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Come Boating! will hold its 10th annual rowing regatta during Harbor Fest on Saturday, August 21, in Belfast Harbor. Crews from as far away as Rhode Island will compete. Shown here is Belfast's Selkie, a Cornish pilot gig, after the crew took first place in the Gloucester Maritime Heritage Race earlier this month.

Belfast Harbor Fest Begins Friday Night with Party at Steamboat Landing

This weekend's Belfast Harbor Fest, August 20 to 22, includes the National Boatbuilding Challenge, live music on the harbor, a Sardine Extravaganza, a 5K road race along the waterfront, speakers, food, drink, and much more.

It kicks off Friday night at 6 p.m. with a Launch Party under the tent on Steamboat Landing at the foot of Commercial Street with live music by Spouse and Deely Stan, a Steely Dan tribute band, from 7 to 11 p.m., along with food and drinks, including beer from Marshall Wharf Brewing Co., for sale.

The party is being hosted by Three Tides, and there's a \$10 cover charge.

Saturday morning, there will be a blueberry pancake and sausage breakfast in the Boathouse from 7:30 to 10 a.m. The cost for the breakfast is \$4. There will also be registration for the Bug Run 5K road race from 7:30 a.m. until 8:15 a.m., with the race taking off on Bayview Street at 8:30 a.m. The top male and female winners will each receive 20 pounds of lobster.

The National Boatbuilding Challenge will take place under the big tent on Steamboat Landing from 10 a.m. to 2 p.m. Teams of

BELFAST HARBOR FEST continues page 10

Belfast Soup Kitchen Flat Broke

During a year when the demand on food pantries and food kitchens has gone up across the state by 23 percent, the Belfast Soup Kitchen, which serves 40 to 60 people a day, could close its doors in October due to lack of funds.

BELFAST SOUP KITCHEN continues page 23



PHOTO BY GEORGES NASHAN

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ANNUAL SUMMER AUCTION

Day 1: **Monday, August 30, 2010 ~ 4 PM**

Preview: Sunday, August 29th, Noon - 5:00 p.m.; Monday (day of auction), August 30th, 10 a.m. - 4 p.m.

Day 2: **Tuesday, August 31, 2010 at 4:00 PM**

Preview: Tuesday (day of auction only), August 31st, 10 a.m. - 4 pm.

Rockland Elks Lodge
210 Rankin Street, Rockland, Maine

DIRECTIONS: Take Route 1 by-pass in Rockland on Broadway and follow the auction signs at Rankin Street.

We are pleased to offer this fresh selection of estate antiques and fine items for our Annual Summer Auction in two sessions. Day One we will offer items from the late **Bernard Langlais** of Cushing, Maine. Mr. Langlais' wife, Helen, recently passed away and we were selected to sell at public auction the remaining items, including several pieces of furniture made by Mr. Langlais himself, his books, Herman Miller chairs, his oak roll-top desk, and lots more. Also, we have a recently discovered large oil painting by Anthony Thieme (1888-1954) from a prominent Boston family. Day One highlights are American Folk Art painted country furniture, jewelry, oriental rugs, and paintings. Day Two more Victorian feeling with lots of fresh antiques and items of interest for collectors and dealers alike. Please try to join us for two days of fresh Maine antiques!! I won't disappoint you! ~Bruce~

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• FURNITURE (Day 1) •

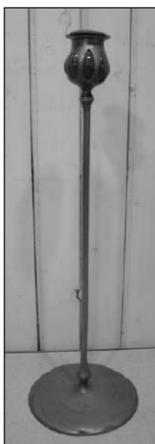
A Maine step back cupboard in original decoration, 32" wide, 87" tall; rare polychrome decorated yellow dower chest; step back cupboard made by Bernard Langlais; wonderful 2-drawer 18th c. blanket chest with 5-drawer appearance in old green paint; diminutive canted blue sea chest (Monhegan); one-of-a-kind wooden sofa from the Langlais living room made by Mr. Langlais; set of eight (8) mahogany dining chairs of the highest quality made by the Virginia Craftsmen; two (2) Herman Miller chairs with ottomans; small Queen Anne swing-leg table with restoration; Maine yellow sponge-decorated dome box with heart-shaped hardware, all original, Lincolnville, Maine; Bernard Langlais' oak roll-top desk; Hepplewhite shield-back side chair with carved medallion and drape, circa 1790; stenciled blanket chest on feet with strap hinges; Folk Art slant front desk on frame, Maine, circa 1840, farm-made; early oak dower chest with raised panels and pinned construction; 5-1/2 foot Folk Art farm table with red paint, tapered legs made for a bride in Appleton, Maine "from the barn boards of father's barn" 1926 R. Packard and S. Collins married 1926 written under table, also a carved heart in top (R.P. & S.C.); pair of step-down Windsor side chairs; 18th c. CT ladder back arm chair in brown paint; 18th c. tiger maple tall canopy bed; small pie cupboard in original white paint; vivid yellow painted decorated 5-ft. table with flowers, etc.; 18th c. tavern table with replaced top; 2-piece pine cupboard with raised panel doors; 2-piece Sheraton secretary desk; early stretcher base English tavern table with drawer (low); 18th c. carved mantle with over paint.



STEP BACK CUPBOARD

• ITEMS OF INTEREST (Day 1)

A 17-1/2" Tiffany arts & crafts bronze candlestick with green glass inserts at the bowl; 19th c. checkerboard with original paint-decorated surface; fabulous winding wood box that was next to Bernard Langlais' fireplace, made from a tree trunk and all the wood fit in a sculpture-like design; mahogany table model Stella disc music box with 17" discs; early tiger maple 1/2-stock musket with brass inlay by H. M. Gilmore, 48" long; Springfield military hunting knife with Rock Island Armory scabbard Ser. #4961; pair of bronze elephant bookends by L. V. Aronson, 1923; large cast iron garden frog, 12" tall; stick barometer by Cornelius Knudsen, 37" tall; early banjo barometer, 38" tall by R. Caldera, Edinburgh; early mahogany banjo barometer by D. Stampa & Co., 42" tall; pair of carved jade Foo dogs, 9" tall; carved apple jade centerpiece with multiple Foo dogs; Spencer, Browning and Rust quadrant; 19th c. hat rack made from horns with eagles, etc.; 1855 Thomaston, Maine roll-up map; 19th c. sailor-made sawfish bill with shagreen; 19th c. carved merry-go-round panel; 18" bronze child with wings figure; 9" bronze figure of athlete throwing ball; Bernard Langlais Christmas card; 14" diameter round wooden bowl; early Russian icon painted on tin, "as is"; 18th c. ball-top andirons, 16" tall; oversized Nantucket basket with two handles; full-scale model of early clipper ship; several good baskets; faux bookcase liquor cabinet; 5-volume set of leather bound 1817 Duke of Sully; other Langlais estate items for Day 1 are: selection of books belonging to Bernard Langlais and signed by him; books given to "Blackie" from his wife Helen; crazy quilt tray lot of miscellaneous letters and a sketch; two (2) wood chopping blocks certainly Langlais-made; cartoon by Vic Runtz, Maine cartoonist, showing the Skowhegan Indian (Langlais-made) making fun of Paul Bunyan's size; plus more!!



TIFFANY CANDLESTICK

• JEWELRY AND SILVER (Day1) •

A 3.75 ct. diamond solitaire ring; Edwardian period handmade platinum and diamond wristwatch set with two marquis-shaped diamonds with platinum band and 181 diamonds trimming the band; solitaire diamond ring, 2.71ct. set in 18k white gold; oval brilliant G.I.A. rated diamond, .87 ct., in platinum and baguettes; rare black diamond dinner ring with black and white diamonds arranged in 18k gold; pair of diamond stud earrings, 1.5ct. T.W.; 14k bracelet with emeralds, rubies, sapphires, and diamonds, very stylish in white gold; 14k aquamarine white gold pendant; pair of rare Boulder opal custom-made earrings set in 18k gold; art deco ribbon-shaped diamond, emerald, and sapphire dinner ring in 18k gold; 14k diamond ring set with emerald-cut and round diamonds; Victorian gold and enamel ring with rose-cut diamond; 1910 U. S. \$5 gold coin, undamaged, in 14k rim and chain; 1880 U. S. \$5 gold coin, undamaged, in 14k rim and chain; American \$50 eagle gold coin in heavy gold chain.

• SILVER •



SILVER TEA SET

Rare Tiffany sterling silver wine cooler; wonderful 3-piece American coin silver tea service signed C. Forbes, circa 1830 New York, with rose chased finials, directly from the original owner's family.

• PAINTINGS AND PRINTS (Day1) •

Fresh Anthony Thieme (1888-1954) oil on canvas showing Rockport, MA cove, boats, trees with house in background, in original frame, "as found" condition, directly from the original owner's Boston family, 30" x 36" image with minor tear

in canvas (never cleaned); Andrew Winter oil, 12" x 18" of Monhegan surf and rocks, signed "From Mary & Andy to Charlotte '42", fresh from the original owner, Charlotte Munroe; also from Monhegan, a full sheet watercolor, framed, 22" x 30", by Leo Brooks (1908-1993) titled "Monhegan Fishermen"; oil on artist board by Monterey, CA artist Charles Hoyt with seascape, trees and cliffs, in 10" x 14" original frame; large pastel and watercol-



ANTHONY THIEME



ANDREW WINTER

1/2"; early 19th c. portrait of lawyer or judge holding a book, 27" x 34", unframed; three (3) watercolors by Harriet Creighton (daughter of Charles Copeland), very well painted and fresh to the market; Impressionist oil, probably European, by Fresh off Monhegan, with illegible signature with mountains, houses, etc., in original frame; watercolor of lobster boat in cove by Renal (De Bayeux) Bye (1916-2003) in original frame; French repaint of Folk Art painting on board of children, very decorative; landscape painting with luminous sky, signed J. M. Noyes, 11" x 15"; pair of fine paintings on silk of Japanese lady and gentleman; Prints include: four (4) Christmas cards by William Thon; two (2) signed Peter Max prints of Mickey Mouse and Donald Duck; framed bronze bell print by Jamie Wyeth; three (3) hand-colored prints by Jane Gilbert; plus other framed paintings and prints.



ANTHONY THIEME

• FOLK ART AND DECOYS (Day1) •

Rare untouched fish weathervane from Port Clyde, Maine fish house, 40" long; Folk Art cat sculpture attributed to Bernard Langlais; splayed leg knit stand from Vinalhaven, Maine, 36" tall with original finish; 19th c. carved elephant tusk with natives, alligator, butterfly, fish and more, 26" long, a real treasure; 20th c. goose Folk Art weathervane, 30" long with long neck and antler-type wings; wood painted Black Minstrel Dancer with dancing board; early double horse pull toy with harnesses; tin shoemaker's trade sign in blue paint, 28" tall; carved wood eagle with shield and flags, circa 1950, 24" long with original paint; Decoys include: five (5) eider duck decoys from Vinalhaven boathouse,



WEATHERVANE

over-painted and needs some repair - but fresh!! Gus Wilson-style eider decoy with a mussel in its mouth, several coats of paint, but wonderful craftsmanship and form; pair of rare snow geese decoys and a pair of Canadian geese from the same barn; stylized long neck decoy painted like an eider duck; several good shorebirds, some with driftwood bases, etc.; miniature 8" eider drake with mussel in its mouth; 10" wooden fish decoy with over-paint; pair of black decoys from Stonington, Maine; also a few more.

• POTTERY - GLASS - CHINA (Day 1) •

Rare 17-1/2" cobalt blue Van Briggel Pottery vase with raised birds; large Royal Bayreuth lemon pitcher with green leaves; wonderful Phoenix Glass Company mushroom-shaped table lamp, blue iridescent finish, 15" tall, twisted stem base and mushroom cap top; large Imari charger, 14-1/2" diameter; rare porcelain hand painted portrait plate in original Eastlake frame, plate signed H. Catelin, 13" diameter plus frame; pair of cobalt blue 12" vases with raised flowers; large porcelain green frog cookie jar; end-of-the-day 15" tall flower vase; early blue all-around design stoneware crock with two handles; stoneware crock by J. Sheppard, Jr., with two handles and blue flower; large native pot with painted diamond design.

• ORIENTAL & HOOKED RUGS (Day 1) •

(All fresh to the market from estates) Oriental: Antique Caucasian rug, 49" x 3'10", blue field, hour glass border; antique Balouch rug, 21" x 26"; Caucasian Prayer rug with some wear, 3'2" x 4'7"; tribal antique all wool rug with geometric design, 4'2" x 5'; Verimin saddle bags; wonderful Turkomen Cover, 3'10" x 4'4", with bold early color; plus a few more! Hooked: Limited Edition Robert Indiana "Love" rug, all wool, 24" x 24", signed; hooked rug with ship, lighthouse, and seagulls, 26" x 45"; hooked rug with rooster, 20" x 32"; early braided rug with medallion center, green, 4'4" x 7'8", great size, color, and condition; more!



BLANKET CHEST

Day 2: Tuesday, August 31st, 2010 at 4:00 PM
Preview: Day of Auction ONLY - 10:00 AM to 4:00 PM

We are pleased to offer Day Two of our Annual Summer Auction. The sale will consist of high quality mahogany and Victorian furniture, oriental rugs, paintings, glassware, box lots, ephemera, and books. This fast-paced country-style auction will interest dealers and collectors. Also, we will sell the remaining contents of the Bernard Langlais estate and the Maine Governor Frederick Payne's estate. We will not disappoint you! ~Bruce~

• HIGHLIGHTS ONLY! •

You will love this auction!! Furniture: Massive Victorian mahogany dining room table with two (2) leaves, extends to 10 feet, circa 1860, from the Charles Copeland house in Thomaston, Maine; Victorian tables, rare 8-drawer Victorian chest of drawers with carved drawer pulls; 1950's chrome kitchen set in "like new condition" with painted flower design on chairs and table edge; mahogany C roll-top desk; mahogany pedestal base dining table with leaves; fancy Victorian stand with burl walnut top; Arts and Crafts unsigned armchair, probably Stickley; quality mahogany set of six (6) chairs; Empire secretary desk; oak tall kitchen cabinet, oak barber's cabinet. Albums and Photographs: Lot of early Vinalhaven photographs around the island, to be sold in several lots; also from ship's photo album from Warren, Maine, more local photos from Creighton estate; two (2) advertising albums; two (2) large postcard albums from Europe; plus more!! Bernard Langlais Items: Most of his books from the library; chests from Helen's bedroom; linen and some vintage clothes from Helen's bedroom; kitchen box lots and miscellaneous furnishings from around the house. I will identify all Langlais items.



BERNARD LANGLAIS



BERNARD LANGLAIS SOFA



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Formal Preview Day & Bidder Registration: August 20

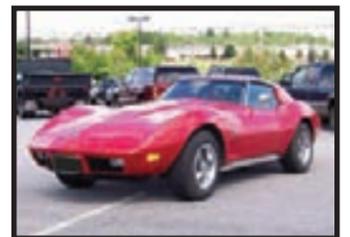
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We The Six Billion

by Joe Steinberger

America, Decline and What?

"When you read about America in European newspapers, what you are likely to find is a tone bordering on pity. The U.S. is depicted as a fraying empire of obesity, ignorance, debt, gridlock, stagnation, and mindless war."

— Howard Fineman in *Newsweek*

Don't get me wrong, I like the U.S., especially our tradition of individual freedom from which I greatly benefit, but I am afraid I share the European view that this country is in decline. My take is that capitalism is our downfall in the same way that communism was the downfall of the Soviet Union.

Perhaps it isn't necessary to blame anything. Our post World War II period of global domination was a bubble that was not sustainable. The competition with Soviet communism kept us going, beating them has led to our own decline. The primary arena of that competition was in military might, in which the Soviets ultimately could not match us. Since their demise, though, our military power has become increasingly irrelevant.

What is more relevant now is economic power, and ours is teetering. This is where our version of capitalism is leading us down. Communism could not compete because it stifles initiative and substitutes bureaucracy for the more objective guidance of the marketplace. Freedom of enterprise and of markets leads to more efficient production.

Marx, indeed, predicted that capitalism would collapse because of overproduction. What he did not predict was people's enormous capacity for consumption, especially when appetites are stimulated by the cunning efforts of the producers.

This is where we Americans have excelled. We have become the world's preeminent consumers. Over the past decades our appetite has become so voracious that we have gone deeply in debt to sustain it. This has been our glory, but three big problems have arisen. One problem is that our ability to pay back these debts has come into question — both lenders and borrowers are having second thoughts. Another problem is that some other countries, notably now China, have been able to out-produce us, so that we have a huge balance of payments deficit. The third big problem is that our advertising-induced consumption is turning us into a sort of feed-lot nation — unhealthily fat and addicted to unsustainable levels of resource consumption.

While these problems are becoming increasingly obvious, solutions remain outside the realm of political possibility. Barack Obama was elected on a message of hope, which is fine, but what is the plan?

People now seem to understand that we must live within our means, but the politicians, Obama among them, understand that a transition to sustainable levels of consumption would create major economic dislocation — business failures, job losses, personal bankruptcies — that would cause people to vote them out of office at the first opportunity. Also, many of the reforms necessary to get on an even keel are themselves politically unacceptable.

One necessary, and impossible, reform is to roll back the tax cuts for the wealthy that have destroyed the government's ability to pay for its operations. Just as the fall of the French monarchy in 1789 was precipitated by the King's inability to get needed tax revenue from the aristocracy — which alone had the means to pay, but which had also the means to resist — so today our government is unable to get needed tax revenue from those who have the means to pay, because they also have the political means to resist.

An even more necessary reform, equally impossible, is to roll back the scale of America's global military operations. The idea that the U.S. is by right and necessity the policeman of the world has become, since 9/11, a bipartisan consensus. The vast expense of this enterprise, and its manifest failure, has done little to dampen our appetite. Now the drumbeat is on for an attack on Iran's nuclear capability. If we do not, and Iran gets the bomb — the argument goes — we will lose our status as the preeminent power in the Middle East. The idea that we need that power goes unquestioned, and any politician who would relinquish it would be despised.

So I fear we will have to wallow for a while in these failed, but politically inevitable, policies. We will spiral down, flipping back and forth between Democrats and Republicans who make promises that they cannot fulfill, blaming one and then the other, and never ourselves.

On that much I am a pessimist, but I do think our decline will eventually level out, our economy will find a new, and more modest, equilibrium, and we will eventually consent to share responsibility for the future of the world with those who we will reluctantly accept as our equals — the Europeans, the Chinese, the Russians, Japanese, etc.

Meanwhile, those of us who are not too highly leveraged may continue to live the good life. We will be wise, though, to batten down the hatches.

All Quiet on the Eastern Front?

by Thomas McAdams Deford

In a few weeks, we'll be down to 50,000 troops in Iraq, all non-combatants. And this time next year, unless General Petraeus once again overrules President Obama, we'll be on the high road out of Afghanistan. Nine years after 9/11, two wars under our belt, are things finally returning to what passes for normalcy in the most turbulent part of the world?

Not bloody likely. According to two recent analyses — one an article in this month's *Atlantic* based on a series of dozens of interviews in Washington and Israel, the other an equally broad-based paper released by the International Crisis Group — it may in fact be about to get a lot worse.

The *Atlantic* piece, "The Point of No Return," describes "how, if things remain on the current course, an Israeli air strike [against Iran] will unfold." Its author Jeffrey Goldberg concludes, after talking to "roughly 40 current and past Israeli decision makers," that "there is a better than 50 percent chance that Israel will launch a strike by next July."

The difficulty with being certain of such a conclusion, as Goldberg himself points out — "of course it is in the Israeli interest to let it be known that the country is considering military action" — is that there's a three-sided game of poker going on in which Israel is trying to convince Obama that if he doesn't control Iran's nuclear ambitions, Israel will attack even without US approval. Similarly, by once again stressing the "no-option-off-the-table" line, the US is hoping to reassure Israel that we will deal with Iran so they won't take unilateral military action. And even as the US hopes to restrain Israel, it wants to intimidate Iran into halting its nuclear march — and an Israeli threat may just do that. So, it's a multi-level game of bluff, containment, intimidation, and reassurance, in which even such close friends as the US and Israel apparently are not revealing to each other their bottom lines.

But, Goldberg believes, the moment of truth — the point of no return he refers to in his title — is at hand: "Based on my conversations with Israeli decision-makers, this period of forbearance, in which Netanyahu waits to see if the West's non-military methods can stop Iran, will come to an end this December." And if Iran hasn't palpably turned away from its nuclear track, Israel will go on countdown to attack.

But while in sifting through his interviews, Goldberg has concluded there's not much time left, what actually comes through in his lengthy, 10,000-word article is a much more complicated, convoluted picture. Netanyahu is quoted depicting the Iranian regime as totally irrational, "a messianic apocalyptic cult" in his words, ignoring the fact that Iran, during the past three decades since the Shah fled the country, has played a cool and level-headed game of realpolitik, navigating through its 10-year war with Iraq (when it was being supplied with weapons from Israel), the collapse of the Soviet Union, and constant enmity with the United States. And it has emerged with its regional power and influence enhanced, and more importantly, to the regime anyway, its mullahs still in power. Do they really want to risk all this?

Goldberg meanwhile unveils a psychiatric profile of Netanyahu, under the emotional control of his ultra-rightwing father, that makes one question his rationality when it comes to Iran. But perhaps that's merely a face — reminiscent of Nixon's hope that the North Vietnamese would view him as unpredictably irrational — that Netanyahu's closest advisors want Obama to believe.

Counterbalancing the Israeli hawks advising Netanyahu are the many Israeli generals Goldberg talked to, as well as some senior Pentagon officials, who are reluctant to advocate the military option. Goldberg, strongly pro-Israel, was a big advocate of the Iraq War, and it's hard not to conclude, despite his declared "ambivalence" towards a war against Iran, that he, perhaps subconsciously, was stacking the deck with the outcome he'd prefer.

To be fair, he discusses its downside: an Israeli attack stands "a good chance of changing the Middle East forever; of sparking lethal reprisals, and even a full-blown regional war that could lead to the deaths of thousands of Israelis and Iranians, and possibly Arabs and Americans as well; of cre-

Auction to Benefit Hospice Volunteers of Waldo County

Hospice Volunteers of Waldo County will hold a benefit auction on Saturday, August 21, at the Hutchinson Center in Belfast. A silent auction starts at 5 p.m., and the live auction starts at 7 p.m., conducted by auctioneer Rosie Gerry.

Items to be auctioned include a complete puppy package, a bronze sculpture by Forest Hart, a three-hour acupuncture session, a Mainely Nature stone lamp, Royal Doulton china for 12, a Swan Lake cabin weekend, a stone garden bench, a Total Gym, a Kero-Heat heater, dinner and theater packages, get-aways, handmade sweaters, shopping sprees and more. Finger foods and beverages will be served. There is no admission charge.

Hospice Volunteers of Waldo County provides hospice and bereavement services free of charge to its clients. For more information, call Connie at 930-2677.

ating a crisis for Barack Obama that will dwarf Afghanistan in significance and complexity; of rupturing relations between Jerusalem and Washington, which is Israel's only meaningful ally; of inadvertently solidifying the somewhat tenuous rule of the mullahs in Tehran; of causing the price of oil to spark to cataclysmic highs...."

Bad as his list is, Goldberg doesn't mention that an Israeli attack on Iran would surely foment even more radical Islamist actions against US interests, no doubt here as well as abroad. Equally bad, an America already gripped by the worst recession since the 1930s would be further weakened by the economic dislocation of higher oil prices and the costs of a third Middle Eastern war and would undoubtedly see its worldwide influence challenged by both China and Russia.

But what Goldberg more importantly leaves out of the calculations, which leads him to believe an Israeli attack against Iran is more likely than not, is any discussion of alternatives — unexplored, it would seem, by the Netanyahu government and, arguably, by Obama as well.

George W. Bush, for all his faults, made it quite clear to the Israelis that he was dead-set against their starting another war in the region. Regardless of the gamesmanship the Obama administration apparently considers it wise to play publicly with Iran, Obama could privately — one hopes he has — tell Netanyahu that the US has no intention of bombing Iran and will break with Israel if they do so. Leave "all options on the table" publicly if the perception is that that could restrain Iran, but make clear to Israel that that option is, in fact, off the table.

Additionally, even without a rapprochement between the US and Iran, a deal on a Palestinian state acceptable to Israel's Arab neighbors would undermine the popular support Iran enjoys in the Arab World because of its pro-Palestinian, anti-Israel bluster. Pressuring Israel to accommodate a two-state solution would be much more productive long-term, for both Israel and the US, than permitting an attack on Iran.

Imagine, further, Israel at peace with Syria — a total withdrawal from the Golan Heights has been the key to that for years. Israel maintains that for security purposes it must retain part of the Golan. Surely the security it gains from retaining the Golan (and retaining Syria as an enemy) is dwarfed by the security it loses in a costly war with Iran that, in splitting it from the US, totally isolates it internationally. Additionally, peace with Syria would severely weaken Hezbollah, the main threat from Israel's northern border. Finally, an Israel exchanging ambassadors across the Arab World, trade and tourism between it and its Arab neighbors booming, is surely a more promising avenue than an attack on Iran.

With peace between Israelis and Arabs, one of two things would happen: Iran would moderate its stance in order to accommodate itself to the new, stable Middle East; or if it continued to pursue its nuclear ambitions, coordinated military action against it, in the face of a united Arab front at peace with Israel, would not be nearly so dangerous or disruptive.

A comprehensive Middle Eastern peace is not going to happen overnight, but pushing Israel, even kicking and screaming, in that direction serves US interests and, ultimately, Israel's. Attacking Iran does not.

Next Week: The International Crisis Group, "Drums of War: Israel and the 'Axis of Resistance'"

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Hands-on Welding Training Through KVCC/Fisher Engineering Partnership

Free training program begins August 30; apply by August 25

Kennebec Valley Community College (KVCC) has announced that a final round of training through its current Maine Quality Centers partnership with Fisher Engineering will begin at the end of August. The training is free to qualified applicants and prepares students for welding and metal fabricating positions at Fisher's Rockland facility.

Fisher, a subsidiary of Douglas Dynamics, LLC, has manufactured snowplows for more than 60 years in Rockland and recently expanded its manufacturing capacity there.

Those interested in the training may contact their nearest Maine CareerCenter for more information; locations of CareerCenters and contact information are available at www.mainecareercenter.com. People may also contact Flora Stack, KVCC Continuing Education Department coordinator, at 453-5800 or fstack@kvcc.me.edu.

The partnership creates a free educational opportunity that provides hands-on training at the Fairfield campus of the college and

in Rockland. Training is scheduled to begin on Monday, August 30; the deadline for applications is Wednesday, August 25.

Applicants are required to be Maine residents who have earned a high school diploma or its equivalent. Some prior experience in the field of welding fabricating is also desired. Approximately 391 hours of instruction will be offered, with the majority of time spent on gas metal arc welding, commonly called MIG (Metal Inert Gas) welding. Some hours will also be spent on basic math, safety, computer and fabrication training.

The Maine Quality Centers program is an economic development initiative of the Maine Community College System. Customized training is provided at no cost to either the businesses or the trainees. To qualify, a business must be adding at least eight new, full-time positions with competitive wages, benefits and appropriate skill levels. In rural areas a project may be approved with fewer than eight new positions.

Loud Motorcycles Outlawed in Maine

by Christine Parrish

A state law that went into effect July 12 outlaws excessive motorcycle noise. Motorcycles that are amplified or create "excessive or unusual noise" will be subject to a \$137 fine.

Rockland Chief of Police Bruce Boucher said the Rockland Police Department issued warnings for the first month, but now they will be issuing tickets to loud motorcycles.

"It's just like speeding," said Boucher. "If an officer is sitting in a vehicle with the windows rolled up and the air conditioner on and can hear a motorcycle three cars ahead, then that's excessive noise."

"If it's loud, yes, they'll get a ticket," he said.

Phil Roberts, the Camden Chief of Police, said his department has issued warnings, but no tickets, this summer. Roberts said the number of noise complaints were down this year compared to last.

Police Chief Steve Drake of the Damariscot-

ta Police Department said he has adopted no special approach to enforcing motorcycle noise limits.

"It would be like a loud muffler on a car," he said. "If we noticed it, we would stop them."

The Belfast Police Department has not issued warnings or tickets and received no complaints of excessive noise at a fund-raiser rally of 100 motorcycles in downtown Belfast last weekend.

Knox County Sheriff Donna Dennison said her department has issued no tickets. The Knox County Sheriff's Office and United Bikers of Maine have teamed up to raise money for the Special Olympics on Sunday, August 29, with a ride from Rockland to Ellsworth and back. Dennison said she expects motorcycles participating in the ride will comply with state noise standards, but motorcycles will not be individually inspected.

"That would be entrapment," she said.

Final Groundline Exchanges Coming Up

Maine lobstermen and other fixed-gear fishermen will have one final opportunity to exchange their used floating groundline for vouchers to purchase the required replacement rope. The Gulf of Maine Lobster Foundation (GOMLF) will hold rope exchanges in Ellsworth on Tuesday, August 24, and Waldoboro on Wednesday, August 25.

Sinking groundlines or tailer warps, which are more expensive than floating groundlines, are required in many areas to comply with new federal regulations aimed at reducing the entanglement potential for large whales.

In the spring, GOMLF had announced the final opportunity for fishermen to exchange their floating groundlines through the Bottom Line Project. However, during rope exchanges held in April and May, only half the fishermen anticipated participated, so funds remain for one final round. Maine lobstermen and other fishermen who use fixed gear with floating groundline, such as crab and shrimp, hagfish and gillnet gear, are invited to participate. For more information, visit www.gomlf.org or contact Laura Ludwig at the Gulf of Maine Lobster Foundation, 985-8088.

Moxie Day Declared During Union Fair

Governor John Baldacci has proclaimed Wednesday, August 25, as Moxie Day in Maine. Honoring the Official Soft Drink of the State of Maine and the Union-born inventor of the beverage, Dr. Augustin Thompson, the proclamation — to be read in the Moxie wing of the Matthews Museum at 1 p.m. on Wednesday — also recognizes Thompson's Civil War service.

The museum houses the nation's largest public display of Moxie memorabilia and a 32-foot-tall Moxie bottle stand. Free samples of Moxie will be served at the museum throughout the day, and Moxie-related items will be for sale to raise funds to support the museum. Matthews Museum is located on the Union Fairgrounds and admission is free to fairgoers during Union Fair week, August 21 to 28.



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Final Café Scientifique Aug. 24 Focuses on Census of Marine Life

Census of Marine Life scientists were the first to photograph a deep-water copepod, Euaugaptilis hyperboreus, bearing its eggs.
©2005, RUSS HOPCROFT/NOAA



Dr. Graham Shimmield, executive director of Bigelow Laboratory in Boothbay Harbor, will discuss "The Known, the Unknown, and the Unknowable: A Decade of Discovery Through the Census of Marine Life" at the Bigelow's final Café Scientifique gathering of the 2010 summer season, at 6 p.m. on Tuesday, August 24, in the Boothbay Harbor Opera House, 86 Townsend Avenue.

Shimmield, who was chair of the European Census of Marine Life Program, will talk about the project's decade-long mission to describe the diversity of life in the world's oceans.

"The Census of Marine Life has brought more than 5,700 scientists together from multiple disciplines in over 80 nations," says Shimmield. "Its tenth year marks the culmination of the largest endeavor ever undertaken to understand the biodiversity in the oceans and human impacts on marine life."

Shimmield's research focuses on marine geochemistry, which includes fundamental studies of geochemical processes operating

in oceans, identifying indicators of ocean and climate change, and examining human impacts and contamination in coastal and deep seas. He has studied the environmental impact of offshore oil installations and their decommissioning in this context.

Before coming to Bigelow in 2008, Shimmield was the combined director of Scottish Association of Marine Science and the Dunstaffnage Marine Laboratory.

Café Scientifique gatherings are free, open to the public, and a cash bar is available.

Author of True Tale of Shellfish Poachers in Puget Sound Reading at Round Top Farm

Environmental reporter for The Seattle Times and author Craig Welch will read from and sign copies of his new book *Shell Games* on Sunday, August 22, at 5 p.m. at the Gallery at Round Top Farm on Business Route 1 in Damariscotta. The reading, part of the Nature Series sponsored by the Maine Coast Book Shop and the Damariscotta River Association, is free and open to the public.

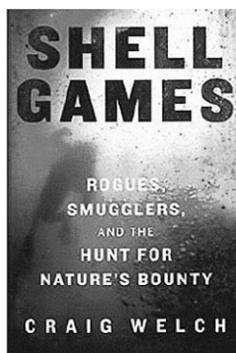
In *Shell Games* Welch tells a true tale — writing with the sizzle of a mystery novelist — of black-market trade in endangered ocean wildlife in Puget Sound, where shellfish poachers wreak havoc on the region's once bountiful, now imperiled marine

ecosystem. What are the poachers trafficking in? Primarily the geoduck (pronounced goeey duck), the "world's largest burrowing clam."

In hot demand in Asia as an illicit delicacy, the bivalve sells for "fistfuls of dollars."

The National Society of Environmental Reporters named Welch Outstanding Beat Reporter of the Year, and he was a fellow at the Nieman Foundation of Journalism at Harvard University. He lives in Washington State.

The program at Round Top is free and open to the public. For more information, call Maine Coast Book Shop at 563-3207 or visit www.mainecoastbookshop.com.



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NOAA on World's Warmest Jan. to July on Record

The combined global land and ocean surface temperature made this July the second warmest on record, behind 1998, and the warmest averaged January-July on record. The global average land surface temperature for July and January-July was warmest on record. The global ocean surface temperature for July was the fifth warmest, and for January-July was the second warmest on record, behind 1998.

The monthly analysis from NOAA's National Climatic Data Center is based on records going back to 1880.

Global Temperature Highlights

- The combined global land and ocean average surface temperature for July 2010 was the second warmest on record at 61.6°F, which is 1.19°F above the 20th-century average of 60.4°F. The averaged temperature for July 1998 was 61.7°F.

- The July worldwide land surface temperature was 1.85°F above the 20th century average of 57.8°F — the warmest July on record. Warmer-than-average conditions dominated land areas of the globe. The most prominent warmth was in Europe, western Russia and eastern Asia. Cooler-than-average regions included central Russia, Alaska and southern South America.

Western Russia was engulfed by a severe heat wave during much of July. On July 30, Moscow set a new all-time temperature record when temperatures reached 102°F, exceeding the previous record of 99.0°F set four days earlier. Before 2010, the highest maximum temperature recorded in Moscow was 98.2°F, set nine decades ago.

According to the Beijing Climate Center, the July 2010 average temperature across China was 73.0°F, which is 2.5°F above the 1971-2000 average and the warmest July since 1961.

- The worldwide ocean surface temperature was 0.97°F above the 20th-century average of 61.5°F and the fifth warmest July on record. The warmth was most pronounced in the Atlantic Ocean.

- La Niña conditions developed during July 2010, as sea surface temperatures (SST) continued to drop across the central and eastern equatorial Pacific Ocean. According to NOAA's Climate Prediction Center, La Niña is expected to strengthen and last through the Northern Hemisphere winter, 2010-2011.

- For the year to date, the global combined land and ocean surface temperature of 58.1°F was the warmest January-July period on record. This value is 1.22°F above the 20th-century average.

Polar Sea Ice and Precipitation Highlights

- Arctic sea ice covered an average of 3.2 million square miles (8.4 million square kilometers) during July. This is 16.9 percent below the 1979-2000 average extent and the second lowest July extent since records began in 1979. The July low record was set in 2007. This was the 14th consecutive July with below-average Arctic sea ice extent. July 1996 was the last year that had above-average sea ice extent.

- Antarctic sea ice extent in July was above average, 4.8 percent above the 1979-2000 average—resulting in the largest July sea ice extent on record.

- According to Australia's Bureau of Meteorology, the continent received an average of 1.35 inches of precipitation during July 2010—that is 55 percent above the 1961-1990 average and the highest value since 1998.

"Houston, We Have a Problem" at the Strand on August 26

The new feature documentary "Houston, We Have a Problem," directed by Nicole Torre, focuses on Houston, the energy capital of the world, to hear about oil from Texas oilmen. The documentary covers the history of American oil demand and the national energy policy of "cheap gas and lots of it," and then segues into alternative sources of energy.

Torre, a self-described tree-hugging liberal, was in Houston with an assignment to do a piece on socialites when she met her first oil baron. She was surprised by how strongly he was in favor of alternative energy and that realization led her to the story the documentary tells.

"Houston, We Have A Problem" also features interviews with the late oil and energy expert Matthew Simmons, founder of Houston-based Simmons & Co. International, who recently started the Ocean Energy Institute in Rockland. Simmons, who was also the owner of the Strand Theatre — buying it in 2004 in order to see it restored and to help revitalize downtown Rockland — died on August 8. He had planned on being at the Strand on August 26 to participate in the post-film discussion. Now, the screening is being held in his honor.

The film will be shown on Thursday August 26, at 7 p.m. only. There will be a post-film discussion and Q&A with filmmaker Nicole Torre and producer Eric Mofford. Advance tickets, \$8.50 all seats, are available at the Strand Theatre, or at the door day-of-show. For more information about the screening, call the Strand at 594-0070.

Last Call for iPad Raffle

Waldoboro Public Library has a few remaining tickets available for its top-of-the-line iPad raffle. It's the 64GB flash memory model, with Wi-Fi and Bluetooth connectivity built in, offering superfast data speeds of up to 7.2 Mbps. The 3G upgrade allows access to the Internet from anywhere in the world with the optional AT&T network. A carrying case is included. The battery lasts for 10 hours and it can "rest" for a month on standby without needing to be charged.

Tickets are \$20 and only 200 will be sold. Proceeds benefit the Waldoboro Public Library. Stop by the library to purchase a ticket. For more information, call the library at 832-4484 or visit www.waldoborolibrary.org.



Penobscot Narrows Observatory Open for Moonlight Viewing This Weekend

Friends of Fort Knox will be staffing the Penobscot Narrows Observatory in Prospect on Friday and Saturday evenings, August 20 and 21, from 8 to 10:30 p.m. to offer visitors an opportunity to view the area in the moonlight.

This will be the only time this season that the observatory will be open during a full moon.

Admission to the moonlight viewing in the observatory is \$5 per person, and tickets may be purchased the evening of the event (clouds or rain will result in cancellation).

The Penobscot Narrows Observatory, located at the Fort Knox State Historic Site, is the tallest bridge observatory

open to the public in the world. Visitors board an elevator for a quick trip up 420 feet above the Penobscot River and U.S. Route 1 for extended views of Waldo and Hancock counties and the Penobscot Bay area.

The observatory is owned by the Maine Department of Transportation and, together with the Maine Department of Conservation's Bureau of Parks and Lands, jointly managed for the people of Maine. The Friends of Fort Knox provide staffing for the observatory under a separate contract with the Maine Bureau of Parks and Lands. For more information on the observatory, go to fortknox.maine.gov.

Explore Traditions & Culture of Downeast Maine

On three consecutive days in September, three Maine museums will collaborate on a series of presentations and hands-on activities to examine the state's culture and history. The "Seminars on Downeast Culture" will be held at Penobscot Marine Museum in Searsport on Wednesday, September 15; the Wilson Museum in Castine on Thursday, September 16; and the Woodlawn Museum, Gardens and

Park in Ellsworth on Friday, September 17. Sessions will include presentations by conservator Robert Mussey and Earle Shettleworth Jr. of the Maine State Museum, and staff members of the Abbe Museum, Northeast Historic Film and the Farnsworth Art Museum. For the full schedule and registration information, call Woodlawn Museum, 667-8671, or visit www.woodlawnmuseum.com.

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Merryspring Offers Free Bug Safari and Herbariums Programs

On Sunday, August 22, from 1 to 3 p.m., rain or shine, Merryspring Nature Center in Camden will host two free workshops for children and adults. Back by popular demand, Merryspring will offer "Bug Safari" activities in addition to the scheduled "Herbariums"



PHOTO BY TOM WOODWARD

workshop. Participants will not only have the opportunity to make their own plant press for collecting and preserving plant specimens, but will also be able to learn about the bugs in their own backyard, and meet some insects face-to-face. Volunteers will be on hand to help young naturalists build their own plant presses for preservation of specimens and bug houses for "catch-and-release" bug-hunting.

Family programs are offered at no charge. Activities are designed for ages 5 to 12 but are open to all ages. All children must be accompanied by an adult.

Merryspring Nature Center is located at the end of Conway Road just off Route 1 by the Hannaford shopping plaza in Camden. For more information, call 236-2239 or visit www.merryspring.org.

Midcoast Interact Club for High School Students

Interact is a Rotary-sponsored nonprofit, nonpolitical, international service organization of secondary school-age youth. There are more than 9,000 Interact clubs in 113 countries, and a midcoast club, cosponsored by West Bay Rotary and Camden Rotary, is now being formed.

The club offers students an opportunity to learn more about their community, gain leadership skills and work on community service projects. It will be mentored by Rotarians, and Interact Club members will be invited to

participate in regular Rotary Club activities.

Any and all interested midcoast high school students are invited to learn more about the Midcoast Interact Club on Friday, August 27, at 2 p.m. at The Rig, a local meeting place for young people in the ninth through 12th grades, at 56A Elm Street in Camden. For more information, contact Karen Hansen at 236-7773 or e-mail midcoastinteractclub@gmail.com. Additional information on Interact is also available on the Rotary International website.

Two Shows of Mulan Jr. Saturday in Northport

The cast includes, left to right, Marley O'Neil as Captain Shang, the leader of the Chinese army, Madison Hemingway as Mushu the Dragon, Anna Christie as Shan-Yu, the leader of the Huns, and Emma Hallundback as Mulan.



Northport Music Theater's Musical Theater Camp for ages 8 to 11 will present two performances of Disney's *Mulan Jr.* on Saturday, August 21, at 11 a.m. and 2 p.m.

The NMT campers will travel back to the storytelling days of ancient China with an action-packed stage adaptation of *Mulan*. The Huns have invaded, and it is up to the misfit Mulan and her mischievous sidekick Mushu to save the Emperor. The score includes "Reflection," "Honor to Us All" and "I'll Make a Man Out of You."

The theater camp is directed and choreographed by Abby Norman and stage-managed by Rebecca Stuart. Set and costume

design is provided by Emily Widdoes, with lighting design by Morgan Cates. Producing artistic director is Ruth Gelsinger.

Northport Music Theater is six miles south of Belfast and six miles north of Lincolnville Beach on Route 1. The theater seats 128 people and has a modified thrust stage with open seating. Adult tickets are \$8 and tickets for kids under 10 are \$5 — cash or check only at the door. To reserve seats (strongly recommended), call 338-8383. To purchase tickets online or for more information visit northportmusictheater.com.

Children's Book-Fair-by-the-Sea in Camden

The Camden Public Library, in conjunction with the Owl & Turtle Bookshop, will host the fifth annual Children's Book-Fair-by-the-Sea on Saturday, August 21, from 1 to 4 p.m. at the Camden Library. Area children's book authors and illustrators will give readings and presentations of their work in the library's rotunda every 20 minutes. The book fair, to be held in

the library's Jean Picker Room, offers opportunities to meet authors and illustrators, and to purchase books to have personally signed.

The schedule of author-illustrator presentations is as follows: Beth Cadena, 1:05 p.m.; Matt Tavares, 1:35 p.m.; Jane Cowen Fletcher, 2:05 p.m.; Jamie Hogan, 2:35 p.m.; Katie Clark, 3:05 p.m.; and Pat Brisson, 3:35 p.m.

For further information, contact children's librarian Amy Hand at 236-3440.



"Everybody Loves Pirates" —

On Tuesday, August 24, at 4 p.m., Waldo Theatre in Waldoboro will host Frogtown Mountain Puppeteers, who will present "Everybody Loves Pirates." Frogtown Mountain Puppeteers is a small puppetry troupe based in Bar Harbor and comprised of three siblings — Erik, Brian and Robin Torbeck. Tickets are \$8, \$5 for students. For reservations, call 832-6060 and leave a message, or e-mail info@thewaldo.org.

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State Historian to Lead Wiscasset Walking Tour

Historic New England will offer a walking tour of historic Wiscasset led by Earle G. Shettleworth Jr., director of the Maine Historic Preservation Commission and Maine state historian, on Friday, August 27, from 3 to 4:30 p.m. The tour will begin at Castle Tucker at 3 p.m. and proceed down through the village to the Nickels-Sortwell House. Light refreshments will be served in the Nickels-Sortwell House solarium and garden at the end of the tour.

Admission is \$30. Pre-registration is required. Space is very limited; call 882-7169 or visit www.HistoricNewEngland.org to reserve a place.

The admission price includes tours of Castle Tucker and the Nickels-Sortwell House. Visitors interested in touring both houses before the walking tour should arrive at the first house no later than 1 p.m.; those interested in taking one house tour prior to the walking tour should plan on arriving for that tour no later than 2 p.m. Guest passes will be issued to those who wish to tour the houses at a later date.

Camden's Unofficial Historian to Launch New Book Aug. 21

Barbara Dyer, Camden's unofficial historian, is launching her 11th book, *Who's Who at Mountain View*, at the Owl & Turtle Bookshop in Camden on Saturday, August 21, from 1 to 2:30 p.m.

Who's Who at Mountain View chronicles the lives of many of the more fascinating residents of Mountain View Cemetery. Many of the people who gave so much to the history of Camden can be found there and, until now, much of their own history has been undocumented. In 53 chapters and 185 photographs Dyer uncovers secrets and stories from the grave, including tales about a much-loved chief, a successful Southern belle, a love story from the 1700s, a suicide and a murder, British marauders in Camden homes, soldiers of the Revolution, a ragtime band and more.

Who's Who at Mountain View
Barbara F. Dyer

Searsport Library Celebrates 100th Year

Carver Memorial Library in Searsport will host its 100th Birthday Party on Saturday, August 21, from 1 to 4 p.m. Beginning at 1:30 p.m., the Belfast Band, a 25-member brass, woodwind and percussion band, will perform a program of marches, old hits, Broadway tunes and classical music. There will be birthday cake, balloons and party favors. Adults and children may participate in commemorating the library's centennial by decorating a tile that will become part of a permanent library display.

"Carver Memorial Library has served the community continuously since 1910. This birthday party is an opportunity to celebrate the efforts of the citizens of Searsport, who have supported, maintained and expanded the library through the past century," says Chase Colasante, library director.

The library is located at the corner of Union Street and Mortland Road in Searsport. In the event of rain, the party will be held in Union Hall, at the corner of Union and Reservoir streets. For more information, call 548-2303.

14th Annual Tenants Harbor Poetry Reading

Four poets will give their 14th annual reading at 5 p.m. on Saturday, August 21, at the Odd Fellows Hall, located on Watts Avenue, just off Route 131 in the village of Tenants Harbor. (Look for the sandwich board sign on

Route 131.) Admission is free. The program begins at 5 p.m. with refreshments, book signings and live guitar music by Stuart Bicknell, followed by the reading from 5:30 to 7 p.m.

Reading their own poems and one by a well-known poet of their choosing will be published poets Jonathan Aldrich, Chris Fahy, Elizabeth Gordon McKim and David Riley.

Seating is on a first-come, first-served basis. For more information, call 372-8107 or e-mail davidriley@aol.com.



Poets who will read from their work their work in Tenants Harbor on Saturday evening, August 21 are, seated from left, Elizabeth Gordon McKim and David Riley, and, standing, Jonathan Aldrich and Chris Fahy.

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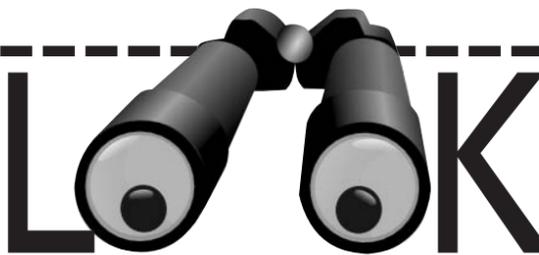
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BELFAST HARBOR FEST continued from page 1

two will have up to four hours to construct a wooden skiff and then will test their boats in a relay race across the harbor. Spectators are welcome to watch the competition with no admission fee.

Also on Saturday, beginning at 11 a.m., there will be a free series of speakers in the Boathouse and free entertainment on the stage, known as the Sardine Stage, set up on Belfast Common. Speakers in the Boathouse include:

- Joe Upton, the author of 11 books, who began hauling bit herring on a 60-year-old wooden boat (*Amaretto*) in Maine after he became discouraged by the fisheries decline in Alaska, at 11 a.m.;
- Megan Pinette, Belfast's unofficial historian, at 1 p.m.; and
- Skip Strong, who wrote *In Peril*, the first-person account of the rescue of an ocean tug that was carrying a



Above: Flashing Fish Dancers — Around 5 p.m. Saturday, there will be a march — “to raise a ruckus for herring” — from Belfast Common to the Belfast



Deely Stan, a tribute band to Steely Dan, will perform under the tent on Steamboat Landing Friday night at the Launch Party. Also playing will be Spouse. To accompany the live music along the water, there will be food and drinks available for purchase. There is a \$10 cover charge for the event.

Footbridge, near the former Stinson Seafood plant. All are invited to wear flashing clothes, bring a noise maker and join the dance/march. Shown above are Flashing Fish dancers, from left, Karin Spitfire, Wendy Watson and Ivy Lobato. The fish they are carrying were made by artist Ben Potter of Belfast.

150-foot aluminum fuel cell for the space shuttle worth upwards of \$50 million and his fight in court for salvage rights, at 2:15 p.m.

On the Sardine Stage on Belfast Common will be:

- an invocation for the love of herring by divas and poets at noon; Gawler Family music at 1 p.m.;
- Anna Dembska and the Schoodic Chorus at 2 p.m.;
- Gordon Bok with the January Men and Then Some at 3:30 p.m.;
- Belfast Bay Fiddlers at 4:15 p.m.; and
- the Grand March with Chrissy Fowler, the Flashing Fish Dancers and the Belfast Bay Fiddlers, Anna Dembska, The Sardine Singers and the Belfast Drum and Rabble at 5 p.m.

Come Boating!, Belfast's community boating program, will host its 10th annual Rowing Regatta during Belfast Harbor Fest. There will be races for adults and youth, with awards given in various classes. Any type of rowed or paddled craft may participate. Registration fees, which include tasty treats, are \$20 for adults and \$5 for teens ages 13 to 18. For more information, go to www.comeboating.org or contact Malcolm Gater at 338-4578.

Among the other all-day events with no admission fee are a birch-bark canoe exhibit by Reuben “Butch” Phillips, a Penobscot tribal elder, a classic small boat show, the Compass Project community boatbuilding event, maritime exhibits, children's activities, a fishing tournament and vendors.

For more information about Belfast Harbor Fest, go to www.belfastharborfest.com.

Customer Appreciation Day at Belfast Co-op

with seven hours of free live music, a cookout & health fair this Saturday

Belfast Co-op is holding its annual Customer Appreciation Day Saturday, August 21, from 10 a.m. to 6 p.m. All are welcome. There will be seven hours of free live music, free massages and health coaching, door prizes, in-store sales and product samples from local vendors, and a cookout with grass-fed beef burgers by Wee Bit Farm, veggie burgers, hot dogs and local sweet corn on the cob.

The live music lineup includes the Bel-Isle Quartet, Noel Paul Stookey, Fiddler's Jamboree, Belfast Co-op's own Wild Rutabagas, Travis Lloyd Band, Willy Kelly Band and Odlaw.

Local alternative health care practitioners will host a

health fair with free mini-consultations in massage, ayurvedic medicine, naturopathics, yoga and diabetes prevention and reversal.

To raise money for local nonprofits, there will be a book sale and gift-basket raffles. Receive a free raffle ticket for each nonperishable food item donated to the Northport Food Pantry. The Co-op will also host a Blood Mobile, and New Hope for Women will be selling tickets for their fund-raising concert with David Mallett.

For more information, call the Co-op at 338-2532 or visit belfast.coop.

Inner Circle Trio in Belfast

On Thursday, August 19, Belfast Summer Nights will feature the Inner Circle Jazz & Funk trio in Heritage Park from 5:30 to 7:30 p.m. Last month the trio was awarded Bay Chamber Concerts' Young Stars of Maine prize for jazz performance. The trio —

Noah Fishman on bass, Jacob Forbes on drums and Jeremiah Kahn on saxophone — will be joined by Tom Luther on piano, Llyse Laurel with vocals and Gideon Forbes on tenor saxophone.

For more information, call 322-7123.



Big Belfast Street Party Rescheduled to Aug. 23

The second annual Belfast Street Party presented by Our Town Belfast, which was originally scheduled for Monday, August 16, was rained out. But organizers were prepared with a rain date, and so it is set for Monday, August 23, instead.

The Street Party will feature three rocking live bands, DJs, carnival amusements for the whole family, art demonstrations, children's activities, a sumptuous variety of food

stands on High Street along with Belfast's renowned eateries, retail events and sales and promotions, and more fun for the whole family. Throughout the downtown there will be raffles and give-aways. Attendees can bring a chair as there will be a special area to sit around, eat and schmooze.

And if it gets rained out again on the 23rd, it will move to Wednesday, August 25.

Paghel Meshugah Ensemble to Perform Loco Love Music

On Saturday, August 21, at 8 p.m., the Paghel Meshugah Ensemble will perform the loco love music of Eric Alabaster at Waterfall Arts Belfast. *Paghel*, *meshugah* and *loco* are words for “crazy” in Urdu, Yiddish and Spanish, reflecting Alabaster's love of music from around the world. His arrangements fuse jazz with polyrhythmic Indian and Pakistani sensibilities.

Alabaster spent some of his younger years in the midcoast and visits the area frequently. The performance in Belfast is an opportunity to hear the



ensemble perform outside of New York City. The group features Alabaster on tabla and drum set; Emma Alabaster, his daughter, on acoustic bass; guitarist Khabu Doug Young; vocalist Elena Camerin of Venice, Italy; and Sean Sonderegger on tenor sax and flute.

Admission is \$10 at the door. Waterfall Arts Belfast is located at 256 High Street. For more information, visit www.alabastermuzik.com or www.waterfallarts.org, or call 338-2222.

Eric Alabaster, left, and the Paghel Meshugah Ensemble will perform at Waterfall Arts.

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Georges River Land Trust 23rd Annual Celebration in Cushing

Members and friends of the Georges River Land Trust (GRLT) will gather on Sunday, August 22, for its annual celebration and business meeting in Cushing at the Anthony Antolini property, which is conserved under easement with GRLT. The property is on Hyler Cove of the St. George River and protects a heron rookery as well as forest and wetland habitats. A short business meeting will begin at 3 p.m., when membership will be asked to approve revisions to Articles V-XI of the GRLT Bylaws, which can be reviewed at www.grlt.com. The board and staff will present updates on the financial status and recent accomplishments of GRLT.

Following the business meeting, Danielle D'Auria and Brad Allen from the Maine Department of Inland Fisheries and Wildlife will talk about shorebirds and herons. D'Auria currently focuses her work on statewide populations of colonial wading birds, secretive marsh birds, black terns and loons, while Allen coordinates the department's interests in seabird research and management activities on Maine's coastal islands.

A picnic potluck will follow the talk; those who attend are asked to bring food to share according to the first letter of their last name: from A-I a main dish, J-S a salad, and T-Z a dessert. GRLT will provide drinks. Children, chairs or blankets, walking shoes and Frisbees are welcome (pets must be left at home). Antolini has opened his trails along the river especially for this event.

Directions: From Route 1 in Thomaston, turn onto Wadsworth Street, next to the Prison Store. From the green bridge crossing the St. George River, continue approximately one mile to McCarter Point Road. Turn left and proceed to the end of the road. Parking will be in the field. GRLT signs will be in place. For further information, call the GRLT office at 594-5166.

Stand Up Paddle Boarding Demo at Snow Bowl on Sunday

The Camden Snow Bowl, on Hosmer Pond, will host a Stand Up Paddle Boarding demo this Sunday, August 22. There will be a morning session from 10 a.m. to 12:30 p.m. and an afternoon session from 1 to 3:30 p.m.

Stand up paddle boarding (SUP) is a new sport that is well suited to the lakes and coastal areas of the midcoast. Thorfinn Expeditions will give the free demo. The company's owner, Thor Emory, and SUP program director Kea Tesseyman will give participants an opportunity to learn the basics of SUP boarding, the equipment involved, and educational information about fitness benefits, safety on the water and limiting overuse injuries.

Public chairlift rides will also be running on Sunday, August 22, from 10 a.m. to 3 p.m. at the Snow Bowl, at \$5 a ride or \$15 for unlimited rides (for mountain bikers).



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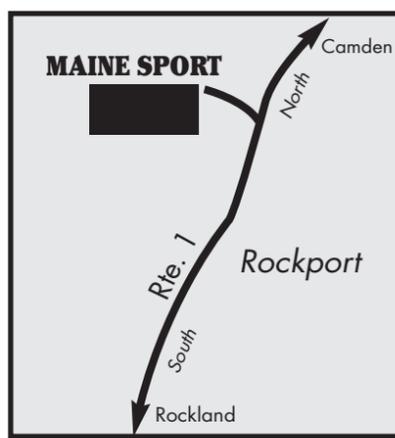
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Photo of Peter Gelb by Dario Acosta/Metropolitan Opera

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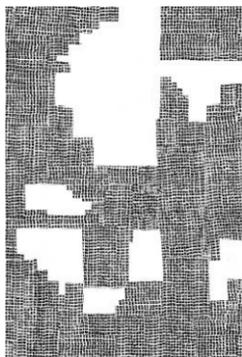
ART ON THE COAST

On Thursday, August 26, Perimeter Gallery in Belfast opens a new exhibition of "botanical propaganda" by South Portland artist Karen Gelardi. A reception to meet the artist will be held from 6 to 8 p.m.

Colorful hand-sewn fabric drawings, photocopied posters, and publications depicting urban and suburban plant life comprise Gelardi's latest work in which she examines resiliency, adaptation, and a reinvented nature in the territories shared by man-made architecture and plants.

"I explore, through my work, the notion of city blocks being transformed into farmland, weeds pushing through concrete, and potted plants sitting on a front stoop — how these areas mix organic and architectural struc-

Botanical Propaganda Show Opens at Perimeter



"Drawing Construction #2/ Version 2" by Karen Gelardi

tures, and, in particular, the resulting emotional and psychological dialogue between the two," writes Gelardi.

Gelardi studied painting at Rhode Island School of Design and has been influenced by the design and manufacturing processes of her family's plastics factory in Biddeford, as well as Asian brush painting. She is a "Smocker" in Andrea Zittel's Smockshop, and a "panelist" in Zittel's newest artist enterprise, "Group Formerly Known as Smockshop," which will launch as a one-day event at the Portland Museum of Art on September 11.

"Karen Gelardi: Banners" will be on view through October 3. Perimeter Gallery is located in Chase's Daily, 96 Main Street, Belfast.

Akers Films at the Green Schoolhouse

On Sunday, August 22, at 2 p.m. at the Green Schoolhouse, a restored one-room Finnish school located two miles down the St. George peninsula on Route 131 South, artist Gary Akers will present and discuss the film "Gary Akers: A Quiet Way of Life," which was filmed at the artist's studio in Union, Kentucky, and at the farm of the three bachelor Borders brothers in Burlington, Kentucky — offering a glimpse into a world of days gone by. Several of Akers' paintings of the Borders brothers will be on exhibit, featuring "The Last Night" painted from memory, is a drybrush watercolor of Woody Borders on his last night at the Borders farmhouse — the last time he would live the only way of life he had ever known.

Ashley Akers, filmmaker and daughter of Gary and Lynn Rita Akers, will discuss her



"William, Elmer, and Woodrow," a black-and-white photograph of the three bachelor Borders brothers in Kentucky, of whom Gary Akers has done a series of paintings.

short film "Smitten." A dark comedy, the film just won the Best of Cincinnati award in the 48 Hour International Film Festival. Ashley is a graduate of the New York Film Academy in New York City.

For more information, call 594-4964 or visit www.GaryAkers.com.

Pastel Painters of Maine Exhibit Just Opened in Boothbay Harbor

The Pastel Painters of Maine (PPOM) members' exhibition opened this week at the Allen David Gallery, 15 Townsend Avenue in Boothbay Harbor, and continues through Wednesday, August 25. A public reception will be held Saturday, August 21, from 5 to 8 p.m., with music by jazz pianist Fran Vigneau.

The juror of awards for the show is artist Ronald Frontin of Owls Head. Frontin was

selected by the U.S. Senate Commission on Art to paint the official portrait of Sen. Margaret Chase Smith. His portrait of Governor John McKernan hangs in the State Capitol Rotunda.

PPOM member shows are held annually, and the organization offers regular "paint-outs" as well as life painting groups. Membership is \$25 per year. For further information, visit www.pastelpaintersofmaine.com.

Celebration of Over 50 Years of Photography with Bruce Davidson

Photographer Bruce Davidson will return to Maine Media Workshops in Rockport on Saturday, August 21. The day's events begin at 2 p.m. in the Rockport Opera House with lecture and presentation by Davidson and a signing of his three-volume set *Outside Inside*. The afternoon concludes with a gallery reception just down the street at the Maine Media Gallery.

Outside Inside contains over 800 published and unpublished photographs selected from Davidson's private archives, including seminal bodies of work such as "Brooklyn Gang," "East 100th Street," "Time of Change: Civil Rights Photographs, 1961-1965," "Subway" and "Circus."

Davidson says in *Outside Inside*, "I view my work as a series. I often find myself as an outsider on the inside, discovering beauty and meaning in the most desperate of situations."

Davidson has spent over 50 years photographing people, cultures and nuances. In 1966 he received the first photography grant ever awarded by the National Endowment for the Arts. Other top awards given to Davidson include a Guggenheim Fellowship, the Lucie Award for Outstanding Achieve-



IMAGE COURTESY OF BRUCE DAVIDSON

ment in Documentary Photography and the 2007 National Arts Club Gold Medal Visual Arts Award among others.

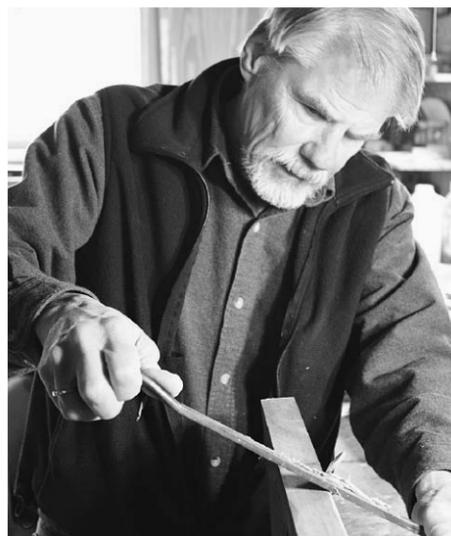
The Rockport Opera House is located at 6 Central Street in Rockport village. Maine Media Gallery is on the first floor of the Shepherd Building, 18 Central Street in Rockport village. The exhibit runs until October 1.

For information, visit www.mainemedia.edu, call 236-8581, or e-mail info@theworkshops.com.

Artists Painting Waldoboro This Saturday

Waldoboro's Paint the Town is back for its fifth season, and with 45 artists from all over New England and one from France, the fresh paintings for auction on Saturday evening, August 21, at 7 p.m. at the Soule-Schuman VFW Hall on Mill Street, Waldoboro, are expected to show a variety of styles, subjects, colors and media. A preview and a meet-the-artists reception, with wine, soft beverages and hors d'oeuvres, begins at 6 p.m.

This year's event includes some new features, including the month-long preview show that has been running at Tidemark Gallery, exhibiting work by most of the artists who will be creating brand-new work on Saturday. Also new this year, Big Bob's Big Dawgs will be serving snacks and sandwiches for artists and visitors all day at the VFW. Best of all, Paint the Town leader, John Blamey, is back on the job this year. For more information, call 832-5109 or 832-7897.



Relief Carvings by Gordon Bok at Parent Gallery

During Belfast's August 20 Friday night art walk, there will be the opening of an exhibit of Gordon Bok's relief carvings at the Parent Gallery, 92 Main Street in Belfast. A reception to meet all the gallery's artists begins at 5 p.m.; Bok will be at the reception for the first hour to discuss his carvings.

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BEYOND THE SEA
Pink Champagne Artist's Reception with Ian Bruce
Friday, August 20th, 5-8 PM
Beyond the Sea Gallery-Café
Show continuing through August 31st

Ian left South Africa at age 19. While back-packing around Europe, he occasionally sold paintings and drawings.

Ian's talent offers a range of medium: oils, watercolor and acrylics. Ian is a boat builder at Rockport Marine.

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New Paintings by Phoebe Bly

Oil painter Phoebe Bly will show new paintings at 53 Main Street in Tenants Harbor in an exhibit that opens with a reception on Friday, August 20, from 5 to 9 p.m. The show will run through Sunday, August 29, open daily except Monday from 10 a.m. to 4 p.m.



"Signs of Summer"

— A show of large-format photographs by Paula Cannon titled "Signs of Summer" is on view until mid-September at the Belfast branch of Camden National Bank. The bank is located on the corner of Cedar and Main streets in Belfast. Cannon's photographs can also be seen at the St. Francis Soup Kitchen, located at the Belfast Center, 175 High Street, open Monday through Friday from 10:30 a.m. to 12:30 p.m.



Ian Bruce "Maine Light" Exhibit

— On Friday, August 20, from 5 to 8 p.m., during the Belfast Arts Friday Gallery Walk, Beyond the Sea Gallery-Café at 74 Main Street in Belfast will host a pink champagne reception to open a show of paintings by Ian Bruce titled "Maine Light." Bruce works in oils, watercolor and acrylics. The exhibit will be on view through August 31.



Janis Sanders Paintings at Camden Falls Gallery

— "Maine Cottage and Architecture," featuring new oil paintings by Janis Sanders, will open on Saturday, August 21, with a public artist's reception from 5 to 8 p.m. at Camden Falls Gallery, at its new location between the Public Landing and Bayview Landing in Camden. For more information, call 470-7027 or visit www.camdenfallsgallery.com.



Gallery-in-the-Woods

— "Sea and Sundries" is the current exhibition by Dolores Pye Josey at the Gallery-in-the-Woods, 209 Drift Inn Road, Port Clyde. To get to the gallery, take the path beginning opposite the large white house. A reception for the public will be held on Friday, August 20, from 1 to 3 p.m. A contribution from any sales will go towards the building fund of the Jackson Memorial Library in Tenants Harbor.



Artists Ann Guild of Cushing and David Cadbury of Rockport will present a show of their work at the Cushing Historical Society Friday through Sunday, August 20 to 22, another in the Arts in the Barn exhibition series. The show will open Friday evening with a reception from 5 to 7 p.m. in the Society's barn on Hathorne Point Road and will continue on Saturday, 11 a.m. to 4 p.m., and Sunday from noon to 3 p.m.

Guild sketches at home and while traveling, including 30 years of sketching while cruising on the 27-foot schooner built in Thomaston by her husband Sam. Her favorite

Painter and Printmaker Show Work in Cushing

subjects are still life and landscape, often developed from sketches into finished works in pastel, oil, or watercolor.

Cadbury has a varied background that includes construction project management, project consultant for Habitat for Humanity, and founding the Friends of Maine Seabird Islands, in addition to several artistic endeavors. His sculpture and photography have been shown in the Corcoran Art Gallery, the Philadelphia Art Museum, and the Penobscot Marine Museum. His current artistic interest is printmaking.

Admission to the show is free. For further information, call 354-2309.

ART ON THE COAST

Prey Exhibit Extended

"Soliloquy: Meditations on the Environment," an exhibit of work by Barbara Ernst Prey at Blue Water Fine Arts in Port Clyde, which was due to close on August 14, has been extended through the next two weekends. The show can be seen Saturday and Sun-

day, August 21 and 22, and 28 and 29.

Prey's artwork is included in the collections of the Brooklyn Museum, the Smithsonian American Art Museum, and the New York Historical Society, and her paintings are on exhibit at the White House, Kennedy Space Center and U.S. embassies. She serves on the advisory board for the National Endowment for the Arts. Paintings by Prey are currently part of the Smithsonian Institution's travelling exhibit, "NASA Art: 50 Years," which concludes at the Air and Space Museum in Washington, D.C.

For more information, contact Blue Water Fine Arts, Main Street, Port Clyde, 372-8087, or go to www.bluewaterfinearts.com.

"The Meeting Tree," watercolor by Barbara Ernst Prey



"Practical Imagination" on Display at Stable Gallery in Damariscotta

"Pemaquid Beach 2," oil on sculpted canvas by Rosalind Welsh

A new show of fine craft and fine art will be on display at The Stable Gallery, 26 Water Street in Damariscotta from Friday, August 20, through September 15.

The show will include Judy Tripp's functional wood creations, Obadiah Buell's utensils, and Stephen Vowles' handcrafted walnut and cherry lamps. The serene hand-built porcelain of Ingrid Bathe, colorful hand-blown glass tumblers, bowls and pitchers by Tandem Glass, and pewter work by Gladys Provost and Ann Thompson will also be featured.

Still lifes, landscapes and abstractions by Penelope Moodey, Irene Plummer, Priscilla McCandless, Stephen Michael Mott and Pamela Hansen will be on display, along with new sewn and sculptured paintings and jewelry by Rosalind Welsh.

The opening reception will be held Friday,



August 20, from 5 until 7 p.m., with musician Dave Mello providing the blues, accompanied by artist-musician Kevin James. The public is welcome to enjoy food, drink and music and meet the artists.

For more information, call 563-1991 or visit www.stablegallerymaine.com.

River Arts Has New Gallery and Sculpture and Ceramic Studio Space

River Arts has acquired a new space in Damariscotta for a new gallery venue for artists, River Arts Gallery II, and new space for sculpture and ceramics classes and studios. Located on Route 1 North at the intersection of Route 1 and Route 1B (Business Route 1), both Gallery II and studio spaces will be open for viewing on Saturday and Sunday, August 21 and August 22, from 1 to 4 p.m.

River Arts has rapidly outgrown its current space, and the present location in the historic Coffin House at 170 Main Street in Damariscotta does not provide facilities for artists working in a number of disciplines. The new space will make it possible to offer artists new gallery space and additional visibility for exhibitions; substantially increase the number and types of classes offered for adults and children; and establish a sales and exhibition venue that is readily accessible to tourists and people traveling on Route 1.

River Arts Gallery II has approximately

1,000 square feet of gallery space that River Arts will rent to artists on a weekly or monthly basis for exhibitions and installations, programs and demonstrations. No commission will be charged for work sold. Reservations for the space are available now on a first-come, first-served basis.

Part of the available space is suited for use as ceramic and sculpture studio space. River Arts has taken its pottery kilns out of storage, and it will be offering two open life studios in sculpture and two ceramics classes, to be taught by Ingrid Bathe starting in September. River Arts will also hold its upcoming Stone Sculpture workshops in the new studio space. In addition, there will be at least two individual studio spaces available for rent after November 1.

Interested artists can e-mail Linda Morkeski at info@riverartsme.org to reserve space or for more information about classes and studios, or call 563-1507.

JOIN A FULL-MOONRISE SKETCH PARTY at The Drawing Room

Monday, August 23* at 5:30 – Meet at the gallery; car pool to site...

OR

Phone for directions to meet at site for 6:46 pm moonrise.

This is in conjunction with our Moon/Light exhibit, featuring Jeannette Martin with P. Anderson, Braumuller, Cabañas, Dehlinger, Derbyshire, Dickson, Gabriel, Goldstrom, Kohn, Wolf



Jeannette Martin, Cloudy Moonrise

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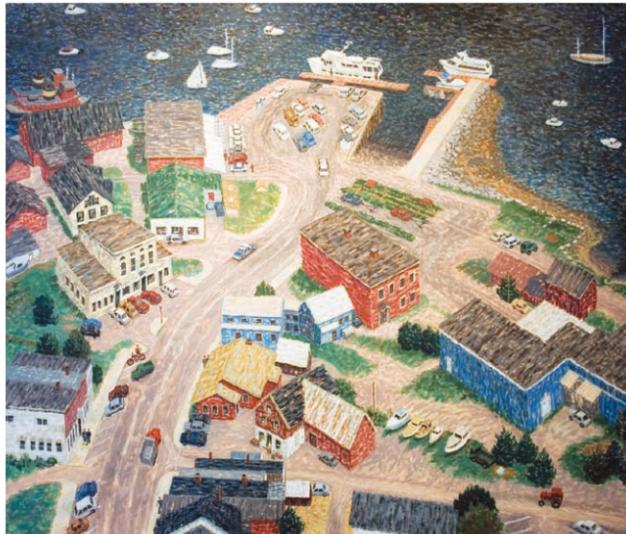
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ART ON THE COAST

Artist Yvonne Jacquette to Discuss Her Work at CMCA Aug. 20

"Waterfront of Belfast, Maine" (1990), oil on canvas by Yvonne Jacquette
COURTESY OF DC MOORE GALLERY, NEW YORK, NY



Yvonne Jacquette, whose solo exhibition of paintings, pastels and prints is currently on view at the Center for Maine Contemporary Art in Rockport, will discuss her work in a public conversation titled "Point Counterpoint" with colleague Katherine Bradford on Friday, August 20, at 7 p.m. Tickets are \$10 at the door (no charge for members).

Longtime friends, Jacquette and Bradford

"Will Barnet: Tracing the Soul of the Work," a new documentary film by Dale Schierholt, will premiere at the Strand Theatre in Rockland at 1 p.m. on Sunday, August 22. It is presented by the Center for Maine Contemporary Art (CMCA) in conjunction with Barnet's current solo exhibition "Will Barnet: Master Printmaker, Selections from Five Decades." The film will be preceded by Schierholt's short film "CMCA: The Space" and followed by a discussion.

In a career that has spanned nearly 80 years, Barnet has influenced generations of artists and art lovers through his paintings, printmaking and teaching. The film offers viewers a vis-

Will Barnet Documentary to Premiere at Strand

it with the artist in his home and studio. Ninety-nine-year-old Barnet discusses his artistic process and gives insight into the personal motivations that have guided him throughout his life. About the film, Barnet says, "Dale made a real

attempt to show how I work and think in a way that has never been done before."

Director Schierholt's previous films are "Nevelson: Awareness in the Fourth Dimension" and "A Visit to the Star of Hope: Conversations with Robert Indiana."

Tickets are \$10 and are available at the Strand Theatre box office at 345 Main Street in Rockland.

Monhegan Artist Residency Marks 20th Anniversary with Exhibition

To mark its 20th anniversary, the Monhegan Artists' Residency Corporation (MARC) is hosting a weeklong celebration, including a special exhibition, "MARC @ 20," and a reception in the residency's new studio location.

"MARC @ 20" features paintings, photographs, prints and sculpture by 35 previous artists-in-residence, including Marguerite Robichaux, Karen Adrienne, Robert Pollien, Connie Hayes, Lynn Travis, Sarah Sorg and Michael Vermette. The show, mounted in a new studio space in the Inn at Fish and Maine, part of Shining Sails Bed & Breakfast on Monhegan, opens Saturday, August 21, at 10 a.m., with a reception that afternoon from 4 to 6 p.m. The show runs through August 27, 10 a.m. to 4 p.m. All works in



Ice Cube Series #1, stainless steel, by Susan Bennett, MARC's 2003 artist fellow

the exhibition are for sale, with a percentage of the proceeds helping to support future residencies.

MARC will also present "Bill Manning in Conversation" on Tuesday, August 24, at 7:30 p.m. at the Monhegan Schoolhouse. Manning has exhibited internationally, in New York and in Maine. Admission is \$7, paid at the door; all proceeds benefit the

Monhegan residency program.

For 20 years, the MARC program has provided lodging and a stipend for five-week summer residencies for emerging Maine artists. MARC is supported by individual donations and foundation grants. For information, visit www.monheganartistsresidency.org.

"DuBack and Company" and "Northern Lights" at Mars Hall Gallery

"Northern Light" by Nat Lewis

"The Drawing Group — DuBack and Company" opened at the Mars Hall Gallery in Port Clyde on Wednesday, August 11. In the main gallery, "Northern Light," featuring the people and places of Maine painted by Maine artists, is on view. The reception for both shows will be held on Friday, August 20, from 6 to 8 p.m.

Some members of the drawing group have been meeting for over 30 summers to draw the nude figure in the outdoor environment. The venue has changed over the years, and members have come and gone, but the core group remains constant. The exhibit is the brainchild of Charles DuBack and features sculptures, drawings and paintings by DuBack and the other members. The gallery is set up to represent a garden with sculptures by DuBack of the group members drawing *en plein air*. The group members participating in the show are Lois Anne, Sam Cady, Lois Dodd, Melanie Wissemann Essex, Shelia Geoffrion, Phyllis Janto, Cynthia Motian McGuirl, Jacque Rochester, Carla Sanders, Lynn Travis, Susan Headley Van Campen, John Wissemann, Nancy Wissemann Widrig, Sheila White and Deborah Winship.

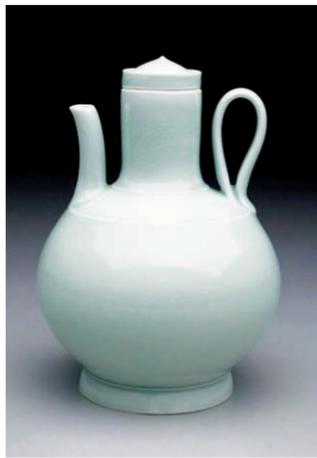
"Northern Light" features work by Ronald Frontin, Alison Hill, Brian Kliever and Nat Lewis. Frontin is known for his portraits of



Maine people, usually in their working environments. Hill, a year-round Monhegan artist, is especially known for her work depicting Monhegan life. Kliever, a self-taught artist from Rockland, concentrates on Maine landscapes. In this show, Lewis, known for her sun glints (the way the sun reflects off buildings), is also showing new portraits of Maine residents, her attempt to preserve local history.

Also included in the main gallery are works by Elizabeth Allen, Leo Brooks, Bill Cook, Kris Johnson, Dick Kelly, Sharon Larkin, Blanche Sefton Lutz, Edward Mackenzie, Ken Martin, Otty Merrill, Cam Noel, Marilyn Quint Rose, Elaine Reed, Andy Rosen, Russell Smith, Carl Sublett and Eleanor Zuccola. Mars Hall Gallery is located at 621 Port Clyde Road, Martinsville. For more information, call 372-9996 or visit www.marshallgallery.net.

Clay at CRAFT — Four Maine women ceramicists are currently showing work at CRAFT Gallery, 12 Elm Street in Rockland. Autumn Cipala maintains a studio practice in St. George. Her interest lies in making functional ceramics with historical connections. Jody Johnstone apprenticed in Japan, where she learned how to build the anagama tunnel kiln that she uses at her studio in Swanville. Gail Savitz makes pieces in stoneware, porcelain and terra cotta in her waterfront studio in Belfast. Frogs, turtles, lizards and rabbits are among the menagerie that stand on their own or trim her teapots, candlesticks and bowls. Diana Thomas works as a full-time ceramic artist in her Bog Pond studio and gallery in Phillips. For more information, call 594-0167 or visit www.craftonelm.com. Shown here is a piece by Autumn Cipala.



Moonrise Sketching Party — In conjunction with its current exhibit, "Moon/Light," The Drawing Room is hosting a full moonrise sketching party Monday, August 23 (fog/rain date the following day). Meet at The Drawing Room, 864 River Road, St. George, at 5:30 p.m., then carpool to the moonwatch site, or phone the gallery, 372-6242, in advance for directions to meet at the site before 6:46 p.m. Bring your own art supplies; refreshments will be provided before and after at the gallery. Shown here: "Cloudy Moonrise," watercolor and mixed media, by Jeannette Martin.



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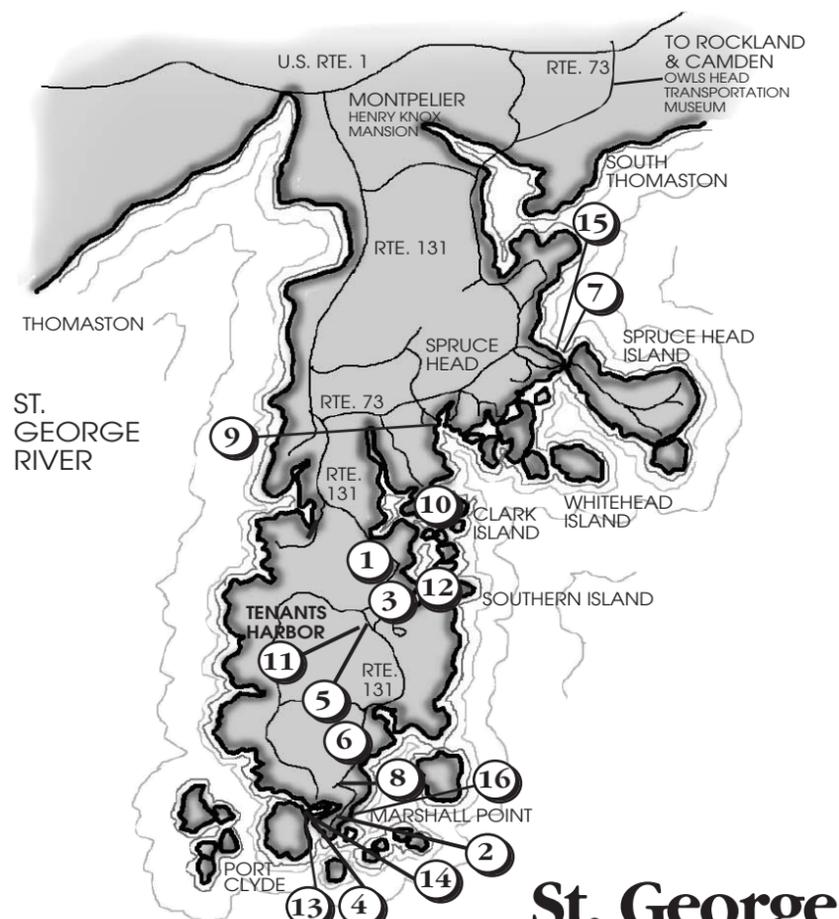
A Trip Down the St. George Peninsula



One of Maine's loveliest drives awaits you when you turn off Route 1 onto Route 131 South (at the Montpelier Mansion). Enjoy approximately 15 miles of grand views — fields rolling down to the tidal portion of the St. George River — the charming village of Tenants Harbor — Port Clyde, departure point for Monhegan Island and home to the ever-so-photogenic Marshall Point Lighthouse & Museum. Heading back up Route 131, take Route 73 through Clark Island, Spruce Head and Owls Head for more of the best Maine has to offer. (Don't miss the reversing falls in South Thomaston and the spectacular Owls Head Lighthouse.)

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

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Georges River Land Trust Gets \$50,000 in MCF Grants

The Maine Community Foundation (MCF) recently awarded the Georges River Land Trust (GRLT) two grants totaling \$50,000 through its Ram Island Conservation Fund.

The first award is a \$25,000 matching grant for the recent installment purchase of the Paulsen Farm easement. Signed last December, the conservation easement protects a 252-acre hay and cattle farm in South Thomaston that acts as a

bridge of protected land between the Weskeag Marsh and the St. George River. The Paulsen Farm connects two conservation areas, the state-owned Waldo Tyler Wildlife Management Area and GRLT's Riverview Hayfields Preserve.

"We are very excited because this grant means the land trust has raised 80 percent of the funds necessary to complete the purchase," says Annette Naegel, GRLT conservation program manager.

The second award, also a matching grant of \$25,000, is for building a permanent endowment to fund GRLT programs.

"We are one of only four land trusts in the state to receive this grant," says Gail Presley, GRLT executive director. "This is a fantastic opportunity for us to jump-start one of our strategic-plan goals to establish an endowment, and to double the power of the grant through matching gifts."

The Georges River Land Trust's mission is to conserve and steward the natural resources of the St. George River watershed region for the public benefit. The Land Trust has conserved 2,365 acres in 13 preserves and 34 conservation easements. For further information, visit www.grlt.org.

View of the Weskeag Marsh from the Paulsen Farm in South Thomaston



MVLT Muscongus Bay Boat Trip August 28

The public is invited to Medomak Valley Land Trust's (MVLT) Muscongus Bay Boat Trip on Saturday, August 28. The *Kieve*, captained by Bill Chapman, who has extensive knowledge of the bay, will leave from the Pine Street landing in Waldoboro at 12:30 p.m. The trip will last about three hours and will provide views of the Muscongus Bay coastline and numerous islands. Common sights include eagles, terns and other seabirds. Seals and ospreys in their nests are often seen as well, and they can sometimes be persuaded to pose for photos.

Space is limited and reservations are required. The cost is \$40 per person. To reserve a space, contact MVLT at 832-5570 or e-mail volmvlt@midcoast.com.

Wreck Island in Muscongus Bay has an active heron rookery.



Don Reimer to Talk About Shorebirds and Weskeag Marsh at Project Puffin Center

The Project Puffin Visitor Center continues its Wednesday Night Lecture series with a presentation by birder Don Reimer at 5 p.m. on Wednesday, August 25. His talk will focus on a series of 80 bird photographs he took at various times of the year at the Weskeag Marsh. Reimer will give a general overview of the marsh and its significance as a staging area

for shorebirds and other waders. Many upland birds, including a variety of sparrows, inhabit the wooded and field sections around the outer margins of the salt marsh. Reimer will also cover shorebird identification and discuss the timing and migration strategies used by the 30-plus shorebird species that visit the marsh each year. Call 596-5566 to reserve a seat.

Shorebird Season —

Birding with Don Reimer



Molting adult and juvenile Semipalmated Sandpipers
PHOTOS BY DON REIMER



Birders are probably aware that we are now in the midst of the early-fall shorebird migration period, when 30 or so species pass southward along the eastern seaboard. Arctic-nesting shorebirds come in a variety of sizes and shapes with recognizable attributes and unique behaviors. For example, the four species of plovers that typically migrate through Maine each fall are plump upright birds with a medium-length bill and a "stop and go" feeding style of picking up prey items from muddy substrates. Dowitchers (the "down-stitchers") hunch up and use their long bills to probe beneath shallow water in a rapid sewing-machine motion. The two species of Yellowlegs are readily distinguished by their long, bright yellow legs.

By contrast, the smaller shorebird species known collectively as "peeps" present more of an identification challenge. These little brownish or gray birds maneuver swiftly in tight twisting flocks, banking and turning in unison. The common names of these similar-looking sandpipers are Least Sandpiper, White-rumped, Baird's, Western and Semipalmated Sandpiper. Of these, the Semipalmated is the linchpin species to study and compare; all of the other peeps are variations on the "semi" prototype.

Arriving from Arctic regions in mid-July through September, the Semipalmated Sandpiper is the most abundant of the peeps group in the eastern U.S. This active six-inch shorebird gets its name from the partial webbing between its toes. The Semipalmated's relatively thick black bill sometimes appears to have a slightly bulbous tip; the female's bill is slightly longer to minimize competition for food between the sexes.

As the seasons change, so do the plumages. Spring adults are gray with black feather edgings and olive black legs. The belly is white and the folded wingtips reach the end of the tail. In worn fall plumage, molting adults appear somewhat ragged and darker overall. By August, soft gray winter feathers begin to appear along the back and shoulders.

The plumage of juvenile birds is variable but is generally much brighter than adults with rufous feather edgings fringed with white.

The fall shorebird migration occurs in a predictable sequence. In June adults that have failed at breeding tasks head back southward. Beginning in early July, adult females leave the nesting grounds followed shortly thereafter by adult males. Waiting until early August, juvenile birds are the last to leave the tundra.

Weskeag Marsh and the Thomaston mudflats each provide essential stopover sites where migrant birds can fatten up and replenish their energy reserves before continuing their journey south. Although shorebirds do some limited feeding at the marsh, Weskeag is primarily a high-tide roost area. The expansive low-tide mudflats are the real kitchen for the swirling flocks as they feed twice during the daily tidal cycles and during the nighttime as well.

Shorebird migration occurs in long, nonstop flights that may cover 1,500 to 2,000 miles. Some larger birds, such as the godwits, overfly the entire North American continent. For departing Semipalmated Sandpipers that winter in coastal South America, it will be a two- to three-day ocean flight.

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RACKLIFF ISLAND WATERFRONT



ST. GEORGE - Accessed by a short causeway, Rackliff Island is a private oasis of fine homes, conservation land, and ocean vistas. Birch View Cottage is an impeccable 4 bedroom / 3 bath contemporary Cape on 1.33 acres with over 200 feet of private water frontage as well as a shared private beach with deep water access. This charming, light and bright cottage offers a panoramic view of Seal Harbor from almost every room and is surrounded by the privacy of lush landscaping and trees. Recently renovated and updated; move-in condition **\$619,000** SHOWN BY APPOINTMENT PLEASE

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TENANTS HARBOR - Charming 3 bedroom, 2 bath home with quality throughout. New 2 car garage with workshop, new windows, new roof, new paint. Raised vegetable & flower beds. Close to Harbor and all town amenities. Very special in Tenants Harbor. **\$266,500**

WATERFRONT



RACKLIFF ISLAND - Accessible by short causeway to Rackliff Island — exceptional 3 BR, 4 BA waterfront property provides 300 feet of frontage on very private cove, easy access to beach & deep water, 3 granite fireplaces, 1st & 2nd floor master BRs, expansive decks & 3-car garage. Excellent rental history & convenient location in Spruce Head. **\$1,995,000**

WATERFRONT



SPRUCE HEAD - Southwesterly breezes prevail at this private 8.6 acre waterfront estate w/4,500 square feet of finished living area. 3 BR, 4 BA New England style house w/3 fireplaces; separate guest room & studio w/woodstove. Amazing ocean views. Gently sloping rocks & beach. A warm & inviting property that warrants your serious consideration. **\$1,975,000**

380 FEET OF WATER FRONTAGE - SPRUCE HEAD



SPRUCE HEAD - Waterfront, pristine 3 acres, 3 bedrooms, 3 baths, 3 car storage. Thermopane windows and sliding glass doors give each water view room insulation. Special blinds offer room darkening & sun protection. Home has an automatic generator for year round protection. First floor living in the nicest surroundings. Must see. **\$395,000**

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Tastefully renovated and light-filled circa 1850 Cape on 2.49 acres with generous kitchen, formal living room, dining room-family room with fireplace. Beautiful perennial gardens, separate studio/workshop. Approximately 1 mile from public landing. **\$249,000**

PORT CLYDE WATERFRONT



PORT CLYDE - Salt water breezes and beach roses perfume the air at this immaculate 2-3 bedroom home just 40 feet from water's edge. Home has 2 fireplaces, stunning master bath with steam shower and Jacuzzi. Huge garage with workshop and ample "toy" storage. Private road in very safe area. **\$899,000**

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OTIS COVE WATERFRONT



TENANTS HARBOR - Otis Cove - Beautifully situated, custom waterfront Cape on 1.95 acres. Private yet accessible. Quality built, immaculately maintained 3 BR, 2-1/2 bath home w/stunning hardwood floors. Master suite. Large deck is ideal for entertaining or enjoying exciting sunsets. **\$525,000** A MUST SEE

LAND FOR SALE - IT'S TIME TO BUILD!

TENANTS HARBOR - 1.42 acre waterfront lot on Otis Point with 223 feet of frontage on St. George River. Protective covenants, elegant setting. **\$345,000**

ROCKPORT - SPRUCE MOUNTAIN - Sunny & lightly wooded 1.42 acre building lot surrounded by fine homes on Stoney Hill Road (off Mirror Lake Lane). Mountain views, privacy, protective covenants, paved town road. Build your dream home or invest for the future. **\$69,500**

ST. GEORGE - SMALLEYTOWN - Soil tested 2 acre building lot with sunset views of Watts Cove on St. George River. **\$81,500**

TENANTS HARBOR - 2.13 acre surveyed and soil tested building lot in area of fine homes off Glenmere Road near Port Clyde. ROW to St. George River. **\$79,000**

THE FREE PRESS - PET ADOPTION PROGRAM

Call Humane Society of Knox County at 594-2200 about adopting these pets.

AUGUST IS "NAME YOUR OWN PRICE" CAT ADOPT-A-THON at Knox County. Name your fee to adopt an adult cat. Kittens are 50% off. Over 200 adult cats & kittens available. Animals are spayed/neutered, vaccinated, flea treated, dewormed & a free exam with a participating vet is included.

PUPPIES — We've got a litter of five-week-old puppies who will be available for adoption in a few weeks. They are Irish wolfhound/Labrador retriever mixes. They are cute little bundles of fun and energy. If you're looking for a puppy that will grow up to be a good-sized dog then call the shelter to learn more: 594-2200.



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BRADY is an adult Husky/Keeshond mix. Brady is a very loyal family dog and wants to be part of a pack. He can be a bit of a baby when he isn't with the ones he loves. He's good on a leash and is good with most dogs. He wants to be an integral part of a loving family. If you want a loving, constant companion, then come in and visit with Brady. His striking blue eyes and gentle demeanor are sure to pierce your heart.



Brady is sponsored by:

Little River Veterinary Hospital
1333 Atlantic Highway
Northport, Maine 04849
338-2909
Fax: 338-5523

KATIE — Sweet Katie is one of our senior cats waiting for a home where she can spend her golden years. This bright-eyed beauty is declawed so she is an indoor-only cat. She is fine with other cats, doesn't seem to care about dogs and enjoys being around people.



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NETTIE is just one of over a hundred kittens at the shelter and in foster care available for adoption. We have so many kittens that we have slashed their adoption fee by 50% to encourage people to adopt them sooner rather than later so they don't grow up in the shelter.



Nettie is sponsored by:

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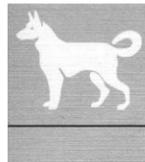


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BARREL STOVE was found in a barn as a kitten huddled around a woodstove with her littermates. She is a very shy girl but is slowly coming out of her shell. She needs a patient, quiet home with someone who will give her the time she needs to feel relaxed and secure. With such a rough start, she deserves a loving home. She's sure to repay your kindness with a lot of love and affection.



Barrel Stove is sponsored by:



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PRICE — Price is a three-year-old neutered male yellow Lab mix. He came to the shelter as a stray. This big boy is very active and needs an active family. If you're always out and about and on the go and like to have company, Price will make a wonderful companion.



Price is sponsored by:

738 Main Street
Rockland, ME 04841
594-4750
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Call Camden/Rockport Animal Rescue League at 236-8702 about adopting these pets.

Call Maine Coast Animal Rescue (through Blake Veterinary Hospital) 789-5700

KITTENS — CRARL has loads of gorgeous kittens ready and waiting for families to come and whisk them away from the shelter life. Wouldn't you love to add a rambunctious little furball to your family!? Come on in and visit with the multitude of kittens currently at CRARL!



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BORIS, aka "Cheeks," is a beautiful, BIG tiger cat, but although he may look very serious, Boris is actually an absolute love. He's just one of the many friendly, gorgeous adult cats at CRARL ready and waiting for the right family to come along. Wouldn't you love to give a handsome boy like Boris a home to call his own? Stop by and meet all the fabulous felines at CRARL!



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TA DAH is a beautiful black Lab mix that might appear skittish at first, but once she gets to know you she's loads of fun. She loves to go for walks, enjoys playing with most other dogs, and is an absolute hoot to be around. She is timid with new people and situations, so would like an owner who is willing to be patient when introducing her to new things, but she's young, happy, and loving, so will make that little extra effort well worth it.



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MIA is a gorgeous little pit mix. She's young and energetic, so would love a family willing to take her for long walks and give her lots of love. She does have a tremendous vertical leap and thinks it's quite amusing to hurdle a fence, so Mia probably shouldn't be left unattended while outside even in a fenced-in yard, but really, why would you want to leave this little beauty alone when she's such a joy to be around?



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SASHA is a beautiful white and black pit bull with one blue eye and one brown. She adores people and likes some other dogs, but is just a little overly enthusiastic for most feline friends, so would do best in a cat-free home. She's got loads of energy, so would love an active family who will take her for lots of walks and give her plenty of love!



Sasha is sponsored by:



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The Free Press runs this program the second week of every month. If you or your business would like to sponsor a pet, call Steve at 596-0055.

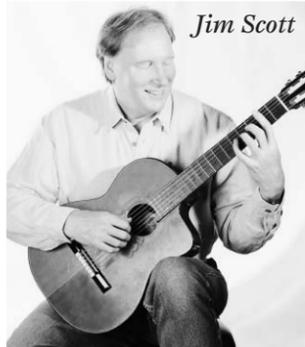
Organization Seeks Volunteers for Service Journeys in Kenya

Expanding Opportunities, headquartered in Brooks, is seeking volunteers to help tutor children in English, work on building repair, and help with the chickens, goats and garden at the Joseph Waweru Home School in Kenya this winter. The community also appreciates having volunteer help in the schools and hospitals. For those looking for a real get-away holiday, the Rural Relaxation

service journey might be right. This is a set-your-own-itinerary in the Turkana tribal area. It offers an opportunity to sit on a porch and write, hike in the bush, and visit schools, homes or artists. The organization is also seeking long-term volunteers for project development, organic gardening and business management. For further information, call 1-800-760-7943 or visit www.exop.org.

Jim Scott to Appear at UU Church in Belfast

Composer, guitarist and singer Jim Scott will appear at the UU Church of Belfast on Saturday, August 21, at 7:30 p.m. Formerly a member of the Paul Winter Consort, Scott was co-composer of the Consort's *Missa Gaia/Earth Mass* and sang its anthem song, "Common Ground." He has toured the world, recorded a number of CDs of original music and published a growing line of choral works. Scott



Jim Scott

also compiled the *Earth and Spirit Songbook*, an anthology of over 100 songs. He uses his jazz and world music-influenced songs to promote peace, justice and sustainable ecology.

The UU Church of Belfast is located at 37 Miller Street, directly behind the Belfast Free Library. Tickets are \$10 at the door. For more information, e-mail jrmabee@gmail.com or call 322-2155.

Social Work Degree Programs Offered at Hutchinson Center

The University of Maine Hutchinson Center in Belfast offers degrees in social work. Undergraduate students interested in receiving a bachelor's degree in social work can now consider the option of completing the program at the Hutchinson Center. Courses can be taken live and through videoconferencing.

For graduate students, the MSW (Masters in Social Work) weekend program at the Hutchinson Center is designed for the professional who is working full-time. The start-

ing date for the fall term is Monday, August 30. Classes convene on Friday nights from 5:30 to 8 p.m. and again on Saturday mornings from 9 to 11:30 a.m.

For further information about courses and degrees in social work, contact Deirdre Boylan at 322-3319 or Deirdre.boyland@um-it.maine.edu, or call the Hutchinson Center at 338-8000 or 1-800-753-9044. More information is also available at www.hutchinson-center.umaine.edu.

Talk on "Move to Amend" Campaign in Rockland Aug. 25

In January of this year, the Supreme Court, overturning a century of precedent, eliminated restrictions on corporate campaign contributions, explicitly arguing that corporations are "persons" with constitutional rights.

On Wednesday, August 25, at 7 p.m. at the Universalist Church at 345 Broadway in Rockland, David Cobb, national spokesperson for Move to Amend, will speak and lead a discussion about the ramifications of the

Supreme Court's decision.

Move to Amend is a grassroots campaign to eliminate corporate personhood by amending the Constitution. David is also an attorney and director of POCLAD (Program on Corporations, Law and Democracy). He was the Green Party candidate for President in 2004.

This program is sponsored by the Midcoast Peace and Justice Group and is free. For more information, call 691-0322.

Marriage Equality Talks, a Knox County group, is seeking volunteers interested in increasing public support for equal rights and marriage equality in Knox County by reaching out to family, friends and neighbors and talking with them about why all families need the protection of marriage.

Volunteers are invited to attend one free two-hour session on having conversations about marriage equality. The sessions will be held on Wednesday, August 25, from 6 to

Marriage Equality Talks Seeks Volunteers

8 p.m. at the United Christian Church Community Building, 30 Searsmont Road in Lincolnville Center; on Monday, September 13, from 6 to 8 p.m. at the first Universalist Church, 345 Broadway in Rockland; and on Saturday, September 18, from 10 a.m. to noon, at the Episcopal Church of St. John the Baptist, 200 Main Street, Thomaston.

For more information or to register for one of the sessions, call Sharon Prée at 691-7637 or e-mail spreed@tidewater.net.



Sunset Cruise Aboard the Harbor Princess

On Friday, August 27, Spectrum Generations Coastal and Southern Mid-Coast community centers invite volunteers and friends to join Cahoots band leader Mike Finnegan and Argentinian belly dancer Peke on a three-hour sunset cruise aboard the *Harbor Princess* for a festive evening of music, dancing and scenic vistas. The cruise will leave from Pier 6 at Fisherman's Wharf in Boothbay Harbor at 5:45 p.m.

Advance reservations are required. Tickets are \$25 per person (tax-deductible charitable contribution). A cash bar and light dinners are available on board, or participants are welcome to bring an appetizer or sweet treat to add to the community snack table. Participants are also encouraged to bring a basket of items or a gift certificate to add to the raffle table.

To make a reservation, call Spectrum Generations Coastal Community Center at 563-1363 on or before August 25. Checks

should be made out to Spectrum Generations and sent to: Spectrum Generations, Coastal Community Center, 521 Main Street, Suite 8, Damariscotta, ME 04543. Visa, Discover and MasterCard are accepted.



Mike Finnegan, leader of the Cahoots Band, will provide live music.

Five-Week Class to Explore Buddhist Approach to Life

The Brunswick Shambhala Meditation Center is offering a five-week class on "The Battle of Ego" at 19 Mason Street in Brunswick. Open to beginning and experienced meditators, the class will begin on Tuesday, September 14, from 7 to 9 p.m. and continue Tuesday evenings through October 12.

Class participants will investigate the possibility that there is a genuine, sane way to live and interact in a chaotic world. The course is designed as an introductory exploration of a Buddhist approach to life. It will

be led by Bill Barry and Maura Shephard.

The cost of the series is \$30 (discounts available). Register online at www.shambhalabp.org. For more information contact Bill Barry at billbarry51@gmail.com or 975-2405.

The Brunswick/Portland Shambhala Meditation Center is a nonprofit organization that serves the area from Portsmouth, New Hampshire, north to Farmington, Maine, and east to Camden. It is affiliated with Shambhala International, a worldwide nonprofit association of meditation centers headquartered in Halifax, Nova Scotia.

Hebrew/Yiddish/Ladino Song Workshop Offered

Singer Rosalie Gerut will lead a Hebrew/Yiddish/Ladino song workshop on Sunday, August 22, at 6 p.m. in Union. It will be a nontechnical workshop, accessible to everyone who likes to sing. Registration is \$10 per adult (no charge for children) and space is limited. Some seating will be available, but it is suggested that participants bring a pillow or chair to sit on.

Gerut has appeared internationally on television, radio and in concert halls as a soloist, as guest vocalist with the Klezmer Conser-

vatory Band, as lead vocalist with the Shirim Klezmer Orchestra, and with her own group, Rosalie & Friends.

Gerut's father and grandfather were Yiddishists and folk musicians, and she has carried on the tradition by presenting traditional and original songs. A native Yiddish speaker, she serves as director of cantorial and adult programming at Kerem Shalom in Concord, Massachusetts.

For reservations, call or e-mail Nancy Soavern at 273-3767 or nsoavern@gwi.net.

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Laura Cabot & Blue

The time of dusky blueberries and inky-purple blackberries is here. The Harpswell poet Robert P. Tristram Coffin said of blueberries, "They have the powder of the skies on their fresh sides." It's a great year for berries, save for those blueberry growers whose fields were hit by a frost in April that killed the earlier-than-usual blossoms, and the blackberry canes are bending to the ground under the weight of their abundant fruit.

While berries usually star in desserts, here's a simple blueberry salsa that is great with grilled chicken or even cold, sliced leftover chicken.

Blueberry Salsa

- 2 cups fresh blueberries
- 1 Tbsp. finely chopped jalapeño
- 2 Tbsp. minced shallot
- 2 Tbsp. each finely chopped cilantro and basil
- 1 Tbsp. lime juice
- pinch of sea salt

Place 1½ cups of the blueberries in a mixing bowl and mash with a fork. Add all the remaining ingredients and mix well, then fold in the remaining whole berries.

(from *Cook and Tell*, Karyl Bannister's monthly newsletter from Southport, "sharing good times in the kitchen since 1982.")

There are a million delicious ways to use berries in desserts: slumps, grunts, crisps, cobblers, pies, clafoutis and the following classic Maine pudding cake, chock full of berries.

Maine Blueberry Pudding Cake

- 2 cups fresh blueberries
- 1 cup flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 3 Tbsp. melted butter
- 1½ cups sugar
- ½ cup milk
- 1 Tbsp. cornstarch
- 1 cup boiling water

Preheat oven to 350°. Place blueberries in the bottom

of an 8x8-inch baking dish. In a mixing bowl, combine flour, baking powder, salt, butter, ¾ cup sugar and milk. Pour batter over berries. Mix remaining cup of sugar and cornstarch together and sprinkle evenly over the batter. Pour the boiling water over all. *Do not mix!* Bake for 45 minutes. Serve hot or at room temperature, topped with whipped cream or ice cream, if desired.

This week, after finishing off the most recent batch of strawberry-buttermilk sorbet, I debated whether or not to retire the ice cream maker for the season. Then I thought of blueberry gelato and said, "Nah; it's still summer!" Warning: this recipe is the insanely rich, high-calorie version of gelato. But the calories are totally offset by the healthy antioxidants in the berries. And the color is an intense deep lavender, the essence of summer berry in a scoop.

Blueberry Gelato

- ¾ cups blueberries
- ¾ cup water
- 1½ cups sugar
- 5 egg yolks
- 2 cups milk
- 1 cup heavy cream

For puree: in a saucepan dissolve one cup of sugar with ¾ cup of water over medium heat. Add blueberries and bring mixture to a simmer for a couple of minutes, until it turns into a blueberry sauce. Set sauce aside to cool, then puree it in a blender. For custard: beat remaining sugar and egg yolks in a large bowl until thick and pale, about five minutes. Heat milk and cream over medium-high heat in a small, heavy saucepan until tiny bubbles form around edge of pan, stirring frequently; do not boil. Add one-third hot milk mixture to sugar mixture, stirring with a whisk. Gradually add to remaining hot milk mixture, stirring constantly with a whisk. Cook over medium-low heat until mixture coats back of a spoon, about four minutes. Remove from heat. Stir in blueberry mixture, and cool completely. Pour into the freezer can of an ice-cream maker and process and freeze according to the manufacturer's instructions.

Summer Blues
HOMIE GARDEN

by Georgeanne Davis

Gardeners Prepare for MVL's River Festival

Medomak Valley Land Trust's fourth annual River Festival will take place Saturday, September 4. A 5K road race will kick off the festival, which features a clam and bratwurst cookout, music by midcoast steel drum band Steelin' Thunder, boat building, a critter corner and touch tank for children, and farmers, artisans and conservation groups from throughout the Medomak River watershed. There will also be a new vegetable contest.

Gardeners still have time to prepare entries for a variety of categories, including the biggest zucchini, the most beautiful single vegetable, the ugliest, and the funniest. Vegetables must be grown naturally, and no makeup is allowed. It is possible that a vegetable will be allowed to be entered in more than one category.

River Festival will be held from 11 a.m. to 3 p.m. on September 4 in the Waldoboro village parking lot behind Waltz's Pharmacy. The 5K race will begin at 8 a.m., with registration starting at 7:30 a.m. Admission to the festival is free.

To volunteer, or for event details, visit www.medomakvalley.org or call MVL at 832-5570.

Products donated from watershed farms will be featured at the River Festival farm table.



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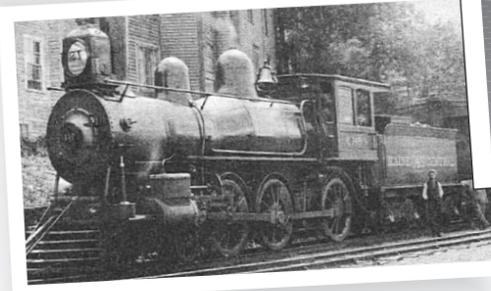
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Manager Barbara Horgan pulls out a pan of ham.

Ten o'clock Thursday morning looks like any other weekday morning at the Belfast Soup Kitchen. Five people are peeling potatoes for the noon meal, and the tables are laid with clean tablecloths and a big bowl of fruit sits in the center of each one.

The soup kitchen is in the basement of the Belfast Center, the big red-and-white building on the corner of Field and High streets known to locals as the candy-cane building. It's the only soup kitchen in Waldo County; it serves lunch five days a week, Monday through Friday, from 10:30 a.m. to 1 p.m.

Barbara Horgan, the part-time manager, is putting ham in the oven and has two big pots of water on to boil: one for the potatoes and one for fresh green beans. The day's menu is ham and gravy, freshly made potato salad, green salad, fruit salad, green beans and roasted beets.

The meal is coming together as planned. The finances are another story.

For 20 years, the soup kitchen has been a Catholic charity, with about 85 percent of its cash contributions coming from donations to the local Catholic church.

In 2006, it became clear that St. Francis Catholic Church could no longer support the soup kitchen, and Father Joe Koury, the priest of St. Francis at that time, began the process of turning the soup kitchen over to the community. His attempts faltered.

After the Belfast, Camden and Rockland Catholic churches merged in 2009 to become St. Brendan's, it became clear that the soup kitchen had to become a community organization, not a religious affiliate, according to St. Brendan's business manager, Katie Benedict.

"We will continue to donate to the soup kitchen," said Benedict, who took over the business management when Father Joe was transferred to a new parish. Benedict cut a check for the Belfast Soup Kitchen for \$9,000 in July. She hopes other churches will lend support, and even the city of Belfast. The city of Rockland, she said, contributes \$5,000 to the St. Bernard's soup kitchen because they recognize its community value.

"We can't be the main supporter anymore," said Benedict. "We can't afford to, and really, it is a community soup kitchen."

In July, a community-based board of directors formed and declared independence from the Catholic church, but their nonprofit status is still pending. Without it, their ability to raise money is hampered.

It costs \$3,000 a month for rent, utilities and salary for one staffer. Food isn't the problem. Food donations come from Hannaford, from local farmers and fishermen, and from the Waldo County Correctional facility vegetable farm.

But, according to new board member and treasurer Jason Lundy, there isn't enough money right now to stay open beyond mid-October.

"For this to go belly-up, that would be horrible to the people we serve," says Alexander Allmayer-Beck, a retired clinical social worker and Vietnam vet who is chairman of the recently formed board of directors of the Belfast Soup Kitchen.

"These are the unemployed and the elderly. We have an atmosphere here where they feel free to eat with friends, to have dignity."

Allmayer-Beck says there are more hungry people in Waldo County who don't come to the soup kitchen.

According to the U.S. Department of Agriculture, 13.7 percent of Maine households, or more than 175,000 people, do not have enough food to eat in the house or the food they have is nutritionally poor. There is no other state in the East, north of North Carolina, that has such a high rate of hunger and/or malnutrition. This is a poor state: a third of Maine residents live at or below the federal poverty level of \$22,050 for a family of four.



Elvis Robbins comes to the soup kitchen every day, without fail.

The Good Shepherd Food Bank, the largest hunger relief organization in the state and one that partners with local efforts like the Belfast Soup Kitchen, reports that food banks across the country are seeing an average 23-percent increase in need.

Usually there are 40 to 60 people for lunch at the Belfast Soup Kitchen, mostly elderly, some disabled, a few developmental-

Belfast Soup Kitchen Serves Food & Friendship to the Lonely

Unless something turns around, the soup kitchen may close its doors in October.

By Christine Parrish
Photos by Georges Nashan



Mary Edmunds, left, waits for lunch with a friend.

ly disabled folks with their caretakers, an occasional homeless person, and some people who work in the building and leave donations for what they eat. Day-old pastries, donated from Hannaford supermarket, are out for the 10:30 coffee break which attracts a few people before lunch. Elvis walks in and pours a cup of coffee and snags a danish, taking a seat with a view of the food counter and the door so he can see who comes in.

"There's Mr. Banks," Elvis says loudly, waving, but the elderly man in the green uniform shirt and trousers doesn't hear him. "He's not wearing gray, today. He usually wears gray."

Elvis Robbins, 56, has bounced around from Belfast to Florida to Rockland, but always ends up back in Belfast. He worked on the Searsport docks at Mack Point for 23 years, until a car accident left him disabled. Now, he's sleeping on a cousin's couch.

"I'm not homeless. It's alright. I don't mind it."

Elvis comes for lunch five days a week. Does he need the food to stay alive?

"No, no. I'd do okay. But where would I go? This is the place to go to catch up with what's going on. It's better than a soap opera," he says.

"Banks, Willis Banks," says the man in the green shirt. Banks, 83, is a retired heating repair and heating sales rep, who worked at Consumers Fuel for 22 years, then went out on his own for 20 more years. He retired to take care of his diabetic wife, who has since died, and now lives on Social Security. He has no family nearby.

"I live alone and I can't cook. I never knew how and now I'm too lazy to learn, so this is my one hot meal a day," says Banks.

Hannaford in Belfast has been a major food contributor to the soup kitchen, at times supplying over half the food a day. Horgan goes through the daily donations and plans the menu. It could be anything: it could be tacos or lasagna or turkey and stuffing. This time of year a lot of farmers donate fresh produce and so does the Maine Coastal Regional Reentry Center (formerly the county jail), which maintains a garden in Swanville.

Horgan supervises the volunteers and the kids who come to do community service because they had a first-time brush with the law and the juvenile probation officer gave them the choice to do community service at the soup kitchen. The volunteers don't need much supervision, the kids do.

"Mostly we get older people, couples and singles. We don't have forms. We don't ask you about your financial situation. We'll serve Bill Gates right down to Jo Hobo. Some people come in and eat and make a donation, a couple of bucks, five bucks or something, that's fine. We want that."

"Most people who come here are housed. We see a few homeless, and we'll refer people upstairs if we think they need services," says Horgan. Social service offices for the county are two floors above the soup kitchen.

James Mulholland, 59, a big man who uses a walker, has been coming to the soup kitchen for two or three years with his housekeeper and roommate, Helen Anderson.

"I used to drive a truck, but then I had a back injury, then a heart operation, and I'm diabetic," says Mulholland. "I don't eat much, because of my weight... and with diabetes, I have to be pretty picky. You can do that here. They know."

"It helps our budget quite a bit," says Anderson. "Probably quite a bit. The money is pretty much used up at the end of the month."

Anderson is a widow of retirement age. She gets a widow's pension of \$550 a month. Mulholland is on disability; he gets \$787 a month. Their rent is \$550 a month for the trailer they live in, plus utilities. Still, if the soup kitchen closes, it's the community they'll miss most.

"I don't get around well. Sometimes I'll stay home and Helen will come without me," says Mulholland. "This gives me freedom, freedom from the trailer. It's a nice place to go, with people to talk to. We know most of them. This is our special table and everyone knows it."

"It's more like family, the volunteers and the people; it's like a big family," says Anderson. "Somebody's not here, we notice. If they're not here for a couple of days, somebody will go check on them."

"It takes me back to my mother's and father's time," says Nancy Manning, who works upstairs. "There's some joking around, socializing. I get that good feeling right here."

The soup kitchen has enough food and space to feed 65 people in one shift. If they have leftover food, they offer it to people to take home; what isn't taken goes to a local pig farmer.

"We've got the food, that's not an issue," says Allmayer-Beck. "We could do twice that number in two shifts."



Retirees Willis Banks, left, and Allen Yeaton are regulars. For Banks, lunch is the hot meal for the day.

"We'd need more volunteers to do that, but we could," said Horgan.

The young man serving his time has moved on from peeling potatoes to dishing out green beans to washing pots. He's got 20 hours to serve; he's put in eight so far.

"I chose the soup kitchen. It's not that hard. I make sandwiches, wash dishes, dry dishes. Yeah, the people are fun to work with," he says.

"It's good to see how people are getting by," says his mom, who has come to pick him up.

Allmayer-Beck and Lundy say the need for donations is crucial now to keep the soup kitchen in operation until their nonprofit status becomes official, which will allow them to go after grants and long-term funding.

To donate, visit the soup kitchen at 9 Field Street, Suite 224, or send a check to the Belfast Soup Kitchen c/o Camden National Bank, Main Street, Belfast, ME 04915. To volunteer, contact Alex Allmayer-Beck at 338-3105. Food donations are not needed at this time.



A young man does the final kitchen duty clean up.

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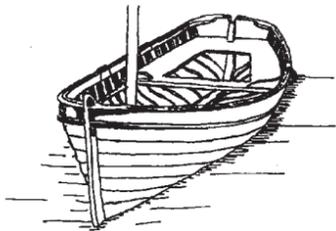
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Kids: can eating more fruits and vegetables now help protect you from heart disease as a grownup? Parents: can the right atmosphere at the dinner table help your kids become healthy eaters? The answer to both is “Yes!”

Fruits and vegetables, foods rich in flavonoids and antioxidants, have been associated with decreased risk of stroke and heart disease in adults for years. Now, researchers at the University of Minnesota found the same heart-healthy results when 285 teens — boys and girls ages 13 to 17 — ate an average of 2½ cups of fruits and vegetables a day.

The other benefits of a diet rich in plants are equally important: lowered body weight and blood pressure. The Minnesota study shows the beneficial effects of fruit and vegetable intake on markers of potential heart disease — inflammation and oxidative stress — which are already present by early adolescence. This finding supports the U.S. Department of Agriculture’s Dietary Guidelines for Americans recommendation to consume five or more servings per day of fruits and vegetables to promote beneficial cardiovascular health.

Unfortunately, the dietary intake of the teens enrolled in this study did not achieve the USDA’s MyPyramid recommendations of 1.5 to 2 cups fruit and 2.5 to 3.5 cups vegetables a day — a total of 4 to 5.5 cups, or twice as much as was observed in the study. The good news is that the beneficial effects were still observed even with 2.5 cups total.

Another study published in the July issue of the Journal of the American Dietetic Association examined parenting styles and found that the frequency of family meals — everyone together at the table — can have a positive association with a healthy dietary intake for adolescents.

This study broke down parenting styles into four categories: authoritative, authoritarian, permissive and neglectful. The authoritative parent — empathetic and respectful of a child’s opinions, but maintaining clear boundaries and expectations — produced the best results regarding the frequency of family meals. The girls’ participation in family mealtime improved when both mom and dad were authoritative. In boys, only the mom’s authoritative parenting style was associated with more frequent family meals.

Previous to this study, several cross-sectional studies in

youth have found a link between authoritative parenting style and lower body weight and more healthful dietary intake. But watch out: if a parent goes from authoritative to the extreme of being authoritarian — that is, low on empathy and a strict disciplinarian — children had almost a five-fold increase in odds of being overweight. Permissive parents miss the chance to help their children learn that ice cream is for fun but healthy eating habits are for life. The downside of being neglectful is obvious.

The bottom line? Eat more plants and make mealtimes family time! I use the rule of thumb with all my clients struggling with overweight and poor eating behaviors — eat a fruit and a vegetable at each meal and don’t forget the benefits of whole grains over highly processed, over-milled grains. Make your dining table a place for good conversation and gentle guidance, not a place for scolding.

Breakfast can be as simple as oatmeal topped with fruit and a glass of low-fat or fat-free milk. Try celery topped with peanut butter and raisins at snacktime.

For lunch, layer thin-sliced veggies on your sandwich and pack a piece of fruit. Prewashed baby spinach adds lots of flavor to any sandwich. Whole-wheat pita pockets are easy to fill with veggies along with some grated cheese for protein and calcium in place of highly processed luncheon meats.

For dinner, if you are eating family style, aim for at least two vegetables — a small baked sweet potato and steamed vegetables should take up half the plate. Cut-up fruit in a dessert dish ends the meal perfectly! And have your kids help prepare the veggies and the fruit cups. Kids are always more likely to eat what they help prepare.

Parents, it does matter what you do and say at mealtime. Make a goal to sit down for a family meal more often. Just remember to include generous servings of empathy and respect along with clear boundaries and expectations. That, plus plenty of fruits and vegetables, is the perfect menu for the future health of your kids.

Marcia Kyle, RD, LD, CDE, is a Registered Dietitian and Certified Diabetes Educator at the Pen Bay Healthcare Diabetes and Nutrition Care Center. For more information, visit www.pbmc.org/diabetes.

Old-Fashioned Bean-hole Supper on Conway Homestead Grounds

The Camden-Rockport Historical Society will offer sweet and savory baked beans cooked the real Maine way, all day in a cast-iron kettle in the ground, slow-cooked pulled pork, biscuits and a selection of cool salads and homemade pies in an old-fashioned Saturday-night bean-hole supper on August 21, from 5:30 to 7 p.m. on the grounds of the Conway Homestead-Cramer Museum, located on the Camden-Rockport line off Route 1. Musical entertainment will be provided by midcoast jazz ensemble Breakers Jazz. The supper will go on, rain or shine, under a tent.

Admission is \$10 for adults, \$8 seniors, \$5 children ages six to 12, and free for children age 5 and under. All proceeds benefit the Historic Old Conway Homestead Roof Repair Fund. For more information, call 236-2257.



Beans simmering on an open fire
PHOTO COURTESY MAYNARD STANLEY

coming up August 28

Annual Lobster Dinner in Edgecomb

The Edgecomb Congregational Church’s annual lobster dinner will be repeated this year on Saturday, August 28, at the church at 15 Cross Point Road in Edgecomb. The lobsters will be ready to serve at 5 p.m. Dinners will be served until 6:30 or until the food runs out. In addition to fresh Maine lobster, the menu will include corn, salads, baked beans, blueberry cake, chips and a beverage. There is seating inside and outside under tents. Quantities are limited and reservations are recommended. A lobster dinner is available for \$16. A barbecued chicken dinner is \$6, a hot dog kid’s meal is \$3, and a twin lobster dinner is \$24. Take-out dinners are available.

Lobster & Clam Bake to Benefit Camden First Aid, LifeFlight of Maine

Lincolville resident Cliff Coburn is holding a community lobster and clam bake at his home to raise money for Camden First Aid and LifeFlight of Maine from 2 to 7 p.m. on Sunday, August 22, rain or shine (tents will be set up), at 44 Searsmont Road in Lincolville.

An ATV accident in 2008 left Coburn with a serious head

To make reservations, call 882-4060 or 563-5236 and leave a message with your phone number. Your reservation will be confirmed. You can also reserve via e-mail at ECC@gwi.net.

To get to the church, take Route 27 off Route 1 toward Boothbay Harbor. Go approximately one mile and bear off to the right on the Mason Road. At the end of the Mason Road (about 200 yards) bear right on the Eddy Road. The next left is Cross Point Road. The church is on the corner. Look for the steam from the pots of boiling lobster and corn. The church fellowship hall is wheelchair-accessible.

injury, and he now wants to give back to the people who helped save his life.

The menu will include local lobster and clams, with corn, salads and desserts. There will be a bounce house and Slip ‘n’ Slide, sumo wrestling suits, a horseshoe tournament and music.

Handicapped parking will be available, and shuttle parking will be available at the church nearby.

Matthews Museum to Host Bean-hole Dinner

Matthews Museum of Maine Heritage will host a bean-hole dinner on Thursday, August 26, at 5 p.m. at the Union Fair. Museum president George Gross has arranged with Glenn Wolf from of New Jersey, who puts on a bean-hole dinner at the Windsor Fair, to prepare the dinner for 50 ticketholders.

The dinner includes beans, hot dog, roll, cole slaw, beverage and dessert. The cost is \$7 for adults, \$5 for children. Tickets are available for advance purchase at the museum

during regular hours or by reserving by phone at 563-1544. Tickets are limited; early reservations are essential.

Funds raised will go to the carriage house replacement fund. The dinner will be held on the fairgrounds at the “Snack Shack,” beside the trailer campgrounds.

Matthews Museum is open Wednesday through Saturday from noon to 4 p.m. and is open free to Union Fairgoers during fair week.

Fifi Richards Quilts Now on View at Skidompha Library

Quilts by fabric artist Fifi Richards are on view in the atrium at Skidompha Library in Damariscotta throughout August.

Richards, who often took her inspiration from nature, was a resident of Newcastle and a volunteer at the library for 25 years. She died in 2008 at age 85.

At the end of August, the quilts will be returned to her husband, Charley, who loaned them to the library. A commemorative note card is available at the library with a print of one of her works, "Honey, I'm Home" (pictured here). All proceeds from the sale of the cards will go to the library.

The library, on Main Street in Damariscotta, is open Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m.; Thursday from 9 to 7; and Saturday from 9 to 1.



Two-Tiered Perennial Garden in Northport Open to Public Aug. 20

The Belfast Garden Club invites the public to visit the perennial flower garden of Hester and Bill Abbuhl, 50 Shore Road, Northport. The garden will be open on Friday, August 20, from 10 a.m. to 4 p.m. as part of the club's Open Garden Days.

The Abbuhl home is a recently renovated historic Cape dating to 1690. The backyard had been completely overrun by Japanese knotweed, or "bamboo," when they began, but

it has been transformed into a stone patio and perennial garden. The garden was created in memory of Hester Abbuhl's grandmother, Edna "Do" Wales, who had roughly four acres of cultivated perennial flower gardens growing at her 40-acre estate adjacent to the Abbuhls' home. As a child, Hester visited her grandmother and the gardens in Saturday Cove every summer.

Directions to 50 Shore Road, Northport: Leaving Belfast, drive south on Route 1; turn left on Saturday Cove Road in Northport (just before Wentworth's Grocery). At the first stop sign, turn right onto Shore Road; the house is immediately on the left.

Tickets can be purchased at the garden on the day of the tour for a donation of \$4. For more information, call Diane Allmayer-Beck at 338-3105 or Martha Laitin at 948-2815, or visit www.belfastgardenclub.org.

PHOTO BY ANNADEENE K. FOWLER



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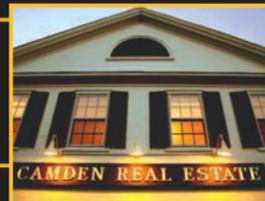


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 Rockport~ 3-BR home, bsmnt, new deck, private backyard, Res./Bus. zone. \$139,000

DEP Holding Workshops on Efforts to Protect Water Quality of Lakes

"If we are going to improve or protect the water quality of our lakes, we need to address erosion issues from our roads."

The Maine Department of Environmental Protection (DEP) will conduct a workshop on Wednesday, August 25, from 7 to 9 p.m. at Evening Star Grange, 31 Old Union Road in Washington, on forming a road association as a means of preventing soil erosion problems that affect Maine's lakes and ponds.

This year more than ever, shorefront owners in Maine have noticed a green tinge or a bright green color in their lakes' water that is caused by algae.

Maine DEP environmental specialist Kathy Hoppe says that runoff that's washing off yards, driveways and roads "carries with it nutrients that feed the algae. Year after year,

the DEP assists local associations with watershed surveys documenting pollution sites in lake watersheds, and year after year the biggest, most common problems are related to roads. If we are going to improve or protect the water quality of our lakes, we need to address erosion issues from our roads."

Some of the most challenging roads to fix are those that are privately owned with or without a road association. "The ones without a road association can be particularly problematic, as they don't have a formal organization to help raise funds to get the needed work done," says Kristin Feindel, also of the DEP.

The DEP offers a Guide to Forming Road Associations. While both Hoppe and Feindel say it is not hard to form a road association, they admit it takes time and commitment. To make the job easier, DEP, with the help of the local Soil & Water Conservation Districts and attorney Dan Dubord, is offering workshops on forming a road association. Dubord represents over 40 road associations in Maine and will answer questions and provide advice.

To attend the free workshops, contact Feindel at Kristin.B.Feindel@maine.gov or 287-5586. For more information, go to www.MaineDEP.com.

Canoe Aficionados Winners of PMM's Birchbark Canoe Raffle



Bob Holtzman (right) of the Penobscot Marine Museum presents the 2010 raffle grand prize birchbark canoe to winners Cathy and Steven Vorpapel of Readfield.

The grand prize of Penobscot Marine Museum's 2010 raffle could not be in better, more appreciative hands.

Cathy and Steven Vorpapel of Readfield are the new owners of an authentic birchbark canoe, built at the museum last summer by master builder Steve Cayard and a team of apprentices from the Wabanaki nations.

Steven Vorpapel is an avid canoe collector, and both he and Cathy are active in the Wooden Canoe Heritage Association, an international organization dedicated to preserving and using traditional canoes.

While Steven had bought two raffle tickets for himself, the winning ticket was bought by Cathy with the intent of giving

the canoe to Steven should she win.

The grand prize ticket was drawn August 5 at the museum's gala and auction at Point Lookout Resort in Northport. The following day, tickets were drawn for the raffle's first and second prizes.

Jack Williams of Camden National Bank won the first prize, a sponsor-level membership in the museum.

Second prize, a \$150 gift certificate to the museum's store, went to Todd Labrador of Nebb's Cross, Nova Scotia.

The Vorpapels say that they will use the canoe, not merely display it, and that they intend to take it to canoe gatherings in order to give others the opportunity to paddle an authentic birchbark canoe.

"Champagne on the Sheepscot" Night Includes Photo Contest (enter by Aug. 27)

Sheepscot Valley Conservation Association volunteers Priscilla Donham, Nancy Hartley, Judy Fossel and Susan Russell and staffer Kristin Pennock prepare the invitations.



The second annual "Champagne on the Sheepscot" — an evening of food, drink, music, photography and mingling with friends — will take place on Saturday, September 11, from 5 to 7 p.m. on the grounds of the 1790 Head Tide home of Priscilla and Brett Donham, on the banks of the Sheepscot River. The fund-raiser is being held to benefit Sheepscot Valley Conservation Association (SVCA), whose purpose is to protect the Sheepscot watershed.

On August 5, a group of SVCA volunteers and staff gathered at the SVCA office in Newcastle to address invitations to 900 members and friends of the nonprofit organization.

Tickets are \$40 per person. For \$125 one can become a patron, which in addition to the food and all the festivities includes public acknowledgement. As of August 5, 57 individuals and eight local businesses had agreed to be patrons. A response to the invitation is asked for by Friday, September 3.

The food, which will be prepared by local caterer Kathie Duncan and five SVCA volunteers, will be served under a large tent, illuminated by small white lights. Champagne

and other beverages will be provided. Throughout the evening a Lincoln Academy jazz group will entertain guests.

In addition, photographs of the Sheepscot watershed area will hang in the Donham's barn, and the evening's guests will vote to determine the three they like best. Cash prizes of \$100, \$50 and \$25 will be awarded to the winners. The photographic entries must be received by 4 p.m. on Friday, August 27, at the SVCA office, 624 Sheepscot Road, Newcastle, ME 04553.

Two entries per person are allowed — color or black-and-white. They must be 8"x10" format, mounted on 9"x11" foamcore, preferably shrink-wrapped. The title of the image and photographer's name, address, phone number and e-mail address must be printed legibly on the back.

Throughout the evening, free child care will be provided at the SVCA office. Parking will be at the Head Tide Dam or at a nearby field.

For more information, or for those who wish to attend and have not received an invitation, contact SVCA at 586-5616 or svca@sheepscot.org.

Maine Island Trail Guide Now Available Online

Maine Island Trail Association has launched an accompanying interactive online version of its annual *Guide to the Maine Island Trail*. Guide.MITA.org provides access to information on all 185-plus sites on the trail, coastwide nautical charts, put-in and pump-out information, plus local weather and tide information.

America's first recreational water trail, the Maine Island Trail extends along the entire coast of Maine. For over two decades, the Maine Island Trail Association has entered into agreements with island owners to allow recreational access to their islands in exchange for a variety of volunteer-driven stewardship services. The final product of these many agreements is the annual *Guide*, which MITA has published for 22 years. It informs members exactly which islands they can visit, where the island is located among the thousands of wild islands in Maine, where they may camp, anchor, and what else they may do and expect to see there.

The online guide has several advantages over its paper counterpart. Its contents can be updated in real time, it can be searched instantaneously, and it covers more content — including regional histories and current weather and tide information. Eventually the site will host user-generated content, photos

and trip-planning services.

The Guide uses cutting-edge mapping technology with NOAA raster chart layers. The end result allows users to pan over the entire coast, zoom from coastwide to island-specific scale, and see interactive icons for the Trail's different features. (While it uses NOAA charts, the website itself is not designed for navigational use.)

"In the past, when an island needed to be closed temporarily due to bird nesting or an owner seeking privacy, we had to put out addenda to the guide," says program director Brian Marcaurelle. "Now we'll be able to disseminate such changes in real time, so that visitors will be able to check before heading off."

MITA balances access to the coast with a model of stewardship that advises visitors on how best to leave no trace when visiting fragile places and encourages them to report any problems encountered on their visits.

A version of the *Guide* is available to non-members with full access to 10 Maine Island Trail sites that are owned by the Bureau of Parks and Lands. Membership, which starts at \$45, provides password-protected access to all 185+ sites in addition to other benefits. For more information contact MITA at 761-8225, info@mita.org or visit www.mita.org.

ROCKLAND AREA TIDES				
August 19 to August 26				
	High AM	High PM	Low AM	Low PM
Thursday	7:38	7:57	1:23	1:38
Friday	8:39	8:55	2:24	2:38
Saturday	9:33	9:46	3:19	3:32
Sunday	10:20	10:32	4:08	4:19
Monday	11:02	11:13	4:50	5:02
Tuesday	11:39	11:51	5:29	5:41
Wednesday	---	12:14	6:04	6:17
Thursday	12:26	12:46	6:37	6:52

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Thursday Night: Partly cloudy, with a low around 58. Light south wind.

Friday: A slight chance of showers. Mostly cloudy, with a high near 75. Calm wind becoming south between 4 and 7 mph. Chance of precipitation is 20%.

Friday Night: Mostly clear, with a low around 55.

Saturday: Sunny, with a high near 75.

Saturday Night: Partly cloudy, with a low around 55.

Sunday: Mostly sunny, with a high near 72.

Sunday Night: Mostly cloudy, with a low around 55.

Monday: Partly sunny, with a high near 71.

Monday Night: Partly cloudy, with a low around 55.

Tuesday: Sunny, with a high near 73.

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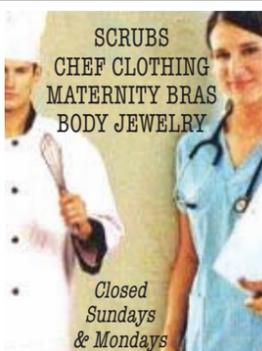
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Pancho Villa Does It Again

Pancho persists in possession of Pup Cup

Six canine competitors and their human companions strutted their stuff and showed off their skills at the Maine Boats, Homes & Harbors Show last Sunday.

The eighth annual World Championship Boatyard Dog Trials kicked off with a parade complete with the Lobster Festival's newly crowned Maine Sea Goddess, Shriners in lobsterboat go-karts, a flock from Project Puffin, volunteers and shelter dogs from the Humane Society of Knox County and the Camden-Rockport Animal Rescue League, and, of course, the competing canines.

For a second straight year, Pancho Villa was crowned World Champ. Villa is a puggle (half beagle, half pug) of a certain age who hails from Camden. Pancho and his handlers, the brother-and-sister team of Abigail and Eliot Matlack, wowed the judges and the crowd with their speed through the obstacle course, agility in and out of a very tippy dinghy, and a freestyle event which included colorful costumes, surf music, and Pancho at the bow of a paddleboard that Abigail and Eliot maneuvered around the inner harbor. The threesome made their way out to the judges' boat where they shamelessly bribed the judging panel with homemade fudge. A critical requirement of the competition, that either dog or handler must end up soaking wet, was aced by Eliot Matlack who did a backflip off the dock and into the water, sparing Pancho, who is not much of a swimmer.

Pancho will be featured in the Boatyard Dog column of the winter issue of Maine Boats, Homes & Harbors magazine, and he will keep the coveted Pup Cup for another year.

Maine Boats, Homes & Harbors Show is held each year on the Rockland waterfront during the second weekend in August. The 2010 show saw beautiful weather and a strong turnout.



Pancho Villa took the 2010 World Champion Boatyard Dog crown last weekend, adding it to his 2009 title. Senor Villa is shown here with Eliot Matlack at last Sunday's trials. PHOTO BY JEFF SCHER

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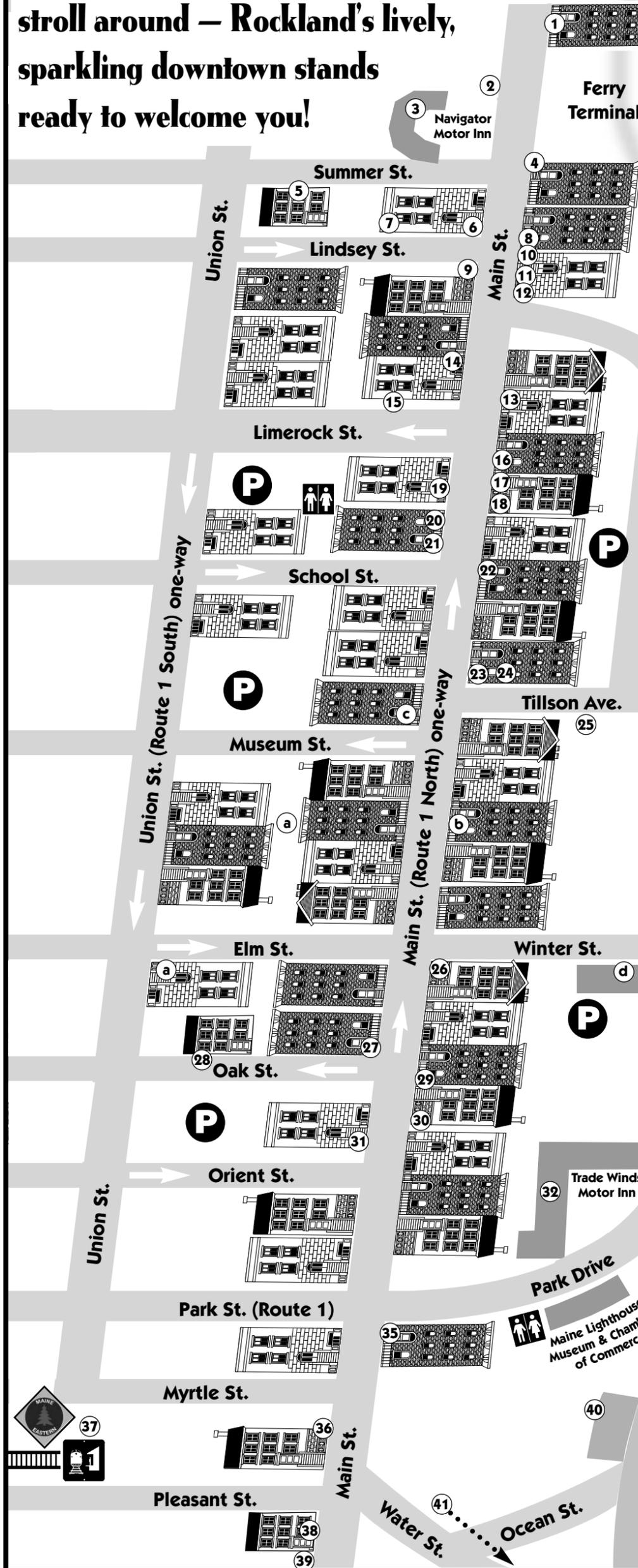
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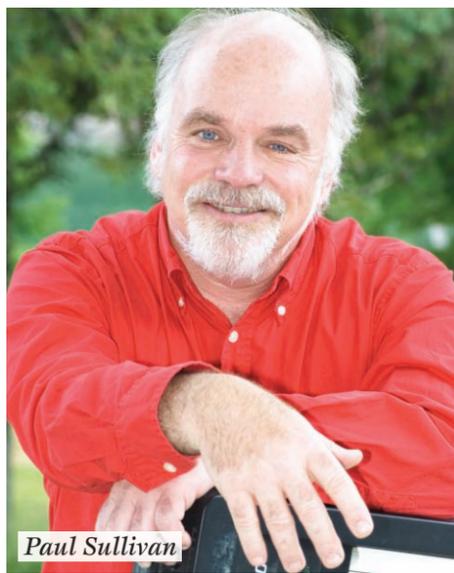
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Paul Sullivan to Appear with Soul/Gospel Singer in Boothbay Harbor

Maine pianist and composer Paul Sullivan will return to the Opera House at Boothbay Harbor this summer with soul and gospel singer Theresa Thomason on Wednesday, August 25, at 7:30 p.m. Sullivan's music is well known throughout the country; many of his compositions have been inspired by the local landscape. He last performed at the Opera House in a solo performance in 2008.

Sullivan and Thomason have worked together for 15 years in the Paul Winter Consort. They also collaborated on Sullivan's jazz recording "Break Away." In a recent interview, Sullivan remarked, "Theresa and I have worked in every musical combination imaginable except as a duo. A duo is more intimate and often more exciting than a larger band, and I am looking forward to our debut performance at the Opera House this



Paul Sullivan

month. It is the perfect setting — intimate, sophisticated and relaxed."

Tickets for the performance are \$15 in advance and \$20 on the day of the performance, if available. For reservations, call 633-5159 or visit boothbayoperahouse.com.

Broad Bay Organ and Violin Concert Set for August 27

This summer's Broad Bay Congregational UCC concert will feature Kevin Birch on the church's restored 1875 Hook & Hastings organ, accompanied by Anatole Wieck, on violin. Music will range from Beethoven to Joplin, with selections by Copland, De Lange, Leclair and Mendelssohn, in the concert on Friday, August 27, at 7 p.m. at the Broad Bay Congregational Church in Waldoboro.

Birch, director of music at St. John's Catholic Church in Bangor and on the music faculty at the University of Maine's School of the Performing Arts, returns for his fourth concert at Broad Bay. An active proponent of organ restoration, he also directs the St. John's Organ Society, dedicated to preservation of that church's Hook Opus 288 organ.

Wieck teaches violin and viola and conducts the University of Maine Chamber Orchestra. Since 1999 he has been conductor-in-residence at Rocky Ridge Music Center in Estes Park, Colorado.

Broad Bay's tracker organ, Opus 793, which sits front and center in the sanctuary, was built in Boston and shipped in 1875 to the Congregational church that once stood on the site of the A.D. Gray School. When the Congregational church disbanded and the building was demolished, the organ was installed in what was then the First Baptist Church. Broad Bay UCC bought both the building and the organ in 2002. Through fund-raising efforts, the church was able to hire David Wallace & Co. of Gorham to accomplish the painstaking, multi-year process of restoration. The organ produces sound through 525 pipes set in 10 ranks. The organ's restorer, David Wallace, says, "Tracker organs are the real thing. Each is a self-contained instrument that uses no outside augmentation. The organist, through the mechanical action, has almost total control of the organ."

The concert is free, but donations are requested for the church's restoration fund. Refreshments will be available after the concert in the fellowship hall. Both the church and fellowship hall are handicapped-accessible. Broad Bay is at 941 Main Street, near the post office. For more information, call the church office at 832-6898.



Anatole Wieck, left, and Kevin Birch will perform in concert on Aug. 27 at 7 p.m. in Broad Bay Congregational United Church of Christ, Waldoboro.

Greg Boardman & Sons Close Concert Series at Little Brown Church

The season finale performance in Round Pond's summer concert series at the Little Brown Church will take place on Thursday, August 26, at 7:30 p.m. and features the family band Greg Boardman and Sons. Boardman is a well-known fiddler in the Maine traditional music community, and together with his sons, he brings a full band sound to jigs and reels typifying northern New England's fiddling style. Isaac, Aidan and Ethan Boardman add new dimension to the traditional sound with keyboard, guitar, bass and drum-kit.

Greg Boardman cofounded the Maine Country Dance Workshop, Arcady Fiddle Workshop and Maine Fiddle Camp, where he appears annually as an instructor.

Admission is by suggested donation of \$10. Those attending are encouraged to bring pillows to sit

on, as the church's wooden pews are hard. For more information, visit the band's website at www.bowandstring.com or e-mail Adam Nordell at wapiti.music@gmail.com.



The final concert in the Little Brown Church summer series in Round Pond will be with Greg Boardman & Sons.

Bay Chamber Summer Music Festival Concludes with First Chair All Stars Concerts, Film Premiere

Bay Chamber Concerts will conclude its Summer Music Festival with the premiere of its 50th Anniversary Documentary and two First Chair All Stars concerts.

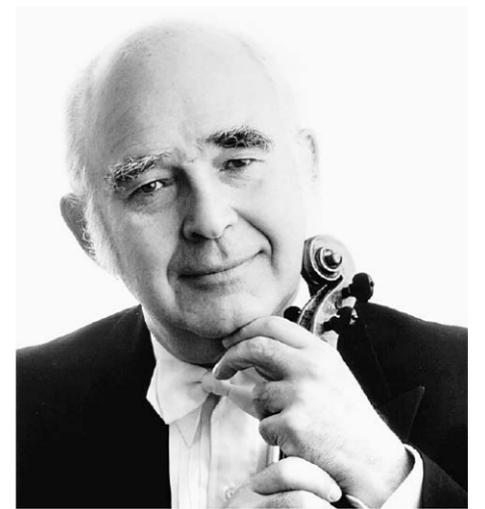
The First Chair All Stars will perform "Mostly Mozart" on Wednesday, August 25, at 8 p.m. at the Strand Theatre, 345 Main Street in Rockland. Performers include Joseph Silverstein and Nurit Bar-Josef, violins; Kirsten Johnson, viola; Anne Martindale Williams, cello; Timothy Cobb, bass; Anthony McGill, clarinet; James Sommerville, French horn; and Daniel Matsukawa, bassoon.

Led by former Boston Symphony concertmaster Joseph Silverstein, the musicians include principal players from the Boston Symphony, the Philadelphia Orchestra, the Metropolitan Opera Orchestra, the National Symphony and the Pittsburgh Symphony. They will perform Mozart's Adagio and Fugue for String Quintet, K. 546; Horn Quintet, K. 407; and Clarinet Quintet, K. 581; and Nielsen's "Serenata in Vano."

Prior to the concert, at 7 p.m., Bay Chamber Concerts will present the premiere of its 50th Anniversary Documentary by D'Arcy Marsh, about Bay Chamber's 50-year history. The screening is free and open to the public.

On Thursday, August 26, Bay Chamber Concerts presents First Chair All Stars — "Mostly Beethoven" at 8 p.m. at the Rockport Opera House, 6 Central Street, Rockport. The musicians above will perform Rossini's String Sonata, Beethoven's Serenade for String Trio in D Major, Op. 8 and Beethoven's Septet.

Bay Chamber Concerts offers a free music and art talk at the Farnsworth Art Museum in Rockland at 7 p.m. before every Strand



Violinist and former Boston Symphony concertmaster Joseph Silverstein will lead principal players from the Boston Symphony, the Philadelphia Orchestra, the Metropolitan Opera Orchestra, the National Symphony and the Pittsburgh Symphony in "Mostly Mozart" and "Mostly Beethoven" concerts.

Theatre concert on Wednesday nights. In addition, free pre-concert talks take place every Thursday night at 7 p.m. featuring the musicians and Bay Chamber Artistic Director Thomas Wolf before each Rockport Opera House concert, in the downstairs meeting room at the Opera House.

Concert tickets are \$40/\$30 for adults and \$8 for ages 18 and under. To purchase tickets, contact Bay Chamber Concerts at 236-2823, toll free at (888) 707-2770, or online at www.baychamberconcerts.org.

Dennis St. Pierre Presents "The Art of Croon 2" at Opera House in Boothbay

Dennis St. Pierre, who recently performed in a concert with Delfeayo Marsalis in a Divas World Productions in Boothbay Harbor, is giving his own concert, "BA DA BOOM! The Art of Croon 2," Friday, August 27, at the Opera House in Boothbay Harbor. It will be an evening of songs in the style of Frank Sinatra, Dean Martin, Louis Prima, Tony Bennett, Nat King Cole, Perry Como, Bobby Darin, Harry Connick Jr. and crossover artists such as the King, Elvis. "The Art of Croon 2" follows on St. Pierre's performance in last year's "Tribute



Actor and singer Dennis St. Pierre says crooning is his favorite music of all time.

to the Art of Croon."

Says actor and singer St. Pierre: "At heart I'm a crooner who loves to sing swing, scat a little and play with the jazz stylings of my heroes. This is my favorite music of all time."

Tickets for an evening of a whole lot of crooning with a heavy dose of swing and jazz accompanied by a quartet are \$15 in advance and \$20 on the day of the show and available by calling the Opera House box office at 633-5159 or online at boothbayoperahouse.com. Doors for seating open at 7:30 p.m.; the concert begins at 8 p.m.

Final Salt Bay Chamberfest Concert of the Season

features works by Crumb and Messiaen written during wartime

Salt Bay Chamberfest's annual festival at Darrows Barn at Round Top in Damariscotta concludes this Friday, August 20, at 7:30 p.m. A free public master class will be held at 3:00 that afternoon at Skidompha Library in Damariscotta. Concert tickets are on sale at www.saltbaychamberfest.org or at 522-3749.

Friday's concert includes George Crumb's "Black Angels" and Olivier Messiaen's "Quartet for the End of Time," with some cabaret songs of Kurt Weill and Benjamin Britten in between. The works will be performed by a group of musicians from around the country and Canada, including rising-star violinist Jonathan Crow of Montreal. Crumb's "Black Angels" was written during the tumult of the American war in Vietnam, and its amplified sounds with special percussion instruments reflect the anguish of the times. While in prison camp in the early years of World War II, Messiaen wrote "Quartet for the End of Time," which he scored for the only instruments available to him at the camp: violin, cello, clarinet and piano.

On Friday afternoon, August 20, at 3 p.m.,

Salt Bay will hold its second master class of the season at Skidompha Public Library in downtown Damariscotta. Fourteen-year-old violinist Teal Vickery of Cushing will play the first movement of the C minor Viola Concerto of Johann Christian Bach and receive coaching from Nokuthula Ngwenyama, the professional violist who is playing in Salt Bay's evening concert. The master class, free and open to the public, provides an opportunity to hear an emerging young talent in Maine and witness the interaction between music student and teacher that usually goes on behind closed studio doors.

A pre-concert talk will take place at 6:30 p.m. on Friday at Darrows Barn, and food is available in the barn's Moo Cafe between 6:30 and 7:30 and during intermission. The first three concerts of the festival sold out, so advance purchase of tickets for the final concert is recommended. Tickets are \$25, and students with valid ID are admitted for free. For complete concert programs and online ticket purchases, visit saltbaychamberfest.org or call 522-3749.

Musical Theater Concert to Benefit Northport Music Theater

A benefit concert will be held for Northport Music Theater (NMT) on Saturday, August 21, at 7:30 p.m. at the theater on Route 1 in Northport.

Northport Music Theater is a professional theater that presents contemporary Off-Broadway musical theater show; it was founded in 2007 by John and Ruth Gelsinger. All proceeds from the concert will be used to support the theater's 2011 season and the Musical Theater Camp Scholarship Program.

The concert, which features classic and modern Broadway songs, has been arranged

and directed by Roger Marcotte of Rockland. He is a student in the University of Southern Maine's musical theater program and performed at NMT in the opening season of 2007. A number of former NMT singers will perform, as well as some singers new to the NMT stage, many of them from the USM musical theater program. They will be accompanied by Barbara Hendricks on piano. The songs will be from shows such as *Man of La Mancha*, *RENT*, *Les Misérables*, *Phantom of the Opera*, *Pippin* and *Cabaret*. Singers include Roger Marcotte, James McDonald, Nathan Menifield, Jocelyn Joyce, Kate Hall, Dagny Ernest, Abigail Norman, Audra Curtis and Lizz Poulos.

Doors open 45 minutes before show time. A contribution of \$15 is suggested. To reserve seats, which is recommended, call 338-8383. To purchase tickets online, visit northportmusicaltheater.com, or pay with cash or a check at the door.



Abigail Norman, soprano

Roger Marcotte, tenor

Audra Curtis, soprano

Read-Through and Auditions to Be Held for Maskers' Deathtrap

Suspense, labyrinthine plot twists, and conviving characters came together to make Ira Levin's comedy-thriller *Deathtrap* one of the biggest hits in the history of Broadway. The five roles in the Belfast Maskers' fall production of *Deathtrap* will be cast this month.

An initial reading of the play will be held on Wednesday, August 25, at 6:30 p.m. in the Belfast Maskers Theater at 43 Front Street. The read-through is casual and open to anyone, but will be especially helpful to those who want to audition for *Deathtrap* on Saturday, August 28, at 10 a.m.

All the parts are open and will be cast following the August 28 auditions.

Belfast Maskers auditions are cold read-

ings from the script, but director Bart Shattuck would also welcome any short monologues an actor may have prepared.

Shattuck brings to *Deathtrap* his years of experience in New York City writing, directing and performing theater and comedy. After a stint working on films in Los Angeles, Shattuck made his way toward Maine, directing and teaching sketch and improvisational comedy along the way. Since moving to the Waterville area with his wife a couple of years ago he's acted in over a dozen shows with the Gaslight and Lakewood theater companies.



Director Bart Shattuck

Deathtrap will open on Thursday, September 30. For more information, visit belfastmaskers.com.

Punk Rock Concert at Rockland Rec Center

The Have Nots will headline the show at the Rockland Rec Center on Saturday, August 21.

Boston ska band the Have Nots will headline the next R Space show from 6 to 10 p.m. on Saturday, August 21, at the Rockland Rec Center, located at the corner of Union and Limerock streets. Opening will be a reunion of Rockland punk band Taco Apocolypse, as



well as Maine punk bands The New 45 and I Barbarian. The show is for all ages, but concertgoers under age 14 must be accompanied by a parent or guardian. Admission is \$6. For more information, call 542-6705 or go to facebook.com/rspaceatlc.

Cushing Readers to Present Aaron Play

The Cushing Readers will present a rehearsed reading of *A Raging Flame*, a play by Cushing resident Hugh Aaron, at the Cushing Broad Cove Church on Sunday, August 22, at 7 p.m.

The full-length play is about business, a recession, an uncooperative business partner, an unhappy marriage, a demanding mistress, a scheming deal-maker and disgruntled employees. CEO Sam Benson is determined to make his company a success amid all the chaos.

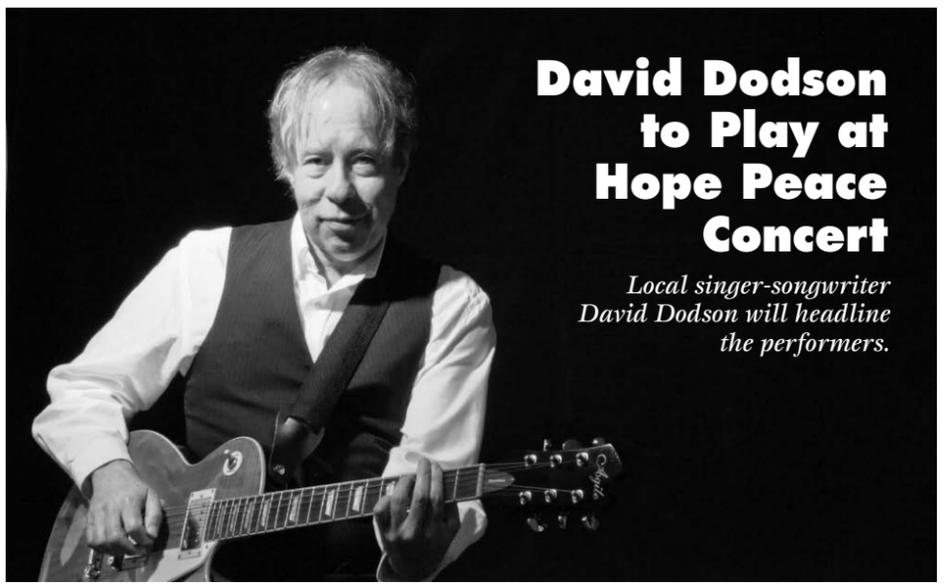
Codirected by Marian Swan and Aaron, the cast consists of Geoff Lewis, Win Reber, John Blackford, Thom Buescher, Trish Weisbrot, Carol Reber, Jim Lynch, Bill Aboud, Chet Knowles, Rick Klepfer and Joie Willimetz.

Admission to the show is free, although any contribution on behalf of the church is welcome. For more information, call 354-0735.



Putnam Smith Returns to Rock City

On Friday, August 20, the Velvet Lounge at Rock City Books and Coffee on Main Street in Rockland welcomes back bluegrass musician and singer Putnam Smith from 7 to 9 p.m. No cover charge, but tipping the performer is encouraged. For more information, call 594-4123.



David Dodson to Play at Hope Peace Concert

Local singer-songwriter David Dodson will headline the performers.

Singer-songwriter David Dodson will headline the "Awakening Passion, Peace, and Abundance" show at Hope Peace Ceremonies on Tuesday, August 24, from 7 to 10 p.m. at 379 Hatchet Mountain Road in Hope. Troubadour Shawn Madden of Austin, Texas, will emcee the evening of inspirational boogie. Anna Maher will present her spoken-word songs in a program that is part variety show and part house concert.

"Awakening Passion, Peace, and Abundance" is a Human Party Project created by Madden as a worldwide movement to bring new possibilities through music and community. Those attending are encouraged to bring

their instruments, voices and feet for a jam session following the performance.

Tickets are \$15 in advance online and \$20 at the door. Baked goods will be available for purchase. For more information about the concert and to purchase tickets, visit hopepeacechamber.com, www.thehumanpartyproject.com/hope.htm or e-mail Carla Sanders at carla@hopepeacechamber.com.

Those attending should bring a bag supper, chairs and blankets for the outdoor event, which will be held rain or shine (it will be moved indoors if necessary). Carpooling is urged. The concert benefits the Hope Peace Chamber, a project dedicated to world peace.

"Thurber's Theatre" at Camden Library Aug. 24

David Foster returns to the Camden Public Library's Reading Room on Tuesday, August 24, at 6:30 p.m. with "Thurber's Theatre: An Evening with the Inscrutable Male," after having drawn standing-room-only audiences for his past three summer performances.

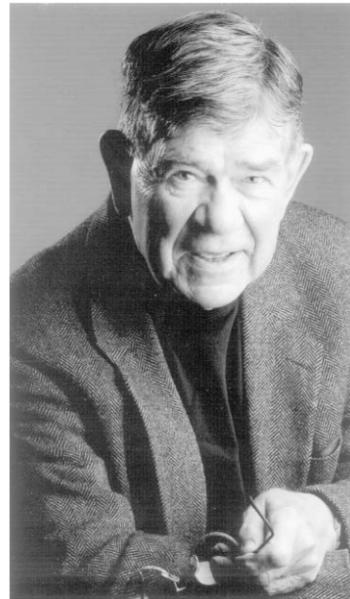
James Thurber (1894-1961) grew up in Columbus, Ohio, and found his way to *The New Yorker* magazine in the late 1920s, where he joined Harold Ross and E. B. White in putting an indelible stamp on American culture. In over 300 cartoons and hundreds of stories, Thurber portrayed the bittersweet war between the sexes, the fantasies that shield man's inability to cope with life, our fascination with crime, and his own memories of growing up in a family beset with "crotchets." Favorite stories on

each of these themes will be performed, including "The Secret Life of Walter Mitty,"

"The Night the Bed Fell on Father," "Mr. Preble Gets Rid of His Wife" and a host of others.

Throughout his career as a lawyer, political advocate and business executive, Foster has pursued an amateur vocation in the theater as an actor, director, producer and teacher of acting and stagecraft. At the Camden Library, Foster performed "Meet Mr. Mencken: An Evening with the Sage of Baltimore" in 2007, "The Magic of American Humor" in 2008 and "The Irreplaceable Mark Twain" in 2009.

"Thurber's Theatre" is the latest of Foster's platform presentations; this will be its first performance in Maine. For more information on the performance, call the library, 236-3440.



David Foster will present a one-man show based on the humor of James Thurber at the Camden Library.

CHRHS Drama Dept. Invites Students to Have a Look Behind the Scenes at Strom

The Camden Hills Regional High School Drama Department invites all interested Camden Hills students to come to the Black Box on August 24 to 26, from 3 to 5 p.m. to see what goes on behind the scenes in Strom Auditorium.

The sessions will introduce students to the basics of set design and construction as well as what is involved in providing lighting and sound for Strom productions. The sessions are designed for newcomers, so no experience is necessary, just a willingness to work with others and have fun.

"Tech" is an after-school activity that involves designing and building the scenery for Camden Hills productions such as this year's fall musical *Once Upon a Mattress*. The group usually meets after school, with some flexibility to accommodate those who participate in other activities.

The Strom Auditorium Tech Club is a different organization, made up of students who are trained to run sound and lights for school as well as outside events. Not the same as

Calling all techies —

"Tech," the Tech Club meets once a week for training and other business, and members have the opportunity to gain hands-on experience at nearly 60 Strom events each year.

Working behind the scenes in Strom is recommended for anyone interested in artistic design, technology, creativity, collaboration and fun. For more information, contact Strom Auditorium manager Rick Ash, ashchrhs@gmail.com.



Tech crew for CHRHS's 2009 musical *Beauty and the Beast*

Sidestep Frailty with Exercise

by Richard N. Waldman, MD, President, American Congress of Obstetricians and Gynecologists

By 2030, the number of Americans age 65 and older is expected to double from 35 million to 70 million. And as the ranks of older Americans expand, so will the occurrence of chronic disease among this population.

Increasing age is considered a main risk factor in the development and progression of most chronic diseases such as diabetes, heart disease, osteoporosis and cancer. Many seniors first turn to medications to combat these problems, often overlooking an inexpensive and powerful technique to reduce and even prevent disease: exercise.

In addition to the benefits that regular exercise holds for everyone — such as increased energy, improved mood, strength and muscle tone, and reduced body fat and body mass index (BMI) — older adults have even more to gain.

Physical inactivity is a culprit in much of the loss of strength, stamina and flexibility that many assume is a side effect of aging. Declines in aerobic capacity and muscle strength can increase the risk of falls and injuries, such as hip fractures, and can severely limit one's ability to perform everyday tasks and maintain independence.

Exercise combats this progression. It can help improve balance, circulation and cardiovascular function, lowers blood pressure and wards off weight gain. It can improve quality of life and self-esteem and reduce the risk of memory problems and dementia in older adults. Regular physi-

cal activity may also help increase life expectancy by delaying the onset or progression of chronic diseases.

All adults should aim for at least two hours and 30 minutes a week of moderate-intensity physical activity per week. If you are unable to do that amount of activity, do as much as you can.

If the idea of getting active is less than exciting, remember that being fit is not about running a marathon or even joining a gym. In fact, it's probably much easier than you think. For example, walking is a great way to build cardiovascular endurance and muscle tone.

Talk to your doctor before beginning your exercise plan. He or she can help you tailor your routine to suit your ability level and include the things that you enjoy. No matter what the activity — golfing, swimming, gardening or doing yard work, dancing, biking, housecleaning — the important thing is that you keep doing it. A good pair of athletic shoes, supportive undergarments, such as a sports bra, and loose-fitting clothes may help you feel more comfortable and enjoy

your exercise routine more. While genetics and lifestyle factors affect how an individual will respond to an exercise program, most adults who get physical will reap some rewards. To maintain independence, it's vital to stay strong and active and it's never too late to start.

TO YOUR HEALTH

Heidi McCaffery Named Director of Hospice and Palliative Care

Heidi McCaffery has been named director of hospice and palliative care at Kno-Wal-Lin (KWL) Home Care and Hospice, a member of the Pen Bay Healthcare family of services. McCaffery, a licensed clinical social worker, has been with KWL for three years, most recently as a medical social worker.

"Through her many years of working with the aging population in Knox, Lincoln and Waldo counties, Heidi has gained valuable experience. Her dedication makes her the right person to lead our outstanding committed staff and to educate the community about hospice and palliative care," says Donna DeBlois, KWL executive director.



Heidi McCaffery

symptoms and stress of serious illness. Hospice is a type of care and a philosophy of care focusing on a terminally ill patient's symptoms.

Kno-Wal-Lin Home Care and Hospice, a member of the Pen Bay Healthcare family of services, was founded in 1966 and has offices in Rockland, Belfast and Newcastle. The agency provides skilled home health care, including professional nursing services; physical, occupational and speech therapy; social work services; and hospice and palliative care. The staff includes home health aides, certified nursing assistants, personal care assistants, companion homemakers and visiting and auxiliary volun-

teers. For more information, visit kno-wal-lin.org.

Workshop for Those Working with the Terminally Ill Offered

On Saturday, September 11, from 9:30 a.m. to 5:30 p.m., Rock the Path Center in Camden will host a workshop to introduce those who work with the terminally ill (hospice, medical workers, body and wellness workers, caregivers and family/friends) to its Living In Transition (LIT) program. The benefits of LIT to both the terminally ill and their families will be explained, and then participants will experience the program first-hand, as if both facilitating and receiving the program.

LIT endeavors to help people transform the experience of death from one of fear, helplessness, finality, anxiety and depression to one of transition, acceptance, empowerment and even joy. The "Living in Transition" program builds on the "Going Home" meditation program developed in 1995 by Robert Monroe (founder of the Monroe Institute), Elisabeth Kübler-Ross, MD (hospice pioneer and author of *The Five Stages of Grief* and *On Death and Dying*), and Charles Tart, Ph.D. (a father of transpersonal psychology).

For further information, visit www.RockThePath.org or contact director Stephanie Rae at 236-7459.

Walk While You Work (guess whistling doesn't cut it anymore)

Forbes.com, spotlighting office innovations, has praised the TrekDesk Treadmill Desk as "One of the Best Workplace Luxuries Anywhere."

The cost of the TrekDesk weighs in at \$479 — however, big caveat here, that's just for the desk; a treadmill to go with it isn't part of the deal.

However, again, increased productivity, weight loss, improved moods, disease prevention, stress reduction, anger management, less absenteeism, and reduced health care costs

are some of the benefits said to be enjoyed by corporations employing treadmill desks — including Zappos, Google, GlaxoSmithKline, Mutual of Omaha, Humana and Best Buy.

A doctor with the Mayo Clinic, Dr. James Levine, is credited as the original creator of treadmill desks.

For the full Forbes' workplace luxuries story — which also includes an \$8,000 MetroNap Energy Pod — go to www.forbes.com/2010/08/06/office-perks-luxuries-leadership-careers-best.html.



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Views On Dental Health

TERENCE M. SOKOLOFF, D.D.S.

MISSING REAR TEETH

If all of the rear teeth in one side of your jaw are missing you may opt for a partial denture instead of a span of empty gum. Your dentist will have to rely on your front teeth for support in making such a partial denture. He/she will also have to make maximum use of your gums and supporting bone to give the denture stability. Even though this kind of partial denture is not as stable as the kind that hooks onto or is permanently affixed to supporting teeth on both sides of tooth void, it is certainly preferable to the alternative of full dentures. The remaining natural

teeth can continue to provide strength in chewing food and help maintain the shape of the face. Without the help of supporting teeth in the rear to hold this type of partial denture in place, there is more pressure on gums and ridges. A certain amount of shrinkage is a natural occurrence. This means the partial denture will have to be adjusted from time to time. This will probably include relining to compensate for changes in your gums to make it fit securely. But, it is certainly better for your health, your appearance, and eating to have teeth rather than uncovered gums.

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Spencer Knowlton, CEO

Whether one needs to get to a medical appointment or go shopping with friends, there is a new tool that can help area residents find a ride.

The Midcoast RideFinder is a user-friendly print and online (www.midcoastridefinder.com) directory profiling all the transportation providers in Knox, Lincoln and Sagadahoc counties and the towns of Harpswell and Brunswick.

"Finding transportation in rural Maine can be challenging, but there are more options than most people are aware of," says Lee Karker, executive director of MCH, formerly known as Methodist Conference Home. MCH is the nonprofit organization that developed the RideFinder through its transportation program Coastal Trans.

The Midcoast RideFinder profiles volunteer driver programs, carpools, taxis, non-emergency transport, ferries and other transportation geared toward older adults and people with disabilities, highlighting which providers are free, which accept MaineCare and which are wheelchair-accessible. This is the first time all this information has been profiled in one place. MCH and Coastal Trans will be distributing 5,000 printed guides to local service agencies, libraries, town offices, doctors' offices and elderly communities.

The Midcoast RideFinder, the first project of MCH's mobility management program, was made possible by grants to Coastal Trans from the Maine Commu-

nity Foundation, the Francis Hollis Brain Foundation and the JTG Foundation. The project grew out of MCH's 30 years of experience running Coastal Trans, which helps seniors, the disabled and low-income people get to medical and social service appointments.

MCH is the first nonprofit in Maine to develop a mobility management program, an innovative national model, to help more people access existing transportation options and develop new services collaboratively.

"One transportation system cannot meet all of the diverse needs in this rural service area," explains Michelle Manley, MCH's mobility manager. "It is essential to collaborate with nonprofit and for-profit transportation providers and social service agencies to make transportation more accessible." MCH is currently working with the Midcoast District Public Health Coordinating Council to distribute the RideFinder, teach individuals how to use it and help MCH assess gaps in existing service.

The website www.midcoastridefinder.com will be constantly updated. Anyone who is a transportation provider and is not included in the directory is asked to contact Manley at 596-6477. The Midcoast RideFinder can be followed on Facebook and Twitter to stay connected with information about the developing mobility management program.

Midcoast RideFinder Links People to Transportation



Michelle Manley with one of the Midcoast RideFinder guides

Kno-Wal-Lin Has a New Belfast Location

Kno-Wal-Lin (KWL) Home Care and Hospice, a member of the Pen Bay Healthcare family of services, has a new location from which to serve its Waldo County clients.

Kno-Wal-Lin is now located at 228 Northport Avenue, across from Belfast Agway. The new location offers additional space and easy access from Route 1, says Donna DeBlois, Kno-Wal-Lin executive director.

The KWL phone number in Belfast remains the same: 338-2002 or (800) 540-9561.

Kno-Wal-Lin Home Care and Hospice also has offices in Rockland, Belfast and Newcastle. The agency provides skilled home health care, including professional nursing services, physical, occupational and speech therapy, social work services, and hospice and palliative care.

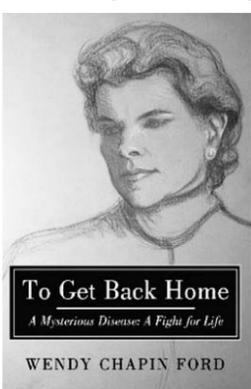
Author of *To Get Back Home* to Speak Aug. 26

The final program of the St. George Literary Series features a true medical thriller, *To Get Back Home*. The author, Wendy Chapin Ford, will read and discuss her memoir with Alice Gorman on Thursday, August 26, at 5:20 p.m. at the Ocean View Grange on Route 131 in Martinsville. There will be a reception before the reading at 5 p.m.

Ford was a healthy and active young woman when she was suddenly stricken by a rare neurological disorder, acute demyelinating encephalomyelitis (ADEM). *To Get Back Home* takes readers on a harrowing journey as doctors are initially confounded by the rare malady, and Ford becomes more ill. She forges her way back from a coma and quadriplegia, desperate to return to her family and young children. Initially she was not expected to live, and then not expected to walk again or to recover her intellectual abilities. Doctors have referred to hers as a miracle case, and the mysteries persist to this day.

"I wrote the book for my children," says Ford, "so that some day they would understand how hard I worked to get

back to them and how awful it was to be in the hospital, away from them for so long." She also notes that the book serves as a thank-you to the hospital staffs and countless others who stood by her and her family during her experience with ADEM.



To better understand the notes made in her four-inch-thick medical record, Ford met with the doctors, nurses and therapists at both Beth Israel Deaconess Medical Center and Spaulding Rehab, in Boston. "I had the most exquisite care imaginable at those hospitals — delivered with such compassion and intelligence — and I wanted people to know what happens there. This was not

just about me. There were many victories in this story. People tried so hard to help get me back."

The St. George Literary Series is a program of the Jackson Memorial Library. For more information, visit www.JacksonMemorialLibrary.org or call 372-8961.

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QuickStats from the CDC Three Leading Causes of Injury Death in U.S., 1979-2007

On August 6, Centers for Disease Control reported on the three leading causes of death by injury in the United States, indicating trends between 1979 and 2007.

In 2007, the three leading causes of injury deaths in the United States were motor vehicle traffic, poisoning, and firearms. The death rate for poisoning more than doubled from 1979 to 2007, in contrast to the death rates for motor vehicle traffic and firearms, which decreased.

From 2006 to 2007, the poisoning death rate increased 6%, whereas the motor vehicle traffic death rate decreased 4%, and the firearm death rate did not change.

All mortality data is age-adjusted. The data is based on all manner of injuries, including unintentional, suicide, homicide, legal intervention, and war. Poisoning deaths include those from drug overdose, drug misuse, and those associated with biologic substances, gases or vapors, pesticides and unspecified chemicals.

Free Stop-Smoking Program at PBMC

Freshstart, the American Cancer Society's free quit-smoking program, is available at the Knox County Health Clinic in Rockland. It consists of four 90-minute sessions over a four-week period. Sessions for fall 2010 and the first half of 2011 will be held from 5:30 to 7 p.m. on Wednesdays, September 8, 15, 22 and 29; November 3, 10, 17 and 24; January 5, 12, 19 and 26; March 9, 16, 23 and 30; and May 4, 11, 18 and 25. All classes start at 5:30.

Thanks to a grant from the Knox County Community Health Coalition, Pen Bay Healthcare is able to offer these classes to the community free of charge. All classes in a series of four must be attended.

For more information, or to register, call the Penobscot Bay Medical Center Education Department at 701-3393. All classes will be held at the Knox County Health Clinic, in the Bok Medical Arts Building at 22 White Street in Rockland.

Another resource is the Maine Tobacco Helpline, which is free and confidential. Call 1-800-207-1230. For after-hours calls, leave a message and someone from their staff will call back. The Helpline is open to everyone; even those who don't use tobacco can call for family or friends who do.

PBMC Physical Therapy Opens Waldoboro Clinic

In response to patient requests, Pen Bay Medical Center's outpatient physical therapy department will be opening a new location on Wednesday, September 1, in the Waldoboro Fitness Center on Winslows Mills Road (Route 32).

"We're looking forward to serving patients closer to their homes," says Jana Tobin, PT, outpatient manager for the Penobscot Bay Medical Center physical and occupational therapy department. "In addition, we'll be coordinating with Waldoboro Family Medicine and other area medical practices to make sure patients receive the services they need as they work their way to wellness."

More information is available online at pbmc.org/ptot. Patients can ask their primary care physician to call 593-5500 for an appointment at the new Waldoboro location.



Jana Tobin, PT, outpatient manager for the Penobscot Bay Medical Center physical and occupational therapy department.



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Local Physician Recognized for Quality Cardiovascular and Stroke Care

PBMC physician Dr. Eric Schenk

The National Committee for Quality Assurance (NCQA) and the American Heart Association/American Stroke Association recently announced that Penobscot Bay Medical Center physician Dr. Eric Schenk of Rockport has been cited by the Heart/Stroke Recognition Program for providing quality care to his patients with cardiovascular disease or who have had a stroke.

To receive recognition, which is valid for three years, Schenk submitted data that demonstrates performance that meets the program's key cardiovascular and stroke care measures. The measures include blood pressure and cholesterol control, among others. When patients receive quality care as outlined by



the measures, they are less likely to suffer additional complications such as a second heart attack or stroke.

Schenk has also been recognized by NCQA for excellence in diabetes care, and he is the only physician in the area to receive Diabetes or Heart/Stroke Recognition.

The goal of the American Stroke Association, a division of the American Heart Association, is to raise awareness of stroke and reduce disability and death from stroke. NCQA is a private, nonprofit organization dedicated to improving health-care quality.

More Than 10,000 Hours of Volunteer Service —

The Penobscot View Grange in Rockport recently honored Margaret Carpenter of Rockland with a Community Service Award for her more than 10,000 hours of volunteer service over the past 20 years at Penobscot Bay Medical Center in Rockport. In 2009, Carpenter received a Volunteer Service Award from the President's Council on Service and Civic Participation for her service to Pen Bay Medical Center. Pictured from left are Judi Trenholm, PBMC volunteer director; Margaret Carpenter; Gary Simonton, Penobscot View Grange lecturer; and Janette Small, Penobscot View Grange master.



"Safe at Home" Series Being Given in Rockland

Spectrum Generations is offering an upcoming lecture series titled "Safe at Home." Being able to remain in their own home as opposed to moving to assisted living is a goal many older individuals strive for. Doing so safely is a vital part of this process. The three-part "Safe at Home" series focuses on a variety of issues related to safety at home. All lectures will take place at the Spectrum Generations Community Center, 61 Park Street in Rockland.

TO YOUR HEALTH

On Monday, August 23, at 10 a.m., the talk will be on "Personal Emergency Response Systems"; on Tuesday, August 24, at 10 a.m., the focus is on "Preventing Falls and the Matter of Balance Program"; and on Wednesday, August 25, at 12:30 p.m., the talk is on "Files of Life."

There is no charge for admission, but donations to the center are welcome. Call 596-0339 to register.

Safe at Home Seminars Scheduled in Damariscotta

Safe at Home Week (August 23-27) promotes safety in and around the home to eliminate senseless home-related injuries. Daily seminars are being held at Spectrum Generations Coastal Community Center, 521 Main Street in Damariscotta, to promote a safe and healthy home environment. Call 563-1363 to reserve a spot in one or more of the following Safe at Home seminars:

"Planning for a Disaster," Monday, August 23, at 1 p.m.; "Home Invaders Beware," Tuesday, August 24, at 9:30 a.m.; "Safe at Home Exercises," Tuesday, August 24, at 10:15 a.m.; "Green Cleaning for a Healthy Household," Wednesday,

August 25, at 2 p.m.; "Staying Safe Online," Thursday, August 26, at 11 a.m.; "Ultimate Couponing for Home Safety," Thursday, August 26, 11 a.m.; "Hiring Home Health Staff," Thursday, August 26, at 1:30 p.m.; "AARP Driver Safety Seminar," Friday, August 27, from 8:30 a.m. to 12:30 p.m.; and "Home Assessment, How to Scan Your Own Home," date and time to be announced.

Advance registration is required for the seminars; call 563-1363. Safe at Home seminars are subject to cancellation if fewer than five people express interest in a particular program. Suggested donation is \$5 per seminar.

PBMC Expands Stroke Care Improvements

For the past three years, Pen Bay Medical Center (PBMC) has had a nationally certified stroke program, designed to provide evidence-based care for stroke patients. This year, two of the leaders of the Pen Bay program have been tapped to assist two other Maine hospitals in establishing their own stroke programs.

As part of a grant designed to improve stroke care in Maine, Dr. Robert Stein, PBMC neurologist, and Eileen Hawkins, RN, PBMC stroke program coordinator, have been providing expertise and mentorship to Mid Coast Hospital in Brunswick and MaineGeneral Medical Center in Augusta and Waterville to assist these hospitals with also achieving Joint Commission Primary Stroke Certification.

The grant was provided through the Maine Center for Disease Control and Prevention's Cardiovascular Health Program, whose grant project manager has high praise for the pair from Pen Bay.

"In addition to serving as mentors to MidCoast and MaineGeneral, two hospitals which have also put a great deal of effort into enhancing their stroke systems over the past year, these two Pen Bay representatives have provided numerous hospitals and emergency service providers throughout the state with the assistance and tools necessary to develop and sustain effective stroke care," says Danielle Louder, grant project manager and stroke systems special-

ist for the Maine Center for Disease Control and Prevention's Cardiovascular Health Program.



Dr. Robert Stein and Eileen Hawkins, RN, PBMC stroke program coordinator. The two are co-chairs of the Stroke Health Work Group.

"From Caribou to southern Maine, they have provided training, shared stroke protocols, education tools and quality-improvement models with statewide partners through many venues. They are an excellent example of passion for one's work, going above and beyond to share their expertise to improve survival and disability associated with stroke in Maine," says Louder.

PBMC's stroke program was certified in 2007 and recertified in 2009 by the nonprofit and independent Joint Commission.

Both MaineGeneral and Midcoast are members of the MaineHealth family; their work through the Maine CDC dovetails with Stein's and Hawkins' role as co-chairs of the Maine Health Stroke Work Group, which works with all MaineHealth affiliates to implement quality stroke care.

Stein and Hawkins work with PBMC neurologist Dr. Bruce Sigsbee in collaborating with community members and providers from all points in the health-care continuum to meet the Joint Commission's standards and guidelines. The PBMC Stroke Program additionally focuses on continuous quality improvement and stroke awareness and education.

More information about the PBMC stroke program is available online at pbmc.org/stroke.

Tell TRIAD

By George Chappell

Chairman of the Knox County TRIAD Committee

Abuse of the elderly takes many forms, including physical, verbal, domestic, and financial, according to members of Knox County TRIAD, a group of concerned citizens, public safety officials, medical and safety units, and private, public and home care representatives, meeting regularly at Bartlett Woods in Rockland.

For three years the local TRIAD chapter has conducted workshops on state regulations for protection of the elderly, such as mandated reporting by care workers, reviewed stories of mistreatment and even acted as ombudsmen looking out for the welfare of seniors being mistreated in public facilities and private homes.

The organization has made an instructive DVD, "We Got Another Sucker," to help seniors fight fraud. The movie features local people as actors and actresses, and it is done with the help of retired television news and film producer Don Moore, a TRIAD member living in Port Clyde. Copies of that DVD are available by writing to TRIAD, P.O. Box 1571, Rockland, ME 04841.

Despite the growing concern about abuse of senior citizens, a recent U.S. Senate Special Committee on Aging found that an estimated 84 percent of elder abuse incidents are never reported. In Maine, there are approximately 13,000 known cases of seniors who are abused in the state each year, and the number is increasing.

Abuse often comes from family members, elder-care workers, or "friends." About 60 percent of abusers are family members, according to state statistics.

A growing amount of abuse has taken place in the financial sector. Unscrupulous financial planners, according to a recently published report, bilk elderly persons living on pensions and retirement incomes. Examples cited are an 80-year-old woman, suffering from confusion owing to memory loss, who is persuaded to transfer her investments into annuities without being told she would not have access to her funds, and an 87-year-old widow persuaded to sell her husband's blue-chip stocks and buy a cash-value insurance policy, giving the broker access to the funds in the process.

In an ongoing effort to alert the public about elder abuse, TRIAD will publish a monthly column through the grace of The Free Press. The column, to be called "Tell TRIAD," will be written by local senior citizens telling their own stories in their own words.

The first is the following statement from Priscilla Smith, a senior citizen from Rockland, relating her experience as a trusting landlord:

Trust is an obsolete word

By Priscilla Smith

There are hotlines advertised for helping seniors make smart choices. As a fourscore and more senior, however, I give my warning as "Beware Thyself."

We seniors were programmed for a different culture. It was a culture where eye contact, a handshake and a verbal agreement constituted a contract. This, I am told, is no longer true. From my experience, I guess I have to believe it.

I had a house for rent with a rental sign on the clapboards when a couple called to ask if they could see it. I drove there, met them on the seventh of the month and told them the rent did not include utilities of water, electricity and oil for the furnace. I also gave a copy of the lease to insure the would-be renters understood their responsibilities before signing.

I unwisely gave them the keys and they moved in on the eighth. On the 19th of the month, the male paid me one month's rent but nothing for a security or cleaning deposit. He said he was a fisherman and that his check was from out of state and would take 10 days to clear. When I called him on his cell phone, three times, he never answered or returned my call.

I attempted to evict the nonpaying couple but failed to name both the man and his wife in my complaint. A call allegedly from Penquis stated that the woman was at Penquis, and that the couple would like to stay if things could be straightened out. I had in the meantime received many notifications that I should not, under any circumstances, deal with these folks. Since my call from Penquis was from a cell phone, I even mistrusted the veracity of the call, believing it could have been made by a friend of the nonpaying tenant, who by now I had discovered, made a practice of not paying rent.

The representative from social services made no mention of money but merely mentioned the outcome if "things could be straightened out."

To me, that is an ambiguous offer. Now with the loss of more than \$3,000 and huge holes driven in three walls, I guess I have learned my lesson: "Trust" is an obsolete word.

To report an incident of elder abuse, call your local law enforcement office or the Maine Office of Elder Services Adult Protective Services at 1-800-624-8404.

MMA Interviews with Gubernatorial Candidates Available Online and on DVD

The Maine Municipal Association (MMA) has posted edited versions of recent question-and-answer sessions with all five candidates for governor on its Web site, www.memun.org.

The organization also is making DVDs available of the edited and unedited interviews that the candidates had in July and August with the 12-member executive committee at MMA and with staff.

"Our executive committee feels strongly that the relationship between municipal government and state government is a critical one," said Christopher Lockwood, executive director at MMA. "Every four years, we take a very deliberative approach in reaching out to candidates for governor before the primary elections and before the general elections."

While the MMA has had question-and-answer sessions with candidates for governor in the past, this is the first time that the organization recorded those sessions and is making them available to its members and to the public.

MMA's interviews with the candidates were not debates. Rather, each candidate appeared separately for about an hour and was asked a series of municipal-oriented questions. Candidates were given a list of topics to be covered in advance. They also were told the sessions would be recorded and edited for the MMA Web site.

Among the topics covered were municipal revenue sharing, K-12 education funding, tax reform, and transportation funding.

MMA is a nonpartisan organization that does not endorse candidates, nor does it contribute money to political parties or candidates' campaigns. Founded in 1936, the organization plays an important role advocating on behalf of municipalities and municipal issues.

In all, seven DVDs featuring the candidates are available: a two-DVD set of edited interviews, which was produced in conjunction with Media Lab Maine of Waterville; and separate, unedited DVDs of all five candidates. Copies are available for \$5 per DVD for MMA members and \$10 per DVD for nonmembers, and that includes shipping and handling. DVDs will be mailed after payment is received. Order forms are available at the MMA Web site www.memun.org. For questions, contact the MMA Communication & Educational Services Department at 800-452-8786.

All five candidates also have been invited to a group forum at the 2010 MMA Convention on Wednesday, October 13, at the Augusta Civic Center. Former WMTW-TV/Channel 8 anchor Tory Ryden will moderate that event.

Republican Candidates to Meet & Greet at Union Fair

Republican candidates will be on hand all week at the Union Fair to discuss issues and ask for support.

Paul LePage, Republican candidate for governor, will be at the Union Fair on Saturday, August 21, to participate in the Fair Parade and to circulate around the fairgrounds greeting people and answering questions.

Dean Scontras, candidate for the U.S. Congress to represent Maine's First Congressional District, will be at the fair on Saturday, August 28, from 1:30 to 2:30 p.m.

Knox County Republican candidates will be available at the Knox County Republican booth on the following days:

Wendy Pelletier, candidate for House District 44 (Appleton, Hope and five Waldo County towns), will be at the booth on Monday, August 23, from 4 to 8 p.m.

Rep. Wes Richardson, House District 49 (Cushing, Friendship, Union and Warren), will be at the booth on Tuesday afternoon, August 24.

Helen Shaw, candidate for House District 46 (Camden and Rockport), will be joining Wes on Tuesday afternoon.

Steve Dyer, candidate for Knox County Commissioner for District 1 (Rockland, Rockport, Owls Head and South Thomaston), will be at the booth Wednesday and Thursday afternoons, August 25 and 26.

Sen. Chris Rector, Senate District 22 (Knox County except Friendship, Isle au Haut and Washington), will be at the booth on Thursday afternoon, August 26.

Carol Emery, Knox County Judge of Probate, will be at the booth on Thursday evening, August 26, and Friday afternoon, August 27.

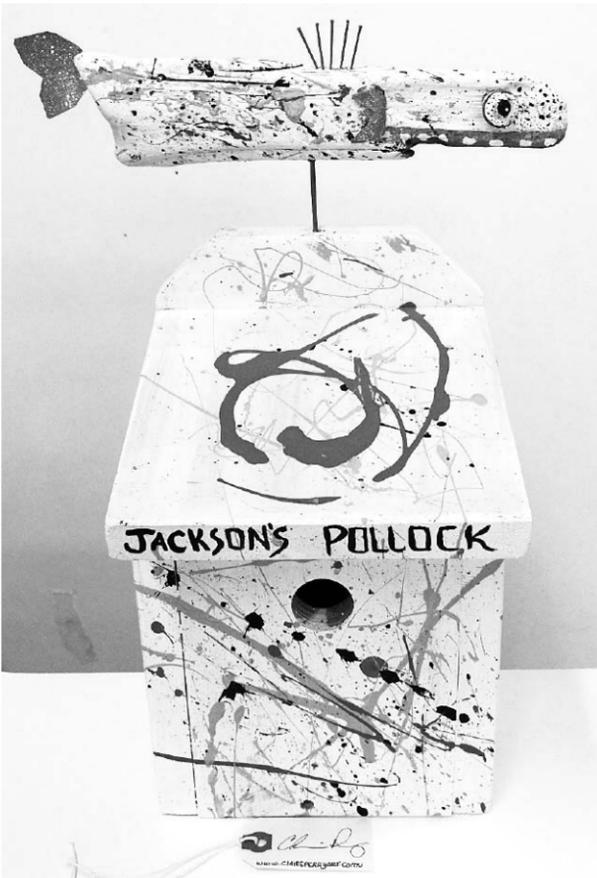
Mike Phillips, candidate for Knox County Sheriff, will be at the booth on Thursday, Friday and Saturday afternoons, August 26, 27 and 28.

Deb Sanderson, candidate for House District 52 (Washington and four towns in Lincoln and Kennebec counties), will be at the fair on Saturday afternoon from 2 to 6.

The Knox County Republican booth is located on the Midway along the fence next to the park.

LETTERS OPINIONS

Birdhouse Bonanza Auction and Fund-raiser Raises \$4,000—



Two nonprofit organizations, the Kiwanis Club of Rockland and Lincoln Street Center wish to express our appreciation to our local community for their support of our First Annual Birdhouse Bonanza Auction and Fund-raiser.

First of all, many thanks to all the artists who built and decorated birdhouses. With your talent and creativity, \$4,000 was raised to benefit children's programs. Next, hats off to the collectors who came and bought unique birdhouses. We couldn't have done it without you either!

Special recognition goes to: Jaap Vrolijk, who constructed 44 birdhouses; Greg Hamlin, our Web master; Christen Singer of One Willow Studios for design and marketing work; Mulford Gallery for hosting the Silent Auction at 313 Main Street; Bruce and Becky Gamage for their valuable service; the Farnsworth Museum for media support; Eric Hopkins for his fantastic creation and for inspiring many artists to participate; J&B Printers for printing of our banner and Rockland Savings and Loan for its placement; Capture Media Associates for online promotion; The Free Press and Herald Gazette for publicity; Hannaford Rockland, Renys, and Quilt Divas for promotional sponsorship; Lowe's for wood to build birdhouses; Fiore for Sponsorship; and downtown restaurant and shop locations for displaying birdhouses.

This first-time collaboration between the Kiwanis Club of Rockland and Lincoln Street Center established a mutually beneficial relationship, with a shared commitment to making children's lives better. Creating deeper community ties, Birdhouse Bonanza Auction of 2010 is viewed as a success with promise for the future.

Thank you to all,

Jacqueline Harjula, President of Kiwanis
Angela Anderson Pomerleau,
Director, Lincoln St. Center

Elizabeth May, Co-chair, Birdhouse Bonanza
Christen Singer, Co-chair, Birdhouse Bonanza

Grateful for Great Help—

Regretfully on July 31 while moored at Pulpit Rock on North Haven, I took a fall and required medical care. We called 911 and the EMTs began to arrive to meet us at the dock. It seemed like every few minutes another pair of hands arrived to help, leaving me with the feeling that North Haven must have a particularly high ration of EMTs per capita. Extricating me from the sloop wasn't easy but they were very supportive, calming and efficient. They kept me well informed and the evacuation by air and transfer in Rockland went well.

Upon arriving at Penobscot Bay Medical Emergency Room I was told that they were full and didn't have a room available, however within minutes I was in a room and treatment began. Although it was a busy night, the care was incredibly responsive from the nurse, doctor and radiology staff. Fortunately I should make a full recovery from my injuries in measure thanks to the excellent care I received. So, although I can't recall all the names, my thanks to John, April and all the first responders on North Haven as well as Dr. Robinson, Tatiana and the radiology staff for your caring, professional care.

Carol Swenson Jue, Keene, NH

Matthew Simmons 1943-2010



Matthew Roy Simmons was born on April 7, 1943, to Roy and Elizabeth ("Tibby") Simmons and grew up in Layton and Kaysville, Utah.

Matt attended college at the University of Utah, where he graduated cum laude with a degree in accounting and was a member of Sigma Chi Fraternity. He received an MBA with distinction from Harvard Business School, where he served on the faculty as a

Research Associate for two years.

During his time at Harvard, he met and married the love of his life, Ellen Lougee. They became the parents of five extraordinary daughters: Wheeler, Abigail, Emma, Winifred and Lydia.

Above all, Matt enjoyed time spent with Ellen and the girls, taking great pride in their accomplishments. Traveling with them to the far-reaching corners of the world, he always had watercolors and a brush close at hand, and he was an accomplished artist. He played the marimba, was a great cook, and loved telling stories, which invariably became better as he retold them. He took special pride in, and was a student of, his pioneer Mormon heritage. His father once remarked that Matt enjoyed life more than perhaps anyone he had ever known, and his friends and acquaintances would no doubt add that his sense of humor, his commitment to great causes, and the enthusiasm with which he tackled his varied and seemingly endless list of projects enriched the lives of all who knew him.

From trading pigeons as a young boy to working on a ranch in Nevada, Matt was an entrepreneur at heart. He started an investment bank/advisory firm in Boston, whose early clients were oil service companies. In 1974 he was a founder of a firm that went on to become Simmons & Company International. Simmons & Company grew, becoming a global leader in providing research, corporate finance, advisory and investment banking services to hundreds of oil service companies; more recently the firm began covering all aspects of energy. Matt retired from the firm as Chairman Emeritus in 2007 and went on to establish the Ocean Energy Institute, aiming to help supplant the world's fossil fuel reserves with energy from our oceans.

Matt loved to challenge conventional thinking, and he backed his positions with extensive research. He published numerous papers for energy industry journals and was a frequent speaker at government forums, energy symposiums and in boardrooms of many leading energy companies around the world. His 2005 book *Twilight in the Desert: The Coming Saudi Oil Shock and the World Economy* questioned the sustainability of current levels of Middle East oil production. With his passing, the energy industry loses one of its greatest fans, and one of its sharpest and brightest critics. Over time, his contribution to the world's largest industry will be legendary and not remembered for any one issue, idea, position or accomplishment. His work was always marked with direction, purpose and excitement.

He gave his time and resources generously to many nonprofit organizations, reflecting his diverse interests. He was a trustee of The Museum of Fine Arts, Houston; the Farnsworth Museum in Rockland; The Island Institute in Rockland; the National Trust for Historic Preservation; and had served as President of the Harvard Business School Alumni Association. He also served on the boards of The Alley Theatre in Houston, The University of Texas M.D. Anderson Cancer Foundation Board of Visitors, the Bermuda Institute for Ocean Sciences, and was past-Chairman of the National Ocean Industry Association. He was also a member of the Council on Foreign Relations, The Atlantic Council of the United States and the National Petroleum Council.

Matthew Roy Simmons passed away on August 8, 2010, from a heart attack at his summer cottage on North Haven in Maine.

He is survived by his wife of 39 years, Ellen, his five daughters, son-in-law Millen Griffith VI, his brothers, L. E., Harris and David, and his sisters, Julie Simmons Watkins and Liza Simmons Hoke, and their families.

Services will be held in Rockport, Maine, and Houston, Texas.

In lieu of flowers, the family requests donations be made to the Ocean Energy Research Institute, 91 Camden Street, Suite 401, Rockland, ME 04841, or online at www.oceanenergy.org, in memory of Matthew R. Simmons.

Memorial Service in Rockport on Monday

A service celebrating the life of Matthew R. Simmons will be held at the Rockport Opera House, 6 Central Street, Rockport, on Monday, August 23, at 11 a.m.

Coastal Trans Turns to the Community with Its Annual Appeal—

After suffering from a major stroke, Jeannette Hemingway lost her ability to speak. With the help of Coastal Trans, the 82-year-old Jefferson resident was able to attend speech therapy at the Maine Center for Integrated Rehab in Rockland three times a week.

Without Coastal Trans, Jeannette's daughter, Suzanne Hamilton, said she wouldn't have been able to get her mother to the crucial therapy where she relearned to speak, read, write, count and reclaim her sense of freedom.

"I often thought as my mother boarded the Coastal Trans bus with her lunch box in hand, that she felt like a kid again, going off to school," said Hamilton. "And, she really loved it. Coastal Trans allowed my mother to feel useful, more independent, intelligent and with purpose. From the bottom of my heart, I thank Coastal Trans for making the last year of her life so much better."

Every year Coastal Trans turns to the community for our annual appeal to support our mission to help people who can no longer drive themselves, or do not have access to a vehicle, get the services they need to maintain healthy and independent lives.

Coastal Trans' state funding is already less than it was 10 years ago. Further cuts in the state budget that are now pending may force Coastal Trans to reduce the amount of transportation we are providing in Knox, Lincoln and Sagadahoc Counties and the towns of Brunswick and Harpswell.

Every dollar Coastal Trans receives helps keep our vehicles on the road, ensuring everyone in the midcoast has the transportation they need and deserve.

To make a tax-deductible donation, mail your payment to Coastal Trans, Inc., 46 Summer Street, Rockland, ME 04841, or call 596-6477.

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).

Ragged Mountain Wind Power Concerns —

It has come to the attention of several property owners and concerned citizens in the Camden/Rockport/Hope and other neighborhoods on or near the Snow Bowl and Penobscot Bay, that plans are underway to develop wind power on Ragged Mountain.

As a community of laypersons, we have begun to educate ourselves about the potential advantages and disadvantages of this development. We assume we all share a common goal of wanting to reduce our dependence on fossil fuels. We are trying to balance the advantages and disadvantages of the project, as we understand it so far.

Advantages:

— A positive symbolic move by a Maine community to move toward renewable energy sources

— Possibly cheaper power for those served by the wind turbines

Disadvantages:

— Environmental degradation by the industrialization of Ragged Mountain (including ridgeline blasting and construction, road construction, and power line construction)

— Visual degradation of the Ragged Mountain skyline, the gateway to the midcoast and where the mountains first meet the sea

— Physical damage to the ridgeline of Ragged Mountain

— Unknown impact on birds, bats, and wildlife

— Significant audible impact to the whole bowl of the Hosmer Pond watershed

Ragged Mountain is a treasured recreational area, enjoyed and valued by all Camden citizens and beloved by the residents of the Hosmer Pond watershed. Such groups as the Hosmer Pond Association, the Coastal Mountains Land Trust, the Camden Snow Bowl and its assorted supporters such as the Ragged Mountain Foundation, the Ragged Mountain Ski and Snowboard Club (RMSSC), and the Midcoast New England Mountain Bike Association (McNEMBA) all have a stake in this matter.

How have these groups responded to the plans to develop the mountain into an industrialized wind power project? The excellent plans by the Ragged Mountain Redevelopment Committee seem to be finely tuned. How will the potentially renovated Snow Bowl be affected by changes to the mountain?

The disadvantages of wind power on Ragged Mountain in the long and short term far outweigh the advantages.

1. To quote the Energy Committee's minutes of June 1, 2009: "In order to site turbines, so that they don't create a problem, the minimum distance to the nearest house is about 1,000 feet and that will even cause a little bit of concern. Within 1,000 feet, the noise is too much for neighbors."

Whose homes are nearest? What is meant by "a little bit of concern"? What is meant by "the noise is too much for the neighbors"? Will homeowners in the Hosmer Pond watershed be affected, as neighbors of the Fox Island turbines have been? How will property values be affected?

2. To quote the Energy Committee's minutes of June 1, 2009: "There are some concerns with flicker. This occurs

Questions About 2010 St. George Revaluation —

At the August 9 meeting of the Board of Assessors/Selectmen, St. George residents began to hear about significant problems in the 2010 property revaluation:

1. On January 19, the Board met privately with the Assessors Agent and approved his procedures after obtaining detailed information. To date, the public has not had the opportunity to review that information. The agent proceeded to complete the revaluation, for which he was paid \$165,000.

2. After taxpayers received their proposed revaluations, over 100 (unrecorded) meetings were held between the Assessors Agent with individual taxpayers seeking revision. Since then the town has sent out at least 52 property bills that should have showed revised valuations, but did not. It is uncertain whether there is a complete list of erroneous bills or whether all errors can now be corrected.

3. In the upcoming abatement process, the agent will eventually make recommendations on abatement requests. In doing so, the agent will be reviewing his own work, and apparently he will be paid \$875 a day for it under a preexisting contract first mentioned on August 9.

4. The board did not request that the agent submit a report on revaluation, or explain or correct the many instances where his valuation differed very substantially from reasonable ranges for the town. The differences are considered in a detailed report prepared by town resident H. Peter Muth. Muth's work concludes that lower-value properties (below \$200,000) inappropriately bore the brunt of the broad upward revaluation, which he says increased town property values on average by more than 100%. (The board has the Muth report and copies are available.)

5. Despite earlier requests, basic information, like the number and location of the neighborhoods being revalued, was not made available to the public until the overall revaluation was completed.

In light of these problems, it is respectfully submitted that St. George residents deserve greater transparency and more accurate information in property revaluations and other town operations.

John C. Bates, Jr., St. George

when the sun shines directly on you through the turbine which causes a strobe affect."

Who would want to celebrate an event at the Lodge, hike or ski with turbine noise and flickering strobe effects? Wind turbine blades also kill birds, bats, scare away wildlife and scatter ice.

3. To quote the Energy Committee's minutes of June 1, 2009: "Constructing turbines on this site will be difficult. You will need to build a road to reach the site. The turbines come in about seven different parts with three blades, three sections to the tower and the base hold that sits on the top. Those are extraordinarily heavy weighing about 100,000 pounds. The trucks that carry them are quite large. You also need roads to interconnect all the turbines. You can narrow the road with time if you choose to only allow service vehicles and widen it at some point should you have to take them out or replace them. There will be a road and the character of the ridgeline will change significantly in some people's minds."

In addition to blasting multiple sites along the Ragged Mountain ridgeline down to the bedrock for the turbine foundations, the double-lane or wider access and connecting roads would affect the mountain drainage and could potentially disrupt the underground aquifers. Many households in Camden, Rockport and Hope and the Snow Bowl itself depend upon the Ragged Mountain watershed for our water supply. In addition, curves in the road would require more than double width roads, and where would transmission lines and transformers be located?

We on Ragged Mountain and the surrounding areas are faced with permanent disruption to our lives caused by the blasting of the mountain, construction of the access roads that will also require winter plowing, incessant turbine noise, flashing strobe light flicker, new mountain drainage characteristics, possible changes to our water supply, loss of recreational and tourism potential, loss of habitat for animal life and a potential reduction in recreational enjoyment of the potentially renovated Snow Bowl. We may also be subject to suffering health issues and a loss of property value.

We are also concerned that, with the "fast track" status of wind power projects, that there will be little opportunity for citizen input to affect the plans.

Dear citizens of Camden, Rockport and Hope, there are and will be better ways to "go green" than permanently destroying what we have inherited in Ragged Mountain. Maine has a wealth of resources, including water. We encourage you to consider the alternatives before causing irreparable changes to one of Camden's seven famous mountains, Ragged Mountain.

Respectfully submitted,

Dorie Klein, Camden

Dana Strout, Camden

Ron Huber, Rockland

Sue Fleming, Camden

Barbara Malone, Camden

Ann and Steve Pixley, Camden

LETTERS OPINIONS

The Revaluation Seesaw—

Residents in St. George are riding the revaluation seesaw. On one end of the tax seesaw is the new 2010 revaluation of property. On the other end is the mil rate. When one end goes up, the other end goes down.

The mil rate for 2009 was 12.5. The new mil rate for 2010 is 7.3. Wow! Big difference. What happened! Well, the 2010 mil rate is dramatically lower because the revaluation resulted in property assessments dramatically higher. One end goes up, the other end goes down.

Who cares? Besides, it's all so confusing. But if a taxpayer's new revaluation/assessment is out of whack this year, it'll be out of whack year after year. That taxpayer's share of future town expenses will be higher than the taxes of someone with similar property whose revaluation/assessment is not out of whack.

How far out of whack could any taxpayer be? Some taxpayers have seen the value of their property increase by 300 percent to 600 percent. Amazing after two years of recession. The last full revaluation (with actual site inspections) was in 1995. However, a paper computation of property values was done in 2005 to adjust values to the then current sales market. So, how did some properties get 400 percent behind in value? Or, are some properties now over-assessed and some under-assessed?

Resident Peter Muth is among those who have generously crunched the numbers. His analysis concludes that the new Revaluation is out of whack. Especially for those with properties in the middle range around \$200,000 to \$400,000 in values.

What can taxpayers do if they believe their home sweet home has a new valuation that is over the top? First, they need to ask for copies of their Valuation Report and their property cards at the town office. Check carefully for simple errors that need correcting. If they think the valuation is still excessive, they can file an Abatement Application with the town. The deadline is 185 days from July 19, or some time in January 2011. The Select Board aka Board of Assessors will vote aye or nay on a decrease in valuation. If the taxpayer disagrees with the Select Board/ Board of Assessor's decision, the taxpayer can forward his Abatement appeal to Knox County.

What's an Abatement Application? It's a one-page form that looks deceptively simple. However, it should have pages of support documents firmly attached to it if the taxpayer has any hope for a favorable decision. Things like deed restrictions, easements (e.g. right-of-ways), sharing of wells, wetlands, owning a non-conforming lot, aerials that show mud flat instead of deep water — everything including the kitchen sink can be submitted. Why attach all this stuff to the Abatement Application? Because if the Application is rejected and goes on to the County a person might not be allowed to add any additional information to bolster a case. Best bet is to make the Application all that it can be, right at the beginning. Adding an appraisal from a certified appraiser was advice given to some by the town's Revaluation agent, Parker Appraisal. But such an appraisal can cost hundreds of dollars.

Where to get more information? At the www.maine.gov Web site go to Maine Revenue and then Property Tax Division for bulletins. The St. George Web site finally has posted the new tax rolls and other information. Mr. Muth's report is available from him, from me, or from other folks who have waded knee-deep into the Revaluation process and attended Select Board meetings during the past three months.

By the way, as of August 9, at least 52 incorrect tax bills were mailed out due to a "software glitch." Residents might want to see their Valuation Reports and property cards in the town office before writing checks.

What will be the outcome? Who knows. We're all riding the same seesaw hoping that balance and fairness will prevail. May the Force be with us.

Anita Siegenthaler, Port Clyde

North Nobleboro Day—

The members of the North Nobleboro Community Association wish to thank every merchant who generously gave merchandise or gift certificates in support of the 38th annual North Nobleboro Day. With their support and with the enthusiastic attendance of community members, we were able to have another successful and fun-filled day. The funds raised each year are used strategically for community related needs such as contributions to the Nobleboro Central School library, renewing a scholarship fund and for maintaining local cemeteries and the Community Hall.

The members of this community deserve congratulations, as do the supporting merchants. It is always heartwarming to see so many people work together to pull off this event. It takes a coordinated effort above and beyond everyone's everyday activities to make such an event successful year after year. North Nobleboro is a very special community because of the year round efforts of its members and neighbors. Thank you,

*The North Nobleboro Community Association
Hilary Petersen, Secretary*

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CALENDAR OF EVENTS

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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, AUG. 19:

► **South Bristol Historical Highlights Tour**, 10 a.m.-4 p.m., Bristol/So. Bristol peninsula. Self-guided tour of more than 30 sites, including homes, old foundations, cellar holes and cemeteries. Tickets, \$10, available at the Walpole Union Chapel, Rte. 129. FMI: 644-1253.

► **Summer Music Series**, 7 p.m., Camden Amphitheatre. Free concert of bluegrass, swing, folk and original compositions by the acoustic Mink Hills Band from New Hampshire. Bring chairs or blankets for seating. Library is rain venue.

► **Juggling Duo TWO in Performance**, 7:30 p.m., Opera House at Boothbay Harbor. Brothers Matthew and Jason Tardy bring their combination of wit, physical comedy, live music and high-energy juggling to the Opera House stage. \$10/\$5 age 16 and under in advance/\$12 all ages day of show. FMI: 633-5159.

► **Pogey in Concert**, 7:30 p.m., Unity College Centre for the Performing Arts, 42 Depot St., Unity. Fiddle, mandolin, acoustic guitar and banjo with bass, drums and vocal harmonies deliver the five members' Nova Scotia sound. Pre-show jam session begins at 6:45; bring instruments and jam with the artists. \$10. FMI: 948-7469.

► **Bay Chamber Concerts Presents "Two Pianos, Six Hands and More,"** 8 p.m., Rockport Opera House. Max Levinson, Frederick Moyer and Anastasia Antonacos, pianos, with Marc Johnson and Glenn Garlick, cellos, and Courtney Prizrenac, French horn, perform music by Mozart, Mendelssohn, Milhaud, Czerny, and Schumann's Andante and Variations for Two Pianos, Two Cellos, and Horn. FMI: 236-2823.

► **Belfast Summer Nights Concert Series**, 5:30-7:30 p.m., Heritage Park. The Inner Circle Jazz trio — Noah Fishman on bass, Jacob Forbes on drums, and Jeremiah Kahn on saxophone — will be joined by Tom Luther on piano, vocalist Llyse Laurel, and Gideon Forbes on tenor saxophone. Free; bring chairs and a picnic.

FRIDAY, AUG. 20:

► **"In Grand Style,"** 11:45 a.m. lunch, followed by fashion show, The Grand, 165 Main St., Ellsworth. \$25. FMI: www.grandonline.org.

► **9@Night Golf Social**, 4:30-9:30 p.m., Rockland Golf Club. Penobscot Bay Chamber evening begins with a lobster and steak dinner, followed by tee-off, with last three holes played in the dark, complete with glowing golf balls, glow sticks

and flashlights. \$300 per foursome/\$75 individuals/\$50 dinner and an evening at the club. FMI: 596-0376.

► **Salt Bay Chamberfest**, 7:30 p.m., Darrows Barn at Round Top, Bus. Rte. 1, Damariscotta. The festival closing concert includes George Crumb's "Black Angels," written during the Vietnam War, and Olivier Messiaen's "Quartet for the End of Time," written when the composer was in prison camp during WW II, with Canadian-born clarinetist Romie de Guise-Langlois appearing in the piece. Pre-concert talks at 6:30 p.m. \$25/children and students, free. FMI: 522-3749.

► **Sierra Leone's Refugee All Stars in Concert**, 8 p.m., Strand Theatre, 345 Main St., Rockland. Traditional West African music, roots reggae and rhythmic traditional folk. FMI: 594-0070 or www.rocklandstrand.com.

► **Godspell**, Fri. & Sat., Aug. 20 & 21 at 8 p.m., with 2 p.m. Sun. matinee Aug. 22, Camden Opera House. The Camden Civic Theatre presents the musical retelling of the parables and events found in the Gospel according to St. Matthew. Tickets available at HAV II, Camden; Reading Corner, Rockland; Mexicali Blues, Newcastle; or online at www.camdencivictheatre.com.

► **Reading and Signing by Gwen Southgate**, Fri., Aug. 20, 2 p.m., Camden Library and Tues., Aug. 24, 6:30 p.m., Rockland Library. Southgate will read excerpts from her book *Coin Street Chronicles: London's Vanished Old South Bank Area*, a memoir of Britain in the 1930s and '40s as seen through the eyes of a child.

► **Belfast Harbor Fest**, Fri.-Sun., Aug. 20-22, Belfast. Fri. night launch party at 6 p.m. at Steamboat Landing with music by Spouse and Deely Stan. Sat. pancake breakfast, road race, National Boatbuilding Challenge and entertainment on the Sardine Stage on Belfast Common, with a Grand March at 5 p.m. *For complete schedule, see p. 20.*

► **Maine Academy of Country Music Countrygrass Festival**, Fri.-Sun., Aug. 20-22, Broken Acres Farm, Valley Rd., Jefferson. Three days of traditional country & bluegrass music, with national recording artists Leona Williams & her son Ron plus some of Maine's best country, bluegrass and gospel artists. Sat. auction at 10 a.m. Rain or shine; camping in the rough; bring lawn chairs. FMI: www.macm home.org.

SATURDAY, AUG. 21:

► **Cindy Kallet and Grey Larsen in Concert**, 7:30 p.m., Bristol Congregational Church, Rte. 130. Traditional Irish and Scandinavian music rooted in historic and contemporary folk traditions. \$15/under 12, free. FMI: 563-6843 or -3763.

► **New England Auto Auction**, Owls Head Transportation Museum, Rte. 73. Preview and bidder registration Fri., Aug. 20, with a selection of more than 200 antique, classic and special-interest vehicles. FMI: 594-4418 or www.owlshead.org.

► **The Wailin' Jennys**, 8 p.m., Strand Theatre, 345 Main St., Rockland. A contemporary folk-pop trio known for their three-

part harmonies and arrangements of original and traditional songs. FMI: 594-0070 or www.rocklandstrand.com.

► **Noel Paul Stookey in Concert**, 8 p.m., Opera House at Boothbay Harbor. A solo performance by the former member of the folk trio Peter, Paul and Mary. \$20 in advance/\$25 day of show. FMI: 633-5159.

► **Customer Appreciation Day at Belfast Co-op**, 10 a.m.-6 p.m. Free massages, door prizes and samples, a cookout and music by the Bel Isle Quartet, Noel Paul Stookey, Fiddler's Jamboree, the Wild Rutabagas, Travis Lloyd Band, Willy Kelly Band and Odlaw. FMI: 338-2532.

► **"Loco Love Music,"** 8 p.m., Waterfall Arts, 256 High St., Belfast. The Paghel Meshugah Ensemble performs the music of Eric Alabaster, which fuses jazz with polyrhythmic Indian and Pakistani sensibilities. \$10. FMI: 338-2222.

► **Benefit Concert for Northport Music Theater**, 7:30 p.m., Rte. 1, Northport. Concert of classic and modern Broadway songs sung by former and new NMT singers. \$15 suggested donation. FMI: 338-8383.

► **R Space Ska Show**, 6-10 p.m., Rockland Rec Center, Union & Limerock sts., Rockland. Headlining is Boston ska band The Have Nots, with opening acts Taco Apocalypse, The New 45 and I Barbarian. \$6. All ages and chem-free. Under 14 with guardian. \$5. FMI: 542-6705.

► **Book Signing by Barbara Dyer**, 1-2:30 p.m., Owl & Turtle Bookshop, 32 Washington St., Camden. Dyer will launch her 11th book, *Who's Who at Mountain View*, a chronicle of the residents of Camden's Mountain View Cemetery.

► **Tenants Harbor Poetry Reading**, 5 p.m. refreshments, book signings and live music by Stuart Bicknell; 5:30-7 p.m. readings, Odd Fellows Hall, Watts Ave. Tenants Harbor. Reading are poets Jonathan Aldrich, Chris Fahy, Elizabeth Gordon McKim and David Riley. FMI: 372-8107.

► **Union Fair**, Sat-Sat., Aug. 21-28, Union Fairgrounds. Featured entertainer on Sat. is country star Easton Corbin. For complete schedule, see the supplement in this issue or visit www.unionfair.org.

► **Rovin' Mick O'Flynn and Special Guests**, 8:30 p.m., Hatchet Mountain Publick House. Traditional Irish music and sea chanties. FMI: 763-4565.

► **Composer, Guitarist and Singer Jim Scott**, 7:30 p.m., UU Church, 37 Miller St., Belfast. Scott is a former member of the Paul Winter Consort. FMI: jrmbabee@gmail.com or 322-2155.

SUNDAY, AUG. 22:

► **Open Musical Jam**, 2-4 p.m., Sail, Power and Steam Museum, Sharp's Point South, 75 Mechanic St., Rockland. Bring an instrument and join the group session. Free.

► **Maine Comedian Bob Marley**, 7 p.m., Opera House at Boothbay Harbor. Marley was the winner of last year's XM/Sirius Superbowl of Comedy. Show is PG-13; under 18 must be accompanied by a parent. \$25. FMI: 633-5159.



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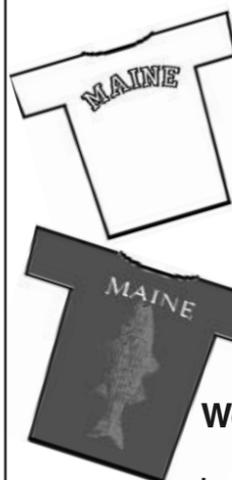
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CALENDAR OF EVENTS

► **Tour de Farms & Local Foods BBQ**, Morris Farm, Rte. 27 N., Wiscasset. Riders choose a 20-, 50- or 100-mile ride through farms in Dresden, Newcastle and Whitefield, then return to Morris Farm for a local foods barbecue. To register for the ride or just the barbecue, visit www.morrisfarm.org or call 882-4080.

► **Lobsterbake Fund-raiser**, 2-7 p.m., 44 Searsmont Rd., Lincolnville. Lincolnville resident Cliff Coburn is holding a lobsterbake to raise funds for Camden First Aid and LifeFlight of Maine. There will be lobster, clams, corn, salads and desserts, a bounce house, horseshoe tournament, and live music. \$16.50/\$8 ages 12 and younger.

► **Annual Service at Old South Cushing Church**, 4 p.m., Salt Pond Rd., Cushing. Service includes music by the Baroque Consort and a homily by Rev. Waite Maclin. Donations accepted. FMI: 354-6351.

► **Reading of A Raging Flame**, 7 p.m., Broad Cove Church, Cushing. The Cushing Readers will present a rehearsed reading of Hugh Aaron's full-length play about business, a recession, an uncooperative business partner, an unhappy marriage, a demanding mistress, a scheming deal-maker, and disgruntled employees.

► **Reading and Book Signing by Environmental Reporter Craig Welch**, 5 p.m., Gallery at Round Top Farm, Business Rte. 1, Damariscotta. Welch will read from and sign copies of his new book, *Shell Games*. Welch covers the wildlife crime beat in Puget Sound, where shellfish poachers wreak havoc on the region's once bountiful, now imperiled marine ecosystem. Free and open to the public.

► **"Down Home at the Gardens" Party**, 5:30-8:30 p.m., Coastal Maine Botanical Gardens. Barter's Island Rd., Boothbay. Fund-raising party features a buffet-style meal prepared by Beale Street Barbeque; Hope Hoffman and Jim Tolles performing Appalachian and bluegrass music; a silent auction of about 100 items; and a live auction of selected items; and the drawing for the Go for the Green Raffle winners. \$65/\$55 members/\$25 ages 12 and under. Reservations: 633-4333.

MONDAY, AUG. 23:

► **Belfast Street Party**, 5-11 p.m., High St. Free street party, rescheduled from Aug. 16, with food vendors, a dunk tank, climbing wall, and music by Joel Watson and the 220s, the Will Kelly Band and Sisticalicious. Rain date is Wed., Aug. 25.

TUESDAY, AUG. 24:

► **"Thurber's Theatre: An Evening with the Inscrutable Male,"** 6:30 p.m., Camden Library. David Foster returns for an evening of comedy by a performer who's had standing-room-only perform-

ances for the past three summers.

► **"Awakening Passion. Peace and Abundance" Show**, 7-10 p.m., 379 Hatchet Mountain Rd., Hope. Troubadour Shawn Madden emcees an evening that features spoken-word songs by Anna Maher and music by singer/songwriter David Dodson. Bring instruments and jam with the artists following performance, as well as a bag supper and chairs and blankets for seating. \$15 in advance/\$20 at the door. FMI: hopepeacechamber.com.

WEDNESDAY, AUG. 25:

► **Paul Sullivan & Theresa Thomason in Concert**, 7:30 p.m., Opera House at Boothbay Harbor. Maine pianist and composer Sullivan in a debut performance with soul and gospel singer Theresa Thomason. \$15 in advance/\$20 day of show. FMI: 633-5159.

► **Bay Chamber Concerts' Wednesday Night Series**, 8 p.m., Strand Theatre, 345 Main St., Rockland. The First Chair All Stars perform "Mostly Mozart." At 7 p.m. there will be a premiere screening of a documentary by D'Arcy Marsh on Bay Chamber Concerts' 50-year history. The film is free and open to the public. FMI: 236-2823.

► **Read-through and Audition for Deathtrap**, 6:30 p.m., Belfast Maskers Waterfront Theater, 43 Front St., Belfast. Initial reading of a thriller in two acts by Ira Levin for anyone interested in auditioning on Sat., Aug. 28, at 10 a.m. Audition will be a cold reading from script, but director Bart Shattuck also would entertain short prepared monologues. FMI: 338-9836 or maskers@roadrunner.com.

THURSDAY, AUG. 26:

► **Little Brown Church Summer Series**, 7:30 p.m., Rte. 32, Round Pond. Family band Greg Boardman and Sons perform traditional New England jigs and reels in the final performance of the season series. \$10. Bring a cushion; the pews are hard. FMI: wapiti.music@gmail.com.

► **Bay Chamber Concerts Presents "Mostly Beethoven," with the First Chair All Stars**, 8 p.m., Rockport Opera House. Free pre-concert talk at 7 p.m. FMI: 236-2823.

► **Oratorio Chorale Auditions**, 6-9 p.m., Midcoast Presbyterian Church, Topsham. Openings available for all voice parts. To schedule an audition, call 389-9175 or 443-1332.

► **Reading and Discussion by Author Wendy Chapin Ford**, public reception 5 p.m.; 5:20 p.m. program, Ocean View Grange, Rte. 131, Martinsville. In the final event of the St. George Literary Series, Ford discusses *To Get Back Home*, her true medical thriller, with Alice Gorman. FMI: 372-8961.

► **Talk, Book Signing and Video Presentation by Cathryn Griffith**, 6:30 p.m., Camden Library. Griffith will talk about her book, *Havana Revisited*, which documents the history, preservation and present uses of Havana's most important buildings and public spaces.

COMING UP:

► **Broad Bay Organ and Violin Concert**, Fri., Aug. 27, 7 p.m., Broad Bay Congregational Church, 941 Main St., Waldoboro. Organist Kevin Birch, accompanied by violinist Anatole Wieck, perform selections from Copland, De Lange, Leclair and Mendelssohn. Free, but donations accepted for the church restoration fund. FMI: 832-6898.

► **Rock City's Awesomeocalypse**, Fri., Aug. 27, 7:30-10 p.m., Rock City Books & Coffee, 328 Main St., Rockland. Who says preparing for disaster can't be fun? Tongue-in-cheek preparedness presentations, music and serious tips on what to do in the event of a robot uprising and more. \$3 in advance; \$10 for four tickets/\$4 at the door. FMI: 594-4123.

► **Rhonda Vincent & The Rage**, Fri., Sept. 3, 8 p.m., Strand Theatre, 345 Main St., Rockland. The Queen of Bluegrass, backed by four award-winning musicians, brings her unique mandolin style to Rockland. FMI: 594-0070 or www.rocklandstrand.com.

CHILDREN'S & TEENS' EVENTS

SATURDAY, AUG. 21:

► **Children's Book Fair By the Sea**, 1-4 p.m., Camden Library. Area authors and illustrators give readings and presentations every 20 minutes throughout the program, with opportunities to meet authors and illustrators, and to purchase books to have personally signed. Scheduled are: Beth Cadena, 1:05; Matt Tavares, 1:35; Jane Cowen-Fletcher, 2:05; Jamie Hogan, 2:35; Katie Clark, 3:05; and Pat Brisson, 3:35. FMI: 236-3440.

► **Mulan Jr.**, 11 a.m. and 2 p.m., Northport Music Theater, Rte. 1. A presentation of the Disney musical by members of the Musical Theater campers who are ages 8 to 11. \$8/\$5 under age 10. FMI: 338-8383 or www.northportmusictheater.com.

SUNDAY, AUG. 22:

► **Bug Safari and Herbarium Workshops**, 1-3 p.m., Merryspring Nature Park, Conway Rd., Camden. Make plant presses for preservation of specimens and bug houses for catch-and-release bug hunting. Open to all ages; children must be accompanied by an adult. Free. FMI: 236-2239.

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MONDAY, AUG. 23:

► **Camp R.O.C.K (Rely on God's Kingdom) Vacation Bible School.** Mon.-Fri., Aug. 23-27, 5-7 p.m., Salvation Army, Rte. 1, Rockland. Open to grades K-5, with dinner provided. Families are invited to attend a carnival on Fri., and each registered child will receive a free back-to-school backpack and supplies. To register, call 594-5326 or visit in person.

TUESDAY, AUG. 24:

► **"Everybody Loves Pirates,"** 4 p.m., Waldo Theater, Main St., Waldoboro. A puppet show by Frogtown Mountain Puppeteers. \$8/\$5 students. FMI: 832-6060 or e-mail info@thewaldo.org.
► **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. August themes include

Maine lighthouses, including Marshall Point Light; Maine boats — rowboats, Friendship sloops, sailboats and lobster-boats; Maine farms with blueberry farming and Belted Galloways; a Maine country fair; Maine birds — puffins, eagles, ospreys, chickadees; and more. Free; materials provided. FMI: 594-0310.

WEDNESDAY, AUG. 25:

► **Story Writing Workshop,** 11 a.m.-noon, Coastal Children's Museum, Sharp's Point South, 75 Mechanic St., Rockland. Tom Crowley will reprise his story writing workshop, designed for ages 4-10. FMI: 385-1105.

FILM

THURSDAY, AUG. 19:

► **"Bringing Up Baby,"** 6:30 p.m., Rockland Library. Howard Hawks

directed this classic screwball comedy starring Katharine Hepburn, Cary Grant and Charles Ruggles.

FRIDAY, AUG. 20 — THURSDAY, AUG. 26:

► **COLONIAL THEATRE, Belfast:** "Vampires Suck," "Eat, Pray, Love," "The Kids Are Alright," "The Other Guys." See ad on p. 45 for movie days/times.
► **FLAGSHIP CINEMAS 10, Thomaston:** "Vampires Suck," "Eat, Pray, Love," "Scott Pilgrim vs. the World," "Piranha 3D," "Salt," "The Other Guys," "Nanny McPhee Returns," "Dinner for Schmucks," "The Switch," "Inception," "The Expendables." See ad on p. 45 for movie times.
► **STRAND THEATRE, 345 Main St., Rockland:** "Mid-August Lunch." FMI: 594-0070. See ad on p. 45 for movie days/times.

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CALENDAR OF EVENTS

FRIDAY, AUG. 20:

► **An Evening of Short Film and Experimental Pop and Electronics Music**, 7 p.m., Waterfall Arts, 256 High St., Belfast. Never-before-seen footage of the Beatles, Sonic Youth and Texas punk bands will be shown by filmmaker Bill Daniel. Bands include Echolepys, Tight City, Brown Drown and Match by Match.

► **Thomaston Library Film Series**, 6:30 p.m., Rm. 208, Thomaston Academy, 60 Main St. August's theme is "'50s Icons: Marlon Brando and James Dean." Tonight: "On the Waterfront." Brando stars as Terry Malloy, a has-been boxer turned dockworker. Also starring Eva Marie Saint, Lee J. Cobb, Rod Steiger and Karl Malden, director Elia Kazan's classic morality tale won eight Oscars. Free, but donations appreciated. FMI: 354-2453.

► **"Friday Night Flix,"** 7 p.m., Belfast Library. August's films are iconic films of the late '60s. Tonight: "In Cold Blood." Based on the true-crime novel of Truman Capote, "In Cold Blood" has a documentary feel and brought a chilling new realism to crime drama. Free.

SUNDAY, AUG. 22:

► **"Metropolis,"** 6 p.m., Strand Theatre, 345 Main St., Rockland. The 1927 Fritz Lang sci-fi epic has been restored with 25 minutes of lost footage. \$8.50. FMI: 594-0070.

► **"Gary Akers: A Quiet Way of Life,"** 2 p.m., The Green Schoolhouse, Rte. 131, So. Thomaston. Filmed in Aker's Kentucky studio and at the farm of three bachelor brothers, painted by Akers, the documentary offers a glimpse into a world of days gone by. Ashley Akers will discuss her short film "Smitten," a dark comedy. FMI: 594-4964.

► **"Will Barnet: Tracing the Soul of the Work,"** 1 p.m., Strand Theatre, 345 Main St., Rockland. Premiere of a new documentary by Dale Schierholt will be preceded by the filmmaker's short film "CMCA: The Space." \$10. FMI: 594-0070.

MONDAY, AUG. 23:

► **Classic Film Series**, 4 & 7:30 p.m., Skidompha Library, Damariscotta. "Ikiru" (1952), starring Takashi Shimura, Shinichi Himori, Haruo Tanaka and Minoru Chiaki, is very Western, a Kurosawa film devoid of samurai or Toshiro Mifune, the simple story of the last months of the life of a public official, who decides to give meaning to his life by transcending government bureaucracy to get a small public children's park built. In Japanese with English subtitles. \$5 donation. FMI: 563-5513.

TUESDAY, AUG. 24:

► **"Flix for Chix,"** 7 p.m., Skidompha Library, Damariscotta. "50 First Dates" is a romantic comedy starring Drew Barrymore and Adam Sandler. \$5 donation. FMI: 563-5513.

THURSDAY, AUG. 26:

► **"Houston, We Have a Problem,"** 7 p.m., Strand Theatre, 345 Main St.,

Rockland. A new feature documentary by Nicole Torre focuses on the story of oil from Texas oilmen. The late oil and energy expert Matt Simmons, owner of the Strand, was interviewed in the film and the screening is held in his honor. \$8.50. FMI: 594-0070.

► **"Robin Hood,"** 6:30 p.m., Rockland Library. One of the most successful adventure films of all time stars the swashbuckling Errol Flynn, with Olivia de Havilland as Maid Marian and perennial villain Basil Rathbone as the aristocratic Sir Guy of Gisbourne.

ART

THURSDAY, AUG. 19:

► **Annual Marianne W. Smith Show**, artist's reception 5:30-7:30 p.m., Lord Camden Inn, 24 Main St., Camden. New oils, including still lifes and waterfront scenes from Monhegan and Maine's working harbors. Through fall.

► **Pastels by Mark Lazzari**, opening reception 5-7 p.m., Saltwater Artists Gallery, Rte. 130, New Harbor.

FRIDAY, AUG. 20:

► **"Phoebe Bly: New Work,"** opening reception 5-9 p.m., 53 Main St., Tenants Harbor (across from Town Office). On view 10 a.m.-4 p.m. daily, through Aug. 29. Closed Mondays.

► **"Practical Imagination,"** opening reception 5-7 p.m., with music by Dave Mello and Kevin James, The Stable Gallery, 26 Water St., Damariscotta. Fine art and crafts celebrating the natural beauty of wood, clay, stone and metal. Through Sept. 15.

► **"DuBack and Company" & "Northern Lights,"** opening reception 6-8 p.m., Mars Hall Gallery, Rte. 131, Martinsville. "DuBack and Company" features works by a drawing group, some of whose members have been meeting for over 30 summers. "Northern Lights" features work by Ronald Frontin, Alison Hill, Brian Kliever and Nat Lewis.

► **"Andrew Wyeth's Maine,"** 7 p.m., Strom Auditorium, Camden Hills Regional H.S., Rte. 90, Rockport. An illustrated talk by Andrew Wyeth's granddaughter Victoria. Benefits Friends of Rockland Public Library. \$25/\$15 students through grade 12. FMI: 594-0310.

► **Farnsworth Forum**, 11 a.m., Strand Theatre, 345 Main St., Rockland. Metropolitan Opera general manager Peter Gelb discusses the role of opera in America, crossover music and other topics with Farnsworth director of education Roger Dell. \$30/\$25 members. FMI: 594-0070.

► **"Outside,"** opening reception 5-7 p.m., River Arts, 170 Main St., Damariscotta. Lois Dodd was the juror for this exhibition, on view through Sept. 24.

► **Belfast Gallery Walk**, 5-8 p.m. In addition to participating galleries, there will be street performances by dancer Mary Beth Hewitt, musician Mike MacFarland and poet Karin Spitfire.

► **"Point Counterpoint,"** 7 p.m., Center

for Maine Contemporary Art, 162 Russell Ave., Rockport. Yvonne Jacquette will discuss her work, currently on display at the gallery, with colleague Katherine Bradford. \$10/members free.

► **"Maine Light,"** pink champagne reception 5-8 p.m., Beyond the Sea Gallery-Café, 74 Main St., Belfast. Oils, watercolors and acrylics by Ian Bruce. Through Aug. 31.

► **Arts in the Barn Series**, opening reception 5-7 p.m., Fri., Aug. 20, show Sat., Aug. 21, 11 a.m.-4 p.m. and Sun., Aug. 22, noon-3 p.m., Cushing Historical Society Barn, Hathorn Pt. Rd. Artists Ann Guild of Cushing and David Cadbury of Rockport are featured. FMI: 354-2309.

► **"Sea and Sundries,"** opening reception 1-3 p.m., Gallery-in-the-Woods, 209 Drift Inn Rd., Port Clyde. Works by Dolores Pye Josey include watercolor landscapes, shellscape and several abstract works. Through Aug. 24. A portion of sales will benefit the Jackson Memorial Library.

SATURDAY, AUG. 21:

► **Lecture and Signing by Bruce Davidson**, 2 p.m., Rockport Opera House. Davidson, an award-winning photographer, will give a talk and sign copies of his three-volume set, *Outside Inside*, followed by a gallery reception at Maine Media Gallery, down the street in the Shepherd Building. Through Oct. 1.

► **"MARC @ 20,"** opening reception 4-6 p.m., Inn at Fish and Main studio, Monhegan. Paintings, photographs, prints and sculpture by 35 previous artists-in-residence of the Monhegan Artists' Residency Corporation (MARC). Through Aug. 27.

► **"Maine Cottage and Architecture,"** artist's reception 5-8 p.m., Camden Falls Gallery, between Public Landing and Bayview Landing, Camden. New oils by Janis Sanders.

► **Pastel Painters of Maine Member Exhibition**, public reception with music by jazz pianist Fran Vigneau 5-8 p.m., Allen David Gallery, 15 Townsend Ave., Boothbay Harbor.

► **Waldoboro's "Paint the Town" Auction**, 7 p.m., VFW Hall, Mill St. Preview and artists' reception at 6 p.m. FMI: 832-5109 or -7897.

► **"Soliloquy: Meditations on the Environment,"** Blue Water Fine Arts, Main St., Port Clyde. Exhibit of 40 watercolors as well as early works for The New Yorker and The New York Times. Show runs Sat. & Sun., Aug. 21 & 22, 28 & 29. FMI: 372-8087.

MONDAY, AUG. 23:

► **Moonrise Sketching Party**, 5:30 p.m., The Drawing Room, Rte. 131, St. George. Meet to carpool for a full moonrise sketching party. Fog/rain date is Aug. 24. Bring art supplies; refreshments provided. FMI: 372-6242.

TUESDAY, AUG. 24:

► **"Bill Manning in Conversation,"** 7:30 p.m., Monhegan Schoolhouse. \$7 donation benefits Monhegan Artists' Residency Corporation (MARC).

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CALENDAR OF EVENTS

THURSDAY, AUG. 26:

- **"Karen Gelardi: Banners,"** artist's reception 6-8 p.m., Perimeter Gallery at Chase's Daily, 96 Main St., Belfast. Fabric drawings, posters and publications depicting urban and suburban plant life. Through Oct. 3.
- COMING UP:**
- **Call for Submissions,** Sheepscot Valley Conservation Association's People's Choice photography contest deadline is Fri., Aug. 27. Photos must be images taken in the Sheepscot watershed. FMI: www.sheepscot.org/photoshow10.htm or 586-5616.
- ONGOING:**
- **Farnsworth Museum, Rockland:** "Emily Schiffer – Cheyenne River," exhibit of photographs by the winner of the first Arnold Newman Prize. Through Dec. "Alex Katz: New Work," Katz, who has lived and painted in Lincolnville since 1954, shows the most recent works from his annual Maine sojourns. Through Jan. 2. "N.C. Wyeth: Poems of American Patriotism," a series of large-scale oils done as models for the book of poems, on loan from the Hill School in Pennsylvania. Through Sept. 26. "The Wyeths' Wyeths," works of art Wyeth family members have given to each other, on display through Dec. "Rug Hooking in Maine and Beyond," exhibit of 40 examples of hooked rugs. Through Dec. "Four in Maine: Site Specific," sculptural works by Kazumi Hoshino, Jesse Salisbury, Warren Seelig and Aaron T. Stephan. Through Dec. "Louise Nevelson," through Dec. 31. Museum is open daily, 10 a.m.-5 p.m., with free admission on Wed. from 5-8 p.m. and on the first Fri. of each month, June through Oct.
- **Paintings by Sheila White,** The Badger Cafe & Pub, on the Common, Union. Through Aug. 29.
- **Photographs by Steve Cartwright,** Good Tern Co-op Cafe Gallery, 750 Main St., Rockland. Saltwater-themed color photographs. Through mid-Sept.
- **"Signs of Summer,"** Belfast branch of Camden National Bank. Large-format photographs by Paula Cannon. Through mid-Sept.
- **"Henry Moore — The Drawings: Works on Paper from the Henry Moore Family Collection,"** Bowdoin College Museum of Art, Brunswick. Through Oct. 3.
- **"BIG,"** Garage Gallery, Eastern Tire

and Auto Service, 70 Park St., Rockland. The Lively Ladies and Shevis — Lois Anne, Nancy Fitzgerald, Deborah Winship, Bird Burns, Stell and Shevis, Pat Farmer, Edith Laroche, Lauralee Clayton and Elizabeth O'Havarty — ponder grand themes, big ideas and sizeable canvases. Through mid-Nov.

- **"New Traditions,"** fabric art by Diane Getty, Camden Public Library. Through Aug.
- **"Portraits in American Realism,"** Haynes Galleries, 91 Main St., Thomaston. Exhibit features 19th-, 20th- and 21st-century artists from Sargent to Jamie Wyeth, Anthony Ryder and others. Through Aug. 27.
- **Photographs by Jim Hughes,** Zoot Coffee, 31 Elm St., Camden. Hughes was founding editor of Camera Arts magazine and is the author of several photography books. Through Aug.
- **Quilts by Fabric Artist Fifi Richards,** Skidompha Library, Damariscotta. Through Aug.
- **Three Solo Exhibitions at CMCA,** Center for Maine Contemporary Art, Rockport. "Master Printmaker: Selections from Five Decades," works by Will Barnett; "Aerials: Paintings, Prints, Pastels," by Yvonne Jacquette; and "Momenta," large paintings and drawings by Dozier Bell. Through Sept. 25.
- **"Herring Run,"** Belfast Public Library. Exhibit of photographs about the Maine sardine industry from the Penobscot Marine Museum. Through Aug.
- **Summer Exhibits at the Finnish Heritage House,** Rte. 131, So. Thomaston. June Wilcox has documented the Finnish settlement from Tenants Harbor to Port Clyde, while Steve Gifford's exhibit "Remembering Grandmother and Grandfather" honors the Finnish pioneers that settled in the midcoast.
- **"Charles Dana Gibson, Portrait of an Era: 1886-1944,"** Islesboro Historical Society, 388 Main Rd. Free. Through Aug. 31.
- **"Singing with Truth,"** Archipelago Fine Arts, 386 Main St. Work by children's book author and illustrator Ashley Bryan. Through Sept. 19.
- **Exhibit of Paintings by Bob Richardson,** Gibbs Library, Washington. Through Sept. 1.
- **"After the Rain,"** Maine Farmland Trust Gallery, 97 Main St., Belfast. Works in watercolor and gouache by Anne Kilham. Through Aug. 31.

- **Seabird Art,** Project Puffin Visitor Center, Main St., Rockland. Work of over 20 artists in many media.
- **"Earning Their Keep: Maine's Windjammers,"** Penobscot Marine Museum, Searsport. Exhibit includes historic photos, artifacts, ephemera, videos, schooner models and rotating exhibits by contemporary marine photographers. Rotating exhibit features the photography of Michael Kahn through Aug. 24, followed by Fred LeBlanc (Aug. 26 through Sept. 14), and Neal Parent (Sept. 17 through Oct. 24). "Inside the Box: The Art of Anne-Emmanuelle Marpeau" is an exhibit of dioramas depicting scenes of maritime lore and legend from Maine's past. Through Sept. 10.
- **New Work by Faculty,** Messler Gallery, Center for Furniture Craftsmanship, Mill St., Rockport. Fine furniture and sculpture by 25 instructors. Through Sept. 10.
- **Portland Museum of Art, Seven Congress Sq. "Anna Hepler: Makeshift":** Hepler will construct a monumental installation inside the Museum's Great Hall, made from a nest-like mesh of salvaged and sewn sheet plastic. A second exhibition, on view in the fourth floor gallery, will feature a series of cyanotype prints (or blueprints) made from digital photographs of small sculptures. Through Oct. 17. "American Moderns: Masterworks on Paper from the Wadsworth Atheneum Museum of Art, 1910-1960," more than 100 works on paper from the collection of the Wadsworth Atheneum Museum of Art in Hartford, CT. Through Sept. 12. "Winslow Homer and the Poetics of Place," exhibit showcases 20 works from the museum's collection of Homer watercolors and oils on canvas.

MISCELLANEOUS

THURSDAY, AUG. 19:

- **Twilight Tours of Castle Tucker and Nickels-Sortwell House,** 5-7 p.m., Wiscasset, \$15/\$8 Historic New England members includes both houses. Pre-registration required: 882-7169.
- **Talks by Jungian Analyst Alden Josey,** Thurs., Aug. 19 and Wed., Aug. 25, 7:30 p.m., Jackson Memorial Library, Rte. 131, Tenants Harbor. Dr. Josey will speak on "The Symbolic Life: Mystery and Meaning." Free and open to all. FMI: 372-8961.

(Continued on p. 45)



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Saturday, Aug. 21,
12:30 p.m.



GUNTHER BROWN

Sunday, Aug. 22
1 & 4 p.m.



SIDEKICK COUNTRY MUSIC

Monday, Aug. 23,
1 & 4 p.m.



OLD TIME RADIO GANG

Tuesday, Aug. 24
1 & 4 p.m.



DON CAMPBELL BAND

Thursday, Aug. 26, 4 & 7 p.m.

DOWNEAST BRASS

Friday, Aug. 27,
1 & 4 p.m.



2009 Blueberry Queen
Lakeisha Allen



★ ALL EVENTS...

BLUEBERRY QUEEN CORONATION

Sunday, Aug. 22,
8 p.m.

DOCK DOGS

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FAMILY DAY & MOXIE DAY

Wednesday, Aug. 25, Bike Drawings, Fireworks at dusk



PLUS... DEMOLITION DERBY Sat., Aug. 21 & Tues., Aug. 24
LAWN MOWER RACES Fri., Aug. 27
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RAISING THE BAR

Presented by
Elizabeth Gifford Stuart
Attorney at Law

Applying For Social Security Benefits based on Depression

Individuals filing for disability based on depression often fall into two categories. The first category comprises those individuals who are actively being treated for depression and are filing for disability based on depression. The second group comprises individuals who are listing depression on their applications for disability, but consider other impairments that they have to be more fundamental to their claims; eg. Fibromyalgia with depression.

The fact that depression is listed on an application means that a disability examiner will be forced to consider the viability of an approval based on depression. This can be problematic as some people are not actively treated for depression, have not had recent treatment or have been treated only infrequently. In all of these cases it is likely they will be sent to a Consultative Examination.

Consultative examinations are examinations that are paid for and scheduled by the Social Security administration and are conducted by independent physicians. Generally, these exams are ordered when a claimant has not been treated for an alleged condition or does not have a sufficient record of treatment to evaluate the claim. More next week about the testing; in the meantime if you have any questions about filing please call (207) 596-0015 or email egstuart@yahoo.com.

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Camden International Film Festival Opens Sale of Online Passes

And announces open call to New England filmmakers for pitching session at Points North Forum

Passes for the 2010 Camden International Film Festival (CIFF) are on sale now at www.camdenfilmfest.org. The sixth annual festival, set for September 30 to October 3 at venues in Camden, Rockland and Rockport, offers some of the year's best independent nonfiction cinema.

Pass options include the VIP Pass for admittance to all screenings, panels, special events and parties throughout the weekend; and the Festival Pass for admittance to all screenings and panels. Those who purchase either pass before Wednesday, August 25, will save 15 percent on the regular pass price.

Camden International Film Festival celebrates the craft of documentary filmmaking and has recently been recognized as one of the top 25 international film festivals for documentary films and filmmakers. This year the festival will screen nearly 50 documentary features and shorts, followed by discussions with attending filmmakers. Venues include the Strand Theatre, Camden Opera House, Bayview Street Cinema, Rockport Opera House and the Farnsworth Art Museum.

This year CIFF will also offer an expanded Points North Documentary Forum, a two-day gathering at which members of the nonfiction production community can connect with industry executives through panels, structured networking sessions, receptions and informal gatherings.

As a part of the Points North Forum, six New England filmmakers will be given an opportunity to pitch current projects in development to an international delegation of industry leaders, who will provide critical feedback and advice. Filmmakers with projects in development are invited to submit proposals by Wednesday, August 25; those selected will be announced in mid-September. For information on how to submit a pitch, visit www.camdenfilmfest.org/pointsnorth.

Short Lost & Found Music Films, Plus Live Bands at Waterfall Arts

Waterfall Arts, 256 High Street in Belfast, is hosting an evening of short films and experimental pop and electronics music on Friday, August 20, at 7 p.m. A \$5 donation is recommended.

Never-before-seen footage shot by traveling filmmaker Bill Daniel on real-time 16mm film of the Beatles, Sonic Youth and early Texas punk bands will be shown. Daniel will conduct a question-and-answer session after the film screening.

The bands will be: Echopleps, with Belfast native folk musicians; Tight City, with local music stalwarts Charlie Hendricks and Jason Dean and their all-original doo-wop-influenced electro-pop dance tunes; and Brown Drown, some Vermont-based youngsters, to close out the night with a weird and wild whump.

New on DVD & Blu-ray

Just Released 8/17 —

DEATH AT A FUNERAL R/Comedy/Dir: Neil LaBute (Martin Lawrence, Chris Rock, Zoe Saldana, Luke Wilson, Peter Dinklage) Two brothers are reunited by their father's untimely demise. Through a series of faux pas, Dad's body goes missing. Some family members, believing they are taking a sedative, instead take an unexpected hallucinogenic trip. Meanwhile, the brothers argue about arrangements for their widowed mom's future, and disagree over how to handle a blackmailer.

Recent Releases —

THE BOUNTY HUNTER PG-13/Comedy/Dir: Andy Tennant (Gerard Butler, Jennifer Aniston, Jason Sudeikis, Cathy Moriarty) Nicole, is a reporter whose unpaid parking tickets and failure to appear in court have gotten her case assigned to Milo, a motivated bounty hunter who also happens to be Nicole's ex-husband. Soon Nicole gives Milo the slip, but she's glad he finds her because Nicole's murder investigation has landed her on the killer's hit list.

CLASH OF THE TITANS PG-13/Fantasy/Dir: Louis Leterrier (Sam Worthington, Gemma Arterton, Mads Mikkelsen, Alexa Davalos, Jason Flemyng, Ralph Fiennes, Liam Neeson) Perseus, who has grown up in the human world, learns he is the offspring of a god. Most disturbing is the revelation that only Perseus can prevent Hades from seizing Zeus's throne and taking control of mankind's fate. Aided by a small fighting force, Perseus travels to a far-off island where he confronts a cruel king, a marauding giant scorpion, half-snake Medusa and the Kraken.

DATE NIGHT PG-13/Comedy/Dir: Shawn Levy (Tina Fey, Steve Carell, Mark Wahlberg, James Franco, Taraji P. Henson, Kristen Wiig, Jimmi Simpson, Common, Ray Liotta, Mila Kunis, Mark Ruffalo, William Fichtner) Harried and overworked, Phil and Claire Foster are primed for a romantic date-night out when they are mistaken for extortionists by a mob boss and his henchmen seeking a missing flash drive.

DIARY OF A WIMPY KID PG/Comedy/Dir: Thor Freudenthal (Zachary Gordon, Steve Zahn, Devon Bo) Seventh-grader Greg Heffle chronicles his adventures in middle school. Having yet to hit his growth spurt, young Greg is subjected to wedgies, swirlies, morons, and bullies forcing him to lie on the cafeteria floor next to a festering piece of cheese. In an effort to survive his never-ending ordeal, Greg devises a series of can't-miss schemes, all of which go awry.

THE MISH WITH THE DRAGON TATTOO R/Thriller/Dir: Niels Arden Oplev (Michael Nyqvist, Noomi Rapace, Lena Endre, Peter Haber, Sven-Bertil Taube) Based on author Stieg Larsson's thrilling best-selling novel. A mind-bending and mesmerizing mystery that tells the story of a journalist and a tattooed and troubled but resourceful computer hacker determined to find out the truth of 16-year-old Harriet Vanger, who disappeared from her family's home almost 40 years earlier.

THE LOSERS PG-13/Action/Dir: Sylvain White (Idris Elba, Zoe Saldana, Jeffrey Dean Morgan, Chris Evans, Columbus Short, Oscar Jaenada, Jason Patric) In this film based on a comic book, a black ops CIA team is betrayed by Max and left for dead in the Bolivian jungle. They are determined to get revenge when, as luck would have it, they bump into Aisha in a backstreet bar. She's a sexy operative also looking to get even with Max, and eager to help them. After sneaking back into the US, the team discovers that Max enjoys CIA protection as he attempts to start an unjustified war.

PERCY JACKSON & THE OLYMPIANS: THE LIGHTNING THIEF PG/Adventure/Dir: Chris Columbus (Logan Lerman, Alexandra Daddario, Brandon T. Jackson) A teenager discovers he's the son of a Greek god and sets out on an adventure to settle an ongoing battle between the gods. Based on the book by Rick Riordan.

In Our Theaters

mostly by Lisa Miller *Week of August 20 – August 26*
Short descriptions of movies that are playing locally

DINNER FOR SCHMUCKS PG-13/Comedy/Dir: Jay Roach (Steve Carell, Paul Rudd, Zach Galifianakis, Jemaine Clement, Lucy Punch, Bruce Greenwood) A film centered around a competition between businessmen who try to outdo one another by bringing the most ridiculous guest to a dinner party. Tim Conrad is desperate to impress the dinner party host, who is also his boss. Tim spots a winner when he meets hapless IRS employee Barry Speck, a man spending his free time making dioramas of stuffed mice wearing tiny costumes. Tim cultivates Speck's friendship, but pays a heavy price when Speck interferes with Tim's life.

EAT PRAY LOVE PG-13/Drama/Dir: Ryan Murphy (Julia Roberts, Javier Bardem, Viola Davis) After finalizing her divorce, 32-year-old Elizabeth Gilbert receives an advance for a book she plans to write while visiting three foreign countries. She spends four months eating her way through Italy, four months seeking spirituality in India, and finally, four months in Indonesia where she finds love. Adapted from Gilbert's best-selling memoir.

THE EXPENDABLES R/Action/Dir: Sylvester Stallone (Sylvester Stallone, Jason Statham, Jet Li, Dolph Lundgren, Eric Roberts, Randy Couture, Steve Austin, David Zayas, Giselle Itie, Charisma Carpenter, Gary Daniels, Terry Crews, Mickey Rourke) A group of aging tough guys turn down a CIA-backed mission, then decide to do the job for no pay — on their own terms.

INCEPTION PG-13/Sci-Fi/Dir: Christopher Nolan (Leonardo DiCaprio, Joseph Gordon-Levitt, Ellen Page) A film about infiltrating psyches by manipulating a sleeper's dreams. Cobb is a thief taking secrets from a dreamer's subconscious. On the run and looking for one last score, Cobb agrees to an unusual job — to plant an idea in a dreamer's mind. Cobb's talent is great, but his own demons infiltrate the dreams, endangering the operation.

THE KIDS ARE ALL RIGHT R/Drama/Dir: Lisa Cholodenko (Julianne Moore, Annette Bening, Mark Ruffalo, Mia Wasikowska, Josh Hutcherson) Two children conceived by artificial insemination bring their birth father into their family life, which until his arrival has consisted of two moms.

MID-AUGUST LUNCH NR/Drama/Dir: Gianni Di Gregorio (Gianni Di Gregorio, Valeria De Franciscis) An utterly charming tale of good food, feisty ladies and unlikely friendships during a very Roman holiday. It's the story of Gianni, an unemployed bachelor in his 50s who lives with his 93-year-old mother in a cramped and dingy Rome apartment. Unable to pay his bills, he's coerced into entertaining three other elderly mammas during Italy's summer holiday and ends up hosting a food-filled sleepover.

NANNY MCPHEE RETURNS PG/Family/Dir: Susanna White (Emma Thompson, Maggie Gyllenhaal, Ralph Fiennes, Ewan McGregor, Rhys Ifans, Maggie Smith) Nanny McPhee arrives at a family farm to help Isabel Green, a mother barely coping while her husband is away at war. The situation is made worse because Isabel's children are engaged in a battle royale with their snooty cousins billeted on the farm.

THE OTHER GUYS PG-13/Comedy/Dir: Adam McKay (Will Ferrell, Mark Wahlberg, Samuel L. Jackson, Dwayne Johnson) Gamble and Hoitz are cops riding a desk when the precinct hotshots pull a stunt that puts them out of commission. Gamble and Hoitz are subsequently assigned to investigate a Bernie Madoff-inspired Ponzi scheme, but their constant bickering prompts Gamble to worry more about surmounting his partner's "anger wall" than about solving the case.

PIRANHA 3D R/Horror/Dir: Alexandre Aja (Jessica Szohr, Steven R. McQueen, Elisabeth Shue, Jerry O'Connell, Ving Rhames, Richard Dreyfuss, Kelly Brook, Christopher Lloyd) In the midst of drunken revelry during spring break on Lake Victoria, Arizona, an earthquake opens the lake floor and frees thousands of ravenous prehistoric piranhas.

SALT PG-13/Action/Dir: Phillip Noyce (Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor, Daniel Olbrychski, Andre Braugher, August Diehl) CIA Agent Evelyn Salt is accused of being a Russian spy. It happens because Salt questions a Russian defector who fingers her as a double agent. To prove her innocence, Salt is obliged to go on the run, changing identities several times.

SCOTT PILGRIM VS. THE WORLD PG-13/Comedy/Dir: Edgar Wright (Michael Cera, Mary Elizabeth Winstead, Kieran Culkin, Chris Evans, Anna Kendrick, Brei Larson) The film adaptation of a Bryan Lee O'Malley graphic novel. Scott is a 23-year-old garage-band musician who falls for Ramona, a girl he can't be with until he defeats her seven evil exes. Scott takes the exes on — one by one — in comic-book-ready battles.

THE SWITCH PG-13/Comedy/Dir: Josh Gordon, Will Speck (Jennifer Aniston, Jason Bateman, Patrick Wilson, Jeff Goldblum, Juliette Lewis, Thomas Robinson) Although Wally harbors a crush on unmarried Kassie, he's supportive when she opts to use Roland's sperm to artificially inseminate herself. But Wally, whose gotten blitzed in his depression over her decision, accidentally destroys the sperm and feels obliged to replace it with his own. Seven years later, Wally meets her adorable 6-year-old son, Sebastian, and suddenly recalls his substitution when the boy exhibits pessimistic and hypochondriac behaviors that are just like Uncle Wally's.

VAMPIRES SUCK PG-13/Comedy/Dir: Jason Friedberg, Aaron Seltzer (Ken Jeong, Matt Lanter, Marcelle Baer, Parker Dash, Bradley Dodds, Matthew Warzel) If you hate or love the "Twilight" series starring human girl Bella, and her vampire lover Edward, then you might get a few chuckles out of this spoof.

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CALENDAR OF EVENTS

(Continued from p. 42)

► **Dancing Chi Kung (or Qigong)**, Thurs. during the summer, 8 a.m., gazebo at Merryspring, Conway Rd., Camden. Simple steps set to music to relax and invigorate the whole system. Free or donation to Merryspring. FMI: Abi, 594-4766 or Beede, 236-8732.

FRIDAY, AUG. 20:

► **Turner Pond Paddle**, meet Sheepscot Valley Conservation Assoc. board member Tom Eichler at 9 a.m. on Colby Rd. in Somerville, at the south end of the pond. Bring boat, life vests and lunch. FMI: 586-5616.

► **Belfast Garden Club Open Garden Day**, 10 a.m.-4 p.m., garden of Hester and Bill Abbuhl, 50 Shore Rd., Northport. A recently renovated 1690 Cape has a stone patio and perennial gardens that bloom from early spring through Oct. \$4 one garden/\$15 for five gardens. FMI: 338-3105 or www.belfastgardenclub.org.

► **River School Open House**, 1 Beaver St., Belfast. Fri., Aug. 20, 27 and Sept. 3, from 9-1 p.m. and Sat., Aug. 21 and 28, noon-2 p.m.

► **Penobscot Narrows Observatory Moon Viewing**, Sat. & Sun., Aug. 21 & 22, 8-10:30 p.m., Prospect. View the area during the full moon. \$5.

SATURDAY, AUG. 21:

► **Hospice Volunteers of Waldo County Benefit Auction**, 5 p.m. silent auction; 7 p.m. live auction, Hutchinson Center, Rte. 3, Belfast. Auctioneer is Rosey Gerry. Finger foods and beverages served. Free. FMI: 930-2677.

► **Benefit Pancake Breakfast**, 8-10 a.m., Applebee's, Rte. 1, Thomaston. Benefits Freedom Riders therapeutic horseback riding program. \$5.

► **Maritime Treasures Auction**, Sat.-Mon., Aug. 21-23, 11 a.m. each day. Thomaston Place Auction Galleries, Rte. 1. FMI: 354-8141.

► **Bean Hole Supper**, 5:30-7 p.m., Conway Homestead, off Rte. 1, Camden. Music by Breakers Jazz. \$10/\$8 seniors/\$5 ages 6-12/under 5, free. FMI: 236-2257.

► **Rummage and Bake Sale**, 9 a.m.-2 p.m., Belfast United Methodist Church, 23 Mill Lane, E. Belfast.

► **Come Boating! Rowing Regatta**, 10 a.m., Belfast. Races for adults and youth with both long and short courses. Ocean shells, skiffs, kayaks, canoes and other small craft classes, as well as competitive gig rowing. \$20/\$5 ages 13-18. FMI: 338-4578 or www.come-boating.org.

► **Country Dance**, 7-11 p.m., Union Masonic Lodge, Sennebec Rd., Union. Music by Side Kick. \$10. FMI: 712-1314.

► **Family Paddle on Sandy Pond in Freedom**, 10 a.m.-noon, join Sebasticook Regional Land Trust (SRLT) and Sheep-

scot Wellspring Land Alliance for a paddle exploring the pond, coves and two islands. FMI or to register for the event, call 948-3766.

► **Winery Tours**, Sat., 1 p.m., Breakwater Vineyards, 35 Ash Point Drive, Owls Head. Free guided tours of the winery with owner Bill Johnson, held each Sat. until the end of October.

► **RDHS Class of 1975 Reunion**, 7-11 p.m., The Landings Restaurant, Rockland. \$20 per person in advance. For reservations, call 594-9224.

► **Carver Memorial Library 100th Birthday Party**, 1-4 p.m., Union Street and Mortland Rd., Searsport. Beginning at 1:30, the Belfast Band will perform a program of marches, old hits, Broadway tunes and classical music. Guests will also enjoy birthday cake, balloons, and party favors. Adults and children may participate in decorating a tile that will become part of a permanent library display. In the event of rain, the party will be held in Union Hall, at the corner of Union and Reservoir sts. FMI: 548-2303.

► **Rusty Hinges String Band at Camden Farmers' Market**, 9 a.m.-noon, upper tier parking lot at the Knox Mill between Washington and Knowlton streets. FMI: 568-3201.

SUNDAY, AUG. 22:

► **RDHS Class of 1975 Breakfast**, 9:30 a.m., Offshore Restaurant, Rockport. FMI: 594-9224.

► **North Montville Baptist Church Picnic/Community Event**, 1-6 p.m., 1001 Halldale Rd., Montville. Potluck (bring your coolers) and ice cream social, bluegrass, country gospel and contemporary Christian music and hymns. Speakers include Jeff Cucci, re-enacting Charles Thompson, signer of the Constitution, in a talk in period speech and dress at 2:45. Rain date is Sept. 5. FMI: http://nmbc.hutchinsbrothers.com.

► **Westport Island Shore Run 10K Road Race**, 9 a.m., begins at Town Hall on Rte. 144, Westport Island. USATF-certified course through scenic forests. Also a 3.5-mi. Fun Walk, starting at 8:30 a.m. Benefits volunteer fire dept. FMI: www.westportisland.org.

► **Georges River Land Trust Annual Meeting**, Antolini home, McCarter Pt., Cushing. Short business meeting will be followed by a talk on shorebirds and herons by Danielle D'Auria and Brad Alle of Maine Dept. of Inland Fisheries and Wildlife; the conserved property has a heron rookery. Potluck follows: A-I bring main dish; J-S, salad; T-Z, dessert. FMI: 594-5166.

► **Stand-up Paddle Boarding Demo**, 10 a.m.-12:30 p.m. and 1-3:30 p.m., Snow Bowl, Camden. Free demonstration on the new sport. Chair lift will also run from 10 a.m.-3 p.m. at \$5 a ride or \$15 unlimited rides for mountain bikers.

► **Lincoln County Democrats Lobster Bake**, noon, Lakehurst Campus Lodge, 83 Lake-

hurst Lane, Damariscotta, off Biscay Rd. Guests include U.S. Rep. Chellie Pingree and gubernatorial nominee Libby Mitchell. Lobster dinner \$32/hot dog dinner \$6. FMI: 549-3869.

► **Knox County Democratic Lobster Bake**, 4-7 p.m., Owls Head. Guests include Chellie Pingree, Libby Mitchell and Chris Appel, field organizer for Knox County in 2008. For more information or to purchase tickets visit http://knoxmainedemocrats.org or call 594-9263.

MONDAY, AUG. 23:

► **"Safe at Home" Lecture Series**, Mon.-Wed., Aug. 23-25, Spectrum Generations Community Center, 61 Park St., Rockland. Three-part series begins at 10 a.m. Mon. with "Personal Emergency Response Systems." Tues., 10 a.m., "Preventing Falls and the Matter of Balance" program; Wed., 12:30 p.m., "Files of Life." By donation. Call 596-0339 to register.

► **"The Sixties: Gone But Not Forgotten,"** 7 p.m., Belfast Library. Megan Pinnette presents "Peace, Love and Chickens," using images of Belfast during the 1960s. Free and open to the public.

► **"They Came to Fish: Exploring Early Pemaquid's Transformation from Seasonal Fishing Station to Permanent Settlement,"** 7:30 p.m., Colonial Pemaquid, off Rte. 130, New Harbor. Lecture by historical archaeologist Dr. Neill DePaoli. By donation/members free.

TUESDAY, AUG. 24:

► **"Rhododendrons 101,"** noon, Merryspring Nature Park, Conway Rd., Camden. Talk by Anne Perry of the Maine Chapter of the American Rhododendron Society. \$5/members free. FMI: 236-2239.

► **Blood Drive**, 9 a.m.-3 p.m., Pen Bay Physicians Bldg., Conference rooms C and D, Glen Cove. Photo IDs required. To make an appointment, call 596-8770.

► **College Transitions Information Session**, 9-11 a.m., Wiscasset Adult Ed, Wiscasset H.S. Free services for adults who plan to enroll in post-secondary education, change careers or return to school. To register, call 882-9710.

► **Bigelow Lab's Café Scientifique**, 6 p.m., Opera House, 86 Townsend Ave., Boothbay Harbor. Dr. Graham Shimmiel, executive director of Bigelow Laboratory, will discuss "The Known, the Unknown, and the Unknowable: A Decade of Discovery Through the Census of Marine Life." Free and open to the public.

► **Buddhist Mindfulness Meditation Class**, Tues., Aug. 24 & 31, 6:30-8:30 p.m., Jackson Memorial Library, Tenants Harbor. All are welcome for guided meditation, talk and questions. FMI: john.k.mcilwain@gmail.com.

► **Camden Rotary Club Meeting**, noon, Pen Bay YMCA, Union St., Rockport. Speakers are Rotary Youth Exchange students Molly Ballou, Hanna Berke and Taylor Hall. Those wishing to attend can e-mail sfletcher@allenfg.com.

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1:15, 4:15, 7:00, Fri. & Sat. 9:20 (PG-13, 1:51)
Nanny McPhee Returns
1:20, 4:00, 6:50, Fri. & Sat. 9:15 (PG, 1:59)
Vampires Suck
1:05, 4:05, 7:05, Fri. & Sat. 9:10 (PG-13, 1:33)
The Expendables
1:40, 4:25, 7:10, Fri. & Sat. 9:30 (R, 1:53)
Eat, Pray, Love
12:50, 3:50, 6:45, Fri. & Sat. 9:35 (PG-13, 2:30)
Scott Pilgrim vs. the World
1:00, 3:40, 6:40, Fri. & Sat. 9:00 (PG-13, 1:58)
The Other Guys
1:10, 4:10, 7:25, Fri. & Sat. 9:45 (PG-13, 1:58)
Dinner For Schmucks
12:55, 3:45, 7:15, Fri. & Sat. 9:40 (PG-13, 2:04)
Inception
12:45, 3:55, Fri. & Sat. 9:05 (PG-13, 2:38)
Salt
6:55 (PG-13, 1:50)

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CALENDAR OF EVENTS

WEDNESDAY, AUG. 25:

► **“Declaration of Independence from Corporate Rule,”** 7 p.m., Universalist Church, 345 Broadway, Rockland. David Cobb, national spokesperson for Move to Amend will speak and lead a discussion about the ramifications of the Supreme Court decision that eliminated restrictions on corporate campaign contributions, explicitly arguing that corporations are “persons” with constitutional rights. Sponsored by the Midcoast Peace and Justice Group. Free and open to the public. FMI: 691-0322.

► **Wednesday Walkers,** 8:30 a.m., meet to carpool from the Friends Meeting House, Belvedere Rd., Damariscotta. Today: Ovens Mouth, Boothbay. FMI: Jack Brown, 563-3827.

► **Project Puffin Talk Series,** 5 p.m., Project Puffin Visitor Center, Main St., Rockland. Birder Don Reimer will speak on his series of 80 bird photographs that he took at the Weskeag Marsh. Free; for reservations, call 596-5566.

► **Sand-cast Art Workshop,** 10:30 a.m.-noon, Beachcomber’s Rest Nature Center, Pemaquid Beach Park. Pemaquid Watershed Association’s AmeriCorps member Becky Kolak will guide participants in the creation of a plaster sand-cast work of art. Free; pre-register by Aug. 23 by calling 563-2196.

► **Free Evening Meal,** Wed., & Fri., Aug. 25 & 27, 5-5:30 p.m., Salvation Army, Rte. 1, Rockland. Boxed meals to go.

► **Open House at Beech Hill in Rockport,** 10 a.m.-2 p.m. Land trust volunteers will open Beech Nut, the historic stone house at the summit, and provide guests with information about the history and management of the preserve. The Beech Hill Scrapbook will be available for viewing. Anyone wishing to contribute to the book can e-mail info@coastalmountains.org or speak with a volunteer at the open house.

THURSDAY, AUG. 26:

► **Veterans for Peace 25th Anniversary Convention,** 7 p.m., UU Church, 425 Congress St. Portland. Keynote speakers are author Terry Tempest Williams and Congressman Bob Filner, a Freedom Rider in the 1960s. The theme “Lifting the Fog of War” addresses the impact of our military-based economy

on our communities. \$10 donation. FMI: www.vfpmaine.org.

► **Camden-Rockport Historical Society Annual Meeting,** 7 p.m., Conway Homestead, off Rte., 1, Camden. Sally Lobkowicz, the Lady in the Red Cloak, brings her tales of midcoast hauntings. FMI: 236-2257.

► **Doula Open House,** 6:30-8 p.m., Conference Room C, PenBay Physicians Building, Penobscot Bay Medical Center, Rockport. Learn how a doula (professional labor assistant) can offer emotional, physical and informational support during pregnancy, childbirth and the postpartum months. Free. Call 596-8339 to register.

► **Matthews Museum Bean Hole Dinner,** 5 p.m., Union Fair. Beans, hot dog, roll, cole slaw, beverage and dessert. \$7/\$5 children. Reservations: 563-1544.

► **Nature Walk Around the Palermo Preserve,** 10 a.m. Tish Carr, professional forester and lands director for the Sheepscot Valley Conservation Association will lead the walk. Directions from the south: Take Rt. 218 to Somerville. Cross Rte. 17 and 105. Continue on 218 for 3 miles (now known as the Turner Ridge Road). The preserve entrance and parking lot is on the right just past the Palermo/Somerville town line but before Gore Rd. FMI: 586-5616 or svca@sheeps-cot.org.

► **Camden Garden Club Meeting,** 9:30 a.m., Congregational Church. Refreshments at 9:30, followed by a business meeting at 10 and guest Kenneth Liberty, a founder of the Peony Society of Maine, who has been cultivating more than 1,000 varieties of peonies since age 14. Public is welcome to attend.

COMING UP:

► **Talk on Effects of Night Lighting Around the Globe,** Fri., Aug. 27, 7 p.m. Oceanview Grange, Rte. 131, south of Tenants Harbor. Peter Lord of the Island Astronomy Institute will give an illustrated talk on how night lighting, energy conservation, public safety and wildlife are related. Sponsored by St. George Conservation Commission and Friends of St. George. FMI: 372-6459.

► **Historic Wiscasset Walking Tour,** Fri., Aug. 27, 3-4:30 p.m. Tour with Maine State Historian Earle G. Shettleworth Jr. begins at Castle Tucker and proceeds to the Nickels-Sortwell House, where refreshments will be served in the solarium and garden. \$30/\$25 Historic New England members. Reservations required: 882-7169.

► **AARP Driver Safety Seminar,** Fri., Aug. 27, 8:30 a.m.-12:30 p.m., Spectrum Generations Coastal Community Center, Bus. Rte. 1, Damariscotta. \$14/AARP members \$12. Call 563-1363 by Aug. 26 to reserve a place.

► **Sunset Cruise on the Harbor Princess,** Fri., Aug. 27, departs 5:45 p.m. from Pier 6, Fisherman’s Wharf, Boothbay Harbor. Join Cahoots band-leader Mike Finnegan and Argentinian belly-

dancer Peke for a three-hour cruise with music, dancing and scenic vistas. \$25. Call 563-1363 by Aug. 25 to reserve a place.

► **Interior Storm Window Construction Workshop,** Sat., Aug. 28, 1-4 p.m., Episcopal Church of St. John Baptist, Main St., Thomaston. Guy Marsend of Art Tec will lead the workshop. FMI: 354-9556 or 236-8732.

► **Herbs for Family Health Weekend Intensive with Lauren Buyofsky,** Sat., Aug. 28, 9 a.m.-4 p.m., Newforest Institute, 66 Monroe Highway, Brooks. Learn how to identify, harvest and use common, medicinal herbs for immune system, digestive health, first aid and more. Includes instruction and hands-on time with herbs in the garden, forest, classroom and kitchen. Take home your own herbal creations. Sliding scale fee of \$20-\$50. Registration required by Aug. 25: 722-3625 or info@newforestinstitute.org.

► **Great Hair Day Fund-raiser,** Sat., Aug. 28. Area hair salons and barbershops will donate \$1 to Lifeflight of Maine for each haircut given. For a complete list of participating shops, visit www.lifeflightmaine.org.

► **MVLT Muscongus Bay Boat Trip,** Sat., Aug. 28, departs 12:30 p.m. from Pine Street landing in Waldoboro. Medomak Valley Land Trust trip aboard excursion boat *Kieve* will provide views of the coastline and islands. \$40 per person. FMI: 832-5570.

► **Edgcomb Congregational Church Lobster Dinner,** Sat., Aug. 28, 5 p.m., Cross Point Rd. Lobster, corn, salads, baked beans, blueberry cake, chips and beverage. \$16. Barbecued chicken dinner is \$6, kid’s hot dog dinner \$5, and twin lobster dinner is \$24. For reservations, call 882-4060 or 563-5236.

ONGOING:

Ongoing events appear on a space-available basis.

► **Summer Breakfast,** 7-10 a.m. every Sat. through end of Aug., Broad Cove Church, Pleasant Point, Cushing. Eggs, French toast, pancakes, toast, muffins, fruit cup, bacon, sausages, orange juice and coffee. \$6 full breakfast/\$3 lighter fare.

► **Useful Clothing Sale,** Sat. through Oct., 7 a.m.-noon, Broad Cove Church, Pleasant Point, Cushing.

► **Area Farmers’ Markets: Camden Farmers’ Market,** Sat., 9 a.m.-noon and Wed., 3:30-6 p.m., Knox Mill, in the upper-tier parking lot between Washington and Knowlton sts. **East Union Farmers’ Market,** Fri., 4-7 p.m., Rte. 235 and Payson Rd., E. Union. **Monroe Farmers’ Market,** Sat., 9 a.m.-noon, Rtes. 141 and 139. **Rockland Farmers’ Market,** Thurs., 9 a.m.-12:30 p.m., Harbor Park. **Washington Grange Farmers’ Market,** Sat., 10 a.m.-1 p.m., Old Union Rd., Washington, between library and Downtown Gallery.

► **Finnish Heritage House,** Rte. 131, Thomaston. Open every Sat. from 9 a.m.-noon with Finnish coffee bread, an ongoing yard sale, gifts and more. FMI: 594-6808.

► **Red Cloak Haunted History Tours,** Lantern-lit walks through intown areas of Camden, Damariscotta and more with The Lady in the Red Cloak. For all ages; adults \$10/\$7 under 12/under 5, free. Through Oct. FMI: www.redcloakhauntedhistorytours.com or 380-3806.

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ASTROlogically Speaking WITH ANANUR

AUGUST 20 - AUGUST 26



Friday, August 20 — Between 10:30 a.m. and 1 p.m. the Moon in Capricorn will be aspecting both Venus and Mars in Libra. Arguments can flare up out of the blue with this aspect. We don’t want anyone telling us how to feel or what to think. Mercury will be turning retrograde at 4 p.m. and will remain retrograde until September 12. If you are signing a legal document during this period, be very cautious; put it off until after Mercury turns direct, if you can. While Mercury is retrograde, all kinds of misunderstandings come about. It’s famous for electrical and mechanical problems that persist and are frustrating to try to fix. Auto mechanics will find their business increasing.

Saturday, August 21 — Saturn and Pluto are still in a very challenging aspect. World events reflect this fact. The Sun is aspecting Uranus until tomorrow, bringing impatience and agitation. Saturn is in an unusual aspect with Uranus today and tomorrow, which suggests a great need to relax— otherwise this aspect indicates tension, worry and doubt. Difficult decisions need to be made.

Sunday, August 22 — Another day when we’re needing to relax and let go of worries. The Sun is aspecting Mars and Uranus, which could be an accident-prone time if you’re not paying attention to what you’re doing. This is an aspect of “road rage.” In order to find something positive about this day, you will have to break free from routine and do something energetic and playful.

Monday, August 23 — The Sun will enter Virgo at 1:25 a.m. and remain in this thrifty, practical earth sign until September 22. Between 9:15 and 11:15 a.m. the Moon will aspect Mercury, finding you on edge and wanting to get things done. The best news is that the Sun is in a fine aspect with Pluto until Thursday night. This aspect strengthens your will to overcome bad habits and transform your life. You feel tremendous inner confidence now to do whatever

you need to do. Something positive is happening; the energy has finally shifted. The Full Moon will take place tomorrow, so you may be feeling things more intensely now.

Tuesday, August 24 — The Sun and Pluto are still in a very favorable aspect and closely aligned with the Full Moon, which takes place at 1:03 p.m. with the Moon in Pisces and the Sun in Virgo. Being helpful is what feels good right now. This Full Moon will open your heart to those who are suffering and need comforting. The Sun is aspecting Jupiter and Uranus, finding you ready for a break from routines. You need to do something really different, and fun. Mercury is nicely aspecting Venus, which could be good for writing a love song.

Wednesday, August 25 — From 6:30 to 8:30 a.m. the Moon is going to be aspecting Mars, finding you rushing around to get ready for the day. Thank goodness the Sun in Virgo is still in a super-fine aspect with Pluto in Capricorn. You’ll find that you have new opportunities being presented to you that open up all kinds of possibilities. You’re ready for a change. From 8 to 10 p.m. your mind is racing while the Moon is opposite Mercury. Be careful with your words.

Thursday, August 26 — This is perhaps the best day of the week so far. The Sun is aspecting both Saturn and Pluto favorably. You can get everything accomplished that you focus on. This is a great day for organizing and putting your plans into action. Communications are better right now, thanks to Mercury and Mars, even though Mercury is still retrograding. Between 8 and 10 p.m. the Moon will be conjunct Uranus in Pisces. Trust your intuition. Your first impression will be accurate.

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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Second Round for Rockland Facade Improvement Grants

The City of Rockland announces a second Downtown Facade Improvement Grant Program.

The eligible area is downtown Main Street from Park Street to North Main Street, inclusive of the first row of properties on each side of Main Street.

Exterior signs, physical facade rehab and renovations, windows, awnings, storefronts and entrances, doors, brickwork, painting,

repair and replacement of decorative details, repointing of brickwork, cornices and spot blight are all eligible for consideration. Property owners and tenants are eligible. The 50% grants require a 50% match, up to \$25,000, with a minimum of \$2,500.

For more information contact Rockland's Community Development Director Rodney Lynch, 594-0306, rlynch@ci.rockland.me.us. Deadline for submission is September 10.

U.S. Cellular Adds Two New Cell Towers in Waldo County

U.S. Cellular recently added two new cell sites in Waldo County.

The new site in Brooks will increase U.S. Cellular's coverage and network capacity in the town of Brooks and along Routes 7 and 139. The new site in Morrill will increase U.S. Cellular's coverage in the town of Morrill and along Routes 3, 131, and 137.

Both towers were built by U.S. Cellular with the support of the federal Universal Service Fund, which supports wireless expansion throughout rural America.

"This part of Maine lacked quality wireless service. As a result, we identified the communities as a priority," said Eric Conlon for U.S. Cellular in New England. "With a stronger network, Maine can also become more competitive in attracting new business."

"We need reliable wireless service to protect the health and security of our citizens and public safety officials," said Sheriff Scott Story, with the Waldo County Sheriff's Office. "It's a big help to us when companies like U.S. Cellular expand their networks."

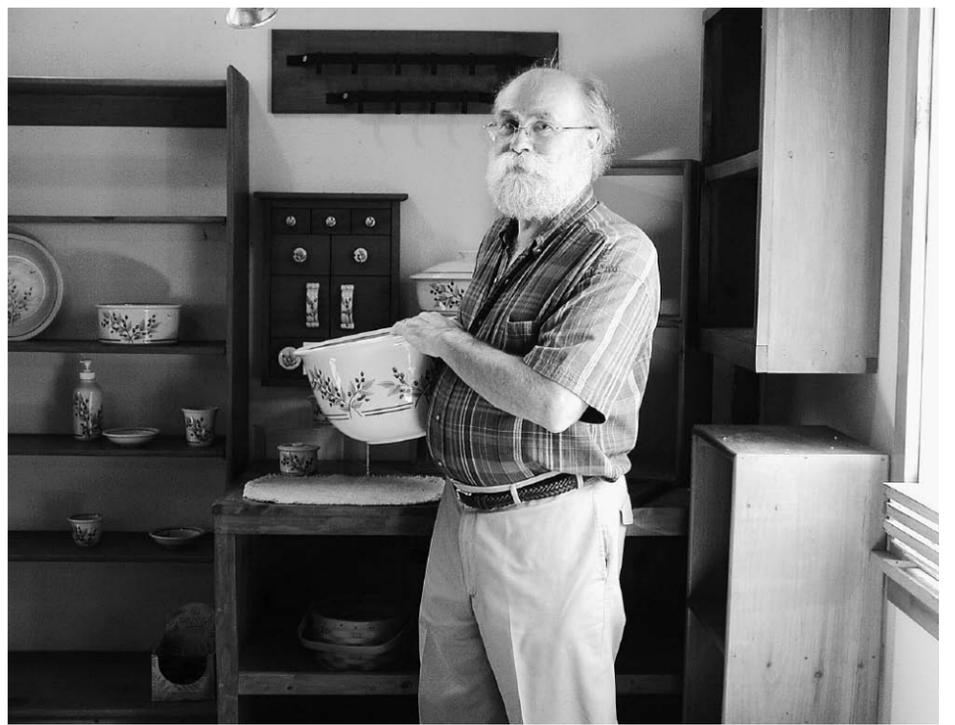
Half-price Sale on Reference Books at Skidompha Book Shop

The Skidompha Used-Book Shop in Damariscotta is normally closed on Sundays, but will hold special end-of-summer hours on Sundays, August 22 and 29 and September 5, from 10 a.m. to 2 p.m. In time for back-to-school shopping, all books in the reference section will be half price from Sunday, August 22 through Saturday, August 28.

The bookshop is a major fund-raiser for the Skidompha Public Library. It offers about

13,000 books in hardcover and paperback. All books are donated, all staff members are volunteers, and all proceeds go to the library.

The book shop is located in the Red Barn on Elm Street, just up the hill from the library's back door. Regular hours are Monday through Friday from 10 a.m. to 4 p.m. and Saturday from 10 a.m. to 1 p.m. For more information, call 563-7807 or visit the shop's web page under "Support" at www.skidompha.org.



Paul Gaudreau of Union Pottery Getting Ready for Sale to Benefit Vose Library Capital Campaign

Union Pottery is having a "lawn sale" of sorts. Owner Paul Gaudreau is clearing off the shelves and checking up in the attic, and whatever pottery he finds is offered for sale at ridiculous prices, and the proceeds will be donated to the Vose Library Capital Campaign Fund. The sale starts at noon on Sunday, August 22, rain or shine, at Union Pottery on Shepard Hill Road in Union. PHOTO BY JOHN JENSEN

String Band to Perform at Camden Farmers' Market

The Rusty Hinges will perform at the Camden Farmers' Market on Saturday, August 21. The market is held rain or shine from 9 a.m. to noon in the upper-tier parking lot at the Knox Mill, between Washington and Knowlton streets.

The Rusty Hinges — Amy Winkle on fiddle, Bill Case on guitar, Nancy Jones on gui-

tar and pennywhistle, Edward Fisher on bouzouki, and Brian Dunn on mandolin — are a midcoast band that plays folk songs, sea shanties, oldies, bluegrass and country with a variety of instruments and vocal harmonies. They perform at The Narrows Tavern in Waldoboro every Tuesday night and at other midcoast venues.

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YARD SALE
2 West Street, Rockport
Saturday, August 21,
8 a.m. to Noon
Clean the attic out!
(8/19)

YARD SALE
1/2 Price Craft Items Sale
9 a.m. to 3 p.m., Saturday,
August 21,
Granny Goose Shoppe,
Route 1, Lincolnville.
Cash Only Please.
230-4104.
(8/19)

YARD SALE
Saturday, August 21,
7 a.m. to noon,
44 Waldo Avenue, Rockland.
Anything But Ordinary
Mostly foreign antiques, art
and lots of frames, plus kayaks,
oak wardrobe & household
goods.
Rain or Shine.
(8/19)

GARAGE SALE
Rockland
19 Washington Street
Friday and Saturday,
August 20 and 21,
8 a.m. to 2 p.m., each day
(8/19)

YARD SALE
Saturday, August 21,
8 a.m. to 2 p.m.,
231 Limerock Street,
Rockland.
Mostly fabric.
Inside if raining.
(8/19)

**MULTI-FAMILY
GARAGE SALE**
Ocean Avenue, Owls Head
Furniture, small
electronics/appliances, linens
and much more.
No early birds.
Saturday, August 21,
8 a.m. to 2 p.m.
(8/19)

YARD SALE
Saturday, August 21,
8 a.m. to 1 p.m.,
740 Beach Road (Route 173),
Lincolnville
No early birds please!
Household items,
clothing, toys.
Multi-family sale.
(8/19)

**HUGE, 2-FAMILY
YARD SALE**
Saturday, August 21,
8 a.m. to 4 p.m.,
Sunday, August 22,
10 a.m. to 2 p.m.
175 Ridge Road,
Tenants Harbor.
Furniture, household goods,
antiques, books.
(8/19)

CAMDEN
More selections from lifetime
hoarders' collection.
Ames Terrace at
Rawson Avenue
Saturday, August 21,
8 a.m. to 2 p.m.
(8/19)

VEHICLES

1956 LINCOLN MK2 COUPE.
54K miles, no rust, repainted in
1968, same owner 30 years,
\$11,500. 1978 Cadillac Seville,
4-door, nice car, needs computer,
\$925. 342-5923, after 6 p.m. (8/19)

**1985 PONTIAC GRAND
PRIX,** stored winters, like new,
automatic, 44,000 original miles,
\$5,000. 594-7450. (9/2)

1996 GEO PRIZM, engine by
Toyota, runs great, very good in
snow, reliable, 28 MPG, 121K
\$2,000 OBO. 594-2005 (kr)

**1963 MERCURY MON-
TEREY BREEZEWAY,** restora-
tion project in running condition.
390 c.i., 4-door, \$1,000. 385-4273,
leave message. (8/26)

BOATING

**GHEENOE 1999 13FT CAM-
OUFLAGE FIBERGLASS
CANOE,** with 2 seats and keel
protector, 2004 Honda motor, 2
HP, 2000 Easy Loader trailer,
custom cover. \$2,200. Please call
Earl, 785-3196. (9/2)

8 FT. FIBERGLASS BOAT
with oars, \$375. 14' aluminum
boat, leaks, \$100. Marine com-
pass, \$150. Pair brass port holes,
\$150. 542-2328. (8/19)

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NECKY TANDEM KAYAK,
with gear, \$750. Call 785-2263.
(8/26)

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(kr)

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(kr)

**SCHWINN CRISS CROSS
HYBRID GIRL'S BICYCLE,**
10-speed, 16" frame, purple with
gel seat, very good condition, free
helmet/water bottle, new \$250,
will sell for \$125. 542-0868. (kr)

**RASMUSSEN GAS LOG
HEATER,** \$250. 338-2614. (8/19)

**FRONT LOADING WASH-
ER/DRYER,** gently used, excel-
lent condition, \$250. 236-6227.
(8/19)

1,265 LP RECORDS, many
catalogued and priced, these are
regaining their popularity, good
sideline, 35¢ each (take all). 342-
5923, after 6 p.m. (8/19)

BELTIE BEEF, all natural,
grass fed, retail cuts, Saturday,
August 21, 1 to 5 p.m., 605
Moosehead Trail (Route 7), Wal-
do. 722-3297. (8/19)

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FIREWOOD — Green, cut,
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WANTED TO BUY — Gold,
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oriented growing general con-
tracting company. Please send
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04843 or e-mail to info@phi-
homedesigns.com. (8/26)

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TO CAMDEN,** need two strong
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fair pay. 785-2301. (8/26)

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(10/28)

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(8/26)

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WALDOBORO — 11.1 acres,
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\$79,900 now \$59,900, long road
frontage, field, forest, nice quiet
road, beautiful setting, all surveyed,
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Victorian, updated, immaculate,
minutes from coast, porch, patio,
hardwood, cheap heating and
taxes, reduced to sell, \$158,000.
382-3178. (8/19)

FOR RENT

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

ROCKLAND — 1 BR and stu-
dio apartments available at the
Thorndike Building Apartments,
385 Main St., Rockland, ranging
from \$625/studio to \$675/1 BR,
includes heat & utilities. Kinney
Rentals, 354-0100. (kr)

ROCKLAND — 2 BR, large corner
lot, hardwood floors, new appliances,
W/D included, energy efficient,
freshly painted, close to downtown.
\$750/mo. plus utilities, 1st, last &
security required. 354-8776. (kr)

ROCKLAND — Duplex, good
location, wall-to-wall carpeting,
stove and ref., no pets, \$600/mo.,
references and security deposit.
594-4878. (8/26)

THOMASTON — 3 BR, 2 BA,
historic Cape on quiet street, all
appliances, wood floors, oil heat,
fireplace insert in great room, barn,
close to library, \$725 plus utilities.
354-0380. (8/26)

ROCKLAND — 1½ BR, near
library, W/D hookup, private yard
and parking, heat included,
\$700/mo., references and one-
month security. 354-0644. (9/2)

CAMDEN — Unfurnished 1½ BR,
post & beam in quiet neighborhood,
perfect for two, \$900 includes oil,
electric, water, sewer, plowing &
garbage removal, W/D, year lease,
non-smoking, pets considered,
security deposit, 1st & last months
rent, references required. 691-6547
or sailcamden@gmail.com. (8/19)

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HOME KITCHEN CAFE
Dishwashers, Cook,
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full-time, year around.
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TO APPLY:
Call our Waldoboro office at
207-832-5858 or
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41 Washington Street
Waldoboro, ME 04572
Att'n: Mary Brayall

FOR RENT

WARREN — 1 BR apt., all utilities,
inc. trash and snow removal, includes
Sat., \$750/mo., first and security,
available Sept. 21. 273-3827. (9/2)

BELMONT — Waterfront, 2 BR
Cape, 3 private acres, efficient, new
construction, convenient to Belfast
and Camden, available 9/1,
\$900/mo., plus utilities, one month
security, references required, no
smoking, pet considered. 930-5155.
(8/19)

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Terrific Car For Sale
1996 Geo Prizm (engine by Toyota)
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gorgeous views from every room
and patio, linens provided, kitchen
fully equipped, sleeps six, several
restaurants close by, historic gener-
al store, Monhegan Ferry, hiking,
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mail: pntdfir@roadrunner.com. (kr)

SEASONAL RENTAL

JEFFERSON — It's not too late
to rent a cottage on the water, 2 BR
with two lofts on Dyer Long Pond,
\$825/week. 441-0919, Black Duck
Realty, 237 Waldoboro Rd., Jeffer-
son. (kr)

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Run your ad ONE WEEK for only \$6/week for 20 words – 20¢ each additional word.
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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:

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___ Help Wanted ___ Real Estate ___ Services ___ Wanted
___ Yard Sale ___ Other _____

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

Cost for 1st 20/words/week = \$ _____
Additional words = \$ _____
Subtotal = \$ _____
Times # of weeks ad to run x _____
TOTAL Due = \$ _____

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WALDOBORO — Office space, great Rte. 1 exposure, with large traffic count, over 12,000 cars per day, three large rooms, over 500 sq. ft., ample parking, \$750/mo plus utilities. 832-4400. (kr)

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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 proportional to size, space in Newcastle and Wiscasset. 687-2029. (kr)

HEATED — Boat, RV, Car or anything that benefits from a climate-controlled environment. Pamper your favorite toy in our clean, secure 80 ft. x 100 ft. building. Route 90, Rockland. 596-5994. (8/19)

SELF HELP AND SUPPORT

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

SELF HELP AND SUPPORT

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

WALDOBORO AL-ANON
United Methodist Church
Parish Office,
93 Friendship Street, Waldoboro
- Sunday 7-8 p.m.
FMI: Dee, 832-2062.

**DEPRESSION & BIPOLAR
SUPPORT MEETINGS**
Waldoboro: 7-8 p.m., Mon., Word
of Life Church, 41 Old Route 1.
Rockland: 11 a.m.-noon, Tues.;
7-8:30 p.m., Thurs., First Uni-
versalist Church, 345 Broadway.
Belfast: 7-8 p.m., Wed., Volunteers
of America Bldg., near Route 1.
FMI: Heather, 691-3599.

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

**Is Food a Problem for You?
OVEREATERS
ANONYMOUS MEETS:**
On Friday, noon, Unitarian
Universalist Church of Belfast,
37 Miller Street, BELFAST.

**Sex and Love
Addicts Anonymous**
FMI: E-mail mmslaa@fairpoint.net,
or go to: www.21.maine.org (click on
211 directory then keyword: August-
tine Fellowship).

**OVEREATERS
ANONYMOUS**
St. Peter's Church,
White St., Rockland
(Playground-side entrance)
Tuesday, 6:30-7:30 p.m.
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Questions?
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AA Hotline
1-800-737-6237
www.aamaine.org
Al-Anon Hotline
284-1844 / 1-800-498-1844
Hotline numbers are manned 24
hours a day, seven days a week.

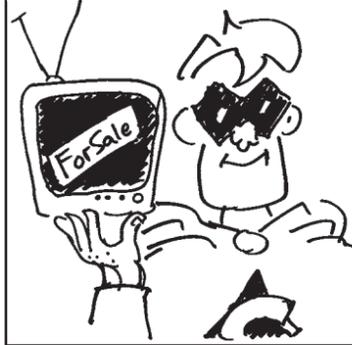
**Common Journey Breast Cancer
Support Group**, 6 to 8 p.m. at Mer-
rysprng Park, Conway Rd., Cam-
den. First and third Monday. Info:
Linda Zeigler, 594-6889.

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

**Ongoing Social and Support
Group.** Lesbians 40+, coupled or
single, living in Camden/Rockland
area. FMI: call 631-0249 cell or e-
mail: mwpbooks@midcoast.com.

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MARKET BASKET

**DEADLINE
is 4 p.m.
MONDAYS**

PLEASE READ: As long as the TOTAL price of ALL your items is \$100 or less, it's FREE (ads must include prices for all items or we cannot run the ad).

Market Basket ads run for two weeks. Only one 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

La-Z-Boy Rocker/Recliner, medium size, dark beige, excellent condition, in newer home with no children, no pets, \$95. 785-6686.

Twenty Naturally Flat Stones, good for garden walkway, \$100 for all. 845-2617.

Shiatsu Massaging Cushion, with heat, used three times, \$45. 236-3118.

Old Barn Board, \$50/truck load. 785-4401.

Wooden Parts, three boxes full, ideal for miscellaneous crafts, \$25 for all. 353-9831.

Single, Double and Triple Picture Frames, some new, all with glass, box full, \$35, firm. 763-3201.

Wooden Propfront Desk, not antique, not Walmart, 31 inches wide, very usable, refinishable if you're fussy, three drawers, \$60. 230-1195.

Dry Lavender, 10 for \$25. Blue hosta, \$10 for \$25. Astilbe, 10 for \$25. Lady's mantle, 10 for \$15. 832-2233.

Antique Wooden 43" Spinning Wheel, with bench, \$100. 338-2809.

Chest Freezer, ideal for garage, \$50. Oak, round, drop leaf table, \$50. 354-3589.

Stroller, high-end McClaren VOLO umbrella stroller, red, light weight, great for town, in/out cars, airport travel, \$40. 570-6029.

Body Balance Ionic Cleanse Deluxe, like new, with 20 liners, \$100. 236-0986.

Rocking Chair, upholstered seat and back, Pompanoosuc Mills (Vermont), sturdy, quality furniture, \$20. 542-7011.

Red Rose Porcelain Figurines, various animals, 140 for \$40. 594-1885.

30 Camden Town Reports, ranging from 1886-1928, \$5 all. Ayers American Almanacs, 1860, 1902, 1915, 1921, \$2 all. 236-3457.

Brass Propeller, 13 x 8 RH, good condition, \$100. 372-8467.

Tile-topped Counter, with marble insert, 36 x 70, great for a kitchen island, \$75. 338-3049.

Barbie Dolls, and trunk of clothes (older), \$60. Debbie 1 & 2 MiB, \$40. 845-2617.

Four GMC Steel Rims, 14 in., \$10. One VW 185-14 in. spare tire, \$10. Two 215/55 R16 tires, \$20. One P255/70 R16 tire, \$10. 542-0313.

Electric Typewriter, works fine, \$10. Foreign stamp bound book, with stamps, \$10. 236-6412.

Solid Maple Step End Table, clear satin finish, excellent condition, \$20. 832-6159.

Table, very sturdy, been outside, can be cleaned for indoor rustic look, trundle 29" high, 36" x 27", \$75. 594-0833.

Four Michelin Tires, Cross Terrain, P235/70 R16 104S M & S, good cond., \$40. 372-1052.

Bench, artist crafted, dark green painted wood, arched back, rolled arms, 55" wide, beautiful, cost \$350, sell \$100 OBO. 763-4332.

Color TV, \$20. VCR, \$20. Scanner, \$50. 542-2328.

Civil War Collection, famous books, pamphlets of major and minor battles, pictures, miniballs, \$45. 16mm projector films, Queen Elizabeth's 1953 coronation, 1932 Olympics, \$45. 763-3765.

12 Cu. Ft. Steel Craftsman Dump Cart, for lawn tractor, like new, \$85. 338-6481.

27 Inch Sanyo Flat Screen TV (non-digital), works great, there is a small, very light scratch on the screen, \$75 OBO. 380-2769.

1940s Spring Rocking Horse, needs TLC, \$15. Two wicker chairs, \$8 each. Window fans, 16" and 22", \$5 each. 338-9155.

Kid's Bike, Trek MT60, 6-speed, ages 6-9, 20", blue, \$85. 236-6071.

Orthopedic Dog Bed, hygienic, durable, easy to clean, elevated frame bed, provides comfort galore, large dog size, 30 x 44, \$60. 975-0061.

Goodyear Eagle F1 GS-D3 Summer Tires, like new, only driven 5,000 miles, 205/40R17, made in Germany, no flats, no accidents, \$100. 236-3733.

Wrought Iron Smoked Glass-top Coffee Table, 46" x 28" oval, \$25. 542-7011. ■

LG Bluetooth Mono Headset, HBM-210, new, with instructions, \$10. 594-3676.

Carpet, maroon, 9' x 12', bound four sides, new condition, in newer home with no children, no pets, redecorating, \$70. 785-6686.

18 Etude Music Magazines, 1930s-40s, \$5 for all. 45+ Youths Companion magazines, 1910-26, \$5 for all. 236-3457.

Pick Ax, splitting mall, crowbar, clam rake, grub hoe, \$10 each OBO. 236-3665.

10" Makita Miter Saw, exc. shape, no frills, \$45. 512-2675.

Chevy Bedliner, 6 1/2' bed, nice shape, \$70. Dual electric breast pump, hardly used, \$30. 342-2642.

Burton 160cm Snowboard, \$75. 872-8670.

32" TV, with remote, great big beautiful picture, perfect condition, \$100. 542-3326.

Adorable Guinea Pigs, very friendly, handled daily by children, long and short hair, \$10. 845-2080.

XLarge Men's Kayak Vest, new, used two times, \$125 new, \$65. Twenty perennials, \$30. 832-2233.

Two Steel Doors, 32 x 80, \$30. Lamp shades, brand new, cylinder shape, 13 in., \$10/pair. Child's booster seat, \$6. 354-6172.

One Set Unfinished Wooden Louver Doors, 48" x 78", moving, \$100. 594-3611.

Nice Dehumidifier, brown, works great, \$40. Covered fluorescent bathroom fixtures, both \$20, can e-mail pictures. 563-7100.

Oriental Rug, hand-knotted Hosenabad type, soft red background w/blue and beige, 3'4" x 5'1", \$75. 338-6699.

Old Blue Wicker Chair, \$100. 594-5247.

Pine Table, square 42" top, polyurethane finish, \$65. Vanity (makeup) dresser, with mirror, \$35. 594-8391, weekdays.

TV Armoire, wood, top cabinet holds up to 34" TV, bottom cabinet for equipment, 7' tall, \$100. 226-0977.

Canon AE-1 Program Film Camera Body and 50mm F1.8 Canon FD lens, Canon Skylight and Tiffen circular polarizer filters included, \$100. 236-3733.

Craftsman Dump Trailer, for lawnmower, \$50 OBO. Xbox surround sound, exc. condition, used very little, \$50. 354-0129.

Food Warmer, \$8. Bacon cooker, \$5. Coffee maker, \$8. Can opener, \$4. Hair dryer, needs bonnet, \$5. Two wall lamps, \$3 and \$25. 594-8121.

Juice Guru Juicer, barely used, \$45. Whirlpool large, under cabinet mounted microwave, great condition, \$45. 785-2267.

Armoire, four drawers behind doors, lg. drawer below, CD/video/ clothes storage, \$40. Twenty gal. aquarium, includes accessories, \$30. Computer desk on wheels, \$20. 236-8909.

Two Studded Radial TXR Wild Country Tires, 245/75 R16, used two winters, like new, asking \$100 for both. 594-4875.

Five Lobster Traps, with rope buoys, bait bags, etc., \$75. 542-2328.

Wall Mirror, new, 36" H x 26" W, bordered by vintage golf features, rich wood grain and bronze look, ideal for game room, \$25. 596-1749.

English Bone China Teacups, with matching saucers, all 10 are different patterns with no blemishes, \$50 for the lot. 596-6396.

Black Dress Leather Boots, 16" tall, zipper, 2" heel, 7/8 med., never worn, paid \$139, asking \$60. 763-4137.

Metal Sofa and Chair Frame, black, no cushions, \$40. Paintable wallpaper, three rolls, \$15. 236-6056.

Kenmore Microwave Oven, 1,000 watts, almost new, carousel, \$40. Red and blue rug, Asian style, synthetic, 11'3" x 8', \$60. Pick up 8/31 or 9/1. 548-6278.

Bi-Fold Door Unit, Masonite unfinished pine, shattered, in box, never opened, 30" x 80" x 1 1/2", \$40. 236-8055.

MARKET BASKET ADS FREE

MARKET BASKET RULES:

- #1. Maximum # of Words per Ad = 20
- #2. TOTAL of all items added together MUST BE \$100 or less!
- #3. Ads MUST be priced or we cannot run them.
- #4. We cannot run Wanted ads seeking items costing over \$100.
- #5. **ONLY ONE AD PER WEEK** per person/phone number.
- #6. **NO BUSINESS, SERVICE OR YARD SALE ADS** accepted.

Please use the regular classified ad form for these and all other ads which don't fit the above guidelines — sorry, ads that don't follow these guidelines cannot be printed!

!Market Basket Ads Automatically Run For Two Weeks!

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

And about the handwriting: If we can't read it, we can't run it.

MARKET BASKET AD DEADLINE IS 4 PM ON MONDAYS

Frigidaire Stacked Washer/Dryer, looks like new, washer excellent; dryer needs repair, \$45 for both. Window air conditioner, \$35. 785-6249.

WANTED

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

Wanted: Dish Set, white/solid color, Crate & Barrel type, contemporary style. 542-7011.

Wanted: Rear Door for Jeraco Pickup Truck Cap. 354-6780.

Wanted: Stationary Bike, for post-surgery therapy/exercise. 236-8415.

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

Wanted: Canning Jars, small, for jams and jellies, free or cheap. 832-2233.

Wanted: Bed Frame for double bed. 763-3789.

FREE

Free: Bench Seat for Ford Econoline. 832-7490.

Free: Cast Iron Scandia Wood Stove, takes 18" logs, you haul. White sewing machine, in hardwood table, needs work. 236-2421.

Free: Stationary Bike, just take it away. 338-6095. ■

Free: Threads Magazine, #51-67 volumes, 76-100 volumes, must take all. 236-6068.

Free: Plastic Planting Pots. 354-6172.

Free: 40+ Perennials and Shrubs, most in pots, can help deliver. 832-8225.

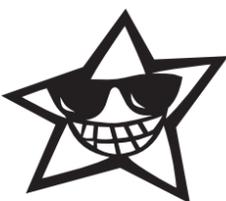
Free: Empire Gas Comfort System, 50,000 BTUs, used 3 mos. 594-2840.

Free: Complete Set Compton's Pictured Encyclopedia, 1928 ed., good condition. 594-5906.

Free: Wood for the Winter, 12 full-size birch trees, you take down and clean up after. 10 Rockland St., Rockland. 594-8286.

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

TV Listings



CHANNEL LINE-UP

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

18 TV Guide	37 Headline News
19 C-SPAN	38 TOON
20 C-SPAN2	39 CNBC
21 ION	40 MSNBC
22 PEG - Government	41 truTV
23 GAC	42 TCM
24 Comcast Sports Net	43 INSP
25 ESPN	44 TNT
26 ESPN2	45 Comedy
27 NESN	46 FX
28 MTV	47 USA
29 VH-1	48 TBS
30 Lifetime	49 Oxygen
31 Spike TV	50 A&E
32 CMT	51 AMC
33 Weather Channel	52 Ovation
34 NECN	53 Bravo
35 FOX News	54 E!
36 CNN	55 HGTV

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

FRIDAY EVENING AUGUST 20, 2010

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	King of Queens	Loves Raymond	WWE Friday Night SmackDown! (N) (In Stereo) [CC]	WWE Friday Night SmackDown! (N) (In Stereo) [CC]	NWA Wrestling	The Rundown	Deadliest Catch "On the Crab" [CC]	Hates Chris				
4	Two and Half Men	Two and Half Men	NFL Preseason Football: Philadelphia Eagles at Cincinnati Bengals. (In Stereo Live) [CC]	NFL Preseason Football: Philadelphia Eagles at Cincinnati Bengals. (In Stereo Live) [CC]		Frasier [CC]	Accord-ing-Jim	Family Guy [CC]	Seinfeld [CC]			
5	Two and Half Men	Name Is Earl	Medium Embarrassing videos. [CC]	CSI: NY "Dead Reckoning" (N) [CC]	Flashpoint "Whatever It Takes" (N) [CC]	News	Late Show With David Letterman	Late Late Show With Jay Leno [CC]				
6	207 Magazine.	Deal or No Deal	Who Do You Think You Are? [CC]	Dateline NBC (In Stereo) [CC]	News	News	The Tonight Show With Jay Leno [CC]	Late Night				
8	Wheel of Fortune	Jeopardy!	Wife Swap "Cameron/Drago" [CC]	Primitime: What Would You Do? [CC]	20/20 (N) (In Stereo) [CC]	News at 11	Nightline (N) [CC]	Jimmy Kimmel Live (In Stereo) [CC]				
10	PBS NewsHour (N) (In Stereo) [CC]	Washing-ton Wk	Maine Inside Wash'ton	McLaugh-lin	Need to Know (N) (In Stereo) [CC]	Charlie Rose (N) (In Stereo) [CC]	World News	Tavis Smiley				
12	Scrubs [CC]	Name Is Earl	Smallville Zod poses as the Blur.	Supernatural "Point of No Return" [CC]	Just Shoot! [CC]	Extra (N) [CC]	House of Payne	Republic Jewelry	Auto King [CC]			
13	Entertain-ment (N)	The In-sider (N)	Medium Embarrass- ing videos. [CC]	CSI: NY "Dead Reckoning" [CC]	Flashpoint "Whatever It Takes" (N) [CC]	News 13 at 11:00	Late Show With David Letterman	Late Late Show With David Letterman				
21	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Paid	Paid				
24	Sports	Sports	Boxing: Broadway Boxing.	Sports	Sports	Sports	Sports	Sports	Baseball	Sports	Jay	
25	Countdown	Countdown	NASCAR Racing: Nationwide Series: Food City 250.	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	SportsCenter (Live) [CC]	NFL Live
26	Little League	Little League	Little League Baseball	ATP Tennis	ATP Tennis	ATP Tennis	ATP Tennis	ATP Tennis	WTA Tennis	WTA Tennis	WTA Tennis	WTA Tennis
27	MLB Baseball: Toronto	Blue Jays at Boston Red Sox. (Live)	Innings	Red Sox	Daily	Teletthon	MLB Baseball	MLB Baseball				
30	Reba [CC]	Reba [CC]	Reba [CC]	Reba [CC]	Reba [CC]	Reba [CC]	How I Met	How I Met	Frasier [CC]	Medium		
36	John King, USA (N)	Rick's List	Larry King Live (N)	Anderson Cooper 360 (N) [CC]	Larry King Live							
39	The Kudlow Report	Scam: Madoff	Biography-CNBC	American Greed	To Be Announced	Scam: Madoff						
40	Hardball Matthews	Countdown	Rachel Maddow	Lockup: N.M.	Lockup: Pendleton							
41	Cops	Cops	Most Shocking	Most Shocking	Forensic	Forensic	Forensic	Forensic	The Investigators			
42	(6:15) *** "Keeper of the Flame" [CC]	Movie: *** "Woman of the Year" (1942) Katharine Hepburn. [CC] (DVS)	Movie: *** "3-10 to Yuma" (2007, Western) Russell Crowe, Christian Bale. Premiere. [CC]	Movie: *** "Without Love" (1945) Spencer Tracy, Katharine Hepburn. [CC]	Movie: *** "Bringing Up Baby" [CC]							
44	Bones Body beside a garbage truck.	Movie: *** "The Waterboy" (1998, Comedy) Adam Sandler, Joey Lauren Adams.	Movie: *** "Where the Heart Is" (2000) [CC]	Movie: *** "Next Friday" (2000) [CC]	Movie: *** "The Benchwarmers" [CC]							
45	Daily	Colbert	Presents	Presents	Comedy	Presents	The Comedy Central Roast	Steve Byrne	Comedy			
46	Movie: *** "Big Daddy" (1999, Comedy)	Adam Sandler, Joey Lauren Adams.	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]
47	House "Meaning"	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]	House [CC]
48	Seinfeld [CC]	Seinfeld [CC]	Family Guy [CC]	Family Guy [CC]	Movie: *** "Fool's Gold" (2008, Action)	Matthew McConaughey. Premiere. [CC]	Name Is Earl	Movie: *** "Stomp the Yard" (2007) Columbus Short.				
49	"Must Love Dogs"	Movie: *** "Where the Heart Is" (2000) [CC]	Movie: *** "Where the Heart Is" (2000) [CC]	Movie: *** "Where the Heart Is" (2000) [CC]								
50	The First 48 [CC]	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	The Glades [CC]	Criminal Minds				
51	(5:30) Movie: *** "Life" (1999)	Movie: *** "On Deadly Ground" (1994, Action) Steven Seagal, Michael Caine.	Movie: *** "Thunderheart" (1992, Mystery) Val Kilmer, Graham Greene, Sam Shepard. [CC]	Movie: *** "The Waterboy" (1998, Comedy) Adam Sandler, Joey Lauren Adams.	Movie: *** "The Benchwarmers" [CC]							
52	Jeff Koons Bey.	Art/City	Art/City	Art Land	Art Land	Art/City	Art/City	Art Land				
53	Housewives/NJ	Housewives/NJ	Housewives/NJ	Housewives/NJ	Housewives/NJ	Housewives/NJ	Housewives of D.C.	Housewives of D.C.				
56	Challenge	Chopped	Diners	Diners	Chefs vs. City (N)	Good Rachael	Diners	Diners				
59	Touched by an Angel (In Stereo) [CC]	Touched by an Angel (In Stereo) [CC]	Movie: "Class" (2010, Drama) Jodi Lyn O'Keefe, Justin Bruening. [CC]	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls				
60	Manna	Sprma	Behind Lindsey	Osteen	Price	Praise the Lord [CC]	Life Fo	Prince				
61	Modern Marvels	Stan Lee's	Modern	Modern	Gangland "F-13"	Gangland [CC]	Stan Lee's	Left at the Altar				
62	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Left at the Altar (N)	Say Yes	Say Yes				
63	Giant Squid	Dual Survival [CC]	Man, Woman, Wild	Dual Survival (N)	Dual Survival [CC]	Man, Woman, Wild						
64	Cosby	Cosby	Nanny	Nanny	Raymond	Raymond	Rose	Rose				
66	Home Videos	Movie: *** "Harry Potter and the Prisoner of Azkaban" [CC]	Chris	George	G. Martin	Chris	Chris	Chris				
67	Big Time	Sponge.	Big Time	Troop	Chris	George	Chris	Chris				
68	Suite/Deck	Suite/Deck	Suite/Deck	Wizards-Place	Phineas and Ferb	Phineas and Ferb	Good-Charlie	Good-Charlie				
69	Whale Wars [CC]	Whale Wars [CC]	Whale Wars (N)	River Monsters	Whale Wars [CC]	Whale Wars [CC]	Whale Wars [CC]	Whale Wars [CC]				
70	Haven "Fur"	Eureka "Momstrosity" (In Stereo) [CC]	Eureka "Stoned" (N) (In Stereo) [CC]	Haven "Sketchy" (N)	Eureka "Stoned" (In Stereo) [CC]	Haven "Sketchy" (N)						

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M-F 7:30-5:30

Sat. 7:30-4:00

Sun. 9:00-1:00









SATURDAY EVENING AUGUST 21, 2010

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	King of Queens	George Lopez	Sport Legend	Game of the Week	Open Air	That '70s Show	Friends	Hates Chris	TV Marketplace	TV Marketplace	TV Marketplace	TV Marketplace
4	Two and Half Men	Two and Half Men	Cops [CC]	Cops [CC]	America's Most Wanted	News 13 on FOX	The Office [CC]	The Wanda Sykes Show [CC]	Brothers	Frasier [CC]		
5	Grey's Anatomy "Six Days" [CC]	Cold Case "Bullet" (In Stereo) [CC]	CSI: Crime Scene Investigation	48 Hours Mystery (N) (In Stereo) [CC]	News	CSI: NY "Zoo York"	Two and Half Men					
6	Green's Maine	Paid Program	Persons Unknown "Identity" (N) [CC]	Law & Order: Criminal Intent [CC]	Law & Order: Criminal Intent [CC]	News	Saturday Night Live Zach Galifianakis: Vampire Weekend.					
8	Count-down	NASCAR Racing: Sprint Cup: Irwin Tools Night Race. From Bristol Motor Speedway, Tenn. (In Stereo Live) [CC]	News at 11	CSI: NY "Zoo York" [CC]	Grey's Anatomy							
10	Waiting for God	Being Served	As Time Goes By	Keeping Up	Movie: *** "Go for Broke!" (1951, War) Van Johnson.	Red Green	Acadian Sessions	Sun Studio	Austin City Limits "Mos Def; K'naz"			
12	Extra (N) (In Stereo) [CC]	The Hills [CC]	The Hills [CC]	Lost "Everybody Loves Hugo" [CC]	Comm Auditions	Wicked Good	Desperate Housewives [CC]	Legend of the Seeker "Hunger"				
13	The In-sider (N)	Paid Program	Cold Case "Bullet" (In Stereo) [CC]	CSI: Crime Scene Investigation	48 Hours Mystery (N) (In Stereo) [CC]	News 13 at 11:00 (N) [CC]	Entertainment Tonight	The Insider				
21	Name	Name	Movie: *** "The Whole Ten Yards"	Movie: *** "The Whole Ten Yards"								
24	Sports	Sports	Sports	MLS Soccer: Revolution at Wizards	Sports	Sports	World Poker Tour	World Poker Tour				
25	Little League	Little League	Little League Baseball	Baseball Tonight	SportsCenter [CC]	SportsCenter [CC]	Baseball Tonight	SportsCenter [CC]				
26	ATP Tennis	Softball	WNBA Basketball: Sparks at Storm									
27	MLB Baseball: Toronto	Blue Jays at Boston Red Sox. (Live)	Innings	Red Sox	Daily	Dirty	MLB Baseball	MLB Baseball				
30	Movie: *** "Family Sins" (2004, Drama) Kirstie Alley, Will Patton. [CC]	Movie: *** "Confined" (2010, Suspense) David James Elliott, Emma Caulfield. [CC]	Project Runway "Hats Off to You" [CC]	On the Road								
36	Newsroom	New Orleans Rising	Larry King Live	Newsroom	New Orleans Rising	Larry King Live						
39	Biogr/CNBC	American Greed	Suze Orman Show	Debt Part	Debt Part							
40	Death-Dentist	Lockup: Raw	Lockup: Raw	Lockup: Raw	Lockup: Raw							
41	World's Dumbest...	World's Dumbest...	World's Dumbest...	World's Dumbest...	Forensic	Forensic	Dominick Dunne	Evidence	Evidence			
42	(5:45) Movie: *** "Harper" (1966)	Movie: *** "The Sting" (1973) Paul Newman, Robert Redford. [CC]	Movie: *** "Cool Hand Luke" (1967, Drama) Paul Newman, George Kennedy. J.D. Cannon. [CC]	Movie: *** "Rachel, Rachel" [CC]								
44	(6:00) Movie: *** "3-10 to Yuma"	Movie: *** "Gladiator" (2000) Russell Crowe. A fugitive general becomes a gladiator in ancient Rome. [CC]	Movie: *** "The Guardian" (2006) Kevin Costner, Ashton Kutcher. [CC]									
45	(6:00) "The Man"	Movie: *** "Mr. Woodcock" (2007) [CC]	The Comedy Central Roast	Whitney Cummings	D. Cook							
46	Movie: *** "The Waterboy" (1998, Comedy) Adam Sandler, Kathy Bates.	Movie: *** "Click" (2006, Comedy) Adam Sandler, Kate Beckinsale. An architect's new remote controls his universe. [CC]	Movie: *** "The Wedding Singer" (1997) Adam Sandler, Drew Barrymore.									
47	(6:30) Movie: *** "Hairspray" (2007)	Movie: *** "Juno" (2007) Ellen Page.	Movie: *** "Enchanted" (2007) [CC]									
48	King of Queens	King of Queens	Movie: *** "Fool's Gold" (2008) Matthew McConaughey, Kate Hudson. [CC]	Movie: *** "Failure to Launch" (2006) Matthew McConaughey. [CC]	Movie: *** "Father of the Bride" [CC]							
49	"Divine Secrets"	*** "Miss Congeniality 2: Armed and Fabulous"	*** "Miss Congeniality 2: Armed and Fabulous"									
50	The First 48 [CC]	The First 48 [CC]	The First 48 [CC]	The First 48 [CC]	The First 48 [CC]	The First 48 [CC]	The First 48 [CC]	The First 48 [CC]				
51	(5:45) Movie: *** "The Shooter" [CC]	Movie: *** "Rio Bravo" (1959) John Wayne, Dean Martin. A powerful rancher seeks his brother's release from prison. [CC]	Movie: *** "Hondo" (1953, Western) John Wayne, Geraldine Page. [CC]									
52	Scenic	Scenic	Scenic	Scenic	Scenic	Scenic	Scenic	Scenic				
53	House "Locked In" [CC]	House "Saviors" [CC]	House "Here Kitty"									
56	B. Play	Flay	Treats of Trade	Cakes	Cakes	Cakes	Iron Chef America	Cakes				
59	Movie: "The Magic of Ordinary Days" (2005) Keri Russell, Skeet Ulrich. [CC]	Movie: "Love Comes Softly" (2003) Katherine Heigl, Dale Midkiff. [CC]	Movie: "Wild Hearts" (2006, Drama) Richard Thomas, Nancy McKeon. [CC]									
60	Precious Mem.	In Touch	Hour of Power [CC]	Billy Graham	History	Travel	"Path of th"					
61	Modern	Modern	Hillbilly: The Real Story [CC]	Rumrunners, Moonshiners	Hillbilly: Real Story							
62	Hard Evidence	Strange	Strange	Strange	Strange	Strange	Strange	Strange				
63	Dirty Jobs [CC]	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters				
64	Griffith	Griffith	Griffith	Raymond	Raymond	Cleve	Raymond	Raymond				
66	"Harry"	Movie: *** "Harry Potter and the Goblet of Fire" (2005, Fantasy) [CC]	Movie: "O Brother, Where Art Thou?" [CC]									
67	iCarly	iCarly	iCarly	Jackson	Big Time	Victo	George	George				
68	Suite/Deck	Good-Charlie	Suite/Deck	Wizards-Place	Hannah Forever	Wizards-Place	Wizards-Place	Wizards-Place				
69	Cats 101 [CC]	Last Chance	Pit Boss (In Stereo)	Pit Boss (N)	Last Chance							
70	Movie: *** "Lake Placid 2" (2007, Horror) John Schneider, Sam McMurray. [CC]	Movie: "Lake Placid 3" (2010, Horror) Ryan Carnes. Premiere.	Movie: "Croc" (2007, Horror) Peter Tuinstra, Sherry Phungrasert. [CC]									

MONDAY EVENING AUGUST 23, 2010. Table with 12 columns (7:00-12:30) and 70 rows of programming.

TUESDAY EVENING AUGUST 24, 2010. Table with 12 columns (7:00-12:30) and 70 rows of programming.

ATTENTION: Artists • Colleges & Universities • Exercise Classes • Private Schools. The 2010 Fall Educational Opportunities Supplement. COMING AUG. 26 & SEPT. 2!

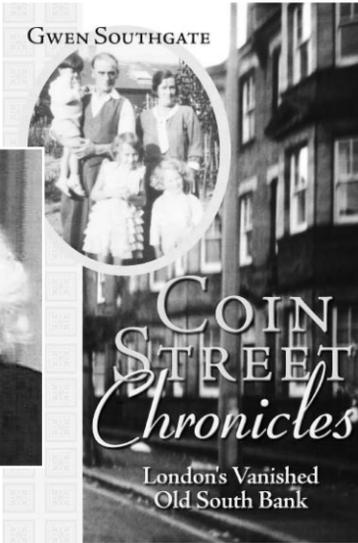
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WEDNESDAY EVENING AUGUST 25, 2010. Table with 12 columns (7:00-12:30) and 70 rows of programming.

THURSDAY EVENING AUGUST 26, 2010. Table with 12 columns (7:00-12:30) and 70 rows of programming.

Coin Street Chronicles Author to Read in Camden & Rockland

Gwen Southgate, author of *Coin Street Chronicles: London's Vanished Old South Bank*, will give a reading of excerpts at the Camden Public Library on Friday, August 20, at 2 p.m., and at the Rockland Public Library on Tuesday, August 24, at 6:30 p.m. The South Bank of the River Thames is now a cultural showcase of concert halls, theaters and art galleries, but before World War II it was a poor, shabby, industrial corner of London. The book covers Southgate's early childhood there in the 1930s and her WWII experiences living with strangers in the countryside when she and her two younger brothers were evacuated from the city to escape the Blitz.



Tales of Hauntings and History at C-R Historical Society Annual Meeting

The mysterious Lady in the Red Cloak, Sally Lobkowicz, brings her tales of mid-coast hauntings to the Cramer Museum on Wednesday, August 25, when the Camden-Rockport Historical Society holds its 2010 annual meeting, which begins at 7 p.m. at the museum on the society's Conway Homestead-Cramer Museum complex. Her illustrated presentation focuses on Camden, south to Rockport and Glen Cove, and north to Lincolnville. One story in her local tour involves the Camden Opera House and a despondent young woman named Sally, who, in the early 1900s, after being jilted by her intended, committed suicide by throwing herself off the Opera House balcony. Today, says Lobkowicz, some Opera House patrons report indications that Sally's spirit is still present. A genealogy researcher, Lobkowicz took a haunted history tour while on vacation in

Pennsylvania in 2007, and that spawned her idea to start one in Maine. She began digging into the history of midcoast towns, beginning with Damariscotta, and spent hours poring over history books and talking with residents to learn of their personal experiences with unexplainable phenomena. The result was her Haunted History tours. Dressed in period clothing, with a lantern to light the way, Lobkowicz leads tours in the Camden-Rockport area as well as Damariscotta, Wiscasset, Boothbay Harbor and Bath. In addition to Lobkowicz's program, there will be a brief business meeting, and Historical Society members will elect officers and trustees for the coming year. The Conway Homestead and Cramer Museum complex is off Route 1 at the Camden-Rockport town line. For more information, call 236-2257.

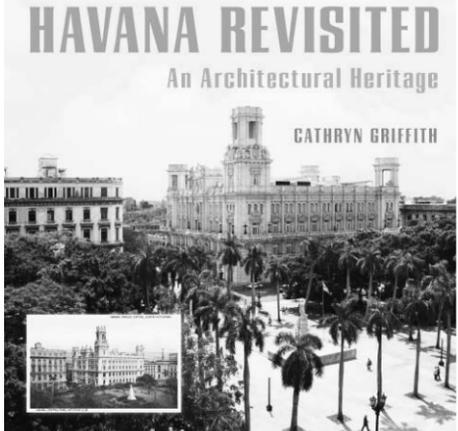
"The Sixties: Gone But Not Forgotten" will be the topic at the Belfast Historical Society meeting at 7 p.m. on Monday, August 23, in the Abbott Room at the Belfast Free Library.

Program on Belfast in the Sixties Aug. 23

Megan Pinette, Belfast Historical Society president, will give a slide talk, subtitled "Peace, Love and Chickens," using images of Belfast during the 1960s. During that time Belfast was known as "The Broiler Capital of the World": two poultry processing plants dominated the waterfront, and each July thousands enjoyed the Broil-

er Festival and the crowning of the Broiler Queen. The program is being given in conjunction with the Game Loft's week-long exploration of life in Belfast and Maine during the 1960s. The Game Loft's events during the week of August 23 will culminate in a block party featuring a Beatles look-alike contest, a battle of the bands, a fashion show and a vintage automobile display. Belfast Historical Society program meetings are free and open to the public. For more information, visit www.belfastmuseum.org.

Havana Revisited Author at Camden Library



The author of *Havana Revisited*, Cathryn Griffith, will give a talk, book signing and short video presentation at the Camden Public Library on Thursday, August 26, at 6:30 p.m. *Havana Revisited: An Architectural Heritage* was published by W.W. Norton earlier this year. In it, 11 architects, historians, scholars, preservationists and urban planners in Cuba and the United States provide an examination of Havana, old and new.

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1527

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Bonus Customer Cash	-\$ 1,100
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SPORT APPEARANCE PACKAGE!

1031

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MSRP	\$ 25,995
Wiscasset Ford Discount	-\$ 2,000

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1548

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MSRP	\$ 31,490
Factory Rebate	-\$ 2,000
Bonus Customer Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 1,995

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1591

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Factory Rebate	-\$ 2,000
Bonus Customer Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 2,740

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1669

Brand New!
2010! FORD ESCAPE XLT 4X4

MSRP	\$ 26,690
Factory Rebate	-\$ 1,000
Bonus Customer Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 1,995

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WISCASSET FORD PRICE! \$22,695

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1443

Brand New!
2010! FORD RANGER XLT SUPERCAB

MSRP	\$ 21,265
Factory Rebate	-\$ 1,000
Bonus Customer Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 1,470

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WISCASSET FORD PRICE! \$17,795

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1398

Brand New!
2010! FORD RANGER XLT 4X4 SUPERCAB

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Wiscasset Ford Discount	-\$ 1,645

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1494

Brand New!
2010! FORD F150 XL

MSRP	\$ 23,095
Factory Rebate	-\$ 1,500
Bonus Customer Cash	-\$ 1,000
FMCC Bonus Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 1,600

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OR SWAP REBATES FOR 0.0% APR 60 Month Financing!

1563

Brand New!
2010! FORD F150 STX 4X4 SUPERCAB

MSRP	\$ 32,810
Factory Rebate	-\$ 2,500
Bonus Customer Cash	-\$ 1,000
FMCC Bonus Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 2,815

YOU SAVE \$7,135! Off MSRP

WISCASSET FORD PRICE! \$25,495

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OR SWAP REBATES FOR 0.0% APR 60 Month Financing!

1681

Brand New!
2010! FORD F150 XLT 4X4 SUPERCAB

MSRP	\$ 34,630
Factory Rebate	-\$ 2,500
Bonus Customer Cash	-\$ 1,000
FMCC Bonus Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 3,135

YOU SAVE \$7,635! Off MSRP

WISCASSET FORD PRICE! \$26,995

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1340

Brand New!
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Factory Rebate	-\$ 2,500
Bonus Customer Cash	-\$ 1,000
FMCC Bonus Cash	-\$ 1,000
Wiscasset Ford Discount	-\$ 3,140

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Mower Jump-start Can Be Done, If You Know What You're Doing; Is This a Bright Idea?

DEAR TOM AND RAY: This question isn't about a specific car, but is a general equipment question. Of course, during the winter, my riding lawn mower has gotten no driving time, and thus the battery has died. I was wondering if it is safe to jump-start the lawn mower with my car, and if you have any tips on how to do it. Thanks! — *Cameron*

RAY: Carefully.

TOM: Right. Every year we hear about some moron who doesn't know what he's doing and blinds himself in a battery explosion. So if you're planning to be that moron this year, Cameron, stop reading right now.

RAY: Seriously, if you don't know what you're doing, ask someone who does to help you.

TOM: But if you're technically adept, this is a perfectly good solution. Your car battery is 12 volts. Most riding mowers have 12-volt batteries, too. Of course, you need to check to be sure.

RAY: If your mower uses a 12-volt battery, use the jumper cables as you would when starting another car. Hook the positive cable to the positive terminal of the car battery. Then connect the other end of that cable to the positive terminal of the mower battery.

TOM: Then connect the negative cable to the car battery's negative terminal, and the other end to the frame of the mower. They come off in exactly the opposite order.

RAY: Because the battery on a riding mower often is buried deep underneath the seat, be especially careful not to allow any part of the positive clamp or the exposed cable to touch the frame. Otherwise, you may end up with a hairdo like my brother's.

TOM: Or a hairline like my brother's.

RAY: Finally, make sure the car's engine is turned off. The alternator in your car produces way too many amps for the lawn mower, so you don't want your automobile engine to charge the lawn mower's battery. You want it to provide the mower's battery with just enough juice to start the mower's engine. Once the engine is started, the mower's own generator will charge the battery.

TOM: Jump-starting a riding mower from a car or truck is a trick that landscapers use all the time. But there are several even better solutions for homeowners, Cameron.

RAY: One option is a "jump pack." That costs 50 or 60 bucks. It's essentially a plastic-encased 12-volt battery with jumper cables already attached to it. You plug it into a wall

socket once in a while to keep it charged, and when you need to jump-start a car or a mower, you tote it out and clamp the built-in cables to the dead battery.

TOM: Another great option is a trickle charger. You can get a cheap one for about 40 bucks. You can use it on your car or mower batteries. But in this particular case, you could hook it up to the mower the day before the first big spring cut. Then go to sleep, and you'll be ready to hack down your wife's prized tulips first thing the next morning.

DEAR TOM AND RAY: I enjoy your column every week. In our cars, the headlights turn off automatically when we exit the vehicle, so there's no danger of leaving the lights on and draining the battery. So my wife and I just leave the headlights on all the time when we're driving. I think if anything, this is safer, as does she. Is there any reason not to drive with the headlights on all the time? What about the fog lights? Unless you have a reason not to, we'll continue to do it. Thanks. — *Rob*

TOM: The only real downside is that you'll have to replace your headlight bulbs more often.

RAY: But if you're willing to pay that price for the additional visibility you get, you're certainly not doing any damage to the car.

TOM: It does take a little bit of energy to power the headlights, and that energy ultimately comes from the gasoline. So your mileage will be reduced by a very small degree. It might not even be measurable to you, but it will make a small difference.

RAY: All of this applies to the fog lights and driving lights, too. I would caution against leaving auxiliary driving lights on, because they're often the equivalent of your bright lights. That'll just annoy oncoming drivers, and they'll crash into you on purpose, negating the enhanced safety you get from the lights.

TOM: But we agree with you — driving with your lights on is safer. The easier you are to see, the more likely that other drivers will see you. And if you're willing to pay the price in bulbs and gas mileage, light it up, baby.

Got a question about cars? Write to Click and Clack in care of The Free Press, 8 N. Main Street, Suite 101, Rockland, ME 04841 or e-mail them by visiting www.cartalk.com.

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MEDIUM

86

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 46.

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ACROSS

- 1 Poet's contraction
- 5 Ads
- 11 Cauliflower bud
- 17 Gripper
- 21 — carotene
- 22 Solar wind phenomenon
- 23 Caustic solution
- 24 Memorable times
- 25 In — (as found)
- 26 Peron's third wife
- 27 Rug
- 28 Easy win
- 29 With wisdom
- 31 Jung's inner self
- 33 Hearth's need
- 35 Dorm climbers
- 36 Eric Clapton classic
- 37 Pool member
- 38 — Tome
- 41 Result
- 42 "A Man and a Woman" star
- 43 DC second bananas
- 44 Open
- 48 Comedian's forte
- 50 Painter Claude —
- 51 Geese formation
- 52 Tedious account
- 53 Marsh grasses
- 54 Worn out
- 55 Mosque feature
- 57 Library abbr.
- 58 Pamplona pronoun
- 59 Prices
- 60 Jonathan Swift works
- 61 Fiddling despot
- 62 Pub order
- 63 Divided country
- 64 Wanted-poster info
- 65 Food wrap
- 66 Vehicle
- 68 Whimper
- 69 1960s style
- 70 Cogitates
- 71 Tigger's pal
- 72 Stir-fry pan
- 73 Fish organ
- 74 Fanatic's feeling
- 75 Green film
- 78 Forbid
- 79 Neutral color
- 80 Memento
- 84 Skybox locale
- 85 Shortfall
- 87 Metaphysical poet
- 88 Kids' cereal
- 89 Largest digit
- 90 Rush-hour problem
- 91 Glittering
- 92 Small coin
- 93 Tempe sch.
- 94 Hurried
- 95 Salon tint
- 96 Swamp critter
- 97 Dry red wine
- 99 Always, to Keats
- 100 Hangs on
- 101 Stuffy scholar
- 102 Keep — to the ground
- 103 California fort
- 104 Fuddy-duddies
- 105 Give — — break
- 106 Plea at sea
- 107 River of India
- 109 Jacques, in song
- 110 Entrances
- 112 Troublesome fungi
- 115 First American in orbit
- 116 Glare preventer
- 120 Europe-Asia range
- 121 Did not cook (2 wds.)
- 123 Tooth coating
- 125 Draft animals
- 126 Stoic philosopher
- 127 Ease up
- 128 Monarch's place
- 129 Run the stereo
- 130 Felt certain
- 131 Like a kitten
- 132 Biases
- 133 Immunity shots

DOWN

- 1 Recipe meas.
- 2 Fish trap
- 3 Bering Sea island
- 4 Mecca resident
- 5 Hurting
- 6 Corroded
- 7 Doctorate exams
- 8 "— Dick"
- 9 Unrefined metal
- 10 Made an obeisance
- 11 Glib
- 12 Altiplano ruminant
- 13 Green pod
- 14 Chat, slangily
- 15 Picks
- 16 Give a tenth
- 17 Border state
- 18 Spinach is rich in it
- 19 Like before
- 20 Glimpse
- 30 Ties the score
- 32 Ivan's refusal
- 34 Mukluk wearer
- 36 Queues
- 37 Hunted like a cave-man
- 38 Continuous flow
- 39 Danny of "City Hall"
- 40 Brunch favorite
- 42 Major artery
- 43 Deer meat
- 45 Grotto
- 46 Hooded pullover
- 47 Bridge towers
- 49 Wyo. neighbor
- 50 Penny pincher
- 51 A, B or C
- 52 Orchestra leader — Baxter
- 54 Rabbi's reading
- 55 — tai cocktail
- 56 Matter, in law
- 59 Winter drink
- 60 Foxy
- 61 Picture holders
- 63 Swedish coin
- 64 Refuge
- 65 Physical condition
- 67 Reckon
- 68 Pine tree
- 70 Ant-sized
- 72 Wouldn't commit
- 73 Blubber or suet
- 74 "The Prisoner of —"
- 75 Canal site
- 76 Out of bed
- 77 Faculty reward
- 78 Game drivers
- 79 Involuntary movement
- 80 Zen riddles
- 81 Japanese dogs
- 82 Geisha's attire
- 83 Tries extra hard
- 85 Rx givers
- 86 Scotland Yard div.
- 87 Parking-lot mishaps
- 90 Famous mummy
- 91 Pantyhose shade
- 92 Male parent
- 94 Transported
- 95 Salon items (2 wds.)
- 96 Machine parts
- 98 Stayed out of sight (2 wds.)
- 100 Brown songbird
- 101 Tribes
- 103 Coup
- 104 Nice-looking
- 105 Jiffy
- 108 Tower over
- 109 Fail
- 110 — Runyon
- 111 Hits the mall
- 112 Mire
- 113 Where Tehran is
- 114 Behind schedule
- 115 Pushes off
- 116 "Tomb Raider" heroine
- 117 Grease gun target
- 118 Expensive
- 119 New Age singer
- 122 Pharmacist — Lilly
- 124 Gretzky's org.

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Crossword solution on page 46.



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ARH 156 Art History II
ART 100 Drawing I
ART 110 2D Design
ART 200 Drawing II
ART 230 Painting I
ART 260 Sculpture Across 3 Media
ART 360 Camden Film Festival
BIO 208 Anatomy & Physiology Lecture & Lab
BIO 222 Biology: The Living Science
BIO 223 Biology: the Living Sci Lab
CHY 101 Chemistry for Everyday Living
CHY 102 Chemistry for Everyday Living Lab
CHY 122 The Molecular Basis of Chemical Change
CHY 124 Intro to Chemistry Laboratory
CMJ 103 Fundamentals of Public Communication
ENG 101 College Composition

ENG 244 Writers of Maine
ENG 317 Business & Technical Writing
ENG 480 Camden Film Festival
ERL 552 Seminar in Teacher Researcher - 9/10, 9/11, 9/24, 9/25, 10/15, 10/16, 10/29, 10/30, 11/19, 11/20, 12/3, 12/4
HTY 103 United States History I
HTY 105 Hty European Civilization I
IMD 530 The Business Side of the Arts
MAT 101 The Nature & Language of Mathematics
MAT 108 Elementary Numerical Mathematics From A Modern Perspective
MES 201 The Maine Coast
MUL 101 The Art of Listening to Music: Elements
NMD 295 Art/Tech: Design & Illustration with Digital Tools (Sat. 10/2, 11/6)
NMD 398 Camden Film Festival
NMD 430 The Business Side of the Arts

NMD 295 Art/Tech: Book Design (Sat., 9/25, 11/20)
NMD 295 Perspectives in Digital Photography
NUR 300 Health Assess through the Life Span
ONE 12 Onward Composition
ONM 12 Introductory Algebra
ONR 12 Introduction to Academic Reading
ONS 11 Onward Biology
ONS 11 Onward Biology lab
PAX 451 Mediation: Prem, Prac & Pol
PHI 102 Intro to Philosophy
POS 100 American Government
PSY 100 General Psychology
PSY 224 Psychology of Adolescence
PSY 230 Social Psychology
SED 553 Assessment in Special Education I - 9/1, 9/8, 10/6, 10/27, 11/17, 12/1
SPA 101 Elementary Spanish I
SPA 203 Intermediate Spanish I
SWK 101 Opportunities for Soc. Wrk. Maj.

SWK 540 Soc Wel Pol/Iss. Gen. Pract. - 9/3, 9/4, 9/17, 9/18, 10/1, 10/2, 10/15, 10/16, 10/29, 10/30, 11/12, 11/13, 12/3, 12/4
SWK 550 Human Behave/Soc Env I - 9/10, 9/11, 9/24, 9/25, 10/8, 10/9, 10/22, 10/23, 11/5, 11/6, 11/19, 11/20, 12/10, 12/11
SWK 595 MSW Field Prac Social Work
SWK 665 Adv Gen SWK Pr w/Org. & Commun. - 9/3, 9/4, 9/17, 9/18, 10/1, 10/2, 10/15, 10/16, 10/29, 10/30, 11/12, 11/13, 12/3, 12/4
SWK 691 Social Work Rsch Methods II - 9/10, 9/11, 9/24, 9/25, 10/8, 10/9, 10/22, 10/23, 11/5, 11/6, 11/19, 11/20, 12/10, 12/11
SWK 695 Adv Field Prac Social Work - 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/10
THE 269 Theatre Practicum in Acting
UST 300 Camden Film Festival
SOC 101 Introduction to Sociology

A Sampling of Some Great "Live" (On-Site) Classes to Consider for Your Degree or Development

ARH 156 **Art History Survey** – Introductory survey of painting, sculpture, architecture, and other arts in their various contexts from the Renaissance to the present (meets UMaine general education and art dept. requirements) Tuesdays, 10 a.m. to 12:30 p.m. *Taught by Karen Linchan*

ART 100 **Drawing** – The fundamentals of drawing through creative exercises exploring the principles of line, value, texture, space, and form. (meets the General Education Artistic and Creative Expression) Mondays & Wednesdays, 9 to 11:30 a.m. *Taught by Margaret Skaski*

ART 110 **2-D Design** – This hands-on studio experience, introducing concepts that are the basis for arranging visual information across a variety of media. For those interested in Art, New Media or need to fulfill a Gen. Ed requirement in their non-art related studies. Tuesdays, 12 to 5 p.m. *Taught by Kris Engman*

ART 230 **Painting** – This course is designed to give a broad overview of a legacy left to us by the masters. Fridays, 12 to 5 p.m. *Taught by Kris Engman*

CMJ 103 **Fundamentals of Public Communication** – The nature and problems of public speech communication, with practical experience in representative speaking situations. (meets the General Education Social Contexts and Institutions) Mondays, 10 a.m. to 12:30 p.m. *Taught by Larry Theye*

ENG 244 **Writers of Maine** – The Maine scene and Maine people as presented by Sarah Orne Jewett, E. A. Robinson, Edna St. Vincent Millay, Mary Ellen Chase, R. P. T. Coffin, Kenneth Roberts, E. B. White, and others. (Satisfies the General Education Western Cultural Tradition, Artistic and Creative Expression and Ethics) Wednesdays, 5:30 to 8:30 p.m. *Taught by accomplished author and instructor, Sandy Phippen*

HTY 103 **United States History I** – Examines the historical experience of the American people through the major ideas and forces that have shaped the Republic. (meets the General Education Western Cultural Tradition and Social Contexts and Institutions) Tuesdays, 5:30 to 8:30 p.m. *Taught by Will Galloway*

HTY 105 **History of European Civilization I** – Political, economic, social, and intellectual developments in Europe from antiquity to 1715, emphasizing those features which help to explain our present-day civilization. (meets the General Education Western Cultural Tradition and Social Contexts and Institutions) Tuesdays, 10 a.m. to 12:30 p.m.

MES 201 **The Maine Coast** – Provides an interdisciplinary approach to the study of the culture and environment of the Maine coast. (Satisfies the General Education Population and the Environment, Social Contexts and Institutions, and Writing Intensive) Wednesdays, 1 to 3:30 p.m. *Taught by Micah Pawling*

MUL 101 **The Art of Listening to Music** – Learn why composers compose and songwriters write songs, as well as how their musical creations reflect the time in which they live and work, and much more. (meets the General Education Artistic and Creative Expression) Wednesdays, 5:30 to 8:30 p.m. *Taught by Richard Broxen*

NMD 295 **Perspectives in Digital Photography** – A hands-on course that will engage in photography from various perspectives, exploring different types of techniques of photography such as documentary, portrait, nature, macro, time-lapse, sports, digiscoping, and others both in the classroom and on location. Tuesdays, 2:30 to 5 p.m. *Taught by Jennifer Smith-Mayo, professional photographer*

PAX 451 **Mediation: Premise, Practices and Policies** – Introduces students to the theory and practice of mediation. Thursdays, 5:30 to 8 p.m. *Taught by Will Galloway*

PAX 495 **Precursors to the Grail: Legend in Early Celtic Spirituality, Peace & Ecology** – This course will examine the story of sacred places in Celtic spirituality from the mythical plains to the twelve major Sidh "palaces" in Irish legend. Delivered via compressed video. Fridays, 2:30 to 5:30 p.m. *Taught by Hugh Curran*

POS 100 **American Government** – Introduces the major principles, structures, processes and policies of United States government. (meets the General Education Social Contexts and Institutions) Thursdays, 5:30 to 8 p.m. *Taught by Will Galloway*

SOC 101 **Introduction to Sociology** – Introduces the fundamental concepts, principles, and methods of sociology, analyzes the influence of social and cultural factors upon human behavior and evaluates effect of group processes, social classes, stratification, and basic institutions on contemporary society. (Satisfies the General Education Social Contexts and Institutions) Tuesdays, 2:30 to 5 p.m. *Taught By Kim Huisman*

SPA 101 **Elementary Spanish I** – A systematic study of the basics of the Spanish language. Equal emphasis on developing reading, comprehension, speaking and writing skills. (Satisfies the General Education Cultural Diversity and International Perspectives) Mondays, 10 a.m. to 1:30 p.m. *Taught by Yarrisa Ortiz-Vidal*

THE 269 **Theater Practicum in Acting: Read Write and Act the Ten-Minute Play** – Laboratory work in acting. Mondays, 5:30 to 8 p.m. *Taught by Bruce Pratt*

To view the hundreds of live and distance courses offered through the Hutchinson Center visit our web site at:

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