderson Cooper
39	Shark Tank	Deal or No Deal	Deal or No Deal	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank
40	Hardball Matthews	All In With Chris	Rachel Maddow	The Last Word	The 11th Hour	Rachel Maddow	Rachel Maddow	Rachel Maddow	Rachel Maddow	Rachel Maddow	Rachel Maddow	Rachel Maddow
41	Carbon	Carbon	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers
42	(6:00) Movie: ★★ "The Fountainhead"	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)	Movie: ★★ "Strike Me Pink" (1936) Eddie Cantor, Ethel Merman, Sally Eilers. (DVS)
44	Bones "Player Under Pressure"	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)	Movie: ★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. (DVS)
45	South Pk	South Pk	South Pk	South Pk	Kevin Hart: Grown	Roy Wood Jr.	Chap	Chap	Chap	Chap	Chap	Chap
46	(5:30) Movie: ★★ "22 Jump Street"	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)	Movie: ★★ "Jason Bourne" (2016, Action) Matt Damon, Tommy Lee Jones. (In Stereo)
47	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam
48	Bob's Burgers	Bob's Burgers	Bob's Burgers	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)	Movie: ★★ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. (DVS)
49	Dateline: Secrets	Dateline: Secrets	Snapped "Notorious: Ted Bundy"	Snapped	Smiley Face Killers	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped
50	(5:00) Live PD	Live PD: Rewind (N)	Live PD "Live PD -- 01.25.19" (N) (In Stereo Live)	Live PD	Live PD	Live PD	Live PD	Live PD	Live PD	Live PD	Live PD	Live PD
51	(6:00) Movie: ★★ "Road House" (1989, Action)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)	Movie: ★★ "Ghost" (1990) Patrick Swayze, Demi Moore. A murder victim returns to save his beloved fiancée. (DVS)
53	(6:00) Movie: ★★ "The Dilemma"	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)	Movie: ★★ "Monster-in-Law" (2005) (DVS)
56	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
59	(6:00) Movie: ★★ "The Birthday Wish"	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)	Movie: "Love on the Slopes" (2018) Katrina Bowden, Thomas Beaudoin. (DVS)
60	Super	Potters	Praise	Lindsey	End/	P. Stone	Watch	Praise	Praise	Leon	Leon	Leon
61	Ancient Aliens	Ancient Aliens: Declassified (N)	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens	Ancient Aliens
62	Say Yes, Dress	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton	Family by the Ton
63	Gold Rush	Gold Rush	Gold Rush (N)	Gold Rush WW	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush
64	M*A*S*H	M*A*S*H	Raymond	Raymond	Raymond	Raymond	Two Men	Two Men	King	King	King	King
66	(5:00) Movie: ★★ "Armageddon"	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)	Movie: ★★ "Cloverfield" (2008) (DVS)
67	Lip Sync	Double	SpongeBob	Sponge.	Sponge.	Office	Office	Friends	Friends	Friends	Friends	Friends
68	Raven's Home	Andi Mack (N)	Sydney-Max	Sydney-Max	Bizaard-vark	Raven's Home	Andi Mack	Andi Mack	Sydney-Max	Stuck/Middle	Stuck/Middle	Stuck/Middle
69	Hendersons	Hendersons	Hendersons	Hendersons	Crikey... Irwins	Crikey... Irwins	Hendersons	Hendersons	Hendersons	Hendersons	Hendersons	Hendersons
70	(5:30) Movie: ★★ "Ant-Man" (2015)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)	Movie: ★★ "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker. (DVS)

SATURDAY EVENING JANUARY 26, 2019												
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit
4	Big Bang Theory	Big Bang Theory	Boxing: Premier Boxing Champions. From Brooklyn, N.Y. (N) (In Stereo Live)	FOX23 News	The Nite Show	Hell's Kitchen "An Episode of Firsts"	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men
5	Big Bang Theory	Big Bang Theory	FBI The murders of 18 young women.	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)
6	B. Green Maine	Maine Life (N) (In Stereo Live)	2019 NHL All-Star Game From the SAP Center in San Jose, Calif. (N) (In Stereo Live)	NBA Basketball: Golden State Warriors at Boston Celtics. TD Garden. (N) (Live)	WMTW News 8	Rizzoli & Isles "Imitation Game"	Person-Interest	Person-Interest	Person-Interest	Person-Interest	Person-Interest	Person-Interest
8	Wheel of Fortune	Jeopardy!	NBA Basketball: Golden State Warriors at Boston Celtics. TD Garden. (N) (Live)	WMTW News 8	Rizzoli & Isles "Imitation Game"	Person-Interest	Person-Interest	Person-Interest	Person-Interest	Person-Interest	Person-Interest	Person-Interest
10	Keep-Appear	Still Opn Hrs	Upstart Crow	Vicious	Doc Martin "Faith" (In Stereo)	The Queen Mother (In Stereo)	Victoria & Albert: The Wedding (N)	Austin City Limits "Willie Nelson" (N)	Austin City Limits "Willie Nelson" (N)	Austin City Limits "Willie Nelson" (N)	Austin City Limits "Willie Nelson" (N)	Austin City Limits "Willie Nelson" (N)
12	Simpsons	Simpsons	Roswell, New Mexico "Pilot" (DVS)	Roswell, New Mexico (In Stereo)	WMTW News 8	Dynasty "The Sight of You" (N) (DVS)	Crazy Ex-Girlfriend "Willie Nelson" (N)	"Legend-Zorro"	"Legend-Zorro"	"Legend-Zorro"	"Legend-Zorro"	"Legend-Zorro"
13	Judge Judy	Judge Judy	FBI The murders of 18 young women.	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)	48 Hours (In Stereo)
21	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU
24	G	Celtics Pregame	Best of Football	Celtics	Patriots	Best of Celtics	Celtics	Poker After Dark	Poker After Dark	Poker After Dark	Poker After Dark	Poker After Dark
25	College Basketball	To Be Announced	Winter X Games: Aspen. (N) (Live)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)
26	College Basketball	College Basketball	College Basketball: Arizona at UCLA. (N)	Basket	X Games	X Games	X Games	X Games	X Games	X Games	X Games	X Games
27	College Hockey: Boston College at UMass-Lowell.	Football	Sports	Sports	Dirty	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball
30	(6:00) Movie: ★★ "Deadly Match"	Movie: ★★ "Love You to Death" (2019) Marcia Gay Harden. Premiere. (DVS)	Movie: ★★ "Love You to Death" (2019) Marcia Gay Harden. Premiere. (DVS)	Movie: ★★ "Love You to Death" (2019) Marcia Gay Harden. Premiere. (DVS)	Movie: ★★ "Love You to Death" (2019) Marcia Gay							



MONDAY EVENING JANUARY 28, 2019. Table with 12 columns (7:00-12:30) and 70 rows of TV listings including programs like Criminal Minds, Big Bang Theory, and various news and entertainment shows.

TUESDAY EVENING JANUARY 29, 2019. Table with 12 columns (7:00-12:30) and 70 rows of TV listings including programs like Criminal Minds, Big Bang Theory, and various news and entertainment shows.

Boggs Homes advertisement featuring the slogan 'Over 20 Model Homes on Display!' and 'FREE State-wide delivery & set-up on all new homes'. Includes images of Double Wide, Single Wide, and Modular homes.

WEDNESDAY EVENING JANUARY 30, 2019. Table with 12 columns (7:00-12:30) and 70 rows of TV listings including programs like Blue Bloods, Big Bang Theory, and various news and entertainment shows.

THURSDAY EVENING JANUARY 31, 2019. Table with 12 columns (7:00-12:30) and 70 rows of TV listings including programs like CSI: Crime Scene Investigation, Big Bang Theory, and various news and entertainment shows.



**CAR TALK** by RAY MAGLIOZZI

**Some Options For Off-Road-Adventuring; Diagnostic Code Unavailable For Short-Lived Rattling Sound**

**DEAR CAR TALK:** I used to do a lot of off-road adventuring in my 1986 Chevy S-10 Blazer. Now, in my later years, I would like to get a vehicle to go on some of the unpaved roads in the Southwest. In particular, one area I want to frequent has deep sand, but not serious rock crawling. My question is, What would be the best vehicle to consider? I would like it to be comfortable for on-road driving, but still high clearance and capable of off-roading. I've looked at the Subaru Forester. Is Subaru's all-wheel-drive system as good as a "regular" four-wheel-drive system? Thanks! — *Stephen*

**RAY:** Subaru makes a very good all-wheel-drive system, but whether it's as good as truck-based four-wheel-drive systems depends on what you plan to use it for. The Subaru is not designed for serious off-roading. It's designed to get you through a snowstorm, up the rutted dirt road that leads to your ski house, or across the muddy field where there's auxiliary parking for the Lilith Fair. It's not really designed to drive over tree stumps, boulders or even deep sand.

While the ground clearance is pretty good, the center and rear differentials are not as rugged as they are on four-wheel-drive trucks. Plus, the underside of the Subaru isn't as well-protected with skid plates and armor. Would a Subaru get you through some deep sand? We've never tried it, though it probably would. But as a vehicle in which you're going to seek out deep sand recreationally? I don't think I'd recommend it.

If you're really determined to do off-roading as a hobby, you're probably better off with a truck of some kind. Many pickup trucks are actually pretty comfortable on the road these days. Of course, you'll get half the mileage that you'd get in a Subaru Forester. And you'll have to pass up parking spaces that you used to fit into.

Another option is one of the trail-rated Jeeps. If comfort is a priority, I'd skip the Wrangler, the Compass and the Renegade. The Grand Cherokee would be the most comfortable and most versatile of the bunch, but it's going to be a lot more expensive than a Forester.

Given the compromises you'd have to make to get a vehicle rugged enough to do serious off-roading, you should think hard about how often you're really going to do it. If it's just a fantasy, or a once-a-year thing, you're probably better off buying a car that suits your needs 51 weeks a year, like the Subaru, and renting a Jeep on your vacation. Or, even better, borrowing one from your brother-in-law.

But if it's really going to be a regular activity, then something like a pickup truck or a trail-rated Jeep is probably what you need. And don't forget to order the optional plastic and shovel kit in case you get stuck, Stephen.

**DEAR CAR TALK:** I have a 2008 Nissan Altima Hybrid with 93,000 miles. Beginning last winter, within the first couple of minutes of starting the car, there would be an intense shaking and rattling noise under the hood. It's still happening, especially when the car hasn't been used for a couple of days. This only occurs when the car is started for the first time. For the rest of the day, the car operates normally. I had my mechanic look at the car, and he thought it was the engine mounts. So, the mounts were replaced. That didn't fix it. I brought the car back, and the mechanic experienced the problem but said that it happens for such a short time that the diagnostic system couldn't produce a code. Any ideas what could be causing this and how it can be fixed? — *Spencer*

**RAY:** If it's not producing a code, that suggests it's something mechanical, rather than electronic. And if I had to take a wild guess — which is usually what I do — I'd guess it's your harmonic balancer. Every gasoline engine has a harmonic balancer, not just those sold in California.

The harmonic balancer is a big pulley that sits on the front of the crankshaft. It's made of two concentric metal discs with a piece of rubber between them. And its job is to damp the vibrations created by the engine's crankshaft. If your harmonic balancer is slipping when it's cold, it could create lots of vibrations when you first start the car. And then once it warms up, it may start working properly. And that would not set a code.

If you had a bad injector (which would be my second wild guess), a bad spark plug or a bad coil, that probably would have a set a code that your mechanic would have found. So drop off the car with your mechanic some afternoon. Have him put it up on the lift and leave it there overnight. And when he starts the car the next day, he should have someone under the car to specifically watch the harmonic balancer and see if it's wobbling or shaking for the first 30 or 40 seconds. See if it stops vibrating after that. If your mechanic catches it in the act, he'll know what to do next, Spencer. Good luck.

©2019 BY RAY MAGLIOZZI AND DOUG BERMAN

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© Puzzles by Pappocom

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Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats. That means that no number is repeated in any row, column or box.

Solution, tips and computer program at [www.sudoku.com](http://www.sudoku.com)  
Sudoku solution on page 24.

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Unwind your mind for five fabulous movie nights that celebrate the twists and turns of transportation triumphs on the big screen!

- ACROSS**
- 1 Used a stopwatch
  - 6 Max out
  - 10 Meets edge to edge
  - 15 Masked swordsman
  - 20 Silly
  - 21 Arizona city
  - 22 Radium discoverer
  - 23 Steel girder (hyph.)
  - 24 Liszt opus
  - 25 Angry
  - 26 Seaweed
  - 27 Shogun's warrior
  - 28 Search engine find
  - 29 Arm bones
  - 31 Pester
  - 33 Small barrel
  - 35 Morse code word
  - 36 Fasten up
  - 38 Pancho —
  - 40 Tall grasses
  - 42 Teahouse hostess
  - 44 Woodwinds
  - 46 Mineral strata
  - 48 Happy rumbles
  - 50 Grants
  - 53 Hot dog topping
  - 54 Smith or Jackson
  - 55 Wire thicknesses
  - 59 Makes different
  - 60 Way out
  - 61 Red wines
  - 64 Narrow inlet
  - 65 Turbaned seer
  - 66 Kind of agent
  - 68 Zoo denizens
  - 69 Drives the getaway car
  - 71 Catch for speeding
  - 72 Friday's companion
  - 74 Hornless cattle
  - 76 Books' backs
  - 77 Ogled
  - 79 Singer/composer Paul —
  - 80 Navy
  - 81 Hot
  - 82 Impoverishes
- DOWN**
- 1 Traffic jam (hyph.)
  - 2 Emcee's remarks
  - 3 Injures, as a bear
  - 4 Result
  - 5 Forest ruminant
  - 6 Grave risks
  - 7 Spam, maybe
  - 8 Promising
  - 9 Not dull
  - 10 Hypothetical
  - 11 Swells outward
  - 12 More than asked
  - 13 Pedro's aunt
  - 14 Try to locate
  - 15 Sharp retort
  - 16 Kimono accessory
  - 17 Separates violently
  - 18 Prince of India
  - 19 Cornhusker city
  - 21 Straightens up
  - 30 Declares frankly
  - 32 Russian range
  - 34 Majestic wader
  - 37 Alaskan pole
  - 39 Not on board
  - 41 Lets live
  - 43 Tenet
  - 45 Eyewash acid
  - 47 Gael republic
  - 49 All-purpose trucks
  - 50 Moistens with drippings
  - 51 Broncos great John —
  - 52 Theater area
  - 53 Hot drink
  - 54 On the blink
  - 56 Papas or Dunne
  - 57 Soda bottle size
  - 58 Disrespectful
  - 60 Classroom fixtures
  - 62 Pub brew
  - 63 Sentimental
  - 66 Cheerful
  - 67 Motor-mouths
  - 70 Man or ostrich
  - 73 Train tracks

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- 75 Can't do without
- 76 Car model
- 78 Arrange gracefully
- 80 Hack's customer
- 81 Type of nut
- 83 Beyond the limit
- 84 Destined
- 85 Unbending
- 86 Steel rod
- 87 Wipe out a floppy
- 88 Nervous swallows
- 89 Boat crane
- 90 Practical joke
- 92 Clinching
- 93 Dispute
- 94 Like city lots
- 96 Swampy
- 97 Soothsayer
- 98 Enjoy the taste
- 101 French state
- 103 Wave cutter
- 105 Authentic
- 108 Cut drastically
- 109 Took out
- 111 Omega opposite
- 113 RNs provide it
- 116 Parka feature
- 117 Aspects
- 119 Approved
- 120 Cascade Range volcano
- 121 Stick together
- 122 Mystify
- 123 Sheet of plywood
- 124 Banish
- 126 Work as —
- 128 Not as ruddy
- 130 Groucho's brother
- 131 "Ciao!"
- 132 That is (Lat.) (2 wds.)
- 135 Diagnostic image
- 137 The Y in YSL
- 139 River tamers
- 142 Afternoon break
- 144 Cinemax rival
- 146 Impress deeply
- 148 Many millennia

Crossword solution on pg 24.





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Cleared building lot with water views & within walking distance to Crescent Beach. Quiet seaside neighborhood perfect for walking or biking. Nearby community village & town boat launch. Recent soil test & survey. **Owls Head \$97,800**



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 1r chimney for wood stove. Oversized work shop/garage, lg. rear yard. **Union \$156,112**



Large, Victorian on the outskirts of town. 3-plus bedrooms, hardwood floors, remodeled kitchen & spacious bath w/walk in shower & Jacuzzi style tub. New insulated windows, entertainment deck, FHW heat. Detached 3 bay garage/workshop/office for hobbyist or professional. **Rockland \$183,772**



Beautiful river frontage with a well kept, easy to maintain home featuring a spacious eat-in kitchen w/patio doors to the deck to enjoy nature at its best. The living room has a floor to ceiling window to watch the lobster boats & a fireplace for chilly nights. Walk out basement, large 2-3 garage - all in a very private setting. **Cushing \$399,000**



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