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Dave Barry's Year in Review:

Crossing Our Fingers in 2009

It was a year of Hope — at first in the sense of, "I feel hopeful!" and later in the sense of "I hope this year ends soon!"

It was also a year of Change, especially in Washington, where the tired old hacks of yesteryear finally yielded the reins of power to a group of fresh, young, idealistic, new-idea outsiders such as Nancy Pelosi. As a result Washington, rejecting "business as usual," finally stopped trying to solve every problem by throwing billions of taxpayer dollars at it and instead started trying to solve every problem by throwing "trillions" of taxpayer dollars at it.

To be sure, it was a year that saw plenty

of bad news. But in almost every instance, there was offsetting good news:

BAD NEWS: The economy remained critically weak, with rising unemployment, a severely depressed real-estate market, the near-collapse of the domestic automobile industry and the steep decline of the dollar.

GOOD NEWS: Windows 7 sucked less than Vista.

BAD NEWS: The downward spiral of the newspaper industry continued, resulting in the firings of thousands of experienced reporters and an apparently permanent deterioration in the quality of American journalism.

YEAR IN REVIEW continues page 7

Tonight in Belfast

Celebrate New Year's
By the Bay



Belfast celebrates all over town on New Year's Eve. Headquarters is at the Parent Gallery on High Street, and events start around 5 p.m. and continue all evening. The Willy Kelly Band and Three Button Deluxe can be heard at The Boathouse, at Front and Commercial streets. The First Baptist Church on High Street hosts the Blue Hill Brass, Katahdin Valley Boys and the Belfast High School Swing Chorus and Stage Band. Irish sea shanties and folk rock fill the Belfast Co-op, while folk harmonies, electronic and experimental music and piano and vocals by Tango can be heard at the Belfast Free Library. The Colonial Theatre features mime and music by Scot Cannon, poetry readings, and bluegrass by Free Seedlings, while Belfast Bay Fiddlers and OdLaw dance band hold forth at the First Church UCC Hall. The UU Church sanctuary offers storytelling, magic, Native American flute music, and rock, and the First Church UCC sanctuary hosts jazz, Celtic and original songs. Winding up the evening and the New Year at 11:50 p.m. is the Drum & Rabble Corps leading a procession to the Bonfire By the Bay.

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We The Six Billion

by Joe Steinberger

The New England Car Company

My son Takuma is only two and a half, but he is already interested in cars. He likes to sit at the wheel of my pickup truck, push the buttons and levers and wiggle the steering wheel just like his dad. I only let him do it while we are parked in the driveway. He's not old enough to drive, but he'd like to.

His favorite movie right now is "Cars." To let me know he wants to watch it for the 100th time he points to the DVD collection and says "vroom, vroom!"

Takuma isn't the only one, of course, to be obsessed with cars. It is an American, indeed a global, obsession. Perhaps the right word is not obsession, but addiction. We are really hooked on the automobile, hooked both emotionally, like my son, and physically. After 100 years of the automobile, the majority of people in the developed world have built a dependence on the automobile into their lives. An increasing number of people in developing countries like India and China are moving in that direction as well.

This trend, however, is driving into an increasingly troublesome economic and environmental headwind. The rising global car population is driving up fuel prices and depleting fuel resources — and damaging the planet with the accumulating exhaust gasses.

I have often in this column suggested that life is possible without the automobile, and extolled the pleasures of living in town and on foot. As a practical matter though, I think it would be fair to concede that for most of us life in the foreseeable future is going to include an automobile. We could use our cars less, a lot less in many cases, but we are unlikely to do without a car altogether.

Using our cars less will be a big part of the solution. Another big part, I am writing to suggest, will be using less car.

Our dependence on the car is not just a practical, physical dependence. As my son's obsession suggests, it is also emotional. Tak is in love with the vroom vroom, and so are we all. We have become emotionally attached to big fast cars. That attachment has been exploited by the automobile companies to induce us to spend an ever increasing share of our household income on ever larger and more powerful cars. Today we spend almost one dollar in five on our automobiles, as much as we spend on housing, and much more than we spend on food, clothing, health care, etc.

That this level of spending is unsustainable is a factor in our current economic crisis. Two out of three of our remaining automobile companies have gone through bankruptcy, but, they still have not got the message. The average price of a new car sold in the United States in 2009 was \$28,400. The cheapest cars available in the U.S. today sell for about \$13,000, and they are not made here.

The typical new car can go about 20 to 25 miles on a gallon of gas, little improved over the last 20 years despite all the attention fuel economy has received. The emphasis on new technology has obscured the fact that we have known how to make much less expensive and much more fuel efficient cars for a very long time, we just don't choose to make or drive them.

A Ford Model T cost less than \$500 in 1914, \$10,000 in today's dollars. It could go about 25 miles on a gallon of gas.

In 1948 France's Citroën introduced the 2CV, a light but roomy car that cost less than \$6,000 in today's dollars, or half as much as the cheapest car available in the U.S. today, could go more than 50 miles on a gallon of gas, run for over 200,000 miles on its little air-cooled engine, carry a piano in the back, and ride over a plowed field — although probably not these two last things at the same time.

In 1957 Fiat introduced the 500, a very small and practical city car that also cost less than \$6,000 in today's dollars and could go more than 50 miles on a gallon of gas.

Both the Citroën 2CV and the Fiat 500 were extremely popular in Europe, but were not sold in any numbers in the U.S. We were already obsessed with much bigger and faster cars. The VW Beetle, which was our extreme economy car of that era, was considerably bigger, faster, more expensive, and less fuel efficient.

I am predicting, though, that our current economic climate may be favorable for the introduction of a new breed of very inexpensive and fuel-efficient cars. The Indian car company Tata is beginning production of a car very much like the Fiat 500 that gets well over 50 mpg. They say they intend to produce a model to meet U.S. emission and crash standards that will sell here for \$4,000.

I want one, or something like it, and I think I am not the only one who might consider a car that is small in stature and status, but practical and cheap.

Wouldn't it be nice if that car could be made here. How about an ultra-practical, ultra-cheap, rugged, easily repairable, fuel-efficient, zero-frills car made in Rockland, Maine? Takuma can perhaps be induced, despite the lack of vroom vroom, to be our test driver.

If you're interested in investing, give me a call.

So How'd He Do?

An Objective, Unbiased Report Card of Obama's First Year

by Thomas McAdams Deford

Ah, the new year beckons.

Christmas, that old, pagan, medieval, winter solstice celebration (less medieval these days but more pagan) — now a fading memory.

The temperature hovers near zero, but who amongst us — as the days, imperceptibly to be sure, begin to lengthen — does not share Shelley's hope, "If winter comes, can spring be far behind?"

But enough poetry. The temperature indeed hovers near zero, and winter's blizzards will batter us long before spring renews us. So time for a reality check: the annual presidential report card, held in abeyance these last eight years to forestall an endless series of Fs from overshadowing our optimistic new year's resolutions.

Let's begin with foreign policy:

Israel-Palestine: Hippocrates had it right: "Above all, do no harm." Obama's demand that Netanyahu cease settlement construction backfired. The result: the Palestinian Authority, pro-peace and pro-Western, has been weakened; a far-right Israeli government less, not more, disposed to concessions needed for peace; and finally, a more, not less, negative view of Obama, and the US, in both the Arab world and the broader Muslim one. Grade: F

Iran: A tricky one indeed. It does, after all, still take two to tango (see "bipartisanship" below). As promised, Obama moved towards normalizing relations, but in the midst of violent domestic turmoil, Iran's response has been discouraging. Obama continues to weave that fine line between criticizing the ever-increasing brutality of the government and overt support of the activists, which could hurt their cause. On the nuclear front — where the worst outcome would be a military one — he has played it cool, at least so far. Grade: a solid B

Afghanistan: Obama loaded the dice against himself by campaigning on the Afghan war as one "of necessity." He compounded his problem in March when he added 20,000 boots on the ground, even as his administration, with way too much fanfare, was considering its next moves. So while there were theoretically three options — get out, stay in, or double down — he early on backed himself into the wrong corner, so November's announcement of another 30,000 troops was almost an anti-climax. Grade: D

China: Conservative Republicans were furious that he let the Chinese censor some of his interchange with university students, railing that he got nothing "concrete" from his visit there. Wrong. China has the largest dollar reserves of any country, closing in on \$2 trillion. It's a political giant in an important neighborhood, an economic force worldwide, and a country with influence where we need it most: North Korea, Iran, and even Pakistan. For Obama to make it an early priority by

his visit, thus acknowledging its stature, and helping cement ties, was a smart piece of business. Grade: a solid B

Climate Change: Copenhagen was a major international event, but the critics — this time, liberal Democrats (which shows that a moderate can offer something to offend everyone) — came away disappointed. Give Obama high marks, though: even the modest, non-binding "to do" list wouldn't have come about without his active, aggressive intervention. Grade: another solid B

And so to domestic policy:

The Economy: Only FDR inherited a more dangerous financial situation, made even more complex by its timing, unraveling during the presidential campaign, on the verge of collapse during the post-election period and into the early weeks of Obama's presidency. His team worked professionally and effectively with outgoing Bush officials to pull our financial system literally back from the brink. So for *Getting Out* of a near disaster, Grade: A-

But getting out and *Keeping Out* are different. Wall Street's lobbyists have been even more effective than the health insurance boys. Sure, there has been increased oversight at the edges, but if "too big to fail" caused the crisis, then another, worse, crisis lies ahead, as the financial survivors are not only bigger, which is bad enough, but they are also weaker. And true financial reform seems increasingly remote. Grade: C-


The Recovery, the third aspect of our economic meltdown, lags, with unemployment projected to remain around 10% well into the coming year. The stimulus package hasn't worked particularly well, but with consumer debt still high and banks still weak, spending and borrowing our way out of this recession is not in the cards. It's a mess, and it's going to kill the Democrats next fall, but be fair, Obama didn't create it. Grade: B

Health Care Reform: The nay-sayers claim it will weaken Medicare and raise expenses. But even objective observers point out that, however faulty the proposed remedy, the system is broken and needs repair: US medical costs, as a percentage of GDP, are nearly twice the average of the rest of the developed world and, still spiraling upward, will eventually bankrupt the country. The bills that have passed the Senate and the House — and need to be reconciled — are a long way from perfect, but if the Republicans had worked constructively, the results would surely have been better. Considering their stonewalling and the necessity, finally, to take the first step — universal health care was first proposed by Teddy Roosevelt — Obama has earned: Grade: B+

Bipartisanship: Undersubscribed — not taught this year. Not likely to be on offer in 2010 either.

F
B
D
B
B
A-
C-
B
B+
--

• Historical Background • Who are the Afghans? • Political & Military Stability •



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Upcoming Community Events

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

- **Tuesday, January 12:** Skidompha Library, 2-4 p.m., "U.S. Policy in the Afghanistan-Pakistan Region," with Fred Hill.
- **Thursday, January 14:** Camden Public Library, 6:30-8 p.m., "Why History Is Important — India/Afghanistan/Pakistan," with Patrick Mundy.
- **Tuesday, January 19:** Skidompha Library, 2-4 p.m., "One Man's Mission to Promote Peace: One School at a Time," with Paul Johnson.
- **Wednesday, January 20:** Belfast Free Library, 6:30-8 p.m. "Obama's Afghanistan Decision," with Seth Singleton.
- **Saturday, January 30:** Hutchinson Center, Belfast, 8 a.m.-4 p.m., "6th Annual Energy Symposium." Pre-registration required: 236-1034. \$40/\$15 students, including lunch.

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Midcoast Community Chorus, led by Mimi Bornstein, will perform a winter concert, "Coming Home," on January 10 at Strom Auditorium. PHOTO ©2009 MARTI STONE

Over 150 voices strong, the Midcoast Community Chorus (MCC) will present its winter concert, "Coming Home," at 4 p.m. on Sunday, January 10, at Camden Hills Regional High School's Strom Auditorium in Rockport. The non-auditioned chorus, led by Mimi Bornstein, has a repertoire ranging from gospel to Mozart, South African to Appalachian and is known for its eclectic programming.

Joining the chorus will be pianist Sean Fleming, drummers Jeff Densmore and Jeff Wolovitz, and several guest artists from the midcoast region. In collaboration with MCC, artist Kathryn Oliver has created stage banners reflecting the concert theme of "Coming

Midcoast Community Chorus Concert Jan. 10

Home." Bornstein notes, "With songs being performed by the chorus, soloists, local musicians from our community and, as always, community singing that includes the voices of our audience, this concert will create a container for all of us to be soothed and embraced as we "come home" together through this beautiful and powerful music."

General-admission tickets are \$15 and available from HAV II in Camden, Northern Kingdom Music in Rockport, The Grasshopper Shop in Rockland, Wild Rufus and The Green Store in Belfast and the Hope General Store in Hope. Tickets may also be purchased by calling 975-0582 or e-mailing info@mccsings.org.



Just Jazz in Waldoboro –

Playing a jazz set at Waldo Theatre Annex in Waldoboro are, from left, Charlie Hackett, Will Helmke, Mike Whitehead, Hal Ayers and Ray Faria. These and other musicians jam every first Sunday of the month, from 3 to 5:30 p.m. The next session is January 3. The jam offers free refreshments. Admission is \$7. Musicians who play don't pay. For more information, call 593-7445.

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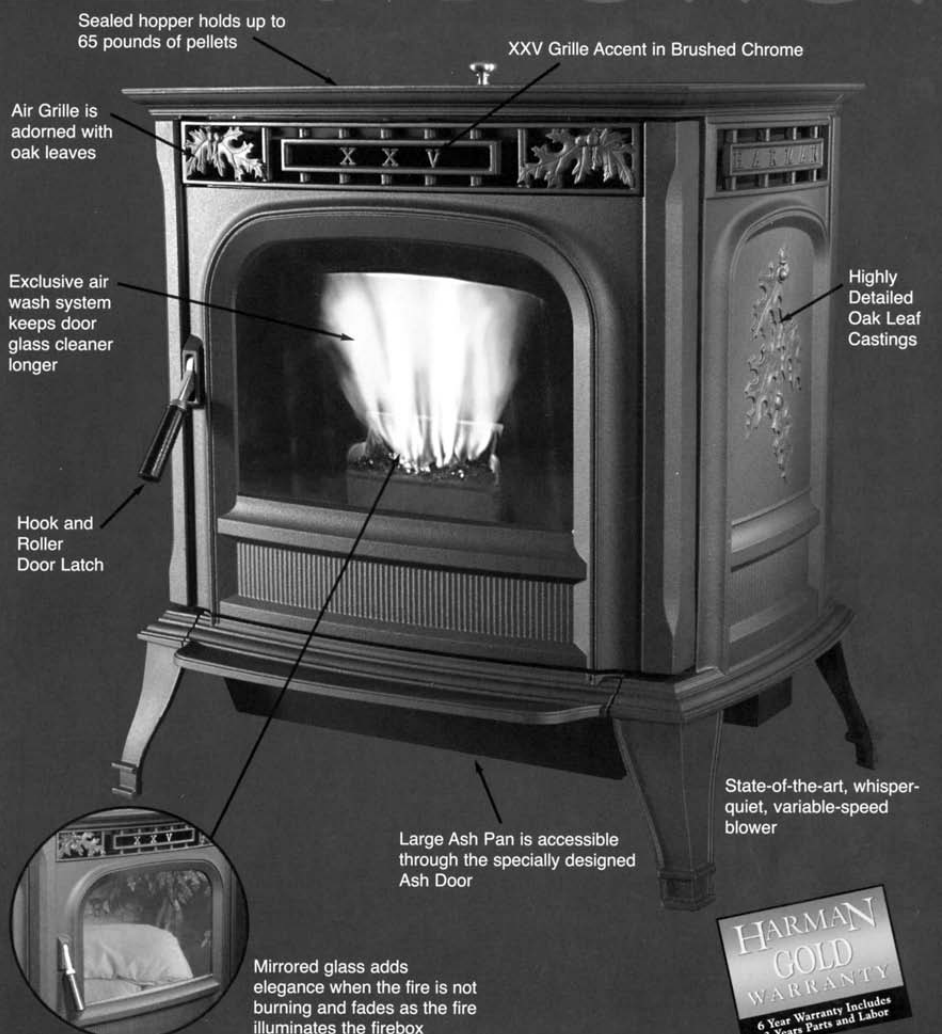
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To my customers,

Xmas was an incredible event for me this year.

In a time of such an economic downturn there is absolutely no reason that most people should have spent their money on luxuries that are the basis of my business; and, with the additional explosion in precious metal prices, that simply magnified the potential for a disaster for us.

However it seems that people continue to care for each other and want to express their love to one another with little luxuries... And so they sacrifice, they save, they plan and they think of ways to brighten the lives and lift the hearts of their loves and their families.

I am so fortunate to have friends and customers who think of my store to provide these expressions of love and joy for their most intimate relationships.

This year, I want to thank you all; customers, and friends who struck me as exceptional examples of Xmas.

... And a very special thank you to Heidi, who worked tirelessly all the many hours that were needed, and worked so hard with every person to be certain they were able to find just the right token for their love.

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George Holmes

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~ Information Session in Augusta ~

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YEAR IN REVIEW continued from page 1

GOOD NEWS: A lot more people were tweeting.

BAD NEWS: Ominous problems loomed abroad as — among other difficulties — the Afghanistan war went sour, and Iran threatened to plunge the Middle East and beyond into nuclear war.

GOOD NEWS: They finally got Roman Polanski.

In short, it was a year that we will be happy to put behind us. But before we do, let's swallow our anti-nausea medication and take one last look back, starting with...

January

... during which history is made in Washington, D.C., where a crowd estimated by the Congressional Estimating Office at 217 billion people gathers to watch Barack Obama be inaugurated as the first American president ever to come after George W. Bush. There is a minor glitch in the ceremony when Chief Justice John Roberts, attempting to administer the oath of office, becomes confused and instead reads the side-effect warnings for his decongestant pills, causing the new president to swear that he will consult his physician if he experiences a sudden loss of sensation in his feet. President Obama then delivers an upbeat inaugural address, ushering in a new era of cooperation, civility and bipartisanship in a galaxy far, far away. Here on Earth everything stays pretty much the same.

The No. 1 item on the agenda is fixing the economy, so the new administration immediately sets about the daunting task of trying to nominate somebody — anybody — to a high-level government post who actually remembered to pay his or her taxes. Among those who forgot this pesky chore is Obama's nominee for Treasury secretary, Timothy Geithner, who sheepishly admits that he failed to pay \$35,000 in federal self-employment taxes.

He says that the error was a result of his using TurboTax, which he also blames for his involvement in an eight-state spree of bank robberies. He is confirmed after the Obama administration explains that it inherited the U.S. Tax Code from the Bush administration.

Elsewhere in politics, a team of specially trained wildlife agents equipped with nets and tranquilizer darts manages, after a six-hour struggle, to remove Illinois Gov. Rod Blagojevich from office. He is transported to an undisclosed swamp, where he is released into the wild and quickly bonds with the native ferret population.

On a more upbeat note, the nation finds a new hero in U.S. Airways Capt. Chesley Sullenberger, who, in an astonishing feat of aviation, manages to land a U.S. Airways flight safely in the Hudson River after it loses power shortly after takeoff from LaGuardia. Incredibly, all 155 people on board survive, although they are immediately taken hostage by Somali pirates.

In entertainment news, an unemployed California mother of six uses in-vitro fertilization to give birth to eight more children, an achievement that immediately catapults her to a celebrity status equivalent to that of a minor Kardashian sister. But even this joyous event is not enough to cheer up a nation worried about the worsening economy, which becomes so bad in...

February

... that Congress passes, without reading it, and without actually finishing writing it, a stimulus package totaling \$787 billion. The money is immediately turned over to American taxpayers so they can use it to stimulate the economy.

No! What a crazy idea THAT would be! The money is to be doled out over the next decade or so by members of Congress on projects deemed vital by members of Congress, such as constructing buildings that will be named after members of Congress.

Despite this heroic effort, the economy continues to stumble. General Motors, which has sold only one car in the past year — a Buick LaCrosse mistakenly purchased by an 87-year-old man who thought he was buying a power scooter — announces a new four-part business plan, consisting of (1) dealership closings; (2) factory shutdowns; (3) worker layoffs; and (4) traveling backward through time to 1955.

The stock market hits its lowest level since 1997; this is hailed as a great investment opportunity by all the financial wizards who failed to let us know last year that the market was going to tank. California goes bankrupt and is forced to raise \$800 million by pawning Angelina Jolie.

In sports, the Pittsburgh Steelers win the Super Bowl, defeating some team in a game that we have all completely forgotten. Michael Phelps is suspended from competitive swimming following publication of a photograph clearly showing that he has gills. Baseball star Alex Rodriguez admits that from 2001 through 2003 he used steroids, which he claims he got from Treasury Secretary Geithner.

And speaking of shocking disclosures, in...

March

... an angry nation learns that the giant insurance company AIG, which received \$170 billion in taxpayer bailouts and posted a \$61 billion loss, is paying executive bonuses totaling hundreds of millions of dollars. This news shocks and outrages President Obama and members of Congress, who happen to be the very people who passed the legislation that authorized both the bailouts and the bonuses, but of course they did that during a crisis and thus had no time to find out what the hell they were voting for.

To correct this situation, some congresspersons propose a 90 percent tax on the bonuses, followed by beheadings, followed by the passage of tough new financial legislation that nobody in Congress will read or understand.

Businessman Bernard Madoff pleads guilty to bilking investors out of \$65 billion in a Ponzi scheme, forcing the Obama administration to withdraw his nomination for Secretary of Commerce.

Abroad, North Korea, in what many observers view as a deliberate act of provocation, calls Domino's and, posing as the United States, orders 23 million pizzas delivered to Japan.

International problems continue to dominate in...

April

...as leaders of the world's powers, looking for a way out of the worsening world economic crisis, gather in London for the G-20 summit, which ends abruptly in a violent argument over the bill for the welcoming dinner. A short while later, in what many economists see as a troubling development, the International Monetary Fund moves into a refrigerator carton.

In other international bad news, North Korea launches a test missile that experts say is capable of hitting Hawaii, based on the fact that it actually hits Hawaii. The U.S. swiftly pledges to issue a strongly worded condemnation containing "even stronger words than last time."

On the domestic front, the struggling Chrysler Corp. declares bankruptcy, but its CEO confidently predicts that the company will come back "bigger, better and stronger than ever" thanks to its 2010 product line, spearheaded by the all-new Dodge Despair.

The big health story in April is the rapid spread of swine flu, a dangerous new virus strain developed by the makers of Purell.

Speaking of drama, in...

May

... the finale of "American Idol" produces a shocking outcome that sends shock waves of shock reverberating around the planet when the winner turns out to be — incredibly — that guy singer, whatshisname, despite the fact that the overwhelming favorite was that OTHER guy singer. Congress vows to hold hearings after reports surface that, of the nearly 100 million votes, 73 million were phoned in by ACORN.

But the big political drama takes place in Washington, where David Souter announces that he is retiring from the Supreme Court because he is tired of getting noogies from Chief Justice Roberts. To replace Souter, President Obama nominates Sonia Sotomayor, setting off the traditional Washington performance of Konfirmation Kabuki, in which the Democrats portray the nominee as basically a cross between Abraham Lincoln and the Virgin Mary, and the Republicans portray her more as Ursula the Sea Witch with a law degree.

In crippled U.S. auto giant news, General Motors announces a new business plan under which it will fire everybody but Howie Long, who will continue to make what GM calls "some of the most popular commercials on the market." Meanwhile Chrysler, looking to the future, invests \$114 million in an Amway distributorship.

On the international-tension front, a meeting of the United Nations Security Council to discuss possible sanctions against North Korea is forced to adjourn hastily when the council chamber is penetrated by a missile.

But all of these stories suddenly seem unimportant in...

June

... when pop superstar Michael Jackson dies, setting off an orgy of frowny-face TV-newsperson fake somberness the likes of which has not been seen since the Princess Diana Grief-a-Palooza. At one point experts estimate that the major networks are using the word "icon" a combined total of 850 times per hour. Larry

King devotes several weeks to in-depth coverage of this story, during which he conducts what is believed to be the first-ever in-casket interview; this triumph is marred only slightly by the fact that the venerable TV personality apparently believes he is talking to Bette Midler.

In political news, the Minnesota Supreme Court, clearly exhausted by months of legal wrangling, declares Al Franken the winner of "American Idol."

Meanwhile the governor of South Carolina, Mark Sanford, goes missing for six days; his spokesperson tells the press that the governor is "hiking the Appalachian Trail," which turns out to be a slang term meaning "engaging in acts of an explicitly non-gubernatorial nature with a woman in Argentina."

The state legislature ultimately considers impeaching Sanford, but changes its mind upon discovering that the lieutenant governor, who got into office through some slick legal maneuvering when nobody was paying attention, is Eliot Spitzer.

Political news continues to dominate in...

July

... when Sarah Palin unexpectedly announces that she will not complete her term as elected governor of Alaska, explaining, in a prepared statement, that she has a hair appointment. Asked by reporters if she plans to seek the Republican presidential nomination, she replies, "You leave my personal life out of this."

On Independence Day the nation takes a welcome break from its worries to celebrate in traditional fashion with barbecues, parades and — as night falls — spectacular aerial North Korean missile detonations.

In government news, top Washington thinkers, looking for

a way to goose the economy along, come up with the "Cash for Clunkers" program, under which the federal government provides a financial inducement for people to take functional cars, which are mostly American-made, to car dealers, who deliberately destroy these cars and sell the people new replacement cars, which are mostly foreign-made. This program, which was budgeted for \$1 billion, ends up costing \$3 billion and is halted after a month. The administration declares that it has been a huge success, which everybody understands to mean that it will never, ever be repeated.

With this mission accomplished, the top Washington thinkers are free to train all of their brainpower on the nation's health-care system.

Speaking of conflict, in...

August

... President Obama, in the first serious test of his presidency, announces that he will send U.S. troops to rescue Democratic members of Congress pinned down in town hall meetings by constituents firing hostile questions concerning the administration's health-care plan, which turns out not to be wildly popular outside of the immediate Capitol Hill area. The president dismisses concerns that his health-care agenda is in trouble, observing that "there's something about August going into September where everybody in Washington gets all wee-wee up." White House spokesperson Gibbs explains that the "vast majority" of the wee-wee was inherited from the Bush administration.

In foreign affairs, former president Bill Clinton goes to North Korea to secure the release of two detained American journalists who purely by coincidence happen to be women.

Fidel Castro, after nearly a year out of the public eye, appears on the popular Cuban television show "Bailando con Cadavres" ("Dancing with Corpses").

California, in a move apparently intended to evade creditors, has its name legally changed to "South Oregon."

In an alarming technological development, hackers shut down Twitter, leaving a desperate and suddenly vulnerable America with no way to find out what the Kardashian sisters are having for lunch. The Federal Emergency Management Administration urges the nation to "remain calm" and "use Facebook if you can." Twitter service is eventually restored, but most of the estimated 875 million thoughts that went untweeted during the outage will never be recovered, making it the nation's worst social-networking disaster ever.

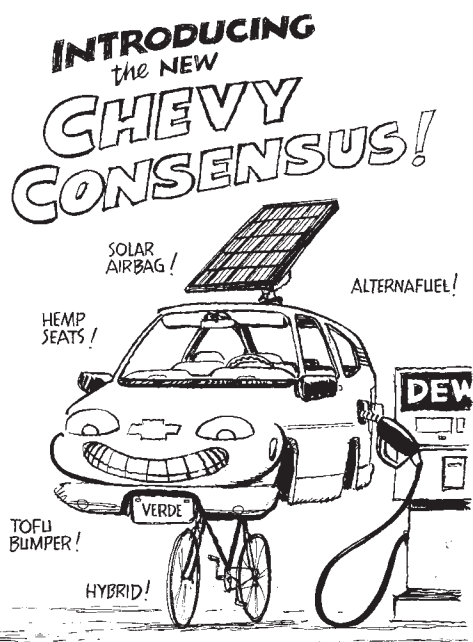
Speaking of disruptions, in...

September

... President Obama, speaking on health care before a joint session of Congress, is rudely interrupted by Kanye West, who grabs the microphone and declares that Beyonce has a better health-care plan. No, wait, sorry: The president is rudely interrupted by Republican congressperson Joe Wilson, who shouts "You lie!" Wilson later apologizes for his breach of congressional etiquette, saying, "I should have just mooned him."

With public support for the administration's health-care plan

YEAR IN REVIEW continues page 11



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Farmers Fare Hosts Indian Cooking Classes

As part of its participation in the 2010 Camden Conference, Farmers Fare, located off Route 90 in Rockport, will host an Indian cooking class on Sunday, January 17, from 1 to 3 p.m. The class will be taught by cooking instructor and restaurateur Gunjan Gilbert of Tandoor Indian Food in Franklin.

The workshop will teach participants how to make some common recipes found in an Indian thali. In Hindi, "thali" means plate, usually a large steel or copper plate, of flat bread, basmati rice and a vegetarian or nonvegetarian selection of small individual dishes and condiments. The menu will include bondas, fried vegetable patties; gajar parathas, carrot flatbreads; mint cilantro chutney; and Malai chicken, chicken curry in cream and tomato sauce.

Gilbert, a native of Mumbai, attended college and graduate school in the American Midwest before moving to Maine to work at the Jackson Laboratory in Bar Harbor. It was there that she met fellow employee Christian Gilbert. They started dating, and soon Gunjan introduced him to home-cooked Indian food. Five years ago, the Gilberts started a two-person mission to introduce Indian culture to Down East Maine—through food. Their takeout food business, called Tandoor Downeast, which they operate each evening after they return home from their full-time jobs, is just one way they help teach people about Indian culture. Gunjan has also taught adult education classes in Indian cooking. "By bringing in the cuisine, you're bringing in cultural awareness," she says.

The class will be limited to 12 to 15 places, so early registration is recommended. Call Farmers Fare at 236-3273 or e-mail info@farmersfare.com.

"Amazing Women" Series to Present Local Mother and Daughter



Amber and Lee Heffner

The Midcoast Chapter of the Maine Women's Network (MWN) will hold its next meeting on Wednesday, January 6, at the Haven Event Center on Route 90 in Rockport. MWN meetings offer opportunities for members to market themselves and their businesses, as well as to make personal contacts.

The January meeting will also present the fourth in the chapter's "Amazing Women Among Us" speaker series. The speakers will be Amber Heffner and Lee Heffner. The public is welcome.

Amber Heffner is the president and owner of Little Harbor Technology, a Rockland-based firm offering Web site design, print design and custom application development.

Her mother, Lee Heffner, is a retired vice president of operations and global project manager for Baker McKenzie, one of the world's largest law firms, an author, a writing instructor, a Mainer by choice, an art lover and a cook.

After moving to Maine together, but for completely different reasons, they have shared their love for all things creative and come together to collaborate on a number of different projects.

The cost, which includes full buffet and dessert, is \$20 for members, \$25 for guests of members and \$28 for non-members. Preregistration is required for the dinner. For more information, go to www.mainewomensnetwork.com.



JANUARY CLASS SCHEDULE

<u>Monday</u>	<u>Tuesday</u>
9:00-10:30am Therapeutic Vinyasa Yoga w/ Erika Starts January 11th	4:00-5:00pm Intermediate Pilates Mat w/Marianne
4:00-4:45pm Pen Bay Healthcare Employee Pilates w/ Marianne	4:30-5:15pm Pen Bay Healthcare Employee Aerobics w/Kimberly
5:00-6:00pm Pen Bay Healthcare Employee Yoga w/ Melissa	5:30-7:00pm Vinyasa Flow Yoga w/Kristi Starts January 12th
<u>Wednesday</u>	<u>Thursday</u>
9:00-10:30am Kripalu Yoga w/ Carol Krajnik	4:00-5:00pm Intermediate Pilates Mat w/Marianne
11:00-12:00pm Gentle Beginner Yoga w/Carol	4:30-5:15pm Pen Bay Healthcare Employee Aerobics w/Kimberly
12:30-1:15pm Feldenkrais w/ Dianne	5:30-7:00pm Tai Chi (Taijiquan) w/ Suzanne Starts January 7th
4:00-5:30pm Therapeutic Vinyasa Yoga w/Erika Starts January 13th	
6:00-7:00pm Pilates Mat w/Marianne	
6:00-7:30pm Therapeutic Vinyasa Yoga w/Erika	
<u>Friday</u>	<u>Saturday</u>
9:00-10:30am Therapeutic Vinyasa Yoga w/Erika	8:30-9:30am Beginners Pilates w/ Lorie
	10:00-11:00am Intermediate Pilates w/Moon
	12:00-1:00pm Pilates on the Ball w/Moon

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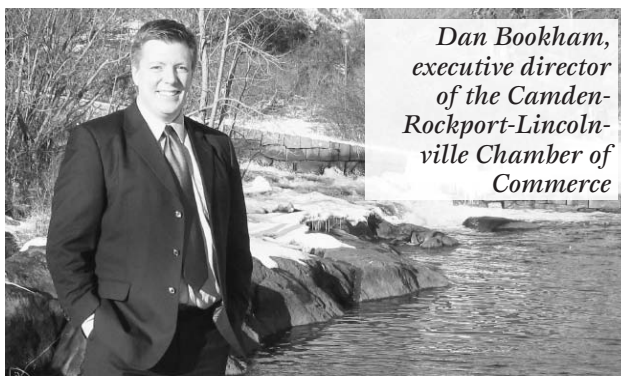
January Series at Camden Public Library Asks "Is Maine Going Anywhere?"

The Camden Public Library is planning a series of speakers and presentations in January on the question "Is Maine Going Anywhere?"

The series is in response to interest and concern on the part of people in the midcoast area about economic changes, opportunity and security. Topics to be covered will include an analysis of the local economy from the point of view of the Camden-Rockport-Lincolnville Chamber of Commerce; remarks on Maine and the coastal economy from Hannah Pingree, Speaker of the Maine House; a representative from the state's Department of Economic and Community Development; a Job Seekers Workshop; and more.

Dan Bookham, executive director of the Camden-Rockport-Lincolnville Chamber of Commerce, will kick off the series at 6:30 p.m. on Tuesday, January 5, with a look at the current situation in the midcoast region and an exploration of how the region can position itself to take advantage of opportunities in the first part of the 21st century.

Bookham says, "We should ask those we task with mov-



Dan Bookham, executive director of the Camden-Rockport-Lincolnville Chamber of Commerce

ing Maine and the midcoast forward to not just show us a beautiful postcard of their proposed final destination but also the map they intend to follow to get us there." Bookham's talk is titled "Regional Entities with Local Identities: Give a Little, Get a Lot."

Originally from England, Bookham emigrated to the U.S. in 1995 and has worked in marketing, broadcasting and charitable fields. He is the 2010 president of the Mid-Coast Chamber Council, a board member of the Camden Conference, and a member of the FMC BioPolymer Community Advisory Board and Ragged Mountain Recreation Area's Mountain of Possibilities Capital Campaign team. A graduate of the inaugural Midcoast Leadership Academy, he currently serves as its co-coordinator.

Discoverer of Great Pacific Garbage Patch to Speak in Blue Hill

Explorer, sailor and ocean advocate Captain Charles Moore will launch Marine Environmental Research Institute's (MERI) 20th anniversary with a talk titled "A Sea of Plastic" on Friday, January 8, at MERI, 55 Main Street in Blue Hill. Doors open for a reception at 6 p.m., followed by the lecture at 7 p.m.

MERI's 2010 Ocean Environment Lectures Series is themed "Oceans in Crisis: Facing the Threat."

On a return voyage from a yachting competition across the Pacific in 1997, Moore accidentally stumbled upon an enormous swirling swath of plastic garbage twice the size of Texas floating at sea.

"There were shampoo caps and soap bottles and plastic bags and fishing floats as far as I could see," Moore says. "Here I was in the middle of the ocean, and there was nowhere I could go to avoid the plastic."

Scientists estimate there are now some 10 million tons of



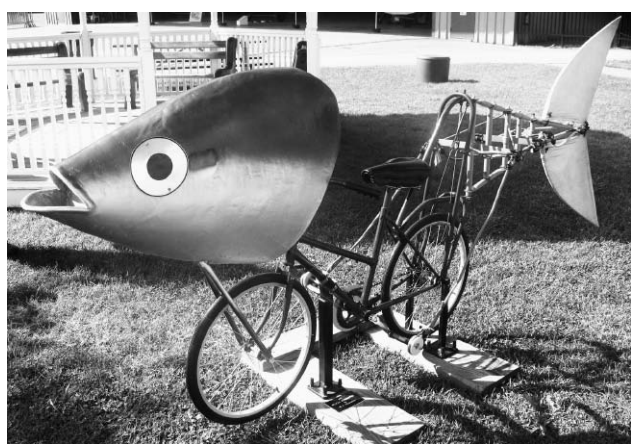
Ocean environment lecture launches MERI 20th anniversary

plastic in what has become widely known as the Great Pacific Garbage Patch. According to MERI, each year, a confetti of plastic flowing from land into the ocean kills an estimated 100,000 marine mammals and one million seabirds and threatens the health of the entire marine ecosystem.

Since his discovery, Moore has been at the forefront of the investigation into the scope and implication of plastic contamination on the marine food chain, logging over 100,000 miles aboard his research vessel *Alquita*. He is the founder of the Algalita Marine Research Foundation, dedicated to the protection of the marine environment and its watershed through research, education and restoration.

For further information, call MERI at 374-2135, e-mail info@meriresearch.org or visit www.meriresearch.org.

Owls Head Museum's Winter Education



Have you ever seen a Bicycle Ichtyopter? How about a Tricycle Ornithopter? These are not denizens of a prehistoric era but rather the fanciful creations of Swanville sculptor Cy Klausmeyer.

Series Begins Jan. 9

"Bicycle Ichtyopter," by sculptor Cy Klausmeyer

Klausmeyer will discuss his unique brand of art — utilizing salvaged bicycle and tricycle parts to create mechanical creatures — at the Owls Head Transportation Museum on Saturday, January 9. The presentation, "An Introduction to Kinetic Sculpture," will begin at 1 p.m. Admission is free.

Three of Klausmeyer's pieces will be on display at the museum. All of his pieces are rideable, and pedaling makes tails move and wings flap. Klausmeyer will discuss his building process from both an artistic and mechanical point of view.

"An Introduction to Kinetic Sculpture" is the first in a series of six Winter Education programs offered by the Owls Head Transportation Museum.

The Owls Head Transportation Museum is located at 117 Museum Street (off Route 73) in Owls Head, two miles south of Rockland. For more information, call 594-4418 or visit www.owlshead.org.

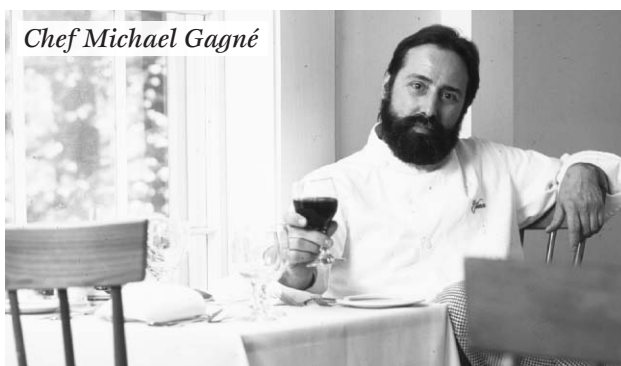
"Chats with Champions" to Feature Chef Gagné

Skidompha Library's next "Chats with Champions" talk will feature chef Michael Gagné. The free talk takes place on Thursday, January 7, at 10 a.m. in the Damariscotta library's Porter Meeting Hall.

In 40 years of cooking, Maine-born chef Gagné has earned praise from the food press corps and the respect of his culinary peers. Today, the chef/owner of Maine's five-star Robinhood Free Meetinghouse — referred to as "a culinary oasis" by The New York Times and featured in the James Beard Restaurant Directory — also is president of Gagné Foods.

Gagné began his culinary career with several line-cook jobs in Maine during the mid-1970s. His first head-chef roles came soon thereafter, and he worked in several prominent inns and restaurants throughout Maine before joining a Caribbean tour on a yacht owned by California's four-star La Costa Country Club. He next tackled the executive chef's position at The Red Fox Tavern in Middleburg, Virginia, the oldest original inn in the country. Seven years later, he returned to Maine as chef/manager of The Osprey Restaurant in Georgetown. By the close of his tenure at The Osprey in 1994, he had increased the restaurant's sales by 750 percent.

Gagné then opened the Robinhood Free Meetinghouse in Georgetown. In 2008 the Maine Restaurant Association named him "Chef of the Year." In 2003, he also founded Gagné Foods,



Inc. The Bath-based specialty food company's 72-layer Cream Cheese Biscuits won the gold medal for Outstanding New Product at the 2006 National Association of the Specialty Food Trade event, beating out thousands of competitors.

A socially conscious restaurateur, Gagné has for years donated his time and resources mentoring untrained, and often at-risk, youth. Young employees have gone on to a variety of food-industry careers, including restaurant management, food sales and chef positions at top-tier New England restaurants.

"Chats with Champions" are generally held the first Thursday of the month. For more information, call 563-5513.

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The pleasure has been all ours this past year and we look forward to continuing our friendship with you. Thanks!

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YEAR IN REVIEW continued from page 7

continuing to slip, the president orders U.S. troops into Fox News, then goes on a media blitz, appearing, in a three-day span, on "Meet the Press," "Face the Nation," "Meet the Nation," "Face the Press," "Press Your Face Against the Nation," Letterman, Leno, Judge Judy, Iron Chef and "Dog the Bounty Hunter."

The president also delivers a back-to-school speech to the nation's students, telling them to work hard and get a good education. Fortunately, thanks to the vigilance of the talk-radio community, many parents realize that this is some kind of secret socialist code message and are able to prevent their children from being exposed to it.

In international news, Iran shocks the world by revealing the existence of a previously secret uranium enrichment facility. Iranian President Mahmoud Ahmadinejad insists that the uranium will be used only for "parties."

UN nuclear inspectors note, however, that "Mahmoud Ahmadinejad" can be rearranged to spell "Had Jammed a Humanoid" and "Hounded a Jihad Mamma."

On the international-finance front, leaders of the world's economic powers gather for the G-20 summit meeting in Pittsburgh, where, in a rare display of unity, they vote unanimously to fire whoever is responsible for selecting their meeting sites.

Speaking of questionable site selection, in...

October

... the International Olympic Committee meets in Copenhagen to choose whether Chicago, Rio de Janeiro, Tokyo or Madrid will host the 2016 summer games. Chicago is considered a strong candidate, but despite personal appeals for the city from President Obama, First Lady Michelle Obama, Mayor Richard Daley, Oprah Winfrey and the late Al Capone, the committee — in an unexpected decision — votes to hold the games in Pyongyang, North Korea. The head of the IOC insists that the decision was "made freely and without coercion," adding, "for the love of God please abort the launch."

On a happier note for the White House, President Obama wins the Nobel Peace Prize, narrowly edging out Beyonce.

In the Middle East, hopes for peace soar when Iran announces that it will allow UN inspectors to visit its nuclear-enrichment facility. Hopes plunge soon after when the inspectors report that they were taken to what appears to be a hastily abandoned kebab stand with a hand-painted sign that says "NUCLEAR ENRICHMENT," as well as what the inspectors describe as "numerous health-code violations."

In Afghanistan, UN investigators raise questions about the recent national election, noting that a third of the votes cast for President Hamid Karzai came from Palm Beach County.

On the celebrity front, a remorseful David Letterman confessed to his stunned audience that he has been hiking the Appalachian Trail with female staff members.

But the big story in October, the story that grips the nation the way a dog grips a rancid squirrel, is the mesmerizing drama of a silver balloon racing through the blue skies above central Colorado, desperately pursued by police, aviation and rescue personnel who have been led to believe that the balloon contains O.J. Simpson.

No, that would have been great, but the authorities in fact have been led to believe that the balloon contains 6-year-old Falcon Heene, the son of exactly the kind of parents you would expect to name a child "Falcon."

It quickly becomes clear that the boy is not in the balloon, and the whole thing is a hoax perpetrated by attention-seeking reality-show-wannabe idiots.

In other words, nothing really happened, so naturally the media go into a week-long Category 5 frenzy so intensive that Larry King is forced to temporarily interrupt his ongoing postmortem coverage of the Michael Jackson funeral.

Speaking of attention-seeking reality-show-wannabe idiots, in...

November

... a Washington couple, Tareq and Michaele Salahi, penetrate heavy security and enter the White House, a feat that Joe Biden has yet to manage. As details of the incident emerge, an embarrassed Secret Service is forced to admit that not only did the couple crash a state dinner, but they also met and shook hands with the president, and they "may have served briefly in the cabinet."

In other White House news, the president, in a much-debated post-Thanksgiving decision, announces that he is sending U.S. troops into the electronics departments of 1,400 Best Buy stores to prevent Black Friday shoppers from killing each other over flat-screen TVs. Hours later the president withdraws the troops, calling the situation "hopeless." Press Secretary Gibbs notes that the president inherited Black Friday from the Bush administration.

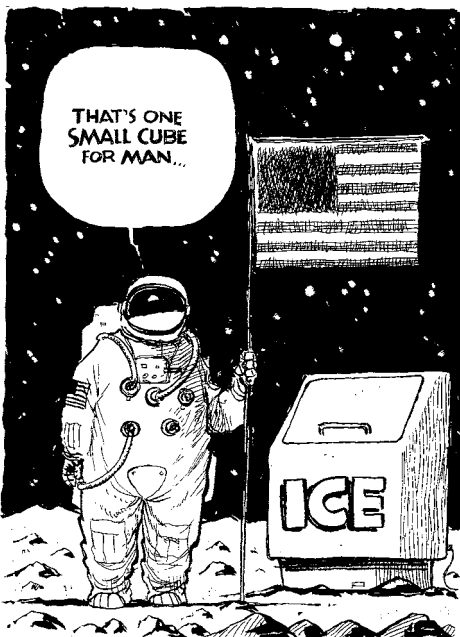
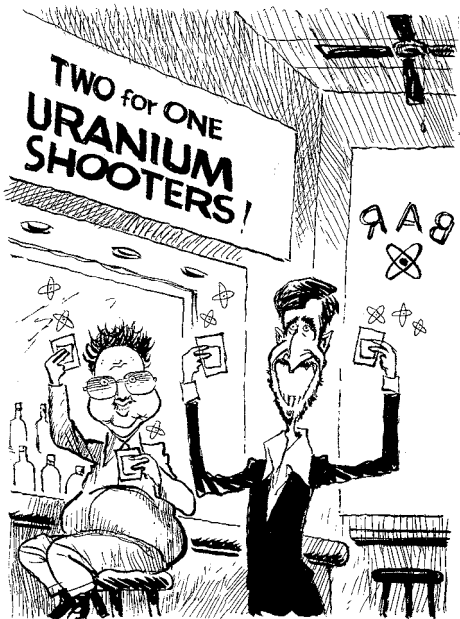
In sports, the New York Yankees, after an eight-year drought, purchase the World Series. But the month's big sports story involves Tiger Woods, who, plagued by tabloid reports that he has been hiking the Appalachian Trail with a nightclub hostess, is injured in a bizarre late-night incident near his Florida home when his SUV is attacked by golf-club-wielding Somali pirates.

In science news: — The large hadron collider is restarted after a 14-month delay caused by squirrels stealing the particles.

— Elated NASA scientists announce that they have discovered ice on the Moon, although their excitement fades when they calculate that getting it back to Earth will cost \$185 million per cube.

In a troubling economic development, the U.S. dollar, for the first time in history, falls below the lentil.

Speaking of troubling, in...



Washington Monument and somehow penetrated White House security.

On the environmental front, Copenhagen hosts a massive international conference aimed at halting manmade global warming, attended by thousands of delegates who flew to Denmark on magical carbon-free unicorns.

In the Middle East, UN nuclear inspectors become suspicious when Iran attempts to ship to Israel, via UPS, a large crate labeled "HARMLESS ITEMS — DELIVER BEFORE TIMER REACHES 00:00." There are other troubling year-end developments:

— In a setback for U.S. interests in Central America, voters in Honduras elect, as their new president, Rod Blagojevich.

— The International Space Station is taken over by Somali pirates.

— In sports, roughly 40 percent of the U.S. bimbo population announces that it has at one time or another hiked the Appalachian Trail with Tiger Woods.

But despite all the gloomy news, the holiday season brings at least temporary relief to a troubled nation — especially the children, millions of whom go to sleep on Christmas Eve with visions of Santa in his reindeer-powered sleigh flying high overhead, spreading joy around the world.

With a North Korean missile flying right behind. Try not to think about it. And happy New Year.

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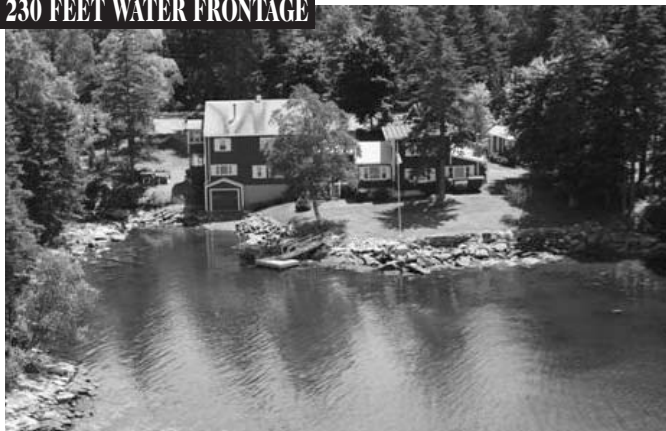
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As I was racing for the tool shed just before the first snowfall, arms full of filthy, rusty tools that had been hanging out in the garden, I told myself that 2010 would be the year I cleaned up and sharpened my tools. This may be one New Year's resolution I can actually keep, as it involves files, oil and rags rather than cookies and pizza.

If you're getting antsy inside the house, you too can schedule a tool inventory and cleaning for the next warmish day. First, assemble a bucket, detergent, WD-40 and lightweight lubricating oil like three-in-one, a stiff scrub brush, sandpaper, a mill file, and lots of clean rags, like old towels and sheets.

Hoes, shovels and spades all need to be sharp to perform at their peak and need soaking and scrubbing to remove dirt. First, use a stiff-bristled brush to get any loose dirt off. Then soak the metal end of tools in a tub of hot soapy water. If you don't have a laundry tub sink available, you can do the same thing with a rubber or plastic tub that holds water, even recycled joint compound buckets. Soak each tool for 10 minutes or so, scrub with the brush, then rinse it with clean water, dry with a rag and lay it on a rag or even clean cardboard to air dry.

If you have tools that have the fiberglass handles and the heads are in good condition, all you have left to do is coat the heads with light oil. If the handles are wooden and have become rough and dried out, sand them lightly and apply boiled linseed oil to preserve them. One trick I learned years ago is to paint a band of brightly colored enamel on wood-handled tools to help make them easier to locate when left lying in garden foliage — blaze orange or bright yellow work well. This is the time to paint them, if it's warm enough.

WD-40 is good for lubricating all the cleaned metal blades of loppers and pruners. Then wipe clean, apply the three-in-one oil and wipe again.

Extremely rusty tools require special attention. Use a sheet of 80-grit sandpaper to remove light coatings of rust. For a heavier coat, a stiff wire brush can be effective. For

badly pitted steel surfaces, you need to bring in the big guns. I plan to turn the hardest cases over to someone with an electric drill with a wire brush attachment. But for the less rusted tools, after removing as much rust as possible, apply oil to the newly exposed steel to stop the oxidation process and keep any incipient rust in check for a while.

Sharpening garden tools is a whole other ball game. I plan to tackle sharpening hoes, spades and weeders because my sons and sons-in-law have shown me how, but I'm not quite ready yet to take apart loppers and pruners to put an edge on them. (If you have good-quality pruners, replacement blades and springs are available at garden centers, and it's just a matter of swapping them out.) When sharpening a shovel use the mill file to sharpen the upper edge only. Fasten the shovel into a vise or clamp

it to a bench or table with the head facing up. If you still have a bevel to follow, just follow that angle. Start at one side and hold the file at a 45-degree angle to the edge of the shovel and, pointing towards the middle, make four or five strokes. The file only files in one direction, so you're filing on the down stroke. Move your file in an inch or two towards the center and repeat the motion until you get to the middle of the shovel. Once you reach the center, move over to the other outside edge and work your way back into the middle of the shovel. Then turn the shovel over and use a few strokes to remove any metal burrs. Sharpen hoes in the same way. Use a file on one side only and work from one edge to the other. Finish by giving the newly sharpened heads an oiling and wipe them clean.

If your tools are completely worn out, with no bevel to follow, they need a new edge ground into them. Unless you have a bench grinder, and are experienced using it, it is best to take tools to a professional for sharpening; Aubuchon Hardware in Augusta does sharpening, the Belfast Agway on Route 1 sends out tools to be sharpened every Monday, and there are other sharpening services in the area. Once your tools have a sharp edge again, you'll be able to keep them that way.

Resolved: Cleaner, Sharper Tools in 2010



by Georgeanne Davis

Winter Fun Open House

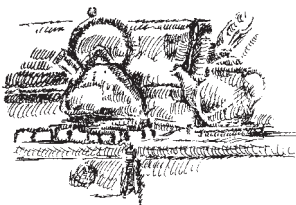


Belfast Cohousing & Ecovillage will hold its second annual Winter Fun Open House on Sunday, January 10, from 2 to 4 p.m. at the farmhouse located at 45 Edgecomb Road in Belfast. The open house will feature a slide presentation about cohousing in general and an update on the Belfast project. Weather permitting, children are welcome to join in sledding, skating, a bonfire and hot cocoa at the same time and location.

Belfast Cohousing & Ecovillage is creating a 36-home multi-generational cohousing community that is rural but just two miles from downtown Belfast. It will cluster its homes and practice sustainable agriculture, and aims to be an innovative housing-development model for rural Maine.

Living in community with sustainability and the benefits of a vibrant, old-fashioned neighborhood is among its goals.

The project currently has 21 "equity member" households (committed to the project) and an additional 22 "exploring member" households (not yet committed), as well as an interested "friend" list of over 600 individuals nationwide. The goal is 36 households of families with children of all ages, couples, and single adults. For more information, visit www.mainecohousing.org or call 338-9200.



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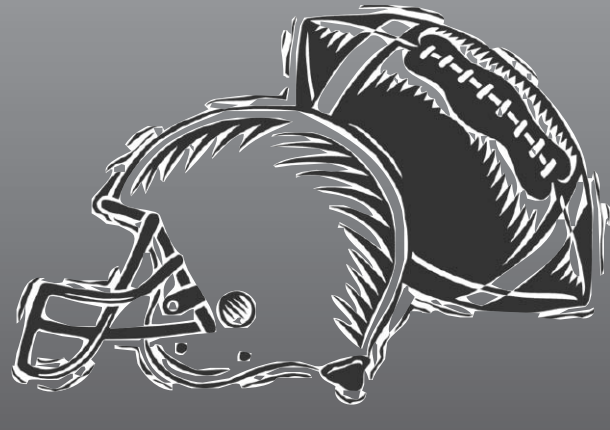
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Last week's winner was Donald Sanborn with 12 correct picks (won in a tiebreaker with Maureen Achorn).

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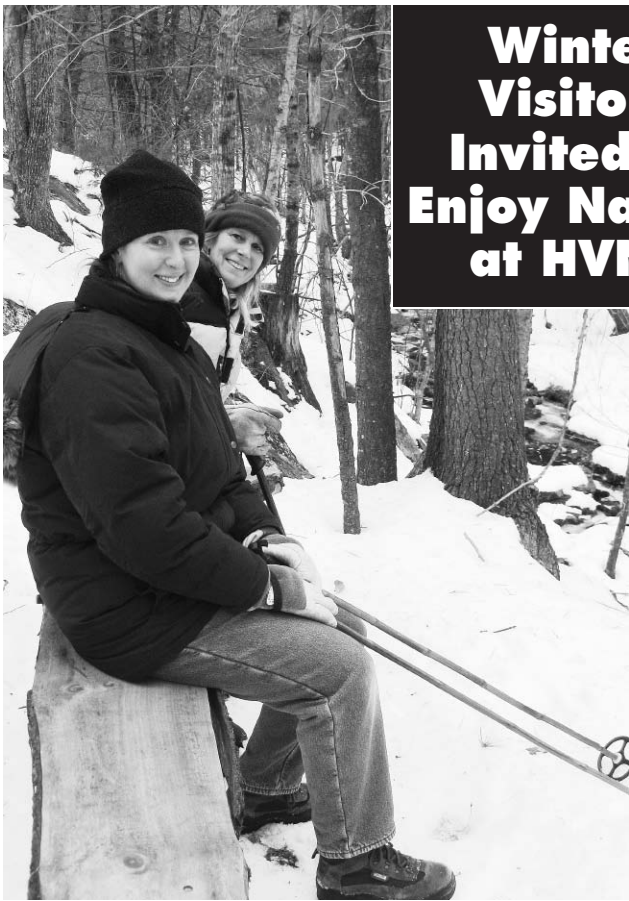
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Winter Visitors Invited to Enjoy Nature at HVNC

This fall volunteers constructed and placed 11 picnic tables and five benches throughout Hidden Valley Nature Center's (HVNC) 25 miles of trails in Jefferson. This winter, whether on cross-country skis, snowshoes or a hike, there are vistas to contemplate and secluded spots for resting.

Visitors are invited to pack a snack or lunch and discover nature in winter at HVNC. Stop to overlook the frozen silence of a pond that in summer hosted beaver, muskrat, wood duck, pied-billed grebe, hooded merganser and painted turtle. Take in the icy beauty of Narrow Gorge Falls and the granite grandeur of Bluff Wall. Look out beyond the nearest hills to the far Western Mountains of Maine. Perhaps catch a glimpse of a deer bounding away from Coyote Overlook. Imagine the changes in landscape made by beaver that are occurring over decades as you rest at Reed Meadow Overlook.

Two new trails — Warbler Way and Crossbill Loop — have been constructed quite close to the entrance. While the warblers won't return until fall, keep an ear out for a flock of crossbills in the tops of spruces on these trails this winter.

Hidden Valley Nature Center is a community-based and -supported nonprofit organization with 800 acres of diverse habitat, many small ponds and vernal pools, miles of trails, and a range of low-impact sustainable forestry projects both completed and under way. It is dedicated to providing nature-based educational and recreational opportunities to the community throughout the year. Winter camping is available at the Yurt, Hermit Hut, 2 Dog Hut and two pond-side campsites. Visit www.hvnc.org or contact Gary Hayward at 586-6752 or waywards@hotmail.com for further information.

Bunker Hill Christmas Bird Count Up

Although the feeder counter numbers were down this year, the total count of bird species recorded on the Bunker Hill Christmas Bird Count was up, from 47 species last year to 50 this year, and 2,831 individual birds. Highlights from the December 21 count included a Redhead Duck, Ring-necked Duck, 55 Snow Buntings and a Vesper Sparrow. The Bunker Hill count includes Whitefield, Alna, Jefferson and Damariscotta Mills.

The Black-capped Chickadee count was significant, with 462 birds accounting for 17 percent of total birds counted. Other species counted in large numbers were American Crow, Blue Jay and Mourning Dove. The absence of finches, as in other area counts, was evident.

Mid-Coast Audubon sponsors all of the area Christmas Bird Counts (CBC) and thanks everyone who participated this year. CBC is the longest-running ornithological database and continues to grow in importance as a monitor of the status of resident and migratory birds across the western hemisphere.

For more information about the Bunker Hill Count results,



The Black-capped Chickadee accounted for 17 percent of all the birds counted during the Bunker Hill Christmas Bird Count. PHOTO BY KEITH CARVER

contact compiler John Weinrich at 563-2930. For more information about Mid-Coast Audubon, visit www.midcoastaudubon.org.

Ski/Snowshoe Outing and Potluck Jan. 9

The Belfast Bay Watershed Coalition will hold a winter snowshoe/ski/potluck outing on Saturday, January 9. Participants should meet at 10 a.m. at the home of Cloe Chunn and David Thanhauser, 210 Oak Hill Road, Swanville.

Snowshoers will trek along Wescott Stream, looking for resident birds. Those with cross-country skis can travel on a five-mile loop through woods and along old roads.

Afterwards everyone is invited to bring a dish to share to an indoor potluck lunch at noon. Those who wish to forgo the outside activities are also welcome and should arrive at noon.

Wear protective winter gear, bring snowshoes or skis, extra warm clothing, sunscreen and water. The outing is free. For further information, call 338-1147.

Star Dust

— by Roger Ptak

Mars Is at Its Peak

Mars will come to opposition this January, and it will appear brighter than it has been the last couple of years. Its image in a telescope will also reach a maximum size, and it will not be this bright or appear as large for another two years. Jupiter is still the brightest "star" in our evening sky, but it gets progressively lower as the month goes on. Saturn will be rising around midnight early in January, and a couple hours earlier as the month ends. Mercury makes a respectable showing at dawn. Venus is passing behind the Sun for us, and it is not visible this month.

The Earth will be closest to the Sun on the 2nd, but that will not make it an especially warm time. The tilt of the Earth's axis is way more important for our climate than our distance from the Sun.

Also that evening, Mars will rise with the Moon. They should be easy to see at about 9 p.m., when the Moon will be directly east. Mars will be a little more than half the width of your hand (with your arm straight out) left of the Moon. The Red Planet will be bright enough to attract our attention all month long, and will be outshone only by Sirius and by Jupiter.

On the 5th, Saturn will also be rising with the Moon, but we will have to wait until about 11:30 p.m. to see them. The Moon will be low and right of east, with Saturn just a hand to its left.

Saturn's lovely rings will be tilted into our line of sight more this month than they will be for the next several months, so this is an opportune time for telescopic views of this planet. However, this is a rather chilly proposition, and the best viewing would be around 6:30 a.m., when Saturn is well up in the southwest.

A slender crescent Moon will find itself in Scorpius in the morning of the 11th. If you look at about 6:15 a.m., you should see the Moon in the southeast with Antares, the Scorpion's reddish eye, very closely below it.

Because the Moon is at new phase on the 15th, we can enjoy dark, moonless evenings for a week or more starting on the 10th. Choose one of these evenings, and use your binoculars to get a look at the Orion Nebula.

In the southeast at around 7 p.m., Orion can be recognized by four bright stars in a large, sloppy rectangle, with three stars in a tight line near the center. These three stars mark the Hunter's belt, and his sword hangs down from it. In the tip of the sword you should find a patch of light, the Orion Nebula. This is a cloud of gas hot enough to glow visibly. It is heated by brand new stars that have formed out of the surrounding gas.

Mercury will have its second-best morning appearance of the year in the second half of the month. For two weeks starting on the 16th, this elusive planet will be quite bright and almost a hand above the horizon in the southeast, if you look at around 6:30 a.m. It will be highest on the 21st, but any of these mornings will do just fine.

A pretty crescent Moon will team up with brilliant Jupiter to form a nifty scene in the evening of the 17th. They should be easy to see in the southwest at 5:30 p.m., with Jupiter half a hand above and left of the Moon. Earlier, they will be higher in a brighter sky, and later they will be lower in a darker sky.

The Moon will be close to its first quarter phase on the 23rd, and you will find it high and left of south at sunset (4:33 p.m.). By looking a bit earlier, you will easily see it in daylight.

A few days later, on the 26th, the Moon will be the most northerly of the month. It will rise at about 12:30 p.m. almost four hands left of east. Its highest point, when it is due south, will occur close to 8:30 p.m.

Mars will appear directly opposite the Sun in the evening of the 29th; it will rise at sunset and set at sunrise. This is the time when Mars is nearest the Earth, so it looks brightest.

It is also the case that the Moon is full this day, and the full Moon is always opposite the Sun. Thus Mars and the Moon will appear near each other in the sky. They should be readily visible left of east by 5:30 p.m., with Mars half a hand left of the Moon. Their separation will not change much as the evening rolls along, but their orientation will. If you see them at about 10:30 p.m., Mars will be to the upper left of the Moon. This full Moon will be the closest of the year, and this will produce much larger tides than usual.

Mars has been in retrograde motion, moving away from Leo and into Cancer. As the month ends, Mars will be near enough to the cluster of stars called the Beehive for them to fit in the same field of view of 7x50 binoculars. Try for them at 7 p.m. or later.

It's all about Mars this month. And although it's in opposition, it will not try to thwart health-care reform.

Traveling with Concord Coach Lines over the winter months?

Effective January 3, 2010, bus service along the coast will be reduced.

Additional Coastal Route service will resume in the spring.

Visit our website for service updates.

MAINE COASTAL ROUTE						Schedule Effective January 3, 2010	
Schedule No.	63	73A	69	71A	Schedule No.	54	64
SOUTHBOUND				NORTHBOUND			
LV Orono ME - UMaine	-----		⑩10:30	⑩	LV Logan Airport MA	11:20	▶4:35
LV Bangor ME	7:00		11:00	SUNDAY	LV Boston MA (South Station)	12:01	5:15
Searsport	7:45		11:45	ONLY	AR Portland ME	1:55	7:10
Belfast	7:55		11:55	2:40	LV Portland ME	2:00	7:15
Lincolnville	8:10		12:10	2:55	Bowdoin College (D)	⑩2:35	⑩7:45
Camden/Rockport	8:30	FRI ONLY	12:30	3:15	Brunswick	2:40	7:50
Rockland	8:55	DURING	12:50	3:35	Bath	2:50	8:05
Waldoboro	9:20	BOWDOIN	1:20	4:05	Wiscasset	3:10	8:25
Damariscotta	9:35	FALL AND	1:35	4:20	Damariscotta	3:30	8:40
Wiscasset	9:50	SPRING	1:50	4:35	Waldoboro	3:50	9:00
Bath	10:10	SEMESTERS	2:10	4:55	Rockland	4:15	9:30
Brunswick	10:20		1:35	2:20	Camden/Rockport	4:35	9:45
Bowdoin College	⑩10:25		1:40	⑩2:25	Lincolnville	4:45	10:00
AR Portland ME	11:00		2:15	3:00	Belfast	5:00	10:15
LV Portland ME	11:30		2:30	3:30	Searsport	5:10	10:25
AR Boston MA (South Station)	1:25		4:25	5:25	AR Bangor ME	6:00	11:15
AR Logan Airport MA	▶1:25		4:40	5:40	AR Orono ME - UMaine	⑩6:50	-----

Italic ▶ indicates a bus change in Portland to/from the Logan Airport express bus if passenger is continuing to/from Logan Airport. ⑩MLK Jr. Day: Will not operate Sunday, January 17, 2010; but will operate Monday, January 18, 2010. ⑩ Service to/from UMaine-Orono, Bowdoin College and Colby College operates daily during fall and spring semesters unless otherwise noted. Schedules #64 & #69 will no longer continue to the Maine coast until further notice.

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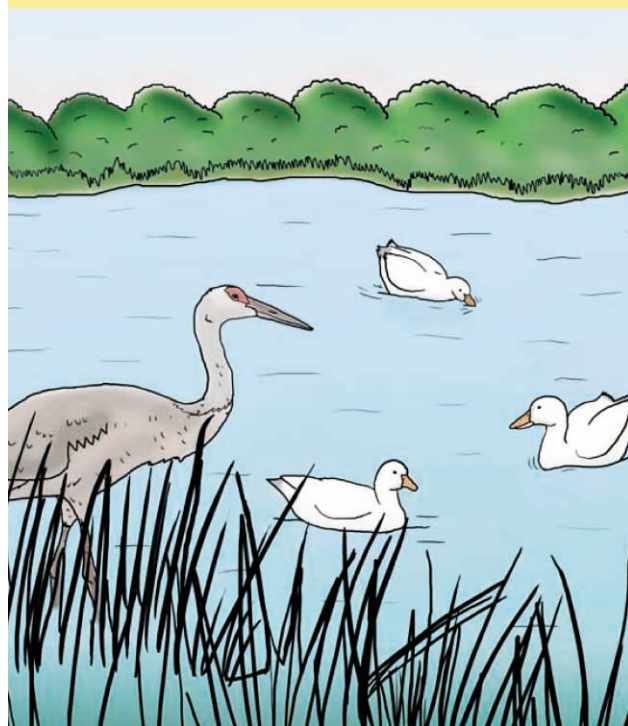
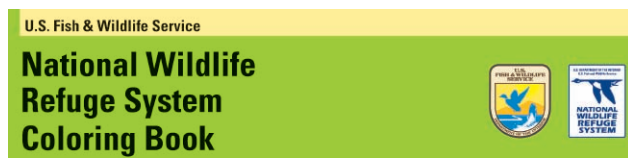
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New Coloring Book Now Available from National Wildlife Refuge System



What is wildlife habitat? What kind of habitat do certain animals need? How can children help? Youngsters can learn the answers to those questions and many more in the pages of a new National Wildlife Refuge System coloring book, designed for children in grades two and three.

Illustrated by a student from the Art Institute of Washington, D.C., the coloring book contains pictures of crocodiles, bears, eagles and other wildlife, as well as images of a variety of habitat types. On each page, children can find fun facts about wildlife species and the refuges they call home. The youngsters can also learn about the employees that protect these places.

Children will be able to hunt for the blue goose, the emblem of the National Wildlife Refuge System, which is hidden on many of the book's pages. The blue goose, created in the 1930s by conservationist and political cartoonist J.N. "Ding" Darling, can be found on most entry signs of National Wildlife Refuges.

The book seeks to connect children to the natural world and foster a new generation of conservationists, as well as introduce them to the National Wildlife Refuge System.

"If we're serious about environmental protection and protecting the many wild creatures that depend on wild places, then we have to teach youngsters to make that special connection to nature," said Sam Hamilton, director of the U.S. Fish and Wildlife Service. "A coloring book is a good first step. But nothing replaces the real thing — getting outdoors and visiting a National Wildlife Refuge."

Established in 1903, the Refuge System spans more than 150 million acres and 550 National Wildlife Refuges. The Refuge System welcomes more than 40 million people annually to participate in wildlife-dependent recreation, including wildlife observation, wildlife photography, fishing, hunting, environmental education and nature interpretation programs.

A copy of the coloring book is free for downloading at www.fws.gov/refuges/kids/ or can be purchased by calling 1-800-344-WILD.

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 Visit www.littlefieldhome.org to learn more

SET THE PACE 5K RUN

SET THE PACE 5K Run
January 1st, 2010 Camden, Maine

The run starts and ends at The Smokestack Grill, 43 Mechanic St.
 Registration begins at 11:11 am — Race begins at 12:12 pm

- ◆ Guaranteed fun for all participants!
- ◆ A fast course (with a couple of challenging hills early) with a guaranteed Personal Record for 2010.
- ◆ The first place runners will be crowned King & Queen and will hold the "Fastest 5K in Maine 2010 Title" until dethroned.
- ◆ More surprises and a great party afterwards!
- ◆ Surprise "hot" treat for all participants.
- ◆ Cash bar and food available after the race.

- **RAFFLES**
- **GIVEAWAYS** including the Almost-Million Dollar Giveaway (all Runners & Opt-Outs automatically entered)
- **AWARDS** "Best Dressed" & "Less Dressed" Prizes, "Middle of the Pack" Award
- **FOOD**
- **CASH BAR**

UNIQUE CATEGORIES

- In Utero Division:** If you're pregnant, bring your "baby to be" across the finish line with you.
- 0-10 Stroller Division:** For those 0-10 year olds to share with their adult pushers.
- With Dog Division:** Only well-behaved dogs who like people and other dogs PLEASE.

THE OPT-OUT RUNNERS' PROGRAM

Make a donation and designate a runner to be your proxy. Your name will appear under your designated runner with their time, or if you prefer, you will be listed at the end of the runners list as a supporter.

PRE-REGISTRATION & MINIMUM DONATION

Opt-Out	\$12
Single runner	\$12
Couple	\$20
Family - 3	\$25
Family - 4+	\$30

THE FIRST 110 REGISTRANTS
 With donations of \$15 or more will receive a souvenir winter garment with the 2nd Annual SET THE PACE 5K logo on it to commemorate the 2010 event.

"Best Resolution for 2010" Contest
 Our Expert panel will judge the best resolutions for 2010 and you'll get a treasure if you win.

Want to Run a Marathon in 2010 with "Team Little Field Home"?

LAST CALL ◆ New Orleans Mardi Gras Marathon & Half Marathon — 2 slots left — Run is February 28th, 2010

FIRST CALL ◆ Sugarloaf Marathon, 15K Run, May 2010 ◆ Vermont Marathon, May 2010 — 12 slots available

Race Registration Form
SET THE PACE 5K RUN
 Runner Walker

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Home) _____ (Work) _____

E-mail _____

Male Female Date of Birth _____

Age on Race Day _____

WAIVER/RELEASE - Signature Required
 I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the Set the Pace 5K Race. (2) In consideration for my application to participate in Set the Pace 5K Race, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation, and (3) I hereby grant specific permission to reproduce, publish, circulate, copyright or otherwise use any and all photographs and/or video of me and/or my family, taken at the Set the Pace 5K Race.

Participant's Signature _____

Date _____

Opt-Out Participants
SET THE PACE 5K RUN

Name _____

Designated Runner _____

Your name will appear under your designated runner;
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We all live in our own universe. While the actual astronomical universe is very, very, very large, our personal universes can be extraordinarily small. Nowhere is that more evident than on a beach. In the interests of full disclosure, I must confess that I am now in a warm climate rife with beaches. Lovely white sandy beaches bordering on water that is not quite warm enough to bathe in but plenty warm enough in which to wade and watch the pelicans. So I am spending a respectable amount of time with my toes in the water studying the local fauna, namely people.

This beach is wide and populated with both locals and tourists. The locals have brown skin and a vague, somewhat sun-struck look in their eyes. They tend to walk briskly along the sand with pulse monitors latched to their wrists. The tourists come in clumps. Some are family clumps, some are couple clumps, some are clumps of young people drinking unnamed beverages from open cups and laughing loudly.

Each clump is its own universe. I walk past a child piling damp sand into a misshapen castle along the water's edge. He drones a song to himself while slowly dribbling sand over his masterpiece. On the dry sand a family fights about a lost cooler, the amply endowed mother shaking her towel at the equally robust father while the other members of this dark-haired family shout their encouragement to the two. The fact that I am mere feet away from their drama doesn't diminish their intensity a bit.

Slightly farther down the beach a vigorous volleyball game is under way. The bodies in motion are generally fit, brown and attired in the minimalist fashion popular among the young. Sand is flying, the music is loud and all of it is taking place as if in a bubble. A few feet away a middle-aged woman dressed in a yellow track suit has begun her afternoon yoga session. Surrounded by the remnants of the sand dunes that once lined this beach, she bends her head to the sand, stretches her legs behind her and forms the shape of a triangle with her back. After a moment she moves into an upright stance and lifts her arms before her, a supplicant to the setting sun.

Human beings aren't the only ones carving out their separate universes on this single beach. A gawky-looking bird catches my eye. Adorned with black spiked feathers on its

head, a long orange bill and scissor-like tail feathers, this creature waddles from the water's edge up the beach to join its mates in a flock of at least two hundred facing into the northerly wind. Each bird has approximately four inches around itself that it claims as its own. If one nudges into the space of another, an altercation ensues. Words are exchanged (actually, squawks), bills are used as weapons, tail feathers fluffed and one or the other bird moves away. These are royal terns, *Sterna maxima*, which will nest in colonies of up to 10,000 birds on the sandy islets that dot this coast.

On the Beach



by Melissa Waterman

Their cohorts are flocks of sanderlings, *Calidris alba*, that skitter among the incoming waves. These are short little birds with white bellies and neatly speckled wings. According to the bird guide, they are found in "parties of ten to twenty birds." These are quiet parties. Sanderlings continually dip their bills into the wet sand to reach the coquinas buried beneath. Coquinas are tiny shellfish whose shells come in a dazzling variety of pastel colors. Most are the size of a fingernail, yet they are the bread-and-butter food item for the many different shorebirds found on the beach.

Then there are the brown pelicans (*Pelecanus occidentalis*). These are big birds, more than four feet in length. They glide along just offshore searching for fish. Using their remarkably powerful wings, pelicans will suddenly rise up into the air, then dive as if pulled by an invisible string directly into the water with a mighty splash. Bobbing to the surface, the bird gulps down whatever it has caught in its cavernous pouch, shakes its head and then pulls itself into the air again. Thus far I have never seen two birds fishing in the same area. If there is a run of minnows or other tiny fish, the pelicans hover above the school and take turns diving into the mass.

Solitude among the many. Homo sapiens seem to have the uncanny ability to find just the amount of isolation necessary to allow the illusion that they and their clan are, in fact, an entire universe. But perhaps it's not a uniquely human trait. The yoga woman, the bickering family, the royal tern and the pelican are all pursuing their individual callings, some in search of food, others in search of... something. And what better place to conduct that search than the democratic and unfettered space of a beach.

Greater Scaup —

Birding with Don Reimer



A female Greater Scaup photographed in Rockland Harbor earlier in December PHOTO BY DON REIMER

During the December 19 Rockland-Thomaston Christmas Bird Count, I took special notice of a certain brown duck swimming near to shore at Buoy Park in Rockland Harbor. There were several other species of brown-looking ducks in the same field of view, but this bird drew my attention because of the prominent white band of feathering around the base of its bill. The duck in question was a female Greater Scaup.

Of the two scaup species (Greater and Lesser), the Greater Scaup is more likely to be found in shallow marine bays and harbors. By comparison, the Greater Scaup is larger in size and has a rounded head profile and a wider, sturdier bill. Drake Greater Scaups have a glossy blackish-green head, light gray back and white belly. A white wing stripe is very apparent in flight. During fall migration both scaup species sometimes occur in mixed flocks in the midcoast area.

As a diving duck, the scaup's heavy body and sloping rump are a definite advantage. As compared with dabbling, surface-feeding ducks, they tend to sit lower in the water. In order to take flight, these blocky ducks must run across the water surface to taxi before take-off. In his field studies, J.J. Audubon spoke of their "laborious" flight.

The omnivorous diet consists of aquatic plants and animals and shifts somewhat with the seasons. Mussels are a predominant food source in winter. Scaup are fond of wild celery plants and add insects to their summer diet.

In North America, Greater Scaup nest from Alaska to eastern Hudson Bay, where they inhabit large lakes and islands found within the tundra and immense boreal forest regions. Females pluck bits of insulative down from their body to line the nest, which is built on the ground.

Scaup travel long distances from their northern breeding grounds to winter at the Great Lakes (until they freeze) and along both continental coastlines. In the east, they winter in large gregarious flocks principally between Cape Cod and the Chesapeake Bay; they are rather uncommon in Maine at this season of the year.

Named by Napoleon Bonaparte's nephew Charles, a French ornithologist who spent a considerable amount of time in North America, the Greater Scaup has numerous nicknames, including Broadbill, Blackhead, Grayback and Shuffler. The origins of the name may relate to its diet of "scalps" or shellfish or could come from the duck's "kalp, kalp" call. For most of the year, drake scaup are silent, but make soft cooing sounds and whistles during courtship. Females produce harsh, gruff notes.

Lobster Conservancy to Study History of Friendship Lobster Pounds

The Lobster Conservancy has received a \$5,000 grant from the Maine Community Foundation to support the writing of a brief history of Friendship's lobster pounds.

Tidal lobster pounds were developed in the late 19th century in Maine as a means for lobster fishermen to hold lobsters and keep them alive until market conditions improved and they could get a better price for their lobster. Many old lobster pounds can still be seen on the Maine coast, but little has been written about the operation of the Friendship pounds. Lobster Conservancy intern Maira Seeley will talk to past pound keepers and their families to learn what life was like when the pounds were an integral part of Friendship in the first half of the 20th century. After completing the project, Seeley will continue her anthropology studies at Oxford University.

Seeley's grandfather, Bill Hadlock, spent time in Friendship every summer with his Friendship sloop *Heritage*. A past commodore of the Friendship Sloop Society, he is the namesake for the society's Hadlock Award.

The Lobster Conservancy, whose mission is "sustaining a thriving lobster fishery through science and community," is located in Friendship. To learn more about the Conservancy, visit www.lobsters.org or call 542-9789.

Belfast Curling Club Launches Second Half of Its 53rd Season

The Belfast Curling Club — the only Curling Club in Maine — is starting the second half of its 53rd year with a New Member Open House on Saturday, January 2, from 4 to 6 p.m. and on Sunday, January 3, from 2 to 4 p.m.

League play starts the week of January 25. Signup sheets will be available at the open house. Curling requires no special equipment, is fun for all ages, is easy to learn, and skill development clinics are offered throughout the year.

The open house will introduce participants to curling and will include on-ice instruction. Those attending should dress warmly and wear clean, comfortable sports shoes. Open curling will follow the open house sessions.

In addition to league play, the club sponsors a number of international bonspiels (tournaments) annually and semi-annually. Bonspiels draw curlers from New England and eastern Canada to Belfast. The curling season includes opportunities to travel throughout the country and Canada to participate in bonspiels at other locations. In addition to the competitive spiels, fun spiels are scheduled throughout the season.

The Belfast Curling Club encourages handicapped curling and integrates handicapped curlers into league play. A team from Belfast represented the United States at the World Wheelchair Curling Championships in Switzerland in 2004.

For more information, call Donna Fancy at 866-464-5733.

ROCKLAND AREA TIDES December 31 to January 7				
	High AM	High PM	Low AM	Low PM
Thursday	9:48	10:28	3:31	4:15
Friday	10:42	11:19	4:26	5:06
Saturday	11:34	---	5:18	5:56
Sunday	12:10	12:26	6:12	6:47
Monday	1:02	1:21	7:07	7:39
Tuesday	1:56	2:17	8:04	8:33
Wednesday	2:51	3:16	9:04	9:29
Thursday	3:49	4:18	10:06	10:28

check out the BLOG @ www.SaltBayArtSupply.com

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**NATIONAL WEATHER SERVICE
 FORECAST for
 Knox County**

Thursday Night: Snow likely. Cloudy, with a low around 29. South wind 5 to 9 mph becoming east. Chance of precipitation is 70%.

New Year's Day: Snow and freezing rain, becoming all snow after 1 pm. High near 33. East wind 6 to 9 mph increasing to between 15 and 18 mph. Chance of precipitation is 80%. New precipitation amounts between a quarter and half of an inch possible.

Friday Night: Snow. Low around 27. Chance of precipitation is 80%.

Saturday: Snow likely. High of 30 and cloudy. 70% chance of precipitation.

Saturday Night: Snow likely. Cloudy, with a low around 21. Chance of precipitation is 60%.

Sunday: Snow likely. Cloudy, with a high of 35. 60% chance of precipitation.

Sunday Night: A chance of snow showers. With a low around 25. Chance of precipitation is 30%.

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Financial Aid Workshop at Bowdoin

The Maine Association of Student Financial Aid Administrators (MASFAA) will offer a day-long workshop for Maine parents of college-bound juniors and seniors on Wednesday, January 6 (snow date, Wednesday, January 13), at Bowdoin College in Brunswick. The course costs \$175. A full description of the Financial Aid Institute and registration information is available at www.masfaasummerinstitute.webs.com.

"The institute gives parents a unique opportunity to learn much more about finan-

Day-long institute for parents of college-bound juniors and seniors

cial aid from the people who actually review the applications and make award decisions," says institute organizer Gary Weaver.

Course content will focus on correct filing techniques relative to family structure and dependency status; federal and institutional need analysis theory and computation; the use of tax return data in need analysis; federal, state and institutional grant and loan program eligibility; award "package" construction; payment plan solutions; and policy and practice variations among school types.

Learn to Read, Improve Reading Skills or Prepare for the GED

Literacy Volunteers of Mid-Coast Maine, a nonprofit organization working to improve the reading, writing and related literacy skills of area adults, will be offering services beginning on Wednesday, January 6. Six trained volunteers will be available at the Waldoboro Public Library each week on Wednesdays and Fridays from 10 a.m. to 1 p.m.

Volunteers will provide tutoring to help with literacy, improving English communication and writing skills. In addition, the program can help adults of any age to prepare for GED testing, which includes both language and math skills. Adult students will establish personalized goals and proceed at their own pace based on their interests and skill level. The program is offered free of charge.

"There are various reasons why people would be interested in joining this program," says Connie Hammermeister, a Waldoboro literacy volunteer. "Some may have dropped out of high school and now they want to obtain their GED to advance in their job. A student is often a grandmother, or a mom or dad, who hesitate reading to their grandchildren or children because they are concerned about their reading ability. We can help them improve their reading skills and build their confidence."

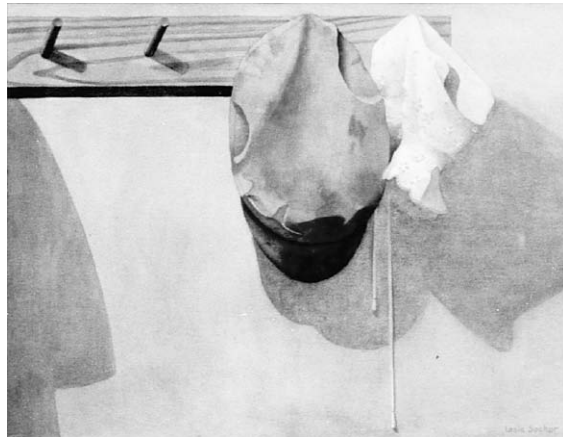
For further information or to make an appointment, call the Waldoboro Public Library at 832-4484, or drop by on any Wednesday or Friday during the hours of 10 a.m. to 1 p.m. to talk to a volunteer.

Sochor Watercolor Class at Merryspring

"Father and Daughter," a watercolor by Lesia Sochor

Lesia Sochor will begin a four-week session of watercolor classes on Thursday, January 7, from 9 a.m. to noon, continuing on January 14, 21 and 28, at Merryspring Nature Center. Students will learn technical skills like edge control, tonal values and composition while being encouraged to discover personal style and creative interpretation.

Sochor is a graduate of the Philadelphia College of Art, cofounded the Art Annex in Belfast and currently teaches at Toddy Pond School. Sochor illustrated the children's books *The Cat*



of Strawberry Hill and A Moose's Morning.

Class size is limited and pre-registration is required. The cost is \$135 for Merryspring members and \$150 for non-members. To register or for more information, contact Merryspring at 236-2239 or visit www.merryspring.org. Merryspring is located at the end of Conway Road in Camden.

Conflict Resolution Course Offered in Belfast This Spring

A University of Maine (Orono) three-credit course on the essential skills needed to understand and resolve conflicts, whether in personal, workplace or professional relationships, is being offered this spring at the Hutchinson Center in Belfast. It can be taken for either undergraduate credit as PAX 360 or at the graduate level as PAX 598 and for certification or recertification credit as well.

The class will meet on Fridays from 5:30 to 9 p.m. and Saturdays from 8 a.m. to 3 p.m. on March 12 and 13; 26 and 27 and April 9 and 10. There will be one session conducted online. The weekend and online format is to accommodate working people and full-time students.

All sessions will offer demonstrations and practice of current conflict resolution models, including individual dialogues of understanding and the dynamics of the Circle process for group work. Each student will have the opportunity to apply the models to their own field of work or interest.

Joanne Boynton is trained as a mediator and is a member of the Restorative Justice Project of the Midcoast, working with juvenile first offenders. Contact her with any questions by e-mail: Joanne.Boynton@umit.maine.edu.

The UMaine Hutchinson Center can be reached at 338-8000, toll-free 800-753-9044, or visit www.hutchinsoncenter.umaine.edu.

Exercise Class at Warren School

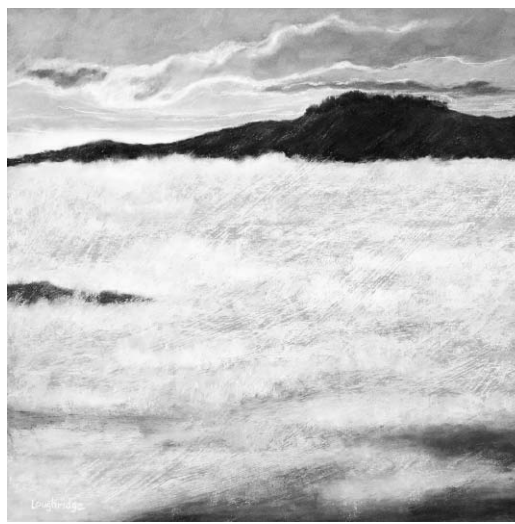
Tami Morrison, a nurse at Waldoboro Family Medicine who is also a certified personal trainer and certified Swiss ball instructor, will lead a Monday-evening exercise class from 5:30 to 6:30 p.m. at the Warren Community School. Morrison will teach a variety of cross-

training exercises and share some tips on how to get the most from exercise efforts, which can lower cholesterol and blood sugars and increase cardio fitness. The cost is \$20 a month, payable at the first class of each month. Call 273-2001 or 273-3211 to sign up.

Refresher Night for Literacy Volunteers Tutors in Belfast

Literacy Volunteers of Waldo County will hold a "refresher" night for participants who have already completed the Tutor Training. Phyllis Brown will facilitate this one-night class on Monday, January 11, at 6 p.m. at the Broadreach Administrative Offices, 5

Stephenson Lane, Belfast. This session will be a preparation and brush-up class for volunteers ready to work one-on-one with a student. Light refreshments will be served. Call Linda Baker for more information or to sign up, at 338-2200, extension 201.



Loughridge to Lead Pastel Painting Class

"Sea Smoke Dawn," soft pastel on prepared panel by Sally Loughridge

During lengthy painting in class, each person will be individually mentored at his or her level of development. The emphasis will be on creating compelling paintings through strong composition, knowledge of color relationships and increased mastery of techniques unique to the medium. Every class will conclude with a structured group critique.

Maximum number of students in the course will be seven.

Loughridge exhibits in the midcoast and has extensive teaching experience. After five years as an instructor at Round Top Center for the Arts, she holds classes both privately and through Rockland's Farnsworth Museum.

For more information, e-mail sloughridge@tidewater.net, call 644-1835 or visit www.sallyloughridge.com.

Beginning Tuesday, January 12, Sally Loughridge will again begin her eight-week class "The Practice of Soft Pastel Painting," designed for those with at least moderate soft pastel experience working toward a personal practice of dedicated painting and artistic challenge. The class takes place Tuesdays, January 12 through March 2, 9:30 a.m. to 12:30 p.m. at the Woodturning School Studio, Capelletti Drive off Route 129, in Damariscotta.

Lincoln County Television (LCTV) has scheduled a hands-on studio production course that will culminate in the creation of an actual show. After completing the course, participants will be certified as LCTV producers and will be eligible to use the LCTV Media Center for future shows of their own design.

The course, consisting of four two-hour classes, will be held on Saturdays, January 16, 23 and

LCTV Schedules Studio Production Course

30, and Saturday, February 13, from 10 a.m. to noon, at LCTV's Media Center, 29 Sheepscot Road, Newcastle. The course is free and open to residents as well as individuals who are affiliated with an eligible nonprofit or a public institution in Alna, Bristol, Damariscotta, Dresden, Edgcomb, Newcastle, Nobleboro, Waldoboro, Westport Island and Wiscasset. Call 563-6338 to register for the class.

New Tai Chi Chuan Course in Thomaston

Spectrum Generations is offering a new course called Tai Chi Chuan, or Taijiquan, at the Rocky Coast House, located at 124 Booker Street in Thomaston.

Rockland resident and taiji practitioner Susanne Ward will offer a free class introducing the taiji course on Wednesday, January 6, from 9:30 to 11 a.m. Ward's studies led her to Master Yang Yang of New York City. She has been his student for the last four years, completing her certification to teach Dr. Yang's evidence-based taiji program.

The 10-week course, designed for healthy older adults by Master Yang Yang, will help improve lower-body strength and flexibility, balance, immune function and self-confidence. The program integrates qigong exercises, meditation and Seven Movement Introductory Form in a course that is challenging yet adaptable to people of all ages and physical abilities.

The cost of the course is \$50 and class size is limited to 12. To sign up, call Lisa Sambrook at 354-8952 or e-mail lisa.sambrook@voanne.org.

Salt Bay Art Supply is offering a bookbinding workshop for the absolute beginner on Saturday, January 9, from 1 to 4 p.m. at River Arts on Main Street in Damariscotta.

Bookbinding Backwards Workshop Jan. 9

"Bookbinding Backwards" gives beginners the opportunity to complete a book in an afternoon by having them do the last step first. Participants will be provided with the hard covers, the spine and the prepared pages as well as a variety of papers and book cloth with which to decorate the covers. Then they will assemble the book, learning

the steps to successfully support the spine, and end with a completed book to take home.

Carol Jaeger, owner of Salt Bay Art Supply, will lead the workshop. She will demonstrate how the pages for this project were prepared and will discuss different kinds of bookbinding. "Bookbinding Backwards" costs \$25 per participant; advance registration is required. Students may register at River Arts or Salt Bay Art Supply, both on Main Street in Damariscotta. For more information, call Salt Bay Art Supply at 563-8377.

Healthy Living Through Literacy

Community members are invited to participate in the ongoing series of "Healthy Living Through Literacy" workshops sponsored by Literacy Volunteers of Mid-Coast Maine (LVMCM). These workshops aim to help adults make improved decisions about their personal and family health care by learning about healthy behaviors and how to access and use community health resources and information. The workshops are designed so they may be taken individually or as a series.

The next workshop will be offered in three consecutive parts in January. Beth Chamberlain from the Cooperative Extension Service will lead three one-hour workshops on the following subjects: Thursday, January 14, Menu Planning; Thursday, January 21, Buying Nutritious Food; and Thursday, January 28, Making Food. Each workshop will start at 9 a.m. at the Mid-Coast Adult Learning Center, 28 Lincoln Street, McLain School, in Rockland. To register, call 594-5154 or e-mail bjifford@rsu13.org.

Free Yoga Classes Offered in Rockland

During the first week in January, certified Kripalu instructor Rachel Nixon will offer three free yoga classes at Studio 22 at Lincoln Street Center in Rockland. Space is limited and registration is requested.

On Thursday, January 7, from 5:30 to 7 p.m. is a free Gentle Yoga class, designed for beginners and advanced students who want to slow down. For students who have practiced yoga before, there are two free Vinyasa (Flow) Yoga classes on Tuesday, January 5, from 5:30 to 7 p.m. and on Saturday, Janu-

ary 9, from 8:30 to 10 a.m.

Nixon's 10-week winter session will begin the following week, and students may sign up for the entire session or drop in. Winter session classes, which will take place at the Lincoln Street Center on the same days and times as the free classes, are by donation. Students are invited to come as often as they would like and pay what they can.

For more information and to register for classes, call Nixon at 594-1694 or e-mail rachelanixon@gmail.com.

ART ON THE COAST

"Final Act," pastel painting by Barbara Vanderbilt —



Barbara Vanderbilt of Coopers Mills is exhibiting her pastel paintings at the Lincoln Home in Newcastle through Monday, February 15. A "Meet the Artist" reception will be held on Wednesday, January 6, from 4 to 6 p.m.

Waterfall Arts in Belfast is looking for young artists and artist mentors who would like to participate in the fourth annual Branching Out Residency Program. The young artists work with local professional artists in their field of interest for short-term mentoring, typically meeting six times over a six-week period starting in mid-January. The program culminates in a collaborative or side-by-side piece of artwork to be exhibited in the Clifford Gallery during March and April 2010. Past work has included sculpture, photography, drawing, painting, ceramics, performance, mixed media and more.

The young artist/mentor teams make art together, inspiring each other in the process. In addition, each youth artist/mentor team will be invited to make a public presentation of their work to a school or community group. Students will gain experience in the creative collaborative process, hanging a show and public speaking, all essential

"Branching Out: Taking Wing" Program Seeks Young Artists & Mentors

skills for any professional artist. An honorarium will be given to each professional artist to cover supply costs through a grant from the Davis Family Foundation.

This year's Branching Out focus, "Taking Wing," offers a hopeful and action-based theme, reflecting the broad array of community responses to climate change, habitat preservation and sustainability. Each pair will decide how

to represent the "Taking Wing" theme.

Young artists age 12 and up are welcome to apply; applications are due on Friday, January 8. A "Meet & Greet" at Waterfall Arts for artist mentors, young artists and their families is scheduled for Friday, January 15. This meeting kicks off the six weeks of residency work time, during which the pairs will meet a minimum of six times to work collaboratively. For more information on participating in this free program, contact Waterfall Arts at 338-2222 or visit www.waterfallarts.org for more details and to download the short application.

VSA arts of Maine presents the final showing of "A Matter of Perception 2009," a juried exhibition showcasing the work and creativity of Maine artists with disabilities. Jeannine Sparhawk of Waldoboro will be among the artists featured. The exhibit is on view through February 27 at The Gallery at Eleven Pleasant Street in Brunswick. A public reception for the exhibit will be held on Tuesday, January 5, from 5 to 8 p.m.

"A Matter of Perception 2009," VSA Exhibit

"A Matter of Perception 2009" demonstrates that physical, cognitive or other disabilities do not limit talent or creativity. VSA arts of Maine's goal is to provide exhibition opportunities throughout Maine for artists with disabilities — promoting the work of these artists and enhancing public awareness of disability issues.

For more information, contact the "A Matter of Perception" curator at 607-4016 (voice/tty) or at daughtry@vsartsmaine.org.

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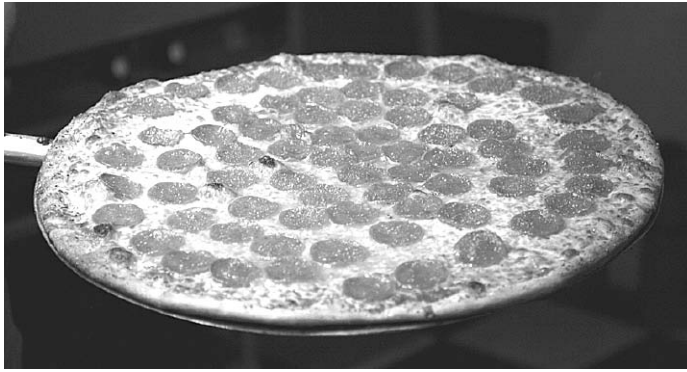
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Co-owner Sarah Vokey says she's been told "it's the best pizza in the area" quite a few times. Pizza isn't the only item on the menu that makes the reader's mouth water just reading it — there are homemade soups, quesadillas, and many delicious sandwiches — but the pizza, with its sauce made from scratch with fresh basil, oregano and parsley, bears special mention. This sauce can be topped with the expected pepperoni and sausage, but other offerings include clams, chicken, pesto, roasted red peppers, ricotta and spinach.



"The Thorndike," a specialty, is a white pizza topped with olive oil, oregano, garlic, cheese, fresh tomatoes, basil and bacon, and all pizzas come by the slice or the pie.

Winter menu selections are hearty and warming. Try the Reuben, with corned beef and roasted turkey, or vegetarian with Morse's Sauerkraut, Swiss cheese and Russian dressing, served hot on pumpnickel bread. Or a Cranberry Turkey sandwich, a baked sandwich stuffed with turkey, crisp apple slices, and cheddar cheese on your choice of bread, spread with cranberry sauce and a Maine-made grainy mustard.

And for vegetarians, don't forget the Vegi Panini — artichoke hearts, spinach, and tomato pressed on multigrain bread with pesto and a roasted red pepper and goat cheese spread — or a create-your-own-favorite Grilled Cheese: select from a



variety of cheeses and breads and add fillings of your choice.

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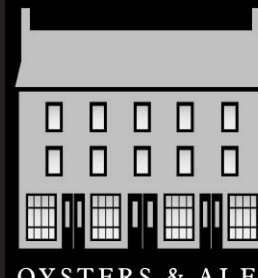
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BOOK REVIEW

GOOGLED: The End of the World As We Know It

By Ken Auletta

Review by Jack Shafer

I dare you to name a more plugged-in media and communications technology reporter than New Yorker staff writer Ken Auletta. As comfortable interrogating a network executive as he is interviewing a software genius or bottling a human tornado like Ted Turner, Auletta builds his media-technology books the way a mason builds a wall — upon a firm foundation, one brick at a time and as level as the horizon.

In *Googled*, Auletta applies this technique — which served him in previous books about the Microsoft antitrust suit, the fall of the television networks and the evolution of the wired world — to chronicle the rise of Google, the world's favorite search engine. (Disclosure: Auletta, a nodding acquaintance of mine, quotes me once briefly — and neutrally.)

If you read the newspapers and magazines that cover Auletta's beat, you already know the basic outlines of the Google story: In the mid-1990s, Stanford University graduate students Larry Page and Sergey Brin devised a new search engine that assessed the value of Web pages based on the links that point to it from other pages. Venture capitalists nurtured the young company, and by 2000 it was the Web's most visited search engine. A public offering in 2004 quickly made billionaires of the founders, as well as Eric Schmidt, the experienced chief executive they'd acquired, as the company revolutionized the advertising market. Today, Google's ubiquity has earned it the status of a verb. You don't just search for information about a person or a subject on the Web, you google it, and Google's search dominance has allowed it to reap 40 percent (\$20 billion yearly) of all online advertising revenue. Auletta won unprecedented cooperation from the founders and the company brass to tell the inside story in great detail.

But our deep familiarity with Google tends to work against his book. If you've read other books about Google (notably John Battelle's *The Search* and David A. Vise and Mark Malseed's *The Google Story*, both published in 2005), the narrative will seem a little worn.

As many commentators have pointed out, Google didn't invent Web search, didn't invent free Web-mail, didn't invent online photo storage or online maps, didn't invent online advertising pegged to search terms, didn't invent blogs, blog search, cloud computing, desktop search, online word processing or a host of other Web-related services and products. The company owes its success less to innovation in all these fields than to the steady improvement of its core function — its search engine. Remember, when Google really got going at the turn of the century, its competitors regarded search as a commodity and believed that the key to building a Web audience from which they could make money was building a "portal" — a branded site that aggregated weather, stocks, news, advertising and tons of other content — to which users would return again and again.

The managers at AOL, Yahoo and Microsoft strategized that keeping Web traffic circulating inside the portal's "walled garden" was the key to success. But the philosophy of Google's founders, Page and Brin, was different. The extreme wideness of the World Wide Web made search the fundamental problem to solve. "If we solve search, that means you can answer any question," Auletta quotes Page as saying. "Which means you can do anything." Google's Zen-simple home page, devoid of ads or other distractions, was designed to speed users to their search results, and those speedy, accurate results changed search from a commodity into a brand, a very respected brand, Auletta notes.

But should Google itself be trusted? Yes, trusted to produce terrific search results, reliable e-mail service, videos aplenty on its YouTube site and economical venues for advertising. But no further. As Auletta probes the sophistry behind the Google slogan "Don't be evil" with his well placed sources in media and technology, the portrait he draws is of a rapacious, opportunistic company that seeks to disrupt — in classic capitalist fashion — whole industries. Its Android operating system — and now a cell phone of its own design — have targeted the mobile phone business. Google Voice has been assigned to conquer the telephony industry. The Chrome browser and the Chrome operating system are aimed at toppling Microsoft's grip on the computer desktop. The Google Books service is a cannon pointed at the heart of publishers. One of Auletta's top sources regards the company as a veritable "Googzilla" that intends to become a digital Wal-Mart for shoppers.

Auletta's thorough, readable account of how the world has become Googled makes you long for the future chapters in the company's history. Will it falter, as Microsoft did, when the antitrust hounds bite it and it starts to choke on its own bureaucratic inertia? Having failed to win in the social media space now dominated by Facebook and Twitter, will it stage a comeback? How long before the next generation of computer whizzes finds a way to leapfrog Google?

Auletta surveys his sources for their speculations but wisely keeps his crystal ball in its case. The abiding lesson of *Googled* is that nobody realizes that they're being displaced until it's too late.

Jack Shafer writes about the media for *Slate*.
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Washington Post Writers Group

LETTERS
OPINIONS**Susan's New Year's Greeting—**

It's December, the end of the year!

We're wishing delights,
on every star bright,
for all of our friends far and near.

We do what we can
and do what we must
Ever making amends
to develop more trust
where we might,
as it's ever more pleasant
to feel we have love in our life
in the dark of the night.

We have traversed afar
following many yonder stars'
bright flame

Always returning to rest
on the abiding test
to do unto others,
to continue to bless
those stones in our path.
The view may sound stern
though the truth we discern
is we've found ourselves in play
wherever we may
especially with those under six.

And dancing and singing,
painting and smearing!
We create joy in our lives
forget and forgive

hold babies anew, throw a snowball or two!

Greet old friends and new
with a wondrous delight.

So we sing out to you,
wind a garland round your head,
hum a tune, dance a step,
behold the stars bright
know we share the view
as we look up in the night.

We enfold and embrace you
and hope for all the best
in health, wealth and wisdom,
may we all feel much blessed!

Susan Johnson

Louisville, Kentucky

New Year's Wishes—

2009 slips into history tonight, and another brave, brash new year moves into its place. Few can deny that 2009 has been a rough year for most Mainers. The economy at the national, state and personal level has challenged most and caused heartache and hardship for many.

The Lincoln County Democrats want to wish everyone a better new year. They also hope that the new year will bring greater compassion and commitment to the common good among us all. In 2009, issues of vital importance to everyone became fodder for power struggles amongst many of those elected to govern. 2009 was marked by a level of ill-will and spiteful wasting of opportunity that was stunning.

Our hope is that all citizens will join together to put the welfare of every individual as the central goal in our governing as a people. The time has come to put animosities among those with differing opinions aside and to work for goals for the good of all. If our elected officials are hamstrung by special interests, we need to elect others, and we need to become involved and pay attention to our governance.

As the new year begins, another election year also begins. We welcome those interested in the values and goals represented by the Democratic Party at the state and local level. The year will begin with caucuses on January 31st in every town in Maine. Local caucuses provide opportunity to become involved in that statement of values and goals through the Party platform. They also provide an opportunity to become involved in town Democratic Committees, and to be elected to attend the Party convention in May. Campaign plans will be discussed by the chair of the Campaign Committee, Bud Lewis, at our monthly meeting on January 19th. All are welcome. To learn more about the Lincoln County Democrats, visit www.lincolncountydemocrats.com.

Lincoln County Democrats

Thanks to Patron of the Arts—

I would like to thank the person who paid for four weeks of my art classes, anonymously, through my art teacher, Diana, and signed themselves "A Patron of the Arts." Your kindness is most appreciated — Happy New Year!

Janice Wyman, Warren

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). Send letters to: The Free Press, 8 North Main St., Suite 101, Rockland, ME 04841 (fax 596-6698; e-mail editor@freepressonline.com).

Secondhand Smoke—

Every day, children in our community are exposed to secondhand smoke in their own homes. Healthy Waldo County believes if parents learn the facts about secondhand smoke and its health effects on children, they'll do the right thing and take their smoking outside. To help educate parents and caretakers of young children about the risks of secondhand smoke, Healthy Waldo County has joined the Environmental Protection Agency (EPA) to launch a public education and awareness-building campaign on secondhand smoke. Read more about secondhand smoke at www.epa.gov/smokefree and www.tobaccofreemaine.org.

The science supporting smoke-free environments for children is strong. The EPA estimates that secondhand smoke is responsible for between 150,000 and 300,000 lower-respiratory-tract infections in infants and young children under 18 months of age annually, resulting in between 7,500 and 15,000 hospitalizations. Children exposed to secondhand smoke are also more likely to suffer from symptoms of respiratory irritation like cough, excess phlegm and wheezing. Secondhand smoke can lead to a buildup of fluid in the middle ear, the most common cause of childhood operations requiring hospitalization.

Most people know someone with a child who is asthmatic or experiences periodic health problems. The only way to reduce the damaging effects of secondhand smoke is to encourage smokers to not smoke around young children. Although it seems like a simple a solution, this action will have an enormous impact on the lives of their children. If you are a parent, caregiver or grandparent of a small child, remember to keep children away from cigarette smoke, even if it means taking your cigarette break outside. For more information about the health effects of secondhand smoke, call Healthy Waldo County at 930-2650.

Vyvyanne Ritchie, program administrator

Barbara Crowley, program specialist

Healthy Waldo County

Winter Solstice Celebration Thank You—

On Saturday, December 19, the Unitarian Universalist Church of Belfast held its annual Winter Solstice Celebration at the Blue Goose in Northport. For many local residents the event is a much anticipated addition to the calendar of holiday festivities in Waldo County. It is also a much appreciated source of financial support for programs that serve residents in need at this time of year. This year proceeds from the Winter Solstice Celebration were designated for the Waldo County food programs of the Good Shepherd Food Bank. Donations from the standing-room-only audience netted more than \$1,700 in assistance.

A great deal of preparation by planners and performers is required to make the Winter Solstice Celebration engaging and entertaining and run smoothly. A major snowstorm last year necessitated the cancellation of the event, causing widespread disappointment. The success of this year's event relied on the good will and good deeds of many volunteers in many capacities. We thank the performers who donated their talents — Chris Goosman, the UU Choir, Skylark, January Men, Shira, the Sword Sisters, Highland Mary, Djump!, the actors in the Mummies play, poet Linda Buckmaster and violinist Judy McMahan, storyteller Danielle Bannister, members of the Belfast Bay Fiddlers, Green Man Jeffrey Mabee, and other participants — as well as the volunteers who provided technical support and other logistical assistance, decorated, set up and cleaned up the hall, and helped in other ways to make the event run smoothly.

We thank members of our community, too, for their support and enthusiasm. We all had fun and look forward to next year's celebration. Now let it snow.

The Winter Solstice Celebration Committee
of the Unitarian Universalist Church of Belfast:

Liz Fitzsimmons, Rick Fitzsimmons,

Dan Kirchoff, Jennifer Kirchoff, Paula Roberts

St. George School Fund-Raising Nets Over \$1,000—

The students and staff of the St. George School wish to thank all of those who supported our fund-raising efforts for grades 3, 4 and 5. The incredible generosity and giving spirit of our community made it possible for us to raise over \$1,000 that will be used for special programs and field trips.

Please support our local businesses who were generous enough to make donations: Shaw's, Puffin's Nest, Rock Coast Sports, The Brown Bag, AutoZone, Napa, E.L. Spear, Pet Quarters, Webber Fuel, Wood & Wave Woodworking, Hampton Inn, Flagship Cinemas, Rustica, Trade Winds, Almaf, Maine Coast Petroleum, John Paul Salon, Reflections Salon, Dunkin' Donuts and Wildcat Lobster.

We would like to recognize several families who made donations: the Tylers, the Montgomerys, the Simmons, the Andersons, the Fourniers, the Fergusons, the Garretts, the Millers, the O'Neals, the Uphams, Judy Lahey, Stephanie Thorbjornson, the Perry/Godin family, Charlotte Leparulo and Teresa Small.

We appreciate your continued support of our school.

Jennifer Garrett

St. George Staff, 3,4,5 Team

CALENDAR OF EVENTS

PLEASE TAKE NOTE:

Calendar listings should be mailed to:
The Free Press Calendar,
8 North Main St., Suite 101,
Rockland, ME 04841
(FAX: 596-6698, or e-mail:
editor@freepressonline.com)
by noon the Friday before the
Thursday publication date.
Please include your name, address and
phone number.

Noteworthy

THURSDAY, DEC. 31:

- **New Year's by the Bay, Belfast,** purchase buttons at Parent Gallery, Belfast Coop, and Fertile Mind Bookshop; at Mr. Paperback, Belfast Harbor Inn and Comfort Inn at Ocean's Edge and Hannaford (service desk). One button admits wearer to all activities, which begin at 4 p.m. with magic by Conjuring Carroll at the UU Church and end at 11:50 p.m. with the Drum & Rabble Corps' 5th annual procession to the Bonfire By The Bay. FMI: www.nybb.org/performances.html. Buttons are \$15/\$5 students K-12/under 5, free.
- **New Year's Eve with Rustic Overtones and Guests,** 8 p.m.-2 a.m., Port City Music Hall, Portland. Open to 21+ only. Tickets at www.portcitymusichall.com and Bull Moose Music stores.
- **New Year's Eve Blues Party with Johnny Rawls,** Trade Winds Motor Inn, Park Drive, Rockland. Package includes room, dinner, dance, party favors, champagne toast, breakfast, and use of pool and hot tub. FMI: 596-6055.
- **NRCM Polar Bear Plunge,** noon, East End Beach, Portland. Plunge to support the work of the Natural Resources Council of Maine, with folks in polar bear costumes, hot coffee from Coffee by Design, and pastries from Standard Baking Company. Participants must raise at least \$50 in pledges. FMI: stacie@nrcm.org or 430-0127.
- **Trackside New Year's Eve Party,** 9 p.m., Union St., Rockland. Dance to the tunes of DJ Andy and enjoy a complimentary glass of champagne at midnight. 21-plus event. No cover.

FRIDAY, JAN. 1:

- **CONA's "Potluck & Peaceful Beginnings,"** noon-3 p.m., Skidompha Library, Main St., Damariscotta. Citizens Offering New Alternatives hosts an afternoon of music, poetry readings, puppetry, arts and crafts, food, conversation and contemplation. Bring food for an informal potluck. To volunteer, call 563-3781.

SATURDAY, JAN. 2:

- **Boar's Head and Yule Log Festival,** Sat. & Sun., Jan. 2 & 3, 2 & 4:30 p.m., Rockland Congregational Church, 180 Limerock St. Tickets, \$15 reserved/\$10 general admission, are now on sale for the fifth annual reenactment of the ancient celebrations marking Epiphany, the end of the 12 days of Christmas. FMI: 594-8656.
- **Epiphany Celebration,** 7:30 p.m., Immanuel Baptist Church, 156 High St., Portland. The Choral Art Society's a cappella group performs the Epiphany Celebration concert with an instrumental ensemble including organist Dan Moore. Program includes a Bach cantata in addition to seasonal a cappella songs. \$15 in advance/\$20 at the door. FMI: 828-0043 or www.choralart.org.

SUNDAY, JAN. 3:

- **Jazz Jam,** 3-5:30 p.m., Waldo Theatre Annex, Waldoboro. Free refreshments. Admission is \$7/musicians who play don't pay. FMI: 593-7445.

TUESDAY, JAN. 5:

- **Sheepscot Valley Chorus Rehearsal,** 7 p.m., Congregational Church, Rte. 1, Wiscasset, next to County Courthouse. No auditions; all that's required is a love of singing. FMI: 380-2768 or lindamaine@mac.com.

COMING UP:

- **DaPonte String Quartet in Concert,** Fri., Jan. 8, 7:30 p.m., St. Andrew's Episcopal Church, Newcastle. The DSQ, performing as a trio while violinist Lydia Forbes awaits the birth of her baby, will present Mozart's Divertimento in E Flat Major and Beethoven's Op. 9, No. 3 in C minor. Concert repeated Sat., Jan. 9, 2 p.m., State Street Church, Portland and Sun., Jan. 10, 3 p.m., United Methodist Church, Brunswick. \$22/\$18 seniors/free for ages 21 and under. FMI: www.daponte.org or 529-4555.
- **OHTM Winter Education Series,** Sat., Jan. 9, 1 p.m., Owls Head Transportation Museum, Rte. 73. In "An Introduction to Kinetic Sculpture," sculptor Cy Klausmeyer of Swanville will discuss his unique art form: turning salvaged bicycles and tricycles into mechanical creatures. Free. FMI: 594-4418.
- **Midcoast Community Chorus Winter Concert,** Sun., Jan. 10, 4 p.m., Strom Auditorium, Camden Hills Regional H.S., Rte. 90, Rockport. The 150-voice choir presents "Coming Home," directed by Mimi Bornstein. Tickets, \$15, available at HAV II, Northern Kingdom Music, Camden; Green Store and Wild Rufus, Belfast; Grasshopper Shop, Rockland; and Hope General Store. Snow date is Jan. 17. FMI:

975-0582 or info@mccsings.org.

- **Family Folk Festival: The Gawlers and the Boardmans,** Sun., Jan. 10, 2 p.m., Jewett Hall Auditorium, UMaine Augusta. Irish, Celtic and Québécois tunes by these fiddling, picking and singing families. \$10/\$5 students/under 5, free. FMI: 621-3551.
- **Camden Conference Energy Symposium,** Sat., Jan. 30, 8 a.m., Hutchinson Center, Rte. 3, Belfast. Nuclear, natural gas and renewables in Afghanistan, Pakistan and India will be the topic. \$40 admission includes lunch, with student rates available. FMI: 236-1034 or www.camdenconference.org.
- **Camden Conference,** Feb. 19-21, Camden Opera House. Tickets are now on sale for the conference, whose theme is "Afghanistan, Pakistan, India: Crossroads of Conflict," with keynote speaker Ahmed Rashid, journalist and author. Opera House tickets are \$220/\$150 satellite venues — Strand Theatre, Rockland and UMaine Hutchinson Center, Belfast/\$40 students at satellites. FMI: 236-1034 or www.camdenconference.org.

Children's & Teens' Events

TUESDAY, JAN. 5:

- **Children's Drawing Workshops,** 4-5 p.m., Community Room, Rockland Public Library. Artist Catinka Knoth leads workshops every Tues. for ages 6 & up; under 10 should be accompanied by an adult. In "Let's Draw Winter Animals and Scenes," children will explore winter motifs that will include polar bears, penguins, snowy owls, Arctic hares and foxes, houses in a snowy landscape, and winter sports. Free; materials provided. FMI: 594-0310.
- **Yoga Classes at The Playroom,** Rte. 90, Warren. Jan. 5-March 9, 9:15-10 a.m., Mommy & Me Yoga for ages 18-36 months; 10:15-11 a.m., Children's Yoga, ages 3-7. FMI: 273-3007.

WEDNESDAY, JAN. 6:

- **Acting Studio for Children,** eight Wed., beginning Jan. 6, 3:30-5 p.m., Lincoln Street Center. Program for children in grades two to six will focus on acting basics and skills through theater exercises, improvisation and games. \$80. FMI: 594-6490.

THURSDAY, JAN. 7:

- **Arts & Crafts at The Playroom,** Rte. 90, Warren. Jan. 7-March 11, 10-11 a.m. For ages 3-6. FMI: 273-3007.

(Continued on p. 27)

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NEW DATES



COMING EVENTS AT T.C.C.

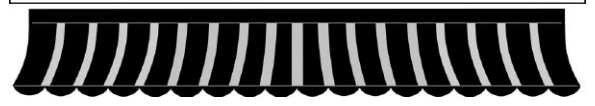
Jan. 9 - Flea Market 8 a.m.-1 p.m.

Jan. 2 - Open Scrapbooking 1 p.m.-9 p.m.

51 S. Union Rd., Union 785-2202

For more info contact Gayle @ 785-2202 or tcunion@live.com

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The STRAND THEATRE

UPCOMING LIVE EVENTS
Tickets on sale now!



Saturday, January 23 - 8:00 pm
ANI DIFRANCO

Grammy Award-winning singer, guitarist, and songwriter on the intimate Strand stage.

\$52/All Ages - General Admission



Saturday, January 30 - 2:00 pm
NATION LIVE IN HD

A National Theatre, London Production

Mark Ravenhill's exhilarating adaptation of Terry Pratchett's witty adventure story. Fun for ages 10 & up!

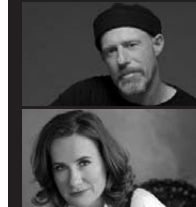
\$23/Adults, \$10/Students - General Admission



Thursday, February 4 - 8:00 pm
A PRAIRIE HOME COMPANION LIVE IN HD

with Garrison Keillor and special guests

\$20/Adults, \$10/Students - General Admission



Saturday, February 13 - 8:00 pm
HARRY MANX & SUSAN WERNER

Don't miss this amazing co-bill of talented performers!

\$24/All Ages - General Admission

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GO ONLINE to www.RocklandStrand.com anytime!

Thomaston Film Series Opens with "The Great Caruso"

The Friday night movies for January presented by the Friends of the Thomaston Public Library have the theme "Musical Biographies."

The first in the series is "The Great Caruso," which will be shown on Friday, January 8, at 6:30 p.m. Mario Lanza stars in the Oscar-winning fictionalized account of Italian tenor Enrico Caruso's journey from obscurity in Naples to his celebrated operatic career at the Met in New York.

The series continues with "The Glenn Miller Story" on January 15, "Amadeus" on January 22 and "The Buddy Holly Story" on January 29.

The movies are shown in Room 208 of the Academy Building at 60 Main Street in Thomaston. Admission is free but donations are appreciated. Doors open at 6 p.m., and the Hallway Books bookshop, in the hallway of the first floor, will be open. The Academy Building is handicapped-accessible from the elevator off the parking lot. For further information, call 354-2453.

"A Sea Change" at Rockland Library Jan. 7



On Thursday, January 7, at 6:30 p.m. in the Friends Community Room, the Rockland Library will screen the documentary film "A Sea Change." Admission is free.

The film follows the journey of retired history teacher Sven Huseby on his quest to discover what is happening with the rising acidity of the oceans and what this "sea change" bodes for mankind. His quest takes him to Alaska, California, Washington and Norway as he uncovers what is occurring in the world's oceans. Speaking with oceanographers, marine biologists, climatologists and artists, Huseby discovers that excess carbon dioxide is dissolving in the oceans, changing seawater chemistry. The more acidic water makes it difficult for tiny creatures at the bottom of the food web to form their shells. The effects could work their way up to the fish a billion people depend upon for their source of protein. "A Sea Change" is also a portrait of Huseby's relationship with his grandchild, Elias. As Huseby keeps a correspondence with the little boy, he reflects on the world that he is leaving for future generations.

Special accommodations for persons with disabilities can be made with 48 hours' notice. Call the library at 594-0310.

www.PilatesInCamden.com

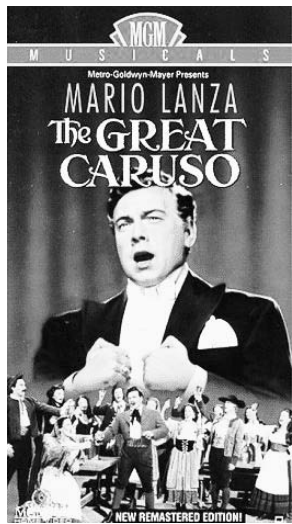
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New on DVD & Blu-ray

Just Released 12/29 -

JENNIFER'S BODY R/Horror/Dir: Karyn Kusama (Megan Fox, Amanda Seyfried, Adam Brody) Needy can't believe her luck when she becomes best friend of high school cheerleader Jennifer. All's well until the girls go to cheer on the singer for a rock band and a tragic fire erupts. The girls emerge unscathed, except that Jennifer has been transformed into a demon intent upon luring high school boys to a secluded spot where she can kill them. By the time Needy informs her boyfriend, demonic Jen has decided Needy must die too.

Recent Releases -

DISTRICT 9 R/Science Fiction/Dir: Neill Blomkamp (Sharlto Copley, Jason Cope, David James) The film tells the story of aliens enslaved by humans after their ship ran out of fuel 20 years earlier. The aliens are interned in a concentration camp known as District 9. Humans are attempting to reverse engineer the aliens' weaponry and in the process the hand of a human, Wikus, is transformed into an alien claw. Suddenly, the Wikus is targeted by a defense corporation for dissection and is hunted by a crimelord. In an unexpected alliance Wikus turns to the aliens for help.

FOUR CHRISTMASSES PG-13/Comedy/Dir: Seth Gordon (Reese Witherspoon, Vince Vaughn, Robert Duvall, Jon Favreau, Sissy Spacek) Vaughn plays Brad, Kate's boyfriend of several years. A happily unwed couple, Kate and Brad avoid meeting one another's families by pleading heavy workloads then sneaking off for a care-free tropical holiday. Caught trying to do just that, the couple reluctantly make the rounds to each divorced parent's home.

THE HANGOVER R/Comedy/Dir: Todd Phillips (Zach Galifianakis, Bradley Cooper, Justin Bartha, Heather Graham) Phil, Stu and Alan take their soon-to-be-married buddy to Vegas for a bachelor party blowout that quickly spins out of control. The following morning, Phil, Stu and Alan awaken in a luxury casino suite where they've somehow acquired both a human baby and a full-grown tiger. Though questions abound, the trio's biggest problem is that they've misplaced the groom. Unable to remember events of the night before, the three attempt to retrace their steps.

HARRY POTTER AND THE HALF-BLOOD PRINCE PG/Fantasy/Dir: David Yates (Daniel Radcliffe, Emma Watson, Rupert Grint, Michael Gambon, Maggie Smith) Dark forces are gathering to attack the nonwielding muggle world. Professor Dumbledore spirits Harry off to pick professor Horace Slughorn's mind for Voldemort's secrets. As Harry, Ron and Hermione are distracted by their romantic attractions and misfires, Voldemort grows stronger, recruiting Harry's longtime nemesis Draco Malfoy on a covert mission. Professor Snape appears to have chosen the other side and all are gearing up for a confrontation of grave proportions.

ICE AGE: DAWN OF THE DINOSAURS PG/Animated Comedy/Dir: Carlos Saldanha (Ray Romano, John Leguizamo, Denis Leary, Simon Pegg, Queen Latifah, Seann William Scott, Josh Peck, Simon Pegg, Chris Wedge) Prehistoric mammals and dinosaurs collide when Sid the sloth, Diego the saber-toothed lion, Scratt the squirrel and woolly mammoth couple Manny and Ellie become trapped in an underground Jurassic world.

MY LIFE IN RUINS PG-13/Comedy/Dir: Donald Petrie (Nia Vardalos, Richard Dreyfuss, Alexis Georgoulis) Georgia is a disgruntled tour guide in Greece assigned to show the sights to a group of low-rent tourists as they travel the country in an old, creaky bus. Taking the group to gorgeous locations over the course of a week, she discovers the charms of her bohemian bus driver Poupi and a perspective on her own country she had not seen in a long time.

UP PG/Animated Adventure/Dir: Peter Docter (Edward Asner, Christopher Plummer, Jordan Nagai) By tying thousands of balloons to his home, 78-year-old Carl Fredricksen sets out to fulfill his lifelong dream to see the wilds of South America. Right after lifting off, however, he learns he isn't alone on his journey, since Russell, a wilderness explorer 70 years his junior, has inadvertently become a stowaway on the trip.

In Our Theaters

mostly by Lisa Miller Week of January 1 - January 7
Short descriptions of movies that are playing locally

ALVIN & THE CHIPMUNKS: THE SQUEAKQUEL PG/Comedy/Dir: Betty Thomas (Zachary Levi, David Cross, Jason Lee, Christina Applegate) The world-famous singing pre-teen chipmunk trio returns to contend with the pressures of school, celebrity, and a rival female music group known as The Chipettes.

AN EDUCATION PG-13/Drama/Dir: Lone Scherfig (Carey Mulligan, Peter Sarsgaard, Alfred Molina, Dominic Cooper, Rosamund Pike, Olivia Williams, Emma Thompson) Jenny is a young woman full of promise and intent on studying at Oxford. But meeting an older man leads Jenny to believe that she can learn things outside the classroom, casting doubt on her traditional future plans.

AVATAR PG-13/Fantasy, Sci-Fi/Dir: James Cameron (Sam Worthington, Zoe Saldana, Sigourney Weaver, Stephen Lang, Michelle Rodriguez, Giovanni Ribisi) In the future, mankind seeks to mine earthlike Pandora for a rare substance known as unobtainium, but the planet is guarded by the Na'vi, a warlike humanoid race. Sam Worthington plays Jake Sully, a US Marine projecting his consciousness into a Na'vi avatar so that he can gather intelligence about their defenses. While posing as a Na'vi, Sully falls in love with their courageous princess and decides to switch sides.

THE BLIND SIDE PG-13/Drama/Dir: John Lee Hancock (Sandra Bullock, Tim McGraw, Quinton Aaron, Kathy Bates) The improbable true story of Michael Oher, a homeless black youth adopted in his teens by a conservative Southern white family. Leigh Anne Tuohy, a honey-blond tigress determined to see Michael Oher succeed, helps the young man to reach both his scholastic and athletic potential. The film tracks Oher's awakening to a life of privilege that includes tutors, nice clothes, and warm familial support. The 23rd draftee in 2009, Oher was picked by the NFL's Baltimore Ravens and is the first rookie to begin his professional career just as his biopic plays out on the big screen.

DID YOU HEAR ABOUT THE MORGANS? PG-13/Comedy/Dir: Marc Lawrence (Hugh Grant, Sarah Jessica Parker, Sam Elliott, Mary Steenburgen, Elizabeth Moss, Michael Kelly, Wilford Brimley) Upwardly mobile Manhattan professionals Meryl and Paul Morgan are poised to call their marriage quits when they witness a murder and are subsequently targeted by a contract killer. Under the witness protection program the Feds relocate the Morgans to a tiny Wyoming town, stripping the pair of their jobs and Blackberrys. This gives them a chance to reconnect.

INVICTUS PG-13/Drama/Dir: Clint Eastwood (Morgan Freeman, Matt Damon, Langley Kirkwood, Grant Roberts) "Invictus" focuses on newly elected President Nelson Mandela's effort to unite South Africa behind its white rugby team, the Springboks. Though long a symbol of white-supremacy, the team represented South Africa when that nation hosted the 1995 World Cup. Mandela woos the Springboks' captain, Afrikaner Francois Pienaar, to help him heal the nation's racial divide through national pride in its rugby team.

IT'S COMPLICATED R/Comedy/Dir: Nancy Meyers (Meryl Streep, Steve Martin, Alec Baldwin, John Krasinski, Lake Bell, Mary Kay Place, Rita Wilson) When 50-something Jane has one too many drinks and goes to bed with her ex-husband Jake, she's appalled, guilt-ridden and a bit pleased with herself. Jane, an upscale bakery owner, is also being pursued by Adam, a successful and boring architect. Although remarried to a young trophy-wife, henpecked Jake is determined to win back Jane, who considers their one-night stand nothing more than a lark.

THE PRINCESS AND THE FROG G/Animated, Family/Dir: Ron Clements, John Musker (Anika Noni Rose, Keith David, Terrence Howard, John Goodman, Jim Cummings, Jennifer Lewis, Oprah Winfrey, Bruno Campos, Jennifer Cody, Michael-Leon Wooley) Young Tiana resides in New Orleans, where she longs to open a restaurant of her own someday. Her dreams appear unattainable because Tiana's parents are impoverished black servants working for a rich white man. Tiana is pretending to be courted by a handsome Prince when a talking frog appears and persuades Tiana to kiss him instead. Tiana acquiesces but her kind gesture transforms Tiana into a frog, obliging her to hop along to the Louisiana bayou with her new friend. In a strange and dangerous swampland Tiana meets both practitioners of black magic and hungry alligators on her way to making things right.

SHERLOCK HOLMES PG-13/Action/Dir: Guy Ritchie (Robert Downey Jr., Jude Law, Rachel McAdams, Mark Strong, Kelly Reilly) With Guy Ritchie at the helm of this film, the cerebral detective is reinvented as a disheveled bare-knuckle brawler with a fondness for gambling. Sharing these penchants, Dr. Watson serves as Holmes's backup despite the detective's experiments on Watson's English Bulldog. The crime-fighting duo load their pistols to hunt down Lord Blackwood, a serial killer seemingly returned from the grave.

UP IN THE AIR R/Dramatic Comedy/Dir: Jason Reitman (George Clooney, Vera Farmiga, Anna Kendrick, Jason Bateman) Ryan Bingham is a corporate downsizing expert whose cherished life on the road is threatened just as he is on the cusp of reaching ten million frequent flyer miles and just after he's met the frequent-traveler woman of his dreams.

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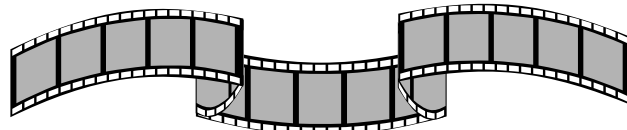
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CALENDAR OF EVENTS

(Continued from p. 25)

► **“Wild Encounters,”** 10 a.m.-noon, Damariscotta River Assoc., Belvedere Rd., Damariscotta. Program for homeschool families and groups, for ages 5 and up. Today: “The Forest in Winter.” Winter ecology, animal tracks and signs. \$3 per child. RSVP: 563-1393.

► **Student Flu Clinics,** Thurs., Jan. 7, 4-7 p.m., Mt. View H.S., Thorndike and Sat., Jan. 9, 9 a.m.-1 p.m., Troy Howard Middle School, Belfast. First-time doses of H1N1 and seasonal vaccines will be provided, along with the H1N1 booster for students under age 10 who have had their initial H1N1 shot. For those getting the booster, parents should bring the H1N1 vaccine card that was provided when the first dose was administered.

ONGOING:

► **Children’s Story Hour,** Tues., 10 a.m., Gibbs Library, 40 Old Union Rd., Washington. Reading and arts. FMI: 845-2663.

► **Game Loft Winter Schedule,** 78A Main St., Belfast. Jan. 4 -Feb. 12: Pokemon Club and Young Gamers Club meet Mon. Players of trading card games including Yu-Gi-Oh League and Magic: The Gathering, meet Wed. Enrolled games include Young D&D Chronicles (ages 8-12), Mon., beginning Jan. 4; Trailblazers: Forgotten Realms (ages 12-15), Tues., beginning Jan. 5; D&D: Shadow War (ages 12-18) continuing on Wed; Game Design Group, Wed., beginning Jan. 6 (ages 10-14); Eureka-1968 Days of Rage (ages 15-18), continuing on Thurs. evenings; Pendragon (ages 14-18), Thur., beginning Jan. 7. Two programs run in conjunction with Youthlinks at Troy Howard Middle School are Trailblazers: Days of Arthur (ages 12-15), Thurs., beginning Jan. 7 and Trailblazers: Board Games of Trade and Conquest (ages 12-18). The Game Loft also hosts role playing games Fridays 3-5 p.m. and 6-8:30 p.m. Call 338-6447 for more information.

► **The Playroom,** Rte. 90, Warren. Mon.-Fri., 9 a.m.-1 p.m.; Sat. & Sun., 9 a.m.-noon. Early childhood play and education, arts and crafts, bounce houses, climbing wall and game room. FMI: www.Maine-PlayPlace.com or 273-3007.

► **Belfast Library Story Times:** Thurs., 10 a.m., “Lapsitters”: stories, songs and finger plays for those up to age 2. Fri., 11 a.m., Toddler Story Time: stories, songs, dances and a craft program. FMI: 338-3884, ext. 24.

► **After-School Reading Program,** Wed., 2-3 p.m., Rockport Library. Juvenile chapter books will be read to elementary school-age children. Bus #3 will drop students off if arrangements are made with the school and library. FMI: 236-3642.

► **Toddler Play Date,** Wed., 9:30-11:30 a.m., St. Margaret’s Parish House, 95 Court St., Belfast. For ages 4 and under, with toys provided and coordinators present. FMI: 567-3261 or 338-4228.

► **Preschool Story Hour,** Wed., 10:15 a.m.,

Waldoboro Library. FMI: 832-4484.

► **Rockland Public Library,** ongoing events are Wed., 10:30 a.m., Storytime and Craft; Fri., 10 a.m., Baby Storytime for children up to age 2; and Sat., 10:30 a.m., Family Storytime. FMI: Jean at 594-0310.

Film

FRIDAY, JAN. 2- THURSDAY, JAN. 7:

► **COLONIAL THEATRE,** Belfast: “Avatar,” “Sherlock Holmes,” “Alvin & the Chipmunks: Squeakquel.” See ad below for movie times.

► **FLAGSHIP CINEMAS 10,** Thomaston: “Alvin & The Chipmunks: The Squeakquel,” “The Blind Side,” “Invictus,” “The Princess and the Frog,” “Sherlock Holmes” “It’s Complicated,” “Did You Hear About the Morgans?,” “Up in the Air,” “Avatar.” See ad below for movie times.

► **STRAND THEATRE,** 345 Main St., Rockland: “An Education.” See ad below for movie days/times. FMI: 594-0070.

MONDAY, JAN. 4:

► **Classic Film Series,** 5 p.m., Skidompha Library, Damariscotta. “Sylvia Scarlett” (1935), starring Katharine Hepburn, Cary Grant, Brian Aherne and Edmund Gwenn, is the first film that paired Cary Grant and Katharine Hepburn, and today is viewed as having been considerably ahead of its time, often compared with the films of the French New Wave of the 1950s and ’60s. Reviewer Dennis Schwartz has characterized it as one of director George Cukor’s most puzzling and most defiant films, as it veers from romantic adventure to tragedy to crime thriller to comedy. \$5 donation. FMI: 563-5513.

THURSDAY, JAN. 7:

► **“A Sea Change,”** 6:30 p.m., Rockland Library. A film that follows the journey of Sven Huseby on his quest to discover what is happening as a result of rising acidity levels in the oceans. FMI: 594-0310.

COMING UP:

► **The Met: Live in HD, Der Rosenkavalier,** Sat., Jan. 9, 1 p.m., Strand Theatre, 345 Main St., Rockland. Strauss’s comic masterpiece of love and intrigue in 18th-century Vienna stars Renée Fleming as the aristocratic Marschallin and Susan Graham in the trouser role of her young lover. FMI: 594-0070.

Art

TUESDAY, JAN. 5:

► **Midcoast Printmakers, Inc. Classes,** Round Top/DRA Farm, Bus. Rte. 1, Damariscotta. Keith Rendal offers soft and hard-ground etching on copper plates on Tues., 1:30-4:30 p.m. FMI: 350-9322. Frances Hodson presents different print-making techniques on Fri. from 9 a.m.-noon.; call her at 549-7087 to find out if the topic will be solar etching, lithography, silkscreen, or a topic of your choosing. Debra Arter teaches monotype printing

using nontoxic Akua Kolors on Wed., 9 a.m.-noon; call 563-7100 to enroll. Holly Berry demonstrates relief printing on Thurs., 10 a.m.-1 p.m.; reserve a place by calling 832-7210.

WEDNESDAY, JAN. 6:

► **Pastels by Barbara Vanderbilt,** artist’s reception 4-6 p.m., Lincoln Home, Newcastle. Paintings will be on view through Feb. 15.

► **Pottery, Art & Writing Studio Poetry Night,** 6-8 p.m., Pottery, Art & Writing Studio, 1156 Rte. 1, Stockton Springs. Bring your own poems or some favorites. Free; includes snacks and beverage. FMI: 567-3928 or 249-5787.

COMING UP:

► **Young Artists & Mentors Wanted,** Waterfall Arts, High St., Belfast, is taking applications for young artists ages 12 and older, to participate in the Branching Out Residency Program. This year’s focus, “Taking Wing,” will reflect responses to climate change, habitat preservation and sustainability. *Applications are due by Fri., Jan. 8.* Download an application at www.waterfallarts.org or call 338-2222.

► **“Sculpture Across 3 Media and More,”** Wed., beginning Jan. 13, noon-5 p.m., Hutchinson Center, Rte. 3, Belfast. Class with Dina Petrillo offers clay modeling, life casting, plaster carving, metal-work and found-object assemblage. FMI: 338-8000.

► **Submissions Wanted,** Hallowell Gallery, 160 Water St., Hallowell, seeks submissions by Maine high school-age artists ages 14-18 for an upcoming exhibition “A Matter of Conscience.” Works must be original sculptural art addressing some area of social commentary, and electronic submission deadline is Feb. 1. FMI: 622-3813.

► **Philadelphia Fine Arts Trip with Farnsworth Docents,** Apr. 13-16, Farnsworth Museum, Rockland. Trip includes two and one-half days of museums, three nights in Philadelphia, and an eight-to 10-hour bus ride each way. Museums include Philadelphia Museum of Art, Rodin Museum, Pennsylvania Academy of Fine Arts, Brandywine River Museum (including the Kuerner Farm and N.C. Wyeth’s studio) and the Barnes Foundation, which has one of the finest collections of French Impressionist, Post-Impressionist and early modern paintings in the world. Contact Susan Tripp at sjtripp@hughes.net or call 594-8303.

ONGOING:

► **Farnsworth Museum, Rockland: “Elegantly Attired: Victorian Apparel and Accessories in Coastal Maine,”** exhibit of clothing worn by sea captains’ wives, jewelry owned by the Farnsworth family and a section on the feather trade in the 19th century. Through Apr. 25. **“Robert Indiana and the Star of Hope,”** exhibit drawn from the artist’s holdings at his home and studio, the Star of Hope Oddfellows Lodge on Vinalhaven. Through Jan. 10. **“Achieving American Art: American Art Between the Wars,”** show of 75 paintings and prints done by artists working in Maine between the 1890s and mid-1940s. Through Jan. 24.

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Avatar -PG13-
 Fri. & Sat. 7:15
 Sun., Wed., Thurs. 6:45
 Matinees: FRI., Sat., Sun. 2:00
Alvin & the Chipmunks: Squeakquel -PG-
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It’s Complicated
 1:20, 4:20, 7:20, Fri. & Sat. 9:45 (R, 2:09)
Alvin & The Chipmunks: The Squeakquel
 12:30, 1:30, 2:35, 3:50, 4:45, 6:50, 7:25, Fri. & Sat. 9:05, 9:30 (PG, 1:37)
Up in the Air
 1:10, 4:10, 7:15, Fri. & Sat. 9:40 (R, 1:58)
Avatar
 12:50, 1:50, 4:15, 7:00, Fri. & Sat. 9:00 (PG-13, 2:50)
Did You Hear About The Morgans?
 1:15, 4:00, 7:05, Fri. & Sat. 9:25 (PG-13, 1:52)
The Princess & The Frog
 12:45, 2:55, 5:00, 7:10, Fri. & Sat. 9:15 (G, 1:46)
The Blind Side
 12:40, 6:45 (PG-13, 2:15)
Invictus
 3:45, Fri. & Sat. 9:20 (PG-13, 2:22)

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CALENDAR OF EVENTS

- **“Dream Shades: The Raptured Repose,”** Camden Library. Artwork by Robert and Su.Sane Hake, who collaborate as “Clarity.” Through Jan. 6.
- **“Cast and Found: The Art of Wooden Foundry Patterns, ca. 1900,”** Clifford Gallery at Waterfall Arts, 256 High St., Belfast. Handmade wooden foundry patterns dating from the turn of the 20th century were made at the Waterville Iron Works Foundry and range from as small as a saltshaker to as large as a dining table. Through Feb. 26.
- **“Maine Wood 2010,”** Center for Furniture Craftsmanship’s Messler Gallery, Rockport. Biennial exhibition highlights wood craftsmanship in Maine. Through Feb. 12. FMI: 594-5611 or visit wood-school.org.
- **Damariscotta River Grill’s “Art at the Grill” Series,** Main St., Damariscotta. Paintings, pottery, woodworking, photography and even food art from grill staff and Maine friends. Through Jan. 11.
- **Perimeter Gallery Small Works Show,** Chase’s Daily, 96 Main St., Belfast. Paintings and mixed-media works by 25 artists. Through mid-Jan.
- **“Nine by Nine,”** Garage Gallery, Eastern Tire Co. & Auto Service, 70 Park St., Rockland. Work by the Nine Lively Ladies. Through Jan. 24.
- **“Ink and Light,”** Archipelago Gallery, Main St., Rockland. The show features Peaks Island printmaker Jane Banquer and photographer Victor Romanyshym. Through Jan. 24.
- **Portland Museum of Art,** Seven Congress Sq. “Collage: Piecing It Together,” featuring approx. 25 works, exhibition explores the history of collage from its introduction in Europe in the early 20th century by artists such as Kurt Schwitters and Jean Arp to present-day works by Maine artists such as Tom Hall and Aaron Stephan. Exhibition covers a wide range of collage techniques, including abstract works pieced together from newsprint and colored papers, collaged elements incorporated into drawings and prints, paintings that include collaged figurative elements, and photomontages. Through Feb. 28.
- **“Evolution: Five Decades of Printmaking by David C. Driskell,”** Driskell is one of the most respected names in the world of African-American art and culture. Through Jan. 17.

Miscellaneous

THURSDAY, DEC. 31:

- **Hammond Tractor’s “Chip-A-Tree” Program,** through Fri., Jan. 8, Hammond Tractor, Rte. 17, Union. For a donation, Christmas trees are chipped for use by a bioenergy mill. Donations support the Shriners children’s hospitals. Mid-Coast Shrine Club members will also accept trees on Sat., Jan. 2, 9 a.m.-4 p.m. at Cushing Fire Station; Jefferson Fire Station; Drake’s Corner Store, Lincolnville Center; Sallinen’s Body Shop, Rockland; Orient Masonic Lodge, Thomaston; 1001 Winslow Mills Rd. (Rte. 32 N., next to the tracks), Waldoboro; 48 Main St., Warren (large white house across from post office); and Camden Glass Company, Rte. 17 & 90.

SATURDAY, JAN. 2:

- **Maine Media Women Members Sharing Program,** 9:15 a.m. coffee; 10 a.m. program, Mobius Center (across from Yellowfront Grocery), Bus. Rte. 1, Damariscotta. Presentations include readings from works of members, freelance writing tips, poetry, art and a memoir. Presenters include Fran Gay of Newcastle, Sherry Hanson of Brunswick, Joyce Pye of Bath and Nancy Wilson of Bremen. Public welcome. Suggested donation is \$5 non-members/\$3 members. FMI: 529-5304; www.mainemediawomen.org; or Carol Jaeger at sbart@tidewater.net.
- **Belfast Curling Club New Member Open House,** Sat., Jan. 2, 4-6 p.m. and Sun., Jan. 3, 2-4p.m. Introduction to curling, including on-ice instruction. Dress warmly and wear clean, comfortable sports shoes. Open curling will follow the open house sessions. FMI: 866-464-5733.
- **MVHS Project Graduation Bottle Drive,** Save bottles over the holidays and contact the coordinators below for a pickup: Waldoboro, Cindy Santheson, 832-0561. Friendship, Katie Blasius, 832-4266. Union, Spring McBrien, 542-3102. Warren, Sue Wilcox, 594-2906.

- Washington, contact Kathy Ocean, 845-2256, prior to Jan. 2. Bags need to be marked “MVHS Class of 2010-PG.” Funds to help support Medomak Valley H.S. Project Graduation. Snow date is Sat., Jan. 9.
- SUNDAY, JAN. 3:**
 - **“Settlers of Catan” Tournament,** noon-6 p.m., The Game Loft, 78A Main St., Belfast. Game Loft’s resident Catan expert, Nikky Boyington, will moderate a Catan tournament using collector’s edition 3-D versions of Catan. Participants of all ages and experience levels will have the opportunity to use a combination of skill and the luck of the dice to develop resources and build empires. Open to the public; all ages welcome and no experience is necessary. \$5 admission fee; prizes will be awarded, and proceeds benefit the Game Loft. FMI: 338-6447.
 - **International Folk Dancing,** 4-6 p.m., Watts Hall, Main St., Thomaston. All levels welcome. No charge; donations appreciated.
 - **Appleton Creamery Cheesemaking Workshop,** Sun. & Mon., Jan 3 & 4. Class with Caitlin Hunter uses simple equipment to make a jack cheese, as well as feta, yogurt, a lactic cheese, quick mozzarella, ricotta and butter, depending on the interests of the class. Workshop will concentrate on basic cow cheeses using grocery store milk but will also delve briefly into goat cheese. Basic use of ripening cultures and rennet and milk chemistry will be covered. \$125/day or \$225/two days; non-refundable deposit of \$50 required at sign-up. Class size is limited to 5; lunch and handouts provided. FMI: www.appletoncreamery.com or email info@appletoncreamery.com.
- MONDAY, JAN. 4:**
 - **Introduction to Tai Chi, Level 2,** 12 Mon., 8:45 a.m., Spectrum Generations, Overlook Building, 521 Main St., Damariscotta. Class for those who know basic Tai Chi forms, with Jody Telfair. \$120 fee. Call 563-1363 to register.
 - **Yoga Class Series,** four Mon., 9-10:30 a.m., Evening Star Grange, 31 Old Union Rd., Washington. Teacher Linda Shepard will offer flow and sustained postures to build core strength. Fee is \$48 for the series or \$14 for drop-ins. FMI: 785-4319.
- TUESDAY, JAN. 5:**
 - **Lecture Series on “Is Maine Going Anywhere?,”** 6:30 p.m., Camden Library. Series covers economic changes opportunity and security. Tonight: Dan Bookham, executive director, Camden-Rockport-Lincolnville Chamber of Commerce, will look at the current situation in the mid-coast region with “Regional Entities with Local Identities: Give a Little, Get a Lot.”
 - **Meeting of Conservation District Local Work Group,** 2 p.m., Extension Office, 377 Manktown Rd., Waldoboro. The Local Work Group is responsible for providing recommendations on local natural resources priorities and is made up of conservation district officials, agriculture producers, nonindustrial private forest land owners, and other professionals representing relevant agricultural and conservation interests. Open to the public. FMI: 273-2005, ext. 101.
 - **Meeting of Parkinson’s Support Group,** noon-1:45 p.m., Anderson Inn, Quarry Hill, Camden. In “Dance and Parkinson’s,” dance instructor Katie Tranzillo will show how moving to music can help temporarily transcend some physical symptoms associated with Parkinson’s. Snow date is March 2. FMI: 230-6224.
 - **Free Yoga Class,** 5:30-7 p.m., Studio 22, Lincoln Street Center, Rockland. Certified Kripalu instructor Rachel Nixon will offer a free Vinyasa (Flow) yoga class for students who have practiced yoga before. To register, call 594-1694.
 - **Peace and Justice Group of Waldo County Meeting,** 6:30 p.m., Unitarian-Universalist Church, 37 Miller St. (behind the library), Belfast. All are welcome at the meetings.
 - **Rockland Republican Committee Meeting,** 7 p.m., Trade Winds Motor Inn, 2 Park Dr., Rockland. All Rockland area Republicans and unenrolled (independent) voters invited. Topics discussed include 2010 state and county races, Knox County Lincoln Day Dinner and 2010 county convention and city caucus. FMI: 594-5118.

WEDNESDAY, JAN. 6:

- **Freshstart Quit-Smoking Program,** Wednesdays, Jan. 6, 13, 20 & 27, 5:30-7 p.m., Knox County Health Clinic, Bok Medical Arts Bldg., 22 White St., Rockland. Free program. To register, call 701-3393.
- **Literacy Tutoring,** Wed. & Fri., 10 a.m.-1 p.m., Waldoboro Library. Literacy Volunteers of Mid-Coast Maine assist adults with literacy, communication and writing skills and to prepare for GED testing. FMI: 832-4484.
- **Spectrum Generations Coastal Community Center Lunch and Learn Program,** 11:15 a.m., Overlook Building, 521 Main St., Damariscotta. Following the luncheon Rebecca Morin, Healthy Lincoln County (HLC) Coalition director, will discuss the role that HLC plays in community members’ lives and provide an overview of the Community Health Status Assessment for Healthy Lincoln County which was completed during the summer of 2009. Advance reservations required: call 563-1363 by noon on Monday. Suggested donation is \$4 for disabled or over 60/ \$5 under 60.
- **College Planning Workshops,** 1 p.m., Hutchinson Center, 80 Belmont Ave., Belfast. Maine Educational Opportunity Center (MEOC) assists in choosing a college; tutoring; personal and financial counseling; career counseling; and college and financial aid applications. All MEOC services are free. To sign up, call 1-800-281-3703.
- **Free Tai Chi Chuan Introductory Class,** 9:30-11 a.m., Rocky Coast House, 124 Booker St., Thomaston. Rockland resident and Taiji practitioner Susanne Ward will offer a free introductory class to a 10-week course designed to help healthy older adults improve lower-body strength and flexibility, balance, immune function and self-confidence. 10-week course is \$50 and class size is limited to 12. To sign up for course or register for introductory class, call 354-8952 or email lisa.sambrook@voanne.org.

THURSDAY, JAN. 7:

- **“Chats with Champions,”** 10 a.m., Skidompha Library, Main St., Damariscotta. Featured speaker is chef Michael Gagné of the Robinhood Free Meetinghouse, 2008 Maine Chef of the Year. Free. FMI: 563-5513.
- **Free Yoga Class,** 5:30-7 p.m., Studio 22, Lincoln Street Center, Rockland. Certified Kripalu instructor Rachel Nixon will offer a free gentle yoga class for beginners or advanced students who want to slow down. To register, call 594-1694.
- **Waldo County Family Caregiver Support Group Meeting,** noon-1 p.m., Waldo County Home Health & Hospice Conference Room, 119 Northport Ave., Belfast. All caregivers, their family and friends are invited to attend. Bring lunch. FMI: 930-2500, ext. 4795.

COMING UP:

- **Talk on “A Sea of Plastic,”** Fri., Jan. 8, 7-9 p.m., Marine Environmental Research Institute, 55 Main St., Blue Hill. Capt. Charles Moore, discoverer of the Great Pacific Garbage Patch, will present the first in MERI’s lecture series. FMI: 374-2135.
- **“New Year’s Resolutions from the Inside Out” Workshop,** Sat., Jan. 9, 9 a.m.-4 p.m., Camden Teen Center, 10 Knowlton St., Camden. Workshop with certified life coach Nancy Lubin is offered on a donation basis, with materials fee of \$30. Advance registration required: call 236-4069, or e-mail nancy@intention.com.
- **Waldoboro Recreation Department Trip to Celtics vs. Sacramento Kings Game,** Fri., March 26. Fee of \$96 per person includes transportation to/from the Banknorth Garden via motorcoach and admission to game. Bus departs Waldoboro VFW parking lot at 12:30 p.m. and stops at Faneuil Hall Marketplace prior to the game. \$50/person deposit required at registration; balance due no later than Feb. 1. FMI: 832-5369 (x 308); e-mail rec@waldoboromaine.org or stop by Waldoboro Town Office.

ONGOING:

- **Oneness Blessings Offered,** free, 4:30 and 5:30 p.m., Thurs., High Mountain Hall, Camden. FMI: 230-2410.
- **Community Hot Soup Luncheon,** Wed., noon-1 p.m., First Congregational Church, 55 Elm St., Camden. Lunch features two soups, bread, dessert, and beverages. By donation. Through March 31. FMI: 236-4821.

Funds Available for Facade Improvements in Thomaston

Thomaston is the recipient of a 2009 Community Enterprise Community Development Block Grant (CDBG) from the Maine Department of Economic and Community Development in the amount of \$150,000 to be used for front and rear building facade improvements to the Main Street Thomaston Business Block and in the Downtown Core Area.

Although three awards have been made to date for facade improvements, funds are still available for further awards. Grant funds are provided on a matching basis to eligible building and business owners for such improvements as the installation of architecturally accurate and energy-efficient windows, repairs to window lintels and sills, storefronts and entranceways, repointing exterior bricks, removal of the old plaster used for repairing exterior walls, fire escapes and rear stairways, as well as painting, awnings and signage.

A consulting architect, provided by the program, will work with participating businesses and property owners to identify specific facade improvements to be undertaken, assist the owners in preparing the construction proposals to be put out to bid, and assist them in obtaining contractors. Once the work is under way, the architect will inspect the project to ensure the work is being properly performed. The architect will also assist the owners in obtaining project approval from the Maine State Historic Preservation Office. The deadline for the submission of Facade Program applications is Monday, February 1, at 4 p.m. at the Thomaston Town Office.

For a copy of the program guidelines and application, contact Rodney Lynch, program administrator, 594-0306, or e-mail rlynch@ci.rockland.me.us; or contact Thomaston Town Manager Val Blastow at the Town Office, 170 Main Street, or call 354-6107 or e-mail vblastow@midcoast.com.

STAR After-School Program Starts New Cycle Jan. 11

In the STAR program's new session, Five Town CSD middle-school students (grades five to eight) will be able to choose from several skill instruction programs, including Farm Hands at Aldermere Farm, Cooking at Farmer's Fare, Yoga at the Yoga Open Door Yoga Center, Fit and Fun, Jewelry Making, Korfball, Martial Arts, Swimming, Knit Wits, and Snow Shoeing at Merryspring Nature Center.

The Fit and Fun class will be offered at the Pen Bay YMCA in Rockport and includes traditional fitness activities as well as Wii Fit and healthy snack design and construction.

Janine Colcord of SpiritHorseDesigns will lead the new jewelry-making class. Colcord works with semi-precious stones, silver and hammered copper, and has experience working with young people.

In All A Board, Ingrid Perry will teach young people traditional board games such as backgammon and Parcheesi. Once students have mastered these they will take their luck on the road to challenge area senior citizens.

This is the 18th cycle of the STAR program, which received two more awards this school year: from the Maine After-School Network (Exemplary After-School Program, honorable mention) and from the Camden-Rockport-Lincolntonville Chamber of Commerce (Excellence in Education award).

For more information, contact "Tug" Kellough, STAR program coordinator, at 975-6722 or 236-9800. He can also be reached by e-mailing star@fivetownctc.org.

Habitat for Humanity of Waldo County is looking for a family to partner with on construction of its first home this spring. In order to be eligible, the following criteria apply: must be a Waldo County resident; must be able to pay back the cost of the home with a no-interest mortgage; must be willing to work with Habitat to build a home, including performing volunteer labor in the construction of the home and participating in Habitat volunteer activities; must attend training regarding buying and owning a home; and must meet income guidelines based on family size. For a fam-

Habitat for Humanity Seeks Waldo Cty. Family

ily of two, income must be between \$12,050 and \$23,250; for a family of four, the figures are \$15,050 and \$29,050; for family of six, the range is \$17,450 and \$33,750; while for a family of eight, income must be between \$19,850 and \$38,250.

To receive more information and to see if you qualify, mail name, address, telephone number and the number of persons in your household to: Habitat for Humanity of Waldo County, 93 High Street, Belfast, ME 04915. A member of Habitat for Humanity of Waldo County will then get in touch.

Midcoast Sustainable Living Expo Invites Exhibitors

The fourth annual Midcoast Sustainable Living Expo is set for Friday and Saturday, April 16 and 17, at the Central Lincoln County YMCA in Damariscotta.

The expo's focus is on living well with renewable sources of energy while conserving resources and buying local goods and services. Dozens of exhibitors from throughout the region will have displays, demonstrations and information for the public. Speakers will include innovative organic gardener and author Eliot Coleman.

The Expo welcomes businesses as well as nonprofit groups committed to sustainability, energy efficiency and maintaining communities that provide healthy options to all. Sponsored by the Midcoast Green Collaborative, the Expo is free and open to all, and there will be an Expo Cafe serving local organic fare. Hours will be Friday, noon to 6 p.m., and Saturday, 9 a.m. to 4 p.m.

For more information, visit www.midcoastgreencollaborative.org or Midcoast Green Group on Facebook.

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Speaking

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JANUARY 1 - JANUARY 7

Friday, January 1 — Happy New Year!!! Welcome to a year of changes. We begin with Mercury and Mars both retrograde. You know what that means? Do not put proactive plans into action, yet... There's more research to be done. You're feeling rather playful and ready for something new from 8:45 to 10:45 a.m. while the Moon is nicely aspecting Uranus. The Sun and Mercury are aspecting Jupiter today. Your opinions are strong. Discussions are lively. And misunderstandings are taking place. There's plenty of confusion from 11 a.m. to 4:30 p.m. while the Moon is aspecting Jupiter and Neptune. Venus is in an awkward aspect with Neptune, causing idealistic thinking that is off balance.

Saturday, January 2 — Between 8:40 and 10:40 p.m. the Moon will be aspecting Uranus uncomfortably, indicating erratic emotions. From 11:30 a.m. to midnight the Moon will be aspecting the Sun, Mercury and Venus, suggesting that it would be an ideal time to be playing games, etc., laughing and enjoying each other. Mars is in a challenging aspect to Pluto, bringing out competition and greed. You might be feeling free-floating tension and not know why. Check the news. The good thing about this particular Mars and Pluto aspect is that it creates enormous determination.

Sunday, January 3 — Today presents a boost of energy for those born between January 5 and 7 of any year, because the Sun, Mercury and Venus are now located between 14-15 degrees of Capricorn. Even though Mercury is still retrograde (until January 15), you'll find that your thinking is clearer. Venus is aspecting Jupiter, known to be a time of self-indulgence in sweets, alcohol and excessive spending in order to avoid serious issues.

Monday, January 4 — This is the best day we've had in a week! The Sun, Mercury and Venus are all conjunct in Capricorn, ushering in common sense. It's time to revamp the laws and figure out how to help support the people, rather than the corporations. With both Mars and Mercury retro-

grade, there's plenty of thinking to be done before going into action. From 5 to 10 p.m. the Moon will nicely aspect the Sun, Mercury and Venus. You're feeling more relaxed and able to focus and enjoy being with family members.

Tuesday, January 5 — Circumstances occur between 10:30 a.m. and 12:30 p.m. while the Moon is aspecting Uranus that throw you off kilter for a short while. Mercury and Venus are aspecting Jupiter until later on tonight, indicating that not much will be accomplished today. From 1 to 7 p.m. the Moon will be aspecting Jupiter and Neptune, ushering in idealism and delusional thinking, also indicating that today is not about get things done.

Wednesday, January 6 — It looks like this could be a rugged day. We're all feeling kind of irritable. It starts off with the Moon and Saturn conjunct in Libra from 6 to 8 a.m. — if you're not worrying, then you're probably feeling guilty about something. Mars will be aspecting the Sun until late tonight. The best way to deal with this conflicted aspect is to go to the gym and work out. If not, you'll get stuck feeling agitated and impatient with all the delays and incompetence around you. From 5:45 to 7:45 p.m. the Moon will be aspecting Mercury, bringing more negative thinking.

Thursday, January 7 — Well it's been a tough week; today is a bit better, but not much. Hang on, Jupiter will be moving into Pisces soon, and life will seem more upbeat then (that will be on January 17). The Sun is still aspecting Mars, until tonight. The tendency is to be bossy, pushy and abrupt, obviously stimulating negative reactions. Mercury is awkwardly aspecting Neptune, which is always about misunderstandings and assumptions made that cause even more confusion. Venus is aspecting Mars, signaling a lack of understanding between the sexes.

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.

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Canine Visitor Delights Knox Center Residents



Bonnie Corbett of Rockport and her dog, Muffin, are faithful volunteers at the Knox Center for Long Term Care in Rockland. Every Monday (and often other days in between), the pair visits with residents and staff alike.

Many of the Knox patients look forward to seeing Muffin, a Shetland sheepdog, or sheltie, each week. Geraldine Bergquist, who often holds a stuffed dog in her lap to tide her over between visits, is one of Muffin's regulars.

"A few years ago, after I retired as a registered nurse, I realized that I wanted to stay connected to the health care community," says Corbett. "I also love working and playing with Muffin. She's 4-1/2 years old and has been in our family since she was eight weeks old. She understands so many words and commands and loves to go visiting. A Pet Assisted Therapy organization seemed a perfect fit."

With those goals in mind, Corbett signed herself and Muffin up for classes offered by

the Delta Society on topics related to health care and visiting. Muffin passed a test registering her as a therapy dog, and they now belong to the Delta Society, which is dedicated to improving human health through therapy and service animals.

"We are thrilled to have Bonnie and Muffin as part of our team," says Cheri Alexander, director of social services at the Knox Center. "One of our goals here is to create a home-like environment with pets. Our residents benefit greatly from the interaction, and for many it helps ease the loneliness of not having friends or family nearby."

The Knox Center for Long Term Care is an 84-bed long-term nursing home and skilled rehabilitation center, located at the site of the former Knox County General Hospital. To learn more about volunteering at the Knox Center, call Sara Hatfield at 594-6850 or e-mail shatfield@penbayhealthcare.org.

Parkinson's Support Group Announces Winter/Spring Programs

The area's Parkinson's Disease Support Group promises continued fellowship and learning through the early months of 2010, with a series of monthly meetings beginning in January and a special Parkinson's Disease Resource and Information Forum set for April.

The support group meets regularly on the first Tuesday of each month, from noon to 1:45 p.m., at the Anderson Inn at Quarry Hill Retirement Community in Camden; participation is free and open to all those living with Parkinson's, as well as their family members, friends and caregivers. People are welcome to bring bag lunches; Quarry Hill provides beverages and desserts.

On Tuesday, January 5, dance instructor Katie Tranzillo will show group members how moving to music can help people with Parkinson's temporarily transcend some of the physical symptoms associated with the condition. Snow date for the January 5 pro-

gram will be March 2.

The February 2 session will be aimed at those who care for people with Parkinson's and will introduce strategies for coping with major life changes.

On March 2, speech-language pathologist Cheryl Cassidy of Mid-Coast Speech and Hearing Center will discuss speech and swallowing issues associated with Parkinson's. Participants will learn about strategies for prevention and treatment, including Lee Silverman Voice Treatment, a technique for improving vocal intensity and intelligibility. (If the January 5 meeting is rescheduled to March 2, then speech and swallowing issues will be discussed at the group meeting to be held on Tuesday, June 1.)

On April 6, in honor of Parkinson's Awareness Month, poet and former university professor Ken Nye of Freeport will read from his collection of writings. Nye, who has Parkinson's and recently lost his mother to Alzheimer's dis-

Meine health officials are expecting a surge in people trying to quit smoking over the next month. New Year's Day begins the busiest time of the year for the Maine Tobacco Helpline. Its telephone treatment specialists expect call volume may double in January compared to an average month.

The Maine Tobacco Helpline has one of the highest call volumes in the nation — about 8,000 callers per year. Since quitting smoking is always one of the top New Year's resolutions, the Helpline is ready for an increase in calls.

Anyone who has tried to quit smoking knows it is a tough battle and it does not always happen on the first try. For every smoker who successfully quits each year, thousands more make attempts but do not succeed.

"It takes most people a number of attempts before they quit for good. In fact, it takes the typical smoker closer to eight attempts," says David Spaulding, program manager of the Maine Tobacco Helpline.

The odds are more stacked against people if they do not seek help and support. The Maine Tobacco Helpline has been proven to work for thousands of people across the state. Whether someone has been using tobacco for decades or just a few years, the chances for success go up dramatically with assistance from the Helpline. The Maine Tobacco

Tobacco Helpline Ready for Increased Calls

Helpline has been recognized as a "Top Performer" by the North American Quitline Consortium.

Personal coaching through the Helpline has been proven to be three times more effective than an attempt to quit without support. In addition to coaching, the Helpline provides a variety of services to help people quit, including nicotine replacement medication for qualifying individuals. On average, 30 to 40 percent of those who take advantage of the Helpline's full program of counseling and medications will be successful.

"Most tobacco users in Maine would like to quit, but tobacco is a very powerful addiction," says Dr. Dora Anne Mills, director of the Maine Center for Disease Control (CDC). "If someone has tried to quit before without success, we're encouraging them to try again in 2010. We want people to know that they don't have to do this alone."

About 90 percent of the Helpline callers are tobacco users, but advice and coaching are available for people who want to help a friend or family member quit. Services are free and confidential.

The Maine Tobacco Helpline is administered by the Partnership For A Tobacco-Free Maine, Maine CDC, Department of Health and Human Services.

The Helpline's toll-free number is 1-800-207-1230.

All caregivers and their family and friends are welcome to attend and share experiences or concerns at the monthly Waldo County Family Caregiver Support Group which meets on Thursday, January 7, from noon to 1 p.m. in the conference room of Waldo County Home Health & Hospice, located in the professional building across the street from Wal-

Caregiver Support Group Meets in Belfast

do County General Hospital at 119 Northport Avenue in Belfast.

Those who wish to be welcome to bring lunch, and drinks will be provided. For more information on the meeting or the caregivers group, call Margie Spencer-Smith, LCSW, social worker at Waldo County Home Health & Hospice, at 930-2500, extension 4795.

ease, reflects on both subjects in his poetry.

On May 4, clinical exercise specialist and personal trainer Carol Woodbury Witham will discuss and demonstrate her New Pathways for Parkinson's Fitness Program. Pathways incorporates t'ai chi and chi qong as well as breathing, stretching, strengthening and flexibility exercises.

A Parkinson's Disease Resource and Information Forum will be held on Tuesday, April 27, from 4 to 5 p.m. at the Anderson Inn at

Quarry Hill. Designed for anyone living with Parkinson's or caring for someone who is, the forum offers opportunities to interact with area professionals who provide Parkinson's services and support, browse among numerous exhibits, and collect take-home literature. Admission is free.

To learn more about the Parkinson's Disease Support Group, contact Quarry Hill health services coordinator Suzanne Miller, RN, BSN, CCM, at 230-6224.

MARKET BASKET

DEADLINE is 4 p.m. MONDAYS

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!

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 ad 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

Quality, Traditional Snow Shoes, from Houlton, perfect condition, \$50. 701-7175.

Working GE Profile Super Capacity Washer. Kenmore heavy-duty, extra-large dryer, \$60 each or \$100/pair. 837-9350.

Brand New, On Rim, 17" Tire, came off a GMC king cab truck, \$100. 273-2397.

New Graco Baby Swing, \$30 OBO. Basic guitar, needs new string, \$15. Table lamp, with ceramic base, 36" tall, \$8. 542-1696.

Kid's L.L. Bean X-Country Skis, Salomon with boots (#39), \$50. X-country boots, Heirling (#39), \$10. Men's K2 downhill skis, 190 cm, \$25. 236-0333.

Volvo Booster Seat, good condition, \$12. Two guinea pig cages, almost new, both \$35. Longaberger basket with liner, \$15. 563-7100.

One Hundred Hardcover Mysteries, cosy, courtroom, etc., \$1 each. 832-4377.

XBox 360, comes with cables, controller, good condition, \$100 OBO. 596-5688.

Monitor Radio/Scanner, \$25. Vehicle AM/FM radio, \$50. Royce CB Radio, \$25. 338-1951.

1970s Miniature Wood Dollhouse, never painted, dolls, furniture and decorating supplies included, seven rooms, approx. 33"W x 27"H, \$75, firm. 882-9544.

Electronic Football Game, \$5. Hanimex electronic TV for games, \$5. 338-1951. ■

Kneissl Cross Country Skis, Salomon bindings, excellent condition, \$40. New Mr. Coffee, 12-cup, \$30. "My Pod" beach chairs, in wrappers, \$20. 890-1056.

Firewood, pickup load, cut, split, hardwood, you haul, \$99. 236-8734.

Two Kerosene Heaters: Kero World, 23,000 BTU, used twice, \$60; Aladdin "Happy II" model J840, new wick, \$40. 596-6669.

Garden Hose, new, 150 ft., used once, \$15. Two matching tabletop kerosene lamps, perfect for power outage, \$10 for both. 594-1885.

Antique '20s Vintage Garden Pest Duster, with glass tank, "Browns Crystal Duster," first \$50. 785-4517.

Office Desk, 30 x 60, with chair and two matching file cabinets, all for \$100. 273-3784.

Rally Wheels, Chevy truck, 6-lug, 15 x 8, set of four with centers and rings, \$100 firm. 785-2370.

Computer Desk, four feet long, sturdy tubular structure, many shelves, \$50. 785-3216.

Tires, pair BF Goodrich T/A, raised white letter, 30/9.50/15, good tread, \$50. 230-1195.

Victorian, Wrought Iron, Double Bedframe, with rails, all original, sturdy, paint your desired color, excellent shape, \$100. 701-7175.

New Portable Kenwood Electric Oil-filled Room Heater, \$30, firm. 594-4293.

TI-83 Plus Calculator, Texas Instruments, brand new, \$65. 542-7011.

Big, Highback Chocolate Brown Suede Office Chair, very good condition, quality, \$25. 691-8381.

Antique Clothes Iron Base, Colebrookdale #55, \$10. Silverplate, 5-piece tea set, \$15. Solid hex 10# dumbbells, \$5. 236-0378.

X-Country Skis, with poles, size 7 ladies Rossignol, very little use, \$75. 593-7713.

Compaq Printer, almost 3 yrs. old, good cond., in box, \$50. Braun latte machine, \$25. 837-3334.

WANTED

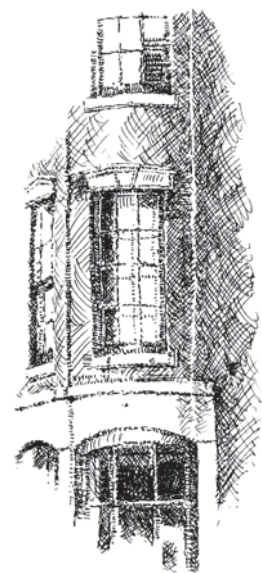
Wanted: Bottles and Cans to help senior citizen in Rockland area with expenses. 594-4788.

Wanted: Old Chisels, any condition, will refurbish; also furniture clamps, planes, carving tools for woodworking classes, cash paid. 596-0863. ■

Wanted: Wheatonware Dishes, amber or green, reasonable. 563-5663.

FREE

Free: 20-Inch Color TV, with remote, works fine, can deliver into Rockland. 785-4401. ■



— corner of Main and Winter streets in Rockland [WWW.DANKIRCHOFF.COM](http://www.DANKIRCHOFF.COM)

FREE PRESS CLASSIFIEDS

YARD SALES

INDOOR FLEA MARKET
Saturday, January 9 and 23
 "Castaways,"
 a new indoor flea market.
Saturdays,
January 9 and 23,
8 a.m.,
The Belfast City Boathouse,
Belfast.
Admission, \$1;
12 or under, free.
Hours: 8 a.m. to 2 p.m.
 "Come in and see what's
 washed up. Rrrrrr."
338-1562.
 (1/7)

VEHICLES

1996 CHEVY TAHOE, 147,000
 miles by original owner, very
 good rubber, nice leather interi-
 or, body in decent shape, no acci-
 dents, 4-door, 4-wheel drive,
 great SUV for the upcoming win-
 ter, company vehicle and compa-
 ny has been sold so this vehicle
 has to go, \$3,500 OBO. Call
 691-3510 FMI. (kr)

COMPOST

COMPOST, well aged, all natural
 ingredients, we make what we sell,
 \$40/c.y. loaded or \$50/c.y. deliv-
 ered. Call anytime, 832-4204. (kr)

FOR SALE

WATCHBANDS AND BAT-
TERIES, expertly installed, all
 major brands serviced. Watch
 Repair Center, Knox Mill,
 Mechanic St., Camden. 236-3933.
 (kr)

GOURMET TEAS, www.teacup-
 sisters.com. Phone 354-6171, Fax
 354-0809. Buy direct and save
 15%. (12/31)

ASHLEY WOOD STOVE,
 good condition, \$250. 832-4400.
 (kr)

COMPOSTUMBLER, large
 size, used two seasons, robust
 addition to a backyard garden.
 \$425. 596-0093, evenings. (kr)

NEW DIAMOND AND PLAT-
INUM ENGAGEMENT RING,
 with appraisal, three diamonds, ct.
 wt. 1.0, cost \$4,300, sell \$2,000.
 323-2030. (kr)

PUBLIC AUCTION, Friday,
 January 8, Bob Stover Jr., of
 Belfast, Lic. #0995, will conduct a
 public auction, Belfast City
 Boathouse, Front Street, 6 p.m.,
 Friday, January 8 (snow date,
 Jan. 15), antiques and col-
 lectibles, preview at 2 p.m. 338-
 1562. See www.auctionzip.com
 for photos. (1/7)

FIREWOOD

FIREWOOD — Green, cut,
 split and delivered. \$175/cord.
 763-4093. (kr)

EQUIPMENT RENTAL

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

WANTED

SCRAP GOLD, PLATINUM
AND SILVER, immediate pay-
 ment for broken jewelry, sterling,
 dental gold. Northeast Gemlab,
 Inc., Knox Mill, Mechanic St.,
 Camden. 236-3933. (kr)

WANTED TO BUY — Gold,
 silver, old coins, diamond, estate
 jewelry, dental gold. Top dollar
 paid or trade for new store jew-
 elry. The Village Jeweler, (207)
 582-6676. 221 Water Street, Gar-
 diner, Me. (kr)

BUYING RECORDS! Vinyl
 LPs, 45s, 78s, all genres, will trav-
 el. Call Bryon, 323-2446. (12/31)

WEDDINGS

Whether Islands or Inland, no
 wedding too big or too small. My
 most beautiful Spring Flowers are
 frisky, serenely elegant and should
 not be missed! [http://harmonious-
 palette.com/DestinationMaine.ht](http://harmonious-palette.com/DestinationMaine.html)
 ml. Alda, (207)342-5796. (12/18)

CONSIGNMENT

WANTED TO BUY — Need
 hand knit or crochet goods to
 sell. For information, call 845-
 2791, after 3 p.m. (kr)

HELP WANTED

WASHINGTON AREA COS-
METOLOGIST needed for a
 new salon in a new facility. Call
 Estelle 845-3400. (kr)

SERVICES

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

JR's PAINTING
Fine Interiors/Exteriors
 Painting & Staining,
 Sheetrocking, Pressure Washing,
 Plaster Repair.
 Free estimates. References.
 Fully Insured.
273-6116.
 (kr)

PROPERTY MAINTENANCE
 FALL CLEAN UP
 AND
 SNOWPLOWING
 Tree, leaves and junk removal,
 Reasonable and Dependable.
 Free Estimates
John Duffell
763-4358
or 322-9095.
 (kr)

THE HANDY WOMAN
SERVICE
 Affordable:
 • Interior/Exterior Painting
 • Dry Wall
 • Laminate Floors
 • Residential Cleaning
 • Snow Blowing
 • Snow Shoveling
 • Carpentry
 • Other Miscellaneous Jobs
 References and insured.
Senior Citizen Discount.
Jamie Comita
jcthehandywoman.webs.com
(207) 323-4894 or 548-6231.
 (kr)

PAPERHANGING &
PAINTING
 by William Forrest.
 Thorough preparation.
763-4321,
Lincolnville.
 (kr)

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)

TAROT CARD READINGS
 at your party for your guests.
 Or individual just for you.
Call Clara the Clairvoyant,
594-1223.
 (1/28)

ROOF RAKING,
 Sidewalks shoveled.
763-4093
 (kr)

PCA
 Do you need help
 to get shopping,
 doctors,
 a ride to go to have lunch?
 Call me,
273-2397.
 (12/31)

WILL BABYSIT
Your baby or babies.
 Experienced with twins,
 girls and boys.
 I have 15 grandchildren and they
 all seem to love me.
273-2397.
 (12/31)

CAREGIVER
 With 20 years' experience.
 Overnights or early evenings.
 Excellent references.
354-8761.
 (1/7)

ARTISAN PAINTING
Mark Little,
751-9511.
 Clean.
 Courteous.
 Unobtrusive.
 Insured.
 (1/21)

REAL ESTATE

ROCKLAND — 242 Limerock,
 122,500, 3 BR, bungalow-style
 home, in town but low-density
 neighborhood, ½ acre, full base-
 ment, oil heat, glassed-in porch
 w/jalousie windows, comes ful-
 ly applanced and w/hardwood
 floors, \$815 to heat last 12
 months. 263-5595.m e-mail
 bzzzz64@yahoo.com. (1/28)

FOR RENT

THOMASTON/WARREN
LINE — 1 BR apt., heat includ-
 ed, country setting but close to
 town, water view, \$725/month,
 first, last and security required,
 applications now being accept-
 ed. 273-4111. (kr)

THOMASTON/WARREN
LINE — 2 BR apt, with heat
 included, country setting but
 close to town, no pets, non-
 smokers, \$750/mo. 273-4111. (kr)

BRISTOL — 2 BR log home,
 private setting, 1½ BA, \$750/mo.
 plus utilities. Black Duck Real-
 ty, 237 Waldoboro Road, Jeffer-
 son, 441-0919. (kr)

JEFFERSON — Large 3 BR
 furnished home with 2 BA,
 \$1,000/mo. plus utilities. Black
 Duck Realty, 237 Waldoboro
 Road, Jefferson, 441-0919. (kr)

CAMDEN — Mobile home lots
 for rent to qualified applicants in
 Camden Park. 594-1046. (kr)

JEFFERSON — 3 BR, close to
 store, beach, \$850 plus utilities,
 Black Duck Realty, 237 Wal-
 doboro Rd., Jefferson. 441-0919.
 (kr)

PITTSTON — 2 BR, 1 BA,
 handicap accessible, \$750/mo.,
 plus utilities. Black Duck Real-
 ty, 237 Waldoboro Rd., Jeffer-
 son. 441-0919. (kr)

ROCKLAND — 3BR Cape,
 \$900/month plus utilities, first,
 last security, no smoking, no ani-
 mals. 542-1806. (1/7)

UNION — Year-round, 1-room,
 furnished cabins, single occupan-
 cy, one month minimum, gas
 heat, \$125/week or exchange for
 work. 485-6266. (12/31)

UNION — New, bright, well
 insulated 2 BR apt., large with
 good natural light and deck,
 \$700/mo. plus utilities, W/D
 hookup, no pets, no smoking.
 236-3736 days. (kr)

ROCKLAND — 3 BR, 1 BA,
 easy walk to downtown, wood-
 stove, finished attic, workshop,
 available January 1, \$850/mo. plus
 utilities, no smoking. 251-1616.
 (1/7)

HOPE — Second floor, 1 BR
 apt. on Jones Hill Rd., \$550/mo.
 plus utilities, references and secu-
 rity deposit required, no pets/non-
 smoking. Call 785-4433, leave
 message. (kr)

NEWLY REDONE — 1 and 2
 BR apts., \$500 and \$550 plus
 utilities, available Jan. 1, non-
 smokers, no pets. 594-7811 or
 701-9407. (1/7)

SCHOOL UNION 69

Hope, Appleton, Lincolnville
VACANCY
Special Education Director
 2010—2011 School Year
 One Year Position
 140 days/year
 Salary and benefits based on
 experience and qualifications
 Send letter of application, resume, at least three
 recent professional recommendations, copy of
 certification and transcripts, and completed
 application to Superintendent of Schools,
 Union 69, P.O. Box 2007, Hope, Maine, 04847
 Deadline for applications: February 1, 2010
 For applications and information call
 207 763-3818 or email
 sandy_carey@fivetowns.net
 EOE

SCHOOL UNION 69

Hope, Appleton, Lincolnville
NOTICE OF VACANCY
Interim Superintendent of Schools
 One Year Position
 2010-2011 School Year
 168 days/year
 Salary and benefits based on experience
 and qualifications
 Send letter of application, resume, at least three recent
 professional recommendations, copy of certification
 and transcripts, and a completed application form to
 Superintendent of Schools, Union 69,
 P.O. Box 2007, Hope, Maine, 04847
 Deadline for applications: February 1, 2010
 For applications and information
 call 207 763-3818 or email
 sandy_carey@fivetowns.net
 EOE

Experienced Line Cook
 with proven standards for quality and
 presentation. Work breakfast & lunch hours.
 Part time to start, full time in the spring.
 Join Rockland's hippest new food joint.
Dishwasher
 our fast paced cafe needs a
 part time dishwasher. Breakfast & lunch hours.
 Experience preferred.
 Both positions apply in person:
Mon - Sat 7am - 4pm or Sunday 8am - 3pm
HOME KITCHEN CAFE
650 MAIN STREET ROCKLAND

CALLING ALL SENIOR CITIZENS
 Applications now being taken for
 Spacious carpeted apartments with appliances
 and services at Rankin Center
 in Rockland & Knox Hotel in Thomaston
 Rent is 30% of income for Incomes at or below
 1 Person- \$31,650 2 Persons- \$36,150
 Please call 594-2743
 TDD/TTY 1-800-545-1833 Ext. 702
 Professionally Managed by ElderServ, Inc. 

FOR RENT

HOPE — Second floor, 2 BR,
 share shower and kitchen. 763-
 4270. (1/21)

CAMDEN — 1 BR, unfur-
 nished, second floor apt., private,
 off-street parking, walk to town,
 oil heat, \$525/mo. plus utilities,
 no pets/no smoking, references
 and security deposit. 236-2634.
 (1/7)

SEASONAL RENTAL

UNION — 1 BR, furnished apt.,
 heat, electricity, W/D included,
 \$675/mo., no smoking, no pets,
 Sept.-May. 273-1190. (12/31)

RANGELEY — Maine's first
 choice for winter fun, 7 BR, 2
 BA, village farmhouse, direct
 access to snowmobile trails, 10
 minutes to Saddleback, inside
 storage for sleds. Call today for
 rates/availability. 594-6331. (1/7)

OWLS HEAD — Mussel Ridge
 Channel, private, cozy cabin on
 water, ideal for 1- or 2-night get-
 away. Incredible views. Call today
 for rates/availability, 594-6331.
 Bookings available through
 Christmas and starting again in
 May. (1/7)

FOR RENT COMMERCIAL

FURNISHED OFFICE SPACE
 — 24 sq. ft. to 1,000 sq. ft. avail-
 able, heat and high-speed Internet
 included, \$10/sq. ft. 273-4111. (kr)

ROCKLAND DOWNTOWN
 — Main street, 2nd floor profes-
 sional office suite or top floor
 office/studio space, big windows.
 www.oceansights.com/custom-
 house2.html or 236-9886. (kr)

STORAGE

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

STORAGE SPACE — For cars,
 trucks, boats, RVs, as a collector
 myself, I will treat your vehicles
 with the utmost care and respect.
 \$300/season for cars and pickups;
 larger vehicles, RVs and boats pro-
 portional to size, space in Newcas-
 tle and Wiscasset. 687-2029. (kr)

SELF HELP AND SUPPORT

N.A. Y2K Group
7 p.m. Wednesday,
 Meets at the Bolduc Correctional
 Center, Warren.

AUTOMOTIVE SALES PROFESSIONAL

Shepard Family Dealerships has an opening
 for an experienced salesperson.

Shepards offers a desirable opportunity to
 sell from the biggest and best selection of
 auto brands in the Midcoast.

- salary plus commission
- very attractive benefit package
- great earning potential

Apply by Fax: 594-5160
 or E-mail: johnnc@shepardmotors.com

No phone calls please

SELF HELP AND SUPPORT

AA Hotline
1-800-737-6237
www.aamine.org
Al-Anon Hotline
284-1844 / 1-800-498-1844
 Hotline numbers are manned 24
 hours a day, seven days a week.

For information about
 area NA meetings,
 call 1-800-974-0062.

AA Gull Group
 Meets at the Bolduc Correctional
 Center, Warren, Thursday, 7 p.m.

Run your ad **ONE WEEK** for only \$6/week for 20 words – 20¢ each additional word.
 Run your ad for **TWO WEEKS** for only \$5.50/WEEK for 20 words – 15¢ each additional word.
 Run your ad for **THREE** or more **WEEKS** for only \$5/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: _____

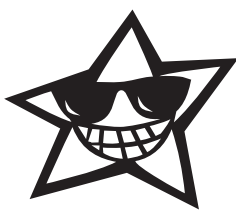
Please run my classified ad ___ times and list it under: Cost for 1st 20/words/week = \$ _____
 ___ Vehicles ___ Boating ___ For Rent ___ For Sale Additional words = \$ _____
 ___ Help Wanted ___ Real Estate ___ Services ___ Wanted Subtotal = \$ _____
 ___ Yard Sale ___ Other _____ Times # of weeks ad to run x _____
TOTAL Due = \$ _____

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone _____

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

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

TV Listings



CHANNEL LINE-UP Knox County

Table listing channels 2 through 17 for Knox County, including CKSH-French, UPN-WPME, FOX-WFPO, CBS-WABI, NBC-WCSH, PEG-Public, ABC-WMTW, and various other channels like TWCTV, MPBS-WCBB, PEG-Education, etc.

Table listing channels 18 through 36, including TV Guide, C-SPAN, ION, PEG-Government, GAC, Comcast Sports Net, ESPN, ESPN2, NESN, MTV, VH-1, Lifetime, Spike TV, CMT, Weather Channel, NECN, FOX News, and CNN.

Table listing channels 37 through 85, including Headline News, TOON, CNBC, MSNBC, truTV, TCM, INSP, TNT, Comedy, FX, USA, TBS, Oxygen, A&E, AMC, Ovation, Bravo, E!, HGTV, Food Network, Travel Channel, EWTN, Hallmark Channel, TBN, History Channel, TLC, Discovery, TV Land, BET, ABC Family, Nickelodeon, Disney Channel, Animal Planet, SCI-FI, TV5, ONTV4, and Local Access.

FRIDAY EVENING JANUARY 1, 2010. A large grid showing TV listings for Friday, January 1, 2010, from 7:00 to 12:30 AM. Includes programs like King of Queens, WWE Friday Night SmackDown!, College Football: Allstate Sugar Bowl, and various movies.

JST ENVIRONMENTAL LLC Residential Home Cleaning Serving Maine's Midcoast 139 Searsport Avenue Belfast • 930-3711. Includes a circular logo and a list of services: Professional Cleaning Services From Top to Bottom, Basic Cleaning Includes: Vacuuming, Dusting, Washing Floors & Bathrooms, Allergen Removal: Furniture, Mattresses, Pillows, Curtains, Carpets ..., Mold Remediation, Odor Control and Removal, Flea Control. Text: 'We specialize in removing allergens safely to protect you and your family.' 'We even do windows!' Call Today to Make Your Home Shine! 930-3711 FREE ESTIMATES

SATURDAY EVENING JANUARY 2, 2010. A large grid showing TV listings for Saturday, January 2, 2010, from 7:00 to 12:30 AM. Includes programs like Game of the Week, America's Most Wanted, Law & Order: SVU, and various movies.

SUNDAY EVENING JANUARY 3, 2010. A large grid showing TV listings for Sunday, January 3, 2010, from 7:00 to 12:30 AM. Includes programs like Bones 'The Man on the Fairway', NFL Football, 60 Minutes, CSI: NY, and various movies.

MONDAY EVENING JANUARY 4, 2010

Table with 12 columns (7:00-12:30) and 69 rows of TV listings for Monday evening, January 4, 2010.

TUESDAY EVENING JANUARY 5, 2010

Table with 12 columns (7:00-12:30) and 69 rows of TV listings for Tuesday evening, January 5, 2010.

Advertisement for PEN-BAY GLASS featuring text: SEE US FOR ALL YOUR GLASS NEEDS HOME • AUTO • BUSINESS PEN-BAY GLASS CLASSIC HARVEY VINYL WINDOW Route 1, Thomaston Line, Rockland, 594-0766

Advertisement for THE FREE PRESS On-Line with website address www.freepressonline.com

WEDNESDAY EVENING JANUARY 6, 2010

Table with 12 columns (7:00-12:30) and 69 rows of TV listings for Wednesday evening, January 6, 2010.

THURSDAY EVENING JANUARY 7, 2010

Table with 12 columns (7:00-12:30) and 69 rows of TV listings for Thursday evening, January 7, 2010.

CLICK & TALK CARS

Do Hubcaps Serve a Purpose? Mileage Rating Discrepancies Explained

DEAR TOM AND RAY: I am having a philosophical debate with my father that I hope you can offer some closure on. About two years ago, my 2007 Toyota Matrix lost a hubcap during a 220-mile drive. Immediately, my father told me to go to the dealership to get the hubcap replaced. The next day, I went to the dealership, paid 70-odd bucks and off I went. Within a week, another hubcap fell off. And again, my father was quick to say it NEEDED to be replaced. I made the argument that it was too expensive, and that I didn't mind the look of a missing hubcap. I held my ground for a while, but he conspired against me and got a new one for me during an oil change. My father's argument is that it makes the car look ugly, cheap, poorly cared for and run down (which, consequently, sounds like one of Tom's cars!). I think it's too expensive, and view hubcaps as lacking a functional purpose that would warrant immediate replacement. We could then get into further discussion about cheap-skate-ism, but for now I'd just like to know if there is a real need to replace a hubcap quickly, and is there a functional (not aesthetic) purpose of a hubcap? — Chris

TOM: Not really, Chris. Hubcaps have only two minor "functional" uses, aside from keeping Harry the Hubcap King in business.

RAY: If, for example, someone rotated your tires and forgot to tighten the wheel nuts, the wheel nuts might then work their way off. That would result in the wheel falling off the car, and you needing much more than a new hubcap.

TOM: Right. But if you had a hubcap on that particular wheel and it was metal rather than plastic, as the wheel nuts fell off, they would fall INTO the hubcap, and you'd probably hear them clanging around in there. You might then wonder what that racket was, investigate and find out that your wheel was about to fall off BEFORE it fell off.

RAY: Granted, that's an unlikely scenario, but we're trying to give your old man something to hang on to here.

TOM: The other function hubcaps can serve is to protect the wheel nuts and wheel bolts from getting rusty and corroded, which can make the nuts hard to remove someday when you have a flat tire and semis are speeding by your rear end at 80 mph.

RAY: But again, if you have your tires rotated or your brakes inspected every 10,000 or 15,000 miles, your mechanic will be loosening and removing those wheel nuts anyway, and they'll never have a chance to rust shut on you.

TOM: So, the real reason for replacing missing hubcaps is exactly the reason your father states: So your car doesn't start down the road to heapdom.

RAY: As your father clearly understands, the appearance of neglect leads to real neglect. Once you look at your car and say, "Aw, my car's becoming a heap," you then allow it to become a heap. It's a self-fulfilling prophecy.

TOM: It's true. Once you decide your car has begun its downward ride toward the crusher, you stop caring about it. You stop changing the oil so often. You stop worrying about noises that crop up. You stop washing it. And before you know it, you have mushrooms growing in the back seat, like I do!

RAY: So it's a slippery slope, Chris. Be careful. This is exactly how the Roman Empire fell. One hubcap fell off Titus' chariot around 150 AD, and it was all downhill from there.

DEAR TOM AND RAY: Can you explain why equivalent cars sold in Europe get much better fuel economy, compared with those sold in the U.S.? As an example, I was looking — I suppose out of boredom — at the Honda U.K. Web site. It shows the mileage for the Honda Jazz (which is called the Honda Fit here) at around 50 mpg, just as is, off the showroom floor. It's not a hybrid version, just the regular car! The equivalent base model in the U.S. comes in somewhere in the 30s for mpg. What's up? And yes, I know that an Imperial gallon is slightly bigger than a U.S. gallon. But the 10 percent difference in volume alone cannot explain the discrepancy in mileage. — Lawrence

TOM: Boy, you WERE bored, Lawrence!
RAY: There are several factors at work here. The first is, as you mention, the Imperial gallon. The British use a gallon that is 20 percent larger than a U.S. gallon, not 10 percent larger. So right there, you increase the mileage rating by 20 percent.

TOM: The second factor is engine size. The base model Fit in the U.S. comes with a 1.5-liter engine. Because Europeans prize fuel economy over power, the base model Fit/Jazz in Europe comes with a 1.2-liter engine. That's true of a lot of cars sold in Europe. They often have smaller engine options not offered here.

RAY: And the third factor is the testing. The EPA mileage tests here in the United States are more realistic. They were changed a few years ago to factor in things that real drivers do — like accelerate and turn on their air conditioners. European mileage tests are still less reflective of real-world driving.

TOM: Add it all up, and the same car can get a combined rating of 53 miles per gallon across the pond, and 31 over here.

RAY: Hey, if we send my brother over there, would his IQ rating be higher?

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9x9 Sudoku grid with some numbers filled in.

EASY # 69

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

Solution, tips and computer program at www.sudoku.com

Sudoku solution on page 28.

1998 Saab 900 \$3,495. '98 Toyota Camry \$4,995. '01 Chrysler Voyager \$4,400. '05 Chevy Cavalier \$5,495. '00 Ford Focus SW \$5,250. MID-KNIGHT AUTO. 304 Old County Rd., Rockland • 596-6915 • www.midknightauto.com

Crossword puzzle grid with clues for Across and Down. Clues include: 1 Root veggie, 5 -de-lis, 10 Snag, 16 Up and about, 21 Johnnycake, 22 Ben on "Bonanza", 23 Hogan dweller, 24 Old hag, 25 Just like (2 wds.), 26 A battery terminal, 27 Spotted wildcat, 28 Traveler — Polo, 29 Mutinied, 31 Kipling novel, 33 Supple, 35 Domino dot, 36 Attic end, 37 Part of LAPD, 40 Wish undone, 41 Location, 42 -fi flick, 45 Pocket jangler, 46 Fiesta shout, 48 PSAT takers, 50 Get wider, 52 Checked out, 54 Slangy turndown, 55 Equinox mo., 57 Teeth-chattering sound, 58 Cherbourg shes, 59 Potter's oven, 60 Action word, 62 Car loans, 66 Novelist — Waugh, 67 Rubber boot, 69 Surroundings, 71 Eye shadow, 72 Shabby (hyph.), 74 Luau strummer, 76 Idles away time, 78 Guanabara Bay port, 79 Crazy about, 80 Stores up, 83 Plugging away, 85 Filleted, 88 Kind of serum, 89 Bottle tops, 90 TV serial part, 93 Big hand, 95 Artificial, as pearls, 97 Rumor, perhaps, 98 Tells of danger, 98 Tells of danger, 100 Ginza money, 101 Colloidal suspensions, 106 Not twice, 108 Starts the pump, 110 Wine glass, 112 Peel of thunder, 113 Garden intruders, 115 Trash hauler, 116 Influence, 117 West Indies republic, 118 Donut qty., 120 Elbow opposite, 122 Stag attender, 123 Woodsy, 124 What spies do, 128 JAMA readers, 129 Huntsville loc., 130 Ring thing, 131 Famous cathedral town, 132 The chills, 133 Agree silently, 135 Long story, 137 Foot problems, 139 Home furnishing, 140 Talk out of, 142 Game official, 144 Cops' log (2 wds.), 148 Flashy, 150 When mammoths roamed (2 wds.), 153 Serviceable, 155 Type of lock, 156 Come afterward, 157 White-water craft, 158 Sign of spring, 159 To be, to Brutus, 160 Had some standing, 161 Grommet, 162 Odometer button, 163 66 and I-80, 1 Train for boxing, 2 Sit for an artist, 3 Prof's place, 4 Clear the windshield, 5 Heavy-duty truck, 6 Forsaken, maybe, 7 Wash out, 8 And, to Fritz, 9 Terrible smell, 10 Folklore dwarf, 11 Insect resin, 12 — been had!, 13 Like a skyscraper, 14 Cantata singers, 15 Whirlpool (2 wds.), 16 Summit, 17 Mexican Mrs., 18 Sluggish, 19 Foment, 20 Go back in business, 30 Trout habitats, 32 — fixe, 34 Spaghetti seasoner, 38 Nightwear, for short, 39 Fountain in Rome, 41 Mr. Spock's father, 42 Geyser output, 43 Quartet member, 44 Cay, 46 Variety of tea, 47 Med. staffers, 49 Relieves, 51 California fort, 53 PC gurus, 54 Longest river, 56 Small combo, 59 Green Hornet's valet, 61 Trounce, 63 Eyewash acid, 64 Reflect on, 65 Wades through, 67 B-movie pistol, 68 Team cheers, 69 Convention, 70 Pilot's sighting, 73 Grant money for, 75 Coach — Rockne, 77 Type of headache, 81 Off-road vehicle, 82 Frat letter, 84 Of words, 85 Underneath, 86 Hazard a guess, 87 Reunion attendee, 91 Skip stones, 92 Blows it, 93 Entertainer Donny is one, 94 Interstellar dust cloud, 95 Energy source, 96 Neighbor of CTRL, 99 Shaving mishap, 102 Mme.'s daughter, 103 Dark complexion, 104 City in Brazil, 105 Like a cactus, 107 Comedian Murphy, 109 Big pitchers, 111 Outback mineral, 114 Brillo rival, 117 Anthems, 119 Sector, 121 NASA counterpart, 122 Lady's honorific, 123 Boa or python, 124 More spacious, 125 Desert critter, 126 Dog days time, 127 Bulletin, 130 Puck stopper, 134 Tooth problem, 136 Hotel patron, 137 Cattle stalls, 138 More timid, 140 Did batik, 141 Russo or Magritte, 143 Happy rumble, 145 Maine, from Oregon, 146 Anything —?, 147 Golfer's pegs, 149 Owed right now, 151 E-mail provider, 152 Command to a mule, 154 Sock filler.

Crossword solution on page 28.



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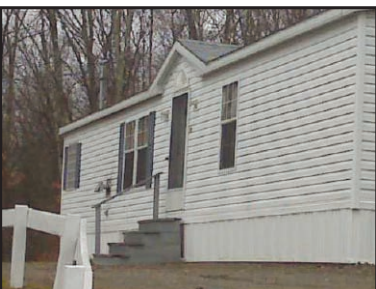
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