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Rockland Peregrine

Chickawaukie Coots

Breakwater Shrike

Great Blue Heron

Pine Siskin
PHOTOS BY DON REIMER

Christmas Bird Count Produces Notable Results

by Don Reimer

With the participation of 23 local birding volunteers and several backyard feeder watchers, the Thomaston-Rockland Christmas Bird Count produced some notable results. On Saturday, December 18, 79 bird species, totaling 8,381 individual birds, were recorded. It always bears mentioning that each year's results vary markedly in terms of weather patterns, travel conditions and, of course, what actual birds are present within this 15-mile count circle that is geographically centered at the Knox Mansion in Thomaston. Birding conditions were favorable this year, with temperatures in the 20s, light winds and no

snow cover. Once again, impressive numbers of Bald Eagles are reflective of the growing eagle populations across Maine and in the nearby Canadian provinces. Thirty-six adults and 78 immature eagles were found across the circle, with each of the eight section leaders reporting at least one eagle sighting. This large influx of wintering coastal eagles is composed of birds that are displaced from northern regions when lakes and rivers freeze up. Owls were well represented in this year's results. Three Great Horned Owls, three Barred Owls and a relatively rare Long-

CHRISTMAS BIRD COUNT continues page 19

About Audubon's Christmas Bird Count

Tens of thousands of volunteers across North America take part in Audubon's annual Christmas Bird Count, which began on Christmas Day in 1900. Now in its 111th year, it is the longest-running database in ornithology. There are a total of 25 count areas in Maine, from coastal Lubec south to the Isles of Shoals and inland from Bangor to Lewiston. Four different Christmas Bird Counts were conducted in the midcoast over the past week. Here, Don Reimer reports the results of the Thomaston-Rockland count.

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We The Six Billion

by Joe Steinberger

Our Party of the Center

A reader of The Free Press offered a letter in the last issue concerning the possibility that a third party might effectively position itself between the Democrats and Republicans and represent a large constituency that is not happy with either. His thoughtful analysis reminded me of how much I agree that there is — and has been for a long time — a huge opening for a party of the center.

I remember a discussion on this subject back in the late '70s when I was working as a lawyer for Maine Common Cause. We had brought Barry Commoner to testify at the Public Utilities Commission. Afterwards a few of us had a drink with Dr. Commoner and I opined on the subject of how much of an opening there was for a third party. It never occurred to me that he might run for president. He did, and he got less than 1 percent of the vote. That is not what I had in mind. He, and Ralph Nader who has run twice since then, represented not the center between the parties, but the left wing of the Democrats.

Examples of independent presidential candidates of the center are John Anderson and Ross Perot, and they actually made a run of it. Perot got 19 percent of the popular vote in 1992, which is quite remarkable considering the enormous advantage the established parties have, and considering his quirky character and lack of experience in politics.

Here in Maine we have examples of independent centrist candidates for governor who actually won. James Longley and Angus King both made good governors, in my opinion. Eliot Cutler would have too, if he had managed to get just a few more votes.

In the wake of that election I wrote that an important reform would be to establish preferential (instant runoff) voting here in Maine. This would mean that to win, candidates would have to have a majority, not just a plurality, of at least the combined first and second choices of voters. This would very much favor candidates of the center. Our thoughtful letter-writer expressed his support for this reform as well. Unfortunately, though, that will not be possible. It turns out that the Maine Constitution establishes plurality voting. Amending the Constitution requires, for starters, a two-thirds vote in both houses of the Legislature. Since all our representatives owe their seats to the current system, it is hopeless to think they will change it.

No matter how many candidates, no matter how many parties, the candidate who receives the most votes wins. That is the way it is, and that is the way it will be for the conceivable future.

This means, to look on the bright side, that a party of the center does not need to attract a majority of voters to succeed. All it needs is to get more votes than either the Democrats or the Republicans. The frequent success of independents running for Governor shows that this definitely can be accomplished.

What does it mean to be a party of the center? It does not mean that every position must be cut halfway between the far left and the far right, as if there was some sort of straight-line continuum between left and right in all ideas. Instead, it means that the party's ideas and proposals should be designed to appeal to the values of both Republicans and Democrats.

Above all, our party of the center should be a party of moderation. Its adherents should be willing to listen to and to respect different points of view. We should seek to solve problems via the broadest possible consensus.

Both the left and the right are into demonizing their opponents. This approach may be helpful for mobilizing the "base," but it makes most people uneasy. People understand, and history shows, that political movements that come out of anger tend to get us into more trouble than the trouble we are trying to get out of.

Our party of the center should also be a party of truth. Between the self-serving rhetoric and self-imposed political correctness of left and right there so many important truths that are not being told, and need to be. Speaking these truths will bring howls of protest from one side or the other, and often from both, and they may be hard for people to hear at first, but a party that speaks the truth, diplomatically and respectfully, will gain trust. People want leadership.

To be a party of truth, our party of the center must be independent of the power of organized interest groups. This means taking contributions only directly from individuals, and only in small amounts. This will mean having less money, but this disadvantage can be overcome by the respect that will be gained. Both parties today are deeply beholden to special interests. That is why they cannot tell the truth, and that is why they cannot access the real power for reform that would come from wide public support. Our party of the center could have that power.

In sum, our new party of the center is a radical proposition. How it might come to be, I do not know. Perhaps you have some ideas.

"Joe Friday" on WRFR 93.3 & 99.3 FM will begin early, at 3:45 p.m., this Christmas Eve, for an uninterrupted recorded performance by the Chicago Symphony Orchestra and Chorus of Bach's "St. Matthew Passion."

Just Because a Deal's Cut Doesn't Mean It's Good for Maine

— by U.S. Rep. Mike Michaud

When I looked past the headlines and dug into the details of the massive tax package that Congress passed and the president supported, I found out that major portions of it were a bad deal for Maine.

I support providing tax relief. That's why I voted for a bill that would provide a tax-cut extension to all American taxpayers. Unfortunately, the Senate blocked it and didn't take it up. Instead they negotiated behind closed doors with the president and insisted on a tax package that adds nearly \$1 trillion to our national debt and provides massive tax breaks to millionaires and billionaires. The package also puts the future of the Social Security system in jeopardy and short-changes Maine's public employees.

In fact, in their rush to get a deal, they ended up leaving nearly 50,000 Maine police officers, firefighters, teachers and other public employees out of one of the key provisions of the bill — the much-touted payroll-tax holiday, which reduces for one year the amount workers pay in Social Security taxes. This is simply unfair, and it discriminates against an entire segment of hardworking Mainers.

These Mainers were left out because many states, including ours, have a substantial number of local and state employees that do not participate in the Social Security system. Because of this they will receive no benefit from the payroll-tax holiday contained in the bill. Before the House voted, I recognized that this tax holiday would leave many hardworking people in our state without additional tax relief, and I wrote to Congressional leaders urging them to abandon this approach and adopt an alternative. Unfortunately, that didn't happen.

Instead of a payroll tax holiday, Congress should have considered an across-the-board refundable tax credit like the "Making Work Pay" tax credit that was passed as a part of the Recovery Act. For the cost of the payroll-tax holiday, we could have doubled the "Making Work Pay" tax credit in order to provide up to \$1,600 in extra take-home pay for hardworking families. This approach would have ensured that all Mainers got an additional tax break, including Maine's 4,784 local employees, 14,565 state employees and 28,580 teachers.

But this payroll tax holiday is even more troubling when you look at its effects on the Social Security system. The tax package finances the tax holiday by taking \$112 billion from the Social Security trust. It would then repay the trust fund with general revenues, which represents borrowed money that would be added directly to our already-record national debt.

While this might sound innocent enough, it sets a very dangerous precedent that will be hard to pull back from. Social Security shouldn't be treated like any other federal program that is dependent upon the whims of Congress and has to compete with hundreds of other programs each year that are funded through general revenues and subject to cuts.

Using the Social Security system to finance tax cuts is not the way to go no matter how laudable the goal. Congress is great at passing temporary tax cuts, but almost never lets them expire. Congress and the president worked together to pass an extension of tax cuts for the wealthiest Americans, so why wouldn't they seek an extension of the tax holiday in a year? I wouldn't be the least bit surprised to see members of Congress who supported and helped negotiate this deal calling the expiration of the tax holiday next year a "massive tax increase on the middle class."

The bottom line is that if this tax holiday is continued beyond one year or made permanent, it would have a devastating effect on Social Security's long-term financing and could dramatically increase the program's projected short-



ROLL CALL

Recent Votes by Members of Maine's Congressional Delegation

Bush Tax Cuts: On Wednesday, December 15, the Senate, by a vote of 81-19, extended for another two years the 2001 and 2003 Bush tax cuts that were due to expire at the end of 2010. The bill also extends federal unemployment benefits for 13 months. The House gave final approval (277-148) to the measure just before midnight on December 16. The president signed the bill into law last Friday, December 17.

**Rep. Chellie Pingree NO
Rep. Michael Michaud NO
Senator Olympia Snowe YES
Senator Susan Collins YES**

Repeal of Don't Ask, Don't Tell Act: On Saturday, December 18, the Senate gave final approval (65-31) to the bill repealing the 1993 law prohibiting homosexuals from serving openly in the military. The House passed the bill (250-175) on December 15. The president signed it yesterday morning, December 22.

**Rep. Chellie Pingree YES
Rep. Michael Michaud YES
Senator Olympia Snowe YES
Senator Susan Collins YES**

fall. Using the Social Security trust fund as a Congressional slush fund is irresponsible and opens the door to it being raided again in the future. The system has worked well since its creation, and I don't want to see the unraveling of the program and the well-being of Maine seniors threatened.

But even beyond these concerns, the tax package adds nearly \$1 trillion directly to our already-record level of debt. In fact, the credit rating agency Moody's is now warning that this package will raise our debt to such a high level that it could jeopardize our nation's credit rating. This would be disastrous because it could call into question the value of the U.S. treasuries that finance our massive debt, making the U.S. even more beholden to countries like China, which is the largest foreign holder of U.S. treasuries.

How this Congress and this president think that the way forward on tax policy is to spend more and borrow more is beyond me. Maine families and small businesses balance their checkbooks, and it's long past time that the federal government at least attempts to do the same. I hope that our country can weather the debt storm that will be created by this bill, but we shouldn't have taken this gamble in the first place. Just because a deal is cut doesn't mean it's a good one for Maine.

Federal Unemployment Extensions in Maine

The Maine Department of Labor is working to respond to legislation reauthorizing federally funded unemployment extensions of the Emergency Unemployment Compensation (EUC) and Extended Benefits (EB) programs. The programs began to expire in late November, and without the reauthorization unemployment benefits would have been cut off for over 21,000 laid-off Maine workers in the months ahead.

Workers who had their benefits disrupted in recent weeks due to the phase-out of the EUC or EB programs will be notified by mail of their next steps. The process for starting up payments once again will vary, depending on each person's status at the time of the program phase-out.

The department is encouraging people to continue filing their weekly claims, despite the break between the extensions. Any other requirements will be identified in the upcoming mailing. "The best way for workers who had a disruption to reopen their claim is to fill out the paperwork that will arrive in the mail," says Maine Labor Commissioner Laura Fortman. "We understand how important these benefits are to Maine's workers and strive to reinstate the programs as quickly as possible."

Maine law provides up to 26 weeks of Regular Unemployment Compensation to workers who have lost their jobs through no fault of their own. The Emergency Unemployment Compensation program added up to 47 weeks of benefits, with up to an additional 13 weeks under the Extended Benefits program. There are no new weeks of benefits included in the legislation. That means that workers who ran out of all benefits available to them through EUC or EB programs will not receive any additional weeks as a result of this legislation. Also, the new legislation does not change the High Extended Benefit program, which ended earlier in November. The Federal Additional Compensation program, which added \$25 to each weekly payment, was not renewed. That program began phasing out in June and has now ended completely. More information about the extensions is posted on the Maine Department of Labor Unemployment Benefits Web site, www.fileforui.com.

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CMP to Add 1,000 Jobs to Build Power Line

“Significant number” to be available in midcoast — CMP to hold employment fair Jan. 18 in Augusta

Central Maine Power Company has selected three contractors to construct transmission lines for the company’s \$1.4 billion Maine Power Reliability Program (MPRP) which will upgrade the power supply and better integrate CMP’s infrastructure into the New England grid.

The contracts, worth a total of \$524 million, were awarded to MYR Group, Inc. of Illinois, Irby Construction Co. of Mississippi, and Hawkeye, LLC of New York. The project team includes 150 consulting firms, contractors, and suppliers, including nearly 120 Maine-based companies. The MPRP is the largest construction project ever undertaken in Maine and will require hiring over a thousand new employees.

According to John Carroll, the communications manager for CMP, a significant number of local jobs will be available in Waldo, Knox, Lincoln and Sagadahoc counties.

“That’s not to say people won’t travel for them from other parts of the state, but the jobs will be available locally, too,” he said.

It is likely that more jobs will be available in the midcoast in the future, if a spur transmission line that is currently under negotiation is approved, said Carroll.

CMP plans to host a job fair for individuals, contractors and suppliers at the Augusta Civic Center on January 18 to begin to fill the job openings. The number of available jobs will peak in 2012.

The Maine Power Reliability Program includes the construction of five new 345-kilovolt substations and related facilities linked by approximately 440 miles of new transmission lines. CMP broke ground on the project in September after a two-year review by local, state and federal agencies.

The lines will run through 75 cities and towns from Eliot to Orrington, providing reinforcement for the company’s 40-year-old system and creating greater capacity for the integra-

tion of new generation in the New England region. In the midcoast, Waldo County will see the most construction.

CMP expects to complete the project by the middle of 2015.

“We’re building a stronger, smarter grid for Maine,” says Sara Burns, president of Central Maine Power Company. “Nearly 1,000 people have worked on this project to date, and we expect as many as 1,000 jobs will be added in this next phase of construction. The Maine Power Reliability Program is creating jobs when Maine really needs them, and it ensures Maine will have an efficient, reliable grid with benefits for consumers and the environment long into the future.”

“While the MPRP is first and foremost a reliability investment, it’s also part of a broader strategy to add transmission capacity, improve efficiency, and integrate new technologies in our system,” said Burns.

The transmission line project leaders will be divided by location: MYR Group was selected to perform work in the eastern segment of the project, between the communities of Windsor and Orrington; Irby Construction Co. will be responsible for work in central and western segments of the project, including the communities of Pownal, Lewiston, Windsor, and Rumford; and Hawkeye LLC will be responsible for work on the southern segment of the project between the communities of Eliot and Pownal.

The MPRP Business and Employment Expo will be held at the Augusta Civic Center on Tuesday, January 18, from 9 a.m. to 5 p.m. The job fair is open to individuals, contractors, subcontractors, suppliers and consultants who are interested in meeting the MPRP project team. For more information or to register, contact Krystal Harwick at 253-4023 or kharwick@burnsmcd.com. General information about the project also can be found at www.maine-power.com.

IRS: Employers Need to Implement Cut in Social Security Payroll Tax by No Later Than Jan. 31

Last Friday the Internal Revenue Service released instructions to help employers implement the 2011 cut in Social Security payroll taxes that was just enacted by the U.S. Congress as part of the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010.

The act provides a two-percentage-point payroll tax cut for employees, reducing their Social Security tax withholding rate from 6.2 percent to 4.2 percent of wages paid. The new law also maintains the income-tax rates that have been in effect in recent years. But the Making Work Pay tax credit (\$400 to taxpayers who earn \$75,000 or less) that was part of the 2009 Recovery Act and has been in effect for the past two years expires on December 31 and it was not renewed as part of that bill.

According to the IRS, employers should start using the new withholding tables and reducing the amount of Social Security tax withheld as soon as possible in 2011. Because the IRS recognizes that the late enactment of these changes

makes it difficult for many employers to quickly update their withholding systems, the agency asks employers to adjust their payroll systems as soon as possible, but they must do so by not later than January 31, 2011.

For any Social Security tax over-withheld during January, employers should make an offsetting adjustment in workers’ pay as soon as possible but not later than March 31, 2011.

Because the withholding changes will be implemented by employers and payroll companies, workers typically won’t need to take any additional action, such as filling out a new W-4 withholding form.

The IRS however, as always, urges workers to review their withholding every year and, if necessary, fill out a new W-4 and give it to their employer. Individuals and couples with multiple jobs, people who are having children, getting married, getting divorced or buying a home, and those who typically wind up with a balance due or large refund at the end of the year may want to consider submitting revised W-4 forms.

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Developers test-drive new site plan— Thomaston Walmart Plans Change Slightly

by Christine Parrish

The developers of the Thomaston site on Route 1 that is proposed for a Super Walmart returned to the Thomaston Planning Board Tuesday, December 21, to propose a new site plan.

Proposed changes to the site, which is located behind Dorman's Dairy Dream on New County Road (Route 1) in Thomaston, are minor. They include changing the location of the proposed entrance to the development, adding a bypass lane and a stoplight with a directional turn signal on Route 1 and adding a second retention pond to better address stormwater runoff.

The buildings for the proposed development will be 196,800 square feet, of which 150,000 square feet will be devoted to a large super-store, likely to be Walmart.

Walmart does not plan to own the site; they would lease it. Tom Gorrill, the president of Gorrill-Palmer Consulting Engineers, presented the new site plan to the Thomaston Planning Board at the Tuesday pre-application meeting on behalf of Greely Associates, the developers of the property.

Joanne Richards, the chairman of the Thomaston Planning Board, said 25 people attended the meeting. Richards said the planning board asked the developer to adhere to a "New England Style aesthetic" and to include shrubs and trees, as well as a vegetative buffer between the big box and Route 1.

Richards said the planning board required Lowe's to change its rooflines, add windows, and add plantings for the same reasons.

The town also asked for an independent engineering review. Suggestions will be incorporated into the site plan before it is submitted to the town planning board for final approval, said Gorrill. Richards said that is likely to be within the next two months.

Thomaston Town Manager Val Blastow said the development must comply with the Informed Growth Act. The Act allows towns to determine whether large retail developments would have an undue adverse impact on the local economy and community. The decision is not made by the town; it is based on data and analysis conducted by an authorized Informed Growth Act consultant. The developer pays for the studies; there is no direct cost to the town. Abutting towns are also represented under the Act.

Developer Scott Shapiro of Greely Associates previously said that Walmart would require compliance with the Act before agreeing to lease a site.

The final site plan will be submitted to the town and to state and federal agencies for permitting at the same time.

The proposed location of the entrance is no longer near Dorman's Dairy Dream, but approximately 280 feet to the east, next to the Midcoast Federal Credit Union. "Dorman's is no longer in the picture," said Gorrill. "The entrance will be on the right side of the credit union as you're facing the building. It does not require anything from Dorman's."

Thomaston Woman Gets Nuclear Nonproliferation Award

by Christine Parrish

Abigail Cuthbertson, 32, was awarded the 2010 Linton Brooks Medal for Public Service last Thursday from the National Nuclear Security Administration (NNSA) for her work securing high-grade nuclear material that can easily be converted into dirty bombs if it falls into the wrong hands.

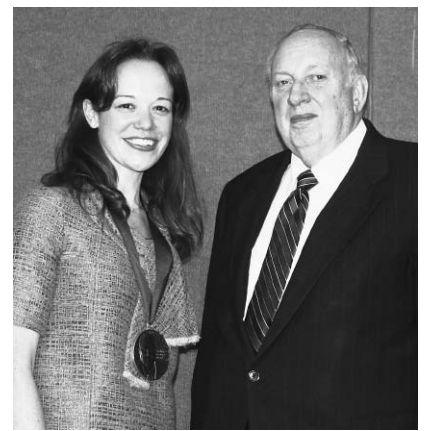
Cuthbertson, federal project manager for NNSA's Off-Site Source Recovery Project in the Office of Defense Nuclear Nonproliferation, oversees the recovery of highly enriched uranium that is legitimately used for medical, industrial and research purposes but poses national security risks when stored on-site.

"These are radioactive sources that are used in cancer therapy, oil and gas exploration and research — usually at hospitals and universities," said Cuthbertson. "It could be weaponized."

Under Cuthbertson's direction, the program has grown from recovering slightly more than 2,000 highly enriched sources per year to almost 3,500 sources per year. She said she was able to improve efficiency by facilitating better coordination between state governments, federal agencies and international partners. According to NNSA, she also centralized the procurement of equipment and training — helping save taxpayers more than \$100,000 in the process.

Established in 2008, the Linton Brooks award recognizes newer employees whose work exemplifies a commitment to public service. Cuthbertson, now residing in the Washington, D.C. area, grew up in Thomaston and attended Georges Valley High School. She graduated from Groton Academy in Massachusetts in 1997. Cuthbertson earned a bachelor's degree

Abby Cuthbertson with Ambassador Linton Brooks, former administrator of the National Nuclear Security Administration, for whom the award she received is named.



from Johns Hopkins University in Baltimore and a graduate degree in foreign service from Georgetown University in Washington, D.C. before joining NNSA as a fellow. She became a full-time federal employee at NNSA in 2007.

"The Linton Brooks award acknowledges the success of our NNSA employees here and across the country and signifies our commitment to developing the next generation of nuclear security professionals," said NNSA administrator Thomas D'Agostino, who presented the medal to Cuthbertson. "It recognizes someone who has accomplished significant things in a short period of time and rewards individuals who can see a problem, take the initiative and get the job done. Without a doubt, this is exactly what Abby Cuthbertson brings to NNSA."

Cuthbertson, who spoke from her family home in Thomaston while home for the holidays, said she loves her job.

"The mission is important," she said. "We need this material for medical and research applications, but we also need to keep it out of the hands of terrorists."

Gov. Baldacci's Official Portrait Unveiled

Governor John Baldacci's official portrait was unveiled on December 20 at a ceremony in the Rotunda of the State House in Augusta. As is custom, the governor's portrait was commissioned to serve as a permanent representation of Baldacci and the history of Maine. It will hang in the State House.

The Governor and First Lady selected Jean Pilk of Cape Elizabeth to paint the portrait. Pilk's past commissions include former Secretary of Defense Colin Powell. She was one of 17 artists who sent portfolios to the Maine Arts Commission for consideration by the governor and first lady.

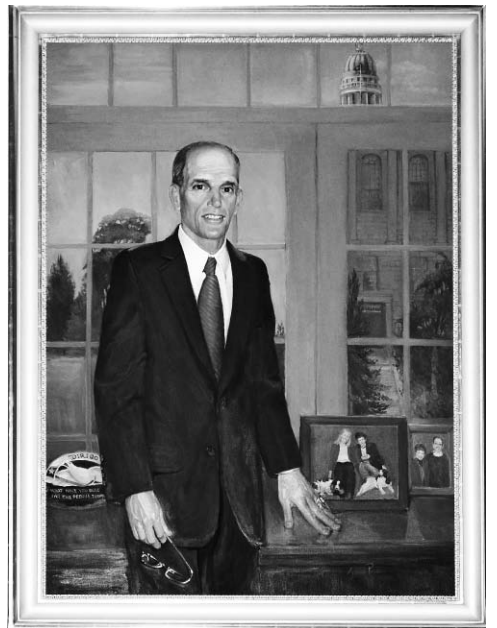
Governor Baldacci requested some specific details be included in the portrait. A photograph of the governor's family is included in the background of the painting, as well as the plaque that has been in Governor Baldacci's office throughout his administration with his father's words: "What have you done for the people today?"

The portrait unveiling is the first that has occurred while the sitting governor is still in office.

Baldacci's portrait will be hung where Governor Angus King's portrait had been, and all the gubernatorial portraits will move one space over in the Rotunda of the State House.

Jean Pilk's portrait of Gov. John Baldacci

PHOTO BY TIFFANY BATES, GOVERNOR'S OFFICE



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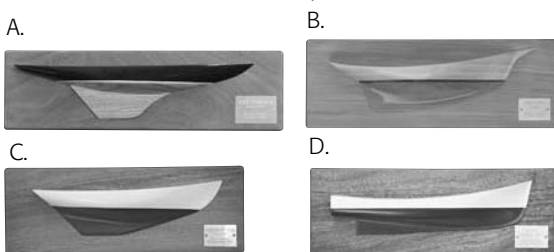


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C. Herreshoff 12-1/2	13" model, 16" board	White/Green	736612	179.00
D. Lobster Boat	13" model, 16" board	White/Red	736611	179.00

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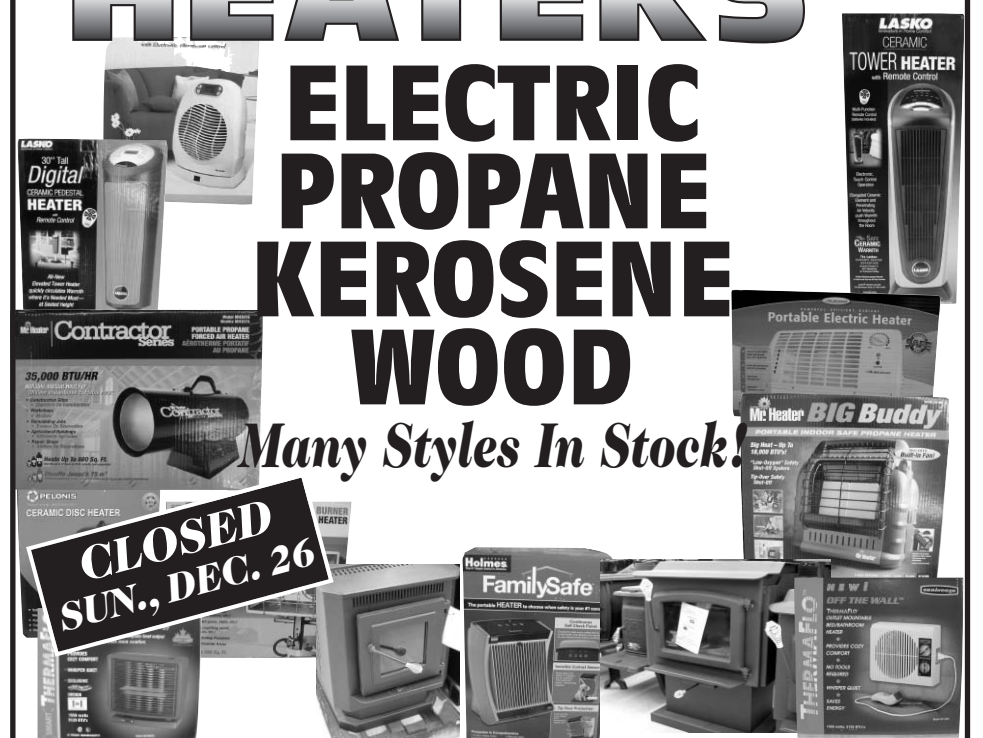
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Belfast Gets Ready for Its 14th New Year's By the Bay
over 50 performances & activities — plus a midnight bonfire — on tap to celebrate 2011's arrival

The public is invited to celebrate the spirit of "New Year's By the Bay" (NYBB) in Belfast on Friday, December 31.

The 14th annual NYBB will be centered on a cultural, family-oriented, chemical-free celebration held at many venues throughout the city, with over 50 performances and activities to experience. Performances include blues, bluegrass, Celtic favorites, American standards, lively folk, old-time country, gypsy jazz, Native American flute and storytelling, Appalachian roots music and a variety of original songs.

In addition, revelers can enjoy interactive magic and illusions, Hula-hooping, a jump house, balloon animals and demonstrations of ice curling, or have a caricature drawn. There will be four different dance bands and a bonfire by the bay.

Chem-free eateries will be selling hearty homemade food, including chili, soups, stews, pizza, wraps, sandwiches, desserts, hot drinks and a New Year's Eve breakfast.

The purchase of an NYBB button grants entry to all the events for the entire evening. Buttons are \$15 for adults, \$5 for students K-12, and free for children under five. They are available at Belfast venues on December 31 and in advance at The Belfast Co-op, Parent Gallery, Mr. Paperback, Hanaford, Belfast Harbor Inn and the Comfort Inn Ocean's Edge. For more information, call 323-1748 or visit www.nybb.org.

Volunteers Needed for New Year's By the Bay

On Friday, December 31, New Year's Eve, from 3 p.m. to midnight, over 100 people, from teens to seniors, will be needed for two and a half hours each to volunteer at downtown Belfast indoor entertainment venues (indoors) where New Year's By the Bay performances will take place. Each volunteer receives a free New Year's By the Bay button admitting him or her to all venues and events.

For more information, contact Mary at 323-1748 or e-mail marym@midcoast.com.

THANKS FOR THE WARM WELCOME

We would like to offer our sincere "thanks" to Maine Street Bath, The Southern Midcoast Maine Chamber of Commerce, the local media and all of our customers and friends for helping to make our Ribbon Cutting and Grand Opening of Winters Gone Alpaca Fashions a wonderful success. We would also like to give special thanks to City of Bath officials including the Codes and Planning Departments and Planning Board for their help in working our way through the codes and regulations process.

The warm welcome from our fellow Front Street and downtown businesses is appreciated. It is a joy to feel so welcome when starting a new business in a new location.

Also, a very special super "Thanks" to all our Wiscasset Farm Store friends and customers who have come to historic downtown Bath to offer their support and well wishes. You folks are indeed very special. Thank you so much.

We believe that every business has a responsibility to its customers, business neighbors and the city to conduct its business in an ethical and value added manner at all times. Our goal is to exceed these expectations every day in every way. We also are committed to giving back in some way to the town environment. To that end we will be exploring various ways we can achieve this in the future.

So a great big Thanks to everyone and it is so cool to be a part of Maine's Cool Little City.

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SET THE PACE 5K Run
JANUARY 1ST, 2011 Camden, Maine

The run starts and ends at The Smokestack Grill, 43 Mechanic St.

Registration begins at 10 am – Race begins at 11:11 am



- ◆ Guaranteed fun for all participants!
- ◆ A fast course (with a couple of challenging hills early) with a guaranteed Personal Record for 2011.
- ◆ The first place runners will be crowned King & Queen and will hold the "Fastest 5K in Maine 2011 Title" until dethroned.
- ◆ More surprises and a great party afterwards!
- ◆ Surprise "hot" treat for all participants.
- ◆ Cash bar and food available after the race.

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

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0-10 Stroller Division: For those 0-10 year olds to share with their adult pushers.

With Dog Division: Only well-behaved dogs who like people and other dogs PLEASE.

THE OPT-OUT RUNNERS' PROGRAM

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

PRE-REGISTRATION & MINIMUM DONATION

Opt-Out	\$15
Single runner	\$15
Couple	\$25
Family - 3	\$35
Family - 4+	\$40

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THE FIRST 111 REGISTRANTS
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"Best Resolution for 2011" Contest
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Want to Run a Marathon in 2011 with "Team Little Field Home"?
 Nashville Country Music Marathon & Half Marathon Runs Saturday, April 30th, 2011



Race Registration Form
SET THE PACE 5K RUN

Runner Walker

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Home) _____ (Work) _____

E-mail _____

Male Female Date of Birth _____

Age on Race Day _____

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

Participant's Signature _____

Date _____

Opt-Out Participants
SET THE PACE 5K RUN

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Designated Runner _____

Your name will appear under your designated runner;

I would prefer to be listed after all runners as a supporter.

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CAMDEN CONFERENCE

CAMDEN CONFERENCE 2011
February 18-20, 2011

The Challenges of Asia

Community Events
December 2010/January 2011

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

- Thursday, December 30:** Camden Public Library, 6:30-8 p.m., "Mongolia Slide Talk," a presentation by Josh Curry.
- Monday, January 3, 17:** Witherle Memorial Library, 7 p.m., "Book Discussion Series in Castine," with Michael Morrison, John C. Parish Jr. and Par Kettis.
- Tuesday, January 4, 11, 18 & 25:** Blue Hill Public Library, 1-3 p.m., "Rising Asia Series in Blue Hill," with facilitator Bob Sargent. Free; 15 participant limit. Register by Dec. 31.
- Thursday, January 6:** Rockland Public Library, 6:30-8 p.m., "Women in Contemporary India," a talk by Stephen Huyler.
- Saturday, January 8:** Southwest Harbor Public Library, 1-3 p.m., "Moscow and China on MDI," a talk by Louis Sell.
- Thursday, January 13:** Penobscot School, Rockland, 6:30-8 p.m., "US vs. Asia: Challenges & Complexity," a talk by Patrick Mundy.
- Friday, January 14:** Rockport Opera House, 6:30-8 p.m., "Is China's Future Green?," a talk by Mitch and Cindy Thomashow.
- Sunday, January 16:** Cushing Public Library, 3-4:30 p.m., "Culture as a Dimension of Development: The Case of Bali, Indonesia," a talk by Philip F. McKean, Ph.D.

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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New Technologies • Resource Competition • Geo-Strategic • Green Jobs & Production • Environmental Challenges • Opportunities • Social • Cultural •

FMM Offers "Voices of Midcoast Maine" Video

Friends of Midcoast Maine has released a free DVD slide show as part of its 10th anniversary Annual Appeal. The DVD features reflections and comments from people who live and work in the midcoast.

The 14-minute DVD includes testimonials on people's affection for the area, as well as comments on its development and the importance of community engagement and sound planning.

Todd French, at French and Webb Boat Builders in Belfast, says, "It's a very vibrant place to work... I feel very proud to live in this area." Susan Porter, owner of Maine Coast Book Shop in Damariscotta, says, "I have everything that appeals to me about a place to live. It has natural beauty; it has a really nice community feel about it." Department store owner Bob Reny summed up everyone's sentiments, saying, "It is nice to realize that the place you grew up in and the place you live your whole life is one of the best places around."

The DVD also includes comments from Evan Richert, former director of the Maine State Planning Office; Roger



Moody, former Camden town manager; Buzz Pinkham of Pinkham's Plantation in Damariscotta; Morning Dew Farm owner Brady Hatch of Newcastle; citizen planner Barbara Gould of Lincolnville; and Fran Wheeler-Berta, who works with young people at The Rig in downtown Camden.

Friends of Midcoast Maine is mailing 1,000 copies of the free DVD to its members and supporters with its Annual Appeal letter. Additional copies are available upon request.

For more information, visit www.friendsmidcoast.org or call 236-1077.

Museum Commemorates 300th Anniversary of Nottingham Galley Shipwreck

The Maine State Museum in Augusta is marking the 300th anniversary of one of Maine's most storied nautical disasters with a new exhibit of objects recovered from the underwater wreck site of the British merchant ship, the *Nottingham Galley*.

Loaded with butter, cheese and cordage, the *Nottingham Galley* and its 15-man crew set sail from Ireland to Massachusetts in September 1710. After days of worsening weather, the ship crashed into a ledge on Boon Island near York's Cape Neddick during the stormy night of December 11, 1710. The men survived but the ship sank.

"The grisly fame of the *Nottingham Galley*'s story lies in what followed during the 24 days that the ship's crew was marooned on Boon Island," explains Maine State Museum Chief Archaeologist Dr. Bruce Bourque.

"Faced with starvation, cold and extreme deprivation, they cannibalized one of their fellow crew members who had died of exposure. The muse-

um's small exhibit makes reference to that story.

"Additionally, we spotlight another aspect of survival related to the *Nottingham Galley*," continues Bourque. "That survival concerns the ship's cannons and related cannon-firing supplies recovered from the sea floor by archaeologists in 1995. Following a challenging, emergency recovery effort and subsequent conservation of the waterlogged and deteriorating objects, the cannons and supplies survive to this day as a remarkable, permanent part of the Maine State Museum's collection."

The exhibit features one of the ship's nine recovered cannons, along with a cannonball, wadding and powder bag. The exhibit's photographs and video show the underwater archaeology conducted by Dr. Warren Riess of the University of Maine's Darling Marine Center. The exhibit, "The Wreck of the *Nottingham Galley*," will be on view through March 2011 in the museum's lobby area.

The Maine State Museum is located in the State House Complex in Augusta. For more information, visit www.maine-statemuseum.org.

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Show Me the Good Land

Show Me the Good Land, the fiction debut of Shonna Miliken Humphrey, is more novella than novel, coming in at just over 200 pages. As a happy result of its brevity, however, the reader is left wishing for more — not a bad thing for a first novel. Blockbuster first novels often lead authors to the dread second-novel syndrome, where the subsequent effort falls short of the first, but Humphrey could revisit both Aroostook County, setting for *Show Me the Good Land*, and its same characters in a second work and, with her fresh voice and clear vision, create a sequel for her readers' continued pleasure.

Humphrey, who is the former executive director of the Maine Writers & Publishers Alliance and a resident of Gorham, has written a book that could for many call forth comparisons to Carolyn Chute's 1985 best-selling *The Beans of Egypt, Maine*. In both, preppy, wholesome, outlet-shopping, yacht-sailing Mainers are eschewed in favor of trailer-dwelling trashier types who represent more "Life the Way It Is" than "The Way Life Should Be," with the boozers of Chute's 1985 tale updated to meth dealers and crackheads.

In Humphrey's Fort Angus, school is closed for three weeks for children to work in the potato fields at harvest and young women drop out of school at 15 to marry, have a child and move in with the folks. But amidst the poverty and isolation that prevail in a decaying community where the trains don't stop anymore and the military base has closed, Humphrey has found characters who still dream of escape or find sustenance and support within the community, just as they do in any hometown USA, and she treats them with compassion and gentle humor, rendering most of them likeable, or at least understandable.

Best of all, Humphrey has no bad literary habits. Her writing is natural and flowing, and she speaks to us from that land of Potato Blossom Festivals and endless mud seasons not as an observer, but as one of its own.

Super Artistic Lady

Even though a friend rushes up to you on Rockland's waterfront boardwalk and shoves his latest release into your hands, one is under no obligation to review his book. But because Neal Parker's book *The Lobsterman and the UFO* is one of my favorite adult/children's books, it's a pleasure to bring *Super Artistic Lady* to the attention of the public. Sally Klimt, mother to Gigi and worker behind the deli counter at Grossmart, has a superpower that I cannot reveal here, but trust me — it's an inventive one. *Super Artistic Lady* performs her heroic deeds in what Parker describes as "a tastefully designed superhero costume. Emblazoned across the modest crewneck top and across her cape, in sans serif type, so as not to appear too garish, were the initials S. A. L."

Costume or no costume, *Super Artistic Lady* wishes her ability came from "being bitten by a radioactive spider or something like that," because in many ways "her power was as much a curse as a blessing." That power eventually leads her to combat archvillain Eraser Guy, who knows a secret which, once revealed, could cause S.A.L. to lose her daughter forever.

While navigating through labyrinthine plots, Parker's heroine has ample time to voice observations on the world of art and art critics, children's education, the love of a mother for her child and the trials of being a hardworking single parent/superhero. Parker can sometimes dazzle us overmuch with his tongue-in-cheek humor and wit, but for the most part his stories read like outrageous ongoing tales made up by a dad for his daughter, sometimes silly, sometimes serious, but always full of imaginative adventures. In Parker's case, daughter Annabel also gets to illustrate the sto-

ries. *Super Artistic Lady* and other Parker titles are available at www.lulu.com/captainparker.

Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing

There are many good handbooks available to parents, many of them focusing on children from infant to toddler age. Rushworth Kidder, president of the Institute for Global Ethics, which has headquarters in Rockland as well as New York, England and Canada, has gone further and written a book that will stand parents in good stead from birth through college age.

Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing won't help parents deal with children who need little sleep or won't eat their vegetables,

have temper tantrums or suck their thumbs, but it gives parents a practical framework for helping children to lead values-based lives, as Kidder says on the very first page, "children capable of knowing what's right, making tough choices, and standing for conscience."

In the book's various chapters, Kidder touches on concrete issues that concern parents — from lying and shoplifting in younger children to the effects of television and violence in the media and on through bullying and use of drugs — all subjects that will impact most parents and children at one time or another during the childhood years. Kidder uses a format of real-life anecdotes and stories to illustrate the dilemmas that parents encounter and shows with each one how to explore the keys to ethical behavior — honesty, responsibility, respect, fairness, and compassion.

Some of Kidder's advice is very straightforward, such as a simple eight-point guide for teaching good TV habits, aimed more at parents of younger children. As children mature and their moral choices become more nuanced and complex, Kidder points the way to solving ethical dilemmas — dual, seemingly incompatible choices — by finding a compromise between the two choices, a third way, which he calls a "trilemma," a way for a parent to come to a creative, middle-ground solution when discussing a complex problem. In one chapter, he writes about how to discuss a divorce with a child and blend honesty and candor with compassion, again, using a believable and interesting anecdote as the framework for the discussion. Kidder, a former journalist, fully engages the reader with his material by pulling in these true-to-life examples.

There are no subjects that are off the table in Kidder's book, and his advice is based on the latest psychological and neuroscientific research about how kids develop character and learn right and wrong.

This advice needs to be read thoroughly and digested; there are no sound bites in this book. Rather, there are discussions of such ideas as ends-based principles, or utilitarian thinking, as opposed to rule-based principles, drawn from Kant's "categorical imperative" — but one should expect a bit of philosophical discourse from the head of the Institute for Global Ethics.

Good Kids, Tough Choices is not a book to sit down with of an evening and read cover to cover; rather, it should be kept available as reference material for those times when a parent needs help in choosing their way between "authority and accommodation, firmness and acceptance, short-leash restrictiveness and long-leash guidance." (And, if memory serves me, those times can occur weekly, if not daily.)

This book should be placed, along with the newborn infant, into the arms of all parents as they depart the maternity ward of the hospital.

Three New Books by Maine Authors

Reviewed by
Georgeanne Davis

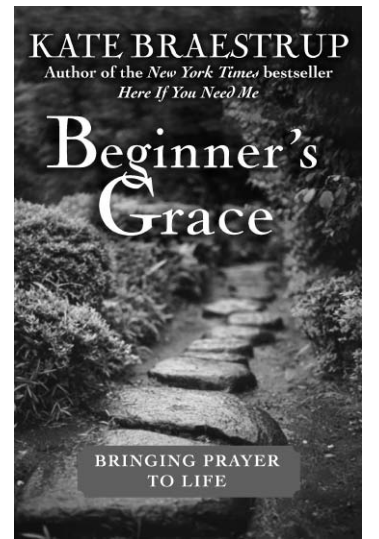
Kate Braestrup to Read from New Book on Prayer Dec. 30

Author Kate Braestrup will read from and sign copies of her new book, *Beginner's Grace: Bringing Prayer to Life*, at the Rockland Public Library on Thursday, December 30, at 6:30 p.m. Admission is free.

As a chaplain to the Maine Warden Service, the agency that polices the state's roughly 17 million acres of wild land, Braestrup accompanies game wardens to accidents and drownings and on search-and-rescue operations in the Maine woods. "A chaplain doesn't have a leisurely hour in which to explain God," writes Braestrup. "The suffering is right there, and its urgency demands an immediate response. We don't give a lot of sermons out in the field, or in the woods or streets. Instead, we are called upon to offer the spiritual equivalent of triage. We're asked to pray."

Offering models and practical suggestions for making prayers meaningful and satisfying, Braestrup offers prayers for situations in which words might fail: times of anxiety, helplessness or grief.

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



Fellowships Available for Maine Poets

Maine poets seeking to develop their writing skills are encouraged to apply for a Martin Dibner Fellowship through the Maine Community Foundation. One or two grants in the \$500 to \$1,000 range will be awarded. Applications are due at the foundation no later than January 15. For guidelines, visit www.mainecef.org or call toll-free 1-877-700-6800.

The Dibner Fund supports enrollment in workshops and, secondarily, helps cover living expenses while the grantee is finishing a writing project. The fellowship alternates year to year between fiction and poetry. Previous winners in poetry include Annaliese Jakimides, Tanya Whiton, Sarah Boucher, Glenn Morazzini and Douglas Woodsum.

Martin Dibner was an author of numerous books, including the novels *Devil's Paintbrush* and *The Deep Six* as well as nonfiction works. He served on the Maine Arts Commission and was first director of the Payson Gallery at Westbrook College.

A statewide organization with offices in Ellsworth and Portland, the Maine Community Foundation works with donors and community groups to strengthen Maine communities through grants and scholarships.

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The American Nightmare, Part II

by Christine Parrish

"We were paying the mortgage, but not much else," said Sharri Olsen of Scarborough.

The Olsens, a middle-income family with children, had watched as their adjustable-rate mortgage on their three-bedroom home tripled over two years to unaffordable payments of \$3,700 a month.

In 2009, they had tried and failed to modify their mortgage with their lender, American Home Mortgage. After a year of lost paperwork, the loan servicer for AHM denied their modification because they made too much money, then sent them a bill for \$8,000 in back payments and fees.

The Olsens paid it and were able to fight off the foreclosure notice, but they still needed to reduce their monthly mortgage payments.

They looked for other options. By now their credit rating had been trashed by following the advice of the loan servicer to not pay the mortgage while under consideration for a loan modification. A conventional loan from a bank was no longer within reach.

"I called an independent company in Massachusetts for help getting a modification," said Olsen. "The guy on the phone said he could do it for \$5,000. Well, that didn't make much sense to me. We might as well be paying on the mortgage."

It was probably a scam. Mortgage rescue scams were off the charts in 2009 and early 2010. Foreclosure prevention programs are free.

Sharri Olsen decided to go back to American Home Mortgage and try again.

"I didn't know what else to do," she said.

This time the loan servicer said they would definitely qualify — their savings were gone.

Maine beefs up foreclosure prevention in 2009

A home is typically considered in default after 60 days of non-payment. Over 3,000 homes went into default statewide last April, according to the Maine Bureau of Consumer Credit Protection.

In November, the number climbed to over 4,000 homes in default — over 400 of those were in Knox, Lincoln and Waldo counties.

Many of those will end up in foreclosure, but it will be as few as possible if William Lund, superintendent of the Maine Bureau of Consumer Credit Protection, has anything to do with it.

The bureau's foreclosure prevention program, which was started in 2009 as a result of a new state law designed to help distressed homeowners, fields hundreds of calls to their hotline daily and refers over a 100 cases a week to housing counselors at Penquis, Maine State Housing Authority and other agencies who offer their services for free.

"This is hard, but we have had successes," said Lund, who has seen the foreclosure prevention program grow over the past year to become the busiest in the bureau. The program intervenes in the loan modification process and advocates for the homeowner.

Lund, who was manning the foreclosure prevention hotline because most of the staff was getting advanced training on loan modification programs, said it was common for lenders to lose paperwork and for homeowners to have to send it over and over again, each time causing a delay in response that marches homeowners further along the path to foreclosure. At the same time, homeowners rarely get to talk to the same person twice.

"It's still happening," said Lund. "It hasn't gotten any better. I had two people who called this morning that reported the same thing."

The problem is mostly with large mortgage lenders, like Countrywide, GMAC, American Home Mortgage, and with the large national banks like Bank of America.

"A small percentage of the foreclosures are with Maine banks," Lund said. Local banks tend to have stricter

loan application guidelines and work with customers if things go wrong, he said.

Loan servicers can benefit from foreclosures

For large lenders and big banks that hire loan servicers to do the day-to-day management, it's another story. The lowest bidder for the servicing contract may be a call center in Mumbai. That leaves the homeowner in the odd situation of talking to someone who has no authority to change the terms of the loan and unable to talk to those who do.

But the loan servicers have a lot of power. They can deny loan modifications.

The Congressional Oversight Panel reported on December 14 that lenders may want to avoid foreclosures, but the loan servicers can turn a substantial profit from foreclosure-related fees and it may be in the best interest of the servicer to move a loan to foreclosure.

Added to that, foreclosure departments of large banks and lenders are separate from loan modification departments and may not be communicating with each other.

Given all those variables, when a homeowner sends in the paperwork to a loan servicer for a modification, the information can easily get lost or not be shared with the foreclosure division.

"There is a total disconnect with the attorney for foreclosure," said Lund. "So a homeowner can get a foreclosure summons and complaint while in the loan modification process."

If the loan servicer working on a loan modification tells the homeowner to stop paying the mortgage or ignore a foreclosure summons, the homeowner could be out on the curb with furniture on the lawn before they know it.

The December 14 report held the Treasury Department responsible for failing to hold loan servicers accountable for lost paperwork or for refusing to modify eligible loans.

At the heart of the conflict of interest is that Fannie Mae and Freddie Mac were put in charge of loan servicing oversight. This is a lot like the fox in the henhouse: Fannie and Freddie are government-backed enterprises that buy mortgages and sell mortgage-backed securities and deal with the same loan servicers they oversee. It would not be in their best interest to penalize them, according to the Congressional Oversight report.

Sharri Olsen: Loan modification attempt #2

On her second attempt to get a loan modification Olsen documented every conversation and piece of information shared with the loan servicer. She was in constant contact with her loan servicer, but three months later the sheriff was at her door with another foreclosure notice.

"No, no, no, no problem. That's what they told me," said Olsen, of the conversation she had with the loan servicer. "I said, let me make a mortgage payment. They said no, it would stop the loan modification. Nothing happened last time, did it? And I thought: that's true. Even the sheriff kind of shrugged like he had been through this a lot."

While she continued to work with the loan servicers on modification in one department, the foreclosure went through another.

The first time Sharri Olsen knew her house had been foreclosed on was October 1, 2010, when she saw a woman planting a SOLD sign on her front lawn.

Big lenders don't like to modify

Lund said there is little incentive for lenders to participate in loan modifications.

The U.S. Treasury Department aimed to prevent up to four million foreclosures with the Home Affordable Modification Program (HAMP). Now, it appears HAMP will effectively prevent fewer than 800,000 foreclosures, even as Treasury predicts up to 13 million foreclosures by 2012. HAMP had \$30 billion to work with; it appears they will have spent roughly \$4 billion on stopping foreclosures when the program concludes, according to the Congressional Oversight report.

The good news is that the 800,000 families didn't lose their homes and \$26 billion of bailout money is reclaimed

— but that is cold comfort to the millions facing eviction.

"Mortgages are binding contracts and lenders can't be forced to do loan modifications," said Lund. "It's basically voluntary if they participate."

The U.S. Treasury did provide incentives for lenders to participate in HAMP, but the carrot was too simple for the complicated, multi-layered lending and servicing industry.

"To be fair, lenders are not at the top of the food chain. They are answering to investors and brokers. The bank or lender's motivation is to keep investment money flowing," said Lund.

Maybe. Maybe not, but one thing is clear: the primary role of loan modifications turned out not to be saving homeowners from foreclosure. Instead, it was whether the lender benefited more under a loan modification than if the property went into foreclosure, said Lund.

"The thing to remember is that any decisions to amend the mortgage contract or allow for a temporary reduced mortgage will only succeed if the lender benefits," said Lund.

The foreclosure prevention program is free

The Olsens started planning to move their family into a motel in October, but Sharri Olsen was on the phone trying to find an attorney to take her case in an attempt to get the auction and sale overturned. One lawyer said he would take it on for \$6,000, but that the Olsens only had a five-percent chance of getting their home back. Another said, "I don't know what to tell you. Good luck."

Olsen was racking her brain for ideas when her co-worker suggested she contact Senator Olympia Snowe.

Olsen did. She explained the situation to a senate staffer who recommended the Bureau of Consumer Credit Protection's foreclosure prevention program. Then the senator followed up with a letter directly to American Home Mortgage.

Olsen contacted the bureau.

"They said we'll do everything we can," said Olsen. "The bureau was amazing."

Within days, Olsen was talking to someone at American Home Mortgage, not the overseas loan servicers.

The bureau's foreclosure prevention program isn't for the benefit of the banks: it's a government-funded program for distressed homeowners. There is no guarantee that foreclosure can be prevented, but the program and the counselors affiliated with it help shepherd homeowners through the possibilities and often contact lenders directly on behalf of the homeowner, thus fulfilling the role of mediator and coach.

Handing over the keys to the house

"A week ago, we got a document that overturned the foreclosure and rescinded the auction," said Olsen. "We got a rate that adjusts in 2014 to a cap of 4.5 percent, fixed, for thirty years."

Starting in February, the Olsens will be making a mortgage payment of \$1,400 a month. The deed is back in their name. Their keys fit the locks.

"People don't believe it could get this bad," said Olsen. "I am so, so happy to have my home back."

In October, Lund reported to the Maine Congressional Committee that oversees financial services that the bureau's foreclosure prevention program had successfully convinced lenders to postpone or cancel 40 foreclosure auctions and overturn several auctions that had already taken place (when the bank was the buyer) and had assisted in 52 mortgage loan modifications that made monthly payments affordable.

Still, loan modifications are not that easy to get.

Lund said the success rate is not that high. "There are other outcomes: a delay in foreclosure to allow a homeowner to complete a sale or an agreement to do a short sale."

The foreclosure rate dropped this past fall. It was a false drop that happened because there was a hold on foreclosures due to sloppy loan application and review. That just delayed foreclosures; it didn't stop them. They are still in the pipeline.

Lund expects the Maine foreclosure prevention office to remain busy through 2012.

The Maine Foreclosure Prevention Hotline can be reached at 1-888-664-2569. All services are free.

Knox Cty. Home Energy Committee Wraps Up Winterization Efforts

In April of this year, the Knox County Home Energy Committee (KCHEC) had its second annual Turning Up the Heat fund-raiser at the Rockport Opera House. Proceeds from the event, with the commitment of the KCHEC and the U.S. Coast Guard as well as local business donations, made it possible for the Knox County Home Energy Committee to winterize homes of the elderly, veterans and disabled people in Knox County for the third year in a row.

KCHEC is an all-volunteer committee of local citizens who gather to provide resources for short-term and long-term home energy needs. The committee works with existing organizations and networks, social service groups and

private entities to coordinate energy-related resources.

Knox County Home Energy Committee formed three years ago when Representative Ed Mazurek and Pinny Beebe-Center wondered how some Knox County neighbors would make it through the cold months during the 2008 energy price spike.

This year, coordinator Tracy Rescigno says, "It was the first year for Chief Chris Wilson of the Rockland Coast Guard, who replaced Chief Matt Ripley. Everything went extremely well, and his work in coordinating and scheduling the Coast Guard volunteers was invaluable. We were successful because of Chief Wilson's efforts and the efforts of the Coast Guard volunteers." For the second year a crew from Lonza Manufacturing Corp. of Rockland collaborated for a day with the Coast Guard crew in winterizing houses.

Donations from local businesses, includ-

Left: Emilio Perez and Jen Darkasalli

Right: The Coast Guard winterizing crew



The Spectrum Generations Family Caregiver Support Program is hosting a six-week Maine Savvy Caregiver training program at two of its centers starting in January. The two classes begin Thursday, January 6, at the Muskie Community Center in Waterville, and Monday, January 24, at the Southern Midcoast Community Center in Topsham.

Savvy Caregiver is a 12-hour training program for family caregivers of people with dementing disorders, such as Alzheimer's disease. It assumes that family members have often taken on the role of caregiving without any preparation or training.

Offered in six two-hour weekly sessions, the program will provide family members with

Caregiver Training Offered in January

knowledge of the disease and available resources. Participants will learn skills for dealing with losses that the disease produces in the person as well as how to take care of oneself as a caregiver. The training is designed to give participants confidence and a sense of mastery in the caregiver role.

Sessions include training, interactive exercises and discussion. Between sessions, caregivers will have readings, exercises and assignments to complete and will report back to the group on the home activities. Feedback will be provided and successful strategies developed.

Pre-registration is required. For more information, or to register, call 800-282-0764, extension 139 or 127.

Pen Bay Y & Five Town CSD Adult Ed Offering Classes at Teen Center

Penobscot Bay YMCA and Five Town CSD Adult Education are collaborating to offer programs for adults and seniors at the Teen Center in Camden. Programs include fitness classes, computer classes, cooking classes and more.

For a complete listing of Five Town CSD Adult Education programs or to register, call

the Adult Ed office at 236-7800, extension 5.

For a listing of programs at the Y, pick up a program guide or visit www.penobscotbayymca.org. The Y's Winter I session runs from January 3 through February 20. To register for Penobscot Bay YMCA programs call 236-3375 or visit the Y on Union Street in Rockport.

New Printmaking Workshops Offered at Hutchinson Center

During the spring semester, the University of Maine Hutchinson Center in Belfast is offering a new series of printmaking classes taught by sculptor, printmaker and mixed-media artist Dina Petrillo. The classes represent a new direction for the center, with one-credit introductory art workshop that runs over three-day intensive weekends. The ART 107 courses were established to create greater accessibility for community members who want to have hands-on experiences in a range of techniques for developing two- and three-dimensional artworks with a variety of media. Petrillo says, "The ART 107 printmaking series means that students of all ages and experience levels have an opportunity to immerse themselves in diverse materials and methods for generating



Details of prints by past Petrillo students Judy Perry, Irwin Brown, Sherry Frazer, Maureen Block, Karin Spitfire and Margaret Gallagher, using monotype, rubbing, stencil, stamps, linoleum relief and photo-chine-collé techniques.

the printed image."

The ART 107 series begins on Saturday, Sunday and Monday, January 22, 23 and 24, with "The Painterly Print: Exploring Monotype & Monoprints," continues with "Relief Printing: Linoleum, Woodblock, Collagraph and Foam Plates" on February 19, 20 and 21, and concludes with "Monotype in Mixed Media & Technique" on April 9, 10 and 11. All three workshops run Saturday, Sunday and Monday from 9 a.m. to 5:50 p.m. in the Sally Savage Art Studio. They may be taken as a three-credit course. For

more information and course descriptions, contact Petrillo at dnpetrillo@zwi.net. To register, e-mail Jose_Cordero@umit.maine.edu or call 338-8000. Senior tuition waivers and scholarships are available.

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Senator Rector Visits RSU 13 Adult Ed

Senator Chris Rector and Beth A. Gifford chat while students work.

Senator Chris Rector recently met with adult learners at RSU 13's Adult Learning Center to discuss literacy, local employment and health literacy. Senator Rector is serving his second term in the Maine Senate, having served three terms in the House of Representatives. He toured the facility, located at McLain School in Rockland, to better understand the depth and breadth of adult education offerings in the area. "I have always been a supporter of adult education and know its vital role in strengthening the fabric of our economic, familial and social community. Today was a chance for me to hear the individual stories of adults who benefit from this important community resource," Rector said.

Students at the Learning Center range in age from 16 to 70 and work on a variety of skill building, including GED preparation, literacy, beginning computers, English as a second language, and college preparation. RSU 13 collaborates with Literacy Volunteers of Mid-Coast Maine to provide direct instruction for students. Through that partnership, students can work one-on-one with tutors in their area of academic need, and at their own pace. All services at the center are free and confidential. Senator Rector has a personal tie to the agency, as his father, Fred Rector, was an active literacy volunteer for several years.

Rector met with RSU 13 Adult Education director Shannon M. Parker to discuss the future of adult education and its role in the

Many Flags initiative. "When we consider the future of economic development, adult education is a key factor in helping our adult citizens build skills and job readiness. Adult Education is where we get the biggest bang for our buck," Rector said.

Many of the 200 students served annually at the RSU 13 site are returning to school after a long period of time in the workforce. Some are looking to enter college or change careers, while others attend the center to improve reading skills in order to more successfully engage in a child's homework. "Adults who struggle with illiteracy and low skills often do not have a voice, so it is vital that our state leaders speak for them," says Parker.

Parker cited one local woman who struggled to read at the sixth-grade level and sought the help of adult education when she realized her nine-year-old son was a more fluent reader. She'd dropped out of school in 10th grade, but now realizes how important a credential is for employment and for her family. She attends the center faithfully every day and took her first official GED test on December 14 in language arts. Stories of adult academic success are common throughout Maine, due in large part to the coordinated local programs offered throughout the state.

For more information on RSU 13's Learning Center, contact Literacy Volunteers of Mid-Coast Maine's executive director, Beth Gifford, at 594-5154.

United Mid-Coast Charities Provides Hutchinson Center Scholarships

The Hutchinson Center in Belfast has received a \$5,000 United Mid-Coast Charities award to provide scholarships for mid-coast-area college students for 2011.

Many Hutchinson Center students are non-traditional college students who are working adults juggling the demands of family, work and school.

A recent scholarship recipient wrote: "This semester the Hutchinson Center gave me an Annual Fund Scholarship from the UMCC grant. I have two children and work part-time. I never thought I would be able to go college. The scholarship allowed me to take my first course, which I am getting an A in. I have met with the advising and financial aid people at the Hutchinson Center and I can now take a full load of classes, all because the scholar-

ship gave me the start and push I needed."

The Hutchinson Center offers full undergraduate and graduate University of Maine System degree programs. Students can choose to pursue a degree or just start by taking a course or two. The Center offers advising, career planning, financial aid assistance, tutoring and scholarship assistance. Those interested in pursuing college courses are encouraged to make an appointment with an academic advisor to plan college studies and arrange for financial assistance and scholarships. The spring semester begins Monday, January 10.

Scholarship application forms are available online and at the Hutchinson Center. For further information, call 338-8000 or toll-free 800-753-9044, or visit www.hutchinsoncenter.umaine.edu.

New Online and Daytime Classes at Five Town CSD Adult Ed

The winter brochure for Five Town CSD Adult and Community Education contains over 175 classes. The brochure is due to arrive in mailboxes and locations around the area at the beginning of January. Among the offerings are new classes in Acting, Hooping for Fitness, Hawaiian Music, Bollywood Dance, Drop Spinning, Woodworking for Beginners, 18 cooking classes, and seven

classes on plants or gardening.

New this semester is a selection of daytime classes offered at the YMCA's Teen Center in downtown Camden, and a wide selection of online classes are offered through Five Town CSD's two partners, ed2go and UGotClass.

All the new offerings will be available online at fivetowns.maineadulted.org by the end of December, or call 236-7800, option 5.

Women's Network Meeting Jan. 5

The Midcoast Chapter of the Maine Women's Network (MWN) will meet on Wednesday, January 5, from 5:15 to 7:30 p.m. at the Haven Event Center on Route 90 in Rockport. The public is welcome.

The meeting will feature the fourth program in the group's "Healthy, Wealthy & Wise" speaker series. Local attorney Rebecca Webber will be the speaker. She is a graduate of Boston College Law School, magna cum laude (J.D. 1989). While in law school,

she was editor in chief of the Boston College Environmental Law Review. Webber will talk about the top 10 employment law issues for small business.

The cost, which includes full buffet and dessert, time for networking and the presentation, is \$20 for members, \$25 for guests of members and \$28 for non-members. Non-members are always welcome. Online pre-registration at www.maine-womens-network.com is required by Wednesday, December 29.

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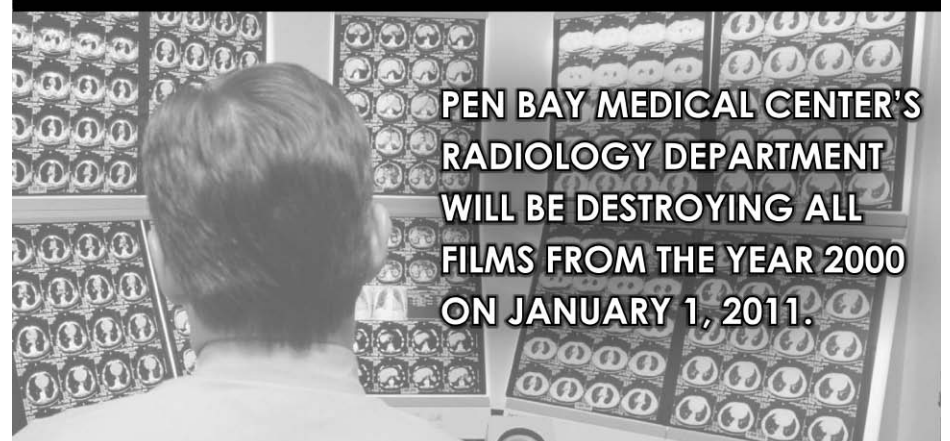
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20th Annual "Peaceful Beginnings" Celebration

Children crafting at "Peaceful Beginnings"

The 20th annual "Potluck & Peaceful Beginnings" celebration will be held on New Year's Day, Saturday, January 1, from noon to 3 p.m. at Skidompha Library in downtown Damariscotta. The free holiday community event features music, poetry readings, puppetry, arts and crafts, food, conversation and contemplation. Everyone is welcome.

From 12:15 to 1:15 p.m., a show will be held in the auditorium with local musicians and singers, including Jaja Martin and Griffin Han Lalime performing cello duets and Holly and Dave Martin on guitar and vocals. Many other singers and musicians have promised to appear to sing madrigals, folk songs and sanskrit chants. Mid-afternoon, there will be a Pachelbel's Canon play-along. Music will be provided and all musicians are invited to chime in. The traditional public Round Sing will close the afternoon.

Melissa Glendenning will bring her handmade puppets to the children's library. Ed Cote Small will bring puppets and perform. There will be ongoing puppet and gnome craft tables in the children's library. Alexsondra Tomasulo, a Walpole potter, will host the clay table.



Over the course of the afternoon, area poets will read selected works in the Library's Porter Auditorium.

Everyone is encouraged to bring food for the informal potluck. Anyone who would like to help out in any way (play music, sit at a craft table, etc.) is urged to e-mail Jenny Begin at saltbay@midcoast.com or call 563-3781.

"Peaceful Beginnings" is free and sponsored by CONA (Citizens Offering New Alternatives), a local group that offers educational forums and community events.

Pen Bay Y Kicks Off Its Be Our Guest Program

Penobscot Bay YMCA will kick off its Be Our Guest Program just in time for the new year. The Y is ready to help with New Year's resolutions related to fitness in life. The Y's qualified staff will help guests through exercise and wellness programs designed to give energy, confidence and the motivation to achieve results.

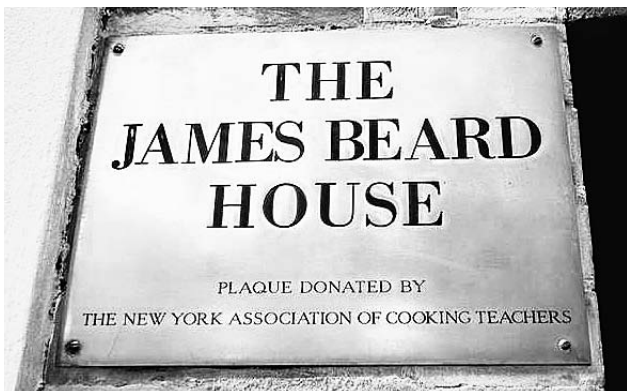
Once guests have tried some of the group exercise classes, spent some time in the Fitness Center or splashed in the pool, Y staff are convinced guests will want to continue their new healthy lifestyle and become a Y member. If a guest decides to join the Y before Monday, January 31, 2011, they will be entered in a drawing to win

prizes, including a one-year membership at the Y.

Y membership benefits include over 35 free fitness classes each week, two free orientation sessions with a personal trainer, free guest passes for family and friends, and free Family Prime Time with a family membership — plus, the Y now opens at 5:30 a.m.

For a complete listing of programs offered at the Y, stop by for a program guide or visit online @www.penobscotbayymca.org. The Y's Winter 1 session runs from January 3 through February 20. To register for Penobscot Bay YMCA programs, call 236-3375 or stop by the Y, on Union Street in Rockport.

Try out fitness in the new year



Lily Bistro Is James Beard House Bound in June

Once again Lily Bistro has been invited to cook at the prestigious James Beard House in New York City. The Rockland restaurant will be preparing a farm-to-table dinner and is currently working with Morning Dew Farms and Dandelion Springs to source produce for the dinner. PHOTO BY KEN GOODMAN

Last Chance for Camden Rotary's Gourmet Nuts

Camden Rotary Club's Holiday Nut Sale outside French & Brawn is over, but nuts are still available at Camden National Bank's Main and Plaza branches, Key Bank and the First in Camden. Proceeds go toward Rotary's charitable projects locally and around the world. Pictured are Rotarians Jim Bowditch, Henry Garretson and Harvey Rudisaile working a recent afternoon shift.

Free Quit-Smoking Program Offered

To help people who believe this is the right time for them to quit smoking, the American Cancer Society's quit-smoking program, Freshstart, is being offered at no charge on Wednesdays, January 5, 12, 19 and 26, from 5 to 6:30 p.m.

The classes will be held at Waldo County General Hospital's annex building (the one-story older building across the street from the hospital) in the Healthy Waldo County office.

Freshstart is designed for the adult smoker and emphasizes that smoking cessation is a two-step process: stopping and staying stopped. Therefore, techniques and support are shared to keep a smoker off cigarettes.

The program is free and addresses the variety of reasons people smoke: physical addiction, habit and psychological dependency.

For more information and to register for the free classes, call 930-2650 and leave your name and telephone number. A minimum of four participants are needed to hold the class.



John Batty at 691-6989.

Adas Yoshuron Synagogue participates year-round in the Soup Kitchen program at St. Peter's Episcopal Church in Rockland on the first Sunday of each month and contributes to the Area Interfaith Outreach Food Pantry.

Everyone is welcome at the Christmas Day Community Dinner at St. Peter's. Anyone needing additional information on the event can call the synagogue at 593-4523 or e-mail yoshuron@midcoast.com.



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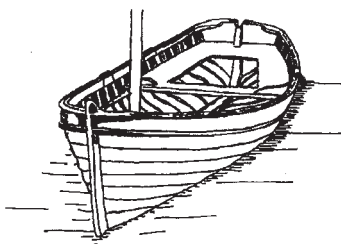
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Tickets Now Available for Boar's Head and Yule Log Festival

Tickets are now available for the sixth annual Boar's Head and Yule Log Festival on Saturday and Sunday, January 1 and 2, at 2 and 4:30 p.m. at Rockland Congregational Church, 180 Limerock Street in Rockland.

Held at Epiphany, the first weekend of the New Year, the festival is a re-enactment of ancient celebrations that marked the end of the Twelve Days of Christmas. Tradition claims Epiphany as the time when the Magi offered their gifts to the Christ Child. In medieval England, it was recognized by revels in the manor hall, presenting a wild boar's head, which came to symbolize Christ's triumph over Satan.

The festival is staged in the church sanctuary, decorated first as the manor house. Arriving guests are greeted with music and offered sweetmeats. The herald proclaims the entry of the boar's head, carried in triumph by the beefeaters, and a procession of cooks and staff brings forth the great feast. Dancers from the Rockport Dance Conservatory entertain the royal court. They are fol-

lowed by carolers and then by King Wenceslas and his pages, and by woodsmen with the Yule log, which represents the rekindling of love. The lights dim and the hall transforms into a cathedral as the Holy Family arrives, followed by shepherds, Magi and animals.

Throughout the performance, music by the Midcoast Brass Quintet, the Chancel Choir and handbell ringers of Rockland Congregational Church, and vocal and instrumental soloists, with singing by the congregation, is enhanced by Richard Einsel at the organ. The large, costumed cast is drawn from the midcoast community, and live animals from Zabby's Traveling Farm Animals and Ridge Mist Llamas are included.

All proceeds after expenses will benefit the assistance programs of Area Interfaith Outreach. General-admission seats are \$10 and reserved numbered seats on both sides of the center aisle are \$15. To purchase tickets, call the church office at 594-8656. Major credit cards are accepted.

Midcoast Community Chorus Concert at Strom Auditorium January 9

Artistic director Mimi Bornstein is readying the 140-member Midcoast Community Chorus (MCC) for its concert at 4 p.m. on Sunday, January 9, at Strom Auditorium in Rockport. MCC concerts offer an eclectic mix of music from a variety of cultures, beliefs and

traditions, incorporating gospel, international, spiritual and Broadway tunes into the program.

MCC's mission is "singing as a community for the community." The chorus has released an audio CD, "The Best of the Midcoast Community Chorus... So Far!," on sale at local retail outlets and through www.mccsings.org.

Sean Fleming will accompany the MCC on keyboards, and the chorus will be joined by African drumming and dance ensemble Djump!, led by Jeff Wolovitz. The January concert will raise funds for the community chorus operations, which include concerts twice a year, with the June concert proceeds donated to a nonprofit beneficiary serving the needs of the community.

General admission tickets (\$15) are available at HAVI in Camden, The Grasshopper Shop in Rockland, and The Green Store in Belfast. Reserved seating (\$20 and \$25) or credit card sales are available by calling 975-0582. For further information, visit info@mccsings.org.

Artistic director Mimi Bornstein and the Midcoast Community Chorus will be joined by African drumming and dance ensemble Djump! for the January 9 concert.

TIMARRUDAPHOTOGRAPHY



Young Composers' Competition open to all Maine students in high school or below

Bagaduce Music Lending Library in Blue Hill will again sponsor, for the 15th year, its annual Young Composers' Competition & Festival.

Launched in 1996, the competition encourages Maine students to create new works, develop their composing and notation skills, and get valuable feedback from professional musicians. For six young musicians, it's a chance to win some extra spending money, too.

Young Maine musicians are invited to submit their new works by February 16, 2011, for review by a jury of professional musicians. This year's judges are Beth Wiemann, composer and professor of music at the University of Maine at Orono; Fred Goldrich, conductor of The Bangor Band; and John Cooper, professor of music and composer in residence at the College of the Atlantic.

Cash awards and recognition will be presented in two age categories: up to age 13, and age 14 through high school. All participants will be recognized and invited to perform at the Young Composers' Festival in Blue Hill on Saturday, April 30, 2011.

All submissions will become part of the Music Library's Maine Collection. That archive contains over 2,750 works, including pieces by R.B. Hall, Frank Churchill ("Who's Afraid of the Big Bad Wolf?"), Werner Torkanowsky, Walter Piston and Noel Paul Stookey.

For complete information and entry forms, young composers should contact the Music Library at 374-5454 or festival@bagaduce-music.org, or visit the website at www.bagaduce-music.org.

The Bagaduce Music Lending Library was formed in 1983 to provide unencumbered music-library access to performers and music lovers nationwide. The Music Library now has over one million pieces of catalogued music, representing over 215,000 scores and sheet music titles, and relies on donations of volunteer time, music and financial support to ensure continued operation and growth. Along with the Young Composers' Competition & Festival, the Music Library is host to the Blue Hill Pops Concert on July 3 each year, a summer season tradition in Downeast Maine.



Dancers from Rockport Dance Conservatory make their bow to the royal court.
PHOTO BY GORDON MCLAUGHLIN



Reduced-Price Admission for Families Offered for Boar's Head Festival

Geese waiting in the wings to go on stage at the Boar's Head and Yule Log Festival

the church sanctuary at 180 Limerock Street. A maximum of two adults with each group of children may be included in the half-price offer. The performances, held at 2 and 4:30 p.m., include pre-show entertainment and a gala reception after the hour-long pageant. Live animals are part of the pageant, and children can also visit animals in the petting zoo. The regular admission price is \$10. The Boar's Head and Yule Log Festival rounds off the holiday season by bringing the spirit of Christmas back to its sacred origins. For information, visit www.rocklandcongregationalchurch.org. To take advantage of the reduced-price ticket offer, call the church office at 594-8656.

Rockland Congregational Church is offering a limited number of half-price general-admission tickets for families with elementary-school-age children to attend the Boar's Head and Yule Log Festival, which will be held on Saturday and Sunday, January 1 and 2, in

Tickets on Sale for George Cole Quintet Concert in Rockland



The George Cole Quintet

Tickets are now available for an evening of "Eurocana" jazz with the George Cole Quintet from San Francisco on Saturday, January 8, from 7 to 9:30 p.m. at Lincoln Street Center for Arts and Education in Rockland. Opening the concert will be midcoast singer-songwriter Savannah Creech. Refreshments will be provided.

The quintet's original music is reminiscent of George Gershwin, Johnny Mercer and Cole Porter, and the band's stylized approach and fast and furious guitar playing is in the

tradition of Django Reinhardt. Crooning vocals, comic gab and romantic duets with vocalist Molly Mahoney are part of the quintet's show. The quintet can be heard at www.georgecole.net.

Tickets, ranging from \$10 to \$15, are available online at www.lincolnstreetcenter.org/georgecole, or can be purchased in advance by stopping by the Lincoln Street Center office, 24 Lincoln Street, Rockland, Monday through Friday, 9 a.m. to 4 p.m.

Midcoast Music Together, part of the national early childhood Music Together program, will offer a special "Just for Babies" class at the new Picker Family Resource Center at Pen Bay Medical Center in Rockport. The class is for parents and infants up to eight months of age.

Research has demonstrated that babies hear as early as the fourth month of gestation and benefit from early exposure to music. The Just for Babies Music Together class will take place on Fridays from 11:15 a.m. to noon, beginning January 21. Interested families may participate in a free demonstration class on Friday, January 14, from 11 a.m. to noon.

In a typical class, 12 babies and their parents or caregivers meet weekly for 45 minutes to experience new songs, chants, movement activities and instrumental jam

Free Midcoast Music Together Demo Class

sessions. No previous music experience is needed. Parents hold their babies and move to music around the classroom or sit on the floor singing to their babies. At home, parents play to Music Together recordings (two CDs and an illustrated song book are provided as part of the class). The class will run for eight weeks, and the cost is \$125 (materials included).

To register or RSVP for the free January 14 demo class, visit the Web site at midcoastmusictogether.com or call 593-6645. Payment plans are available upon request.

The Picker Family Resource Center, located on the campus of Pen Bay Medical Center, promotes building community by providing health resources and support that serve the needs for women and their families throughout their lives. For more information, visit penbayhealthcare.org/pickercenter.

Now in its sixth year, Trekkers' Big Trek/Little Trek program creates opportunities for local high school and elementary school students to cultivate relationships. Ending its fall session and soon to begin its seven-week winter session, Big Trek/Little Trek pairs a Georges Valley High School student with a third- or fourth-grader from the St. George or Lura Libby school for one-to-one mentoring sessions. The program is a collaboration between the elementary schools and Trekkers, a nonprofit outdoor-based youth mentoring program that connects caring adults with young people in the community.

The Big Trek and Little Trek students meet after school for one hour each week in a friendly and familiar environment. The meetings begin with a healthy snack and a group game or team-building activity. The pairs then spend one-to-one time together playing board games, playing basketball, drawing or having a conversation. A closing group activ-

Trekkers' Peer Mentoring Program to Begin Winter Session

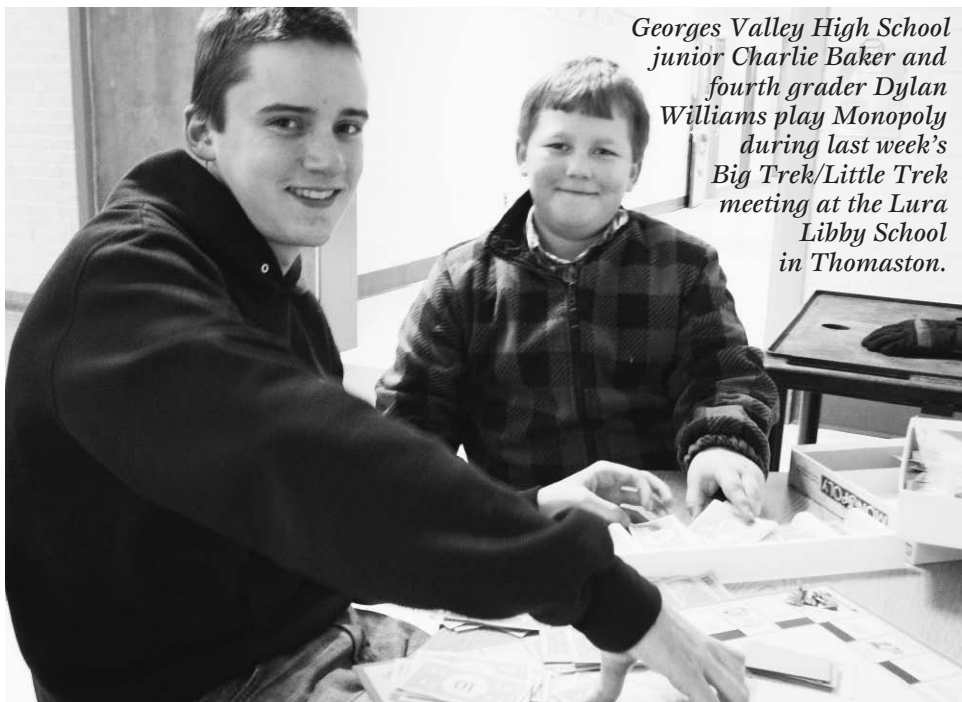
ity marks the end of each meeting.

Following Trekkers' mission, the Big Trek/Little Trek program allows older students to engage in relationship-building. Several of the Big Trek students have benefited from mentorship themselves through Trekkers' core programming. As role models, these students are able to hone leadership skills while volunteering in their community. Before the seven-week winter session begins, the "Big" will participate in an hour-long training that prepares them for their role. For some, the program is their first experience as a mentor.

The program also offers many benefits to the Little Treks. In addition to fostering self-esteem and improving interpersonal skills, Big Trek/Little Trek creates a space for the "Littles" to receive encouragement and undivided attention from a positive role model.

For more information about the Big Trek/Little Trek program, contact Trekkers at 594-5095 or visit www.trekkersonline.com.

Georges Valley High School junior Charlie Baker and fourth grader Dylan Williams play Monopoly during last week's Big Trek/Little Trek meeting at the Lura Libby School in Thomaston.



Free Parenting Classes Begin January 4 in Rockland

Broadreach Family & Community Services will offer free Active Parenting Now classes in Rockland beginning on Tuesday, January 4, at the Rockland District Middle School. Classes will be held from 6 to 8 p.m. The new curriculum offers six two-hour sessions.

Active Parenting Now is a video-based education program targeted to parents of 5- to 12-year-olds who want to improve their parenting skills. Class material promotes mutual respect among family members within a democratically run family. The program teaches parents how to raise a child by using encouragement, building the child's self-esteem, and creating a relationship with the child based on active listening, honest communication and problem solving. It also teaches parents to use natural and logical consequences to reduce irresponsible and unacceptable behaviors.

The classes are open to all parents and childcare will be provided during class. Because of grant funds awarded by the Maine Children's Trust, there is no cost for parents who want to participate. Pre-registration is required and enrollment will be limited.

Broadreach provides a variety of services to young parents and their children in Waldo and Knox counties. The agency has over a quarter-century of experience in delivering parenting education, family support, early childhood education and family literacy programming. Other parent education options include Kids First, Guiding Good Choices and the Nurturing Fathers Program.

To register for Active Parenting Now classes, or for more information, please call Patrick Walsh at 338-2200, extension 109, or e-mail pwalsh@brmaine.org.



Ocean Classroom's high school students and neighbors in front of the house they helped build in Samana, Dominican Republic

"Cruise for a Cause" Offered by the Ocean Classroom Foundation

Last March 14, a group of high school students arrived in Luperon, a small village on the northern coast of the Dominican Republic. They had come to the island of Hispaniola via the Ocean Classroom Foundation schooner *Harvey Gamage*. After anchoring in the harbor of Samana, the students traveled by gua gua (local bus) to meet with people at the Village Mountain Mission. There they built a home for the Salvador family, who had been living in inhospitable conditions. Students built the house in just one week, from the foundation to the roof. With their new house completed, the Salvadors could be reunited with their oldest child, who had been living in Santiago. Samuel Salvador had left his parents and two siblings in their ramshackle house over two years earlier because of a lack of resources and space. The two remaining children had been sharing a mattress placed on the dirt floor each night.

"This type of service immersion is an invaluable experience on many levels," says Alyson Graham, Ocean Classroom's educational director. "It is amazing how much the students accomplished in a week, and how their hard work and willingness to see such a large project through to completion changed the lives of an entire group of people."

This coming February, 17 high school students from seven states will begin their voyage in the Caribbean and end in Boothbay Harbor at the end of May. The four students from Maine are Emily Wallace from Alna,

Zachary Barry from Boothbay Harbor, Benjamin Voisine-Addis from Kennebunk, and Sam Moskowitz from Rockland.

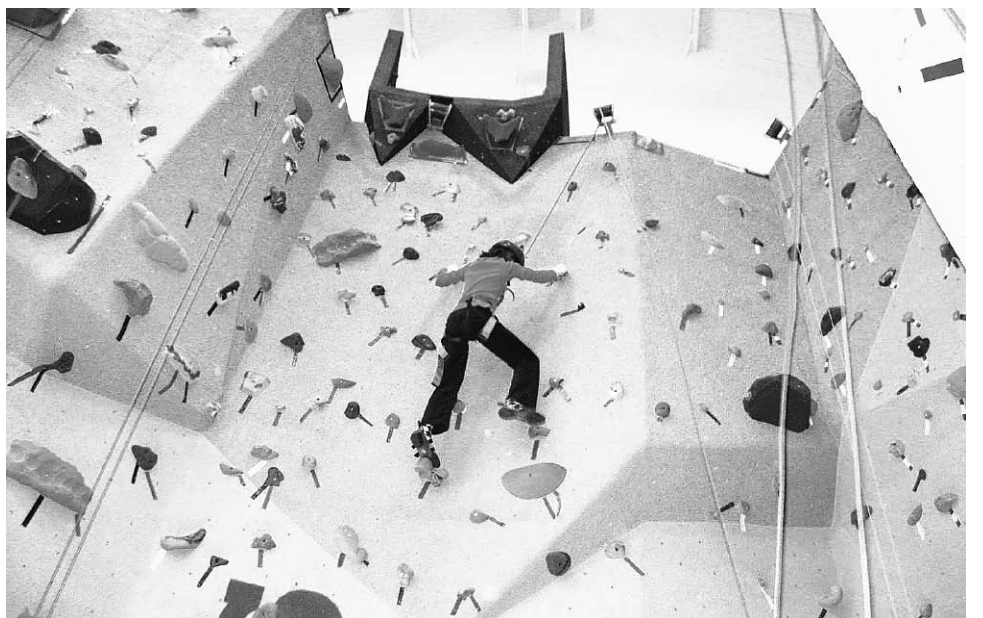
The Ocean Classroom Foundation would like to partner with the Village Mountain Mission on a regular basis so that building a home for a family in need will become an integral part of every high school student's experience during their semester at sea. Funds are needed for the costs of the students' transportation, food and supplies. Ocean Classroom is appealing to its community in Maine to contribute to its service mission.

One way that people can support the effort is to take a "Cruise for a Cause" this winter. Ocean Classroom is offering a Caribbean voyage during February vacation week for adults who want to experience an abbreviated version of the same adventure the students have been receiving since 1996. "This is a fantastic opportunity for teachers, artists, and anyone who loves a personal challenge," says Susan Hodder, managing director at Ocean Classroom. "Plus, we're dedicating this cruise as a special fund-raiser for an important cause, so everyone benefits."

Anyone interested in learning more about the cruise and how to contribute to the efforts of Ocean Classroom's students may call Graham at 633-2750.

The Ocean Classroom Foundation, located in Boothbay Harbor, is a non-profit experiential education organization. For more information, visit www.oceanclassroom.org.

Leadership School at Kieve Offers Vacation Adventure Camp



Kieve's 40-foot indoor rock wall is always a huge hit during Adventure Camp.

The Leadership School at Kieve in Nobleboro is preparing for a fun-filled week with area youth at its third annual winter day camp during February vacation.

From Monday, February 21, to Friday, February 25, from 9 a.m. to 4 p.m. each day, Adventure Camp activities will include snowshoeing, outdoor winter games, ice fishing, tie-dye, arts and crafts, and more. The indoor climbing facility, complete with a 40-foot rock wall and high-ropes elements, will

be featured.

Adventure Camp is open to children ages five to 14, and pickup and drop-off services are offered in Wiscasset and Damariscotta. The campers will be split into three separate groups according to what grade they are in. There is limited space per group.

For more information or to request an application, call Kieve-Wavus Education Inc. at 563-6212 or visit The Leadership School homepage at www.theleadershipschool.org.

CHRISTMAS BIRD COUNT RESULTS cont.fr.pg.1

earred Owl were discovered in several types of habitat. As is often the case, owls are sometimes detected by neighboring birds. In this case, a vocal group of Black-capped Chickadees were raising quite a ruckus. When a birder approached to investigate, the owl emitted a couple of barking vocalizations before evacuating to deeper woods cover.

Peregrine Falcons are always a welcome treat on any Maine winter count, and two were seen this year. One of these swift predators has lingered at Rockland Harbor for several weeks. This is a very dark first-year individual that has a distinct palate for Rock Pigeons. He is typically seen resting or sunning atop the concrete silos at Rockland's South End.

Open freshwater is always considered a bonus situation for Christmas Counts. During the days leading up to the count, ice conditions vacillated greatly at Chickawaukie Lake. Previously, a heavy rainstorm and 50-degree temperatures had melted away the patchy skim of ice.

In the meantime, a variety of ducks,

including two species of scaup, Hooded Mergansers, Common Goldeneyes and a relatively uncommon Ruddy Duck paddled the lake each day. Nearly 100 American Coots had fed along the roadside edge of the lake.

By the early morning on Saturday most of the lake surface was sealed in ice, however. Thirty-two coots still remained to be tallied. By 3 p.m., the predominant body of the lake was fully iced. In the mid-lower section of the lake, a group of seven coots huddled together amid an ever-shrinking plot of water. Two adult Bald Eagles stood patiently on the strengthening ice about 100 feet away.

In line with earlier winter finch forecasts, limited numbers of migratory finches were found. One highlight was a flock of 84 Common Redpolls feeding in the agricultural fields at Weskeag Farm in South Thomaston. A single Pine Siskin was recorded. Also at Ruddy Pine Warbler, female Red-winged Blackbird and seven Ruddy Ducks at Maple Juice Cove in Cushings were notable sightings.

Coastal Owl & Falcon Migration Route Described by Scientists

BioDiversity Research Institute has documented a significant migratory pathway for owls and falcons along coastal Maine. The research could inform future siting decisions for marine-based wind-power facilities.

In a new study, researchers from the BioDiversity Research Institute (BRI) describe how northern saw-whet owls and several falcon species use Maine's offshore islands during their fall migrations. This past fall, BRI wildlife biologists set up a falcon research station at Monhegan Island and seven owl research stations from Lubec to Cape Elizabeth to determine if, where and when nocturnal and daytime birds of prey, or raptors, were moving along the Maine coast.

"We didn't know what we would find," says BRI wildlife research biologist Kate Williams. "Our first nights in the field, all the teams were furiously texting each other: 'I've got owls!' Now we know for certain that Saw-whet Owls migrate at night between Maine's coastal islands. This is one of those amazing scientific moments of discovering something quite new."

On Monhegan, BRI biologists worked through the day counting all birds of prey flying past. Over four weeks, they counted over 800 birds of prey — three-quarters of which were falcons.

"This is the first time anybody has continuously documented the raptor migration at Monhegan Island," BRI Raptor Program director Chris DeSorbo says. "Unlike what is typically observed at inland or inshore sites, the offshore raptor migration is heavily comprised of three falcon species — Peregrine Falcons, Merlins and American Kestrels. These are among the raptor species most capable of flying 10 miles offshore."

On Monhegan, DeSorbo attached satellite transmitters to two Peregrine Falcons, which will enable BRI biologists to follow the movements of the birds for over a year. Since early October, the two falcons have travelled over 6,400 combined miles, and they are recurrent-



One of the peregrine falcons on Monhegan equipped with a satellite transmitter this fall PHOTO BY ALHINDE



Saw-whet owl on 700 Acre Island PHOTO BY TONYOPPERSDORFF

ly in Cuba and Colombia. The migration of these birds will be regularly updated on the BRI website at www.briloon.org/MBAN. The transmitters will reveal the birds' fall and spring migration routes, where they overwinter, and indications of where they were born.

"This is work that is critically important to understanding bird movements in the Gulf of Maine region," says Dr. Rebecca Holberton, professor at the University of Maine and leader of the Gulf of Maine's Northeast Regional Migration Monitoring Network, "and it helps identify which species might be affected by coastal and nearshore wind-power development. Owls, in particular, have been somewhat overlooked in most of the major monitoring efforts in the region, and BRI's recent studies are helping to fill important gaps in our knowledge."

The two projects are keystones for BRI's Maine Biomonitoring and Assessment Network (MBAN) program, which has recently focused on gathering information about how birds and bats move along Maine's coast. The information is necessary to inform siting decisions for wind-power facilities and other developments in the marine environment. This element of BRI's research is part of a larger effort by the University of Maine, U.S. Fish and Wildlife Service, the Maine Department of Inland Fisheries and Wildlife, Maine Audubon, Nova Scotia's Acadia University and the National Audubon Society's Seabird Restoration Program to understand the movements of wildlife species in coastal Maine.

The mission of BioDiversity Research Institute is to assess emerging threats to wildlife and ecosystems through collaborative research, and to use scientific findings to advance environmental awareness and inform decision makers.

Thomaston-Rockland Christmas Bird Count Results—December 18, 2010

Red-throated Loon 4	Downy Woodpecker 42
Common Loon 125	Hairy Woodpecker 25
Horned Grebe 38	Northern Flicker 7
Red-necked Grebe 124	Pileated Woodpecker 1
Great Cormorant 3	Purple Sandpiper 17
Great Blue Heron 5	Ruddy Duck 7
Canada Goose 663	American Coot 32
American Black Duck 585	Blue Jay 181
Mallard 742	American Crow 442
Common Eider 396	Northern Raven 20
Long-tailed Duck 206	Black-capped Chickadee 582
Surf Scoter 69	Tufted Titmouse 45
White-winged Scoter 1	Red-breasted Nuthatch 14
Common Goldeneye 89	White-breasted Nuthatch 44
Barrow's Goldeneye 1	Brown Creeper 8
Bufflehead 482	Golden-crowned Kinglet 49
Hooded Merganser 7	American Robin 49
Common Merganser 25	Northern Mockingbird 3
Red-breasted Merganser 110	Bohemian Waxwing 30
American Wigeon 4	Northern Shrike 4
Lesser Scaup 1	European Starling 571
Bald Eagle adults, 36; immature, 78	Pine Warbler 1
Sharp-shinned Hawk 2	Northern Cardinal 48
Cooper's Hawk 5	Snow Bunting 3
Red-tailed Hawk 4	Red-winged Blackbird 1
Rough-legged Hawk 1	Purple Finch 6
Red-shouldered Hawk 1	House Finch 29
Merlin 1	Common Redpoll 120
Peregrine Falcon 2	Pine Siskin 1
Ruffed Grouse 2	American Goldfinch 151
Wild Turkey 70	House Sparrow 32
Common Black-headed Gull 1	Dark-eyed Junco 24
Bonaparte's Gull 65	Song Sparrow 6
Ring-billed Gull 27	Swamp Sparrow 3
Herring Gull 949	Savannah Sparrow 1
Great Black-backed Gull 14	White-throated Sparrow 20
Black Guillemot 79	Tree Sparrow 75
Rock Pigeon 368	
Mourning Dove 293	
Great Horned Owl 3	
Barred Owl 3	
Long-eared Owl 1	

Totals:
79 species; 8,381 individual birds; 23 field observers; 4 feeder watchers

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By the time this edition of The Free Press hits the streets last-minute shopping or baking will be winding down. Wrapping gifts, thinking about getting the house ready for guests and preparations for Christmas Eve or Christmas Day dinner take precedence. So, relieved of the burden of giving any hints or advice, I'd like instead to share others' thoughts on Christmas and on the depths of winter.

Winter can be a difficult time for gardeners who stare out at the snowy landscape and dream of spring's warm soil and emerging green plants. But artist Andrew Wyeth said, "I prefer winter and fall, when you feel the bone structure of the landscape — the loneliness of it, the dead feeling of winter. Something waits beneath it, the whole story doesn't show." Similar thoughts were expressed by Ruth Stout, whose classic book, *Gardening Without Work* was one of the first to suggest the use of mulch to cut down on weeding and heavy labor in the garden. Of winter, Stout said, "There is a privacy about it which no other season gives you.... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor

Season's Greetings



by Georgeanne Davis

belonging to yourself."

I was inspired to look to others for winter quotes while reading Aldo Leopold, acknowledged by many as the father of wildlife conservation in this country. In *A Sand County Almanac*, Leopold writes, "Like wind and sunsets, wild things were taken for granted until progress began to do away with them. Now we face the question whether a still higher 'standard of living' is worth its cost in things natural, wild and free. For us of the minority, the opportunity to see geese is more important than television, and the chance to find a pasque-flower is a right as inalienable as free speech."

Leopold's words reminded me that I need to walk away from the wrapping and baking and step outside to enjoy the wind and sunsets, the offerings surrounding me that don't have to be bought and wrapped — the fat cheeky red squirrel gobbling up seeds from the maple wings I never raked up, the long, lingering sunsets, even the chilling evening chorus of yipping and howling coyotes that give a late trip to the woodshed a slight frisson of adventure. Surely all of these are reason enough to make us chime in with Dickens' Tiny Tim and proclaim, "God bless us, every one!"

Sponsors Sought for Summer Food Service Program for Children

The Maine Department of Education's Child Nutrition Services program is looking for organizations to sponsor the federally funded Summer Food Service Program to provide children healthy meals when school is not in session.

"It's a disturbing reality that for many children, the only healthy meals they receive are the ones served at school during the academic year," says Maine's Education Commissioner Angela Faherty. "We are committed to ensuring Maine children continue to receive nutritious meals even after school closes for summer, and we will do that through the help of organizations willing to participate in the Summer Food Service Program."

Last summer, 72 sponsors participated in the program, serving almost 450,000 meals to children at more than 200 sites. But many counties in Maine have no sites for children to obtain a meal during the summer. Last year no open programs existed in Knox, Lincoln, Franklin and Hancock counties.

The Summer Food Service Program may be offered statewide in areas or at sites where more than 50 percent of the children are eligible for free or reduced-price meals under the National School Lunch Program, or census data supports the need. Eligible sponsoring organizations include schools, nonprofit residential summer camps, government agencies and tax-exempt organizations including faith-based organizations.

Maine's Education Department encourages any eligible organization to consider providing the service to Maine children. The department will begin accepting applications to participate in mid-February. Approved sponsors will be reimbursed for meals served to children during the long summer break.

Interested organizations should begin planning now for a successful summer food program. Department staff with expertise are available to attend meetings or answer questions about the program by phone and e-mail. Potential sponsors are required to take training courses; workshops are planned for March 31 for new sponsors, April 22 for camps, and April 28 for schools.

For more information about the Summer Food Service Program and applications to participate, contact Gail Lombardi at Gail.Lombardi@Maine.gov or 624-6876, or visit <http://www.maine.gov/education/sfs>.



New Midcoast Habitat for Humanity Board Members

Left to right, Ed Mitchell of Sotheby's International Realty, Susan Taylor, Jay Fischer of Cold Mountain Builders, and Lori Edwards Ball of Camden National Bank have joined the board of directors of Midcoast Habitat for Humanity. For more information, visit www.midcoasthabitat.org.



PHOTO BY LISAGENTHNER GUNN

MVLT Staff Give to SAD 40 Food Pantries — SAD 40 food pantries each received a \$100 donation from Medomak Valley High School staff members, who pay \$1 to dress down on Fridays. The money collected goes to the food banks. Standing, left to right, are Ellee Simons and Louis Cook of the Waldoboro food pantry, MVLT Assistant Principal Andrew Cavanaugh, presenting a check to Deb McBee and Kim Anderson of the Warren food pantry, and Karen Goodwill of the Friendship food pantry. Seated are Carol Watier of the Union food pantry and Rev. Linwood Welch, Warren food pantry.

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

KING is a handsome 7-year-old German Shepherd. He is good with dogs and kids but not with cats. King is currently being treated for Lyme disease. He loves car rides and playing with his toys, especially his soccer ball. He's a smart dog & will thrive with additional training.



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SWEDISH is an adorable double-pawed tabbie/tortie spayed female about a year old. She is a very loving gal seeking attention from anyone and everyone. She is fine with other cats. Why this beauty is still at the shelter is a mystery.



Swedish is sponsored by:

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SHAGGY is a very laid-back seven-year-old Pekinese. He's a great dog who gets along with everyone from kids to cats to dogs. He likes to be a constant companion and to be babied. If you're looking for a lap dog, Shaggy could be just the one for you.



Shaggy is sponsored by:



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A Different Breed of Accounting

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ROXY came to the shelter after she was found chained to a fence without so much as a note. She was quite shy and timid but is now flourishing in our K-9 Corrections Program at the Bolduc Correctional Facility. To learn more about Roxy or the program, contact the shelter 594-2200.



Roxy is sponsored by:

738 Main Street
Rockland, ME 04841

594-4750

John W. Sargent



Call Camden/Rockport Animal Rescue League at 236-8702 about adopting these pets.

MORGAN is a wonderful young Walker Hound mix who needs a quiet home where her new owner will give her the love and attention she deserves while working with her on socialization. Morgan is a sweet girl, but gets frightened by new things and will occasionally hide when she's scared, which is so sad because this beautiful girl is just the sweetest thing imaginable. She loves to be outside and enjoys snorkeling and sniffing around so will need to be kept in a fenced-in yard on a leash. She does well with cats and adores other dogs, and LOVES to ride in the car. Wouldn't you like to give this adorable girl a happy and healthy home to call her own? Morgan is sponsored by:



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DRAKE is a rambunctious young retriever mix who LOVES to play tug-of-war and fetch. He needs some work on manners; but he's so smart that with some consistent feedback we're sure he'll do well. He walks quite well on a leash although does need to occasionally be reminded the leash is not something to play tug-of-war with. He's got plenty of energy so would love to find a family that would give him plenty of play time and all the love and affection he deserves! Drake is sponsored by:



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ANNABELLE is a gorgeous 3-year-old Rottie and it's shocking she's still at the shelter. She does well with most other dogs and is fine with cats, loves every person she meets, enjoys her stuffed animals and a good game of tug-of-war with a rope bone, and would ride in the car all day if she could! She's a big girl and quite strong, but a gentle giant at heart. Wouldn't you love to have this gorgeous girl join your family? Annabelle is sponsored by:



Little River Veterinary Hospital

1333 Atlantic Highway
Northport, Maine 04849

338-2909

Fax: 338-5523

BIGGLES is a handsome BIG tiger cat and we desperately want to find him a home fast! Although the other cats are nice to him, Biggles is very scared at the shelter and spends a lot of time hiding, which is just heartbreaking because he's actually a very affectionate guy. He loves it when someone takes the time to give him ear scratches and a kind word, which makes it that much more upsetting when we see him hiding under his blanket or bed! Wouldn't he make a wonderful addition to your family? Biggles is sponsored by:



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ORRI is a spectacular torti with a beautiful orange streak down her nose. She's quite friendly when she wants to be and does okay with the other cats. She's been with us for a while, so we'd love to see her find a home soon. She's one of several wonderful, friendly adult felines available at CRARL who have been at the shelter for way too long, so if she's not the one for you we're sure to have someone else that would be perfect. Stop in to meet some of our fantastic felines soon even if you're not ready to bring one home just yet. The cats love visitors! Orri is sponsored by:



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Dear Santa,



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Dear Santa,
I hope the reindeer and the elves are doing OK. They better rest up for the long flight. Say Hi to Mrs. Claus. I would like a runescape giftcard, a water backpack and LL Bean thermos, a Nerf longsword and sheild, Build-a-lot 2 and Insaaquarium Duluxe, The Little Orange Submarine, Jypoardy for wii, Kirbies Epic Yarn Lincon Log General store, Snowy Mountain, Lookout, Big Valley barn, vet, pony express, Hotel, Conestoga Ranch, and just plain Lincon Logs.

Sincerely,
Alex



Dear Santa,
Please come and see me Christmas Eve (my Birthday!!!) and I will leave you a treat. I would like Stinky the garbage truck and a skate board. I have been a pretty good boy all year.

I love you santa, xoxo,
Mason

Dear Santa,
What I want for christmas is a camra or a laptop and that is all. Oh, one more thing I would like my family. That would be nice, OOPS, almost, I would also like a pet kitten or pet Baita fish with bowl, food and everything!
Thank you.

Sincerely yours,
Annaliese

P.S. A wii set and game just dance and wii sports

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You Rock!



Santa,
I want a xbox 360 snow board game, and a cris crosh and loosmansls and a cum poter and a tv and a nif

Damion

Santa,
I want box chocolates, and a cookie. I will make you some cookies and milk, right now I want you to come to my house.

Damien
4 yrs old

Dear Santa,
I hope the elves are doing good this year along with the reindeer. I will leave you some chocolate milk and cookies again. Say hi to Mrs. Claus for me, please. This year I would like a keyboard, a nerf longsword, an Xbox 360 and a nerf shield. And if you think I deserve anything else this year you can pick out a surprize.

Thank you,
Nick

Dear Santa,
I would like to have a new purple dolly, video game, a monster toy, a scooter, a green jump rope, a pink Barbie car, and a new princess and the frog movie and some candy canes.

Love, your friend, Krystyna

To the north pole all the way from Maine.
Dear Santa,
All I want for Chistmas is 3 things. Well I would like a video barbie and tangeled barbie and a D.S. I'm hoping for those things. I'f been tring so hard to be good.

P.S. I have seen yore video's. How did you know every thing about me?

Alyssa



Dear Santa,
How are you. I know how busy you are this time of year, but if you find time I would like a warm blanket for Christmas. I've tried to be a good, kind person this year. I will leave you and the reindeer a treat!!

Love you,
Jody

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ONLY ONE ENTRY PER HOUSEHOLD, ONLINE OR PRINT, PER WEEK, WILL BE ENTERED IN THE DRAWING.

- Sunday, January 2
- Carolina at Atlanta
 - Tennessee at Indianapolis
 - Pittsburgh at Cleveland
 - Minnesota at Detroit
 - Chicago at Green Bay
 - Oakland at Kansas City
 - Miami at New England
 - Tampa Bay at New Orleans
 - Buffalo at NYJets
 - Cincinnati at Baltimore
 - Dallas at Philadelphia
 - Jacksonville at Houston
 - NY Giants at Washington
 - San Diego at Denver
 - Arizona at San Francisco
 - St. Louis at Seattle

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Last Week's Winner was Duane Mackie of Rockland who won with 12 of 15 correct picks.

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Land Trust Receives Gift to Complete Berger Preserve

Representatives of MVLТ and the Bremen Conservation Commission visit the Berger Preserve on Bremen Long Island.



Daniel and Suzanne Goldenson of Bremen made a further gift of land to the Medomak Valley Land Trust at its annual meeting on December 3 that will complete the Karl F. Berger Preserve on Bremen Long Island. The gift consists of an additional 15 acres, including a cove and 700 feet of deep water frontage on the eastern shore of the 165-acre preserve.

In 2007 the Goldensons donated 165 acres to create the preserve, which covers the center of Bremen Long Island, shore to shore, with more than a half mile of ocean frontage. It was named in memory of Karl F. Berger, a former Bremen selectman who died suddenly in 2007 and who had been a very active and community-spirited Bremen leader.

Working closely with MVLТ and the Bremen Conservation Commission, the Goldensons sought to preserve a major part of the 850-acre island, which had several hundred residents who were farmers and fishermen in the days before paved roads and electricity on the mainland.

Today, Bremen Long Island is the summer home for about 25 families, many of whom have owned their properties for generations. The Berger Preserve is accessible from Hockomock Channel, on the western shore, and extends more

than 4,000 feet to the eastern shore, where the swift ocean current inspired the name "Flying Passage."

The newly donated cove on the eastern shore provides the opportunity for the land trust to develop a safe access point for visitors arriving by motor boat or kayak. The western access is also within a protected cove, and is the starting point of a trail that will extend into the wooded parcel and across to the eastern shore. Trails, signage and brochures will be developed this spring by MVLТ and the Conservation Commission.

The Goldensons live at Twin Maples Farm, just off Keene Neck Road in Bremen. They have taken an active role in land preservation over the years, beginning with the donation of 50 acres to Maine Audubon for a bird sanctuary within walking distance of Audubon's facilities that serve Hog Island at the top of Keene Neck Road. When several large tracts became available on Bremen Long Island in 2004, they decided to preserve one-fifth of the island for the outdoor enjoyment of area residents.

Walker Family Land in Owls Head Conserved

The desire to protect "a swath of green from one end of Owls Head to the other" prevailed among a family of eight siblings who live from one end of the country to the other. This month, the Walker family signed a conservation easement with Georges River Land Trust (GRLT) on 132 acres through the center of Owls Head. The land will remain in family ownership, with several members of the family in residence on the property, but future development will be prohibited. The conservation easement realizes a dream they

heard their father repeat time and again about protecting a swath of green across Owls Head.

Their land, mostly in woodland, provides valuable habitat for wildlife. The Walker Easement is connected to an unbroken 788-acre roadless stretch of woodland that is valuable for a broad variety of species to find food, breeding sites and winter shelter. Wetlands, vernal pools and streams break up the woodland to provide additional habitat diversity. Scattered throughout the property are patches of open fields laid out by the siblings' grandparents and located on some of the best agricultural soils in the area, according to GRLT. The land was farmed for generations, and the evidence lingers today, with stone foundations, dug wells, stone walls and scattered leftover implements at the edges of fields.

The land trust worked principally with John Walker, who lives on the property and maintains the old family homestead. Over several years and various meetings, the family gathered to discuss how they wanted the conservation to work. While there were some differences of opinion, they all remained focused on the basic principle of ensuring the farm would remain as it is for future generations. One family member said, "Each one of us takes great pride, joy and satisfaction in having accomplished something good and wonderful."

For more information about the conservation work and programs of the Georges River Land Trust, call 594-5166 or visit www.grlt.org.



Five members of the Walker family (from left to right, Fred, Ann, Peter, Bob and John) at the easement signing. PHOTO BY ANNETTE NAEDEL

DEP Seeks Comments on New Product Stewardship Law

law is aimed at reducing municipal solid waste

Maine Department of Environmental Protection (DEP) has completed its first report under the Maine Product Stewardship Law and is seeking public input. The DEP will provide the report and all comments received to the legislature's Joint Standing Committee on Natural Resources by January 15.

Maine's Product Stewardship Law establishes a policy to support the reduction, reuse and recycling of materials in Maine's solid waste stream. "Product stewardship" is defined to mean "a producer's taking responsibility for managing and reducing the life-cycle impacts of the producer's product, from product design to end-of-life management." A policy of product stewardship moves the responsibility for the management of products at the end of their lives from taxpayers to manufacturers and consumers.

From 1991 to 2009, Maine enacted five product-specific laws that require manufacturers to establish programs to recover their products from Maine's waste stream and ensure proper handling and recycling or disposal of these products. These products include dry mercuric oxide and rechargeable batteries, mercury auto switches, e-waste, mercury-added thermostats, and mercury-added lamps.

The report proposes products as candidates for new product stewardship programs and improvements to Maine's existing product stewardship laws. The law sets out criteria that the department may use "...to identify a product or product category as a candidate for a product stewardship program if the department determines one or more of the following criteria are met:

"The product or product category is found to contain toxics that pose the risk of an adverse impact to the environment or public health and safety;

"A product stewardship program for the product will increase the recovery of materials for reuse and recycling;

"A product stewardship program will reduce the costs of waste management to local governments and taxpayers;

"There is success in collecting and processing similar products in programs in other states or countries; and

"Existing voluntary product stewardship programs for the product in the state are not effective."

Based on that list of criteria and feedback from municipal solid waste managers, the department has identified household hazardous waste (HHW), including paint, unused pharmaceuticals, used medical sharps, and other HHW as candidates for new product stewardship programs in Maine. In addition, carpet and other difficult-to-manage products in the solid waste stream have been identified as potentially good candidates; however, the department is not recommending new programs for these products at this time.

Product stewardship laws and programs have become commonplace in Canada and Europe, and are increasingly common in other states — 32 other states now have product stewardship laws.

Interested parties can review the 88-page report, titled "Implementing Product Stewardship in Maine," online at www.maine.gov/dep, and may submit comments to the DEP until January 7. Comments and any questions should be directed to Carole Cifrino by phone at 287-7720, by e-mail to carole.a.cifrino@maine.gov or by mail to 17 State House Station, Augusta, Maine 04333.

Volunteers Sought at DRA Heritage Center

Front desk volunteers are a familiar sight at the Damariscotta River Association's Heritage Center headquarters on Belvedere Road in Damariscotta. They answer phones, manage the gift shop and welcome visitors to the 18th-century farmhouse overlooking Great Salt Bay.

The DRA desk volunteer team is open to newcomers who

would enjoy spending three hours a week at the front desk or serving as alternates when needed. "An interest in conservation and wildlife is important, as well as enthusiasm for meeting the public and interpreting the mission of the DRA," says DRA Executive Director Steven Hufnagel. However, experience in office man-



Volunteer Dennis McKenna at the front desk of the Damariscotta River Association Heritage Center

agement and the natural sciences is not required. With training workshops and supervision by DRA staff, volunteers acquire the knowledge and skill they need on the job.

Anyone interested in learning more about volunteer service with the DRA is invited to contact office manager Daryn Kaymen at 563-1393 or dra@damariscottariver.org.

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Friday	12:2712:396:267:01
Saturday	1:161:317:187:51
Sunday	2:072:268:138:44
Monday	3:023:259:139:40
Tuesday	4:004:2810:1610:39
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NATIONAL WEATHER SERVICE FORECAST for Knox County

Thursday Night: Partly cloudy, with a low around 21. Blustery, with a north wind 21 to 24 mph decreasing to between 11 and 14 mph.

Friday: Sunny, with a high near 31. North wind between 8 and 13 mph.

Friday Night: Mostly clear, with a low around 14.

Christmas Day: Sunny, with a high near 29.

Saturday Night: Partly cloudy, with a low around 12.

Sunday: Partly sunny, with a high near 28.

Sunday Night: Mostly cloudy, with a low around 16.

Monday: Partly sunny, with a high near 31.

Monday Night: Partly cloudy, with a low around 17.

Tuesday: Sunny, with a high near 31.

Future SAD 3 Announces Campaign Changes

Future MSAD 3 has expanded its First Things First athletic enhancement fund-raising campaign.

Called "First Things First...Plus!", the expanded campaign will include the original infrastructure features — water for the existing baseball, soccer and field hockey fields, and for the new soccer field, track and multipurpose fields; electrical conduit for future lights at the multipurpose field, at the track for an electronic timing system, and for a new scoreboard for football, soccer and track; and water, power and sewer for an outdoor concessions building to include athletic storage and public restrooms.

The Plus! part of the campaign will include funding for an indoor climbing wall, dugouts for the new baseball and softball fields, a multi-sport scoreboard and dual-use goalposts for the new multipurpose field, a kickboard for the new soccer field, a fitness trail that will include outdoor exercise stations, and a new concessions building at the track with athletic storage and public restrooms.

This first phase of the athletic enhancement campaign represents one-third or approximately \$500,000 of the larger capital campaign.

"The Future Board has been planning for several months to make these adjustments to our athletic fund-raising. We feel it makes good sense to tackle the campaign by breaking it into smaller phases," says Future co-chair Marsha Shibles of Knox. "It's a tough economic climate, and many foundations who have, in the past, supported athletic, fitness and recreation projects have put their grant giving on hold." Shibles says the organization has cut its fund-raising expenses to the bone "to maximize every dollar donated." Board members are also taking on the day-to-day fund-raising tasks formerly managed by a paid campaign director. "Realistically," Shibles says, "it will take longer than originally planned to raise the needed funds — we feel these measures will ensure a successful campaign, long-term."

Lobster Festival Gives to RDHS Fund, Boston Museum of Art Trip —

Rockland District High School's Christmas Clothing & Food Fund received a \$1,000 donation from the Maine Lobster Festival recently. Started five years ago by office staff at RDHS, the fund provides clothing such as coats, jackets, hats and gloves as well as gift cards to students at the high school. Identified needs have increased this year and the Festival donation will allow RDHS to expand the program, especially the food baskets distributed. The donation was accepted by teacher Holly Smith, center below, and Principal Tom Forti, far right. It was presented by Lobster Festival directors Brian Plourde and Hal Perry. Art students at both Rockland District and Georges Valley high schools also got a \$500 boost in their fund-raising efforts courtesy of the Maine Lobster Festival.

The money will be used to help cover costs of a trip to the Museum of Fine Arts in Boston. In November, the Lobster Festival donated \$300 to RDHS for its food baskets at Thanksgiving. PHOTO BY MICHAEL MCGUIRE



What's Open, What's Closed at PBMC Over the Holidays

Pen Bay Healthcare would like to inform the public about which departments are open and which are closed during the upcoming holiday season. The hospital is always open, including the Emergency Department. Specialists are on call over holiday weekends. Some individual non-emergency departments are maintaining holiday hours.

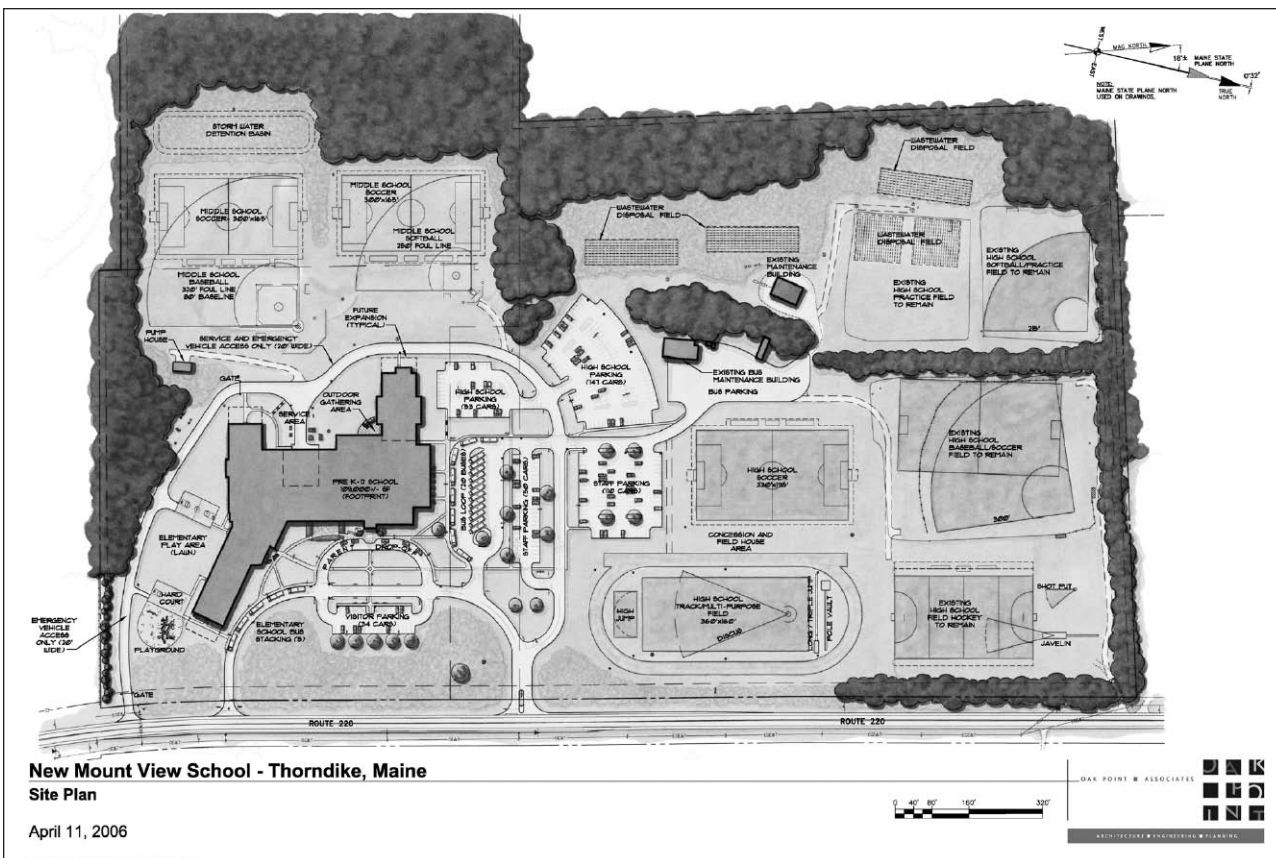
The Pen Bay Medical Center pharmacy is open every day, including all holidays, from 7 a.m. to 10:30 p.m., to fill prescriptions for PBMC-discharged patients and Pen Bay employees.

The offices of Kno-Wal-Lin Home Care and Hospice are closed on Friday, December 24, and Friday, December 31. Necessary home visits are always made on these days, and there is always a nurse on call for home care and for hospice needs 24/7.

The outpatient lab at Penobscot Bay Medical Center will be closed on Friday, December 24, and Friday, December 31.

The Radiology Department at PBMC will be closed to routine outpatients on December 24 and 31, but will be open for emergencies and hospital inpatients.

Closed Thursday, December 23: Cancer Care Center, Niles Perkins Health Science Library (closed through Tuesday, December 28).



New Mount View School - Thorndike, Maine

Site Plan

April 11, 2006

The immediate need is for donations to pay for the initial underground work that was put in place during the summer and fall of 2009. "The bill is now due to the school district," Future MSAD 3 treasurer Barrie Fernald, of Troy, says. "We are depending on the continued support of our wonderful alumni, community members and businesses. Every donation, no matter the size, will make a big difference when we put it all together!"

Future MSAD 3 is a 501(c)(3) nonprofit organization run

by a board of 20 community volunteers. Their mission is to raise funds to enhance particular areas in the new Mount View School complex not covered by state funding.

For more information on the campaign, Mount View athletic facility naming opportunities, or to contribute, call 948-6120, e-mail futuremsad3@yahoo.com or visit www.futuremsad3.org. Contributions may be sent to Future MSAD 3, P.O. Box 151, Unity, ME 04988.

Challenge Grant Boosts Giving at Penobscot Marine Museum

Museum enters its 75th year with annual appeal under way

A challenge grant aimed at attracting new and bigger donors has given a boost to Maine's oldest marine museum. An anonymous donor has offered to match the gifts of donors who have not given previously to Penobscot Marine Museum's annual appeal, and to match the difference for donors who give more to the current campaign than they gave in prior years.

"This generous anonymous benefactor lets his or her money do the talking," says the museum's president, Marie Underwood. "The ability to double new and increased gifts provides extra encouragement to support our educational programs, historic preservation efforts and research." Underwood notes that the Searsport museum is about to enter its 75th anniversary year in 2011, and has plans for a number of new exhibits and education initiatives.

For more information, or to make a donation, visit www.PenobscotMarineMuseum.org or call 548-2529.



MVLT Participates in Toys for Tots

Medomak Valley High School in Waldoboro participated in the U.S. Marine Corps' Toys for Tots program this year. Students and staff donated games, toys and stuffed animals, collected in the Guidance Department by Secretary Jennifer Post. Pictured with Post are Lance Corporal Zachary Patterson and Private 1st Class Mattheau Ross of Marine Reserve Unit Company A1/25 in Topsham. PHOTO BY LISAGENTHNER GUNN



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FREE PRESS GINGERBREAD HOUSE BY DEENACARAFELLI. PHOTO BY GEORGEANNE DAVIS

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from offshore by Eva Murray

Listen!

As I write, the wind is ripping the laundry off the clothesline. I'll have to go out there in a minute and pick up my dungarees out of the snow. This loud, incessant gale is our island reality.

In the winter, on the bay, the wind is the background noise, the default state. Over 35 knots out of the east or west, and the air service can't fly. Wind in the trees brings branches down; perhaps the power goes out. Too much wind means big seas, where no boat owner is going to make the trip, abuse his equipment, risk who-knows-what if it isn't an emergency. If you wish to leave, too bad, and certainly there is no mail, maybe no ferry, no oil boat, no *Sunbeam*, quite possibly a danger to lobster boats swinging on their mooring chains, hazardous to navigation, misery walking northward up the dirt road, shingles off, windows rattling, equipment failures, yet more blow-downs, leaks, drafts, fire hazards, creaking in the woods, singing in the guy wires, gulls flying backwards, the sound against the outside of the house like a freight train.

This time of year, when the wind stops, we hear it.

We had such a day as that, still, sunlit and brilliant a few days ago when our two island children, now in college, came home for the Christmas break. In fact, we had two still days. Amazing.

Our two students headed home to Matinicus Island were both perfectly well aware that getting here, getting all the way here, was hardly certain. They'd missed Thanksgivings before, they'd missed other things as well; being more or less students "from overseas" at their various institutions, they understood. They'd already had boxes from home, mailed over the water, and filled with goodies much to the liking of all the buddies and the guys across the hall who think home-cooking rare as hen's teeth. They will have had final exams, and roommates who for whatever reason leave a wake of wreckage behind them, and the bitter carping of those who find this sweet December season more trouble than it's worth. Our island students were headed for a week of ginger and marzipan and eggnog and sleeping late, but this year, there was more.

Leaving Burlington, Vermont, in snow squalls that brought tractor trailers to a crawl on the steep grades (while, of course, those Expert Drivers from Massachusetts shot by at lightning speed), son Eric and I anticipated a very long drive into Maine. Instead, we hit dry road south of Randolph, clear highways all the way across New Hampshire, and not a bit of snow in southern Maine. We collected Emily in Brunswick, without snow. In fact, we didn't see snow again until almost Rockland, and not much there.

We unloaded all the gear and one kid at Penobscot Island Air in Owls Head, while the other and I headed back to Rockland to stock up on butter and rum for the holiday festivities. Flying out to Matinicus, the bay was startlingly beautiful, low sun fiery across the water, this water closer to calm than we had a right to expect. There had been none of the bumps, none of the hard flying that feels like a badly sprung farm truck running over a pile of bricks...conditions aloft we've learned to expect as a result of the wind. As the Cessna circled "on final" and began the easy approach to the Matinicus airstrip, we looked down upon a frosted forest; as the airplane landed, we taxied into the scene on an antique Christmas card.

The island had snow when the mainland didn't. That just does not happen. Only in still weather will the snow remain on the trees. That doesn't happen around here all that much either.

Their dad and I had decided to wait until the kids got home before we went in search of a Christmas tree. There was some risk; if we waited, the Matinicus woods might well be filled with ice, the trees indistinguishable one from another, or the remaining days might be filled with rain and mud or the usual gale. Instead, a second day of stillness, just the right depth of snow, a Christmas tree-finding day like a childhood memory. This is not a walk through a tree farm, either; no money handed over for some pruned, trimmed, measured arboreal commodity. We've always just stomped around among the balsams until we found one that would satisfy. The woods twinkled in white and silver, a tree was found that would answer to anybody's old-fashioned fantasies, the woodstove was cranking out heat, the kitchen smelled like ginger snaps, and the 18- and 20-year-old islanders, home just a few hours, noticed how the wind and water did not make a sound.

When it's quiet like that, it is almost startling.

Have a merry Christmas and a happy New Year from a peaceful Matinicus!

Eva Murray lives, works and writes on Matinicus Island.

LETTERS OPINIONS

Children and Discipline—

I am writing in regard to Joe Steinberger's suggestion [in his Dec. 16 column] that he must discipline his child. Good and effective parenting does indeed require much discipline, but from my point of view, this is not something one does to another. In practice there is only self-discipline. Obedience is always a choice, whether one chooses to obey out of fear, due to relational leverage, or through negotiation, is determined by the quality of discipline.

The idea that we teach people how to treat us is clearly shown in the development of a child's personality, manner, and how well they adapt to their life. As an example of self-discipline versus disciplining another: In Joe's column he says that Takuma says; "I want..."

One disciplining a child might have said; "Say please."

One exhibiting self-discipline may have said; "I hear that you want. How do you get what you want?"

Answer: ask politely. How does one ask politely? "May I have ___, please?" Simple! Right? It is, so long as every single time "I want" comes up so does the same response. That is the discipline.

It has been estimated that some concepts, manners and the like, take repeating around 7,000 times before they become ingrained. Please, thank you, excuse me, etc. There is no better time in a child's life than toddlerhood to establish social mores, how you expect your child to treat you and others. These little people truly need us to establish consistent and safe boundaries, and accomplishable expectations. There is no time in childhood when parents have more influence. We, the parents control the resources, are (most of the time) adored — they want to please us. Which they may not in later years.

Because very young children lack the language and social-emotional skills, the crying that got them what they wanted as babes morphs into whining. Some of the questions we have diligently used when our child (and others we've fostered) was still a-toddling; "Does whining work for you?" Oh yeah and there's another important part of self-discipline, No! Whining does not work, ever! "Does whining get you what you want?" Children are so smart. If something doesn't work they will try something else. I can proudly say that I have not said either one of those to my son, except in jest, since he was four. Of course there were some days it was repeated numerous times.

Other valuable repetitions; Who does your body belong to? Who does "Jane's" body belong to? What does "no" mean? What does "stop" mean? Are you a mean boy? Would you like to be treated that way? Do I (or your mother) deserve to be treated that way? Is it all about you?

There is a statement I usually make when a child is feeling sad, vulnerable, or pained; "It's hard sometimes." This suggests to the child that it is alright for them to be feeling as they are, and that we empathize. One more that comes after the consoling of an injury or when he's behaving erratically; "What happens when you are out of control?" The response; "I am likely to hurt myself or someone else."

If we want to help a child become a helpful, respectful, responsible, cooperative, and well-adapted person, we must first model that behavior ourselves and insist upon it from them, without force or coercion, only love, patience, consistency and intention.

Go gently — dwell in beauty.

I M Kynd, Searsmont

Response to "Thanks to Linda Bean for Caring and Daring" —

How does New Hampshire run with no income tax or sales tax or liquor tax? They must raise revenue somehow. Perhaps somebody could write and explain it. It appears that southern Maine compares favorably with New Hampshire. It could be that the rest of Maine struggles because we are too remote from the rest of the country.

I didn't get the yammering at Linda Bean either. She is neither good nor bad but an astute business person. Buying lobsters requires a large capital investment, and it is not a business that can be run on a shoe string. Bean is dealing with the current reality of the lobster business. Oftentimes there is a glut of lobsters, especially in the early summer. Selling to outlets like Walmart may not ensure a high price for lobstermen. But it can help the price from dropping below sustainable levels.

Lobstermen could take steps to prop up the price by keeping some lobsters off the market in the summer, but that is another story.

Ashley Tolman, Vinalhaven

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).

Real vs. Fake: Which Is the Greenest Christmas Tree?

Nature Conservancy weighs in on holiday tree debate

More than half of American families now choose fake Christmas trees over natural, a trend that, according to the Nature Conservancy, could have serious consequences for our environment.

"The Nature Conservancy is all about trees — they clean our air, they clean our water," says Frank Lowenstein, climate adaptation strategy leader for the Conservancy.

Fake trees are usually made from a kind of plastic called polyvinyl chloride (PVC), which is derived from petroleum, and is manufactured using processes that have been criticized for air and water pollution as well as energy use.

Approximately 85% of the fake trees sold in the U.S. are shipped here from China. Most of China's electricity comes from burning coal — the dirtiest source of electricity. Once the fake trees are made, they still have to be shipped across the ocean — usually in a diesel-fuel-powered ship. And when they wear out, they must be disposed of in a landfill.

In fact, a study released last year by an independent sustainable development organization (ellipsos Inc.) found that natural Christmas trees have a smaller carbon footprint over their life cycle than their artificial counterparts.

Real Christmas trees grow in the ground for several years before they are cut, absorbing greenhouse gases out of the atmosphere every year. The vast majority of real trees today come from Christmas tree farms — about 12,000 of which exist in the United States. On these farms each tree cut is typically replaced by a new tree or two, or three, which continue removing carbon from the air. In a given holiday season, about 30 million trees are cut nationwide, while hundreds of millions of farmed trees continue to grow. Globally, keeping healthy trees in the ground is among The Nature Conservancy's primary strategies for addressing climate change.

Consumers are beginning to seek out locally grown trees, which, like local food, tend to be fresher and reduce the fuel use and emissions from shipping. Organic Christmas trees, too, are an emerging business, says Jean English, editor of The Maine Organic Farmer & Gardener, the newspaper of MOFGA, who has grown trees organically on her Maine farm.

Organic growers do not use synthetic pesticides, reducing both pesticide residues that might remain on the tree in one's home, as well as broader environmental impacts from pesticide and synthetic fertilizer use, English says.

What can you do?

Choose a natural tree and buy local: The National Christmas Tree Association, at www.christmastree.org, offers a zip code-searchable listing to help the public find a nearby farm. The Maine Christmas Tree Association is a nonprofit formed in 1962 to promote real Christmas trees in Maine. Visit them at www.mainechristmastree.com and go to "Choose & Cut" under the "Products for Sale" button for a complete list of member farms.

Find an organic tree: Ask a local organic farmer or visit online resources such as www.greenpromise.com/resources/organicchristmastrees.php.

Find a sustainable tree: Seek out a forest landowner whose practices are certified by an organization such as the Forest Stewardship Council.

Recycle your Christmas tree: Use its boughs to bank your home's foundation, offering additional insulation, or contact one of the many local businesses and municipalities that collect trees to produce mulch or burn them to produce energy.

Consider a living tree: Decorate a tree in your yard, or use a potted tree in your home that can be planted outside in the spring.

The Nature Conservancy works around the world to protect ecologically important lands and waters for nature and people. To date, the Conservancy and its more than one million members have been responsible for the protection of more than 18 million acres in the U.S. and have helped preserve more than 117 million acres in Latin America, the Caribbean, Asia and the Pacific. For further information, visit The Nature Conservancy on the Web at www.nature.org.

Cash for Clothes Fall Sale Raises \$5,900—

Happy holidays to everyone! Thanks to all of you who help us at our semi-annual Cash for Clothes Sale to benefit Coastal Opportunities. Our shoppers, our volunteers and all of you who donate clothing made our Fall sale successful. We were able to give Coastal Opportunities \$5,900 — Thank you!

Our Spring sale will be May 20 to 23. We're always looking for donations, which can be dropped off at any time at Coastal Opportunities on Limerock Street in Camden. We're also always looking for volunteers and ideas! If you have some time, or some ideas, give me a call at 594-5429 or e-mail me at nancy@eracousens.com. Thanks again and have a wonderful holiday season.

Nancy Wolfertz, Owls Head

LETTERS
LETTERS
OPINIONS

Please! Look Around Before Backing Up—

Please take care driving in school parking lots and anywhere kids or animals might be hidden from view. A week ago a family dog was hit in our school's parking lot. I know, it happens so fast sometimes. I've seen a number of pets hit out front of our house, but that's a busy road.

The scary thing, for me, is that the person who hit the dog last week in a quiet parking lot had, and still has, no idea they hit and actually ran over a dog. I mentioned this was a school parking lot. It was actually our preschool parking lot, Peopleplace, in Camden. You know what that means — kids. Little kids, not much bigger than a dog who sometimes walk where they're not supposed to. Sometimes even behind a car — and if you have a child, you know how fast it can happen, even, it seems, if you are staring right at them! Please look around your car before you get into your car. Turn around and look when you back up. Don't be distracted. Don't hit our loved ones.

In the instance last week, we know when the dog was hit. We know who was picking up kids at the same time here at the school. We have asked everyone, and no one remembers hitting a dog! Maybe it was a visitor or a delivery, but we don't get a lot of those this time of year and that time of day. We believe everyone we've spoken to about the possibility that they may have hit our neighbor's dog. No one remembers. And, we have to believe that. No one is asking for anything. The owners just want closure. I can understand that. I don't know what else to do except hope that someone will remember something — a feeling when leaving the school one day that something wasn't as it should have been. A bump — something.

I don't think that this letter will get someone to remember hitting the Brower's dog. I know that it will not bring closure to Reade and Martha or their kids, by itself. I would certainly like to apologize on behalf of the staff and board of Peopleplace to the Browsers that we could not bring closure. But really, what I can't get out of my mind is, what if, instead of the Brower's dog, it was my 2-year-old daughter or any other child at any other school in the area?

Please drive attentively. Get out and look before you drive off. Be careful. Kids and animals don't understand how dangerous a car can be. A driver should!

Pete Orne
Parent/uncle of 11 Peopleplace grads
and one current board member
Camden

A Big Holiday Thank You from Merryspring Nature Center—

Merryspring Nature Center would like to thank the entire community for giving us the wonderful gift of making our 2010 Holiday Bazaar another glorious success. All funds raised at the Bazaar will be used to support our nonprofit nature park and education center.

A big thank-you goes to everyone who supported Merryspring by shopping at the Holiday Bazaar and to the local media and organizations who helped publicize the event. We are especially grateful for the generous raffle donations by Lynette Walther and Lily, Lupine & Fern. We also wish to thank Plants Unlimited for inviting Merryspring to sell Bazaar items as part of their own Holiday Fair.

Congratulations and a big thank-you also to our Holiday Bazaar volunteers led by Joanne Fagerburg. This fantastic group harvested, crafted, cooked, decorated, promoted, clerked and otherwise made the Bazaar possible. They include Carol Daigneault, Linda Kapp, Betsy Dauzier, Carol Robinson, Dorothy Magnuson, Pris and Bart Wood, Carol Witham, Dorothea and Charlie Graham, Sue Worden, Meg Barclay, Cindy Dunham, Stevie Kumble, Edie Kyle, Trudy Federsen, Ailene Lubin, Wanda MacNair, Diana Rigg, Adam Daigneault, Frank Callanan, Toni Goodridge and Richard Lermond, Leo Maheu and Danielle Chrobak, Kathie Kull, Susan Shaw, Susan Dorr, Rebecca Clapp, Gail Sutton, Richard Ailes, Bill Long, Bonnie Janicki, Gail Palmer, Bud Spalding, Kay Ouradnik, Wendy Andresen and all those wonderful anonymous elves who left their gifts at Merryspring for sale at the Bazaar.

Finally, to all the friends and members of Merryspring who work so hard to provide the best in nature, horticulture, and a peaceful place to share with our greater community, we thank you and wish you a Peaceful Holiday Season and a Happy New Year.

Ray Andresen
President,
Merryspring Board of Trustees

Letters continue,
page 32

Set the Pace 5K Coming Up January 1, 2011

by Reade Brower

Start accomplishing your resolutions for 2011 right off the mark by showing up for the third annual "Set the Pace 5K" on Saturday, January 1, 2011, starting and ending at the Smokestack Grille in Camden.

Here's the most important part: everyone — runners, walkers, pregnant women, strollers, children, families, and well-behaved dogs — is welcome and encouraged to start the new year out by participating in this third annual Set the Pace 5K.

The race is sponsored by Continuum Physical Therapy (Michael and Kim Gallagher) of Rockland and The Free Press and Camden National Bank. And it is hosted by local Team Little Field runners — including me, Russell Wolfertz, Andrew Bonarrigo, Allison Leonard, Troy Peasley, Susan Craft, Mariah Lussier and Sandy Bodamer — as part of our Little Field Home fund-raising commitment. These eight local runners have pledged to raise over \$20,000 collectively to provide assistance to the Little Field Home, an orphanage in Malawi, Africa, that is run by Janet Littlefield, a mid-coast native and the daughter of Doc and Sally Littlefield.

The start time of 11:11 a.m. was chosen because we understand that the night before might be a late one, and that a cold forecast would make an 8 a.m. start unattractive. The 109 brave runners and walkers at the first Set the Pace still talk about conditions that were so arctic the timing equipment froze.

The Set the Pace 5K course winds through Camden neighborhoods. Starting at the Smokestack Grille in Camden, it begins with a gentle climb up Pearl Street and ends back at the tavern with a very quick one-mile downhill finish on Mechanic Street. The tavern will be open before the race starts for beverages of choice, and for a food feast afterwards for those who want to celebrate after the race.

11:11 a.m. also gives you an idea of the kind of fun we plan to have at this one-of-a-kind race. First off, while we

Runners, walkers, pregnant women, children, families, and well-behaved dogs — all are welcome and encouraged to start the new year by participating in the third annual Set the Pace 5K.

will announce and acknowledge some traditional age brackets in the awards ceremony, each person will receive recognition that lets the world know that they have set their PR (personal record) for 2011 at the Set the Pace 5K. Additionally, all age division winners will hold the "fastest 5K in Maine 2011" title for multiple weeks, since there are no other 5K races that we know of planned in the state of Maine until the Love Me 5K, which takes place in mid-February. Likewise, the first-place male and female winners will be crowned "the fastest runner in Maine 2011" and will hold the title until dethroned. The middle-of-the-pack guy or gal will be honored with a reward that might make the winners jealous. Lots of other surprises are planned. Some races have best-dressed awards; we hope someone will try to top the first year's winner of the least-dressed award, which went to Ron Haney's First Baby costume, complete with diaper.

Set the Pace 5K even offers the "opt-out" runners' special; this is where you'll get a race number for the raffle, but you don't have to run. It will cost you the entry fee, but you don't have to run; you can pick a proxy runner and you'll be listed right below your proxy runner with their time.

We're still hatching up ideas — including the opportunity for runners to enjoy a massage after the race. For right now, just wanted to whet your appetite, get you in the mood, and make sure you put 11:11 a.m., January 1st, 2011, on your schedule.

You can pre-register by mailing in the form on this page. Or pre-register online at <http://www.active.com/running/camden-me/set-the-pace-5k-camden-maine-2011>. The cost to those who pre-register is \$15 for single runners, \$25 for couples, \$35 family of 3, \$40 family of 4. Day-of-race registration is \$18 for single runners, \$30 for couples and \$45 for families. For more information, e-mail reade@freepressonline.com.

To enter a team: Teams need a minimum of 4 and a maximum of 12. Cost for each team member is \$15. Scoring is done cross-country style with a twist. While the first four runners will "score" for a team based on their overall finish, all finishers will earn a deduction of 3 points from the team score. In other words, every team member is important because if they finish they help the team; they can come across the finish line running, walking, crawling, being pushed, or being tugged in by their dog. Don't let anyone tell you they're not fast enough to be on your team; this is all about participation!

Want to be part of the Team Little Field Home Runners and run a half or full marathon in Nashville on April 30, 2011?

We're still accepting a few more good men and women to run a half or full marathon as part of the Nashville Marathon Warriors for World Peace team. We begin training as a team in January; we'll have you ready by the April 30th running date, guaranteed.

For the past two years, 21 Team Little Field Home runners have finished the Death Valley Marathon and 30K and the Mardi Gras Marathon and Half Marathon. These runners have raised over \$60,000 for the children of Little Field Home Orphanage. Our goal this year is to raise over \$40,000 as the program expands to a new village with 100 new children; \$40,000 will build the doms and common building needed for us to get started. We are breaking ground in March 2011, with the continuing mission of helping one orphan at a time while creating a self-sustaining community in which they live.

Past runners have included first-time marathoners whose goal is "get me over the finish line," as well as experienced marathoners who want to mentor the first-timers and perhaps qualify for Boston or run a personal best. Our youngest new marathoner was 18, our oldest was 62; it is about participation and about being part of something bigger than yourself.

Currently we have about 20 committed runners from the midcoast and the Hebron area on the 2011 team and would like to add another 5. If you want to consider this challenge in 2011, send me an e-mail — reade@freepressonline.com — and I'll invite you to the next information meeting coming up soon at the Penobscot Bay YMCA.

Race Registration Form



**SET THE PACE
5K RUN
1/1/2011**

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Home) _____ (Work) _____

E-mail _____

Male Female Date of Birth _____ Age _____

WAIVER/RELEASE - Signature Required

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

Participant's Signature _____

Date _____

Pre-Registration Fee enclosed: \$ _____

Make checks out to: **Little Field Home**

Send check and registration form to:

Reade Brower c/o The Free Press,

8 N. Main St. #301, Rockland, ME 04841

E-mail questions to: reade@freepressonline.com

or call 207-691-3510

Opt-Out Participants



**SET THE PACE
5K RUN**

Name _____

Designated Runner _____

(Your name will appear under your designated runner's)

OR check here if you would prefer to be listed after all runners as a supporter.

Donation Amount _____

Make checks out to: **Little Field Home**

Send check and registration form to:

Reade Brower c/o The Free Press,

8 N. Main St. #301, Rockland, ME 04841

E-mail questions to: reade@freepressonline.com

or call 207-691-3510

BOOK REVIEWS

ZAPPED: *Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Out-smart the Hazards of Electronic Pollution*

BY ANN LOUISE GITTLEMAN

DISCONNECT: *The Truth About Cell Phone Radiation, What the Industry Has Done to Hide It, and How to Protect Your Family*

BY DEVRA DAVIS

Review by Juliet Eilperin

Like many Americans, I am never too far from my BlackBerry. Though I turn it off when I go to bed, I check it for messages as soon as I wake up, and for the rest of the day it serves as my connection to colleagues, loved ones and total strangers across the globe.

It is also an endless source of fascination for my 1½-year-old son, and I devote a considerable amount of energy to keeping it out of his tiny hands. I've seen enough scientific reports about the potential hazards associated with cell phones to make me concerned about his exposure, but also enough contradictory studies to leave me confused.

Two new books — Ann Louise Gittleman's *Zapped* and Devra Davis' *Disconnect* — promise to settle the debate about whether mobile devices are bad for you.

They don't. But they raise significant questions about our constant exposure to the electronic radiation that flows from the devices into our homes, workplaces and public spaces — questions serious enough to make me change my behavior.

In *Zapped*, Gittleman tries to make a blunt case for alarm. The book is littered with grim anecdotes about people who find themselves battling unexplained ailments, from brain tumors to intense headaches, circulatory problems and severe fatigue. In each case, including her own — five years ago, Gittleman developed a benign tumor in one of her salivary glands — the author connects these maladies to electronic radiation.

Gittleman provides some basic science, describing how electromagnetic fields can disrupt basic human cell processes. But her account of the research into electronic radiation is one-sided. She takes pains to cite every study that chronicles the potential dangers of cell phones — altered genetic material, lowered sperm count, increased vulnerability among children — but skips over those that cast doubt on these findings.

Davis, a Ph.D. scientist with a master's degree in public health, offers a far more thoughtful and better-written account than Gittleman's. While Davis cannot resolve the fundamental questions about the potential dangers of extensive electronic radiation, she deftly navigates the history of the cell phone and the scientific studies surrounding its use.

Davis makes a compelling case for U.S. authorities to update their standards, especially in light of how much we now use our devices and the number of teenagers who now have them. Even the National Cancer Institute, which says there is no consistent link between cell phones and cancer, notes that children may be at a greater risk because their nervous systems are still developing at the time of exposure.

But scientists have had a hard time keeping up with the rapid changes in the devices. A large international analysis known as the Interphone study, which involved 13 countries and released its findings in May, did not take third-generation technology into account, even though that is what many customers across the globe now use. As Davis writes, "Because cell phone use has grown so fast and technologies change every year, it is as if we are trying to study the car in which we are driving."

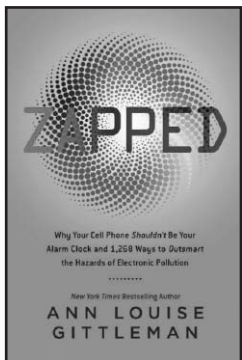
Davis acknowledges that it will take years to know the health impact of repeated cell phone use. The most definitive federal study on the matter won't issue its findings until 2014; brain cancer can take as long as four decades to develop. In the meantime, both Gittleman and Davis offer many of the same tips to their readers: Use a headset, don't carry a cell phone on your body, limit phone use when the signal is weak because the radiation increases as the device searches for a signal, don't leave an active device next to your bed overnight, text rather than engage in long conversations, and keep the devices away from children.

With little fanfare, wireless companies have started giving their customers similar advice. As Davis notes, "As of spring 2010, the Motorola V195 includes a warning to keep the phone one inch from the user's body; the BlackBerry 8300, 0.98 of an inch; the Nokia 1100, one-fourth of an inch, and the iPhone, five-eighths of an inch."

Take it from them — they ought to know.

Juliet Eilperin is The Washington Post's national environmental reporter.

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HOLLYWOOD HILLS

BY JOSEPH WAMBAUGH

Review by Maureen Corrigan

What fun it is to read Joseph Wambaugh! His Hollywood Station police procedurals — peppered with the requisite gunshots and groin kicks, sleaze and sunshine — are word-drunk wonders. If James Joyce had imagined *Finnegans Wake* as a crime story, it might have turned out something like Wambaugh's latest suspense story, *Hollywood Hills*.

Wambaugh's plot is as loopy as his language is joyously loony. An ex-con named Raleigh Dibble has landed a comfortable job as a butler and cook to Leona Brueger, the widow of a cold-cuts tycoon whose mansion is perched in the exclusive neighborhood of the novel's title. Raleigh, like most crime noir saps, yearns for what's out of his reach. He meets his satanic tempter in Nigel Wickland, Leona's art dealer. During the ongoing Great Recession, sales have dropped off at Nigel's pricey art gallery, so Nigel, sensing Raleigh's restlessness, proposes that the men team up and substitute digitalized copies for some of Leona's more expensive paintings. As the plan progresses, Raleigh, wisely, gets cold feet:

"His thoughts kept returning to the months he'd spent in federal prison [for writing bad checks], where he'd met several inmates who had served very hard time in state penitentiaries. One of them had told Raleigh that comparing Club Fed to state prison was like comparing hemorrhoids to colon cancer, and the inmate was a man who had suffered both."

Meanwhile, a gang of teenage burglars known as the "Bling Ring" is breaking into the mansions of young celebrities like Lindsay Lohan and Orlando Bloom. The tabloid accounts of the audacious exploits of these teen thugs fire up the imagination of a young parking attendant named Jonas and his sort-of girlfriend, Megan — both OxyContin addicts. Jonas and Megan begin cruising the Hollywood Hills to sniff out a promising property to burgle and, you guessed it, Leona Brueger's mansion strikes them as ripe for the pillaging.

As all plotlines converge at the mansion, the LAPD cops who call Hollywood Station home base are busy with some extraneous distractions like shutting down a goth house party and chasing pickpockets outside Grauman's Chinese Theatre. As ever, Wambaugh is alert to the ugly realities of police work, but overall "Hollywood Hills" is much more screwball than sinister. It doesn't offer profound insights into the evil that lurks in the human heart, but this series serves up something perhaps even more welcome as the drear days of winter settle in: an absurdist take on crime, as well as plotlines and sentences that perform buoyant loop-de-loops all over the page before making flawless landings.

Maureen Corrigan is the book critic for the NPR program "Fresh Air."

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EDGE BY JEFFREY DEEVER

Review by Art Taylor

Corte, the protagonist of Jeffery Deaver's new thriller, is a "shepherd" for a shadowy Alexandria-based organization known for offering "bodyguards of last resort." His job involves watching over "principals" — trial witnesses, whistle-blowers and others — who've been targeted either by "hitters" (assassins) or by "lifters" seeking information and willing to resort to "physical extraction" to get it. The jargon suggests that this agency is another of today's deadening, dehumanizing bureaucracies — and the truth is, those "principals" are considered by their shepherds as just so many packages. But the work takes on even bleaker tones when the bad guys enter the picture. For them, torture is simply part of an afternoon's chores: filing another corpse in the "out" box.

Corte's latest assignment poses several problems. D.C. cop Ryan Kessler can't fathom why he's been targeted: Does a forgery case involving a Pentagon analyst threaten national security? Is an apparent Ponzi scheme a front for funding terrorism? Equally pressing: The lifter here, Henry Loving, murdered Corte's mentor, and Corte is torn between the conflicting duties of baby-sitting his charges and bringing a killer to justice.

Along with a complex investigation and a dangerous cat-and-mouse game, *Edge* also boasts some high-stakes political drama: pressure both from the attorney general's office, boosting its own agenda with Kessler's case, and from a Senate Intelligence Committee inquiry into Corte's methods.

Rumors are that *Edge* might kick off a new series for Deaver — a new direction from his Lincoln Rhyme detective novels and his spinoff series featuring interrogation expert Kathryn Dance. Corte's combination of professionalism and duplicity offer the chance for conflicts, both internal and external, to deepen. In the meantime, Deaver has been commissioned to write the next James Bond novel — a golden opportunity he's clearly earned.

Art Taylor reviews mysteries and thrillers frequently for The Washington Post.

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LETTERS OPINIONS

Open Letter to Senators Snowe & Collins—

Comparisons help. Sometimes. Compare what is happening in Congress right now, as McConnell/Boehner lead the way to continue the Bush-era tax cuts for the wealthy, to the happenings 18 months ago on Wall Street, when a furor erupted over the huge bonuses paid to members of firms such as Goldman Sachs. Some labeled these bankers' actions unfair, others "obscene." The bankers required billions in government funds to save them. The Republican initiative to help the rich (their "holy grail") will cost our government \$24 billion. Favored treatment of a powerful elite: unfair? obscene?

It is interesting to note that Maine's two senators — Collins and Snowe — support this Republican policy of favoring the wealthy while seemingly representing a Maine population whose per capita income is lowest in the nation except for Arkansas and Tennessee.

In a larger view, income inequality in the United States has reached a level where 24 percent of American income is controlled by 1 percent of the population. As Nicholas Kristof of The New York Times states: "The top 10 percent control more than 70 percent of America's worth."

UNICEF has just released a report examining inequality in well-being on a wide range of measures among children in 24 of the world's richest countries. America ranked among the worst; health problems, healthy eating, living space ranked 24th; while educational resources, math literacy, science literacy and vigorous physical activity ranked among the bottom five.

This longstanding inequality of income has grave consequences for America's most vulnerable: its children. As this UNICEF report asks if this falling behind other nations' treatment of their young is "not unavoidable but unacceptable, not inequality but inequity?"

John O'Neill, Friendship

Searsport Historical Society Seeks Donations for Barn-Moving Project—

'Tis the season ... for joy, for sharing, for giving ... And this year the Searsport Historical Society would like to remind its members and community supporters of its ongoing fund drive to raise the money needed to move the historical barn it has been given from its present location in Stockton to its property on the Sears Island Road. There, its 1830s farmhouse, its museum/headquarters, awaits the arrival of its 1830s barn in the field adjacent to its parking area.

The Society launched its fund-raising drive this past June when it was given the barn as a gift, provided the Society moved it by the following June. At the half-way mark, we have about half of the \$68,400 needed to prepare a gravel bed foundation on which to place the barn, the actual disassembling and re-assembling of the structure, and the replacement of its old roof. That we have achieved this much toward our goal has been due to the substantial grant support we have received from the Maine Community Foundation (Waldo County Fund) and Davis Family Foundation. We now have to raise the remaining \$34,200. While we are continuing to request funding from foundations interested in community growth, we need to do our part to raise what funds we can from within our community in order to demonstrate our commitment to our project.

Christmas season is an ideal time to consider making a donation, however small, to Searsport Historical Society's Barn Moving Fund. Because the Society is a non-profit, your donation is tax-deductible. End-of-year gifts can also provide a tax advantage in addition, should they result in lowering your tax bracket. But, most important, the gift demonstrates that our historic farmhouse needs to have its companion barn!

Please send contributions to: Searsport Historical Society, P.O. Box 48, Searsport, ME 04974.

Keep in mind that the Society will be sponsoring several entertaining fund-raising events this spring and that we will appreciate your continued support of our efforts.

Dr. Karen Kelley, President
Searsport Historical Society

Help Your Mail Carrier Work Safely This Winter —

The U.S. Postal Service is asking for customers' help this winter with keeping residential and business walkways, driveways, steps and curbside mailboxes clear of snow and ice so that letter carriers can provide timely, safe delivery of the mail. Curbside boxes should be shoveled and free of obstructions (such as recycling bins and trash containers) so that carriers can drive up to the mailbox, deliver mail, and drive ahead after depositing mail. For customers with mailboxes on buildings, snow and ice on steps and sidewalks should be removed to afford letter carriers safe access.

CALENDAR OF EVENTS

PLEASE TAKE NOTE

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

NOTEWORTHY

THURSDAY, DEC. 23:

► **“Wrap It Up!” Party in Damariscotta**, 5-7 p.m., downtown. Live music, complimentary Christmas fare, free gift-wrapping, caroling by the Lincoln Academy Lincolnaires, performances by the Renys Rockets dancers and fiddling by the Newell family, with Santa arriving at 5:30 p.m.

FRIDAY, DEC. 24:

► **Family Candlelight Service**, 7 p.m., John Street United Methodist Church, 98 John Street, Camden. Individuals and families will share a ceremony of candle lighting, and a festival of Christmas music, including carols for all to sing, will be celebrated by the choir and organ.

► **Christmas Eve Candlelight Service**, 7 p.m., First Church, Belfast, 104 Church St. Service will include traditional readings from Scripture, singing of carols, music by the choir and a Christmas message from Pastors Kate Winters and Joel Krueger. FMI: 338-2282.

► **Christmas Services**, 4 and 8:30 p.m., St. Margaret’s Episcopal Church, 95 Court Street, corner of Court & Elm sts., Belfast. Family service at 4 p.m. is geared toward youngsters and includes participation in setting up the Nativity and telling of the story of Christ’s birth. At 8:30 p.m., 30 minutes of carol singing before the 9 p.m. service starts. FMI: 338-2412.

► **Belfast United Methodist Church Christmas Eve Services**, 6 & 11 p.m., 23 Mill Lane, E. Belfast. Service at 6 p.m. will be a family-oriented worship service, and 11 p.m. a candle-light service, concluding with Holy Communion.

► **Christmas Eve Candlelight Service**, 4 p.m., United Christian Church, 30 Searsmont Rd. (Rte. 173), Lincolnville. To sing with the choir or join with the Joyful Noise Ensemble for the service, call Mary Schullien, 785-3521. FMI: www.ucclincolnville.org.

► **Christmas Eve Candlelight Service**, 7:30 p.m., Pilgrim Community Church, 10 Knowlton St., Camden. New Congregational fellowship church community formed in October. FMI: 542-3494.

► **Traditional Christmas Eve Candlelight Service**, 7 p.m., Nativity Lutheran Church, 179 Old County Road, Rockport.

► **Chestnut Street Baptist Church Christmas Eve Service**, 6:30 p.m., Camden.

► **Unitarian Universalist Church Service of Candlelight and Music**, 6 p.m., 37 Miller St., Belfast, next to the library. Traditional Christmas carols and those in a jazz form by local musician Tom Luther. All are welcome.

► **St. Peter’s Church Christmas Services**, 11 White St., Rockland. From 10-11 a.m., Lessons & Carols from King’s College, Cambridge. At 4:30 p.m., family service with a Christmas pageant. 10:15-10:40 p.m. carol singing, followed by an instrumental prelude at 11 p.m. and candlelight midnight mass with instrumental ensemble.

SATURDAY, DEC. 25:

► **Christmas Day Community Dinner**, noon, St. Peter’s Episcopal Church, White & Limerock sts., Rockland. FMI: 593-4523, yoshuron@midcoast.com. Christmas Day Meals on Wheels available. FMI: John Batty, 591-6989.

► **Christmas Morning Service**, 10 a.m., United Christian Church, 30 Searsmont Rd. (Rte. 173), Lincolnville. Sing carols, hear Scripture and share coffee and muffins after the service. FMI: www.ucclincolnville.org.

► **Community Christmas Dinner**, noon, Belfast United Methodist Church, 23 Mill Lane, E. Belfast. Afternoon begins with a fellowship time at noon, followed by a dinner of turkey, stuffing, mashed potatoes, gravy, carrots, green beans, rolls,

cranberry sauce and a choice of beverages. A selection of homemade pies will be served for dessert. Decorations and music will provide a festive atmosphere.

THURSDAY, DEC. 30:

► **Reading and Book Signing by Kate Braestrup**, 6:30 p.m., Rockland Public Library. Braestrup will read from her new book *Beginner’s Grace: Bring Prayer to Life*. Admission is free.

► **Unity Barn Raisers New Year’s Celebration**, 6:30 p.m., Unity College Centre for the Performing Arts. Evening includes a community music jam and appetizers at 6 p.m. (bring your own instruments); dinner at 6:30 p.m.; music by the Gawler Family Band at 7:30 p.m.; and dessert and a contra dance at 8:30 p.m. Tickets, \$10, can be reserved by calling Tess at 948-9005 or John at 948-7469.

COMING UP:

► **New Year’s By the Bay**, Fri., Dec. 31, 3 p.m.-midnight, Belfast. Over 50 performances at many venues throughout the city, including blues, bluegrass, folk, country, magic, a bouncy house, dance bands and a bonfire by the bay. Buttons, \$15/\$5 grades K-12/under 5, free, available at Belfast Co-op, Parent Gallery, Mr. Paperback, Hannaford, Belfast Harbor Inn and Comfort Inn Ocean’s Edge. Volunteers needed; free admission to volunteers. FMI: 323-1748.

► **New Year’s Eve Community Dinner**, Fri., Dec. 31, 5 to 7 p.m., Unitarian Universalist Church, 37 Miller St., Belfast. Soups, stews, chilis, dessert and cider. \$7; alcohol-free.

► **New Year’s Eve Dance Party**, Fri., Dec. 31, 9 p.m., Tracks Station, 4 Union St., Rockland. DJ, dancing and a complimentary champagne toast at midnight. Watch the ball drop on the big screens and count down to the New Year. Age 21 and older. FMI: 594-7500.

► **“Here Comes the Sun” Party**, Sat., Jan. 1, noon-2 p.m., Coastal Maine Botanical Gardens, Barters Island Rd., Boothbay. Toast marshmallows and roast hot dogs, and sip warm beverages. Free. Canceled in the event of heavy rain; if questionable, call 592-7347.

St. Thomas’ Episcopal Church

33 Chestnut Street - Camden

Christmas Eve

December 24

Music of the Season - 4:15 p.m.

Holy Eucharist - 4:30 p.m.

Music of the Season - 10:00 p.m.

Holy Eucharist - 10:30 p.m.

Christmas Day: Holy Eucharist - 3 p.m.

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To Linda Shanley of Owls Head

&

Cindy White of

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Christmas Eve

Christmas Music - 6:15pm
Candlelight Service - 7:00pm

Sunday School - 9:00am Sunday Service - 10:30am Wednesday Worship - 12:15pm
All are welcome. Family friendly.

Merry Christmas

We’re merry and thankful when we recall
the many good people we’ve had the
opportunity to serve this year.

— Brandie, Greg, Alex & Mitchel



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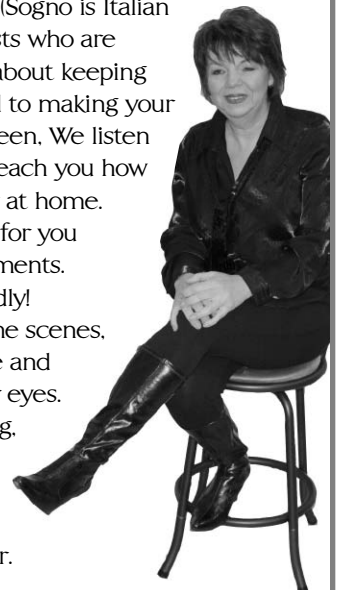
We admit that behind the scenes, we’re fussy, obsessive and driven. Why? Close your eyes.

Imagine yourself saying,

“I just love my hair.”

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CALENDAR OF EVENTS

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► **“Potluck and Peaceful Beginnings,”** Sat., Jan. 1, noon-3 p.m., Skidompha Library, Damariscotta. Free holiday community event features music by Jaja Martin and Groffon Han Lalime and Holly and Dave Martin, and a Pachelbel's Canon play-along. Puppet crafting and a clay table will be available for children, and area poets will read selected works. Bring a dish to share for the potluck. Volunteers can contact Jenny Begin at 563-3781.

► **Ellis Paul Band in Performance,** Sat., Jan. 1, 8 p.m., One Longfellow Square, Portland. Paul was a leader in the wave of singer-songwriters that emerged from the Boston folk scene, creating a movement that helped renew interest in the genre in the 1990s. \$18 adv./\$20 door. FMI: 761-1757 or www.onelongfellowsquare.com.

► **Piano Concert by Jared Fischer,** Sun., Jan. 2, First Church Belfast, 104 Church St. Fischer is a graduate of the Jacobs School of Music at Indiana University. Free; all are welcome.

► **Midcoast Community Chorus Concert,** Sun., Jan. 9, 4 p.m., Strom Auditorium, Camden Hills Regional H.S., Rte. 90, Rockport. General admission tickets available (\$15) at HAVII, Camden, The Grasshopper Shop, Rockland, The Green Store, Belfast. Reserve seating (\$20, \$25) & credit card sales: 975-0582, info@mccsings.org.

CHILDREN'S & TEENS' EVENTS

THURSDAY, DEC. 23:

► **Santa Claus Is Coming to Town,** 1-3 p.m., Camden National Bank, Waldoboro branch, Rte. 1. Santa will visit with children, hear their requests, discuss niceness versus naughtiness, and double-check his list. Also featured will be a coloring contest for children, refreshments, and fun for the whole family. FMI: 832-5351.

MONDAY, DEC. 27:

► **“We Weave the Years Together,”** Mon., Dec. 27-Thurs., Dec. 30, 9:30 a.m.-2 p.m., Learning Gallery, Augusta City Center. Old Fort Western teaches spinning, weaving, knitting and handsewing as practiced in the 18th century. For ages 7 to adult. Free, donations welcome. FMI: 626-2385.

TUESDAY, DEC. 28:

► **Children's Drawing Workshops,** 4-5 p.m., Community Room, Rockland Public Library. Artist Catinka Knott leads workshops every Tues. for ages 6 & up; under 10 should be accompanied by an adult. This month's themes explore motifs from the traditional celebrations of Christmas, Chanukah, Kwanzaa, Winter Solstice and New Year's. Free; materials provided. FMI: 594-0310.

ONGOING:

► **Interfaith Youth Group Meetings,** first and third Wed., 5:30 p.m., Rock-

land Congregational Church, 180 Limerock St. FMI: 594-8656.

► **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.

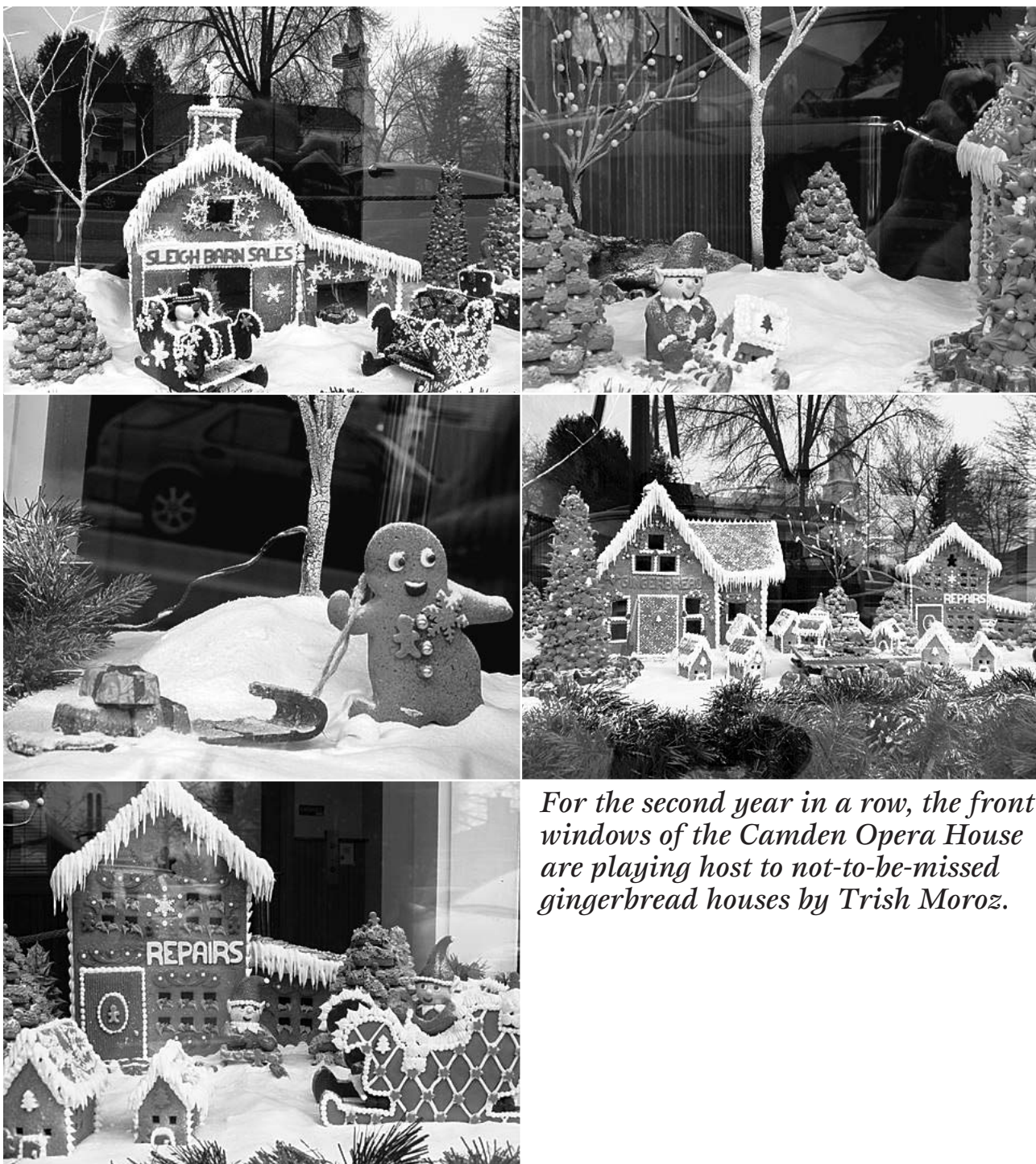
► **Belfast Library Story Times,** Thurs., 10 a.m. for “Lapsitters,” youngsters who are not yet walking, and their parents or caregivers. Programs include stories, songs, and finger plays. Fri., 10 a.m. is for “Terrific Toddlers,” children who are walking and ready for stories, active games, and songs.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

FILM

THURSDAY, DEC. 23:

► **“Miracle on 34th Street,”** 6:30 p.m., Rockland Library. Screening of the original version of the film. When the Santa Claus in the annual Macy's Thanksgiving Day Parade is found to be inebriated, a white-bearded elderly man (Edmund Gwenn), going by the name of Kris Kringle, is hired by Macy's department store and follows his own sense of the holiday season. Maureen O'Hara, John Payne and 9-year-old Natalie Wood star in this Oscar-winning film that peels back the layers of holiday commercialism to reveal the true gifts of the season.

Gingerbread Houses Grace Camden Opera House Window



For the second year in a row, the front windows of the Camden Opera House are playing host to not-to-be-missed gingerbread houses by Trish Moroz.

CALENDAR OF EVENTS

**FRIDAY, DEC. 24—
THURSDAY, DEC. 30:**

► **COLONIAL THEATRE,** Belfast: “Tron Legacy,” “True Grit,” “Chronicles of Narnia: Voyage of the Dawn Treader,” “Gulliver’s Travels.” See ad on p. 37 for movie days/times.
► **FLAGSHIP CINEMAS 10,** Thomaston: “Chronicles of Narnia: Voyage of the Dawn Treader,” “Yogi Bear,” “Tron Legacy,” “Black Swan,” “Tangled,” “How Do You Know,” “The Fighter,” “The Tourist” “True Grit,” “Little Fockers.” See ad on p. 37 for movie times.
► **STRAND THEATRE,** 345 Main St., Rockland: “The Social Network.” FMI: 594-0070. See ad on p. 37 for movie days/times.

SUNDAY, DEC. 26:

► **“Waste Land,”** 6 p.m., Strand Theatre, 345 Main St., Rockland. Free Boxing Day screening of a documentary that follows artist Vik Muniz to his native Brazil and the world’s largest garbage dump, located on the outskirts of Rio de Janeiro. There he photographs “catadores” — pickers of recyclable materials — and a unique collaboration between artist and subject as the catadores work with Muniz to recreate these photos into portraits of themselves made out of the recyclable materials around them.

ART

THURSDAY, DEC. 30:

► **“Weston: Leaves of Grass,”** Portland Museum of Art, Seven Congress Sq. Fifty-three black-and-white photographs by Edward Weston, taken in 1941 during a 10-month-long cross-country trip across 24 states and used to illustrate a deluxe edition of Walt Whitman’s *Leaves of Grass*. Through March 13.

COMING UP:

► **Call for Artwork,** Atlantic Motorcar, Rte. 1, Wiscasset, invites artists in print, watercolor and acrylic media to display their work. No fee or commission. Next show will

run Jan. 3-March 3. FMI: art@atlantic-motorcar.com.

► **Percent for Art Request for Proposals.** The Maine Arts Commission invites artists to submit proposals to design and install artwork at the Chelsea Elementary School. Total budget is \$43,500 and submission deadline is Jan. 10. FMI: www.main-arts.com.

ONGOING:

► **Paintings by Roberta Goschke,** still lifes, landscapes and charcoal portraits on display at the Waldoboro Library. Throughout Dec.

► **“Winter,”** works by Deb Winship, Nancy Fitzgerald, Lois Anne, Jason Rawson and Steve Cartwright, Good Tern Cafe Gallery, 750 Main St., Rockland. Through early Jan.

► **URock Student Art Show,** fourth floor, 91 Camden St., Rockland. The work of 31 students in Introduction to Studio Art, Drawing I and Photographic Vision and Digital Discovery. Through Dec. 31. FMI: 596-6906.

► **“Contemporary Maine Wood Sculpture,”** Messler Gallery at Center for Furniture Craftsmanship, Rte. 90 & Mill St., Rockport. Area sculptors in this exhibit include Frederick Lynch, Barbara Andrus, Stew Henderson, Steve Hensel, Steve Lindsay and Stephen Porter, among others. Through Feb. 4.

► **“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.

► **“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.

► **“Sit Down! Chairs from Six Centuries,”** Bowdoin College Museum of Art, Brunswick. American and Euro-

pean 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.

► **“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.

► **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. “Rackstraw Downes: Onsite Paintings, 1972-2008”:** First major survey of paintings by the contemporary artist features 24 major works ranging from en plein air paintings executed in Maine, signature views of the New York City skyline and panoramas of Texas. Through March 20. **“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.

► **Portland Museum of Art, Seven Congress Sq. “Rackstraw Downes: Onsite Paintings, 1972-2008”:** First major survey of paintings by the contemporary artist features 24 major works ranging from en plein air paintings executed in Maine, signature views of the New York City skyline and panoramas of Texas. Through March 20. **“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.

(Continued on p. 37)

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JANUARY SESSIONS

Tuesday Group Lessons

Level 1 3:45
Level 2/3/4 4:15
Level 3 4:45
January 4, 11, 18, 25

Thursday Group Lessons

Levels 1 & 2 4:15
Levels 3 & 4 4:45
January 6, 13, 20, 27

Free Screening of "Waste Land" at the Strand on Boxing Day

The Strand Theatre in Rockland will offer a free screening of the documentary film "Waste Land" on Boxing Day, Sunday, December 26, at 6 p.m. Donations will be accepted to help support those in the film as well as local organizations through United Mid-Coast Charities.

"Waste Land," directed by Lucy Walker ("Devil's Playground," "Blindsight," "Countdown to Zero"), is an examination of the transformative power of art. The film follows artist Vik Muniz as he journeys from his home base in Brooklyn to his native Brazil and the world's largest garbage dump, Jardim Gramacho, located on the outskirts of Rio de Janeiro. There he photographs an eclectic band of "catadores"—self-designated pickers of recyclable materials. What evolves is a collaboration between artist and subject as the catadores work with Muniz to recreate the photos into portraits of themselves made out of the recyclable materials around them. The results give the subjects the opportunity to begin to see themselves in a new way and even to re-imagine their lives. "Waste Land" was the winner of this year's Audience Award for Best World Cinema, Documentary, at the Sundance Film Festival.

On Boxing Day, celebrated in the United Kingdom and elsewhere, traditions include giving money and other gifts to charitable institutions and the needy; churches opened their donation boxes and gave to the poor.

Filmmakers Invited to Apply for Morrison Fellowship

Maine Community Foundation (MCF) is encouraging filmmakers in the early stages of their careers to apply for a Morrison film fellowship through MCF.

Through the Jane Morrison Memorial Film Fund, up to two grants between \$1,000 and \$2,000 will be awarded to filmmakers seeking to obtain instruction in filmmaking by attending a workshop, conference or film festival.

The Maine Arts Commission manages the review process for the Morrison Fund. Applications for the fellowship must be postmarked by Friday, January 14, 2011. Go to mainearts.maine.gov for guidelines. Each applicant must speak with Kerstin Gilg, media arts and performing arts associate at the Maine Arts Commission, at 287-2726, before applying. Preference is given, but not restricted, to Maine residents.

Congress Approves Expansion of Community Radio Stations

On Monday Congresswoman Chellie Pingree announced that legislation she supported to lift restrictions on community radio stations has passed Congress and will go to the president for his signature. The Community Radio Act passed the House on Friday and the Senate on Saturday.

"Community radio stations offer a diverse, vibrant, locally-minded alternative to the radio dial," said Pingree. "I'm very happy that we are lifting the unneeded restrictions that have kept more of these stations from broadcasting in our communities. Maine's local stations offer our towns an important voice and I hope we can hear from more of them in the future."

The legislation removes regulations that required three frequencies of separation between a low-power FM station and a full-power FM station—the requirement severely limited the number of frequencies available for low-power FM stations, restricting them to mostly rural areas. Studies have found that because of their low wattage, these stations do not need three frequencies of separation—required between full-power stations—to operate without interfering with full-power stations. The legislation will allow the FCC to license thousands of new stations across the country.

Joe Steinberger, founder of WRFR-LP, a low-power station in Rockland, says, "We thank Chellie for her steady support of local radio for many years. We are happy to know that others may soon have the chance to create small community radio stations and that more communities will have the chance again to have real local radio."



— Union Station, Rockland
WWW.DANKIRCHOFF.COM

New on DVD & Blu-ray

Just Released 12/21 —

SALT PG-13/Action/Dir: Phillip Noyce (Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor, Daniel Olbrychski, Andre Braugher, August Diehl) CIA Agent Evelyn Salt is accused of being a Russian spy. It happens because Salt questions a Russian defector who fingers her as a double agent. To prove her innocence, Salt is obliged to go on the run, changing identities several times.

Recent Releases —

DESPICABLE ME PG/Animated/Dir: Chris Renaud, Pierre Coffin (Steve Carell, Jason Segel, Russell Brand, Kristen Wiig, Elsie Fisher, Will Arnett, Danny McBride, Jemaine Clement, Miranda Cosgrove, Jack McBrayer, Julie Andrews) Supervillain Gru is intent upon outdoing his nemesis, Vector, who has stolen the pyramid of Giza. After Gru's banker points out his sinister plots "don't turn a profit," Gru decides to prove his worth by stealing the moon. The task requires a rare shrink-ray gun, but to acquire the weapon, Gru needs help. This prompts Gru to adopt a trio of orphans from Miss Hattie's home for girls, though he has no idea that parenting the girls will require his participation in their many activities.

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 LAST AIRBENDER PG/Fantasy/Dir: M. Night Shyamalan (Noah Ringer, Nicola Peltz, Dev Patel, Jackson Rathbone, Aasif Mandvi, Shaun Toub, 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. Katara attempts to help Aang, once he is thawed, develop the skills he needs to free the Water Nation from the conquering Fire Nation.

SHREK FOREVER AFTER PG/Animated Comedy/Dir: Mike Mitchell (Mike Myers, Eddie Murphy, Cameron Diaz, Antonio Banderas, Julie Andrews, John Cleese, Walt Dohrn, Jon Hamm, Jane Lynch, Craig Robinson) Wanting a break from domesticity, the ogre Shrek makes a deal with Rumpelstiltskin to visit an alternate reality where Shrek is feared by the other fairy-tale characters living in Far Far Away. Shrek becomes stuck in this alternate universe where Rumpelstiltskin is king of the realm and Shrek finds his sidekick Donkey working for cackling witches, while Puss in Boots is an overweight house cat. Shrek can only break the spell by finding his wife Fiona — now a rebel warrior — and getting her to fall in love with him all over again.

THE SORCERER'S APPRENTICE PG/Fantasy/Dir: Jon Turteltaub (Nicolas Cage, Jay Baruchel, Alfred Molina, Teresa Palmer, Toby Kebbell, Monica Bellucci) Balthazar Blake is Merlin's 1,400-year-old protégé. Charged with stopping villainous wizard Maxim Horvath and his army of dead souls from destroying Earth, Balthazar requires the aid of Merlin's descendant Dave Stutler, who he must first train in the art of magic.

TOY STORY 3 G/Animation/Dir: Lee Unkrich (Tom Hanks, Tim Allen, Joan Cusack, Don Rickles, John Ratzenberger, Estelle Harris, Wallace Shawn) 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 December 24 – December 30
Short descriptions of movies that are playing locally

BLACK SWAN R/Drama/Dir: Darren Aronofsky (Natalie Portman, Mila Kunis, Vincent Cassel) When an artistic director decides to replace his prima ballerina for the opening production of their new season, *Swan Lake*, Nina is his first choice. But Nina has competition: a new dancer, Lily. *Swan Lake* requires a dancer who can play both the White Swan with innocence and grace, and the Black Swan, who represents guile and sensuality. Nina fits the White Swan role perfectly but Lily is the personification of the Black Swan. As the two young dancers expand their rivalry into a twisted friendship, Nina begins to get more in touch with her dark side — a recklessness that threatens to destroy her.

THE CHRONICLES OF NARNIA: THE VOYAGE OF THE DAWN TREADER PG/Fantasy/Dir: Michael Apted (Ben Barnes, Georgie Henley, Will Poulter, Tilda Swinton, Laura Brent, Skandar Keynes, Gary Sweet, Liam Neeson, Simon Pegg) The third film adaptation from the series by C.S. Lewis. While gazing at a painting of the *Dawn Treader* ship, Lucy, Edmund and their cousin Eustace are swept off to the magical kingdom of Narnia. Here they are reunited with their beloved talking lion, Aslan, and they sail the ocean blue with King Caspian who is searching for Narnia's seven lost lords.

THE FIGHTER R/Drama/Dir: David O. Russell (Mark Wahlberg, Christian Bale, Amy Adams) A look at the early years of boxer "Irish" Micky Ward and his brother who helped train him before going pro in the mid 1980s.

GULLIVER'S TRAVELS PG/Comedy/Dir: Rob Letterman (Jack Black, Jason Segel, Emily Blunt, Amanda Peet) Travel writer Lemuel Gulliver takes an assignment in Bermuda, but ends up on the island of Lilliput, where he towers over its tiny citizens.

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 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.

HOW DO YOU KNOW R/Comedy/Dir: James L. Brooks (Reese Witherspoon, Paul Rudd, Owen Wilson, Jack Nicholson) On the very day that professional softball player Lisa learns she's been cut from her team, the 27-year-old runs into George, an old acquaintance accused of perpetrating a corporate crime he didn't commit. Despite Lisa's romantic ties to major-league pitcher Matty, romantic sparks fly between her and George.

LITTLE FOCKERS PG-13/Comedy/Dir: Paul Weitz (Robert De Niro, Ben Stiller, Owen Wilson, Dustin Hoffman, Barbra Streisand) Family-patriarch Jack Byrnes wants to appoint a successor. Does his son-in-law, the "male nurse," Greg Focker have what it takes?

THE SOCIAL NETWORK PG-13/Drama/Dir: David Fincher (Jesse Eisenberg, Justin Timberlake, and Andrew Garfield) This film explores the moment at which Facebook, the most revolutionary social phenomenon of the new century, was invented — through the warring perspectives of the super-smart young men who each claimed to be there at its inception.

TANGLED PG/Animation/Comedy/Dir: Nathan Greno, Byron Howard (Mandy Moore, Zachary Levi and Donna Murphy, Ron Perlman) The long-haired Princess Rapunzel has spent her entire life in a tower, but when she falls in love with a bandit who was passing by she must venture into the outside world for the first time to find him. The movie is a straight-up classic animated musical.

THE TOURIST PG-13/Thriller/Dir: Florian Henckel von Donnersmarck (Johnny Depp, Angelina Jolie, Paul Bettany, Steven Berkoff, Rufus Sewell, Timothy Dalton) Frank is an American tourist traveling to Italy when he is seduced by Elise, a beautiful Interpol agent attempting to mislead an agent pursuing her boyfriend — a criminal who recently underwent extensive plastic surgery. Her plan comes to fruition when Frank is mistaken for the thief by both the agent and a gangster her boyfriend ripped off. Against all odds, sophisticated Elise finds herself smitten with Frank and attempting to protect him from those out to get him.

TRON: LEGACY PG/Fantasy/Dir: Joseph Kosinski (Jeff Bridges, Garrett Hedlund, Bruce Boxleitner, Olivia Wilde, Beau Garrett) A sequel to the 1982 film. Sam is zapped into the same digital universe that took his code-inventing father Kevin 25 years earlier. In this virtual world Sam is confronted with a digitized version of his father named Clu, an artificial intelligence that is holding Sam's father prisoner and has taken control of this cyberspace. Sam's quest to escape Clu's grip culminates in a mad dash by Sam, his dad and digital friend Quorra across a visually stunning landscape to the one portal capable of sending them back to our world.

TRUE GRIT PG-13/Western/Dir: Ethan Coen & Joel Coen (Jeff Bridges, Hailee Steinfeld, Matt Damon, Josh Brolin) A tough U.S. Marshal helps a stubborn young woman track down her father's murderer.

YOGI BEAR PG/Family/Dir: Eric Brevig (Dan Aykroyd, Justin Timberlake, Anna Faris, Tom Cavanagh, Andrew Daly, T.J. Miller, Nathan Corrdry) Yogi Bear and Boo Boo Bear are residents of Jellystone National Park. Yogi contrives to steal campers' "picnic" baskets with Boo Boo at his side. Beset Ranger Smith tries to keep the bears in line, but he will be out of a job unless he can prevent the mayor of a neighboring town from selling the park to loggers.

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CALENDAR OF EVENTS

(Continued from p. 35)

MISCELLANEOUS

SUNDAY, DEC. 26:

► **Sacred Harp Singing**, 2-5 p.m., home of Chris Holley and Kathe Pilibosian, 17 Snowball Hill Rd., New Harbor. All are welcome; potluck follows singing, so bring a dish to share. Directions: Rte. 130 to New Harbor village. Stay right at the fork and look for Hanna's General Store on the right; take the right down the hill just before Hanna's. House is first on right heading down the hill; look for an old white farmhouse with horses in the field. FMI: 677-6437.

► **Conradance with Play Group**, 8 p.m., Simonton Corners dance hall, Main and Park sts., Rockport. John McIntire of Unity calling. No partner or experience required. \$8/children free. FMI: 832-5584.

► **International Folk Dancing**, 4-6 p.m., Watts Hall, Main St., Thomaston. All levels welcome. No charge; donations accepted.

MONDAY, DEC. 27:

► **Medomak Valley Land Trust Hike on Clarry Hill Preserve**, 10 a.m. Dress warmly for a family walk over exposed blueberry lands, taken at a leisurely pace. Directions: from Rte. 235, turn left onto Clarry Hill Rd. After .5 mile, turn right to stay on Clarry Hill Rd. After .8 mile, turn left onto Elmer Hart Rd. Follow stone road until you see the trailhead sign on the left. FMI: 832-5570.

THURSDAY, DEC. 30:

► **Slide Talk on Mongolia**, 6:30 p.m., Camden Library. Joshua Curry of Warren spent last summer exploring Mongolia with a class from Principia College, from the Gobi desert to the Altai mountains, and gives a slide presentation on his experiences.

► **New Year's Eve in Montreal**, Central Lincoln County Adult Ed luxury coach trip departs Thurs., Dec. 30, from Rockport, Damariscotta, Wiscasset,

Topsham and Windham and returns Sat., Jan. 1. Trip includes round-trip transportation, meals en route, and accommodations for two nights at the Delta Centre-Ville hotel for \$220, double occupancy; single supplement is \$150. All passengers must have a valid passport. FMI: 563-2811 or clc.maineadulted.org.

COMING UP:

► **Women's Network Meeting**, Wed., Jan. 5, 5:15-7:30 p.m., The Haven Event Center, Rte. 90, Rockport. Attorney Rebecca Webber will talk about the top 10 employment law issues for small businesses. \$28/\$25 guests of members/\$20 members, includes full buffet and dessert. *Registration required by Wed., Dec. 29:* www.mainewomensnetwork.com.

ONGOING:

► **Silent Meditation Group**, Sat., 7-8 a.m., Belfast Dance Studio, 109 High St. All are welcome. FMI: 338-0842.

► **Amnesty Month at Waldoboro Public Library**. During December the Library is forgiving all fines when overdue items are brought back — a good opportunity to return overdue books and start over free of fines for the new year.

► **Yoga by Donation**, Tues., 5:30-7 p.m., Thomaston Yoga Studio, 185 Main St. All levels welcome. FMI: 273-2998.

► **Parenting Education Classes**, first Sat., 8:30 a.m.-12:30 p.m., ParentWorks, Lincoln Street Center, Rockland. FMI: 596-0014 or e-mail pworks@midcoast.com.

► **Rockland Salvation Army Community Meals**, Sun. through Dec. 26, 12:30 p.m., Rte. 1, Rockland. Join in a Fellowship Luncheon after the 11 a.m. Sun. Holiness Meeting. Free and open to all. **Senior Citizens' Activities**, Wed., 1:30 p.m.

► **Baby's First Year Support Group**, first and third Tues., 11 a.m.-12:30 p.m., Maternal Wellness Center, 111 High St., Belfast. Forum for new mothers to learn

from each other, with a focus on natural and holistic parenting strategies. First Tuesdays is an opportunity to exchange baby clothes. Free. FMI: 338-0708.

► **Insert Storm Window Workshops**, Sat., 9 a.m.-noon, Farmhouse at Round Top Farm, Bus. Rte. 1, Damariscotta. No reservations needed. FMI: 563-5236 or rhardina@tidewater.net.

► **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.

► **Free Open Jam**, Sun., 1-3 p.m., Power & Steam Museum, 75 Mechanic St., Rockland. Bring an instrument, creativity, voice and music. Performers and audiences enjoy folk, bluegrass, swing, jazz and classics. A contribution for the performers is appreciated but not mandatory. FMI: 701-7627.

► **Community Hot Soup Luncheon**, Weds., noon-1 p.m., First Congregational Church, 55 Elm St., Camden. Lunch features choice of two soups, bread, dessert and coffee or tea. Free; donations accepted. Through Apr. 6, save Dec. 22.

► **Oneness Blessing**, Tues. at noon, High Mountain Hall, 5 Mountain St., Camden. Free.

► **Mid Coast Depression & Bipolar Support Alliance**, Tues., 11 a.m.-noon, First Universalist Church, 345 Broadway, Rockland.

► **Coastal Family Hospice Volunteers Grief Support Groups**: For anyone mourning the loss of a loved one; sessions are free, open to the public, and may be attended on a drop-in basis on the first and third Wed. of the month, 6-7:30 p.m., third floor library of Bartlett Woods, off Talbot Avenue, Rockland; or second and fourth Fri., noon-1 p.m. at Coastal Family Hospice's office, in the back lower level of Maine Coast Eye Care, 34 Old County Road in Rockport. FMI: 593-9355.

► **"A Course in Miracles"**, Sat., 10-11:30 a.m., UU Church, 345 Broadway, Rockland. Study group on the book. FMI: 594-2565.

"Penny for Life" Campaign to Benefit LifeFlight

Maritime Energy will donate one cent to LifeFlight for every gallon of gas sold in December at Maritime Farms locations in Searsport, Belmont, Union, Rockport, Rockland, Warren, Waldoboro and Newcastle.

The "Penny for Life" campaign will help buy an iSTAT, a handheld laboratory used to test and analyze a patient's blood while onboard the LifeFlight helicopter. For more information, visit www.lifeflightmaine.org or www.maritimeenergy.com.

Nominations Sought for Governor's Awards for Service & Volunteerism

Those who would like to recognize volunteers who make a difference in their community are encouraged to nominate them for a Governor's Award for Service and Volunteerism. The nomination deadline is Tuesday, February 1.

For the past 24 years the award program has been administered for the Governor's Office by the Maine Commission for Community Service. There are numerous different award categories. For details and to submit official nominations, visit www.VolunteerMaine.org.

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True Grit -PG13-
Every Night Sun. thru Thurs. 7:10
Matinees: Fri. 1:30
Sun., Tues. & Thurs. 2:30

Tron Legacy -PG-
Every Night Sun. thru Thurs. 6:40
Matinees: Fri. 1:00
Sun., Tues. & Thurs. 2:00

Narnia: Voyage of the Dawn Treader -PG-
Every Night Sun. thru TUES. 6:55
Matinees: Fri. 1:15
Sun. & Tues. 2:15

Opens Wed., Dec. 29 ...

Gulliver's Travels -PG-
Wed. & Thurs. Eves 6:55
Matinee: Thurs. 2:15
(plays several weeks)

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FILMS THIS WEEK:

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SHOWTIMES: (December 25 - 30)
Sat 5:30, 8:00 | Sun 3:00 only | Mon 7:00
Tues 1:00, 7:00 | Wed 7:00 | Thurs 7:00

ANNUAL BOXING DAY FREE FILM

WASTE LAND

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Gulliver's Travels
1:25, 3:50, 7:30, 9:35 (PG, 1:37)

Little Fockers
1:30, 4:05, 7:00, 9:15 (PG-13, 1:48)

True Grit
1:15, 3:55, 7:15, 9:40 (PG-13, 2:00)

Black Swan
12:55, 4:25, 6:55, 9:10 (R, 1:59)

Yogi Bear (3-D)
12:45, 2:45, 4:45, 7:10, 9:05 (PG, 1:33)

Tron Legacy
1:00, 4:00, 6:50, 9:25 (PG, 2:15)

How Do You Know
1:10, 4:10, 6:45, 9:20 (PG-13, 2:11)

The Fighter
1:20, 4:15, 7:20, 9:45 (R, 2:06)

The Tourist
1:05, 4:20, 7:25, 9:35 (PG-13, 1:54)

Tangled
12:50, 3:45 (PG, 1:50)

The Chronicles of Narnia...Dawn Treader
7:05, 9:30 (PG, 2:02)

Happy, Happy Holly Days

Wishing all of you a very joyful holiday season.

Thanks.

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Marine Weather Class with Ken McKinley to Be Offered at MSTC

The Marine Systems Training Center (MSTC) in Thomaston is offering a special two-day class featuring marine weather topics presented by Ken McKinley, chief meteorologist of Locus Weather in Camden. The course, to be held on Friday and Saturday, February 4 and 5, from 8:30 a.m. to 4:30 p.m. both days, will provide mariners with an understanding of common weather systems and how they affect yachting and commercial boating activities. Participants will be given the opportunity to work with publicly available weather information to determine simulated safe routing decisions in real time and using historic hurricane data. McKinley is a U.S. Coast Guard-certified instructor and has taught meteorology for the Ocean Navigator School

of Seamanship and Maine Maritime Academy. The Locus Weather consulting firm specializes in providing forecasts for oceangoing yachts, yacht races and shore-based marine businesses. The course is appropriate for all mariners with an interest in marine weather: delivery captains, yacht racers, offshore and coastal cruising boaters. The course fee is \$425, which includes lunch both days (discounts are available for multiple enrollments). To enroll, contact the Marine Systems Training Center at 354-8803 or info@marinesystemstraining.com. MSTC is a program of the Maine Marine Trades Association and offers specialized training for marine industry workers, classes for boat owners, as well as core technical and computer training for any business.

Maine Arts Commission Seeks Submissions for Chelsea Art Competition

The Maine Arts Commission is putting out a call to all artists living in New England, with a preference for Maine artists, to submit proposals to design, create and install artwork at the Chelsea Elementary School Percent for Art site in Chelsea, which is near Augusta. The total project budget is \$43,500 and the submission deadline is January 10, 2011.

The Percent for Art funds available for the project will be used to commission work(s) from a single artist or an artist team. An artist budget proposal must cover all design, fabrication, transportation, documentation and installation expenses, including any building or site modifications associated with the artwork. A Percent for Art selection committee of five members will jury submissions for the project. The committee will review the materials to determine whom to invite for a second round of evaluation. Artists selected for the second round will receive a \$1,000 design fee for refining their proposals. Final proposals will include detailed models, drawings, renderings, samples of work and/or materials, depending on the nature of the proposal. All finalists will present their final proposals to the committee in person. Full details, including images and floor plans, can be found in the Opportunities section of MaineArts.com.

Call for Artists from Atlantic Motorcar

Atlantic Motorcar of Wiscasset is interested in hearing from artists in print, watercolor and acrylic media who are seeking gallery/display space for their work. Over 2,000 square feet of display space is available in a safe, high-traffic area with an upscale clientele. Atlantic Motorcar charges no commission or hanging fee — the space is simply offered as a public service. Multiple artists will be chosen. The next show is set to begin on Monday, January 3, and will run through March 31, 2011. More information is available at www.AtlanticMotorcar.com/art.htm. Interested artists should e-mail art@atlanticmotorcar.com.

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DECEMBER 24 - DECEMBER 30



Friday, December 24 — The Sun is conjunct (close to) Pluto in Capricorn. According to astrological definitions, the Sun and Pluto are about dredging up the past and clearing out regretful actions in order to evolve and move forward. Whoever said that Pluto ought to be demoted was surely mistaken. From 9:20 to 11:20 a.m. the Moon will nicely aspect Saturn, giving you a mature, down-to-earth perspective. Between 6:45 and 8:45 p.m. conversations are fun and stimulating while the Moon is aspecting Mercury, even though Mercury is still retrograde. It will be turning direct on Thursday, December 30.

Saturday, December 25 — Merry Christmas! May your day be filled with laughter and inspiration. The Sun is still aspecting Pluto, until Sunday night. Perhaps your generosity has touched someone deeply and the friction between the two of you can now dissolve. You might be feeling a bit stressed from 11 a.m. until 12:30 p.m. while the Moon is awkwardly aspecting Saturn. If you're super organized, this won't be a problem. From 3 to 7 p.m. the Moon in Virgo will be in a positive aspect with the Sun and Pluto. Sharing intimate thoughts and feelings could bring about a closeness that is deeply fulfilling.

Sunday, December 26 — The Sun and Pluto are conjunct until later on this evening. This could be an introspective time for examining the past and preparing to move forward in the New Year with a strong commitment to living true to your principles. From 8 to 10 a.m. the Moon, still in Virgo, will nicely aspect Mars, giving you plenty of energy and enthusiasm. From 11:45 a.m. to 1:45 p.m. the Moon will be aspecting Saturn. Your sensible approach to life is inspiring to the person you're conversing with, and/or vice versa. Communications are out of balance when the Moon harshly aspects retrograding Mercury from 6:30 to 8:30 p.m. Listening closely in order to avoid misunderstandings is recommended, and don't make any assumptions — that's a guaranteed setup for confusion.

Monday, December 27 — Venus will be in an awkward aspect with Pluto until later on tonight. This could be the ending of a long-term relationship, or you could choose to redefine the relationship rather than ending it complete-

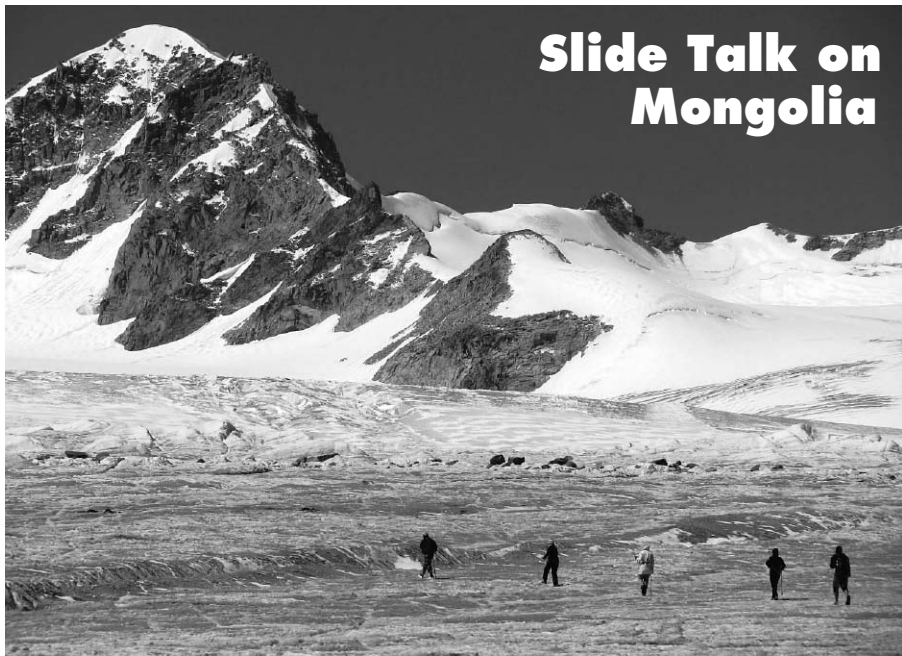
ly. There are trust issues involved. Mars is aspecting Saturn until Wednesday night. Obstacles and delays will test your patience. You're forewarned.

Tuesday, December 28 — Mars is still aspecting Saturn, and Mercury is still retrograde. Your plans are not going to work out with ease. Keep trying, but don't get attached to a certain outcome, because it probably will not turn out that way. From 1:45 to 4:45 p.m. the Moon will be aspecting both Mars and Saturn, making it the most uncomfortable part of the day, when your patience is pushed to its limit. From 8:15 to 10:15 p.m. your humor returns. The Moon is now aspecting Mercury, which may help somewhat with communications. Your mind is clear, so you can figure out your plans for Thursday and Friday, when Mercury will no longer be retrograde.

Wednesday, December 29 — Mars and Saturn are still in an aspect with each other until tonight. Be patient and persistent, but let go of any expectation of accomplishing your goals. Good news! — Jupiter is in a positive aspect with Chiron and Neptune, healing old wounds both globally and personally. Anyone who was born between February 15 and 18 or March 17 and 20 will be feeling this profound spiritual energy most personally. It will increase psychic sensitivity.

Thursday, December 30 — Mercury turns direct at 2:22 a.m. and will not be turning retrograde again until March 12, 2011. No planets will be retrograde until January 26, when Saturn will turn retrograde. That means we begin the New Year without any planets retrograde! That implies that forward momentum is with us throughout 2011. Jupiter is nicely aspecting Neptune until January 6. This will be an inspired time for those who teach philosophy or religion. All of us will have an opportunity to experience clear thinking, increased psychic sensitivity and an overall feeling of well-being. Venus is aspecting Jupiter, Uranus and Neptune. If you enter a brand-new relationship between now and January 6, it could turn out to be very special.

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.



Slide Talk on Mongolia

Joshua Curry of Warren, a physics major at Principia College, spent last summer exploring Mongolia. "We spent time in the capital city of Ulanbaatar, the Gobi Desert, Ikh Nart Nature Preserve and the Altai Mountains. From hot dry desert to humid, hot cities to cold mountains, wet and extremely diverse conditions," he says. On Thursday evening, December 30, at 6:30 p.m. at the Camden Public Library, Curry will give a slide presentation on his experiences.

"Our classes over there included geology, biology, and country studies. We discovered dinosaur bones, researched many endangered species, and learned about a culture with roots going back thousands of years," Curry says.

Crossing a glacier in the Altai Mountains

Young Artist's Work Brings Cheer to Local Mailboxes

Even among the happy images stuffing mailboxes at this time of year, Lili Clement's self-portrait stands out. Clement is a first-grade student at Lincolnville Central School, and her smiling sketch graces Partners For Enrichment's annual fundraising letter. "It's the happiest picture," says Jane Cummons, president of Partners, the all-volunteer group that has been providing arts and science enrichment to Hope Elementary School, Appleton Village School and Lincolnville Central School for the past 12 years. "That little face — it's a wonderful representation of what we as a board hope to do — inspire and educate and make kids smile!"

"I sometimes think we are the midcoast's best-kept secret," says longtime Partners member and teacher Carol Chater. "I work at Appleton Village School, and can't tell you how many times I hear kids and parents talking about a Partners' program they loved — and they have absolutely no idea that the play or concert or field trip was planned and funded by Partners for Enrichment."

Ann Bresnahan, a founding member of Partners and the group's treasurer, says this has been a long-term challenge. "This is a busy, high-energy group that focuses on education — we work so hard on programming that we haven't had a lot of time to devote to advertising ourselves."

Even so, Cummons reports that donors from all three towns give generously in response to the annual fundraising letter. "We have many folks — parents, grandparents, people who have never had a child in the schools —

who have donated every year since Partners was founded," says Bresnahan.

This year, Partners has added a holiday appeal to its usual fall mailing. "All nonprofits are feeling the pinch," notes Bresnahan. "And with school budgets slashed, we really need to work to be sure that Partners can supply the resources our students, teachers, and schools need and deserve." To find out more about Partners for Enrichment, or to make a donation, contact Partners for Enrichment, 721 Camden Road, Hope, ME 04847.



Lili Clement, a first-grade student at Lincolnville Central School, with her self-portrait

Local Schools Receive Gift from Pemaquid Group of Artists

The Pemaquid Group of Artists gives financial aid to local organizations and schools through commissions, membership fees and donations. Following the close of the gallery season, the Pemaquid Group of Artists is presenting a check to local schools to encourage and support art education. The South Bris-

Kay Hannah, president of the Pemaquid Group of Artists, presents a check to Jessica Nadeau, art teacher, and Scott White, principal of South Bristol School.



tol School is one of the first schools to benefit. Great Salt Bay, Bristol Consolidated School and Lincoln Academy will also be recipients of the organization's charitable gifts this year.

The Pemaquid Group of Artists Gallery is located at Light-house Park, Pemaquid Point, and is open seasonally from June through mid-October. The artists, including both regionally and nationally known artists, are all local area residents and are juried into gallery membership.

It's Amnesty Month at Waldoboro Library

December is Amnesty Month at the Waldoboro Public Library. During December the library is forgiving all fines when overdue items are brought back. This is a good opportunity to return overdue books and start over free of fines for the new year.

institution's mission, strengthen its academic offerings and attain national recognition, all while retaining the college's traditional emphasis on student achievement in environmental science and sustainability education.

In the last year, Unity has been named as one of the top 30 colleges by Washington Monthly, the highest placement for a Maine college on the baccalaureate colleges list of the rankings. Unity was also included in the first national guide to the most environmentally responsible, "green" colleges by the Princeton Review and the U.S. Green Building Council.

Unity College President Announces Departure

Unity College in Unity has announced that the board of trustees regretfully accepted the resignation of President Mitchell Thomashow, and is preparing to begin a national search for the 10th president of the college. The board hopes to welcome a new president by midsummer.

Thomashow, 61, came to Unity in 2006 after more than 30 years at Antioch New England Graduate School at Keene, New Hampshire, where he served as chairman of the Environmental Studies Department and associate dean for Institutional Advancement. In his nearly five years at Unity College, he successfully led aggressive efforts to advance the

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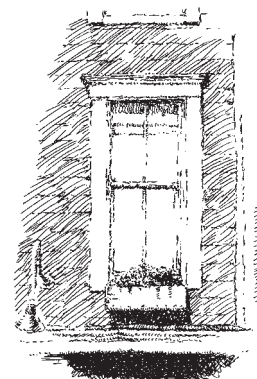


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Market Basket ads run for two weeks. Only one ad per household per week will be printed. We can only accept ads that are 20 words or less. We cannot accept ads over the phone - we do accept faxes (596-6698). Market Basket ads must be received by 4 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

"Toy Story" Bo-Peep Poseable Doll, 3 head sheep, NRFB, asking \$50. Santa Woody, talks, five phrases, NRFB, asking \$50. 845-2617.

Catalytic Converter, for '95-'99 Subaru Legacy, brand new Walker OEM front (upstream) unit, still in box, cost \$200, now only \$100. 236-8191.

X-Box Surround Sound System, four speakers, very little use, excellent condition, \$60 OBO. Huffy 700 driveway basketball stand, good condition, \$20 OBO. 354-0129.

Canvasback Hunting Decoys, drake and hen, by Charlie Birdsall, \$90/pair. 563-7544.

Rigid Pipe Dies Set, type 11-R, four dies and handle, \$25.785-4401.

Ladies Coat, 3/4 length, size 20, gray, faux fur, \$40. Lamp shades, 13 in., \$10/pair. Steel doors, 32 x 80, \$25/pair. Porcelain toilet, off white, \$25. 354-6172.

Two-Hundred-Channel Police Scanner, \$75. VCR, \$20. 542-2328.

Canadian Rocker, with upholstered ottoman, bentwood arms and curved back, \$100. 832-0402.

Electronic Football Game, \$5. Hanimelex electronic TV 4 game system, \$5. Candida quick cleanse dietary supplement, 60 capsules, \$20. 338-1951.

Two '70s Vintage Tupperware Shape Toyballs with pieces, \$10. 975-5145, after 3 p.m.

Three Bags Merrick Dog Food, 30 lb. each, paid \$48 each, sell \$25, my boxer allergic, exp. date 5/11. 632-4637.

Immersion Blender, Waring commercial, like new, asking \$60. 763-3646.

Springfield Weather Instrument, barometer, thermometer, hygrometer, 32" long, 8" wide, \$50. 596-7344.

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

Nintendo DS Lite, blue, with charger and stylus, works perfectly, valued at \$100, will sell for \$75 firm. Three pairs ski pants, exc. cond., fit ages 7-8, \$15. 596-6344.

Two Sears Twin-size Mattresses from non-smoking/pet-free home, \$40 OBO. 594-5186.

Boy's Ski Jacket, size 12, dark green, \$10. Boy's fleece, size 14/16, \$5. Khaki pants, size 12, \$5. 230-0145.

Wii 2009, three controllers, three nunchuks, excellent condition, \$100. Victoria 354-0881.

Unique Mini Twig Fairy Houses, seen at Creatorium, start at \$20. Tiny furniture also available, \$2 each. pardonmyfrench.wrf@gmail.com.

Boxflex Power-Pro, with leg lift attachment, you pick up, fully assembled, \$100 firm. 832-4179.

Three-strand Crystal Necklace, with earrings, \$12. Five-strand, same, \$20, beautiful. Box of asst. costume jewelry, \$50. 845-2617.

Pair of Brown Leather Jessica Simpson Slouchy Cornelia Boots, ankle high, size 9.5, almost new, \$20. 596-2932, ask for Celeste.

High Quality Sofa Bed, great condition, light blue plaid, comfortable, \$100. 338-3408.

Brand New Walker Muffler, for Chevy truck, \$25. 785-2370.

Husky Diamond Plate Toolbox, for full-size truck, \$75. 594-7117.

Vintage Xmas Curtains, five pair, \$10. Xmas dish set, service for eight, \$10. Eight full-length kid's DVDs, \$10. 691-8381.

Men's Suede Jacket, size 42, \$50. Hockey stick, \$10. CB radio and antenna, \$5. Vehicle AM-FM radio, \$5. Scanner, \$5. 338-1951.

Thirty-gallon Electric Water Heater, used only two years, excellent condition, \$75. 593-9245.

Porter Cable Builder's Saw, 7 1/2", HD, metal case, VGC, manual, \$50. Old galvanized coal scuttle, \$25. 633-0227.

Front Chrome Bumper, for '69-'72 GMC, \$75. 785-4517.

Pair of Complete Suburban Barn Doors, fit 1973-91, not rusty, \$100/pair. 785-3216.

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Pool Table Sport Craft, 30" x 60", full set of 1 1/2" balls, two cues, set up on table or use the legs that come with it, \$50 OBO. 372-8136.

Wheelchair, \$30. Box of Harlequins, 10¢ each OBO. 236-3665.

Sirius Satellite Radio, with remote, home and car aeriels plus all cabling, \$50. Daewoo DVDS151 DVD player, with cables, \$15. 594-1052.

Camel Coat, fur collar, fleece lined, ladies 12-14, Lord & Taylor, \$50. Red wool coat, tailored, \$25. 563-7544.

Holmes Humidifier, new, in box, model HM3655, covers 1,700 sq. ft., \$50. 354-1199.

27" RCATV, with DVD and VHS, \$40. 596-1009.

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Wanted: Outdated Letterhead Stationery, for young artists to use, will pick up. 236-8191.

Wanted: One or Two Stall Mats, needed in good condition for horse (and companion) with sore legs, free or reasonable. 589-4184.

Wanted: Car, single mother with disabilities in need of a car. Is there one that no one wants in their yard anymore, free or cheap? 691-2419, Amy.

Wanted: 8 mm Film, any type, used, exposed, home movies, unexposed, commercial releases, any condition. 446-1364.

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

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

Wanted: One or Two Hen Ducks, my pair of drakes are lonely. 354-6780.

Wanted: Wheelchair, specific for travel, lightweight, narrow and easy to fold, for my elderly mom who is still on the go. 542-7011.

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Long Term Care Facility Participates in Culinary Challenge

Renarda Mayo and Roberta Gallagher from Seven Tree Manor in Union, a Davis Long Term Care Group facility, recently participated in the first annual Long Term Care Culinary Challenge: Cooking for a Cause to benefit the Mike McNeil Scholarship Fund. They competed against 14 culinary teams representing nursing homes and assisted living facilities from around the state to raise money for the fund that provides scholarships for individuals affiliated with Maine's long term care facilities.

Teams consisted of two cooks each, who prepared a three-course meal using specified ingredients. Teams had two hours to complete the task and were judged on a 100-point

scale by a team of certified chefs. Mayo and Gallagher prepared Devilish Salmon Puffs, Greek Salad with Peppercornini, Roman Style Chicken with Marinated Char-grilled Shrimp Skewers and Risotto with Asparagus.

Maine Health Care Association President and CEO Richard A. Erb says, "Not only are we raising money for a good cause, this competition illustrates the level of professionalism and talent we have in our food service employees. It exemplifies a growing trend in Maine's long term care facilities that incorporates individual resident choice and preferences in dining. Thanks to the expertise of these food service professionals, the dining experience has changed dramatically in our state's nursing homes and assisted living facilities."

Since its inception in 2007, the scholarship fund has enabled 27 individuals to pursue their educational goals in long-term care. Eligible fields of study include nursing, physical or occupational therapy, speech pathology, social work, activities and food service.

Renarda Mayo (left) and Roberta Gallagher concentrate on preparing their three-course meal.



And the winner is... Ken Gross (second from left) of the Camden Library draws a winning ticket in Camden Rotary's Super Charity Holiday raffle while Camden Rotarians Richard Householder, Tony Bates and Jane Monhart look on. The three prizewinners were Ray Andresen, Harvey Rudisaile and Connie Rader.

Camden Rotary Club Announces Winners of Super Charity Raffle

Over \$10,000 raised

Camden Rotary's Super Charity Holiday Raffle prize drawing took place in the Camden Public Library during Christmas by the Sea weekend. The prizewinners, all local residents, were Ray Andresen, Harvey Rudisaile and Connie Rader.

"We are honored to support the Rotary's global and local outreach programs," Camden Rotay President Graham Phaup says. "In addition to college tuition scholarships for

local students, we have supported a wide range of local projects that recently included the Penobscot Bay YMCA, Coastal Opportunities, Meals on Wheels, the Camden Public Library and United Mid-Coast Charities. Our current project is helping the redevelopment of Ragged Mountain."

The raffle raised over \$10,000. For more information about Camden Rotary, visit www.camdenrotary.org.

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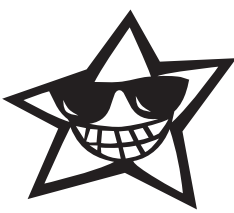
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66ABC Family
67Nickelodeon
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FRIDAY EVENING DECEMBER 24, 2010

Table with columns for time slots (7:00-12:30) and program details including titles, descriptions, and ratings.

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SATURDAY EVENING DECEMBER 25, 2010

Table with columns for time slots (7:00-12:30) and program details for Saturday evening.

SUNDAY EVENING DECEMBER 26, 2010

Table with columns for time slots (7:00-12:30) and program details for Sunday evening.

MONDAY EVENING DECEMBER 27, 2010. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

TUESDAY EVENING DECEMBER 28, 2010. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

Advertisement for Better Homes & Gardens Real Estate & Town & Country. Includes contact info for Kathryn Baxter at 66 Elm Street, Camden, ME 04843.

Advertisement for The Free Press with the headline 'Everyone reads this paper.' and the newspaper's name in a stylized font.

WEDNESDAY EVENING DECEMBER 29, 2010. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

THURSDAY EVENING DECEMBER 30, 2010. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

CLICK & CLACK TALK CARS

Take Some Precautions Before Changing Tire with Passengers in Car; Is This Guy the Idiot, or Are Tom and Ray?

DEAR TOM AND RAY: I am a Peace Corps volunteer in eastern Madagascar, and somehow I've been able to download you guys in my small bamboo hut in the middle of the rain forest. You two would love the way they keep these ancient old Fords running! But here's my question: How safe is it to jack up and change a tire while keeping the vehicle running and all passengers on board? — Kelly

TOM: Well, we apologize that the Internet has made us virtually inescapable anywhere on the planet. You have our condolences.

RAY: I'm guessing that the reason you'd want to keep passengers in the car with the engine running while changing a tire is for their comfort and/or safety, right?

TOM: Since it's a rainforest, they stay dry in the car, and possibly air-conditioned, too. And inside the car, there are no ring-tailed lemurs swinging down out of the trees to steal their Papa Gino's.

RAY: In any case, the primary danger during a tire change is that the vehicle will slip off the jack and injure the tire changer. So the most important thing you can do before changing a tire is secure the car and make sure it doesn't move. Anything that increases the chances of the car moving should be avoided.

TOM: So if the vehicle has an automatic transmission, there's no reason you can't leave it running while you change the tire. You'd put it in park, apply the parking brake and chock the wheels (you'd wedge a larger rock or a piece of wood in front of a front tire and behind a rear tire) to secure the vehicle.

RAY: If, on the other hand, the vehicle has a manual transmission, running the engine eliminates your ability to park in gear. So all you've got is the parking brake and the wheel chocks.

TOM: So if it's a manual transmission, here's what I'd do: You can leave the engine running while the tire changer prepares the spare tire and gets the jack in place. You can even leave it running while he breaks loose the lug nuts and gets them started.

RAY: But once he's ready to jack the car off the ground, then you should turn off the ignition, put the transmission in first gear reverse, and in convenience your passengers for a few minutes while the wheel is actually removed and replaced. They'll survive. Once the car is back down on the ground, then you can take it out of gear and start the engine again.

TOM: And needless to say, whether the engine is running

or not, you want your passengers to sit relatively still. You don't want them rocking back and forth to a rousing rendition of "99 Bottles of Beer on the Wall" while the car is off the ground. Good luck, Kelly!

DEAR TOM AND RAY: You recently answered a question about whether it's safe to let your gas tank run down to empty. You said it's not safe to let the car, and it won't cause any damage. Eric Peters, a Washington, D.C.-based automotive columnist, recently stated in the periodical "Bottom Line/Personal" that, and I quote here: "Most gas tanks are made out of metal, and a partially empty fuel tank is prone to rust. Rust particles flake off and can clog fuel filters, fuel lines and fuel injectors, leading to costly repairs. In addition, rust can eat through the tank causing leaks..." So what gives? Are you wrong or is it still my hero and this guy is an idiot, or is he right and you two are idiots? A curious reader wants to know. — Fred

RAY: Well, you already know we're idiots, Fred. But in this case, Mr. Peters' information is badly out of date.

TOM: In the old days, when tanks were metal and were vented to the outside air, rust and other particles were a problem. That's why cars had fuel filters — to keep that stuff out of the fuel lines and injectors.

RAY: But for more than a decade now, most fuel tanks have been made of plastic. Even the fuel lines that carry the gasoline from the tank to the engine are now plastic.

TOM: Rust is such a nonissue now that most cars don't even HAVE fuel filters anymore. There's a "sock" filter on the fuel-pump intake in the tank — in case an irate neighbor pours a plate of stuffed clams into your tank — but that's it.

RAY: Plastic fuel tanks have a number of advantages: They weigh less, they're cheaper to produce and they don't rust.

TOM: And they may be better in accidents, too.

RAY: For a while, running the car out of fuel concerned us, because the fuel serves as the coolant for the fuel pump — which sits at the bottom of the tank. But we really haven't seen any problems with fuel pumps to justify that concern.

TOM: So our opinion is, it's fine to run the car down to empty. If that makes you happy, go for it. Just don't call us to pick you up when you run out of gas, Fred.

Got a question about cars? Write to Click and Clack in care of The Free Press, 8 N. Main Street, Suite 101, Rockland, ME 04841 or e-mail them by visiting www.cartalk.com.

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MEDIUM # 95

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

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

Sudoku solution on page 38.

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ACROSS

- 1 Lean-tos
- 6 Denver's altitude
- 10 Went with
- 15 Brittle
- 20 Youngest son
- 21 Lox partner
- 22 Type of bacteria (2 wds.)
- 23 Ruckus (hyph.)
- 24 Caribbean island
- 25 Utah mountains
- 26 Ranch measure
- 27 Garage contents
- 28 Fame
- 30 Channel surfer, often (2 wds.)
- 32 Striped antelopes
- 33 Exits
- 35 Failing that
- 36 Runner's rate
- 39 Amin of Uganda
- 40 Cease
- 41 Water-power org.
- 42 Low beams
- 46 House wing
- 47 Trial VIPs
- 48 Row of seats
- 51 Wails
- 53 Like cool cats
- 54 Wandered
- 56 Keeps it all
- 57 On — (winning)
- 59 Small pansy
- 61 Acclaim
- 62 Shade tree
- 63 Folksinger Ives
- 64 Lures
- 65 Cubism founder
- 67 Big blow
- 68 Mont Blanc, for one
- 69 Lighten up
- 72 Unser and Gore
- 73 Running amok (3 wds.)
- 76 What history repeats
- 80 Travel on powder
- 81 Weed out
- 82 Unseal, poetically
- 83 Give the eye
- 85 Bam!
- 86 Showy lilies
- 88 Himalayan summit
- 92 Mgmt. biggie
- 93 Modem-speed unit
- 94 Wrath
- 95 Plays bumper-cars
- 96 Bygone amenity
- 99 — up the works
- 102 Knock — loop
- 103 Sign after Pisces
- 104 Neutral and first
- 108 Pointless
- 109 Fairy tale villain
- 110 Cruise stop
- 111 Fez dangler
- 112 Turn sharply
- 113 Adjust the length
- 115 — noire
- 116 Positive response
- 117 Road crew's need
- 118 Tel —
- 120 With, to Fritz
- 121 Seine moorage
- 123 L. — Hubbard
- 124 Holbrook and Linden
- 125 Manchurian river
- 127 Florida city
- 129 Pooh's donkey friend
- 131 Jonquils
- 135 Source of trouble (2 wds.)
- 140 Tuna habitat
- 141 Locate, perhaps
- 142 Distinct stage
- 143 Violent weather
- 144 Dress style (hyph.)
- 145 Actress Samantha
- 146 Added brandy
- 147 Fragment
- 148 Stalks prey
- 149 Fathomless waters
- 150 Wonder Woman's friend
- 151 Food wrap

DOWN

- 1 Heal over
- 2 Rabbit kin
- 3 Cabinet dept.
- 4 Fillet a fish
- 5 Too theatrical
- 6 Rum drink (2 wds.)
- 7 — fatuus
- 8 Apollo's mother
- 9 Veldt herd animal
- 10 Church official
- 11 Harmony
- 12 Doughnut shape
- 13 Mo. expense
- 14 Rumble up
- 15 Utter confusion
- 16 Put to flight
- 17 Tiny speck
- 18 Whiskey measure
- 19 El —, Texas
- 21 Constructs
- 29 River nymph
- 31 Think ahead
- 34 Above, to a bard
- 36 Job benefit
- 37 Baseball family name
- 38 Wearing something
- 41 Inform
- 43 Flapjack chain
- 44 Soften
- 45 Health clubs
- 47 He loved Lucy
- 48 Ranked highest
- 49 Arctic dwelling
- 50 Vane dir.
- 51 Divided country
- 52 Lithe
- 55 Brood or sulk
- 56 Headache
- 57 Slackens off
- 58 Run the show
- 60 Little rascals
- 62 Shopping place
- 64 Custom-make
- 66 Was responsible for
- 67 Hangs open
- 69 PC bailout key
- 70 Rap-sheet letters
- 71 Part of RSVP
- 74 Routine
- 75 Abbot's vestment
- 77 Smog monitor
- 78 "Iron Man" Gehrig
- 79 ATV feature
- 81 Profession

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- 100 Where to earn a deg.
- 101 Astrologers of yore
- 102 Worry
- 103 Goodall subject
- 105 Film terrier
- 106 Not fake
- 107 35mm cameras
- 109 Desired
- 111 Male vocalist
- 114 Aussie birds
- 115 — Paese cheese
- 116 Vacillated
- 119 Unoccupied
- 121 Polar region
- 122 Hologram makers
- 123 Suez Canal terminus (2 wds.)
- 124 Hearth goddess
- 126 Quarries
- 127 Inedible orange
- 128 Fruit stand buy
- 129 Pass, in Congress
- 130 Talks hoarsely
- 131 Webster or Beery
- 132 Freedom org.
- 133 Bridle part
- 134 Sudden impulse
- 136 At the drop of —
- 137 Transvaal settler
- 138 Killer whale
- 139 Mutant heroes of comics (hyph.)

Crossword solution on page 38.



*Wishing our clients and friends
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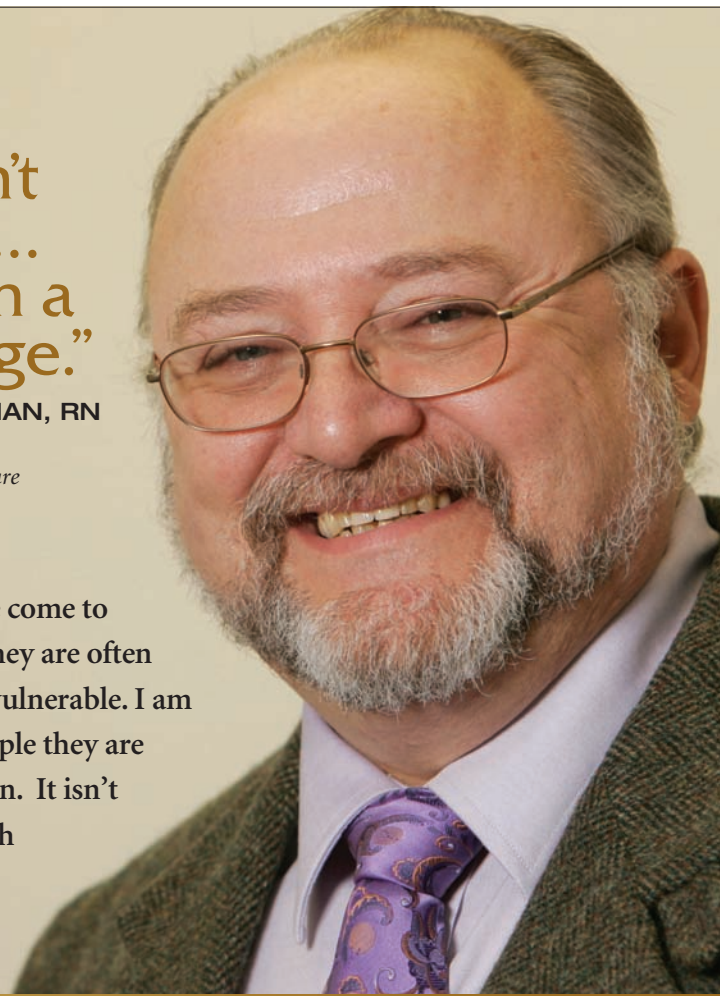
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