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This bigtooth aspen in Appleton is on the 2010 National Register of Big Trees.
PHOTO COURTESY MAINE FOREST SERVICE

Forest Service Calls for Big Tree Nominations

Maine, more than any other state in the country, is blessed with trees, and the Maine Forest Service (MFS), under the Maine Department of Conservation, is looking for the largest specimens.

Nominations for the 2011/2012 Maine Register of Big Trees are being sought and can be submitted through Friday, December 31. The register then is printed in book form and also is available online.

"State champion big trees capture our imagination for their size and strength," says Jan Ames Santerre, director of the MFS's Project Canopy, which handles the register. "There is more to a champion, however, than just its size — they are symbols of all the good work that trees do for the quality of the environment and our quality of life." The Maine Forest Service has been com-



piling a list of the largest known specimens of native and naturalized trees in the state since 1968. The 2009/2010 Register contains 159 trees, representing 149 species. Of these, the MFS has been notified that four are dead, including the New England Champion American elm, located in Yarmouth, known affectionately as "Herbie" and determined to be 217 years old at its demise.

About 30 to 40 valid nominations are **BIG TREE NOMINATIONS** continues page 26

Congress must act by November 30

Mainers Slapped Hard If U.S. Congress Doesn't Extend Unemployment Benefits

by Christine Parrish

At the same time that the U.S. Congress is poised to extend tax cuts to the top-earners in America, they will also be considering whether to cut off unemployment benefits to those hardest hit by the recession: the long-term unemployed.

Maine, with a current unemployment rate of 7.7 percent, has fared better than many other states: the national unemployment rate is currently 9.6 percent. That said, there are currently 3,000 jobs listed on the state employment Web site. And for every one of those jobs, there are 12 Mainers looking for work, according to state statistics.

According to the Maine Department of Labor (DOL), 26,000 Mainers are collecting unemployment benefits as of November 15. Of those, 21,500 will be phased out of unemployment benefits over the next few months if the federal extension is not passed. The phase-out will begin as early as November 20, and most will run out of benefits before Christmas.

"The phone has been ringing off the hook with people upset that their unemployment is going to run out," said Adam Fisher, a spokesman for the Maine DOL. "They think it is the State of Maine doing it. This is not a state decision. This is a

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We The Six Billion

by Joe Steinberger

The General Welfare

At a time when the term "welfare" has come to have negative connotations for a great number of Americans, it is worth noting that one of six goals set out in the preamble to the U.S. Constitution is to "promote the general Welfare." What our founders meant by that phrase is very different, however, from the way the word "welfare" has come to be used today.

Jefferson, Hamilton, Madison and the others who wrote and promoted our Constitution thought of welfare as something that was sought for the whole population — hence the phrase "the general welfare" — and not as government aid to the poorest only. In their day, aid to the poor was a local responsibility, falling on extended families who aided their poor relations, on private associations such as churches, and on municipalities which maintained poor farms as a way for those without land or work to survive. The federal government was not expected to send checks to the poor, or to support a bureaucracy that provided services to the poor.

The modern evolution of those features of government may be seen as a step forward in our national compassion, or may be seen as a corruption of the work ethic that made our country great. Certainly, in any case, it was response to the increasing inadequacies of local support systems. Urbanization, the atomization of families, the aftermath of slavery, and other factors had combined to create persistent and seemingly intractable poverty among large numbers, motivating the federal government to step in with assistance, beginning especially with F.D.R.'s New Deal in the '30s and Johnson's Great Society in the '60s.

Social Security and Medicare are by far the most expensive of these programs, but as they provide retirement benefits to the whole population, they are wildly popular, and the term "welfare" is rarely applied to them. It is the aid that is targeted specifically to the poor that we have come to call welfare, and it is these programs that have attracted widespread criticism. Support of, and opposition to, welfare of this sort has become a principal dividing line between American liberals and conservatives.

The Personal Responsibility and Work Opportunity Act, passed by a Republican Congress and signed by Bill Clinton in 1996, replaced the Depression-era Aid to Families with Dependent Children (AFDC) program with the Temporary Assistance to Needy Families (TANF) program which was supposed to limit benefits and move people from welfare to work. In the words of President Clinton, the intention was to "end welfare as we know it."

The changes, however, have not been quite so dramatic as that. The number of people receiving TANF, and the amount of money they receive, have both gone down considerably over the years, but other welfare payments have gone up — notably Supplemental Security Income (SSI), a means-tested disability program on which we now spend more than twice as much as we spend on TANF, and Medicaid, on which we spend four times as much again — now over \$200 billion a year. Certainly the fight between liberals and conservatives over welfare did not end in 1996.

The battle is now hotter than ever as the result of President Obama's Patient Protection and Affordable Care Act (ACA, or "Obamacare" to its opponents) enacted this past March. Most analysis, including that of the Congressional Budget Office, finds that, because of rules that will limit Medicare costs, the ACA will actually reduce federal spending, but this does not appease its opponents.

In fact, spending on Medicare has skyrocketed — it's now over \$500 billion — but as the great majority of people see themselves as benefiting from this spending, they don't worry much about it. The principal purpose of the Affordable Care Act, on the other hand, is to provide medical insurance coverage for the minority that cannot now afford it. The majority who do have medical insurance are not greatly concerned about that problem; they are worried that they will have to pay — in dollars, or in restrictions on their own options — to solve it.

From the perspective of a relatively affluent and educated liberal, taking care of the less fortunate is a social responsibility. From a conservative perspective, however, particularly from the perspective of those in the middle classes who think of themselves as working hard for what they have, such notions mean that deserving hard workers will be taxed to support the undeserving, and thus confirm the undeserving in their lazy habits.

Liberals hate this attitude, but if we are to overcome our debilitating division, and return to the shared perspective that motivated our founding fathers to make "the general welfare" a central goal of government, our best bet is to focus on policies and programs that benefit the whole public, rather than on tax-funded charity for the poor. We need, in other words, to get the "general" back in "welfare."

What a Difference a Couple of Years Make

Spending four days in Beirut, several more in Syria, and then driving through Turkey for 10 days, almost two years to the day after a similar trip, illustrates from an entirely different perspective the malaise Americans are feeling at home.

Two years ago — a few days before the 2008 presidential elections — whether it was in pro-Western Beirut or Syria, where relations with the US have long been rocky, the feeling of real hope, tempered with disbelief, was palpable: was it really possible, I was asked over and over again, the US was going to elect a black man, who had a Muslim father, as their president? Assured that Obama's defeat of McCain seemed increasingly likely, Syrians and Lebanese were uniformly optimistic about what that meant for US-Arab relations, for a possible peace deal with Israel, for all sorts of upbeat variations on a win-win future.

Even the rapidly deteriorating US financial situation left sophisticated Beirut bankers unfazed, as they assured me that Lebanese banks continued, despite their size, to operate on the more traditional, and conservative, "know your customer" approach.

In southeast Turkey, whether it was kids herding their flocks near where Abraham had set off for the now quaintly named Holy Land or clerks at brand-new boutique hotels attracting a new breed of upscale Turk, the days after Obama won, and for days afterwards, it was "Obama" with a thumbs-up sign or "Obama, very good" every time we said we were Americans.

What a difference two years make. During the past two weeks, unless I asked someone how he thought President Obama was doing — a question I quickly stopped asking — not one single person mentioned his name. The hero on the white horse of 2008, the anti-Crusader who would bring peace and stability to the region, had simply vanished.

The only belief about the future that had in fact panned out was that of the Lebanese financial types who had been so confident of their banking system.

The Syrians and the Turks, in contrast, had been quite nervous about the effect the spreading worldwide economic crisis would have on their economies. They need not have worried.

Two years later, Syria and Turkey are booming. Turkey's growth rate has continued to average close to 8 percent during the past two years, when the US's was slipping into negative territory as tens of thousands of jobs evaporated. And Syria hasn't been far behind. Weirdest of all, at least for someone who first visited Turkey in 1963, the Turkish lira, for decades the sick currency of Europe, has actually gained strength against the dollar and the euro over the past 24 months.

And you can see why: Turkey is a whole country under

construction — every road, seem-

ingly, is being expanded, two lanes to four, four to six, along with new factories, new apartment blocks, wind power farms, cement factories, mining operations, expanded dams. The snapshot that said it all was the young man overseeing his sheep alongside a dual-lane highway, his long walking stick in one hand, a cell phone clasped to his ear in the other.

Even Syria, locked into decades of economic protection and political isolation, has opened itself to foreign investment — most of it from Europe and Turkey — and the results are obvious.

Meanwhile, the movement towards a comprehensive Middle East peace, the one area where Obama was going to show, in Madeleine Albright's famous phrase, "the US is the indispensable nation" — a dozen years later, already an anachronism — we've struck out.

Asked about the prospects for a US-managed peace between Israel and the Palestinians, there is unanimous agreement it's not going to happen. As one Lebanese put it, "We thought Obama was serious about returning the US to its role of honest broker, but we can see now that he'll only do what the Israelis let him do," a sentiment difficult to disagree with, the more so in light of last week's revelation that Secretary of State Clinton spent nearly eight hours offering bargain chip after bargain chip to Israel's Netanyahu to keep the facade of a peace process going.

What's the take-away from all this? The US is going through a rough economic period; it may take half or more of the new decade just to get back the jobs lost in the financial collapse. Politically, we're paralyzed; the bipartisan deficit commission is attacked from all sides. The question of our indispensability is not the issue. It's how we are going to adjust to a world in which we have unparalleled military power — but we can't make the Iraqi government function well in the short term or guarantee that it will remain a pro-Western democracy in the long run; nor can we bring about an unconditional surrender of the Taliban in Afghanistan; nor root al-Qaeda out of Yemen or Somalia or secret cells in Europe.

We remain the world's richest country, whether viewed from the perspective of our economy's size, per capita income, multinational corporations, or international trade. But our president has so little power (or is so poorly advised) that, even in person, he can't persuade the South Koreans, where we have tens of thousands of US troops stationed to protect them from the north, to sign on to an expanded and long-negotiated free trade deal, or the Chinese to modify their weak currency stance.

It's a different world out there. And what you really worry about is that neither the White House nor Congress — especially Congress — has caught on to that yet.

We are still, and will remain, the predominant force in the world. But that's not the same as indispensable. And what one wonders is when the American public — be it the Tea-Partyites or the leftover leftist Democrats or everyone else caught in the middle — realizes this, will the reaction be towards a neo-isolationism or, worse, towards a more assertive, aggressive use of our waning power?



Musseled his way to the top of the heap.

PHOTO BY WENDELL GREER

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Harden Elected Mayor of Rockland, Councilor Recount Slated for Nov. 22

by Alice McFadden

Brian Harden was elected Rockland's mayor (4-1, Dickerson in the minority) on Monday, November 15, at the annual organizational meeting of the Rockland City Council. The vote came after two new city councilors, replacing outgoing Councilors Tom Molloy and Deb McNeil, were sworn in, despite uncertainty over who will permanently occupy one of the chairs.

Two seats were to be decided at the November 2 election. William Clayton secured one seat, with 1,194 votes. The second-place photo-finish put Frank Isganitis ahead of Larry Pritchett by 3 votes, 1,131 to 1,128.

On Monday, November 15, Pritchett and his representatives conducted an inspection of the ballots at the City Council Chambers. Rockland City Clerk Stuart Sylvester oversaw the inspection.

According to Pritchett, at the end of the inspection, his review indicated that he had received 1,139 votes and Frank Isganitis had received 1,133. "Since this analysis reverses the outcome of the election, I have requested a formal recount by the City Clerk," said Pritchett.

In his letter to the city clerk requesting the recount be scheduled as soon as possible, Pritchett wrote, "For candidates to gain a small number of votes in an election counted by optical scanners is pretty typical. It is not unusual for a few lines drawn on ballots by voters to be too light for the scanner to detect.... Since our ballot inspection raised no other issues, the recount should be able to occur promptly. Thus, I believe the organizational meeting of City Council scheduled for tonight [Nov. 15] should be con-

vened and then recessed. The Council members seated should be the Council members elected by the majority of the voters.... There is no harm to the City from a short delay to review and validate the results of the November 2nd City Council election. Conversely, seating a candidate as Councilor when there is compelling evidence that another candidate should be seated disenfranchises voters who cast ballots in this election."



Rockland's newly elected Mayor Brian Harden, left, with City Clerk Stuart Sylvester. Harden has also served two back-to-back terms as mayor, from 2005 through 2007.

The city clerk and city attorney made the decision to proceed with swearing in Frank Isganitis along with William Clayton on Monday night after consulting with Maine Municipal Association. "We checked with the Maine Municipal Association and followed their guidance," said Sylvester. MMA said to proceed with the organizational meeting as scheduled and that until and unless a recount changes the results of the election, Clayton and Isganitis are the two new duly elected councilors.

The recount hearing has been scheduled for 6 p.m. on Monday, November 22, in City Council Chambers at Rockland City Hall. The recount of ballots will be conducted by city election officials and presided over by the city councilors who were in place prior to the election, said Sylvester.

UNEMPLOYMENT continued from page 1

federal decision. None of this is state money. None of it."

Maine employers pay unemployment insurance for each person they employ for at least 20 weeks. They are required to do so by law and, contrary to popular myth, employees do not pay into unemployment. The first 26 weeks of unemployment benefits are paid by the insurer, not by state taxes or state funds. To get benefits, the unemployed worker must actively be seeking work.

But, during the Great Recession, as economists are now referring to the economic downturn that lasted at least two years, 26 weeks was not long enough. The ranks of the long-term unemployed—those unemployed six months or longer—continued to swell.

Maine has geographic challenges that make getting another job difficult, particularly in far-flung counties like Washington and Aroostook where the timber industry has cut back and sent ripple effects through local economies. But even in more populated areas

where economies are more diverse, businesses have been slow to hire, competition is stiff and the unemployed are having a hard time matching skills to the available jobs, according to Fisher. "In 2008, when the economy went way down, the U.S. Congress stepped in and provided emergency unemployment and extended benefits," said Fisher.

In Maine, benefits were extended in steps, or tiers. Unemployed Maine workers who hit the 26-week state limit were eligible for an additional 20 weeks of federal benefits in Tier 1. If they still were unable to find work, they could move to Tier 2, which allowed them an additional 14 weeks. Tier 3 allowed another 13 weeks. And Congress allowed an emergency extension beyond that. Some states with higher unemployment rates were eligible for Tier 4 funds. Maine was not. These were all federal funds and it is these funds that are now being considered for extension.

"Unemployment insurance is the most direct form of economic stimulus you can provide," said Fisher. "It goes to the communities that are hardest hit economically."

Chris Owens, executive director of the National Employment Law Project, said her organization has asked for a full year of extension of unemployment benefits.

"Tax cuts provide the least benefit as an economic stimulus," said Owens. "Unemployment benefits provide the most stimulus. People are spending that money to live."

And, if the benefits run out by mid-December, they won't be spending any money on holiday shopping, said Owens. If two million people are cut off from collecting benefits nationwide in December, Owens said the impact on retail is likely to hurt.

If the extension isn't granted by Congress—or is allowed to lapse, which is more likely—those collecting benefits will hit the ceiling of whatever Tier they are currently in. And then the benefits will stop.

"What do people do then?" asked Fisher. "We tell them about social services, there are links on our Web site..."

"There are not a lot of good options for folks," he said.

"Tax cuts provide the least benefit as an economic stimulus," said Owens.

"Unemployment benefits provide the most stimulus. People are spending that money to live."

Waldo County Commissioner Recount Set for Today

The recount in the Waldo County Commissioner contest between Betty Johnson (D) and Donald Berry (R) is scheduled for today, Thursday, November 18, at 10 a.m. at the Department of Public Safety headquarters on Commerce Drive in Augusta. After correcting for some ballot counting errors, the November 2 election result had Johnson with 2,887 votes to Berry's 2,879.

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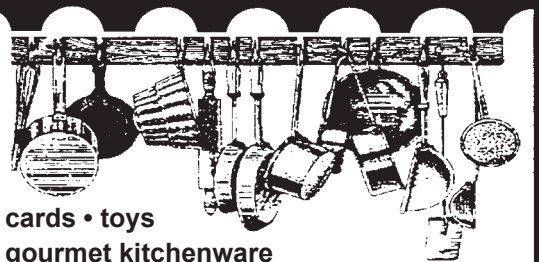
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On the Friday and Saturday of Thanksgiving weekend, November 26 and 27, from 10 a.m. to 4 p.m. the St. George peninsula will host its annual "Yuletide in St. George" tour of venues along Route 131.

Marked by red stakes with green ribbons, participating shops and galleries in this year's "Yuletide in St. George" tour — along with the historic Grange hall and lighthouse — will be filled with an array of fine art, pottery, natural fibers, fresh greenery, original hand-hooked rugs, country antiques and edibles.

On Route 131 in Wiley's Corner (864 River Road), The Drawing Room Gallery will be featuring amaryllis paintings and seasonal pastels by Cynthia Hyde, as well as work by Pam Cabanas, Jane Derbyshire, Lee Gabriel, Jeannette Martin, Terry Wolf, the late John Dehlinger, and Philip and Barbara Anderson. The gallery will continue its newly installed Yuletide exhibit on weekends through December 19.

Passing through the village of Tenants Harbor on the way to Martinsville and Port Clyde is Blue Tulip, a new addition to the list of tour venues. The name, according to owners Jan and Rosemary Limmen, "seemed a natural outgrowth of Jan's years working in Holland's bulb fields." Blue Tulip offers hardy, deer-resistant Dutch bulbs, Maine-made art, garden décor and handicrafts made from natural materials.

Midway between Tenants Harbor and Martinsville, Harborside Market will offer fresh Christmas trees, wreaths, kissing balls, other holiday decorations and Maine-made gifts. There will be drawings for door prizes of Yuletide greens, and Harborside's new grill will also be in operation.

In Martinsville, the Oceanview Grange (open on Saturday only, from 9 a.m. to 4 p.m.), will once again be raising funds for the St.

George Fuel Assistance program. "Last year our Yuletide event raised \$1,000," says Grange member Gilly Sloat. An admission charge of \$1 will give shoppers access to both an

old-fashioned Christmas fair and a mac-and-cheese luncheon (\$7, including salad and dessert) with four different recipes by four local cooks, who will be vying to win the Great American Mac and Cheese Contest.

Also in Martinsville, at the corner of Route 131 and Ridge Road, Hedgerow's woodstove-heated gallery offers hooked rugs and pillows by co-owner Anne Cox, and nature-themed plaques and bowls by Stillwater Porcelain, along with gardening gifts and Sneeboert tools at a discounted price. The gallery will also feature work by fiber artists Lucy Williams and Kalla Buchholz, handmade books

by Laurie V. Adams, wood-fired pots by Jody Johnstone, and porcelain bowls, mugs and trays featuring chickens and hedgehogs by Windsor's Maple Lane Pottery.

Just before Drift Inn Road, Mars Hall Gallery shows artwork by a wide array of Maine artists, and owner Dona Bergen will be offering fine jewelry, crafts, hot cider and cookies. "We're also going to have a special tree adorned with items the sale of which will benefit the Knox County Humane Shelter," Bergen notes.

In the village of Port Clyde, the gift and clothing emporium Stonefish will be decked out for the season with original handmade ornaments and assemblages created by owner/artist Anne Klafish.

Next door to Stonefish, Village Ice Cream and Bakery will offer local handicrafts, baked goods, and the opportunity to place Christmas orders for holiday baked goods, including coffee cakes, brownies and pies.

Finally, at the very tip of the peninsula, the "Yuletide in St. George" tour ends at the Marshall Point Lighthouse and its museum. Proceeds from sales at the lighthouse gift shop help with the cost of lighthouse renovations as well as supporting the museum's scholarship fund for St. George students entering college or an equivalent alternative program.

For more information about "Yuletide in St. George," contact julie@hedgerowdesign.com.

"Yuletide in St. George" Nov. 26 & 27



This pastel, "Moon Garden" by Pam Cabanas, will be on view at the Drawing Room Gallery during "Yuletide in St. George."

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Typographical errors are unintentional and subject to correction.

30th Annual Holiday Bazaar — The Central Lincoln County (CLC) YMCA in Damariscotta will host the 30th annual Holiday Bazaar on Saturday, November 20, from 10 a.m. to 4 p.m. One of the largest craft fairs in Maine, the Holiday Bazaar offers jewelry, candles, pottery, quilts, silhouettes, paintings and other artwork, photographs, specialty foods and much more. Nearly 100 crafters from all over New England will be showing and selling their work. Food donated by local businesses will be offered, including homemade donuts, pastries and desserts from the Nobleboro Village Store; homemade soup from Rising Tide; and breads from Borealis Breads. Admission is \$1. For further information, contact the CLC YMCA at 563-3477 or visit www.clcymca.org. Pictured is exhibitor Marion Berry, who has been selling her Ukrainian painted eggs at the Holiday Bazaar for over 20 years.



Train to Tote Togus the Cat to Tout Coats & Toys for Kids Campaign

To help families in need, Maine Eastern Railroad has added a special event to its annual holiday train schedule. Invited by the News Center teams at WCSH-6 and WLBZ-2 to take part in their annual Coats & Toys for Kids Day season kick-off, Maine Eastern Railroad will run a special train on the morning of Saturday, December 4, with Storm Center celebrity Togus the Cat on board.

Togus is a 26-pound Maine coon cat who belongs to News Center reporter Don Carrigan. The friendly feline has become known for his appearances on the NBC-affiliated television stations during stormy winter mornings.

Members of the public are invited to drop off donations of new and lightly used children's coats, along with new, unwrapped toys while they meet Togus at one of three separate train stations.

Togus will greet visitors on board the decorated train at Maine Street Station, 16 Station Avenue in Brunswick, from 8 to 8:45 a.m.; at the train station in Bath, 15 Commercial Street, from 9:30 to 10:15 a.m.; and at the train station at 4 Union Street in Rockland between noon and 12:45 p.m.

The visit with Togus does not include a train ride, and the train will not be accepting passengers that morning. Families will be able to meet Togus on the train and, after leaving the train, enjoy hot cocoa provided by the Maine Energy Marketers Association.

Later in the day, Maine Eastern Railroad will run the annual Kiwanis Jingle Bell Express in Rockland, with the first train departing the Union Street Station at 4:30 p.m.

Other holiday train excursions scheduled for the year include the annual Shopping Train to Rockland from Brunswick and Bath on Saturday, November 27; the two-day Kiwanis Jingle Bell Express out of Rockland on Friday and Saturday, December 3 and 4; and the two-day Tri-County Literacy Candy Cane Train out of Bath on Saturday and Sunday, December 11 and 12.

For more information about Coats & Toys for Kids Day, visit www.wcsh6.com or www.wlbz2.com. For more information about the Candy Cane Train, visit www.candycanetrain.com. For more information about the Jingle Bell Express, call 596-6725 or visit www.rocklandkiwanis.org.



Togus the Cat from WCSH-6 and WLBZ-2

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A Christmas Carol Opens Nov. 26 in Belfast — Randy Nichols (left) and Madison Hemingway discover the magic of a well-crafted tale in Belfast Maskers' production of Charles Dickens' *A Christmas Carol*. John Bielenberg's adaptation of the classic story of greed and redemption opens Friday, November 26, at the Maskers Waterfront Theater, 43 Front Street, Belfast. Tickets are \$15, \$10 for teens, and \$5 for 12 and under. The run continues Thursdays through Saturdays at 7 p.m., with Sunday matinees at 2 p.m., through December 5. Tickets are available at the theater, one hour before performances; by calling the box office, 338-9668; or at Yo Mamma's Home, 96 Main Street in Belfast. More information about this and other Belfast Maskers events, donating to the nonprofit organization, and volunteer opportunities can be found at BelfastMaskers.com.



A film crew and producer will be in Rockland on Friday, November 19, to film the construction of the Lobster Trap Christmas Tree for the Discovery Channel.

Discovery Channel to Film Rockland's Lobster Trap Tree This Friday

The show being produced for this holiday season will document the construction of the lobster trap tree from when the traps arrive in the morning to when the tree is lit Friday night. A lobstering family from the area will be interviewed and there will be footage of Main Street decorated for the holidays.

The Trap Tree is constructed from 152 lobster traps built and donated by Brooks Trap Mill in Thomaston. Volunteers working under the direction of Trap Tree engineer Jeffrey Charland will begin building

the tree at 7:30 a.m. Friday and expect to be finished by 2 p.m. The tree will be 30 feet high and weigh over 6,000 pounds. It is decorated with 480 feet of garland and 125 lobster buoys, donated by lobstering families to decorate the original tree in 2003. It is lit from the inside and twinkle lights wind through the garland. A five-foot-tall fiberglass lobster graces the top of the tree.

An unofficial lighting ceremony will be held Friday, November 19, at 5:45 p.m. so the film crew can capture the lighting of the tree. The public is invited to attend. However, the official tree lighting will still take place the following week — at 6 p.m. Friday, November 26 — as part of Rockland's Festival of Lights.

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Camden-Rockport Students Record CD

This fall, 185 chorus students at Camden-Rockport Middle School got a glimpse into the world of musicians and recording professionals by creating a CD of holiday music.

The CD project, funded by Youth Arts, exposed the students to the many aspects of music technology, music production and sound engineering. The goal was to inspire them to consider a career in the music industry — a profession most had little

knowledge of before.

“The kids have been very excited to learn about the business side of making music,” says Allysa Anderson, Camden-Rockport Middle School chorus and general music teacher. “There are so many details that go into the production of a single CD, and I think they found each one of them fascinating. Of course, they were also thrilled at the prospect of having their own voices professionally recorded.”

Inspired by an idea from middle school principal Maria Libby, the holiday-themed CD project began with a September visit by the seventh- and eighth-grade chorus, Vocal Ensemble, to Main Street Music Studios in Bangor. There the students rotated through different stations within the studio, learning vocal techniques, creating sample recordings, and observing video production as well as the process of manipulating sound on a computer.

Students also had the opportunity to chat with experts in string and brass instruments to learn how these musicians got their start in the business. They sang with an early-childhood music teacher and

learned about new career opportunities in music due to its increased inclusion in early childhood education.

Chorus students have been rehearsing for the recording of the holiday CD throughout November, including a session with local musician and singer John Gass, who donated his time to record the fifth-grade students. Main Street Music Studios staff visited the school on November 3 to capture potential recordings. On Saturday, November 20, the sixth-, seventh- and eighth-grade chorus will gather at the Strom Auditorium for the final recording.

Although the Bangor studio will mix and master the collection and duplicate CDs for sale to the general public, the students will assemble the final product themselves. All proceeds from CD sales will benefit the CRMS Chorus Department. A limited number of CDs will be available for purchase at \$10 each. CDs will be sold at the Camden-Rockport Middle School office, at Camden’s annual Christmas by the Sea celebration on Friday, December 3, and at the school’s Holiday Concert on Tuesday, December 14. To inquire about pre-event sales, contact Elena Hamilton at 236-0396.



The photography and cover design for the Camden-Rockport Middle School holiday CD, “Simple Gifts,” were done by Ellen Curtis.

West Bay Rotary Club Offers Scholarships to Camden Conference

With the intention of increasing Knox County young adults’ understanding of international issues and cultures, West Bay Rotary Club of Rockport/Camden is offering two scholarships for attendance at the Camden Conference: Challenges of Asia, at the Camden Opera House Friday through Sunday, February 18 through 20, 2011.

Applicants must be between 17 and 25 years of age and have Knox County as their primary residence. They may be employees or volunteers with a nonprofit organization with a mission or need-to-know that pertains to the theme of the Camden Conference, or they may be students in high school or college with an interest or major related to international political or cultural studies. If select-

ed, the scholarship recipient must commit to providing a presentation on the conference to two groups or organizations.

Those interested in applying for the scholarship may contact Penny Dunning at 230-0350 or e-mail internationalwbr@aol.com. The deadline for application submittal is Saturday, December 11.



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Nanci Griffith

Country-Folk Artist Nanci Griffith at Strand Theatre December 2

Singer-songwriter Nanci Griffith will make a stop in Rockland on Thursday, December 2, at 7 p.m. to perform at the Strand Theatre. The concert will feature songs from Griffith's new album, "The Loving Kind," as well as old favorites.

Griffith's recording and touring history spans more than two decades. Her latest album touches on newsworthy issues as well as matters of the heart, with nine songs by Griffith and her collaborators, as well as four covers.

Griffith's work as a songwriter and activist go hand in hand; she has championed many social justice campaigns through her music. Most recently she has been involved in the death-penalty debate, which she reflects on in her new song "Not Innocent Enough."

Tickets are \$43 reserved seating and are available by calling the Strand at 594-0070, or online at www.rocklandstrand.com.



Dobro Master to Play in Boothbay Harbor –

Jerry Douglas and his band will play at the Opera House at Boothbay Harbor on Friday, November 26, at 8 p.m. A renowned dobro player, Douglas has won 12 Grammy awards and numerous International Bluegrass Music Association awards. He was named Musician of the Year three times by the Country Music Association. Since 1998, he's been a member of the Alison Krauss and Union Station band. Advance tickets for the concert are \$30 until Tuesday, November 23. After November 23 any remaining tickets will be \$40. Seating is general admission. Call the box office for tickets at 633-5159 or visit boothbayoperahouse.com.


CAMDEN CONFERENCE

**CAMDEN CONFERENCE 2011
February 18-20, 2011**

The Challenges of Asia

**Community Events • October/
November/December 2010**

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

- **Thursday, November 18:** *Univ. of Maine Hutchinson Ctr., Belfast, 10 a.m.-3 p.m., "Joint Senior College-Camden Conference Forum on Asia,"* a talk by David Firestein.
- **Friday, November 19:** *Ellsworth Public Library, 1-3 p.m., "The Politics of U.S.-China Relations,"* a talk by David Firestein.
- **Tuesday, November 23:** *St. Bernard's Catholic Church, Rockland, 9:30-11:30 a.m., "Coffee House Discussion of Globalization,"* Peter Muth joins facilitator Bill Newman.
- **Tuesday, November 30:** *Camden Public Library, 6:30-8 p.m., "Environment, Labor and U.S. Trade with Asia,"* a talk by Brewster Grace.
- **Friday, December 3:** *Thornton Academy, Saco, 8:30 a.m.-3 p.m., "China, Japan and Korea: Perspectives on East Asia,"* featuring a notable panel of presenters. \$35/\$20 students, register through Maine Humanities Council.
- **Saturday, December 4:** *Rockport Opera House, 7-9 p.m., "Mount Everest: Challenge and Inspiration,"* a talk by Manuel Pizarro.
- **Tuesday, December 7:** *Belfast Free Library, 6:30-8 p.m., "The Impact of McCarthyism on U.S. Policy in Asia,"* a talk by Bob Rackmales.

For more information on the Camden Conference and for detailed descriptions of the Community Events, visit www.camdenconference.org, or call 236-1034.

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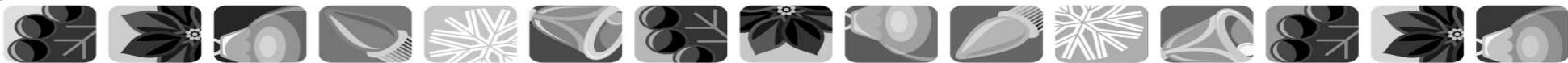
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Bowdoin Chorus to Present Brahms Waltzes and Two Premieres

The Bowdoin Chorus, under the direction of Anthony Antolini of Cushing, will present Johannes Brahms' *Liebesslieder* and *Neue Liebesslieder* (Love Song and New Love Song) Waltzes on Friday, November 19, at 7 p.m. and Saturday, November 20, at 3 p.m. at Studzinski Recital Hall on the Bowdoin College campus in Brunswick. The concerts are free and no tickets are required.

Brahms wrote his first set of waltzes in 1869 and they were an instant hit. In an era without recorded music or broadcasting they became popular in parlors all over Europe. Encouraged by the success of the first set, Brahms wrote another in 1875. The waltzes are accompanied by one piano with two players: Jennifer McIvor and Sean Fleming. The texts of the waltzes come from an anthology of melodramatic love poetry from all over Europe that was translated into German. Soloists in most of the numbers are Bowdoin

students, faculty and alumni.

Also on the program are premieres of two works by young American composers. Nathan Kolosko's "Ants Moving a Mountain," sung in Taiwanese and scored for guitar, voices and percussion, is a setting of a poem by the Taiwanese poet Xie An-Tong. The composer will accompany the chorus on the guitar.

The other premiere is Nathan Scalzone's "The Tide Rises, the Tide Falls," a setting of Henry Wadsworth Longfellow's poem of the same name. The work is scored for large chorus with numerous small solos within the choral sound.

The concert ends with two up-tempo numbers: "Keep Your Lamps," a spiritual accompanied by conga drums, and "We Are Singing," a Zulu folk song with student soloists.

The Bowdoin Chorus is composed of students, alumni, faculty, staff and Brunswick area community members.

A Heartwood Christmas

Heartwood Theater will present "A Heartwood Christmas," six evenings of staged readings, poetry, storytelling and music. Six different performances in Lincoln Theater on Main Street in Damariscotta will feature dozens of performers and a host of musical guests, including the DaPonte String Quartet, Boston-based flamenco guitarist Juanito Pascual, new folk trio The Press Gang, Sean Fleming, traditional bluegrass group The Katahdin Valley Boys, The Lincolnaires and Heartwood's new youth performance group, HYPE!, as well as appearances by many artists familiar to Heartwood audiences.

Performances will be on Fridays, Saturdays and Sundays, December 3, 4, 5, 10, 11 and 12. Friday and Saturday performances begin at 7:30 p.m., Sunday matinees begin at 3 p.m. Each performance will be unique; visit www.heartwoodtheater.org to see who will be featured in each show and to make reser-

variations. Tickets are \$8 for students through high school, \$18 for adults with reservations, and \$20 at the door. Ticket reservations are available only through Heartwood. Call 563-1373 or e-mail boxoffice@heartwoodtheater.org.



Boston-based flamenco guitarist Juanito Pascual, one of several musical artists who will perform in Heartwood Theater's "A Heartwood Christmas"



Scot Cannon will return to Rock City's Velvet Lounge on Friday, November 19, from 5 to 7 p.m. Cannon performs his own acoustic versions of jazz and pop standards. He also sings original songs, and he includes children's songs in his repertoire. There is no cover charge, but tipping the musicians is encouraged. For more information, call Rock City Books and Coffee in Rockland at 594-4123.

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Finn-Am Society Gathers — Due to various scheduling conflicts, the local Finn-Am Society opted to celebrate its annual Thanksgiving feast half a month earlier than everyone else. Thanks to the beautiful weather, along with a full menu of turkey-with-all-the-fixings, the fellowship hall on Route 131 in South Thomaston was filled to capacity throughout the entire Saturday afternoon. Pictured is a small portion of those attending devouring their turkey dinners. The next meeting of the Finn-Am Society will be held on Saturday, December 18, at 1 p.m., at the fellowship hall, located below the Finnish Congregational Church. It will be the group's annual Christmas Party, with a potluck lunch and a gift exchange (\$5 limit). Everyone is welcome.

Free Thanksgiving Dinner at Thompson Community Center

The Thompson Community Center in Union will host a free Thanksgiving dinner for anyone who would like to attend. The menu will be traditional Thanksgiving fare, and most of the food has been donated by local farmers.

The dinner will be served about 2 p.m. on Thanksgiving Day, Thursday, November 25, but people are welcome to arrive early. A big-screen TV will be available for watching the

Macy's parade and football. Tables will be set up for checkers, cribbage and other games.

To ensure that there is enough food for everyone, those planning to attend are asked to call the center at 975-0352 so planners can get a head count. Anyone who needs transportation to and from the dinner is encouraged to call, and for those who are housebound, a hot Thanksgiving dinner can be delivered.

The idea to hold the dinner came to Kathleen Packard, chair of the board of directors of the Thompson Community Center, because her son, Ensign Jesse Packard, who is serving in the U.S. Navy aboard the USS *Winston Churchill* somewhere in the Middle East, would not be home for Thanksgiving for the first time in 29 years. She wanted to do something to make a difference this Thanksgiving. If everything goes according to plan, there will be a call from the *Winston Churchill* that day that everyone attending the dinner can be a part of.

— Nutter the cat takes a snooze www.dankirchoff.com



UU Church in Belfast to Host Community Potluck Thanksgiving Dinner

The Unitarian Universalist Church of Belfast will host its second annual Community Potluck Thanksgiving dinner on Thanksgiving Day, Thursday, November 25, from 1 to 4 p.m. at the church. Anyone of any faith (or no faith) who would like to come is welcome.

There is no charge for the dinner, no collections will be taken, and no donations will be expected. Also, no sermon will be delivered, but those who would like to stay for a nondenominational Gratitude Circle after the dinner may do so.

Turkey will be provided, but those who would like to come are invited to bring a

potluck offering, such as an appetizer or salad or vegetable, or rolls or bread, or dessert.

The dinner will be alcohol-free, so don't bring wine. An effort will be made to mark foods that might pose a problem for anyone with dietary restrictions, such as gluten items, nuts, MSG, etc.

"The UU Church of Belfast welcomes everyone who would like to have a Thanksgiving dinner with a warm and friendly group of people," says the Rev. Mary Wellemeyer, minister of the church.

For further information, call 722-3383 or e-mail rooted@fairpoint.net.

Interfaith Thanksgiving Service Nov. 22

The Rockland area's annual Interfaith Thanksgiving Service will be hosted this year by Rockland Congregational Church, 180 Limerock Street, at 7 p.m. on Monday, November 22. Sponsored by the Rockland Clergy Association, the service features participation by clergy and lay persons from many local faith communities as well as a combined choir from the congregations, led

by Hannah Batley of First Universalist Church, with Richard Einsel at the organ.

The public is invited to attend the ecumenical service and the reception that will follow. In the spirit of Thanksgiving, those who attend are asked to bring a donation of nonperishable food to help fill the shelves of the Area Interfaith Outreach food pantry, and a free-will offering to benefit the food pantry will be taken.



2011 Knox-Lincoln 4-H Calendar Available

Some of the photos featured in the 4-H Calendar

Extension, in Knox and Lincoln counties.

The calendar is the result of the first annual KLLA-sponsored photography contest, open



The 2011 Knox-Lincoln 4-H Calendar, sponsored by the Knox-Lincoln 4-H Leaders' Association (KLLA), is now available.

All photographs in the calendar were taken by youth members in the two counties. Prepaid orders for the calendars are being taken through Friday, November 19, and the calendars will be available for



to 4-H members ages nine to 19. Twelve photos were chosen to be featured in the calendar by a panel of professionals in the photography, art and graphic design fields.



holiday giving. The cost is \$12 per calendar, including shipping, with all proceeds benefiting 4-H, the youth development education program of University of Maine Cooperative



To order calendars, contact a Knox-Lincoln 4-H member or Cindy Rogers at Knox-Lincoln Cooperative Extension, 832-0343, 800-244-2104

(toll-free in Maine) or cynthia.rogers@maine.edu. Make checks payable to KLLA.

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art current

by Britta Konau

"Maps" at June Fitzpatrick Gallery

When we think of maps we usually imagine a piece of paper that visually helps us to get from point A to point B. But maps can be so much more; they are contentious entities by their function to describe territories and ownerships, centers and peripheries. Aside from maps that depict geographic and sociopolitical areas, or systems of transportation and communication, there are maps of heaven and hell, of mental spaces, of dreams, of bodily surfaces and interiors. Maps tell of interests, discoveries and fears, and imply the promise of certainty. They help us to orient ourselves in physical and intellectual space.

Cartography has always incorporated not just design but also art; many historic maps contain artistic embellishments, and many a mapmaker took some artistic liberties in the matter of accuracy, as we now know. It is also not new for visual artists to use actual maps in their work or to draw inspiration from their concepts. Among well-known contemporary artists, Joyce Kozloff, Guillermo Kuitca and Maya Lin all have significant bodies of work related to maps. Closer to home, Cindy Davis, Stew Henderson and Alison Hildreth come to mind. Now four more artists are assembled in a group exhibition simply called "Maps" at the June Fitzpatrick Gallery in Portland. Irmari Nacht, Shannon Rankin, Susan Prince Thompson and Jeff Woodbury explore maps in very different ways: as metaphorical material, aesthetic inspiration, point of departure and physical object.

Nacht, who lives in New Jersey, is here represented by four examples from her "Saved Books" series. An atlas normally meant to provide relational order was cut into thin strips that form a chaotic cascade of information, making knowledge inaccessible yet sensuous. A second atlas has been wetted and its pages now undulate like the rivers represented on its endpapers. The other two rescued books are not map-based, and their current form is less clear unless you can conjure up the sparkle of wine and jumble of an unknown language in the central shapes of *Masse's Wine Handbook* and *Beginning Readings in Italian*, respectively.

For New Hampshire native Susan Prince Thompson, maps can be "storytelling devices and containers of memory." In her one work in the show, "Flying Dream," she transforms maps into a multipart hanging sculpture centered around a flying houseboat. Thompson ornamented each composition with drawing, intricately cutting the paper into

vaguely calligraphic, meandering strips and tangles of unknown symbolism. The work carries an indistinct exotic flair, mapping an inner landscape that we visit each night.

Jeff Woodbury has been working in a variety of media, and drawings, prints and altered or dissected maps are



Shannon Rankin, "Scope 7," 2010; map, acrylic, adhesive, paper, 15 x 15 in.

included in this show. He seems especially attracted to maps as carriers of information, focusing on hierarchies of importance, movement and interconnectedness.

When eviscerating maps down to their connecting tissue — the roads that traverse the land — the artist highlights America's car-centric culture. It also informs an altered map of U.S. driving distances and an etching entitled "Every Principal Highway Within 75 Miles of Manhattan," which is related to his "Ground Zero" map, cut to reveal major escape routes. Linear qualities and implied movement are also the subject of his "rubbermaps," which are actually made of acrylic paint that was peeled off its support. Color, lines and dots re-create the subway systems of

Montreal and Boston, as well as a ski resort aptly named Heavenly. Here information is abstracted to its minimal physical substance, becoming even more insubstantial than the dissected maps, which retain their framework of identification. In his drawings Woodbury foregrounds biological and autobiographical associations with maps, including his "Lifeline" series, in which he tracked places he has lived in and marked their relative personal importance by series of concentric circles.

Shannon Rankin's work clearly outshines this group's by its simple beauty. One can sense that the artist has been inspired by maps for a while, leaving behind more obvious ways of engaging with their qualities. Instead Rankin explores their aesthetic possibilities, cutting, folding, piercing, pinning, painting and reconfiguring or enhancing their visual interest. She displays great sensitivity to her source material by building on the aesthetic logic of maps.

The three hexagonal works in her "Scope" series are composed of triangular pieces of maps that represent mountainous regions, thus explaining the palette of browns with blue rivers and lakes and red elevations as highlights. Rankin emphasizes the geological and climatic locale by overlaying the maps with white dots that follow the geographic terrain and suggest snow accumulation. In other works the artist applies partial obscurations and draws parallels to biological cell agglomerations.

Each shadowbox frame in her "Displace" series contains a crumpled square piece of map with its original size embossed on the mapboard. The fragments are again brownish in color, but their reverse is painted pink. What sounds like a very simple transformation evokes vulnerability and complex analogies between maps and skin. More of Rankin's work will be on view next year at the Center for Maine Contemporary Art in her solo exhibition as the winner of the Biennial Jurors' Prize. Something to look forward to.

"Maps" is on view through November 27, 2010 at the June Fitzpatrick Gallery, 522 Congress Street, Portland; 699-5083, www.junefitzpatrickgallery.com.

Britta Konau can be reached for comments and suggestions at curatorbk@gmail.com or <http://curatorbk.blogspot.com>.

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ART ON THE COAST



"Touches of Fall"

An exhibit of poster-size photographs by Paula Cannon of Paula's Impressions, titled "Touches of Fall," is on view throughout the month of November at the Camden National Bank on Main Street in Belfast. Cannon's photos are also on exhibit at the Belfast Soup Kitchen, on Field Street.

Jonathan Frost Show at Harbor Square Gallery

On Friday, November 19, from 5:30 to 8 p.m., Harbor Square Gallery will host an opening reception in its Winter Street gallery for an exhibition by Jonathan Frost titled "New Work and Old." Harbor Square's Winter Street Gallery is located at 21 Winter Street in Rockland. Live music will be performed at the reception by pianist Steve Lindsay.

Chief among the new works are oil paintings relating to a fashion show that was held at Asymmetrick Arts in Rockland this past July. The show featured women's fashions designed by Gianna Ida Short and Nicole Marie Fuller. Two four-foot-wide paintings depict two aspects of the show. The first scene is of young women in white bathrobes styling each other's hair while a young man in a fedora rasings and plays the guitar. These second scene is of the show itself: model on the runway surrounded by an admiring crowd. There will also be nine portraits on view, all of girls and women who took part in the show.

Among the new work on display will be the first few small paintings of what will become an extensive series relating to the Montgomery bus boycott of 1955 and '56. This in-progress series is part of Frost's project of creating several narrative series dealing with the civil rights movement of the 1950s and '60s. His first completed series, "The Death of Jimmie Lee Jackson," consisting of 18 small canvases and totaling 32 feet in length, will be on view in his studio, adjoining the gallery.

Older work on view will include landscapes, cityscapes and figurative work in a



"Portrait of Shatema Brooks," oil on canvas by Jonathan Frost.

variety of media: pencil drawings, pastels, etchings and paintings in acrylic and oil.

The show will run through Sunday, November 28. Gallery hours during the show are 9 a.m. to 5 p.m., Monday through Saturday, and Sunday, 1 to 4 p.m. For more information about the Frost show, call 596-0800. For information regarding exhibitions at Harbor Square Gallery's Main Street location, call 594-8700 or e-mail hsg@midcoast.com.

"InCelebration"

On Friday, November 19, from 5 to 7:30 p.m., the artists of "InCelebration" are hosting a public reception for their show, now on view at River Arts Gallery II in Damariscotta. The two-week exhibit and sale presents the work of Stephen Busch and Sally Loughridge of South Bristol, Barbara Fischer Eldred of East Boothbay, Mary Hall of Bremen, and Priscilla McCandless and Abbie Williams of Damariscotta Mills. The show includes handcrafted jewelry by Hall, ceramics by Eldred and McCandless, and paintings by Busch, Loughridge, McCandless and Williams. Oil, soft pastel and watercolor works are included, as well as limited-edition prints and notecards. Daily gallery hours are 10 a.m. to 5 p.m. through Tuesday, November 30. Gallery II is located at the junction of Business Route 1 and Route 1, just north of Damariscotta beyond N.C. Hunt. For more information about the show, contact Abbie Williams at 563-7568. Pictured left to right are Busch, Eldred, Loughridge, Williams, Hall and McCandless.



Major New Works Donated for Wyeth Endowment Auction

There will be several major additions to works to be included in the three-week auction in November to benefit the Farnsworth Museum's Andrew Wyeth Memorial Endowment Campaign. The online auction of museum-quality artworks, hosted by Adelson Galleries in New York City, began on Monday, November 8, and will culminate on Monday, November 29, with a live auction in support of the campaign.

The works, donated by artists, collectors and philanthropists to help sustain the Farnsworth's mission, include Jamie Wyeth's 1969 portrait of his father, Andrew Wyeth; Andy Warhol's 1977 "Self-Portrait with Skull"; and Andrew Wyeth's 1984 watercolor "Helga, from the Back." Works recently added to the auction include Kenneth Noland's "Mysteries: Elate"; a 1950 Fernand Léger, "Circus Performers"; and N.C. Wyeth's painting "It Was Such a Warm Little House, There."

The auction preview is currently taking place both online and live at the Adelson Galleries at 19 East 82nd Street. On Monday, November 29, an evening at Adelson Galleries celebrating the life and artistic legacy of Andrew Wyeth will feature the live portion of the auction, with Jay E. Cantor, noted histori-

an of American art as well as the founding president of the Georgia O'Keeffe Museum and the founding head of the American Paintings Department at Christie's, serving as guest auctioneer and master of ceremonies.

Online bidding is open at www.adelsongalleries.com and will remain open until 6 p.m., November 29. The live auction then will take place from 7:30 to 8 p.m. The celebratory event is open to invited guests, and interested parties can visit www.adelsongalleries.com, www.farnsworthmuseum.org, or call 212-439-6800 for more information.

First announced in September 2009, the \$12 million Andrew Wyeth Memorial Endowment campaign will support the maintenance and operation of four of the Farnsworth Art Museum's properties: the Olson House in Cushing, and the Wyeth Center, Wyeth Study Center and Wyeth Research Center in Rockland. The Farnsworth Art Museum began acquiring works by Andrew Wyeth in advance of its 1948 opening, and now owns more than 60 works by members of the Wyeth family.

Warren Adelson has been involved with the work of Andrew and Jamie Wyeth since the 1970s, initiating exhibitions of both artists' work.

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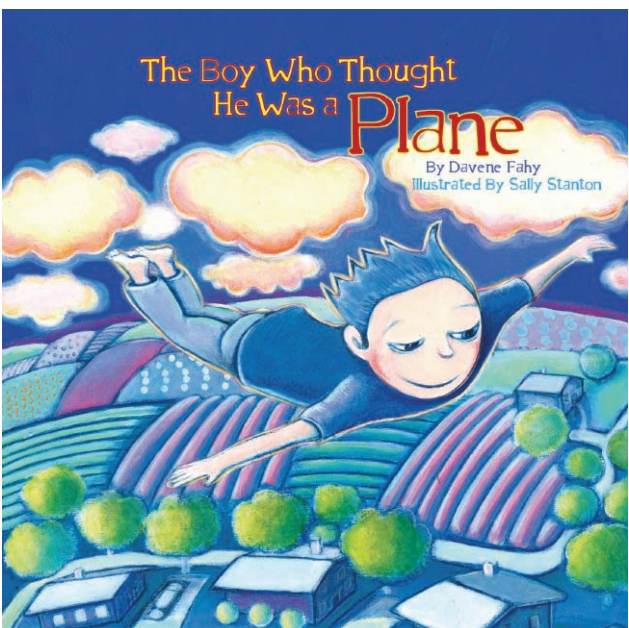
ART ON THE COAST

Wall sculpture by Debra Thuss

of Camden, who will be one of the 50 exhibitors at Art-Full Gifts, Fine Art & Craft Show at Point Lookout Resort, Route 1 in Northport. On Friday night, November 19, from 5 to 8 p.m., the weekend opens with a cocktail party and early purchase opportunity; admission to the Friday night gala plus the rest of the weekend is \$10. The show continues on Saturday and Sunday, November 20 and 21, from 10 a.m. to 4 p.m. Admission is \$3 for adults and free for children on Saturday and Sunday. Admission proceeds benefit Coastal Mountains Land Trust and United Mid-Coast Charities. For a full list of exhibitors, visit www.artfullgifts.com. PHOTO BY WILLIAM THUSS



Children's Book Author and Illustrator to Give River Arts Presentation



River Arts in Damariscotta will sponsor a slide talk by author Davene Fahy of Thomaston and illustrator Sally Stanton of Northport on Saturday, November 20, from 2 to 3 p.m. Fahy and Stanton will talk about their collaboration on the newly released *The Boy Who Thought He Was a Plane*. The book tells the story of a preschooler, Donny, who has an exceptional imagination.

Stanton and Fahy collaborated on the days-of-the-week book for a nine-month period, during which the text was influenced by the illustrations, and the illustrations changed because of the text. The writer and illustrator will discuss how the process works at the stage when the book is developing and malleable.

Fahy is the author of two previous picture books, *Charlie Who Couldn't Say His Name* and *Anthony Best*, a story about a boy with autism. Stanton is a children's librarian as well as an artist and writer.

River Arts is located at 170 Main Street in Damariscotta. For more information, visit www.riverartsme.org or call 563-1507.

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Heating Assistance Expected to Average About \$550

Heating assistance benefits for low-income Maine households are expected to average \$553 this heating season, MaineHousing Director Dale McCormick said this week.

The weighted average is based on the funding level in the Continuing Resolution that Congress approved for the Low Income Home Energy Assistance Program (LIHEAP), which is run through the federal Department of Health and Human Services (DHHS). DHHS has informed MaineHousing that until Congress passes a budget, LIHEAP funding available for Maine is \$28 million, which, when combined with existing funds, gives a total for heating assistance of \$32 million. Last year Maine's base funding level was \$52 million for the 2009-2010 heating season.

"Our \$553 average assumes 64,000 households receive LIHEAP benefits this winter," McCormick said. "Benefit levels are tiered and vary by income, so that the highest benefits go to the households with the lowest incomes and the greatest needs. McCormick noted that while this year's benefit is below last year's of \$844, funding levels during the last two years were substantially higher than in years prior.

MaineHousing's LIHEAP agents, the Community Action Agencies, start accepting applications in the summer and continue to accept them through April. Appointments are scheduled weeks or months in advance. MaineHousing begins sending out LIHEAP heating assistance checks as soon as federal funding becomes available, typically in October or November.

So far, Maine has received \$21.5 million in LIHEAP funding, or 75 percent of the base amount. The initial benefit checks were sent the first week of November. The great majority of checks are sent to fuel vendors, who deliver the heating oil or other fuel to LIHEAP customers.

Winter Electric and Gas Service Shut-Off Rules

Maine's winter electricity and gas disconnection rules began November 15. During the six-month "winter" period, Mainers who contact their electric or gas utility, or the Maine Public Utilities Commission, to make reasonable monthly payments will not be disconnected.

Commission rules prohibit gas and electric utilities from shutting off service to any customer whom they are able to contact between November 15 and April 15 without explicit permission from the commission's Consumer Assistance Division (CAD). The CAD will work with customers to establish affordable payment arrangements.

Under the commission's winter disconnection rules, all Maine customers should receive from their gas or electricity provider information explaining their rights. Electric and gas utilities must also deliver an informational packet to any customer whose service was disconnected for non-payment during the summer months and was never reconnected.

Letters, phone calls and in-person attempts at contact are all required before a disconnection may take place. If a utility decides to seek permission for a winter disconnection, the CAD will immediately contact the residence and try to resolve the issue. The CAD will also help the consumer access any available financial assistance.

Customers who have difficulties paying their electric or gas bills should not hesitate to contact their utility to address the problem. If they are not satisfied with the result, they should call the commission's CAD at (800) 452-4699. A timely call to the utility or the CAD should prevent a disconnection from occurring.

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Sat. 7:30 a.m.-1 p.m.

Although each year brings another twist on turkey—smoked, brined in beer, butterflied and grilled—suspect that for many families the holiday dinner traditions of their youth are as firmly rooted as an autumn parsnip. How else to account for the continued appearance of sweet potato stuffed with marshmallows or green bean casserole made with mushroom soup and French-fried onion rings? Not that we are immune to a certain amount of food nostalgia in our house; just try to get away with serving some homemade cranberry sauce. You can serve it, but there's a better bet: some slices of the jellied sauce—with the canning clearly in evidence—to serve alongside it or all hell will break loose.

But some changes are in order this year. We have family members who are living gluten-free and feeling much healthier for it. So the traditional turkey stuffing will have to be revamped. Cornbread is usually a part of the stuffing at our house, and the gluten-free cornbread mix made by Bob's Red Mills is quite good, so it could certainly be used in a stuffing recipe. But for years a Greek friend has described a rice-based stuffing that is his family's holiday staple, and as it is gluten-free, this might be the year we try it.

Greek Turkey Stuffing

- ¼ cup olive oil
- 1 large onion, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 3 pork sausages, casings removed
- ½ lb. lean ground pork
- 1 package turkey giblets, finely chopped
- 1 tsp. dry oregano
- ¾ cup long grain rice
- ¼ cup wild rice
- 3 Tbsp. chopped fresh parsley
- ½ cup white wine
- ½ cup raisins
- 1½ cups turkey or vegetable stock
- ¼ cup chopped parsley
- 1 cup roasted chestnuts, chopped
- ½ cup pine nuts (walnuts or pecans can be used)
- 2 Tbsp. chopped fresh sage
- ½ tsp. ground cloves
- salt and pepper to taste

Heat olive oil in a large skillet over medium heat, add onions, garlic and celery and sauté for about 10 minutes. Add giblets and sauté an additional minute, then add sausage meat and ground pork. Turn the heat up and brown the meat while stirring constantly. Add rice, stirring for a couple of minutes to coat and toast it. Add wine and raisins, reduce heat to medium-low and simmer while stirring for a couple more minutes. Add stock, bring to a boil, then reduce heat and allow the mix to simmer, stirring occasionally, until the liquid has been absorbed by the rice. The rice will be chewy, but will finish cooking as stuffing in the turkey. Remove from heat and stir in parsley, chestnuts, pine nuts, sage, cloves and salt and pepper. Allow mixture to come to room temperature before putting it in the turkey

and then immediately place stuffed turkey in the oven, or place stuffing in a container and refrigerate overnight.

We've already voted for Brussels sprouts as a side this year after sampling a version of them prepared by the family garlic lover. His sautéed Brussels sprouts with garlic — LOTS of garlic — were almost caramelized when cooked in the garlicky oil, and their sweet nutty flavor held its own with the garlic. But if you'd prefer a more delicate sprouts dish, this one from last November's *Cook and Tell* newsletter is seasonally appropriate, with its addition of cider.

Stuffing and Sides

HOME GARDEN

by Georgeanne Davis

Brussels Sprouts with Hazelnuts

- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 1/3 cup minced shallot
- 1½ lbs. Brussels sprouts, leaves separated from cores and cores discarded
- 1 cup cider

- ½ tsp. each sea salt and ground black pepper
- ½ cup toasted chopped hazelnuts

Heat butter and oil in a large skillet over medium-high heat. Add shallot and cook until soft, about five minutes. Add Brussels sprouts leaves and cook, stirring, for three more minutes. Add cider and cook until it's reduced by half, about eight minutes. Sprinkle with salt and pepper and toss with the hazelnuts. Serves six.

While looking for the sprouts recipe, I came across this *C&T* take on the traditional pecan pie with flavors of chocolate, coffee, nuts, dates, bourbon gathered together in one crust.

Chocolate Date and Pecan Pie

- your favorite crust for a 10-inch pie shell
- 6 oz. chocolate chips
- 1 Tbsp. instant espresso granules
- 3 Tbsp. bourbon (orange juice can be substituted)
- 1 stick room-temperature butter
- ½ cup brown sugar
- ½ cup light corn syrup
- 2 tsp. vanilla
- 3 eggs
- 1¼ cups chopped pitted dates
- 1½ cups pecan halves

Preheat oven to 350°F and line a 10-inch pie plate with crust, crimping the edges. Place chocolate chips, coffee, and bourbon (or juice) in a small sauce pan over low heat and stir frequently until chocolate is melted. Set aside. Cream butter and sugar with mixer in a medium bowl. Beat in corn syrup, vanilla and eggs, then stir in chocolate mixture and dates. Coarsely chop ¾ cup pecans and stir in, then turn out filling into pie crust. Arrange remaining pecan halves in concentric circles over filling and bake 45-50 minutes or until filling is set. Cool to room temperature and serve with whipped cream or vanilla ice cream.

If you're looking for a holiday gift that needs no wrapping, brings pleasure all year through, and offers a genuine taste of Maine for those who are away, try a subscription to: Cook & Tell, Love's Cove, 298 Hendricks Hill Rd., Southport, ME 04576. \$20/yr/\$25 Canada/\$28 overseas.

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CHRHS Latin Club Students to Host Spaghetti Dinner and Cake Auction November 20

Students from Camden Hills Regional High School's Latin Club will host a spaghetti dinner and cake auction at the Rockport Masonic Hall on Saturday, November 20, from 5 to 7 p.m. The students will serve the dinner and provide cakes and desserts for auction. Tickets, \$5 each, \$20 for a

whole family, will be available at the door or by contacting bill_curtis@fivetowns.net.

The dinner and cake auction are among many fund-raisers the students have held over the last 12 months to raise money for a trip to Italy in April 2011.

Also available for sale at the dinner will be "Seize the Meal" coupon books, which sell for \$10 and contain 33 coupons for 16 local eateries. Anyone who would like to purchase the "Seize the Meal" coupon book and can't attend the dinner can contact Elizabeth Borch at 763-4455 or beth@activadesign.com.



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MVHS Hats for the Homeless Project – The Global Humanitarian Club of Medomak Valley High School in Waldoboro recently completed its Hats for the Homeless project. Students began knitting on October 4 and, with a goal of completing 125 items before Christmas, the group knitted and collected over 200 hats and other winter-wear items within five weeks. Many students, along with staff members, stayed after school to knit together, students teaching staff and staff helping students to learn the art of knitting. The project quickly gained momentum, with many who didn't knit donating yarn and needles. Community members contributed to the cause as well. Students were seen knitting on buses, in the cafeteria and library, and any time they had a free minute. The items will be sent to the Hats for Homeless Project, started by a New Jersey student, and will be distributed to the homeless at St. Xavier's Soup Kitchen in New York City, where over 1,000 people come for a meal each Sunday. Another box will be sent to an orphanage in Russia. Pictured in front, left to right, are participants Liz Robinson, Heidi Obuchon, Kaye Peabody and Kyle Durkee; second row, Molly Parent, Amanda Barrows, Paige Green, Julie Ennamorati, Emily Sirianni and Maria Ennamorati; third row, Isabelle Lobley, Michelle Hopkins, Amber Massicotte, Brianna Gross, Roxanne Jelenfy, Jordan Hopkins, Jocelyn Thames, Brittany Lopez, Alyssa Griggs, Kacey Montana, Erica Dailey, Danielle Hunt, Kaitlyn Theberge, Desiree Leary, Olivia Overlock, and Harolyn York, advisor. Missing from the photo is Laura Beal. PHOTO BY LISAGENTHNER GUNN

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Local Interact Club Announces 2010-2011 Board of Directors

The MidCoast Interact Club charter board of directors for the 2010-2011 fiscal year includes, left to right, Jenny Karod, sergeant at arms; Hana Berke, president; Hayley Aydelott, vice president; Taylor Porter, treasurer; and Paige Courtney, secretary. Interact is a Rotary-sponsored nonprofit, nonpolitical, international service organization of high school-age youth. There are more than 9,000 Interact clubs in 113 countries, with some 206,000 members. The local community-based club is sponsored by West Bay Rotary and Camden Rotary. The MidCoast Interact Club meets every other Wednesday at 2:45 p.m. at The Rig, 56 Elm Street in Camden. The next meeting will be held on December 1. All interested midcoast ninth-through 12th-graders are invited to attend. For more information, e-mail midcoastinteractclub@gmail.com or visit the club on Facebook at www.facebook.com/midcoastinteract.



ON THE AIR AT WRFR

Tuesdays from 2 to 4 p.m. it's time for the "Magical Mystery Show," with host, "Grey Bulldog," (Kelvin Chapman) following in the tradition of Tusk Walrus (Connor Mills, the originator of M.M.S.). Providing thoughtful showcases of artists and acts with themes, soundtracks, seasonal events or calendar dates. He always dedicates a segment of special send-outs focusing on each of the show's business sponsors. For more information, call WRFR at 594-0721 or visit www.wrfr.org

This show is sponsored by Rockland Farmers' Market, Mexicali Blues (Newcastle) and Steve's Auto Body and Repair (Rockland).



Interfaith Youth Group Sleep-over – Twenty-one members of the Interfaith Youth Group, including three youth leaders, joined with three adult chaperones for a night at Rockland Congregational Church's Interfaith Youth Group Sleep-over on Friday, November 5. On the agenda were movies, games and food before lights-out at 2 a.m. Interfaith Youth Group participants attend Nativity Lutheran Church, St. Bernard's Catholic Church, St. John's Episcopal Church and Rockland Congregational Church. They get together at 5:30 p.m. on the first and third Wednesdays of the month in the Youth Room at Rockland Congregational Church, 180 Limerock Street. For more information about the Interfaith Youth Group, contact Kate Jones at 701-1318 or call the church office at 594-8656.

Tennis Benefit Nov. 20 Supports World & Local Efforts to End Hunger

Tennis ball signed by Federer and Nadal to be raffled

The fifth annual World Hunger Tennis Benefit will be held on Saturday, November 20, from 11:30 a.m. to 4 p.m. at Midcoast Recreation Center on Route 90 in Rockport.

The World Hunger Tennis Benefit has raised many thousands of dollars for global and local hunger efforts over the years. It brings together 32 local players, ranging in age from youth to seniors and levels from intermediate to "club pro," who are given a T-shirt, the opportunity to win several donated raffle prizes, refreshments and plenty of on-court play. The emphasis, however, is always on raising funds to support efforts to end hunger. The local event is sponsored by the Meyer families.

The benefit includes a raffle, open to everyone, of a USA Open oversized tennis ball signed by tennis greats Roger Federer and Rafael Nadal, donated by EJ's Restaurant

(opening soon) in Rockport. Tickets are \$1 each, and one need not be present to win. All proceeds will support world and local efforts to end hunger. Tickets can be purchased by contacting Bruce Meyer at 594-4637.

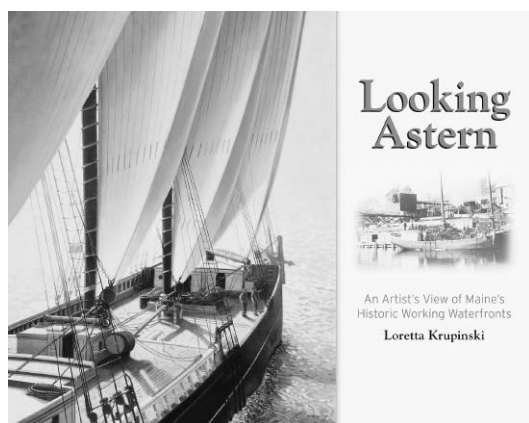
This year's pre-tournament exhibition will feature the Meyer Men (father and son Bruce and Seth Meyer) Challenge. Doubles teams will have the opportunity to play the Meyers; for each game won by the Meyer Men, the other team pays \$5; for each game they lose, the Meyer Men pay \$10. All proceeds will be donated to the AIO Food Pantry in Rockland. Spectators are welcome and are asked to bring nonperishables.

For more information, contact Bruce/Martha Meyer at 594-4637 or Seth/Erin Meyer at seth@midcoastrec.com or meyerines@yahoo.com.

Rockland Historical Society Annual Meeting

Rockland Historical Society will hold its annual meeting in the Friends' Room of the Rockland Public Library on Saturday, November 20, at 1:30 p.m.

Following a brief business meeting, local artist Loretta Krupinski will show slides of her maritime paintings from her latest book, *Looking Astern*. Published by Down East, the book features paintings of the industries of the Maine seacoast and the histories and the old photographs that inspired them. Some of the great storytellers of the Rockland Historical Society, including Ed Coffin, Dave Hoch, Doug Lee and Brian Harden, shared photographs and stories with Krupinski to portray the seacoast industries of fishing, shipbuilding, lime and granite, ice, and steamboats in paintings.



Local artist-author Loretta Krupinski will show slides of her maritime paintings from *Looking Astern*.

The program is free to the public, and refreshments will be served. For more information contact Ann Morris, curator of the Rockland Historical Society, at 594-4601.

The stories of Maine people during the Civil War are now available online. "The first installment of stories is ready. People all over the world will be able to learn about and appreciate the extraordinary involvement of Maine people in the Civil War," David Cheever, Maine state archivist, says.

Maine's Civil War Stories Available Online

everything from healthcare, race relations, gender equity, inter-governmental relations, taxation policy, and, of course, the military," says Cheever.

The stories each contain a Maine-based person, the location for which that person is known, an event or issue, and a follow-up question. "Our first audience

is the public, but the stories have been produced with students in mind," says Cheever.

The presentations online contain illustrations, primary source document transcripts, and accessible images of those documents. Most of the stories come from the holdings at the archives, but a growing number come from historical societies, museums and other repositories throughout Maine.

The original goal for the project was to have one story for each week of the Civil War. More than 150 stories are now available, and another 100 are in process. Cheever expects there will be more than 400 by the time the project ends.



Hank Lunn Presents "Abiel Briggs: American Patriot" November 23

Abiel Briggs marched on Quebec with Benedict Arnold in late autumn 1775. Hank Lunn, a descendent of Briggs, will present "Abiel Briggs: American Patriot" at 6:30 p.m. on Tuesday, November 23, at the Camden Public Library, in costume and in character.

Abiel Briggs marched with Benedict Arnold through Maine in 1775 on Arnold's famous but ill-fated attack on Quebec. Briggs survived and continued to serve throughout the Revolution. Hank Lunn, a descendent of Briggs, will present "Abiel Briggs: American Patriot" at 6:30 p.m. on Tuesday, November 23, at the Camden Public Library, in costume and in character.

Early in the fall in 1775, General Washington had taken command of the ragtag Colonial militia camped around Boston, and was endeavoring to turn the "rabble" into an

army. Briggs walked 40 miles from Freetown to Boston and joined the volunteer militia for the Arnold expedition to Quebec, even though his parents were Loyalists who eventually emigrated to Canada. He served as a volunteer throughout the rest of the Revolutionary War, and returned to Maine to settle in Aroostook County.

In period clothing, with musket and tomahawk, Briggs will discuss the hardships of the trek to Quebec and what life was like for American patriots during the early years of the American Revolution.

The Unitarian Universalist Church of Belfast

will present a travel program about the Buddhist kingdom of Bhutan at 7 p.m. on Tuesday, November 23, at the church, 37 Miller Street. The travelogue will be offered by Liz and Rick Fitzsimmons, who spent several weeks exploring the small kingdom. Bhutan is a Himalayan nation where "gross national happiness" is more important than gross

Program on Bhutan Nov. 23 in Belfast

national product, according to the Fitzsimmonses. The little-known country has magnificent scenery, remote settlements, timeless customs, unique architecture, friendly people and deep-rooted Buddhist beliefs. "Our photos will

take you on a journey through this amazing country, which is just emerging from centuries of self-imposed isolation," Liz Fitzsimmons says.

Sunday Afternoon Music Jams Continue This Winter

Sunday afternoon music jams from 1 to 3 p.m. at the Sail, Power and Steam Museum in Rockland will continue through the winter, even though the museum is closed for the season. All are welcome to hear, play and sing

with local musicians. There is no charge. The museum is located at 75 Mechanic Street in Rockland. For more information on the Sunday afternoon jams, call 701-7627 or e-mail sharpadventures@att.net.

Heaven's Blend at Waldoboro Church — A trio of Maine pastors

— Gary Leet from Lisbon Free Baptist Church and Tim Connelly and Tom Rawley from Waldoboro Word of Life Church (pictured left to right) — will perform a free concert (a free-will offering will be taken) on Saturday, November 20, at the Waldoboro Word of Life Church on Old Route 1 in Waldoboro. A public potluck supper will precede the concert at 5:30 p.m., with the music beginning at 7 p.m.



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Institute of Medicine Proposes Changes in Day Care Meals, Snacks

Meals and snacks served to children and adults at day care facilities through a federally supported food program should contain increased amounts and varieties of vegetables and fruits and less fat, salt, and added sugars, says a new report from the Institute of Medicine.

The report calls for each meal to include one serving of fruit and two of vegetables and for the amount of dark green and orange vegetables served each week to increase while limiting starchy vegetables to no more than twice a week. Fresh, frozen, canned, and dried forms are all acceptable. Vegetables may be cooked any way except frying. Juice should be 100 percent fruit juice without added sugars, should not be given to children less than a year old, and should be limited to once a day for older day care participants.

At least half of the grain products served should be rich in whole grains. Baked or fried grain products that are high in fat and added sugars would be allowed only once a week. Day care facilities should limit their use of foods and ingredients that are high in sodium, saturated fat, trans fat, and added sugars. Sites should use vegetable oils and limited amounts of salt when preparing meals. Meats should be lean; soy products, beans, eggs, nuts, and other meat alternatives may be used.

Healthy infants should receive only breast milk or formula until they reach six months, when day care sites should gradually introduce baby foods. Children should be given whole milk until age 2. Milk provided to participants age 2 and older should contain no more than 1 percent fat.

The report's recommendations will bring the nutrition standards of the Child and Adult Care Food Program (CACFP) in line with the current nutrition science and dietary guidelines used in other federal food programs, including the National School Lunch and School Breakfast programs.

"The meals and snacks made possible through the Child and Adult Care Food Program are an important source of nutrition for millions of children and tens of thousands of adults," says the chair of the committee that recommended the changes, Suzanne P. Murphy, researcher, professor, and director of the Nutrition Support Shared Resource, Cancer Research Center of Hawaii, University of Hawaii, Honolulu. "This report points the way to updating the program's meal requirements so that they reflect the latest nutrition science. The changes recommended will help program beneficiaries get more of the nutrients they need without getting too many calories and will promote lifelong healthy eating habits."

Established in 1970 under the charter of the National Academy of Sciences, the Institute of Medicine provides independent, objective, evidence-based advice to policymakers, health professionals, the private sector, and the public. The National Academy of Sciences, National Academy of Engineering, Institute of Medicine, and National Research Council make up the National Academies.

Pen Bay Pediatrics Temporarily Relocated During Facility Repairs

Pen Bay Pediatrics has temporarily relocated so that they can continue to serve patients and their families while repairing recent water damage to the facility. On Monday, November 15, the pediatrics office relocated to the former Pen Bay Health Connections building at 756 Commercial Street (Route 1) in Rockport, where it will be until further notice.

Throughout the temporary relocation, extended office hours, weekend hours and family-centered care will remain in place.

The phone number for Pen Bay Pediatrics remains the same: 593-5600.

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Pen Bay Medical Center Participating in Initiative to Improve Care Nationwide

Robert Wood Johnson Foundation (RWJF) announced last week that 222 different teams from 139 hospitals across the country have been selected to participate in an effort to lift the overall quality of health care, as well as reduce racial and ethnic disparities and provide models for reform. During the nationwide initiative, called Aligning Forces for Quality (AF4Q) Hospital Quality Network, hospital teams will work together to improve the quality and safety of patient care by piloting and testing new quality improvement strategies over an 18-month period. Lessons learned will ultimately be shared with hospitals across the country to improve the quality and equity of care delivered across the country.

Penobscot Bay Medical Center in Rockport is one of 11 hospitals in Maine selected to participate in the network.

Hospital teams will participate in one of the following three areas:

- Reducing readmissions — teams will focus on cardiac care, with the specific goal of reducing readmission rates among heart patients. The initiative will focus on cardiac care because, whether experiencing a heart attack, heart failure or other conditions, the

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recommended standard of care for cardiac patients is clear and accepted among medical professionals nationwide.

- Testing real-world solutions to improve the pace and efficiency of moving patients through the emergency department, either to be treated and released, or admitted and provided with a bed in an appropriate unit of the hospital.

- Improving language services to improve care for patients who speak or understand limited English. Hospitals will develop strategies to ensure that trained medical interpreters are present at patient intake and discharge—two points where effective provider-patient communications are critical to a high-quality outcome.

Hospitals participating in the AF4Q Hospital Quality Network in Maine are Central Maine Medical Center in Lewiston, Eastern Maine Medical Center in Bangor, H.D. Goodall Hospital in Sanford, Maine Medical Center in Portland, MaineGeneral Medical Center in Augusta, Mercy Hospital in Portland, Mid Coast Hospital in Brunswick, Penobscot Bay Medical Center in Rockport, Penobscot Valley Hospital in Lincoln, Redington-Fairview General Hospital in Skowhegan, and Rumford Hospital in Rumford.

Increase Reported in Early Syphilis

Maine Center for Disease Control and Prevention (Maine CDC) reports that since mid-July health care providers in Maine have diagnosed 19 cases of early syphilis in Cumberland, Penobscot, Waldo and York counties. Eleven cases were primary syphilis, 5 cases were secondary syphilis and 3 cases were early latent syphilis. All 19 cases were among men, ages 19 to 56, who have sex with men. Eight of the 19 (42%) are known to be HIV positive. Since January of this year 33 total cases of early syphilis have been reported.

Disease investigations have revealed that the cases identified have been meeting sexual partners through social networking sites online, leading to encounters with partners who are anonymous. Additionally, one of the infected and

other identified partners have acknowledged being married to females while having sex with other men.

Syphilis numbers in Maine have remained relatively constant in the past several years, averaging 16 cases annually over the past 3 years. Disease totals for 2010 are more than double the 2009 totals, when 14 cases were reported. This marked increase is cause for concern. In order to ensure appropriate diagnosis and treatment of cases and to prevent further transmission, the Maine Center for Disease Control and Prevention has issued a health advisory to health-care clinicians with recommendations concerning syphilis evaluation, and are advising clinicians to openly discuss sexual partners, practices, protection from STDs, past history of STDs and prevention with their patients.

Rockland PD Urges Residents to Buckle Up Day and Night

The Rockland Police Department is joining with hundreds of other law enforcement agencies across the country in renewing a pledge to save lives by intensifying efforts to enforce seat-belt laws.

In 2008, according to the National Highway Traffic Safety Administration, 1,120 passenger vehicle occupants were killed during the Thanksgiving holiday travel season. Of those, more than 50 percent were not wearing their seat belts at the time of the crash. Two hundred and thirty-one passenger vehicle occupants were killed in motor vehicle crashes occurring between the hours of 6 p.m. Thanksgiving evening and 5:59 a.m. the next morning. Nearly two-thirds (67%) of those killed at night were NOT wearing seat belts.

Along with nighttime motorists, men — particularly young men — are among those less likely to buckle up. In 2006, 73 percent of male passenger vehicle occupants

were between the ages of 18 and 34 who were killed in crashes were NOT wearing seat belts.

In fact, all young people are at greatly increased risk. Sixty-four percent of teenage passenger vehicle occupants killed in fatal crashes during 2006 were NOT wearing seat belts at the time of the crashes. And the 2006 observed seat belt usage rate of those 16 to 24 was lower than any other age group.

Rockland Police Chief Bruce Boucher says, "Many of us overindulge in holiday goodies and loosen our belts a little after dinner. Remember, there is nothing that should keep you from tightening your seat belt when you get in a motor vehicle. Regular seat belt use is the single most effective way to protect people and reduce motor vehicle crash fatalities. Wearing your seat belt is easy and it costs you nothing. Not wearing it might cost you a ticket, or worse — your life. I urge everyone to please be safe and buckle up day and night."

CancerCare Provides Support Services to People Affected by Cancer

CancerCare is a national nonprofit organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge.

Anyone who is affected by any type of cancer can speak with a CancerCare professional oncology social worker to get support and find resources. Call 1-800-813-HOPE (4673) or visit www.cancercare.org. CancerCare also offers an extensive variety of education workshops by telephone in which experts in oncology provide up-to-date information

on diagnosis, treatment options, quality-of-life concerns, treatment side effects, pain management, doctor-patient communication and other important topics. The workshops are free. The calendar of education workshops can be found at www.cancercare.org.

November is the Awareness Month for both lung cancer and pancreatic cancer.

CancerCare provides information and resources for people coping with lung cancer at www.lungcancer.org. Podcasts and the booklet "Progress in the Treatment of Lung Cancer" are also available there.

CancerCare's booklet "Medical Update on Pancreatic Cancer" can be found at its pancreatic cancer resource page — www.cancercare.org/get_help/help_by_diagnosis/diagnosis.php?diagnosis=pancreatic — along with information on a telephone support group for people with pancreatic cancer, and telephone and online support groups for caregivers.

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Planning Committee Volunteers Needed for Midcoast Relay For Life Meeting tonight at CHRHS

Volunteers are needed to join the planning committee for the 2011 Relay For Life of Midcoast. The American Cancer Society Relay For Life is an overnight community celebration where individuals and teams camp out and take turns walking around a track, relay style, to raise funds while celebrating the lives of those who have had cancer, remembering those lost, and fighting back against the disease.

Planning committee members are needed to organize and recruit teams, seek community support, coordinate logistics, find refreshments and prizes, and plan entertainment.

There will be a meeting for anyone interested in joining the planning committee on Thursday, November 18, from 6 to 7:30 p.m. in the Wave Café at Camden Hills Regional High School, located at 25 Keelson Drive, off Route 90 in Rockport. Those who would like to attend the meeting and learn more about becoming a member of the committee are asked to contact Melissa Cushman at the American Cancer Society at 373-3723 or by e-mail to Melissa.Cushman@cancer.org.

MMA and Other Health Care Professionals Call on Snowe and Collins to Protect Clean Air Act

On Monday, November 15, Maine Medical Association, American Lung Association of Maine, Maine Public Health Association, Physicians for Social Responsibility-Maine, the Maine Nurse Practitioner Association and 50 individual Maine health providers joined over 100 national and state public health organizations and experts in calling upon President Obama and the U.S. Congress to protect the Clean Air Act and to let the EPA start addressing climate-changing pollution. Some of the national organizations signing on to the joint letter include the American Public Health Association, the American Nurses Association, the American Medical Association, the American Lung Association, and the American Academy of Pediatrics.

Under the Clean Air Act, the U.S. Environmental Protection Agency (EPA) is working to set new limits for global-warming pollution, but due to intensive lobbying by the coal and oil industries, some members of Congress are trying to block EPA's ability to act.

"Fossil fuel emissions are having adverse impacts on the health of Maine people in a variety of ways from mercury in fish to the triggering of asthmatic attacks in vulnerable children," says Dr. Jo Linder, president of the Maine Medical Association. "For years this has been considered a necessary price to be paid for our energy use. But now, in the face of global climate change with its additional health risks, we

believe this price has become much too high. The EPA must act now to reduce these deadly emissions, for the health of this generation and for the better health of future generations."

"All of us depend on the EPA to apply the best science to keep our air healthy," says Edward Miller of the American Lung Association in Maine. "But for those millions of people with asthma and other lung diseases, the EPA is their best hope that the air they breathe will not send them to an emergency room or doctor's office. We need to do all we can to reduce health care costs, and keeping our air healthy is critical."

Nathaniel Meyer, Field Associate with Environment Maine, says, "It's clear that for the sake of Mainers' health and Maine's environment, we should not be undermining a law that has successfully and cost-effectively reduced dangerous pollution for four decades. Senators Snowe and Collins should champion the concerns of Maine's public health community by voting against any Senate proposal that weakens the Clean Air Act."

"We can be proud of the leadership of Maine's Senator Edmund Muskie, who led the effort to enact the Clean Air Act 40 years ago," says Lisa Pohlmann, deputy director for the Natural Resources Council of Maine. "Under the Clean Air Act, EPA action has dramatically reduced air pollution that threatens the health of Maine families, including sulfur dioxide, nitrogen oxide, and carbon monoxide. It is past time for the agency to tackle the pollutants that cause global warming as well."

Smart Phone App Helps Veterans Track Post-Deployment Emotional Health

The Department of Defense has released a free smart phone mobile application that it says is intended to make it easier for servicemembers and veterans to track their emotional health after deployments.

The National Center for Telehealth and Technology (T2) developed the T2 Mood Tracker to help users monitor trends of emotions and behaviors due to therapy, medication, daily experiences and changes in their environment. It can be downloaded through www.t2health.org/apps/t2-mood-tracker.

"Therapists and physicians often have to rely on patient recall when trying to gather information about symptoms over the previous weeks or months. Research has shown that information collected after the fact, especially about mood, tends to be inaccurate," says Perry Bosmajian, a psy-

chologist with T2. "This application can improve the quality of the treatments for the provider and the patient. The best record of an experience is when it's recorded at the time and place it happens."

The T2 Mood Tracker can record emotional experiences from a few days to several months to see results over time, and the information can also be shared with therapists and physicians to monitor a patient's behavior throughout treatment.

The application is now available for smart phones using the Android operating system. It is expected to be available for iPhone users early next year.

More information about the T2 Mood Tracker is available at www.t2health.org/apps, or contact Joseph Jimenez at 253-968-4880 or joseph.jimenez@amedd.army.mil.

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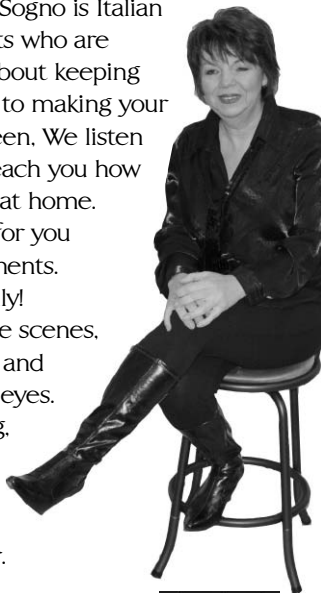
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PBMC Working with Local Dentist to Help MaineCare Patients with Acute Dental Pain

Penobscot Bay Medical Center is one of the first hospitals in Maine to reach an agreement with a local dentist to assist MaineCare patients with acute dental pain.

People with dental pain who don't have a dentist to treat them often seek treatment in a hospital's emergency department (ED). At Pen Bay, those patients can now leave the hospital with an appointment for follow-up care at a local dentist's office.

Dr. Daniel Schecter is one of the very few dentists in the midcoast accepting MaineCare acute dental care patients. Dr. Robert Berube, an Augusta oral surgeon and a member of the state's MaineCare Dental Advisory Committee, praises both Schecter and Pen Bay for being the first in the Midcoast to have such an arrangement between a hospital and a general dentist.

If dental pain patients are seen during Dr. Schecter's regular office hours, the emergency department can call for an appointment. If the patient is seen at the ED after hours or on weekends, the patient receives Dr. Schecter's contact information for follow-up on their own. Schecter, whose offices are at 819 Commercial Street, Rockport, across from the hospital, can be reached at 596-7111.

"Our patients' dental care needs weren't

TO YOUR HEALTH

being met. We had to work together to find a solution," says Roxanne Walton, RN, director of emergency services in the Pen Bay Emergency Department, who coordinated the dental care project with Schecter and the Maine Department of Health and Human Services, the administrator of the MaineCare program.

Previously, patients would come to the ED and were discharged with antibiotics and pain medication but no specific treatment plan or provider to follow up with. This meant their pain and infection were taken care of, but as anyone who has had an abscessed tooth knows, those are only temporary fixes. Now the ED can refer to Schecter for more definitive care and patients can establish an ongoing relationship with a local dentist.

"Pen Bay wanted patients to receive dental care in a dentist's office rather than the emergency department," says Schecter. "I'm pleased to be able to help Pen Bay meet this community need."

MaineCare generally covers preventive and restorative dental services until age 21, after which only acute care (treatment of pain and infection) is covered. Dentures, for example, are covered either by third-party insurance coverage, self-pay or by applying for approval through the MaineCare program.

Tell TRIAD

by George Chappell, Chairman, Knox County TRIAD Committee

Abuse of the elderly can be 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 four years the local TRIAD chapter has conducted workshops on regulations for protection of the elderly, such as free listings of all prescriptions in the Files of Life. We have 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.

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

In an effort to alert the public about elder abuse, TRIAD publishes a monthly column in The Free Press.

This month, financial advisor Jim Heavey, a registered representative from Aspen Cross in Camden, offers advice on choosing a financial representative:

Choosing a Financial Representative

by James Heavey

Given that your future depends on how well you save and invest your money, you may recognize the need for professional help. But to whom should you turn? Do you need a financial advisor or a stockbroker? Do you need an investment advisor or a financial planner?

There are good reasons to seek help from a professional who will not only make investments for you, but also help you plan your finances. Businesses develop plans annually, because they recognize that they cannot achieve goals if they don't set goals. The same is true for people.

Stockbrokers may have more in-depth knowledge of the stock market than the typical financial advisor, but they do not offer financial planning. If you want help planning your finances, you will need a financial advisor. Advisors typically provide retirement

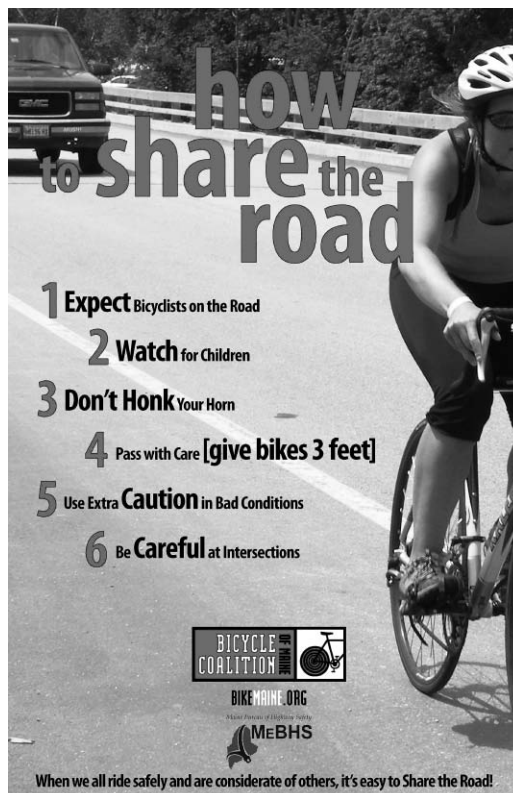
planning, saving for college and estate planning. They develop investment portfolios for their clients based on each one's financial goals, tolerance for risk and the number of years they have to achieve each goal. They also meet regularly with clients to update their financial plans. Financial planners also review insurance needs to make certain you are not only accumulating the wealth you will need to achieve your goals, but also protecting your wealth.

Once you have a general idea of the kind of professional you want, you can narrow your search based on criteria such as the following:

- Trust — If you are giving someone your life savings, your top priority will be to ensure that you trust that person. Ask for references, not only from clients but also from other professionals. Ask whether he or she has ever been cited for regulatory violations.
- Experience — You don't want to retain someone to learn to invest with your money. Look for designations such as Certified Financial Planner (CFP) or Chartered Financial Consultant (ChFC). Study for CFP and ChFC designations concentrates on the key knowledge needed to develop a comprehensive financial plan.
- Fees — Most financial professionals make their money from commissions. Some charge fees and others use a combination. Fees may be based on a flat fee, hourly fee, or percentage of assets. Even if you are charged a fee for managing your investments, there may be other fees, so be certain to ask about all costs. Additional expenses may include trading commissions, mutual fund fees, custody fees and hidden charges that kick in if you move your account elsewhere.
- Suitability — Whoever you retain should typically work with individuals whose financial circumstances are similar to yours. Some advisors work only with "high net worth" clients; others work with investors of more modest means. If you have only a small amount of money to invest, you won't attract the interest of an advisor who focuses on high net worth clients.

All investment professionals should have the same objective—achieving your financial goals with the least amount of risk. To achieve this objective, the professional who manages your money must put your interests first.

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.



Free "Share the Road" Posters Available

The Bicycle Coalition of Maine has produced new posters with information about how vehicles and bicycles can share the road safely. The posters are available for free by contacting the coalition at info@BikeMaine.org or by phoning 623-4511.

The posters give six safety messages: Expect bicyclists on the road; Watch for children; Don't honk your horn; Pass with care (give bikes three feet); Use extra caution in bad conditions; Be careful at intersections.

The Bicycle Coalition also has produced new "Share the Road" bumper stickers and informational cards about Maine bicycling laws, choosing the right bicycle helmet and rules for motorists and cyclists. The educational materials are available at www.BikeMaine.org or by e-mailing info@BikeMaine.org.

Camden Resident Attends Parkinson's Disease Foundation's Research Learning Institute

Camden resident Gordon Guist recently participated in the Parkinson's Disease Foundation's second clinical research learning institute in Florham Park, New Jersey. Participants were educated about ways people living with Parkinson's can contribute to new treatments and a cure for the disease. Guist, who was diagnosed 13 years ago with Parkinson's, was among the group of business leaders, scientists and educators who traveled from 24 states to participate.

Now back home, Guist says he is ready to work on a local level to impact the development of new therapies and to raise aware-

ness among people living with Parkinson's about the role that they too can play.

"As part of this work, I am trying to enlist local support groups in our area... to raise awareness about clinical studies," says Guist.

Those who are interested in being part of a Parkinson's support group should contact the Parkinson's Disease Foundation at info@pdf.org.

Guist volunteers at PenBay Veterinary Associates and cofounded the Penobscot Pet Pantry, an organization that helps families feed their pets.

Teleclass Offered to Parents of Children with Autism

A telephone workshop is being offered to help parents of young children with autism create a stress-free holiday season. The one-hour teleclass provides strategies, tips and ideas for a stress-free holiday and will be offered twice on Wednesday, December 1, at 2 p.m. and again at 9 p.m.

Created by parent educator and parent coach Connie Hammer of Round Pond, the teleclass is designed to introduce parents to her "3 P" approach to help them establish a road map for their family.

"So many parents of children with special needs want to experience a calm and stress-free holiday but are too overwhelmed to even begin to figure out how they can achieve it," says Hammer.

The cost to participate in the teleclass is \$47 per person/couple and includes a planning guide and tip sheets. To register, visit www.parentcoachingforautism.com/holiday-season. For more information about this teleclass, call 615-5457 or e-mail connie@parentcoachingforautism.com.

Maine Bureau of Highway Safety Reminder — Handheld Electronic Devices Prohibited for Drivers Under 18

Cell phones and other electronic devices are vying for the attention of young drivers and putting them at risk behind the wheel. Texting by drivers of all ages has become headline news in Maine and across the country. Currently at least 30 states outlaw texting while driving, and while Maine isn't one of them, the Maine Bureau of Highway Safety recently issued a reminder that the use of all handheld electronic devices is strictly prohibited for drivers under 18.

"Using handheld devices behind the wheel has become so common that many teens and parents have forgotten it's already against the law for drivers under 18," says Lauren Stewart, director of the Maine Bureau of Highway Safety. "All too often the result is tragic. The devices are winning, and our kids are losing."

Distracted driving comes in many forms, from texting and talking on cell phones to eating, playing with a radio, CD player or MP3 device. Maine is one of 49 states with a three-step graduated driver licensing system for teens under 18 years of age. The graduated system requires an intermediate license for newly licensed drivers for six months, to allow Maine youths to gain driving experience with fewer risks.

The intermediate license prohibits teen drivers under age 18 from:

- operating a motor vehicle from 12 a.m. to 5 a.m.;
- carrying passengers other than immediate family members unless accompanied by a licensed operator who:
 - has held a valid driver's license for the past two years,
 - is at least 20 years of age,
 - is occupying the seat beside the driver and
 - is licensed to operate the class of vehicle being operated by the licensee;
- operating a motor vehicle while using a handheld device (including a cell phone).

Those restrictions are in effect for a period of 180 days after passing the road test. Violation of the conditions of the restrictions will result in a 180-day extension of the restrictions noted above and may extend beyond the 18th birthday. For more information, go to maineteendrivers.org.

"We want to be sure that Maine parents and teens understand the graduated driver licensing system and the reasons for adhering to it," adds Stewart.

Last year in Maine, 17 teens under 18 died in fatal crashes.



Liza Librarian Time — Liza Walsh, children's librarian at the Rockport Public Library, visits the Pen Bay Medical Center Creative Learning and Childcare Center twice a month, bringing library books for young readers to check out and offering a read-aloud hour, with books centered on the center's learning topic at the time. In this photo, she is surrounded by her audience, ages two through five. The Pen Bay Creative Learning and Childcare Center, located on the campus of Penobscot Bay Medical Center in Rockport, cares for children from infancy through age five. For more information, visit penbaychildcare.org.

Registration Open for Parent/Child Class

Ashwood Waldorf School in Rockport is accepting registrations for the winter session of its Parent/Child class for children ages 18 months through three years and their parent or caregiver. Classes will take place on Thursdays starting December 2 and Fridays starting December 3 from 9 to 11:30 a.m. The Parent/Child morning incorporates a simple craft activity, a snack prepared together, a puppet play, circle songs and finger plays, imaginative free play and outdoor time. Participants will also gain a sense of the Waldorf early-childhood environment, learn about developmentally appropriate activities for young children, and enjoy a social experience with other families. The session lasts 10 weeks and there are three sessions throughout the school year. To register, or for more information, call 236-8021 or e-mail info@ashwoodwaldorf.org.



Peopleplace Offers Weekly Infant Playgroup

Peopleplace Cooperative Preschool in Camden is offering a weekly infant playgroup at the school on Monday afternoons from 3 to 5 p.m. The program is open to children under 22 months old and their parent or caregiver.

Facilitated by Holly Merriam, a former Peopleplace parent and current board member with a background in early childhood education, the infant group provides an engaging setting where families can build a bridge from home to an early-childhood

community.

The cost of the infant program is \$10 per class, and scholarships are available if needed. Childcare is also available for older siblings in the school's aftercare program.

Peopleplace is located at 69 Union Street in Camden. The school serves children from 14 neighboring towns and is accredited by the National Association for the Education of Young Children (NAEYC). For more information, contact Lee Lingelbach at 236-4225.

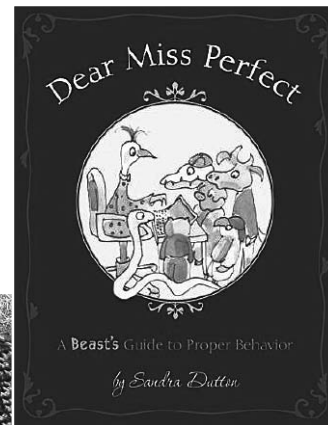
Sandra Dutton Readings and Art Exhibit at Sharp's Point South

The Sharp's Point South campus in Rockland will host author and illustrator Sandra Dutton on Saturday, November 20. Dutton has taught art and writing at the elementary, high school and university levels, and was named a "Maine Education Artist" by the Maine Arts Council.

Dutton is the author-illustrator of *Dear Miss Perfect: A Beast's Guide to Proper Behavior*, appropriate for children ages four to eight. Her novel, *Mary Mae and the Gospel Truth*, for slight-

ly older children, is about a fundamentalist child who is digging up trilobites. It was recently published by Houghton Mifflin.

At 11 a.m. in the Children's Museum, Dutton will read from *Dear Miss Perfect: A*



Beast's Guide to Proper Behavior. The reading will be followed by puppet making. An art reception at Bootstraps Gallery will take place at 1 p.m., featuring Dutton's playful acrylic paintings. She will read from *Mary Mae and the Gospel Truth* during the reception.

Both Bootstraps Gallery and the Children's Museum are located at Sharp's Point South, 75 Mechanic Street, Rockland.

A portion of the proceeds from any art and books sold will benefit a family in need served through Oasis Services, LLC, a home and personal care agency. For information, call Kristin Tescher at 542-8564.



Artist and writer Sandra Dutton



— the reader [WWW.DANKIRCHOFF.COM](http://www.dankirchoff.com)

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BIG TREE NOMINATIONS continued from page 1

received each year, Santerre says. The candidates then are measured by MFS foresters or by Santerre. "There is quite a bit of competition," she notes.

To determine a champion, each tree is given a score based on a formula that adds circumference in inches, height in feet, and one-quarter of the crown spread. In addition to 159 state champions, Maine has two trees that are tops in their species and on the national register.

One is a yellow birch located in Wayne, with 343 points. The tree is 242 inches in circumference, or just under 6.5 feet in diameter; 82 feet tall; and has a 74-foot average crown spread.

A big tooth aspen located in Appleton still is listed on the 2010 national register, Santerre says. Its status is questionable, though, as it was showing severe decline in 2008. That tree had a total of 275 points, with 169 inches in circumference, 92 feet in height; and a crown spread of 51 feet.

Previously, a white pine located in Morrill was the national champion for its species, with 385 points. In the most recent edition of the national register, however,

the state champion was knocked off by a rival tree located in Cheshire, New Hampshire, with 414 points.

For more information on Maine's Register of Big Trees and to receive a copy of the 2011-2012 Register when it's available, contact Jan Santerre, Big Tree coordinator, at the Maine Forest Service, 22 State House Station, Augusta, ME 04333 or call 1-800-367-0223. To view the register, visit project-canopy.maine.gov.



Nominators Cathy Cook and Douglas Stevenson, both of Wayne, stand next to a yellow birch tree in Wayne that is a national and state champion Big Tree for its species. PHOTOCOURTESY MAINE FOREST SERVICE

Forestry Initiative Offers Assistance for Maine Forest Land Owners

USDA's Natural Resources Conservation Service (NRCS) Chief Dave White announced last Friday that \$2 million in federal funding is available to assist Maine forest landowners with forest land planning and management under the New England-New York Forestry Initiative.

Maine is one of seven states participating in the initiative; a total of \$5.9 million will be available to forest land owners throughout New England and New York.

"The main goal of this effort is to promote exemplary stewardship among private landowners by assisting them to improve forest health and productivity, wildlife habitat and water quality," White says. "Besides providing economic benefits, forests are home

to diverse communities of fish and wildlife. Through sound planning and management, our goal is to help private landowners keep forests as forests."

Forest land owners who would like assistance are encouraged to call or visit their local USDA Service Center by March 1 to submit an application and complete the necessary paperwork to establish their eligibility. The USDA Service Center at 191 Camden Road in Warren, 273-2005, serves Lincoln and Knox counties. The Service Center at 266 Waterville Road in Belfast, 338-1964, serves Waldo County. More information is available on the Maine NRCS Web site at www.me.nrcs.usda.gov.

Chainsaw Safety Class Sends 16 Students Into the Woods

Beneath cloudy skies on Sunday, November 7, the "Chainsaw Safety for Beginners" class at Hidden Valley Nature Center in Jefferson came to a close. The two-day workshop, cosponsored by Maine Organic Farmers and Gardeners Association, taught 16 participants the finer points of chainsaw safety. The course also covered proper techniques for felling trees and processing firewood. Under the expert guidance of licensed foresters Pete Tracy and Tish Carr, students were first shown appropriate safety equipment and learned both the obvious and the hidden hazards involved when operating a chainsaw. On the second day, students took to the woods to experience practical applications for beginning chainsaw users. Plans are underway for a more advanced class so these and other chainsaw users can improve their skills. For more information, visit www.hvnc.org or contact Gary at 586-6752 or waywards@hotmail.com.



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Spacious and immaculate, this 3 BR home on a generous 1.12 acre lot features 2 garages, an office, and is located on a quiet street. Walk to the ocean and create family memories in **St. George \$289,000**



Comfortably updated one floor living w/an applianced kitchen, hardwood floors & new paint throughout. There's a woodstove hearth, lower level rec room, entertainment deck & heated garage/workshop. Convenient location. **Rockland \$149,300**



Ready for you to move in! There's a pretty kitchen, large living & dining room, a detached 2 car garage, and 1.4 acres. There's still time to sit on the deck & enjoy the wonderful perennial & rock gardens. **St. George \$250,000**



Former B & B w/7 guest rooms, quaint dining room, quiet great rooms & comforting porches await your guests! 3 level barn, separate owner's quarters-all on 5.1 acres. Opportunity & value!
Searsport \$400,000



Charming coastal home or inviting getaway w/760' of water frontage. Enjoy this contemporary light flooded cape with dramatic views in a serene & unspoiled native setting! Ideally located at the end of the road in a quiet, country neighborhood. **Friendship \$449,700**



Eye pleasing water views from several rooms & expansive covered deck. 3 level garrison style w/3 BR, 2.75 baths, office, hardwood floors, 1st floor laundry & 2.41 acres.
Owls Head \$599,000



Spotless 4 bedroom raised ranch. Easy to heat and maintain. Nice sized in town lot. **Rockland \$139,000**



Custom Built 2004 Home on 4.76 acres. Home has 3 BR, 2 Baths - Large 2 Car Garage - Insulated Attic with Electric and Floor - Full Basement - Radiant Floor Heat - Many Extras. **So. Thomaston \$239,500**



Enjoy 4 season amazing lake & mountain views from this spacious 4 BR, 2.5 bath home. There's an attached garage & the property is wired for & includes a generator for back up power. **Rockport \$239,500**



Surrounded by 10 acres of fields, woods, a stream & a trout pond, this 9 room antique cape has a fireplace, 2 car garage, deck & established gardens that make this home extra special!
Waldoboro \$187,522

When is taking away better than adding to? When it involves dams.

New Englanders rarely met a dam they didn't like, at least in the old days. If energy comes solely from one's arms or the strength of a horse, then water power is the way to go. The many rivers of New England were quickly dammed by settlers eager to build a grist mill, a lumber mill or, later, enormous woolen and shoe factories.

The Penobscot River was one such dammed river. Throughout its 8,600-square-mile watershed, which stretches from the Quebec border to the Gulf of Maine, lie 119 dams. That may seem like a lot until you compare it to the more than 1,000 dams on the Connecticut River. Those numerous dams, built under 99-year leases from the federal government, continue to do what they are supposed to do: turn turbines that generate electricity.

But what's good for electricity users is not particularly good for migrating fish such as Atlantic salmon, alewives or shad. The Veazie dam, 30 miles inland from the Penobscot River's mouth, effectively cuts off many hundreds of miles of river habitat from these anadromous fish. Anadromous fish spawn in freshwater rivers or ponds. The newly hatched juveniles promptly turn around and head out to sea to grow into adults. When sexually mature, they return to their river of origin to start the whole process again.

When the fish can't get up a river to their spawning areas, there's an obvious problem: over time fewer and fewer fish will remember to return to that river. Eventually, the memory of having run up the Penobscot or the Connecticut or the dozens of other New England rivers once brimming with migratory fish will be lost.

Right about now I hear that cynical voice in my head saying, "So what? I can get farm-raised Atlantic salmon in the store for \$6.99. Alewives and shad are too boney for my taste. And I like electricity!" Keep in mind that fish don't belong to the people, despite the title of a recent documentary to that effect. Fish are food for creatures other than us, specifically, other fish.

Alewives, which formed an important food industry for

settlers along the Penobscot River, are also food for cod, haddock and pollock. These groundfish once followed the alewives into Penobscot Bay and other Maine embayments in great schools. Shad also are eaten with gusto by groundfish as well as by sea birds, river otters, seals and pretty much anything else with a need for fatty oils in their diet. According to Bigelow and Schroeder's *Fishes of the Gulf of Maine* (1953), shad once migrated 90 miles up the Penobscot River before spawning; with construction of the Veazie dam, that migration halted. Other fish, such as blueback herring, short-nosed sturgeon (an odd fish plated with armor-like scales), eels and even striped bass also found their way up the Penobscot River.

So the Penobscot River Restoration Trust's successful efforts to remove three dams near the river's mouth must be greeted with

applause. The trust raised \$25 million from private and public donors to purchase the Veazie, Great Works and Howland dams in 2008 from the power company that owned them. In June 2009, \$6.1 million in federal stimulus money was awarded to the trust through the National Oceanic and Atmospheric Administration (NOAA) to dismantle the dams (the Great Works dam is scheduled to be the first to go). NOAA has also kicked in \$1 million for monitoring the river as the dams are removed. The money will fund research on water quality, channel geography, fish diversity and changes in the food web.

The Penobscot River Restoration Trust doesn't get much press in the midcoast area. Yet this collaboration among the Penobscot Indian Nation, American Rivers, Atlantic Salmon Federation, Maine Audubon, Natural Resources Council of Maine, Trout Unlimited, The Nature Conservancy, the Maine State Planning Office and Department of Inland Fisheries and Wildlife has done something that many a marine fisheries commission has not. It has paved the way for the anadromous fish of the river to return; with them will likely return the great schools of cod, haddock and pollock that once patrolled along the shores of Penobscot Bay.

For more information about the Penobscot River Restoration Trust, visit the Web site www.penobscotrivier.org.

River Obstacles to Meet Their Demise



by Melissa Waterman

Conservation Award Recipients Honored at Annual Banquet

The Knox-Lincoln Soil & Water Conservation District (SWCD) held its Annual Meeting and Banquet on November 4 to highlight the year's events, projects and successes.

Awards were presented to recognize members of the community who are working to conserve Maine's natural resources and promote conservation education in the midcoast area.

Erik Wade, Hope Elementary School, was named Conservation Education Teacher of the Year in recognition of his contributions and deep commitment to promoting natural resource education in his classroom. The Outstanding Forestry Award went to Morten Moesswilde in recognition of his many years of excellent forestry service to landowners and outstanding leadership in Knox and Lincoln counties. Kathy Cartwright received the Conservation Educator Award for her dedication and commitment to Midcoast Audubon and the Conservation Fair. The Special Conservation Recognition Award went to Andy Williamson in appreciation of his support of soil conservation through the implementation of zone tillage practices. The Professional Service Award was given to Mark Hutchinson for outstanding service to farmers and landowners in Knox and Lincoln counties. The Distinguished Service Award went to State Representative



Conservation Education Teacher of the Year Erik Wade with his seventh-grade math class at Hope Elementary School

Wendy Pieh for her ongoing support of Maine agriculture.

The featured speaker for the evening was Laura Suomi-Lecker, technical director for Somerset County SWCD, who presented a slide show entitled "Unleaded Loons: Preventing Lead Poisoning of Maine's Water Birds." Lead poisoning is the number-one cause of death of adult loons in New England and Suomi-Lecker's presentation focused on what can be done to encourage and promote nontoxic alternatives to lead fishing tackle.

Participants Sought for Unity Bird Count

The Sebec Regional Land Trust (SRLT) invites all interested birders to participate in the 2010 Unity Christmas Bird Count (UCBC) on Saturday, December 18. The local event contributes to the North American database for the National Audubon Society's Christmas Bird Count (CBC), now in its 111th year. Birders of all skill levels are welcome at any level of participation.

Interested newcomers are invited to learn more about the Unity Christmas Bird Count over a 90-minute information session at 6:30 p.m. on Thursday, November 18, at SRLT, followed by a presentation at 7 p.m. by Avian Haven bird rehabilitators Diane Winn and Marc Payne. There is no charge for the event, but space is limited and pre-registration is necessary.



PHOTO: DEB DUTTON

ACBC counts a tally of individuals of each bird species during one 24-hour period in early winter, from midnight to midnight within a 7.5-mile radius. The UCBC circle is centered at the intersection of Quaker Hill Road and Route 202/9 in Unity and is divided into several sectors, each one assigned to a team of birders. Some areas are claimed annually by returning birders, but there is much territory to cover and new birders are encouraged and welcome. Observers may also choose to watch birds at their home feeders within the circle and record sightings once or more frequently during the day. SRLT will provide volunteers with instructions, bird lists, data sheets and the final results of the tally.

For more information and to sign up for either or both dates, call SRLT, 948-3766, or e-mail volunteers@unitymaine.org.

ASMFC Denies Request to Increase Commercial Fishing Quotas for Striped Bass in Chesapeake Bay/East Coast

The Atlantic States Marine Fisheries Commission (ASMFC) has turned down a request to raise commercial fishing quotas for striped bass in Chesapeake Bay and on the East Coast.

Congresswoman Chellie Pingree released a statement saying she applauded the decision.

"I'm glad the commission has decided not to raise the commercial catch limit for stripers," Pingree said. "We need policies that keep this critical fishery open and healthy for our small coastal businesses."

In October, Pingree wrote to ASMFC Chair Robert Boyles, saying in part:

"Maine does not allow commercial fishing of stripers, but it is an important resource for recreational fishermen, supporting tackle shops, fishing guides, charter boats and tourism. Over the last 20 years, though, stocks have declined severely.... While over 4 million stripers were landed in Maine in 2006, only 300,000 were caught in 2009. Local fishermen have also reported catching fewer and fewer younger fish, giving them concern over the population's future. Almost all of the stripers that come to Maine in the summer are from the Chesapeake Bay stock."

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ROCKLAND AREA TIDES

November 18 to November 25

	High AM	High PM	Low AM	Low PM
Thursday	8:09	8:31	5:52	2:28
Friday	8:50	9:20	3:73	1:10
Saturday	9:28	10:00	3:17	1:50
Sunday	10:06	10:39	3:55	2:29
Monday	10:44	11:19	4:33	3:07
Tuesday	11:24	---	5:12	3:48
Wednesday	12:00	12:07	5:54	3:31
Thursday	12:45	12:54	6:40	4:18

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NATIONAL WEATHER SERVICE

FORECAST for Knox County

Thursday Night: Mostly cloudy, with a low around 26. Northwest wind around 16 mph.

Friday: Sunny, with a high near 37. Northwest wind between 11 and 18 mph.

Friday Night: Mostly cloudy, with a low around 26.

Saturday: Mostly sunny and breezy, with a high near 44.

Saturday Night: Mostly clear, with a low around 22.

Sunday: Sunny, with a high near 38.

Sunday Night: Mostly clear, with a low around 24.

Monday: Partly sunny, with a high near 42.

Monday Night: Cloudy, with a low around 35.

Tuesday: A chance of showers. Mostly cloudy, with a high near 46. Chance of precipitation is 30%.

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Historic Inns of Rockland Holiday House Tour Set for Nov. 27

Every year, Historic Inns of Rockland hosts a Holiday House Tour on the weekend after Thanksgiving, during Rockland's annual Festival of Lights celebration.

This year the organization is again joining with the Friends of the Rockland Public Library and historic private homes nearby to jump-start the spirit of the season. On Saturday, November 27, from 1 to 4 p.m., tour participants will be able to visit historic inns and homes decked in all their holiday finery and support the library at the same time. Following the tour, beginning at 4 p.m., a silent auction at the Rockland Public Library will offer tabletop trees decorated by area businesses. Refreshments and baked goods will be available.

Tickets for the Holiday House Tour are \$10 per adult and free for children under age 12. Tickets can be purchased at the LimeRock Inn, Captain Lindsey House, Granite Inn or the Rockland Public Library in advance, or at any of the participating inns the day of the event. All proceeds will be donated to the Friends of the Rockland Public Library.

The Festival of Lights will be held Friday through Sun-



Christmas tree at Captain Lindsey House PHOTO BY PJ WALTER

day, November 26 through 28. Santa will arrive by lobster boat, stores will extend hours, and there will be an "Eat, Drink and Be Merry" street celebration and Festival of Lights parade on Saturday. The four Historic Inns of Rockland — Captain Lindsey House, LimeRock Inn, Berry Manor Inn and Granite Inn — are all offering special Festival of Lights weekend packages.

For more information, visit www.HistoricInnsOfRockland.com call 877-ROC-INNS (877-762-4667) or consult each participating inn's website.

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Learn to Make Monotype Holiday Cards

— Midcoast Printmakers, Inc. in Damariscotta is offering lessons in making monotype holiday cards. No drawing ability is required. All are welcome to drop in for an hour or two on Mondays, November 22, 29 or December 6, from 9 a.m. to noon to make one-of-a-kind cards. The cost is \$10 per hour plus a minor materials fee. The printing studio is located on the Round Top/Damariscotta River Association farm on Business Rt. 1 in Damariscotta. For further information, call 644-8849. Several other printmaking classes — monotype, woodcut, linocut printing and lithograph — are also offered.

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Camden-Rockport Historical Society Open House—

Blue skies and warm temperatures greeted over 200 visitors to the Conway Homestead-Cramer Museum recently for the first annual fall open house at the historic complex.

Visitors enjoyed scarecrow making, candle dipping, yarn doll making, hawk throwing, as well as watching spinning, blacksmithing and open-hearth cooking demonstrations. The Belfast Bay Fiddlers provided lively music for listening and dancing, tasty homemade cider doughnuts, bean hole beans, vegetable stew, hot dogs, mulled cider, coffee and homemade pies. Abiel Briggs (Henry Lunn) of Aroostook War fame was available to discuss the war and his role in service.

CRHS board members and volunteers who made this day a great success were Nancy Ingraham, Jane Carr, Maynard Stanley, Martyn Stanley, Elizabeth Stanley, Norma Stanley, Brenda Richardson, Teddy Wilcox, Lynn Feldborg, Brenda Barrett, John Brimson, Cheryl Brimson, Frank Carr, Roy Bennett, Laura Curtis, Barbara Hendricks, Kathy deRochemont, Tom Jackson, Cassandra Curtis, Bethany Berry, Meg Dowd, Riley Simmonds, Midcoast Spinners and the Belfast Bay Fiddlers.

Marlene Hall

Executive Director, Camden-Rockport Historical Society

Let Down, Disappointed, Dismayed—

Dear Mr. President,

Having voted for you in the 2008 elections with hope in my heart and admiration for your unusual ability to express yourself clearly and honestly, I feel impelled to share with you my thoughts regarding your attempt to bring about “change” which you touted so fervently all through your campaign for the presidency. And I thoroughly expected, perhaps naively, that you would be able to steer our nation out of the moral and economic morass and this culture of militaristic madness into which it had sunk.

These two years since you took office have convinced me that our democracy is fast ebbing away and a militarized conception of statecraft, to which you and V.P. Biden and Secretary of State Clinton have become thralls, is undermining it.

Please follow me through an enumeration of developments which I find devastating and utterly defeating to a high concept of democracy:

1. Targeted assassinations
2. The Bush-Cheney counter-insurgency doctrine, which you kept in place, effectively legitimizing open-ended perpetual warfare.
3. Your drone attacks, creating terror and slaughtering the innocents, I find the most shattering to my confidence in your moral judgment.
4. Your standing by giving tacit approval to renegade banks and their reckless foreclosures, as you back away from your toothless assertions about a moratorium on foreclosures.
5. Your standing silently by giving tacit approval to Israel’s brutal occupation of Palestine, I find appalling and so does the rest of the world.

Those in positions of temporal power as heads of state of the most powerful nations are frequently mesmerized by the belief that the only permissible response to violence is more violence, iterated by them and acted upon with an ill-considered sureness verging on arrogance. This doctrine, reiterated by all those in high places, the Pentagon and Congress included, seems to be one of the Washington rules which are propelling the United States toward insolvency, perpetual war and eventual self-destruction.

I feel let down, disappointed and totally dismayed at your lack of vision. I expected so much more of you.

Alan Hynd, Cushing

Peace Is Our Responsibility—

In the book of Ecclesiastes in the Bible there is a well-known passage that speaks of a time for everything under heaven: a time to be born and a time to die, a time to plant and a time to reap, a time to laugh and a time to cry, a time for war and a time for peace.

We have had too long of a time for war. The slaughter of the innocent seems to have no end. More children and other bystanders are crippled and killed than are military people in these wars. The numbers are unbelievable and the tears are endless. Advent gives us time to make Now a time for peace. We need to recognize the light in all of us as we are steadfastly aware that those in the sights of our guns, our missiles, our drones shine in their worlds as bright stars. A time of peace is ours when we hold that children all over the world are as important and as precious as the life of the child we await, the child born under the star.

The way to peace can only come through disarmament both militarily and in our own hearts. Although we inflict war on countries thousands of miles away, we live in a fantasy in which we don’t see or feel the war that is raging. But it is raging and children are dying, and this is our responsibility.

Maureen and George Kehoe-Ostensen, Hope

LETTERS OPINIONS

Belfast Community Knows the “Spirit of Christmas” —

We would just like to say a word of thanks to the members of First Church in Belfast, UCC and the people of the Belfast area. As pastors of the First Church having just returned from a three-month sabbatical, we were so pleased to return once again to Belfast and to our church in time for our annual Christmas Fair. Our fair is not much different than most local, small church fairs, it’s not better or worse than any of the other many Christmas fairs happening in the area this time of year (although we must say, we are of course biased towards our little fair!). But this year, maybe because we have just returned after being gone for a time, we just wanted to share a bit of insight about these simple traditional events and the people who work to make them happen.

Many people don’t really understand the amount of organization and preparation that is required to put one of these events on. There is the planning, the calling of the church community to donate items for sale, to bake and make food, to give of time to work and be present as well as to set up and take down. It’s really a big production each year and of course it brings in some much needed revenue for the church community that allows us to keep our buildings heated and our ministry functioning. But the best part of it all is the spirit of cooperation and the enthusiasm that comes from all who participate in one way or another — not only church members, but members of the business community who so generously gave items or services, and this year we want to especially thank those who contributed: Awesome Diner, Brambles, Colburn’s Shoe Store, Irving Circle K, Opera House Video, Yo’ Momma’s Home, Chase’s Daily, Weavers, Alexia’s, Pizza Hut, Shell/Dead River Convenience Store, B&M Market, Belfast Variety, EBS, Mainely Auto, Hanaford’s and Piper Mountain Tree Farm (my apologies if I left anyone out). There was such an outpouring of generosity that it was clear that our community really knows some of what we call the “Spirit of Christmas” and we are grateful to be able to live and serve in a place such as Belfast. So, thank you First Church members, thank you Belfast merchants, and thank you Belfast residents for making this a great place to live and to come home to.

*Revs. Kate Winter and Joel Krueger
Belfast*

Trekker Bus Unveiling Thank-You—

On behalf of Trekkers, I would like to extend my appreciation to everyone who participated in the bus unveiling ceremony for our newest “mobile classroom.” In true Trekkers style, a community of helpers contributed to the success of this event. We are grateful to all of them for helping us introduce our new bus, “Lucy,” to the community, and for making the ceremony so enjoyable.

In 2011, Trekkers will begin expanding our youth mentoring programs to include seventh graders from all six communities of RSU 13. Our specially-outfitted buses are an integral part of Trekkers’ programming. Adding another bus to the Trekkers fleet will provide the extra space needed to accommodate additional students and their expeditions. In unveiling our newest bus, we took another step forward in sharing Trekkers’ vision with midcoast Maine.

Thanks to everyone who made this event possible. Special thanks go to the Owls Head Transportation Museum and their staff for providing such a wonderful venue; to Jeff Armstrong of Jeff’s Marine, for providing the tarp, equipment and expertise; and to Gordon Armstrong, Alex Wallace and Ben Wallace for setting up and moving the tarp at just the right moment.

*Don Carpenter
Executive Director, Trekkers, Inc.*

Photos with Santa a Huge Success—

The Camden-Rockport Animal Rescue League’s Photos with Santa at the Camden Fire Station on Saturday, November 13 was a huge success. A big thank-you to photographer Carol Miller for donating her time to take the pictures. Her patience, experience, creativity and love of animals brought out the best in our four-legged and two-legged participants. Thank you to our Santa Clauses Terry Bregy and Mark Masterson who were very jolly and added to the fun. Thanks, too, to the Camden Fire Department for use of the space and helping hands and to our volunteers Judith DeMott, Rose McLaughlin, Caitlin Christie and Don White.

To all those who brought their pets to have their pictures taken with Santa, your support is what helps our shelter continue to provide a loving environment for dogs and cats waiting to find permanent loving homes.

*Jean White
President, CRARL Board of Trustees*

Shopping Locally—

This winter I’d like to invite midcoast residents to be on the lookout for Uncle SAM: as in Uncle “Support Area Merchants.”

Together with our friends to the south at the Penobscot Bay Regional Chamber of Commerce, the Camden-Rockport-Lincolntonville Chamber of Commerce is launching a new “Shop Locally” drive with Uncle SAM as our mascot to encourage local residents to consider their own economic interests and choose to support the diverse and exciting retail, service and dining options in our region.

The campaign is designed to ask you to think beyond the bargain and to consider the true cost — both to yourselves through shipping costs and travel costs and to your local communities by eating into the income sources of your friends and neighbors — of shopping online or at some distant mall.

When it comes to shopping locally, it often becomes something personal. Think about which three local businesses you’d miss most if they were gone (either independent stores or branches of national concerns). Stop in and say hello. Pick up a little something that will make someone smile. Your purchase and patronage are what keep those businesses around.

For every \$100 spent in independently owned stores, \$68 returns to the community through taxes, payroll and other expenditures. If you spend that in a local branch of a national chain, \$43 stays here. Spend it online (unless it’s the Web site of a local company) or take to the road and nothing comes home.

Businesses are what give our downtowns and shopping districts vitality: they contribute to our tax bases; they pay wages and salaries that stay close to home; and they often purchase goods and services from their neighbors too. But this is not a call to perform charity; it’s a call to your sense of self-interest. Why waste the wear-and-tear on your vehicle, the crush of the mall, the fuel costs, time spent on the road, and the illusory trade-off between a “bargain” and real value? You owe it to yourself — and to your wallet — to look for it locally first.

As the holiday season approaches and we begin to think about how we allocate our spending (especially in a still-nervous economy) picking our three favorite local stores and spending anything we can in each is a great way of giving ourselves a gift that will pay back our communities in spades.

*Dan Bookham
Executive Director, Camden-Rockport-Lincolntonville
Chamber of Commerce*

Conservation Fair Offers Hands-on Learning—

Knox-Lincoln Soil & Water Conservation District’s Conservation Fair was a tremendous success with students and teachers. Over 700 first- and second-grade children attended with teachers and chaperones. The Conservation Fair is free to all students through the generous support of the community.

Demonstration topics were very diverse and included: working wheelbarrow watersheds, wool spinning, live goats and cows, skins and skulls, a migratory fish game, shellfish aquaculture (taught by students), bird and tree identification, honeybee demonstration, poaching education and much more. There were 22 presentations that ran continuously all day. Jackson Gillman was the feature presentation, and his comedy routine had people laughing and acting along with him. The farmers and educators generously donate their time for these hands-on opportunities so that students gain a better understanding of agriculture and conservation.

The Knox and Lincoln County Soil and Water Conservation District extends a tremendous “thank you!” for the support of conservation and youth at the 2010 Student Conservation Fair from a number of area businesses. Please join us in thanking the following businesses and organizations for their generosity: Beth’s Farm Stand, Camden National Bank, Hannaford Supermarket, Shaw’s Supermarkets (Rockland), Willow Bake Shoppe and the Atlantic Baking Company. We also thank the following volunteers for assistance in set-up and at the event: Mark Hedrich, Tim Hathorne, Sharon Chadwick, Nancy Brown, Kym Sanderson, Rick Parent, BJ Dobson, Barry Tibbetts, Mary Thompson and the Bolduc Correction Facility’s Community Service Team.

*Rebecca Jacobs
Education/Outreach Coordinator, Knox-Lincoln SWCD*

Thank You from Midcoast Habitat for Humanity—

On behalf of the Board of Directors of Midcoast Habitat for Humanity, thank you to all of our many business, corporate, and individual donors and volunteers, our partner families, and everyone who has lent a hand for Midcoast Habitat this past year. We are truly grateful for all of the support this community provides as we work to build safe, decent and affordable homes for Knox County residents.

*Vicki Doudera
Board President, Midcoast Habitat for Humanity*

Seeds of Peace is the winner of the Maine Community Foundation's (MaineCF) 2010 Noyce Award for Nonprofit Excellence. The organization is being honored for its Maine Seeds Youth Leadership Program. The award includes an unrestricted \$10,000 grant.

The Maine Seeds Youth Leadership Program was started by Tim Wilson, special advisor to Seeds of Peace. The program seeks to develop the leadership capabilities of youth — the "Seeds" — focusing on communication and critical thinking skills. Participants are teenagers ages 14 to 17, from all 16 counties in Maine, many of them drawn from low-income families and immigrant communities.

"The 2010 Noyce Award selection committee was particularly impressed with Seeds of Peace's efforts to draw participants from low-income and racially diverse

Seeds of Peace Youth Leadership Program Wins Noyce Award

populations in all 16 counties," says Meredith Jones, MaineCF president and CEO. "We salute Seeds of Peace for bringing its leadership training to youth all across Maine."

The focus of this year's Noyce Award was "Strengthening Community by Building Leadership." Special consideration was given to programs that serve individuals and groups typically underrepresented. MaineCF received 19 nominations for the 2010 award.

The Noyce Award for Nonprofit Excellence honors philanthropist Elizabeth Noyce (1930-1996), who was dedicated to supporting the health and development of Maine's nonprofits. Past Noyce Award winners include the Sunrise County Economic Council, Franklin County Community College Network, Maine Migrant Health Program, and Coastal Enterprises, Inc.

Leadership Academy Accepting Nominations for Upcoming Program

Midcoast Leadership Academy (MLA) will begin its fourth program year in January 2011 and is currently seeking nominations.

Started in 2006 and run out of the University of Maine's Hutchinson Center in Belfast, the Leadership Academy, modeled after community leadership programs held throughout the country, was created by a group of regional and statewide leaders led by Jim Patterson, Hutchinson Center founding director; State Senator Chris Rector; and Cheryl Miller, senior program officer of Maine Development Foundation.

MLA brings together a group of midcoast-area leaders — both existing and emerging — to participate in a program that expands their knowledge of issues affecting the region, helps to develop their leadership skills, and builds a network of citizen leaders throughout Knox and Waldo counties.

MLA's mission is to positively impact the economic and cultural quality of life in the midcoast area by enhancing the professional and personal development of its community leaders.

Guest faculty at the Leadership Academy is drawn from the worlds of academia, business, government, consulting and the nonprofit sector. Previous classes have worked with Dr. John Mahon, Dr. Jim Patterson, Carole Martin, Alan Hinsey, Judy Stein, Senator Rector and other state and local leaders and policy makers.

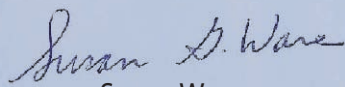
In seeking applicants for the current year, past MLA graduates are encouraged to nominate people they think would benefit from the program and contribute to the network of effective community leaders. Self nominations are also accepted. The deadline for application submittal is Tuesday, November 30.

Each program participant will be responsible for \$250 of the \$1,000 enrollment fee. Grant and donation income will pay the difference. A limited number of partial scholarships may be available. Employee sponsorships are welcome and encouraged. For more information or for an application, contact Nancy Boyington at 338-8002 or e-mail nancyb@maine.edu.

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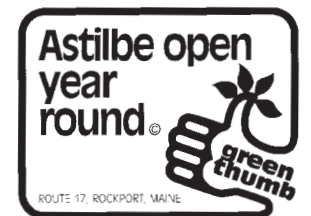
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Elizabeth Gifford Stuart
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There are ways you can expedite matters by having all this potentially important information ready at hand prior to any decision being made on your case. Worker's compensation packages are particularly important as any money you are receiving will be counted as earnings and therefore offset against your monthly payments; likewise, information about insurance policies or trusts is needed if you are an SSI applicant.

For more information about eligibility and applying for Social Security Benefits, please call me on (207) 596-0015 or email egstuart@yahoo.com

LETTERS

OPINIONS

Power to the Vinalhaven People—

Up until now we have heard nothing but negative reports about the “controversial” Fox Islands Wind Project. It was very refreshing to finally hear from the other side, which just might be the silent majority on this hot issue. I am not an island resident and until just five years ago, I was not even a resident of Maine. However, I give my full support for the sustainability of the working people of this great place. When my wife and I first arrived “looking for a better life,” it was never our intent to create a perfect little utopia for ourselves at the expense of those who have called Maine home for gen-

erations. Rather, we wanted very much to blend into the community that was already in place. I am often disgusted by the attitudes and actions of some of my fellow “people from away” that feel that their mission here is to change everything around them to suit their own personal agendas. These people are used to getting their way and are experts at controlling local politics and using the media as their soundboard. Before you know it, they will have Maine looking just like those places they trashed before settling here (like the place that I once called home). There is nothing new about this kind of behavior. The history of the Americas is based on invaders from faraway places taking ownership of the land and destroying the culture that had existed for generations. The time is now to reverse this ugly trend. We give our full support to the Fox Islands natives in their quest for long-term sustainability and thanks again for being a good neighbor. Power to the Vinalhaven people, right on!

Jim Loffer
Owls Head

Stop Blaming the Victims—

Has everyone forgotten that the Lindgrens and all the others, who are now living with the negative impacts of Fox Island wind, wanted this project as much as everyone else, until the first day the turbines came online? That is when they realized their lifestyle and property values would never be the same. Stop blaming the victims! These people are speaking the truth in hopes that what has happened to them will not happen to anyone else. These people are simply trying to get back their quality of life.... Had the Institute told the whole truth about wind, then Mr. Snyder's recent letter to this paper would be valid and the Institute would be free from blame today. But... now you are trying to pit the Lindgrens against the local electric co-op. This is a typical wind proponent tactic: divide and conquer.... Here's a thought—why doesn't George Baker, the Island Institute and everyone who now enjoys a relatively small reduction in their electric bills, send the Lindgrens and the others a thank-you note for their sacrifice....

Cindy Gagnon, Camden

Japan by Bay Bigelow

I first became aware of a curious phenomenon on my very first trip with Nuccio to Rosetta's house in Carugo. The evening was pretty wet and raw as we drove the 10 km from Meda. Along the way I saw several young women that I thought were dressed pretty stylishly standing by the side of the road. At first I didn't think much of it because I figured that they were probably on their way to some nightclub or “scene” in Milan and were waiting for the bus or some friend with a car. Eventually, Nuccio brought up the subject: “You see these women out here on the road; they are prostitutes....” Although I wasn't expecting this turn in the conversation, I responded with what I thought was a practical observation and question: “But they're standing alongside the road in the middle of nowhere. Wouldn't it make more sense for them to be in town?” Nuccio answered that prostitution is illegal in Italy. Not willing to give up my profound observation of the obvious, I asked that if it was illegal, why were they standing out in plain view along the sides of the road? Well, of course the answer was as obvious as my question: “This is the road that the construction workers drive after work.”

After that, I began to notice that every time we drove one of the highways, usually toward Como, especially late in the evening, we would pass a dozen or so women “waiting for the bus” — the reason many of these women use when confronted by the police. Although soliciting sex for money is illegal, standing along the side of a road is not. In the rain, snow, or fog, they would stand alone, in pairs or small groups near intersections, turnouts, on or off ramps to the highways. Sometimes they stood near what I would reluctantly call “civilization” (i.e., factory buildings, commercial establish-

Penobscot School Teachers on the Move Italy by Chuck Marecic

ments like car dealerships or plumbing supply stores), but just as often I would see a woman standing alone at a poorly lit intersection or a car turnout along a wooded stretch of road.

Apparently, there are a lot of prostitutes out on the highways and byways of Italy at night. Most are foreign—Eastern European, Romanian, Ukrainian, Brazilian, African, and most recently, Chinese. Italian society seem to be, while not particularly content with this awkward situation, resigned to it.

One evening Nuccio, his daughter Linda and I had dinner at the home of Nuccio's friends, Emilio and Manuela. As is usual with Emilio, our conversation started with an animated discussion of Italian politics and the latest Berlusconi scandal. Emilio, an enthusiastic critic of current politics in Italy, complained that if Berlusconi were a U.S. politician, he'd be in jail right now. I couldn't argue with his assessment, but I did remind him that Berlusconi has been in power for a long time and most likely he will remain there until the voters throw him out. Emilio rejoined that that is unlikely to happen because people in Italy are like sheep and they will do whatever their leaders want. Of course, this then evolved into a discussion of the role of the Church in Italy. Emilio, also an enthusiastic critic of the

influence of the Church in Italian politics, lamented the fate of his country in light of a culture of corruption, suspect backroom dealings, weekly sex scandals, and a whole treasure chest of current political and religious crises.

It's not very difficult to argue that the Roman Catholic Church has had a tremendous impact on Italian culture and mores. The churches, basilicas, statues, cemeteries, fountains, paintings, architecture, literature all reflect this. The Vatican, the spiritual and secular home of the Roman Catholic Church, sits next door to Rome, Italy's political and cultural capital.

Emilio also claimed that Italians don't really like immigrants in Italy, despite the fact that the immigrant workforce has an important and necessary role in the Italian economy. Immigrants fill many jobs in agriculture, restaurant help, construction, domestic services, and child care that Italians, for the most part, are not interested in filling.

On the other hand, many immigrants are currently in Italy illegally, because the government has failed to pass practical employment amnesty laws that reflect the current labor situation. The most recent amnesty, in 2002, only covered the category of domestic help. As a result, many immigrants have resorted to using the domestic help label to get working papers even though they aren't employed as domestic help. Many immigrant work-

ers even pay Italians to write statements saying that they have hired the immigrants as domestics when in fact the said immigrant is working in a restaurant or some other job.

When I asked Emilio how it was possible for Italiansto be anti-immigrant and anti-prostitution and still tolerate the proliferation of exotic curbside service, here he replied that even though the Church has had thousands of years of influence on the public persona of Italians, Italians have, like Janus, two faces—the public one and the other. In other words, boys will be boys, business is business, and after all we're only human. For the most part, all Italians that I've spoken with say that Italy is a tolerant country. But then again, maybe “tolerant” isn't exactly the right word. Many Italians have also commented to me that “here you do what you want.”

As the conversation wound down, I had to ask about one last issue that still concerned me: “Isn't it dangerous for these women out here at night? If this were in the U.S., we'd be reading about serial killers and dead bodies buried in the woods all the time.” Emilio replied that such a thing wouldn't happen in Italy because Italy is a Christian country and too close to the Church.

Of course, Emilio was being sarcastic in his response. He was treating me to a dose of “conventional Italian wisdom.” Italian society has more than its share of domestic abuse and abuse against women. According to Daniela and Marco, two attorneys in Rome, domestic and sexual abuse are serious problems that many Italians are reluctant to talk about, much less do something about. When I asked them about the safety of the women on the highways, they answered that at least most of those women have the protection of the immigrant gangs that control the prostitution business.... Italian irony, and you thought Italy was all Caravaggio and arugula!

This week, from Italy, Waiting for the Bus by Chuck Marecic



A representation of the fable “Polifemo and Galatea,” this was photographed at a street market in Naples.

A few days ago I caught up with Ms. Hiro-mi Yanaka. She was another Japanese student from Shinagawa, Tokyo, who took the August English program. Hiro's host family was Rebecca Jacobs and Joe DeStefano and their three-year-old daughter, Gabriella, who live on Tea Street in Rockland.

Hiro was able to walk to school in five minutes or less.

Hiro and I went to visit some friends for dinner. We visited an architect who had just moved into the house he had designed. Since the house was brand new, it had many automatic gadgets that are part of Japanese life. Lights automatically come on in the short walkway that leads to the front door. Once inside I discovered that all the lights in the kitchen, living room and dining room can be activated by a handheld remote control. A small digital box in the kitchen controls the temperature of the bath water. When the bath water reaches the temperature you have selected, a voice announces in Japanese, “Your bath is ready.”

The bath plays a very big role in the everyday life of Japanese people. It is very common for people to take a bath every day. I have never seen a Japanese house or apartment that did not have a bath. I was told by

a friend of mine that even prisoners in prison are allowed to take a bath three times a week. The washing and bathing routine is different from our practice. One washes and scrubs oneself clean and rinses off any soap or foam before getting into the tub. Since everyone

who uses the tub is clean, the bath water can be used by several people and used for two or three days if the water is reheated.

In almost all Japanese houses, the shower/bath area is separate and distinct from the toilet area. This was, of course, the case at my friend's new house. Toilet rooms have been getting more and more high-tech in Japan, and my friend's was state-of-the-art. When you open the door to the toilet room the light comes on, the toilet lid automatically opens up and music starts to play. The toilet seat is heated, and there is an armrest-like contraption on the right-hand side that has many buttons and knobs. These controls can activate a bidet system, shower rinse and dry air blowing systems. There are also knobs to control the temperature of the shower water, the temperature and velocity of the air drying system and the temperature of the seat. There are other buttons that select music,

This week, From Japan by Bay Bigelow



activate powerful deodorizing functions and select “auto fragrance” functions that offer a selection of four scents, including floral and citrus.

I never mastered what the knobs and buttons all stood for, but I knew I could play it safe by not touching anything. I knew that the toilet automatically flushed after you stood up. As I was sitting on the throne, I heard a loud crash from the far-off kitchen area. I leaned forward and cracked open the door so as to yell out “Is everything OK?” “Yes,” came the reply, and I closed the door. That was a mis-

take. When the door to the toilet opens and closes, the computer assumes the person has left the toilet area. The lights went out and the toilet lid began to press against my back in an effort to close. Startled, I jumped up pushing some buttons as I rose. I won't go into any detail here, but the incident provided a lot of us with much laughter and illustrates how automated systems can sometimes get the best of us.

The following day, Saturday, October 30, I went shopping with Hiro in one of the major department stores in Shinagawa. I was astounded not only by the many displays about Halloween, but also many ads pushing Christmas. I am angered by the advent of Christmas ads right after Thanksgiving, but here it was still October. There were Christmas trees, Santa Clauses and Christmas songs being played in the department store. I asked Hiro if this was unusual, and she said that Christmas ads had been getting earlier and earlier in the past few years. Who knows. Christmas in August?

Wearing Pink Raised Just Over \$4,500—

During the month of October, the entire crew of Horch Roofing wore pink in honor of Breast Cancer Awareness month as part of their fund-raising drive for the cause. "At Horch Roofing we're committed to giving back to our community, and cancer has touched many of our lives," owner Peter Horch shared. "This seemed like the perfect opportunity for us to do something." Each member of the Horch Roofing team was given a fund-raising sign-up sheet and a pink sweatshirt to inspire them to participate in the contribution drive. Money was also raised through sales of the pink T-shirts and sweatshirts that the team wore.

The sweatshirts were provided by Horch Roofing and All Aboard Trolley, and produced at cost by J&B Printers of Rockland. All Aboard Trolley owner Jim Gamage also owns All-4-U staffing and has placed several employees at Horch. "We're committed to our work with Horch Roofing, and also to our community. This was an exciting opportunity to team up and raise money for an important cause," Gamage explained. "And we had a lot of fun doing it. We're looking forward to raising more funds for the cause next year!" Additional sponsors included Friends of Friends and Philbrook & Associates Bookkeeping.

The fund-raising effort wrapped up with a finale party on October 29 at the Waterworks Restaurant in Rockland. The event was a great success, raising \$4,500 for Breast Cancer Awareness!

Thanks to those who donated!

All Aboard Trolley & Limousine Co.
Rockland

Botched St. George Property Revaluation Lays Bare the Inherent Unfairness of the Property Tax—

For months, the taxpayers of St. George have been protesting the results of the 2010 town-wide property revaluation. The new valuation of \$896 million is 9 percent higher than the \$822 million state valuation of St. George properties for 2011, which was calculated on the basis of 2008-2009 data.

The taxpayers are right: the state's values are based on property values at the height of the property market, but the contract for the St. George revaluation called for the valuer to determine fair-market values as of 2010. Since the market has fallen steadily since 2008, they reasonably expected a valuation well below, not 9 percent above, the state's values.

The St. George revaluation is neither "fair" nor "market." It is not fair, because it contains errors that overvalue some properties and undervalue others, thereby distributing the tax burden inequitably. It is also not fair, because the revaluation contract does not oblige the valuer to account for reference data and properties he considered comparable, prove that all properties were inspected, or justify blatant over- and under-valuations. Instead, the burden of proof that a valuation is wrong is on the victim: an owner who questions the valuation of his property must file an "abatement" application that should include a professional appraisal if it is to stand any chance of success, but an appraisal does not guarantee a revised valuation. The abatement process favors those who can afford a \$300 to \$500 appraisal, but penalizes the less-well off with a double whammy: they must spend money they do not have to entertain any hope of getting a reduction of a tax increase they cannot afford to pay.

The valuation is not "market," if market value is defined as the value on which a willing buyer and a willing seller can agree to transact. At an abatement hearing on November 8 in St. George, several owners presented evidence that their property was not saleable at anywhere near the price suggested by the revaluation. The representative of the valuation firm acknowledged a few blatant errors, but on the whole adamantly defended his valuations — after all, admitting any doubts or yielding to evidence might bring the whole edifice down and expose the revaluation for what it is, namely a botched piece of work.

Property owners representing the full spectrum of property values protested both the revaluation as a whole, as well as a number of absurd individual valuations that suggested "drive-by" guesses rather than inspection-based professional valuations. They produced evidence, both statistical and anecdotal, and offered to work with the selectmen to make sure that the results bought for \$165,000 could serve as an accurate and equitable basis for determining property taxes for the next decade. But they criticized the selectmen for having allowed the firm chosen to carry out the revaluation to write its own contract — and then failing to ensure that even that defective contract was executed diligently. A majority of the selectmen responded with a mixture of silence, arrogant rejection and bad temper.

Besides having proved that the town of St. George is hardly a model for how a town-wide property revaluation ought to be conducted, the results of this flawed exercise point to a larger problem: they have laid bare the pitfalls of paying for all of a town's budget with property taxes.

Property markets go up and down: Market tastes and pref-

LETTERS LETTERS OPINIONS

Donate to End Poverty—

During the holiday season, a lot of people give for food baskets for people and families who are low income and under- or unemployed. Unfortunately, while the food does help temporarily, the problem of poverty continues.

It is clear to people across the political spectrum that poverty won't end with band-aid donations and services. Poverty will end when everyone can participate in our economy and earn a livable wage. The director of a conservative think tank said, "The best way to get out of poverty is a good-paying job." Other progressive groups support a minimum wage that's equal to a living wage (what a person actually needs to live on) and economic human rights (the right to food, health care, permanent housing, a job, etc.) as a solution to poverty.

I hope those who give to provide food or other gifts during the holiday season will donate at least as much or more to help end poverty. Two groups that are working for this goal are Food and Medicine, 20 Ivers Street, Brewer, ME 04412, and the Maine Poor People's Economic Human Rights Coalition, P.O. Box 105, Fairfield, ME 04937.

Larry Dansinger, Monroe

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).

erences change over time; some properties deteriorate through lack of maintenance — which can be the result of willful neglect, but also of changing economic circumstances of the owner — others improve with diligent maintenance; neighbors' actions can reduce the value of a property; the broader economy can shift market attention to more, or less, expensive properties, generating "windfall profits" for sellers with properties in the newly-favored categories, and real or paper losses for those outside, etc. That is why periodic revaluations are necessary. But even those revised values soon become obsolete: no property tax system is sufficiently flexible to result in assessments that, over time, remain fair reflections of changing market values. When "formula valuations" lead to assessments that are higher than replacement costs — as was the case with one abatement application on November 8 — something is wrong, desperately so when the victim's economic circumstances makes any tax increase painful.

There is no perfect alternative, but there are better ones. Some would require Augusta to act, since Maine does not permit towns to levy taxes on sales or income. For example, a judicious combination of income and property taxes would reduce the injustices caused by an inflexible property tax system and could ensure that the high earner who chooses to live in a modest house is not taxed less than the low-fixed-income widow who lives in the waterfront property inhabited by generations of her family.

A cap on property taxes — advocated in past letters to The Free Press — is not one of the better alternatives: it tends to freeze current injustices and benefit disproportionately those who can afford to make substantial additions or improvements without seeing their assessment go up. But on July 12 of this year, the "Act to Protect Elderly Residents from Losing Their Homes Due to Taxes or Foreclosure" became law in Maine. It allows Maine cities and towns to establish a property tax deferral program for senior citizens. Knowing that the revaluation caused hardship for a number of elderly property owners, the selectmen of St. George might have pointed to this mitigating program, which shifts the burden of a tax increase from senior citizens living on low incomes to their heirs.

At times when many formula-based valuations are sharply higher than the market value of properties — the last two years have been such a time, and the coming several years will be as well — the town could offer to establish liens on the property in the amount of the difference between the two valuations, to be discharged when the property is sold and after back taxes have been paid on any difference between the lower valuation and the sales price.

Clever tax specialists may come up with better solutions than these. All would be better than valuations according to formulas that may yield realistic valuations in normal times but fail to do so when the market is in turmoil — or dead.

The property tax is a blunt instrument for securing the funding of town budgets; if wielded by an indifferent or incompetent town administration, it becomes a weapon that can seriously hurt low-income property owners.

H. Peter Muth
Spruce Head

62% Voted Against LePage, Actually—

I'm compelled to respond to the Chairman of the Lincoln County Republican Committee, Jim Carlton's recent letter in which he thanked us all for supporting Paul LePage and the Republican "take back" of government. Mr. Carlton's profuse thanks to all of the "courageous" voters who supported the GOP misses the point of the elections and his gloating over the victory is misplaced, offensive and elitist with its condescension. Claiming that the people were angry this year, as Mr. Carlton does, may be correct, but to suggest that this is the result of 37 years of Democratic majority is simply wrong. We voters are angry about the economic recession.

This recession began during the previous Republican administration after several years of careless deregulation and attempting to finance the war in Iraq without a commensurate tax increase. Having provided deep tax cuts for the richest among us, encouraging the largest banking and insurance companies to grow "too large to fail" without adequate oversight as to their fiscal responsibility, and gutting our manufacturing base while sending our jobs overseas have had the inevitable effect of nearly sinking our economy. These are major economic crises that may take years to correct, and to blame the present administration for the trouble is short-sighted and naive.

Apparently, our capitalist system rewards the greediest among us with the greatest accumulation of wealth, while the notion of the greatest good for the greatest number of people is almost anathema. It's not too surprising that the people are now angry. More regulation might well have prevented or minimized this disaster. It's worth remembering that the Clinton administration left a budget surplus of \$127.3 billion in 2001 when George W. Bush took office and this was squandered into a deficit of \$455 billion within the next eight years, according to U.S. Treasury Department records: hardly a convincing argument for the efficient financial management to be expected from the GOP.

I also must comment on the campaign strategy of Paul LePage, so lauded by Mr. Carlton. It was difficult to learn very much about Mr. LePage's ideas and possible style of governance since he refused to participate in many of the candidates' debates and interviews. Apparently, his handlers didn't trust him to control his temper, or else he felt that he was above the purview of the mundane electorate he claims to represent. His behavior was cowardly and arrogant and it hardly suggests that he will be an effective, disciplined governor. Without his participation we voters couldn't know his views or ideas, nor could we judge his composure under pressure: an important aspect for any candidate to the office of Governor. All we really had was lots and lots of very large signs scattered everywhere, so Mr. LePage had the advantage of name recognition. It really was more of a "beauty contest" than an election, to use Mr. Carlton's own words. We voted accordingly. Only 38 percent of us voted for Mr. LePage while 62 percent of us voted for other candidates, or against Mr. LePage, actually. Not really such an overwhelming "take back" and certainly nothing to brag about. Now we voters are left with a rather vague notion about what Paul LePage's vision for Maine really is. Contrary to Mr. Carlton's assertion, LePage doesn't really have the resounding support of the majority of Mainers, not by a long shot. It's unnerving to read that such a blustering, evasive man as LePage will soon reveal "His vision of Maine and the way life should be." He really should check with us, the majority of Mainers, before he changes things too drastically.

We can only hope that Mr. Carlton's call to arms in 2012, with its ominous warning to those who may not be "fighting the good fight," as he describes it, will actually be an election based on ideas, creative thinking and thoughtful solutions to the problems we may face. Mr. Carlton seems to have overlooked the fact that we Mainers have re-elected Mike Michaud and Chellie Pingree, both majority Democrats, and both intelligent, hard-working public servants with a track record we can follow and a reliable history of showing up for debates. Clearly, we Mainers vote for the best candidates, regardless of party affiliation, when we can know about them. We've had plenty of bombastic rhetoric this year, let's pay attention to the actual issues and causes of our troubles. Let's not get fooled again in 2012.

John Shepard, Union

Fall—

The air is brisk, the trees are red
I wish I could just stay in bed.
The ducks are in the darkened pond,
Swimming round and round,
Except for the whistling of the trees,
I hear but not a sound.
The leaves are prancing down the road,
Like dancers at a ball,
Bright and joyful to the eye,
Dancing in the fall.
Winter will surely soon be here,
Hurrying bright as day
Tramping quickly through the fields,
In that magical way.

Emily Davis, age 12
Rockland

Youthlinks Thanks Volunteers from Lonza Rockland, Inc.—

Youthlinks would like to thank the following employees from Lonza Rockland, Inc. who generously volunteered their time and skills on Thursday, October 28, to improve the Youthlinks house and grounds: Ava Benner, Charlene Heal, Cheryl Horovitz, Jason Meservey and Chris Veilleux. These volunteers spent a long day of hard work, which included painting walls, cleaning a garage, trimming hedges, and repairing gutters. They also helped transport a 363-pound pumpkin donated by Venessa Richards of Rockland, which is on display on Youthlinks' front lawn.

Thank you all for your kind support!

Youthlinks Staff, Rockland

Spectrum Generations Thanks North Atlantic Painting Co.—

Spectrum Generation's Community Center in Rockland would like to offer a big Thank-You to North Atlantic Painting of Camden for volunteering time and manpower to assist with the preparation required to distribute food shares, part of our recently instated federally funded food program. North Atlantic Painting Co. owner Peter Berke was the first to step up when a call-out for volunteers was made. Because of their help with unloading and organizing 150+ bags of food, this month's distribution was another huge success.

If you or your organization would like to volunteer a few hours on the third Tuesday of any month, please call us at 596-0339 to discuss the details.

Again, much thanks to Peter and his crew!

Suzanne Dunavent-White

Center Coordinator, Spectrum Generations, Rockland

Teen Homeless Awareness Project: Where Do I Go Now—

On Saturday, November 6, at Rock City Books and Coffee, The Teen Homeless Awareness Project, "Where Do I Go Now," was full and alive with community members of all ages. I am lucky to have the following individuals and businesses who believed in this project and donated time, effort and energy to make this event happen: coordinating committee members Rhonda Nordstrom, Dm Jolliffe, Yvonne Smith, Manette Pottle, Tim Sullivan and Vince Gabriel; panelists Jack Carpenter, Pinny Beebe-Center and Trish Goodspeed; musicians Clio Berta, Eben Larner, Bob Stuart, Megan Rogers, Mehuman Jonson and Lee Goss; and local businesses Vince Gabriel and Blind Albert Recording Studio, Rock City Coffee, Pinnacle Graphics, Rheel Day Spa, Café Miranda, Thorndike Creamery and Party Fundamentals. Keep your eyes and ears open, a "Where Do I Go Now" Teen Homeless Awareness Project event will happen again sometime mid-winter.

Thank you everyone for making this an event that will change people's lives.

Tracy Rescigno, Rockland

ITNEverywhere Transportation Survey—

The Boothbay Harbor and Damariscotta region has been chosen to participate in the research and development of a new approach to community transportation, ITNEverywhere. The Boothbay YMCA, the Boothbay Harbor Rotary Club and Spectrum Generations in Damariscotta invite all interested residents 18 years and older to participate in a survey to learn about personal transportation choices.

ITNEverywhere is a transportation service for rural and small communities that builds upon the success of the Independent Transportation Network, the nationally recognized senior transportation service that has operated in Greater Portland for 15 years. ITNAmerica, the Maine-based national organization, will be conducting similar studies in Florida and New York.

The new ITNEverywhere service will include a transportation program in which people in the community share rides to help each other, to save on expenses and to use less energy. The program will also include a volunteer ride service for seniors, a community van transport service and a car-sharing service for everyone.

Participation in the survey will help researchers gauge interest in using and supporting ITNEverywhere and will help customize the program to meet consumer needs. Please go to <http://itnamerica.org/BoothbayDamariscotta> to participate in the survey. The survey may take 15 to 20 minutes to complete. As a thank-you for your time and trouble, you may enter a drawing for \$100 at the end of the survey.

A paper version of the survey is available for anyone who does not have access to the Internet. For more information, contact Jackie Vine, ITNAmerica's evaluation and research manager at 591-6934 or jackie.vine@itnamerica.org. To learn more about ITNAmerica, visit www.ITNAmerica.org.

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).

LETTERS OPINIONS

More Rockport TIFs?

The Rockport Select Board held a workshop recently to discuss Tax Increment Financing, or TIFs. There were only two or three members of the public in attendance and the workshop was not televised. It's time to realize that most people do not get their information from this type of meeting. More and more people are getting information from online sources, so why not provide it that way? The town's newly revamped Web site (<http://town.rockport.me.us/>) would be a good place for the Select Board to post information, starting with explaining why they want to do this. Why fund things this way? Why expend town employees' time on complicated applications and plans? Why not fund things through the regular budget process? Putting this in writing so people can refer to it would go a long way in helping the public understand.

It is my opinion that TIFs are of no benefit to the Town of Rockport and have the potential to do great harm. Our recent dabbling in TIFs has made it clear that they have become so complex that, despite spending many, many hours preparing the necessary documents, the chance of error is quite high. If the experts don't understand them, the average voter has no chance of understanding them. The recent rejection of two TIF-related ballot articles here was a rejection of the idea of TIFs, not just the Development Plans they referred to, I believe. Creating districts that have their own special funds serves to divide an already small town, and the voters have indicated that they don't want that.

Rockport's downtown has seen a resurgence of activity without the existence of a TIF. TIFs are not necessary to attract development. Infrastructure can be built and maintained through the regular budget process, so taxpayers can participate in the decision-making process that spends their money. It is my understanding that projects wholly within a TIF district can be paid for with TIF funds and done at the discretion of the Select Board, that is, without the direct approval of the voters. The potential harm of this arrangement is that such a small group of people could embark on projects that are either ill-suited to the needs of the district or are too costly. Having a TIF fund with a large balance in it removes the checks and balances that would prevent these mistakes, and could even make the mistakes more likely.

Rockport is now in a position to lead by example and turn away from these overly complex and unnecessary schemes and provide straightforward, transparent government to its citizens.

Kevin Shields, Rockport

Holiday Assistance—

Here is another reminder for all parents who need some assistance for their family in order to have a nice holiday season this year. The Salvation Army will be assisting all families who need a helping hand. Call 594-5326, extension 0, and Karen will assist you all the way. Don't wait! Give her a call as soon as possible. The cutoff date for Thanksgiving is November 19 and for Christmas it's December 17.

Here's wishing you all a wonderful holiday season.

*Judy Clossy, RN
Camden*

Thanks to All Who Helped at the Miller Benefit Dinner—

Our family would like to thank all our friends and family for the wonderful benefit dinner for Brian Miller at the VFW Hall in Waldoboro, Saturday, October 30.

The waitstaff did an outstanding job and received many compliments on their service. They included the following people: Jillian Leonard, Skylar Carroll, Rebecca Miller, Ally, Aimie Jackson, Casey and Nickie Fowlie, Kammie Howard, Sharon Cook (cashier) and Cathy and Jamie Miller.

The dinner was well organized with the following kitchen helpers who kept the food hot and the serving dishes full. They included Janet Feltes, Rayetta Simmons, Maria Martin, Janice and Ken Kroesser, Risley and Neal Harris, Ann Heitler, Darlene Hale, Viki Reed and Rachael Morris.

Many thanks also to the generous donations for raffles including Barry and Joyce Pitcher, Pitchers Pot; Rayetta Simmons, oil painting; Nancy Linscott, Linscott's Inc.; Judy Westman, homemade puppet; Chambers Jewelry of Thomaston; Art's Lobster of Tenants Harbor; Lori Chesbro, stained glass; Sweet Season Farm; Ed and Virginia Reardon, pies; Rachael Morris, house cleaning; Valerie Simmons, massage; Karen Boynton, reflexology; and Simplicity Hair Salon.

Our special thanks to photographer Mark Allen, who provided projection photos of events in Brian's life and also took many photos at the benefit dinner.

Family support was very evident and much appreciated as well as the many friends and family that provided the food. The outpouring of love and support for Brian and our family was unbelievable.

*Estelle and Brian Miller
Washington*

State Fire Marshal's Christmas Tree Policy Applies to Public Buildings—

The Office of State Fire Marshal wishes everyone a safe and festive holiday season. Toward this end, the following policy has been developed for the use of Christmas trees in public buildings.

Some communities throughout Maine have regulations that may be more stringent than this policy. In these municipalities the Fire Chief or Code Enforcement Official will set the standards for the use of natural greens and trees.

In communities that have no local standards, the display of greens or trees in occupancies such as mercantile, assembly, education, and business or like facilities must be done in one of four ways:

- A living tree, with its roots protected by a ball of earth and wrapped in burlap or similar material placed in a sturdy container and watered daily.

- An artificial tree, labeled or certified by the manufacturer as flame-retardant or flame-resistive.

- A natural cut tree located in an area protected by an approved automatic sprinkler system for a period of not longer than 24 hours.

- A natural cut tree, sprayed or dipped by a commercial applicator using a tested and listed fire-retardant formula.

- No approved trees shall be placed in such a manner that would obstruct the means of egress.

Local officials should familiarize themselves with the authorized commercial applicators in their respective geographic areas. Each treated tree shall have a certificate attached, stating the name of the formula, name of the applicator, and date of treatment. Treated trees must be watered on a daily basis. Natural living, balled or cut trees and greens, treated or untreated, will continue to be banned in patient care facilities.

*John C. Dean
State Fire Marshal*

Inequities of Sporting License Fees—

There have been a number of articles submitted over the past few years regarding the inequalities of sporting license fees paid by out-of-staters and those with second homes in Maine. "Non-residents" of Maine should pay somewhat more than a resident. Every state shares the same kind of reasonable thinking. Residents who pay taxes, work, invest and raise their families in Maine should pay lower fees.

But I write here about the great differences in what these fees are and why they are not equitable or just, and how this correlates to fewer dollars for the Maine Fish and Game departments. This year license fees increased between 9 and 19 percent for all hunters and fisherman. So what else is new? Too often instead of governments truly fixing fiscal problems they always opt to just increase fees to cover up for their shortfalls.

Let's look at some basic numbers: non-residents pay \$107 more than residents for a hunting and fishing combo. They pay \$49 more for archery; \$39 more for a separate fishing license. This correlates to non-residents paying three to four times more than residents. The greatest disparity however lies with the Moose lottery license fee structure. There are only 3140 permits for Moose hunting and non-residents are allowed only 10 percent of this total (314). If a non-resident is "lucky" enough to win the lottery the license fee is \$484 smackers. Residents pay \$52. The math simply amazes me. It's over nine times more expensive for a non-resident to stalk moose. If we add in meat processing costs and guide service the cost could easily reach more than \$1,500. Personally, until I become a full-time resident my moose hunting will be allocated to Quebec or some other location in Canada.

How these fee structures correlate with what other states are doing doesn't matter — 1.5 or 50 wrongs doesn't make a right or make things right for Americans who should be treated as equals. If Maine was truly interested in bringing in more millions to promote their fish and game programs they would certainly make license fees a much fairer proposition.

My biggest bone of contention however centers on people like myself who own Maine homes, pay sizable taxes and add considerably to the state and local economy in other ways. For the most part we receive few local services for our tax dollars. I don't totally mind this "taxation without representation" since it is understandable that one can only be a citizen in one state at a time. I want to support our town. But I take major exception that as a tax-paying contributor to the state of Maine that I have to pay out-of-state license fees! When I go to the town hall to get my shell fishing license I pay the same fee as a resident. If this is so then why am I paying three to four times more for a basic 101 hunting and fishing license? Hello, anybody home in Augusta?

I challenge all political incumbents and newcomers elected in November to look closely at the wrongs and inequities of these license fees, and to work out sensible, realistic and fairer programs. If these necessary changes are put in place they will attract more sportsman to the beautiful state of Maine and take the bad taste out of the mouth of non-resident Maine homeowners who love to hunt and fish.

*Tom Johnson
Cushing*

CALENDAR OF EVENTS

PLEASE TAKE NOTE

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

NOTEWORTHY

THURSDAY, NOV. 18:

- **A Midsummer Night's Dream**, Thurs.-Sat., Nov. 18-20, 7 p.m. and Sun., Nov. 21, 2 p.m., Troy Howard M.S., Belfast. Production of Shakespeare's classic comedic love triangle presented by the Center Stage Ensemble, Troy Howard's drama club. \$5/children, free.
- **Jazz Jam Buffet Featuring King's Jazz**, 5:30-9:30 p.m., Hatchet Mountain Publick House, Hope. \$25 covers music and buffet, limited space, tickets required. FMI: 763-45675.
- **PBMC Childcare Center Auction**, 6:30 p.m. registration, CNB's Hanley Center, Fox Ridge Office Park, Rte. 1, Rockport. FMI: 596-8700.

FRIDAY, NOV. 19:

- **Bowdoin Chorus in Concert**, Fri., Nov. 19, 7 p.m. and Sat., Nov. 20, 3 p.m., Studzinski Recital Hall, Bowdoin College, Brunswick. The chorus, directed by Anthony Antolini, will present Brahms' Liebeslieder and Neue Liebeslieder Waltzes and premieres of new works by young American composers Nathan Kolosko and Nathan Scalzone. Free; no tickets required.
- **No, No, Nanette**, Fri. & Sat., Nov. 19 & 20, at 7:30 p.m. and Sat., Nov. 20, 1:30 p.m., Medomak Valley H.S., Manktown Rd., Waldoboro. A musical set in the 1920s with millionaires, misunderstood wives, innocent young girls, beautiful women and betrayal, with lots of tap dancing and the memorable "Tea for Two." \$10 reserved/\$8 general admis-

sion/\$6 students. FMI: 832-5389.

- **Rock City's Velvet Lounge**, 5-7 p.m., Rock City Books & Coffee, 328 Main St., Rockland. Scot Cannon returns, with his acoustic versions of jazz and pop standards and original tunes. No cover, but tips for the musicians are appreciated. FMI: 594-4123.
 - **Primo Cubano in Concert**, 7:30 p.m., The Grand, Ellsworth. The five-piece band's performance of Cuban *son* will benefit The Grand and WERU community radio. \$12/\$10 Grand or WERU members. FMI: 667-9500.
 - **The 39 Steps**, Fri. & Sat., Nov. 19 & 20, 26 & 27, at 7 p.m. and Sun., Nov. 21 & 28, 3 p.m., Camden Opera House. Everyman Repertory Theatre presents a farcical romantic spy story, adapted from the Alfred Hitchcock film. Tickets, \$18/\$10 students, available at HAV II and Owl and Turtle, Camden, by calling 236-0173 or at www.everymanrep.org.
 - **Bach Organ Concert**, 7 p.m., First Congregational Church, Camden. The 16th concert in the year-long series presented by Tom Mueller features selections from chorale preludes and from the earliest surviving Bach compositions. Donations accepted.
 - **Martin Sexton in Concert**, 8 p.m., State Theatre, 609 Congress St., Portland. "Sexton's repertoire is like a cross-country tour of the American musical vernacular," says The Boston Globe. With the Jason Spooner Trio. Tickets: 745-3000.
 - **Chris Smither in Concert**, 7:30 p.m., Chocolate Church Arts Center, 804 Washington St., Bath. American folk-blues singer, guitarist and songwriter. \$22 at the door/\$20 in advance/\$18 members. FMI: 442-8455 or www.chocolatechurcharts.org.
- SATURDAY, NOV. 20:**
- **Improvox Singing Workshop and Concert**, 3:30-5 p.m. workshop, 7 p.m. concert, Belfast United Methodist Church, Mill Lane. Workshop for all vocal levels, with an interactive concert to follow. \$25 workshop/\$10 concert/\$30 both. FMI: 441-3259.
 - **Oratorio Chorale in Concert**, 7:30 p.m., United Church of Christ, Congress Ave., Bath and Sun., Nov. 21, 3 p.m., Sacred Heart Church, Main St., Yarmouth. Concert of music of Bach and Duruflé. Tickets are \$20 in advance, \$25 at the door, half-price for students and free for children. FMI: 725-1420 or www.oratoriochorale.org.
 - **Violin and Piano Recital**, 7 p.m., John Street Church, Camden. Violinists Maya French and Sophie Davis perform with pianist Patricia Stowell in a recital featuring works by Schumann, Saint-Saëns, Paganini, Bach and Shostakovich, to benefit the Liberian Education Fund and KinderKonzerts. Donations welcome.
 - **Asleep at the Wheel in Concert**, 8 p.m., Opera House at Boothbay Harbor. The famed Western-swing, boogie and roots music group has won nine Grammy awards. \$23 advance/\$27 day of concert. FMI: 633-5159.
 - **Free Thanksgiving Meal**, noon-1:30 p.m., Waldoboro United Methodist Church, 93 Friendship St. Menu includes turkey served with gravy, mashed potato, stuffing, rutabaga puff, green bean casserole, squash, cranberry sauce, rolls, pies and beverages. Sponsored by Broad Bay UCC Church and Waldoboro United Methodist Church. FMI: 832-5556 or 832-6898.

SUNDAY, NOV. 21:

- **Taping of NPR's Radio Program "Says You,"** 1 p.m., Opera House at Boothbay Harbor. Richard Sher and his gang of panelists will do a live taping of the acclaimed program. Tickets must be purchased in advance, www.saysyou.net/tapings. No tickets available through Opera House box office for this event.
- **"Bach & Forth,"** 2:30 p.m., Rockport Opera House. Bay Chamber Concerts presents pianist Stephen Prutsman in a concert juxtaposing the music of J.S. Bach with works of virtually every style since his day. Tickets are \$10 for anyone bringing two nonperishable food items either to the box office at 18 Central St. in Rockport or to the concert. FMI: 236-2823.

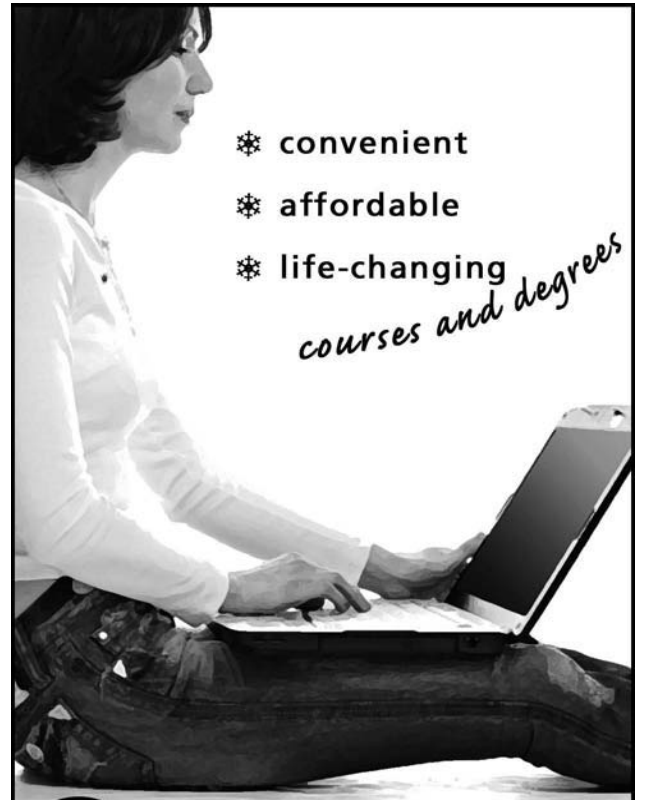
(Continued on p. 37)

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For More Information Contact:
 Richard Stetson at 236-2019 • William O'Brien 619-2455
25% of each sale benefits the CHRHS Ski Team



A nearly photo of the Rockland Breakwater Lighthouse

Rockland Breakwater and Lighthouse Film to Be Shown on TV

Maine Coast TV Channel 7 and Belfast Community TV Channel 2 will present Thanksgiving weekend showings of a documentary on the building of the Rockland Breakwater and Lighthouse at 8 p.m. on Friday, November 26, and Sunday, November 28.

"Rockland Breakwater Lighthouse: A History" is the definitive history of the building of the Rockland Breakwater and Lighthouse. The lighthouse has been a fixture of Rockland Harbor for over 100 years, yet many people don't know why or how it was built. The documentary answers these questions with photography and interviews with local historians Ed Coffin and Brian Harden, as well as lighthouse historian Ted Panayotoff.

The history of the breakwater is traced from its start, as a competition between Owls Head and Rockland harbors, to the series of storms that finally caused the citizens of Rockland to petition Congress to fund a breakwater. In addition to the history, the video also takes the viewer on a tour of the interior of the lighthouse and details some of the restoration efforts.

The documentary was filmed over a three-year period by local filmmaker Craig Mathieson in association with the Friends of the Rockland Breakwater Lighthouse.



June Neptune, Harold Willey, Arnold Neptune, Frank Basta and Rev. Glenn Mahaffey participated in services during American Indian Month at St. Peter's in 2009.

St. Peter's to Show Film on Wabanaki Indians This Saturday

Smudging ceremony to take place Sunday

In recognition of American Indian Month, the Maine Chapter of Episcopal Peace Fellowship and St. Peter's Church in Rockland will present the documentary film "Invisible."

Produced in 2005 by the Episcopal Diocese of Maine and Acadia Film Video, the film tells the story of the Wabanaki of Maine and their treatment. It features stories about faith, peacemaking and reconciliation, and includes eyewitness stories and photos. It will be shown at St. Peter's Episcopal Church, 11 White Street, Rockland, in the parish hall at 2:30 p.m., Saturday, November 20. A discussion will follow, refreshments will be provided, and all are welcome.

On Sunday, November 21, at the 10:30 a.m. service, Rev. Glenn Mahaffey will join with Harold Willey, Frank Basta and Michael Silvain in a traditional smudging ceremony, a purification ritual that is done by American Indians and others throughout the world. Sage and sweetgrass are burned and the smoke cleanses the participants of negative thoughts. The smudging will take place before the beginning of the service, outside the church, weather permitting. All are welcome.

Rockland Public Library Book Stop

Tues.-Sat. 10-1

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New on DVD & Blu-ray

Just Released 11/16 –

THE LAST AIRBENDER PG/Fantasy/Dir: M. Night Shyamalan (Noah Ringer, Nicola Peltz, Dev Patel, Jackson Rathbone, Aasif Mandvi, Shaun Toub, Cliff Curtis, Jessica Jade Andres) Young waterbender Katara, along with her brother Sokka, discovers 12-year-old airbender Aang and his Sky Bison Appa, frozen in polar ice. Aang is the last surviving airbender and – more importantly – the Avatar, a rare being capable of controlling earth, fire, water and air. Once he is thawed, Katara attempts to help Aang develop the skills he needs to free the Water Nation from the conquering Fire Nation.

Recent Releases –

THE GIRL WHO PLAYED WITH FIRE NR/Drama/Dir: Daniel Alfredson (Noomi Rapace, Michael Nyqvist, Annika Hallin, Per Oscarsson, Lena Endre, Peter Andersson, Micke Spreitz) The follow-up to "The Girl With the Dragon Tattoo." A researcher and a Millennium journalist about to expose the truth about the sex trade in Sweden are brutally murdered, and Lisbeth Salander's prints are on the weapon. Accused of murder, Lisbeth goes on the run, while Mikael Blomkvist, editor-in-chief of Millennium, is desperate to clear her name and get to her before she is cornered and alone. Yet Lisbeth is more avenging angel than helpless victim.

THE GIRL WITH THE DRAGON TATTOO/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.

HOW TO TRAIN YOUR DRAGON PG/Animated Adventure/Dir: Dean DeBlois & Chris Sanders (Gerard Butler, Craig Ferguson, America Ferrera) A hapless young Viking who aspires to hunt dragons becomes the unlikely owner of a young dragon himself and learns there may be more to the creatures than he assumed.

IRON MAN 2 PG-13/Action/Dir: Jon Favreau (Robert Downey Jr., Don Cheadle, Scarlett Johansson, Gwyneth Paltrow) Billionaire Tony Stark must contend with deadly issues involving the government, his own friends, as well as new enemies due to his superhero alter ego Iron Man.

THE KARATE KID PG/Family Action/Dir: Harald Zwart (Jackie Chan, Jaden Smith, Taraji P. Henson) After moving to China with his widowed mom, 12-year-old Dre Parker is saved from local bullies by Mr. Han, an unassuming karate master working as a maintenance man. Dre's inability to protect himself prompts Mr. Han to tutor the lad in preparation for a kung fu tournament pitting Dre against his number-one tormentor.

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.

TOY STORY 3 G/Animation/Dir: Lee Unkrich (Tom Hanks, Tim Allen, Joan Cusack, Don Rickles, Michael Keaton, Wallace Shawn, John Ratzenberger, Estelle Harris) College-bound Andy readies his toys for storage in the attic, but the toy bag, mistaken for trash, winds up at the dump. Woody, the only toy spared, is compelled to save his friends, but instead, the gang is scooped up by a daycare center. Though initially pleased to be reunited with children, the toys become fearful when the kids abuse them to the breaking point.

In Our Theaters

mostly by Lisa Miller Week of November 19 – November 25
Short descriptions of movies that are playing locally

BURLESQUE PG13/Drama/Dir: Steve Antin (Stanley Tucci, Eric Dane, Marcus Gerber, Cher, Alan Cumming, Julianne Hough, Christina Aguilera) A small-town girl ventures to Los Angeles and finds her place in a neo-burlesque club run by a former dancer.

DUE DATE R/Comedy/Dir: Todd Phillips (Robert Downey Jr., Zach Galifianakis, Michelle Monaghan, Juliette Lewis, Jamie Foxx) Businessman Peter Highman is flying from Atlanta to his L.A. home when he is drawn into an argument with aspiring actor Ethan Tremblay. After the pair land on the "no-fly" list, Tremblay feels bad for Highman whose wife is soon to deliver their firstborn, so Tremblay offers to drive Highman home. He accepts and the two, along with Tremblay's English bulldog and his father's ashes, set off on a road trip from Hell.

THE GIRL WHO KICKED THE HORNET'S NEST R/Dir: Daniel Alfredson (Noomi Rapace, Lena Endre, and Michael Nyqvist) The final installment of the Millennium trilogy finds Lisbeth Salander in critical condition, a bullet wound to her head, in the intensive care unit of a Swedish hospital. If and when she recovers, she'll be taken back to Stockholm to stand trial for three murders. With the help of her friend, journalist Mikael Blomkvist, she will not only have to prove her innocence, but also identify and denounce those in authority who have allowed the vulnerable, like herself, to suffer abuse and violence. And, on her own, she will plot revenge – against the man who tried to kill her, and the corrupt government institutions that very nearly destroyed her life.

HARRY POTTER AND THE DEATHLY HALLOWS: Part 1 PG-13/Fantasy/Dir: David Yates (Daniel Radcliffe, Rupert Grint, Emma Watson, Helena Bonham Carter, Ralph Fiennes) The first of two films, based on the final Harry Potter book, finds Harry, Ron and Hermione fleeing Hogwarts when the wizarding school falls under Voldemort's control. Wizards born of muggles are persecuted, and Harry is relentlessly hunted. The young sorcerer's prospects improve when Mad-Eye Moody conjures seven more Harrys to confuse Voldemort's death-eaters. The trio's best hope of defeating the evil wizard rests in identifying and destroying the scattered objects each containing a fragment of Voldemort's soul.

HEREAFTER PG-13/Drama/Dir: Clint Eastwood (Matt Damon, Cecile de France, Frankie McLaren, Jay Mohr, Bryce Dallas Howard, George McLaren, Thierry Neuvic, Marthe Keller, Derek Jacobi, Richard Kind) Eastwood's film opens with a breathtaking tsunami that nearly drowns a French TV reporter and changes the course of her life. The second story observes a pair of troubled Londoners, 11-year-old identical twins. In the third leg, a San Francisco-based psychic no longer wishes to communicate with the dead. The film follows the reporter, the surviving twin, and the psychic as they attempt to move forward and reboot their lives.

MEGAMIND PG/Animated, Comedy/Dir: Tom McGrath (Brad Pitt, Will Ferrell, Tina Fey, Jonah Hill, David Cross, Justin Theroux, Ben Stiller) After the villainous Megamind destroys superhero Metro Man, he gleefully goes about wreaking havoc on Metro City. However, without opposition to spice up the action, Megamind soon becomes weary of his fun. To rectify the situation, Megamind blends Metro Man's DNA with that belonging to a cub reporter. The resulting creation, intended to defend all that is right and good, turns out to be a supervillain. Inspired by a beautiful journalist, Megamind decides to honor Metro Man's legacy and fight his own creation by attempting to become a superhero.

MORNING GLORY PG-13/Comedy/Dir: Roger Michell (Rachel McAdams, Harrison Ford, Diane Keaton, Matt Malloy, Patrick Wilson, Jeff Goldblum) Becky is a young producer trying to jumpstart her career by reviving a network's unpopular morning show. She's saddled with fallen-from-grace anchorman Mike Pomeroy, and his co-anchor – a former Miss Arizona – Colleen Peck. Becky's agenda is complicated when Mike and Colleen clash over the show's format and topics.

THE NEXT THREE DAYS PG-13/Thriller/Dir: Paul Haggis (Russell Crowe, Elizabeth Banks, Brian Dennehy, Lennie James, Olivia Wilde, Ty Simpkins) John and Lara Brennan are the happily married parents of a 6-year-old son, when Lara is suddenly arrested, and is subsequently tried and convicted of killing an associate. Convinced she's innocent and concerned Lara will take her own life, English professor John plans to break his wife out of prison. While laying the groundwork for his plan, John falls prey to unsavory types, but he is saved by the expert guidance of a knowledgeable con turned author.

RED PG-13/Action/Dir: Robert Schwentke (Bruce Willis, Helen Mirren, Morgan Freeman) Frank Moses gives up the assassination trade for a suburban lifestyle that has him at loose ends. He amuses himself by flirting on the phone with a help-desk operator. When Moses learns he has been targeted for death, he must rescue the woman because the killers believe her to be his girlfriend.

SECRETARIAT PG/Drama/Dir: Randall Wallace (Diane Lane, Scott Glenn, James Cromwell) Penny Chenery Tweedy inherits her father's deeply indebted stud farm and, after losing a coin toss, the gestating offspring of Somethingroyal. When the young horse shows promise, Penny's economist brother admonishes her to sell it so she can pay the estate taxes. Instead, Penny chooses to challenge the old-boy horse-racing network.

SKYLINE PG-13/Sci-Fi/Dir: Colin & Greg Strause (Eric Balfour, Donald Faison, Scottie Thompson) Following a late night of partying, a group of young people are drawn to strange lights emanating from eerie alien space ships. Those caught in the glowing beams are weirdly transformed, then whisked away. This initial attack is followed by a second wave of gigantic, robotic, killer aliens. Realizing the aliens mean to wipe out humankind, the surviving partiers try to evade capture.

UNSTOPPABLE PG-13/Action/Dir: Tony Scott (Denzel Washington, Chris Pine, Rosario Dawson) This action-packed thrill-ride is based on the true story of a 2001 runaway train in Toledo, Ohio. After exhausting the standard protocols to stop an unmanned train going 70 MPH and carrying hazardous waste, a veteran engineer and a rookie conductor volunteer for a daring maneuver in a last ditch effort to prevent impending disaster.

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CALENDAR OF EVENTS

(Continued from p. 35)

► **Dala in Concert**, 7:30 p.m., Chocolate Church Arts Center, 804 Washington St., Bath. Amanda Walther and Sheila Carabine, new arrivals on the Canadian music scene, bring their harmonies and original acoustic pop to the U.S. \$14 at the door/\$12 in advance. FMI: 442-8455 or www.chocolatechurcharts.org.

► **"Time for Three,"** 2:30 p.m., Merrill Auditorium, Myrtle St., Portland. The Portland Symphony Orchestra performs a concerto written for them by Chris Brubeck. Concert Conversation at 1:15 and post-concert Q & A. FMI: www.portlandsymphony.com.

WEDNESDAY, NOV. 24:

► **"Bids for Kids" Wreath Auction**, through Dec. 3. Place silent auction bids on more than 275 decorated evergreen wreaths decked out with gift cards, certificates, holiday décor, and fanciful and useful gift items, on display at Camden National Bank offices in Camden, Belfast, Rockland, and Waldoboro; at Key Bank in Camden; Bangor Savings Bank in Unity; and Bath Savings Institution in Damariscotta. Proceeds benefit Big Brothers Big Sisters of Midcoast Maine's Youth Mentoring Programs in Knox, Lincoln and Waldo counties. FMI: 593-0380.

THURSDAY, NOV. 25:

► **Free Thanksgiving Dinner at St. Peter's Episcopal Church**, 12:30 p.m., Parish Hall, 11 White St., Rockland. All are invited, with a special invitation to those who would otherwise be alone on this occasion. Any who wishes to assist with the preparation and serving of the meal, or who would like to contribute to the meal with donations of food or cash, may call Lucia Elder at 785-2502, or the church office at 594-8191.

► **Free Thanksgiving Dinner at Thompson Community Center**, 2 p.m., Rtes. 17 & 131, Union. A traditional dinner will be served at 2, but guests are encouraged to arrive early and watch football and the Macy's parade on a big-screen TV or play checkers, cribbage and other games.

► **Free Thanksgiving Dinner at Nana's Kitchen**, noon-4 p.m., Rte. 1, Northport. Anyone in need is welcome on a first-come, first-served basis. Donations accepted but not required, and will go to the Belfast soup kitchen. FMI: 338-1524.

► **UU Church Community Potluck Thanksgiving Dinner**, 1-4 p.m., 37 Miller St., Belfast. Turkey will be provided; bring a potluck offering of appetizer or salad, vegetables, rolls, bread or dessert. No donations or offerings taken. FMI: 722-3383.

COMING UP:

► **"Yuletide in St. George,"** Fri. & Sat., Nov. 26 & 27, 10 a.m.-4 p.m. Participating shops and galleries include The Drawing Room, Blue Tulip, Harborside Market, Oceanview Grange (Sat. only), Hedgerow, Mars Hall Gallery, Stonefish, Village Ice Cream and Marshall Point Lighthouse.

► **Festival of Lights**, Fri.-Sun., Nov. 26-28, Rockland. Santa's arrival by lobster

boat, "Eat, Drink and Be Merry" street celebration, Festival of Lights parade and more. For schedule, see page 6 in this week's supplement.

► **Jerry Douglas & Band in Concert**, Fri., Nov. 26, 8 p.m., Opera House at Boothbay Harbor. With 12 Grammy Awards, and numerous awards from the International Bluegrass Music Assoc., Douglas is recognized as the world's most renowned dobro player. \$30 in advance through Nov. 23/ \$40 thereafter. FMI: 633-5159.

► **A Christmas Carol**, Fri. & Sat., Nov. 26 & 27 and Thurs.-Sat., Dec. 2-4, 7 p.m. and Sun., Nov. 28 and Dec. 5, 2 p.m., Belfast Maskers' Waterfront Theater, 43 Front St. John Bielenberg's adaptation of the Dickens classic. \$15/\$10 teens/\$5 ages 12 and under. FMI: 338-9668.

► **Historic Inns of Rockland Holiday House Tour**, Sat., Nov. 27, 1-4 p.m., Rockland. Following tour, will be a silent auction at Rockland Library of tabletop trees decorated by area businesses. \$10/children free.

► **Yuletide Celtic Harp Concert with Julia Lane & Kristin Tescher**, Sat., Nov. 27, 7 p.m., Unitarian Church, 37 Miller St., Belfast. Sparkling Yuletide tunes and songs from the Celtic tradition. \$10/\$5 children. FMI: 542-8564 or castlebay@castlebay.net.

► **Nanci Griffith in Concert**, Thurs., Dec. 2, 7 p.m., Strand Theatre, 345 Main St., Rockland. The Grammy Award-winning singer-songwriter will perform selections from her new album. \$43. FMI: 594-0070.

► **Edgcomb Congregational Church Christmas Cruise**, Sat., Dec. 4, departs 3:30 p.m. from Fisherman's Wharf dock in Boothbay Harbor. Cruise around the harbor, see the sunset and then the Parade of Lighted Lobster Boats. Music by Cahoots, hot beverages and finger foods served. \$35. FMI: 882-4060.

CHILDREN'S & TEENS' EVENTS

THURSDAY, NOV. 18:

► **Student Books & Pizza**, 5:30-6:30 p.m., Gibbs Library, 40 Old Union Road, Washington. Students in grades 4-7 are welcome to join the Maine Student Book Award book discussion on *The Magician's Elephant* by Kate DiCamillo. Pizza will be served. Free. FMI: 845-2663.

SATURDAY, NOV. 20:

► **Reading by Children's Author and Artist Sandra Dutton**, 11 a.m., Children's Museum, Sharp's Point South, 75 Mechanic St., Rockland. Dutton will read from her book *Dear Miss Perfect: A Beast's Guide to Proper Behavior*, appropriate for ages 4 to 8. The reading will be followed by puppet-making and, at 1 p.m., an art reception in the Bootstraps Gallery, where Dutton will read from her book, *Mary Mae and the Gospel Truth*. FMI: 542-8564.

► **Book Signing by Dahlov Ipcar**, noon-2 p.m., Georgetown Historical Society, 20 Bay Point Rd. Ipcar will sign copies of *Calico Jungle*, the latest reissue of one of

her children's books. Proceeds benefit the Georgetown Historical Society.

TUESDAY, NOV. 23:

► **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. Nov. themes may include a celebration of Native American Heritage Month, foods and family gatherings. Free; materials provided. FMI: 594-0310.

► **Sign Language Class for Children and Their Caregivers**, eight Tues., sessions at 9:30 and 10:30 a.m., St. Thomas' Church, Chestnut St., Camden. Class on learning ASL vocabulary through songs, stories and activities. Learn more than 120 signs per session. FMI: 975-2368 or marcie@signingtimeacademy.com.

COMING UP:

► **Jingle Bell Express**, Fri. & Sat., Dec. 3 & 4, Maine Eastern Railroad, 4 Union St., Rockland. Kiwanis Club of Rockland is continuing the Toy Library's Polar Express tradition with six train rides to visit Santa at the North Pole. Advance tickets are \$18 through Nov. 24/\$20 beginning Nov. 29/children under 2 ride free in laps. FMI: 596-6725 or www.maineeasternrailroad.com.

ONGOING:

► **Hope Library Story and Art Time**, Wed., 9:30 a.m. Parent-and-child story and crafts for ages 2-5. \$2 donation requested. FMI: 763-2710.

► **Preschool Story Hour**, Wed., 10:15 a.m., Waldoboro Library. Stories and related crafts for ages 1-5 and caregivers. FMI: 832-4484.

► **Belfast Library Story Times**, Thurs., 10 a.m. for "Lapsitters," youngsters who are not yet walking, and their parents or caregivers. Programs include stories, songs, and finger plays. Fri., 10 a.m. is for "Terrific Toddlers," children who are walking and ready for stories, active games, and songs. Free and open to the public; it is not necessary to register. FMI: 338-3884, ext. 24.

► **Toddlers' Play Date Fall Season**, Wed. & Fri., 9:30-11:30 a.m., St. Margaret's Church, Belfast. All toddlers and their caregivers are welcome and there is no charge. Toys and equipment provided are geared to children from 18 months to 4 years; younger siblings are welcome. Two experienced volunteer coordinators are present at all times. FMI: www.stmargaretsbelfast.org.

FILM

THURSDAY, NOV. 18:

► **"Rumi" and "Master of the Carriage,"** 6:30 p.m., Rockland Library. For "Rumi," director Shems Friedlander was given access to document sacred Sufi ceremonies not seen for over 100 years. "The Master of the Carriage" is a parable presented in stop-motion animation. Free.

(Continued on p. 39)

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Colonial Theatre

Showtimes for Fri. Nov. 19 through Thurs. Nov. 25

Open Evening on Thurs. Nov. 25
Extra Matinees Nov. 20, 21 and Fri. Nov. 26

Harry Potter & the Deathly Hallows (part I)
First Show 12:01 am Fri. Nov. 19
Doors Open Thurs. Nov. 18 at 11:15 pm
Fri. & Sat. Eve. 6:00 & 8:55
Sun., Wed. & Thurs. 6:45
Matinees: Sat. & Sun. Noon and 3:00 both days

Megamind -PG-
Fri. & Sat. 6:45 & 8:40
Sun., Wed. & Thurs. 7:00
Matinees: Sat. & Sun. 2:30

Red -PG-13- Thru Sunday
Fri. & Sat. 7:00 & 9:10
Sun. 7:10
Matinees: Sat. & Sun. 2:15

Burlesque -PG-13-
Opens Wed. 24th
Wed. & Thurs. 7:10
(plays several weeks)

Free Family Matinees -
Nov. 27 to Dec. 19/weekends

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Fri. Nov 19 - Thurs. Nov 25

FILM THIS WEEK:

THE GIRL WHO KICKED THE HORNET'S NEST

Midcoast Premiere

SHOWTIMES: (November 19 - 25)
Fri 5:30, 8:00 | Sat 5:30, 8:00 | Sun 3:00, 7:00
Mon 7:00 | Tues 7:00 | Wed 7:00 | Thurs 7:00

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Fri., Nov. 19 - Tues., Nov. 23, 2010

Doors Open at 12:15 p.m.
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Harry Potter & The Deathly Hallows, Pt. 1
12:30, 1:30, 3:45, 4:45, 6:50, Fri. & Sat. 8:00, 9:45 (PG-13, 2:36)

The Next Three Days
1:00, 4:00, 7:00, Fri. & Sat. 9:40 (PG-13, 2:12)

Skyline
1:25, 4:30, 7:25, Fri. & Sat. 9:25 (PG-13, 1:44)

Unstoppable
1:15, 4:15, 7:15, Fri. & Sat. 9:20 (PG-13, 1:48)

Morning Glory
1:10, 4:10, 6:45, Fri. & Sat. 9:05 (PG-13, 1:57)

Megamind (3-D)
12:40, 2:45, 4:50, 7:05, Fri. & Sat. 9:15 (PG, 1:46)

Due Date
1:20, 4:20, 7:10, Fri. & Sat. 9:10 (R, 1:45)

Red
1:05, 3:55, 7:20, Fri. & Sat. 9:35 (PG-13, 2:01)

Secretariat
12:50, 3:50 (PG, 2:13)

Hereafter
6:55, Fri. & Sat. 9:30 (PG-13, 2:19)

Harry Potter 7, Partone
Nov. 18: Midnight Show

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CALENDAR OF EVENTS

(Continued from p. 37)

**FRIDAY, NOV. 19—
THURSDAY, NOV. 25:**

► **COLONIAL THEATRE**, Belfast: "Harry Potter & the Deathly Hallows, Part 1," "Burlesque," "Red," "Megamind." See ad p. 37 for movie days/times.
► **FLAGSHIP CINEMAS 10**, Thomaston: "Harry Potter & the Deathly Hallows, Part 1," "Unstoppable," "Due Date," "The Next Three Days," "Megamind," "Red," "Secretariat," "Skyline," "Hereafter," "Morning Glory." See ad p. 37 for movie times.
► **STRAND THEATRE**, 345 Main St., Rockland: "The Girl Who Kicked the Hornet's Nest." FMI: 594-0070. See ad p. 37 for movie days/times.

FRIDAY, NOV. 19:

► **"The End of Suburbia,"** 6 p.m., Hope Library, Hope Town Office Bldg., 441 Camden Rd. Free film series sponsored by the Hope Transition Town Committee to help in planning for a thriving town. "The End of Suburbia" questions the sustainability of the suburban way of life as global demand for fossil fuels begins to outstrip supply. FMI: 763-3047.
► **Thomaston Library Film Series**, 6:30 p.m., Rm. 208, Thomaston Academy, 60 Main St. Nov. features the films of Keaton and Chaplin. Tonight: "The General." Rejected by the Confederate Army, Keaton sets out to singlehandedly win the Civil War with his cherished locomotive. Free, but donations appreciated. FMI: 354-2453.
► **"Friday Night Flix,"** 7 p.m., Belfast Library. Nov. theme is "Food in Films." Tonight: "Like Water for Chocolate." Food becomes a spiritual substance in this magical realist tale, set in a Mexican border town. Like chocolate itself, the film is romantic, sensual, dark and funny. Free.
► **"How to Train Your Dragon,"** 6 p.m., Waldoboro United Methodist Church, 93 Friendship St. Free screening of an animated film about a boy, scorned because he is different, who teaches his community that the enemy who has been feared for centuries has been misunderstood. FMI: 832-5556 or walumc@myfairpoint.net.

SATURDAY, NOV. 20:

► **"Invisible,"** 2:30 p.m., St. Peter's Episcopal Church, 11 White St., Rockland. The film tells the story of the Wabanaki of Maine and their treatment by others. Discussion follows.

MONDAY, NOV. 22:

► **Classic Film Series**, 5 p.m., Skidompha Library, Damariscotta. "Easy Living" is a screwball comedy starring Jean Arthur as Mary Smith, an ordinary working girl who on her way to work in Manhattan aboard a double-decker bus finds herself struggling from under a large, expensive fur coat flung from an upper floor of a very expensive mansion. The thrower is none other than J.B. Ball (Edward Arnold), "The Bull of Wall Street," a man intent on teaching his spendthrift wife a lesson regarding her

recent purchase. The plot's twists and turns transform Mary from a poor working girl to the toast of the town as J.B. attempts to extricate himself from a very embarrassing situation. Ray Milland stars as ne'er-do-well son John Ball Jr. \$5 donation. FMI: 563-5513.

TUESDAY, NOV. 23:

► **"Flix for Chix,"** 7 p.m., Skidompha Library, Main St., Damariscotta. "Love Actually" stars Liam Neeson, Hugh Grant, Emma Thompson, Colin Firth, Keira Knightly, Laura Linney, Alan Rickman, Billy Bob Thornton, Bill Nighy and others in a romantic comedy that follows the lives of eight very different couples as they deal with their love lives in varying ways. \$5 donation. FMI: 563-5513.
► **"The Disclosure Project,"** 5:30 p.m., Rockland Library. Screening of a documentary of an event in Washington, D.C., in 2001 where members of the military/industrial complex spoke about UFOs and advanced energy propulsion. Free. FMI: 594-2565.
► **"The Met: Live in HD" Encore**, 1 p.m., Strand Theatre, 345 Main St., Rockland. In *Don Pasquale*, Anna Netrebko revives her sensational turn in this sophisticated bel canto comedy. \$23. FMI: 594-0070 or www.rocklandstrand.com.

ART

THURSDAY, NOV. 18:

► **Open House at River Arts Ceramics Studio**, 241 Rte. 1 N., Damariscotta, behind River Arts Gallery II space. Children and adults are invited to meet instructors, watch demonstrations and try their hand at working clay.
► **Farnsworth Lecture Series**, Thurs., Nov. 4-18, 5:30 p.m., Strand Theatre, Rockland. "On Beauty and Beyond: The Concept of the Beautiful in the World of Art" will be given by Roger Dell, Farnsworth director of education. Tonight: "The Body Object: The Death and Rebirth of Beauty." This lecture will examine the work of Kiki Smith, Robert Mapplethorpe, Andres Serrano and others who were at the center of controversies about the anti-aesthetic in art. Individual lectures are \$10/\$8. FMI: 596-0949.

FRIDAY, NOV. 19:

► **"New Works and Old" by Jonathan Frost**, opening reception with music by Steve Lindsay, from 5:30-8 p.m., Harbor Square's Winter Street Gallery, 21 Winter St., Rockland. New works include small paintings that are part of what will become an extensive series relating to the Montgomery, Alabama, bus boycott of 1955 and '56, while older work includes landscapes, cityscapes and figurative work in a variety of media. Through Nov. 28.
► **"In Celebration,"** public reception 5-7:30 p.m., River Arts' Gallery II, Bus. Rte. 1 & Rte. 1, just north of Damariscotta. Works by Priscilla McCandless, Abbie Williams, Stephen Busch, Barbara Fischer Eldred, Mary Hall and Sally Loughridge. Through Nov. 30. FMI: 563-7568.

► **Art-Full Gifts Fine Art & Craft Show**, Fri., Nov. 19, gala collectors' party 5-8 p.m. and Sat. & Sun., Nov. 20 & 21, 10 a.m.-4 p.m., Point Lookout, Rte. 1, Northport. Offerings from more than 50 artists, including baskets, jewelry, stoneware and porcelain pottery, handwoven clothing, blown glass, original paintings and more. Gala, with cash bar, hors d'oeuvres and jazz guitar by Chris Poulin is \$10; Sat. & Sun admission, \$3/children free. FMI: www.artfullgifts.com.

SATURDAY, NOV. 20:

► **Designing Women Fine Art & Craft Show**, 9 a.m.-4 p.m., Merriconeag Waldorf School & Community Center, 57 Desert Rd., Freeport. Work by over 20 female artists and craftswomen. Proceeds from a gift basket raffle, food sales and \$2 admission fee benefit programs of Women, Work & Community. FMI: 865-1489.
► **Slide Talk by Author Davene Fahy and Illustrator Sally Stanton**, 2-3 p.m., River Arts, 170 Main St., Damariscotta. Fahy and Stanton will discuss their collaboration for the newly released book, *The Boy Who Thought He Was a Plane*. FMI: 563-1507.

MONDAY, NOV. 22:

► **Instruction in Making Monotype Holiday Cards**, Mon., Nov. 22 & 29 and Dec. 6, 9 a.m.-noon, Midcoast Printmakers, Round Top Farm, Bus. Rte. 2, Damariscotta. \$10/hour plus minor materials fee. FMI: 644-8849.

ONGOING:

► **"Touches of Fall,"** Camden National Bank, Main St., Belfast. Exhibit of poster-size photographs by Paula Cannon. Through Nov.
► **"Main Streets: Selections from the Eastern Illustrating & Publishing Co. Collection,"** Belfast Free Library. Exhibit of photographs made from glass plate negatives stored in the archives of the Penobscot Marine Museum. Through Dec.
► **Work by Holly Berry**, Waldoboro Public Library. On exhibit through Nov. are prints, a watercolor study and illustrations from Berry's latest children's book, *Woof: A Love Story*.
► **"Nine by Nine,"** Garage Gallery, Eastern Tire and Auto Service, 70 Park St., Rockland. The Nine Lively Ladies and Shevis — Lois Anne, Nancy Fitzgerald, Deborah Winship, Bird Burns, Stell and Shevis, Pat Farmer, Edith Laroche, Lauralee Clayton and Elizabeth O'Haverty — each show nine works that measure 9 by 9 inches. Through Jan. 11.
► **Landscapes by Penny Markley**, entrance gallery, Miles Hospital, Damariscotta.
► **"Bog Shod — A Damp Pastoral,"** Maine Farmland Trust Gallery, 97 Main St., Belfast. Agricultural images by Jonathan Leavitt. Through Nov. 29.
► **"Food for Thought: Ten Years of Farm Branding,"** Belfast Co-op. Show of illustrations and designs done for Maine farm product labels by Vinalhaven artist Gabe McPhail.



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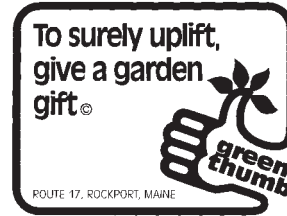
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HOLLY DAYS FAIR

Rockland Congregational Church
180 Limerock Street
Saturday November 20, 9:00 am - 1:30 pm

Baked goods, crafts, jewelry, wreaths,
gift baskets, raffle, lunch
Free door prize

Build a Gingerbread House For Main Street!

Rockland Main Street, Inc. invites you to participate in a fun, new event for this year's Festival of Lights.

All Children & Adults welcome

- All materials must be edible
- Must fit on sturdy 18"x20" base
 - No electrical connections
 - Design not limited to "house"
- Bring to *Waterworks* (7 Lindsey St.)

Friday, November 26th, 11am-3pm

Awards given and winners photographed for newspaper.

Houses will be displayed in store windows all weekend.

To request more information email:
festivaloflightsrockland@gmail.com

Participate in the
Upcoming Rockland Music Boosters HOLIDAY CRAFT FAIR

Free Admission
Place: RDHS Gymnasium
Saturday, December 4
9:00 AM - 2:00 PM

For table rental call 596-2010
between 8 AM - 2 PM

CALENDAR OF EVENTS

► **Works by Quilt Artist Carrie Hedstrom**, Camden Library.

► **"Washington: Then and Now,"** Gibbs Library, Washington. First event in the town's 2011 bicentennial celebration features town photos from 1911 paired with those of the same location today.

► **"Sit Down! Chairs from Six Centuries,"** Bowdoin College Museum of Art, Brunswick. American and European seating furniture from 1470 to the present, with over 50 examples of historical and contemporary seating design as well as paintings, portraits and pattern books. Through Jan. 16.

► **"Going Forward, Looking Back: Practicing Historic Photographic Processes in the 21st Century,"** Maine Media Gallery, Shepherd Building, 18 Central St., Rockport. Traveling exhibit of visual experience from 1839 to the present, with works by Maine Media instructors Tillman Crane, John Goodman, Brenton Hamilton, Sean Harris, Cig Harvey and Christopher James. Through Nov. 19. FMI: 236-8581.

► **Photography by Shelagh Delphynes**, Searsmont Town Library. Scenic and nature photographs. Through Nov.

► **"Photographing Maine: Ten Years Later, 2000-2009,"** Center for Maine Contemporary Art, 162 Russell Ave., Rockport. Work by 150 Maine photographers fills all four galleries. Through Dec. 5.

► **"Monhegan Perspectives III,"** Archipelago Fine Arts, 386 Main St., Rockland. Recent work by Joyce Greenfield, Betty Heselton, Sally Loughridge, Marlene Loznicka, Sigrid R-P Smith and Abbie William. Through Jan. 23.

► **"Furniture Masters of New Hampshire,"** Center for Furniture Craftsmanship, 25 Mill St., Rockport. Through Nov. 24.

► **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,"** the most recent works from the artist's annual Maine sojourns. Through Jan. 2. **"The Wyeths' Wyeths,"** works of art Wyeth family members have given to each other. 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.

► **Portland Museum of Art**, Seven Congress Sq. **"False Documents and Other Illusions":** Trompe l'oeil, meaning "fool the eye," in the traditional sense usually refers to painting in which objects appear to be real rather than rendered. Contemporary artists have employed trompe l'oeil tactics as a tool for deception in works in all media, ranging from performance and video to sculpture and installation. This exhibition will showcase a spectrum of approaches with works by artists from Maine and beyond. Through Jan. 2. **"Debating Modern Photography: The Triumph of Group f/64":** In the 1930s, a group of California photographers challenged the painterly, soft-focus Pictorialist style of the day and created Group f/64, named after the camera aperture which produces great depth of field and sharp focus. Exhibition includes

images by Group f/64 members such as Ansel Adams, Edward Weston, Imogen Cunningham, Sonya Noskowiak, and Willard Van Dyke, as well as by such Pictorialists as Anne Brigman, William Dassonville, Johan Hagemeyer, William Mortensen, and Karl Struss — more than 100 works by 16 artists. Through Dec. 5.

MISCELLANEOUS

THURSDAY, NOV. 18:

► **Ragged Mountain Ski & Snowboard Club Benefit Auction and Dinner**, 5:30 p.m. cocktails, 6:30 p.m. dinner, Waterfront Restaurant, Camden. Live auction with Bruce Gamage. \$35.

► **Planning Meeting for Relay for Life of Midcoast**, 6-7:30 p.m., Wave Café, Camden Hills Regional H.S., Rte. 90, Rockport. Volunteers needed to join the planning committee for an overnight community event in which teams and individuals camp out and walk around a track relay-style to raise funds for the American Cancer Society. FMI: 373-3723.

► **"We Can Still Choose to Act,"** 6:30 p.m., Camden Library. Mid-Coast Audubon hosts Paul Kando, who will discuss the dangers of global warming.

► **"The Challenges of Asia,"** 10 a.m.-3 p.m., Hutchinson Center, Rte. 3, Belfast. Belfast Senior College and Camden Conference sponsor a forum on political themes relating to the 2011 Camden Conference. David Firestein, director of Track 2 Diplomacy at the East-West Institute in New York, will speak on "The Politics of U.S.-China Relations." There will also be a moderated discussion of the results of Obama's Asian trip. Light lunch provided. Free and open to the public. FMI: www.camdenconference.org.

► **Program with Founders of Avian Haven**, 6:30 p.m. soup supper, 7 p.m. program, Sebasticook Regional Land Trust, 93 Main St., Unity. Avian Haven founders Diane Winn and Mark Payne will talk about wildlife rehabilitation. Registration: 948-3766.

► **Community Thanksgiving Potluck Dinner**, 5:30 p.m., Morris Farm, Rte. 27 N., Wiscasset. The Morris Farm will provide a heritage bronze turkey, two white turkeys and a stuffed Hubbard squash. Guests should bring side dishes and desserts to share, enough to serve 6-8 people. Free. Registration: 882-4080.

► **"Maine Wildlife on the Move,"** 7 p.m., Jackson Memorial Library, Tenants Harbor. Barbara Charry, Maine Audubon biologist, will discuss climate change impacts on Maine's wildlife and habitat. FMI: 781-2330.

► **"Even Birds Do It: The Breeding Bird Survey,"** 6:30 p.m., Belfast Library. Amateur naturalist Ron Harrell will describe the workings and benefits of the annual survey conducted by the Department of the Interior, and how people can participate.

► **"The Great American Smokeout,"** 5-6:30 p.m., Conference Room A, Waldo County General Hospital, Northport Ave., Belfast. An informal gathering for those who have quit smoking and those interested in quitting. FMI: 930-2650.

► **Chats with Champions**, 10 a.m., Skidompha Library, Main St., Damariscotta. Melissa Kelly, James Beard Award-winning owner and chef of Primo in Rockland,

will sign copies of the newly updated classic Maine cookbook, *Cooking Down East: Favorite Maine Recipes*, for which she wrote a new foreword and added 15 recipes.

► **Knox-Lincoln Soil & Water Conservation District Local Working Group**, 1 p.m., University of Maine Cooperative Extension, 377 Manktown Rd., Waldoboro. Local Working Group is responsible for providing recommendations on local natural resource priorities and criteria for conservation activities and programs. Open to the public. FMI: 273-2005, ext. 101 or e-mail Kathy.ward@me.nacdnet.net.

► **ASK... for Home Care's Family Caregiver Support Group Meeting**, 11:30 a.m., Owls Head Homestead, Rte. 73 & Ash Pt. Rd. Joanne Miller, ASK's administrator, recently attended a training session on compassion fatigue and will share what she learned with participants. Refreshments will be served. FMI: katriina@askforhomecare.com or call 354-7077.

FRIDAY, NOV. 19:

► **WCGH Holiday Fair**, 8 a.m.-2 p.m., Waldo County General Hospital's Education Center, 118 Northport Ave., Belfast. Items for sale include handmade crafts, ornaments, textiles, jewelry, soaps, lotion, doll clothes, Christmas wreaths and greens, knitted goods and more. FMI: 338-2500, ext. 4154.

► **Broad Bay Fair & Soup Supper**, 4-7 p.m., Broad Bay Congregational UCC, 914 Main St., Waldoboro. All-you-can-eat soup supper, with five kinds of soup, bread or rolls, beverage and dessert, is \$7/\$4 under 12/\$16 family. Fair offers jewelry, crafts, Christmas wreaths, baked goods and a cookie walk.

► **Belfast Winter Farmers' Market**, Fri., Nov. 19 and Dec. 3, 10 and 17, 9 a.m.-1 p.m., Aubuchon Hardware, Rte. 1. FMI: www.belfastfarmersmarket.org.

► **Waldo County Local Work Group Meeting**, 1 p.m., UMaine Cooperative Extension, Rte. 137, Waldo. Meeting is open to all who represent land agricultural and natural resources concerns in Waldo County. FMI: 338-1964, ext. 3.

► **La Petite Soirée**, 5:30-7:30 p.m., Penobscot School, 28 Gay St., Rockland. Potluck evening with French students, teachers and friends. All levels of French speakers welcome; bring an hors d'oeuvre to share. No fee; donations welcome. FMI: 594-1084 or www.languagelearning.org.

SATURDAY, NOV. 20:

► **Book-Themed Cake Contest and Dessert Night**, 6-8 p.m., Appleton Library. All bakers are invited to submit a cake made in the shape of a book, a character from a book, or any reading-related theme. Enjoy desserts and coffee, vote for a favorite cake and enter the raffle to take it home. \$3/\$12 family. FMI: 785-5662.

► **Wreathmaking Demonstration**, 10 a.m.-1 p.m., Washington Farmers' Market, Evening Star Grange, Old Union Rd. Sue Frank of Dogpatch Greens will demonstrate making of evergreen wreaths, and other wreaths will be available for purchase, with all profits going to support indigent children in Guatemala. A free chair massage will be offered noon-1 p.m. FMI: 845-2140.

► **Watershed 5K Race**, 8 a.m. registration, 9 a.m. race, Lincoln Street Center, Rockland. \$10/free for participating high school students. Benefits Watershed cross-country team.

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Wed & Thur, 5:30-7 pm, Gentle Yoga
Sat, 8:30-10 am, Vinyasa Flow

Open Door Yoga Studio, Molyneaux Rd, Camden
Wed, 9-10:30 am, Morning Stretch • **FREE 12/1**


SOLSTICE RETREAT
Sunday, December 19, 2-5 pm, Camden

CALENDAR OF EVENTS

- **Latin Club Spaghetti Dinner and Cake Auction**, 5-7 p.m., Rockport Masonic Hall. Fund-raiser for Camden Hills Latin Club trip to Italy is \$5/\$20 family.
- **Christmas Fair**, 10 a.m.-noon, United Methodist Church, Friendship. Baked goods, kitchen items, candy, knits, ornaments. Free coffee and muffins.
- **St. Francis Christmas Fair**, 9 a.m.-1 p.m., 81 Court St. Belfast. Brunch, silent auction, crafts, jewelry, decorations, gifts, food items and raffle.
- **Mussel Ridge Historical Society Holiday Craft Fair**, 9 a.m.-2 p.m., Owls Head Community Building, Ash Point Rd. Show will feature handcrafters of soaps, candles, jewelry, handmade writing instruments, knits, flavored maple syrups, Christmas ornaments for personalization and more. Coffee available for purchase, with complimentary sweet-treat samples. FMI: 594-2438.
- **Central Lincoln County YMCA Holiday Bazaar**, 10 a.m.-4 p.m., 525 Main St., Damariscotta. Works of art from more than 95 artists and crafters from New England. \$1 admission. FMI: 563-3477.
- **Craft Fair and Silent Auction**, 9 a.m.-2 p.m., Coastal Christian School, 574 North Nobleboro Rd., Waldoboro. Toys, ornaments, jewelry, wreaths, candles, baked goods and more. Silent auction and homemade hot soups, breads and pies available. FMI: 832-4229.
- **"A Christmas Fair,"** 9 a.m.-noon, Our Lady of Good Hope Catholic Church, Union St., Camden. Fair features Christmas wreaths, baked goods and handmade gifts.
- **Holly Days Fair**, 9 a.m.-1:30 p.m., Rockland Congregational Church, 180 Limerock St. Baked foods, candies, jewelry, holiday items, gift baskets, hand-knits, plants, wreaths, cheeses, Grandma's Attic and more. Morning coffee and muffins and chicken tetrazzini luncheon served. FMI: 594-8656.
- **Waterfowl Tour with Don Reimer**, meet at Chickawaukee Lake parking area, Rte. 17, Rockland, for a tour of lakes and ponds in the Rockland/Rock-

- port area to search for waterfowl and other birds. FMI: 273-3146.
- **Camden Library Book Sale**, Sat., Nov. 20, 9:30 a.m.-4:30 p.m. and Sun., Nov. 21, 1-4:30 p.m. Hundreds of titles, children's books, collectibles, CD, DVDs, and some LPs.
- **Free Concert by Heaven's Blend**, 5:30 p.m. potluck, 7 p.m. concert, Waldoboro Word of Life Church, Old Rte. 1. Love offering taken.
- **Rockland Historical Society Annual Meeting**, 1:30 p.m., Rockland Library. Following a brief business meeting, artist Loretta Krupinski will show slides of her maritime paintings from her latest book, *Looking Astern*. Free and open to the public. FMI: 594-4601.
- **World Hunger Appeal Tennis Benefit**, noon-4 p.m., Midcoast Recreation Center, Rte 90, Rockport. 32 players of all ages and levels of play compete. Pre-tournament exhibition features the Meyer Men Challenge: for each doubles game won by the Meyers the other team pays \$5; each game they lose, the Meyers pay \$10. Proceeds benefit the AIO Food Pantry. Spectators are asked to bring non-perishable donations. FMI: 594-4637.
- **Introduction to Sharpening**, 9:30-10:30 a.m., Shelter Institute, Rte. 1, Woolwich. Discussion of several different techniques and implements involved: sandpaper sharpening, use of a leather strop, honing guides, waterstones and oilstones as well as the Tormek.
- **Benefit Pork Roast Dinner**, 5-7 p.m., St. Denis Parish Hall, Rte. 126, N. Whitefield. Hosted by Gov. Kavanaugh K of C Council #1423. Donations will benefit the Somerville Volunteer Fire Department. FMI: 542-0820.
- **Candlelight Vigil**, 5 p.m., in front of Belfast Post Office, to remember transgendered people who have been murdered. Names of trans women, men and children taken from us by violence will be read aloud. Those who would like to read aloud one of the more than 200 names can arrive 5 or 10 minutes early to ask for a card.

- Candles will be provided. FMI: 338-4482 or e-mail minister@uubelfast.org.
- **Country Dance**, 7-11 p.m., Union Masonic Lodge, Sennebec Rd., Union. Music by Sidekick. \$10. FMI: 712-1314.
- **Flannel Shirt Pumpkin Pie Contra Dance**, 7 p.m.-midnight, Bowdoin College Schwarz Outdoor Leadership Center, 39 Harpswell Rd., Brunswick. Fund-raiser for the Flannel Shirt Fund with pumpkin pie, kids' activities and 11 p.m.-midnight fireside sing. Music by Sassafras Stomp (Johanna Davis and Adam Nordell).
- **Midcoast Ostomy Group Meeting**, 2 p.m., PenBay Physicians Building, Lower Level, Conference Room C, Rockport. Katy Powers, RN, BS, CWOCN, will be guest speaker. A support group for anyone who has had, or will have, ostomy surgery. Family members, friends and interested persons are encouraged to attend. FMI: 563-8163 or Elaine, 785-5547.
- **Swing Dance and Benefit**, 6:30-9:30 p.m., Belfast Dance Studio, High St. Donations-only, all-ages swing dance, open to the community, to benefit the Belfast Dance Studio's children's scholarship fund. Free mini-lesson at 6:30. DJ music for Lindy hop, East Coast and West Coast swing (or do your own thing). No partners or experience necessary. No street shoes. FMI: www.joyfuldancing.com.
- SUNDAY, NOV. 21:**
- **"Fishes and Loaves: A Study of the Covenant Between Land and Sea,"** 4-6 p.m., Midcoast Friends Meeting House, 77 Belvedere Rd., Damariscotta. A supper of local fish chowder will be followed by "By Land and by Sea," a presentation by Tufts graduate students Amanda Beal and Ellen Tyler that examines a growing global movement linking farmers and fishermen to build local food systems. FMI: 882-6848 or 380-5387.
- **Traditional Smudging Ceremony**, 10:30 a.m., St. Peter's Episcopal Church, White St., Rockland. Rev. Glen Mahaffey joins Harold Willey, Frank Basta and Michael Silva in a traditional American Indian purification ritual. All are welcome.



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9	6	8	3	1	2	4	5	7
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5	7	3	6	9	1	8	2	4
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► **Thanksgiving Worship Services**, Sun., Nov. 21, 6 p.m., Midcoast Christian Fellowship Church, Patterson Hill Rd., Belfast, and Wed., Nov. 24, 7 p.m., Searsport United Methodist Church. All are welcome to attend. Sponsored by the Greater Bay Area Ministerium.

MONDAY, NOV. 22:

► **Maine Farmland Trust Annual Meeting**, 5-7 p.m., Chase's Daily, Belfast. Food, door prizes, live music and local food. Hear plans to preserve 100,000 acres of Maine farmland. Free for MFT members; feel free to join beforehand.

► **Rockland Area Interfaith Thanksgiving Service**, 7 p.m., Rockland Congregational Church, 180 Limerock St. Sponsored by the Rockland Clergy Association, service features participation by clergy and laypersons from local faith communities and a combined choir from the congregations, led by Hannah Batley of First Universalist Church, with Richard Einsel at the organ. Bring a donation of nonperishable food for the Area Interfaith Outreach food pantry; a free will offering to benefit AIO will be taken.

TUESDAY, NOV. 23:

► **NARFE Meeting**, noon, Offshore Restaurant, Rte. 1, Rockport. Meeting of the National Association of Active and Retired Federal Employees will feature speaker Andrea Pastore from Blue Cross/Blue Shield. Those wishing a more leisurely lunch are welcome to arrive at 11:30 a.m. FMI: 594-2466.

► **"Abiel Biggs: American Patriot,"** 6:30 p.m., Camden Library. Hank Lunn is a descendant of Biggs, who marched through Maine in 1775 in Benedict Arnold's attack on Quebec. Lunn, dressed in period costume including a musket and

tomahawk, discusses the life of patriots during the American Revolution.

► **Travel Program on Bhutan**, 7 p.m., UU Church, 37 Miller St., Belfast. Travelogue by Liz and Rick Fitzsimmons, who spent several weeks exploring the small kingdom.

► **Camden Rotary Club Meeting**, noon, Pen Bay YMCA, Union St., Rockport. Captain Wade, of Maine Maritime Academy's training ship *State of Maine*, will speak. Those wishing to attend can call Bruce Cole, 691-4893.

► **R.O.A.D. Meeting**, 7 p.m., Lincoln County Communications Bldg., Rte. 1, Wiscasset. Route One Alternative Decisions (R.O.A.D.) public meeting to present ideas for improving Rte.1 traffic in Wiscasset instead of building a bypass. FMI: www.wiscasset-road.org.

WEDNESDAY, NOV. 24:

► **Homemade Pie Sale**, 9 a.m., Pen Bay YMCA, Union St., Rockport. Sail to benefit the YMCA's Sailfish Swim Team. Pre-orders available on apple and pumpkin; call 236-3375 or 763-2810. Pies are \$12.

► **Wednesday Walkers**, 8:30 a.m., meet to carpool from the Friends Meeting House, Belvedere Rd., Damariscotta. Today: DRA Farm, Damariscotta. FMI: Jack Brown, 563-3827.

► **Spectrum Generations Coastal Community Center Lunch and Learn Program**, 11:15 a.m., Bus. Rte. 1, Damariscotta. Following the luncheon, local music group Greenfields will present a Thanksgiving concert of Irish, folk, and sea songs on banjo, flute and guitar. Advance reservations required: call 563-1363 by noon on Monday. Suggested donation is \$4 for disabled or over 60/ \$5 under 60.

COMING UP:

► **Pen Bay YMCA Turkey Trot**, Fri., Nov. 26, 8 a.m. registration, 9 a.m. race, Union St., Rockport. 5K run/walk along a new course through Rockport and Camden. Pre-race day fees \$12/\$25 family; race day, \$15/\$25. FMI: 236-3375.

► **Shopping Train to Rockland**, Sat., Nov. 27, departs Maine Street Station in Brunswick at 9 a.m., from Bath train station at 9:20, and from the Wiscasset public boat landing at 9:50. Passengers arrive in Rockland at 11 a.m. and will depart at 4:10 p.m. to complete their round-trip journey. Reservations advised: 596-6725.

► **Bus Trip to Boston Celtics Game**, Fri., March 4, bus departs Waldoboro VFW parking lot at 12:30 p.m. for 7:30 p.m. game with the Golden State Warriors, with a pre-game stop at Faneuil Hall Marketplace. \$90. FMI: 832-5369.

ONGOING:

► **Sunday Music Jam**, 1-3 p.m., Sail, Power and Steam Museum, Mechanic St., Rockland. Every Sunday the museum welcomes all musicians and listeners to an open music session.

► **Washington Grange Farmers Market**, Sat., 10 a.m.-1 p.m., through Dec.18, Evening Star Grange, Old Union Rd. FMI: 845-2140.

► **Toy Library Center**, Thurs. and Fri., 9 a.m.-noon, St. Peter's Episcopal Church, White and Limerock sts., Rockland. A community program for pre-schoolers, toddlers, and infants, ongoing through Dec. 17. FMI: info@midcoast-toylibrary.org.

► **Dancing 4 Fun**, Tues., 7:30-9 p.m., dance studio of Lincoln Street Center for Arts and Education, 24 Lincoln St., Rockland. Music to move to, good for body and soul. Free; donations accepted.

ASTROlogically Speaking

WITH ANANUR

NOVEMBER 19 - NOVEMBER 25



Friday, November 19 — Mercury and Mars are conjunct in Sagittarius. This aspect would be great for a comedy show, because it speeds up the mind, and Sagittarius energy is quick-witted. Its influence is known to bring out rebellious, sarcastic remarks. The Sun is nicely aspecting Venus, pointing to the desire to feel appreciated by those you love and take care of. Between 3:30 and 7:30 a.m. the Moon will be aspecting Mercury and Mars, which could cause trouble with sleeping. From 10:30 a.m. to 12:30 p.m. the Moon will favorably aspect Pluto, leaving you feeling every emotion intensely. It's ideal for a psychotherapy session. Pluto likes to go to the core of the issue and pull it up like a weed. Between 7:30 and 9:30 p.m. the Moon will aspect Jupiter awkwardly, indicating poor judgment due to idealism, which could throw you out of balance emotionally.

Saturday, November 20 — This is the last day that Mercury and Mars are close together in Sagittarius. As you probably know by now, this particular aspect tends to make us all a bit too blunt and abrupt. The best advice I can offer is to think before you speak. Mercury and Mars together could also indicate exaggeration or stretching the truth. The Sun will be in an awkward aspect with Saturn. Don't be surprised if you find obstacles blocking your forward momentum. Be patient and persistent, and things will work out. Between 11:15 a.m. and 1:30 p.m. the Moon will aspect both Mercury and Mars, finding you in a state of agitation. From 4 to 5 p.m. the Moon will be aspecting Pluto, which is known to cause struggles with uncomfortable feelings.

Sunday, November 21 — From 5:45 to 7:45 a.m. the Moon will be in a positive aspect with Uranus, indicating strong intuition. A somewhat somber mood takes hold from 9:30 to 11:30 a.m. while the Moon is aspecting Saturn awkwardly. Then the Full Moon will take place at exactly 12:27 p.m., with the Moon in Taurus and the Sun exactly opposite in Scorpio. With serious personal and national economic issues to deal with, we are faced with the question of what is really most important in life. What is it that brings about emotional stability and security? Issues of power also arise — who's got it and how do they use it? With Scorpio energy there are always issues of addictions and obsessions to be dealt with. The Full Moon just intensifies that fact.

Monday, November 22 — The Sun enters into Sagittarius at 5:15 a.m. and remains there until December 21 at 6:39 p.m. Now we're in the phase where we like to daydream about how things could be. Getting into philosophical discussions about religious beliefs is not uncommon. We may

find during the next 29 days that the political arena is being infiltrated by religious dogma, and the legal system may need to step in and remind us of the law. I think this has been going on for some time now. Sagittarius energy is all about being open-minded and respectfully making space for all different points of view. While the Moon is in a favorable aspect with Saturn from 1 to 3 p.m. you'll find that you're feeling calm and relaxed and can get more done. Between 10:30 p.m. and 1:30 a.m. you may be feeling irritable while the Moon is opposite Mars, getting you all stirred up.

Tuesday, November 23 — Mercury will be aspecting Jupiter for the next couple of days. Try not to take on too many commitments now; it's so easy to get scattered and exhausted. Your mind is open and you're ready to learn new things. Your psychic sensitivity will peak from 11 a.m. to 1 p.m. when the Moon is aspecting Neptune. You may feel like you're on a roller coaster emotionally when the Moon aspects Uranus from 12:30 to 2:30 p.m. A great time to meet with friends is from 3 to 5 p.m., while the Moon is aspecting Venus. It's also a good time to go shopping.

Wednesday, November 24 — Mercury will be aspecting Jupiter until tomorrow night. This aspect finds you making plans and setting goals that may not be totally realistic from a financial standpoint. Be careful to pay attention to the details, which if ignored may cause major problems in the future. This is not the best time for signing documents, because some simple details might be neglected. You're apt to be feeling spacey and forgetful from 1:45 to 3:45 p.m. while the Moon is aspecting Neptune. Between 7 and 9 p.m. you're ready for bed. The Moon is aspecting Saturn, and you're not in the best of moods.

Thursday, November 25 — Happy Thanksgiving! There's so much to be grateful for, living on this gorgeous, abundant blue/green planet of ours. Mercury is aspecting Jupiter for the last time today. I hope you're not run ragged. The Sun is nicely aspecting Pluto, which is strengthening for those who are overcoming addictions and paying attention to what foods they eat. Mercury is aspecting Uranus and Neptune until Saturday night. Your words are inspired. If you are fond of writing poetry or short stories, this is an ideal time for doing just that. Between noon and 2 p.m. the Moon will nicely aspect Jupiter, bringing out the best in all of us. From 5:15 to 7:15 p.m. the Moon will aspect Uranus, which always increases intuition and creativity.

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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FOOTBALL CONTEST ENTRY FORM

CHECK OFF ONE WINNER OF EACH GAME

WINNER: Person with most correct answers.

TIES: In the event of a tie, winner will be chosen at random.
ONLY ONE ENTRY PER HOUSEHOLD, ONLINE OR PRINT, PER WEEK, WILL BE ENTERED IN THE DRAWING.

Sunday, November 28

- Green Bay at Atlanta
- Pittsburgh at Buffalo
- Philadelphia at Chicago
- Carolina at Cleveland
- Minnesota at Washington
- Tampa Bay at Baltimore
- Tennessee at Houston
- Jacksonville at NYGiants
- Kansas City at Seattle
- Miami at Oakland
- St. Louis at Denver
- San Diego at Indianapolis

Monday, November 29

- San Francisco at Arizona

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

Last Week's Winner was Joan Willoe of Northport who won in a 3-way tie with Linda Fuller and Bill Timchak - all with 10 of 13 correct picks.

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Address: _____

Phone: _____

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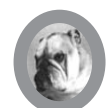
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Clients of Coastal Opportunities in Camden Appreciate Cash for Clothes

and send their thanks to all the volunteers and community members who worked and shopped at the 72nd Cash for Clothes sale held in October.

Seated in front (left to right) are Denise Raynes and Katie Kuhn; standing in back (left to right) are Melvin Achorn, Linda Yattaw, Louie Regnier and Scott Achorn. Proceeds from the Fall Sale netted \$5,900 in support of Coastal Opportunities. The Cash for Clothes Sale is held semiannually in April and October, and is the major fund-raising event for Coastal Opportunities. For more information, call 236-6008.



Union Resident Among Scholars Sworn into Law Program by NH Supreme Court Justices

Paul Groce, 27, of Union is a member of the fifth class of Daniel Webster Honors Scholars from the University of New Hampshire School of Law. Groce, who earned his undergraduate degree from the University of Maine, Orono, was officially sworn into the program by the full roster of New Hampshire Supreme Court justices.

Initiated by the New Hampshire Supreme Court and launched in 2005, the Daniel Webster Honors Scholars program is a two-year, practice-based, teaching and bar licensing honors program. Participants complement their regular law coursework with rigorous applied

training in professional skills, as well as judgment through simulated, clinical and externship settings. In short, students are allowed to practice law before they graduate; they counsel clients, appear before judges, and develop their skills and judgment in clinical settings. If students meet all the necessary requirements and pass the Multistate Professional Responsibility Examination, they will be admitted into the New Hampshire Bar upon graduation.

The Daniel Webster Honors Scholars program is the first of its kind in the country. For more information, visit www.law.unh.edu/websterscholar.

Volunteers Sought to Review Grant Applications

The Maine Commission for Community Service seeks well-qualified professionals from Maine and other states in the Eastern or Central time zones to serve as volunteer peer reviewers for its upcoming grant competitions. The grants largely involve federal dollars. Sometimes the grants are for large, multiyear projects and some are micro-sized to support projects in conjunction with days of service.

For example, the AmeriCorps State operating grants range from \$150,000 to over \$300,000 and cover a three-year period. At the opposite end of the size spectrum are \$500 grants to support community service projects on Martin Luther King Day of Service each January.

Regardless of the size, all the applications are evaluated and rated to determine which will receive awards from the predetermined allotment of funds. Peer Review is the portion of the grant application assessment process that is conducted by a panel of indi-

viduals with expertise related to the purpose and/or area of focus for the grant program.

The Commission seeks a diverse group of reviewers for grant competitions conducted between December 2010 and November 2011. Volunteer reviewers will need expertise in one or more of these areas: national service, public safety, volunteer management or program design, protection of at-risk ecosystems, energy conservation, affordable housing, nonprofit management, emergency management, adult as well as K through 12 education, financial literacy, health and workforce development.

For a full description of this skilled volunteer opportunity and the online application, visit the grants section at www.maineservicecommission.gov/grants. Applications submitted by Tuesday, November 30, will constitute the pool of reviewers for grant competitions in early 2011. To learn more about Maine Commission for Community Service, go to www.maineservicecommission.gov.

Knox County Teachers Get a Boost from US Cellular Campaign

Two Knox County teachers received word from US Cellular that their classroom projects had been funded through the company's Calling All Teachers nationwide campaign. For a second year, the wireless carrier partnered with philanthropic Website Donors Choose.org to fund \$1 million in creative classroom projects submitted by public school teachers. The local donation of more than \$1,700 will benefit more than 180 students in Camden and Thomaston. More than 70 teachers throughout Maine had their projects fulfilled by US Cellular's Call-

ing All Teachers Campaign, totaling more than \$41,000.

Fifth graders at Camden-Rockport Middle School will receive more than 45 math books, learning math concepts through story sharing, thanks to a project proposal submitted by teacher Jody Lary. Students in kindergarten through fourth grade at Lura Libby School in Thomaston will be provided with books about Maine or written by Maine authors, thanks to teacher Teresa Brewster's project proposal.

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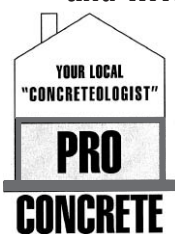
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ROCKLAND— Great neighborhood, large, sunny, bright, first floor, 1 BR apt. in duplex, views of harbor and lighthouse, convenient location, non-smoking, \$950/mo. Please call 542-1101. (11/25)

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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)

BOOTH RENTAL — Great income opportunity with a booth rental at a new salon in Washington, for unlimited income potential call Estelle of Simplicity Hair Salon, 845-3400. (kr)

W. ROCKPORT WOODSHOP — Sunny, well insulated, 750 sq. ft. garage, wood heat, 220 volt, 10" table saw, 15" planer, 14" band saw, and vacuum. \$400/mo. 461-4668. (12/2)

STORAGE

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

STORAGE

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)

EVERGREEN SELF STORAGE — 6x10 to 10x40 sizes, all paved, Rt. 17, Washington, 785-4464, or Exit 132, W. Fairfield, 453-7131, 50% off 1st month with 3-month minimum. (kr)

SELF HELP AND SUPPORT

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

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

DBSA SERVICE GOES DAY-TIME — Mid Coast Depression & Bipolar Support Alliance, formerly available only evenings, now offers a safe daytime environment for discussion of these ailments. The purpose is to aid in coping with mental illness. Meetings are held Tuesdays at First Universalist Church, 345 Broadway in Rockland, from 11 a.m. to noon. FMI: 596-1061.

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

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

SELF HELP AND SUPPORT

WALDOBORO AL-ANON
United Methodist Church Parish Office,
93 Friendship Street, Waldoboro
- Sunday 7-8 p.m.
FMI: Dec, 832-2062.

Is Food a Problem for You? OVEREATERS ANONYMOUS MEETS:
On Friday, noon, Unitarian Universalist Church of Belfast, 37 Miller Street, BELFAST.

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 Universalist Church, 345 Broadway.
Belfast: 7-8 p.m., Wed., Volunteers of America Bldg., near Route 1.
FMI: Heather, 691-3599.

Sex and Love Addicts Anonymous
FMI: E-mail mmislaa@fairpoint.net, or go to: www.21.maine.org (click on 211 directory then keyword: Augustine Fellowship).

Common Journey Breast Cancer Support Group, 6 to 8 p.m. at Meryspring Park, Conway Rd., Camden. First and third Monday. Info: Linda Zeigler, 594-6889.

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.

OVEREATERS ANONYMOUS
St. Peter's Church,
White St., Rockland
(Playground-side entrance)
Tuesday, 6:30-7:30 p.m.
Children's play area available.
Saturday, 9-10 a.m.
Come and Join Us!
Questions?
236-4101.

CRISIS LINE

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

AL-ANON MEETINGS in Knox County
Mondays, 7-8 p.m., St. John Episcopal Church, Thomaston.
Tuesday, 7-8 p.m., Our Lady of Good Hope Catholic Church, Camden.
Thursday, 6-7 p.m., Rockland Public Library, downstairs.
Saturday, 10-11 a.m., PenBay Physicians Building, Rockport.

AL-ANON MEETINGS in Waldo County
- **MONDAY, Noon-1 p.m.** First Baptist Church annex, 95 High St., Belfast.
- **WEDNESDAY at 7 p.m.** Monroe Community Church basement, 26 West Main St., Monroe.
- **THURSDAY at 7 p.m.** St. Francis of Assisi Church basement, 47 Court St., Belfast.

FREE ONLINE HELP WANTED

FREE PRESS Market Square

POST YOUR OWN OR BROWSE LISTINGS

Visit:
www.freepressonline.com
& click on the FREE PRESS MARKET SQUARE SITE SPONSOR BOX on the Right or click on CLASSIFIEDS AND SIGN UP!

For more information, call Marjorie Strauss at 596-0055

Site Sponsors

Free Press MARKET SQUARE enter here

Classified Man Proves Once Again that Free Press Ads Sell!!



MARKET BASKET

DEADLINE is 4 p.m. MONDAYS

MARKET BASKET ADS FREE

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

- Twenty Naturally Flat Stones,** good for garden walkway, etc., \$100 for all. 845-2617.
- Four Snow Tires,** 175/70R13 82Q, excellent condition, don't fit new car, \$100. 342-4313.
- Dean Markley Pro-Mag Acoustic Guitar Pickup,** like new, \$40. High-quality gig bag for acoustic guitar, \$10. 354-0707.
- Downhill Ski Boots**, kid's Salomon Performa T3, blue/black, size 24.5, kid's 6, exc. cond., \$30. 594-9053.
- Men's 100% Suede Jacket,** size 42, chocolate brown, \$50. Hockey stick, \$10. Sheet sets for single bed: Ninja Turtles, dinosaurs, baseball, \$5 each, \$10 for all. 338-1951.
- Lady's Vanity Table** 40s vintage, white painted wood, no fiberboard, 27 in., back mirror, drawer across front, \$35. 338-5010.
- Eight Dark Red Laying Hens,** \$1 each. 549-7977.
- 3/4 Coat,** faux fur, grey, size 20, great for holidays, \$40. 354-6172.
- AB Lounge Sport,** \$25. Kodak projector, no lens, \$20. Bullworker exercise bar, \$15. Chuck Norris workout book, \$5. 236-0378.

- Lifetime Portable Basketball Hoop,** \$75. 594-7117.
- Toyo Radial Tires**, used, P205/60R15, \$25 for pair. 236-0333.
- Trousers,** size 44 x 30, still have sale tags, dress and casual styles, 10 for \$100. 845-2661.
- Keurig Mini Brewing System,** used lightly, in box with instruction booklet, small dent, \$50. 596-2932, ask for Celeste.
- Storm Door,** white fiberglass, screen w/self-storing window, 36" x 80", hardware inc., \$100. 273-2506.
- Canon AE-1 Program Film Camera Body,** 50mm F1.8 Canon FD lens, Canon Skylight and Tiffen circular polarizer filters included, \$100. 236-3733.
- Ski Boots**, women's size 6, Rossignol, black, little bit of pink, \$40. 594-2920.
- Table,** pine, square top, sturdy, handsome, \$75. End table, wicker, \$25. 594-8391, weekdays.
- Very Large, Unframed Wyeth Prints,** "Little Caldwell Island," 1940; "Spring Beauty," "Chester County Farm," and "Shed Lantern," 1960, \$20 each. 594-4704.
- Hoist,** heavy-duty pulley type for game dressing, never used, cost \$25, asking \$10. Hurricane lanterns, three for \$10. 594-1885.
- Cockatiels,** must sell due to health, three sets: two males; two males; and one male and one female, \$20/set. 594-4913.
- Winnie the Pooh Baby Swing,** hardly used, works great, comes from non-smoking home, \$90. 701-1853.
- Sirius Satellite Radio,** "Sportster" model includes car and home kits, \$75. 691-1255.
- Four Harry Potter Books,** \$10. New Hearthsong pattern blocks, \$15. Lots of Legos, \$20. Victoria, 354-0881.
- Color TV,** \$20. VCR, \$20. DVD player, \$20. Microwave, \$20. 542-2328.

- Piano/Midi Keyboard,** \$20. 1 hp electric motor, \$25. 3/4 hp electric motor, \$20. Computer desk, unassembled, \$30. 594-0032.
- Wool Dress Coat,** full length, dark brown, size 12, like new condition, paid \$150, asking \$30. Navy blue pile rug, 5' x 12', \$35. 763-4220.
- Sony Surround Sound System,** five speakers and base unit, used very little, \$75. 594-4228.
- Digital Picture Frame,** Kodak EasyShare S730, new, in box, never used, stores 8,000 pictures, \$45. 542-4000.
- Nail Gun Compressor,** for finish nails 1" to 2 1/4", new, \$100. 542-5101, Warren.
- Elegant Black Wool Coat,** with velvet collar, mid-calf length, size 10, seldom worn, paid \$150, sell for \$65. 236-3192, after 5 p.m.
- 32" Flat Screen Sony HD Digital TV,** picture in picture, 1080i resolution, top of the line Trinitron, \$100. 785-2240.
- Unique Corner Settee,** with storage inside, great toy box or wood box, can e-mail photo, \$60. 785-4517.
- Amtrol Boiler Mate Water Heater,** 80 gal., excellent condition, \$90. OBO. Pool/spa chemicals, \$10 OBO. 236-0267.
- Barn Doors,** for '73-'91 Suburban, complete, just about as rust free as they get, \$100/pair. 785-3216.
- Instant Record Collection,** over 50 LPs, from Aerosmith to Zevon, Eagles, Springsteen and more, \$75. 230-1195.
- Front Chrome Bumper,** fits '81-'87 full-size Chevy/GMC trucks, \$75. 785-2370.
- Box of Costume Jewelry,** mixed, ear, neck, pins, etc., asking \$75. 845-2617.
- One Refrigerator** and one electric stove, \$50 each. 322-9734.
- Electronic Football Game,** \$5. Hanimex electronic TV gaming system, \$5. Ford AM-FM vehicle radio, \$15. 338-1951.

- 400 Airliner 4 x 6 Color Prints,** 25¢ each. 629-5308, Augusta.
- Nikon Quick Pic 35mm Camera** \$15. Five DVDs, \$10 for all. 691-8381.
- Serama Rooster and Hen Pair,** very small breed, great "in town" chickens, have baby chicks in the spring, \$25 for pair. 596-2932.
- Oneida Stainless,** eight piece settings and extras, 71 pieces, \$70 firm. Fifty old, clean romance novels, 10¢ each OBO. 236-3665.
- The First Salute,** \$5. *The Only Way to Cross,* \$6. *The Sea Is at Our Gates* (history of the Canadian Navy), \$7. 596-7344.
- Electric Piano/Keyboard,** 61 keys, multifunction, \$25. Bowl back mandolin, nice, \$50. Violin, needs minor repair and setup, \$20. 594-0032.
- Single Bed,** with mattress, white, has headboard with shelves, three drawers below mattress, \$100 OBO. 691-8399.
- Twin Size Bed,** with headboard, has three drawers, headboard has shelves, asking \$100 OBO, includes mattress. 691-5742.
- Black Dansco Clogs,** size 39, great condition, great price, \$45. 542-7011.
- Weslo Cadence 2300 Electric Treadmill,** \$100. 542-2328.
- Large Bird Cage,** 22.5" x 19" x 14.5", and 5.5' hanging stand, like new condition, accessories and toys included, \$75. 701-1536.
- Box of Makita Battery Powered Tools,** drill, flashlight, Skil saw, stapler, Milwaukee drill, chargers incl., two batteries questionable, \$100 OBO. 594-7596.
- Two Steiff Lambs,** one 12" high, one 6" high, nice, old, VGC, \$40. 633-0227.

WANTED

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

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 MONDAYS**
- Wanted: Old Chisels,** any condition, will refurbish; also furniture clamps, planes, carving tools for woodworking classes, cash paid. 596-0863.
 - Wanted: DVD Player,** for single mom and family. 542-7011.
 - Wanted: Apple Wood,** for smoking meats. 30-inch cordwood saw blade, in good condition. 354-6780.
 - FREE**
 - Free: Tons of China, Stained Glass and Supplies,** no longer making mosaics. 342-4313.
 - Free: Ladies Figure Skates,** shoe size 5 1/2, good condition. 594-4293.
 - Free: Two Tires**, Goodyear 225/60 R-16. 882-5090.
 - Free: Kombucha Scobys**, made with organic tea, large, thick and healthy. 548-2821.
 - FOUND**
 - Found: Missing Teapot,** from the tea set sold at St. Bernard's Christmas Fair on Nov. 6. 594-2109.

MONDAY EVENING NOVEMBER 22, 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	Love-Raymond	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Curb Enthusiasm	Name Is Earl	OurMaine	Star Trek: The Next Generation	Blouin Suzuki			
4	Two and Half Men	Two and Half Men	House "Small Sacrifices" (N)	Lie to Me "Smoked" (N)	News 13 on FOX (N)	Frasier	Accord-ing-Jim	Family Guy	Seinfeld			
5	Two and Half Men	How I Met	How I Met	Engage-ment	Mike & Molly (N)	Hawaii Five-0 "Hao Kanaka" (N)	News	Late Show With David Letterman	Late			
6	207 Magazine	Be a Mil-lionaire	Chuck Deciphering a secret. (N)	The Event Sophia sets a trap. (N)	Chase A man flees with his girlfriend.	News	The Tonight Show With Jay Leno	Late Night				
8	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars	Skating With the Stars (Stereo Live)	(Series Premiere) (In Stereo) Live	News at 11PM	Nightline (N)	Jimmy Kimmel Live (In Stereo)				
10	PBS NewsHour (N) (In Stereo)	Antiques Roadshow (N)	American Masters "Lennon NYC" John Lennon's life in New York. (N)	Charlie Rose (N) (In Stereo)	World News	Tavis Smiley						
12	How I Met	How I Met	90210 "Age of Inheritance" (N)	Gossip Girl "Double Identity" (N)	Entourage TMZ (N)	Extra (N)	Punk'd	Republic Jewelry	Auto King			
13	Entertain-ment (N)	The In-sider (N)	How I Met	Engage-ment	Two and Half Men	Mike & Molly (N)	Hawaii Five-0 "Hao Kanaka" (N)	News 13 at 11:00	Late Show With David Letterman	Late		
21	Without a Trace	Without a Trace	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds			
24	NBA Basketball: Boston Celtics at Atlanta Hawks.	Celtics	Sports	Sports	Dancers	Sports	Sports	Sports	Jay			
25	Monday Night Countdown	NFL Football: Denver Broncos at San Diego Chargers. (Live)	SportsCenter	(Live)								
26	Basket	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball			
27	Boxing	TBA	TBA	Outdoors	Dirty	Daily	Outdoors	Daily	Daily	Paid	Paid	
30	How I Met	How I Met	Reba	Reba	Movie: "Fab Five: The Texas Cheerleader Scandal" (2008) Jenna Dewan.	How I Met	How I Met	"Fab Five: Texas Cheerleader"				
36	John King, USA (N)	Parker Spitzer (N)	Larry King Live (N)	Anderson Cooper 360	Mad Money	Fast Money	Larry King Live					
39	The Kudlow Report	CNBC Reports	American Greed	On the Money	Mad Money	Fast Money	Larry King Live					
40	Hardball Matthews	Countdown	Rachel Maddow	The Last Word	Countdown	Rachel Maddow						
41	Cops	Cops	Repo	Repo	Stings	Stings	Forensic	Forensic	Forensic	Forensic		
42	Moguls and Movie Stars: History Hwd	Moguls and Movie Stars: History Hwd	Movie: "Footlight Parade" (1933) James Cagney, Joan Blondell.	Moguls and Movie Stars: History Hwd	Movie: "The Public Enemy"							
44	Bones "Titan on the Tracks" (N)	Bones "Mother and Child in the Bay" (N)	Bones Body beside a garbage truck.	The Closer "Last Woman Standing" (N)	Men of a Certain Age	CSI: NY "Prey" (In Stereo)						
45	Movie: "Accepted" (2006) (N)	South Pk	South Pk	S. Park	South Pk	Daily	Colbert	Ugly	Futurama			
46	Two and Half Men	Two and Half Men	Movie: "The Devil Wears Prada" (2006) Meryl Streep. A recent college graduate lands a job at a fashion magazine.	Movie: "Mr. 3000" (2004, Comedy) Bernie Mac, Angela Bassett.	Movie: "Street Kings" (2008) (N)	Conan (N)	Lopez Tonight (N)					
47	NCIS "Sandblast"	NCIS	WWE Monday Night RAW									
48	Seinfeld	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy			
49	"Shall We Dance?"	Movie: "Beaches" (1988) Bette Midler.	Movie: "Beaches" (1988) Bette Midler.									
50	The First 48	Intervention	Hoarders	Hoarders	Intervention	Intervention						
51	(5:00) Movie: "Million Dollar Baby"	Movie: "Troy" (2004, Adventure) Brad Pitt, Eric Bana, Orlando Bloom.	Movie: "A Few Good Men" (1992) Tom Cruise.									
52	Heath Ledger: Trib.	Byron: Summer	Byron: Eloquence of Action	Byron: Summer	Byron							
53	Real Housewives	Housewives/Atl.	Housewives/Atl.	Real Housewives	Housewives/Atl.	Matchmaker						
56	Thanksgiving	Unwrap	Unwrap	Best	Diners	Diners	Good Eat	Good	Best	Best		
59	(6:00) Movie: "The Christmas Choir"	Movie: "Finding John Christmas" (2003) Valerie Bertinelli, Peter Falk.	Movie: "When Angels Come to Town" (2004) Peter Falk, Katey Sagal.	Movie: "One Magic Christmas"								
60	Cameron	Holy	Behind	Chironna	Franklin	Duplantis	Praise the Lord	Osteen	P. Stone			
61	Apoc-	Apoc-	Pawn	Pawn	The Real Story	Pawn	Pawn	American Pickers	Pawn	Pawn		
62	People	People	People	People	Cake	Cake	Fabulous Cakes (N)	People	People	Cake	Cake	
63	JFK: Target Car	Secret Service	The Kennedy Detail (N) (In Stereo)	Secret Service	The Kennedy Detail							
64	Sanford	Sanford	Sanford	Sanford	Movie: "Roxanne" (1987) Steve Martin.	Rose	Rose	Rose	Rose			
66	Movie: "A Carol Christmas" (2003)	Movie: "Holiday in Handcuffs" (2007)	Chris	Chris	George	George	The 700 Club	My Wife	My Wife	Nanny	Nanny	
67	iCarly	Sponge.	My Wife	My Wife	Chris	Chris	George	George	George	Nanny	Nanny	
68	Movie: "Tinker Bell" (2008, Fantasy) Mae Whitman.	Wizards-Place	Suite/Deck	Suite/Deck	Good-Charlie	Good-Charlie	Fish Hooks	Fish Hooks	Hannah Montana	Hannah Montana		
69	Pit Bulls-Parole	Pit Bulls-Parole	I Shouldn't Be Alive	I Shouldn't Be Alive	I Shouldn't Be Alive	I Shouldn't Be Alive	Pit Bulls-Parole	I Shouldn't Be Alive				
70	Movie: "Halloween: The Curse of Michael Myers" (1995) Mitchell Ryan	Movie: "The Reaping" (2007, Horror) Hilary Swank, David Morrissey.	Gundam	Gundam	Tokko	Tokko						

TUESDAY EVENING NOVEMBER 23, 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	Love-Raymond	Are You Smarter? Are You Smarter?	Don't Forget	Don't Forget	Curb Enthusiasm	Name Is Earl	Open Air	Star Trek: The Next Generation	Blouin Suzuki		
4	Two and Half Men	Two and Half Men	Glee Sue's mother comes to town. (N)	Raising Hope (N)	Running Wilde (N)	News 13 on FOX (N)	Frasier	Accord-ing-Jim	Family Guy	Seinfeld		
5	Two and Half Men	How I Met	NCIS "Enemies Domestic" (N)	NCIS: Los Angeles "Deliverance" (N)	The Good Wife "On Tap" (N)	News	Late Show With David Letterman	Late				
6	207 Magazine	Be a Mil-lionaire	The Biggest Loser	The contestants receive makeovers. (N) (In Stereo)	Parenthood "Happy Thanksgiving" (N)	News	The Tonight Show With Jay Leno	Late Night				
8	Wheel of Fortune	Jeopardy! (N)	No Ordinary Family (N) (In Stereo)	Dancing With the Stars (Season Finale) (In Stereo) Live	News at 11PM	Nightline (N)	Jimmy Kimmel Live (In Stereo)					
10	PBS NewsHour (N) (In Stereo)	NOVA "Quest for Solomon's Mines"	Frontline "Facing Death" (N)	Independent Lens "Deep Down" (N)	Charlie Rose (N) (In Stereo)	World News	Tavis Smiley					
12	How I Met	How I Met	One Tree Hill "The Space In Between"	Life Unexpected "Music Face"	Entourage TMZ (N)	Extra (N)	Punk'd	Blouin Suzuki	Auto King			
13	Entertain-ment (N)	The In-sider (N)	NCIS "Enemies Domestic" (N)	NCIS: Los Angeles "Deliverance" (N)	The Good Wife "On Tap" (N)	News 13 at 11:00	Late Show With David Letterman	Late				
21	Without a Trace	Without a Trace	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds			
24	Celtics	Sports	Builder	Style	World Poker Tour	Sports	Sports	Celtics	Sports	Sports	Dancers	
25	College Basketball	College Basketball	College Basketball	College Basketball	SportsCenter	(Live)						
26	College Football: Temple at Miami (Ohio). (Live)	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	NFL Live	NFL Live	
27	College Hockey: Princeton at Quinnipiac. (Live)	Bobcats	Daily	Hot	Daily	Daily	Daily	Daily	Daily	Paid	Paid	
30	How I Met	How I Met	Reba	Reba	Wife Swap "Funder-burgh/Warren"	Wife Swap "Donahoe/Baker" (N)	How I Met	How I Met	Wife Swap "Funder-burgh/Warren"			
36	John King, USA (N)	Parker Spitzer (N)	Larry King Live (N)	Anderson Cooper 360	Mad Money	Fast Money	Larry King Live					
39	The Kudlow Report	CNBC Reports	Haynesville (N)	Haynesville (N)	Mad Money	Fast Money	Larry King Live					
40	Hardball Matthews	Countdown	Rachel Maddow	The Last Word	Countdown	Rachel Maddow						
41	Repo	Repo	Rehab: Party	Rehab: Party	Party Heat	Forensic	Forensic	The Investigators				
42	Movie: "The Terror" (1962, Drama) Gregory Peck.	Movie: "To Kill a Mockingbird" (1962, Drama) Gregory Peck.	Movie: "The Bucket List" (2007) Jack Nicholson, Morgan Freeman.	Movie: "Boys Town" (1938) Spencer Tracy, Mickey Rooney.	Movie: "Sounder" (1972)							
44	Bones A man is found dead.	Bones "The Blonde in the Game" (N)	Movie: "The Bucket List" (2007) Jack Nicholson, Morgan Freeman.	Southland "Phase Three" (N)	CSI: NY "Yahrzeit" (In Stereo)							
45	Daily	Colbert	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Sward	South Pk	Daily	Colbert	Sward	South Pk
46	Two and Half Men	Two and Half Men	Movie: "What Happens in Vegas" (2008) Cameron Diaz, Ashton Kutcher.	Sons of Anarchy "June Wedding" (N)	Sons of Anarchy "June Wedding" (N)	Psych	Burn Notice					
47	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU
48	Seinfeld	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
49	The Bad Girls Club	The Bad Girls Club	The Bad Girls Club	The Bad Girls Club	Running Russell	The Bad Girls Club	Running Russell	The Bad Girls Club	Running Russell			
50	The First 48	Billy	Billy	Billy	Billy	Parking	Parking	Parking	Parking	Billy	Billy	
51	(5:00) Movie: "A Few Good Men"	Movie: "The Perfect Storm" (2000) George Clooney. A fishing boat sails into the storm of the century.	Movie: "The Great Gatsby" (2000, Drama) Mira Sorvino.	Movie: "The Sum of All Fears" (2002, Suspense) Ben Affleck.	Movie: "The Great Gatsby" (2000)							
52	Vanishing World	Matchmaker	Matchmaker	Matchmaker	The Fashion Show	Matchmaker	The Fashion Show	Matchmaker	The Fashion Show			
53	Matchmaker	Matchmaker	Matchmaker	Matchmaker	The Fashion Show	Matchmaker	The Fashion Show	Matchmaker	The Fashion Show			
56	Good	Unwrap	Thanksgiving	Private Chefs	Chopped	Cakes	Cakes	Private Chefs				
59	(6:00) "A Grandpa for Christmas" (N)	Movie: "The Three Gifts" (2009, Drama) Dean Cain, Jean Louisa Kelly.	Movie: "Our First Christmas" (2008) John Ratzenberger, Julie Warner.	Movie: "The Ten Commandments" (2006) Dougray Scott.	Movie: "Anne Tyler's Saint Maybe"							
60	Cross	Summit	Behind	J. Meyer	Hagee	Hillsong	Osteen	P. Stone				
61	Modern History	American Pickers	Top Gear	IRT Deadliest	Shockwave	American Pickers						
62	Cake	Cake	19 Kids-Count	19 Kids	19 Kids	Couple	Couple	19 Kids-Count	19 Kids	19 Kids		
63	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Auction	Auction	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs	Dirty Jobs
64	Sanford	Sanford	Sanford	Sanford	Raymond	Raymond	Love-Raymond	Raymond	Rose	Rose	Rose	Rose
66	Movie: "A Carol Christmas" (2003)	Movie: "Holiday in Handcuffs" (2007)	Chris	Chris	George	George	The 700 Club	My Wife	My Wife	Nanny	Nanny	
67	iCarly	Sponge.	My Wife	My Wife	Chris	Chris	George	George	George	Nanny	Nanny	
68	Movie: "Tinker Bell" (2008, Fantasy) Mae Whitman.	Wizards-Place	Suite/Deck	Suite/Deck	Good-Charlie	Good-Charlie	Fish Hooks	Fish Hooks	Hannah Montana	Hannah Montana		
69	Pit Bulls-Parole	Pit Bulls-Parole	I Shouldn't Be Alive	I Shouldn't Be Alive	I Shouldn't Be Alive	I Shouldn't Be Alive	Pit Bulls-Parole	I Shouldn't Be Alive				
70	Star Trek: The Next Generation	Star Trek: The Next Generation	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe	Stargate Universe

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WEDNESDAY EVENING NOVEMBER 24, 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	Love-Raymond	Burn Notice "Turn and Burn" (N)	Burn Notice "Trust Me" (N)	Curb Enthusiasm	Name Is Earl	Light-house	Star Trek: The Next Generation	Blouin Suzuki			
4	Two and Half Men	Two and Half Men	Human Target "The Wife's Tale" (N)	Hell's Kitchen "5 Chefs Compete" (N)	News 13 on FOX (N)	Frasier	Accord-ing-Jim	Family Guy	Seinfeld			
5	Two and Half Men	How I Met	Survivor: Nicaragua (N) (In Stereo)	The Defenders Nick defends a stripper.	News	Late Show With David Letterman	Late					
6	207 Magazine	Be a Mil-lionaire	Madagas-car	Panda Holiday	The Biggest Loser	Catching up with former contestants. (N) (In Stereo)	News	The Tonight Show With Jay Leno	Late Night			
8	Wheel of Fortune	Jeopardy! (N)	The Middle	Better With You	Modern Family	Cougar Town (N)	Celebrity Plastic Surgery	News at 11PM	Nightline (N)	Jimmy Kimmel Live (In Stereo)		
10	PBS NewsHour (N) (In Stereo)	The President's Photographer	Great Performances Salute to composer Stephen Sondheim. (N) (In Stereo)	Charlie Rose (N) (In Stereo)	World News	Tavis Smiley						
12	How I Met	How I Met	America's Next Top Model (N)	Helcats "Beale St. After Dark" (N)	Entourage TMZ (N)	Extra (N)	Punk'd	Republic Jewelry	Auto King			
13	Entertain-ment (N)	The In-sider (N)	Survivor: Nicaragua (N) (In Stereo)	Criminal Minds (In Stereo)	The Defenders Nick defends a stripper.	News 13 at 11:00	Late Show With David Letterman	Late				
21	Without a Trace	Without a Trace	Without a Trace	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds			
24	Celtics	NBA Basketball: Nets at Celtics	Celtics	Sports	Sports	Dancers	Taigate	Patriots	SportsCenter			
25	NBA	NBA Basketball: Miami Heat at Orlando Magic.	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	NFL Live	NFL Live	
26	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	NFL Live	NFL Live	
27	Bruins	NHL Hockey: Boston Bruins at Florida Panthers.	Bruins	Money	Daily	Daily	Daily	Daily	Daily	Paid	Paid	
30	How I Met	How I Met	Reba	Reba	Movie: "Notting Hill" (1999, Romance-Comedy) Julia Roberts, Hugh Grant.	How I Met	How I Met	Movie: "Notting Hill" (1999)				
36	John King, USA (N)	Parker Spitzer (N)	Larry King Live (N)	Anderson Cooper 360	Mad Money	Fast Money	Larry King Live					

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Italian Maine Lobster Pie

- | | |
|--------------------------------------|---|
| 1-1/2 cups water | 1/2 pound Maine lobster meat, cut in small pieces |
| 1/4 cup long-grain rice | 1 small onion, chopped |
| 1/2 pound skim milk ricotta cheese | 1/10 tsp. black pepper |
| 2 each eggs, beaten | 2 Tbs. Italian seasoned bread crumbs |
| 1/2 pound mozzarella cheese, chopped | 2 Tbs. milk |

In a large saucepan bring water to a boil. Add rice and return to boiling, then reduce heat. Cover and simmer 20-25 minutes, or until done. Drain. Stir in ricotta cheese, eggs, mozzarella cheese, lobster meat, onion, and black pepper. Butter an 11" quiche dish, coat with bread crumbs. Spoon lobster mixture into dish. Pour milk over mixture (this makes the top brown and crusty after baking). Bake uncovered at 350° for 45-50 minutes or until top is golden brown and knife inserted near center comes out clean.

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