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First-Ever Reunion of Children Helped by LifeFlight

If not for LifeFlight, my daughter would not be here today. I am grateful every day for Maine's emergency helicopter service and its exceptional crew," says Beth Lamberson of Falmouth, whose daughter Lauren was LifeFlighted to Maine Medical Center a few years ago following a plane crash. Lamberson shared her sentiment with more than 100 patients, family members, staff and volunteers at LifeFlight's first Pediatric Patient Celebration, held last Sunday, May 15, at the Owls Head Transportation Museum.



LifeFlight crew members (left to right) Pete Allen, Carl Zenk, Rick Simpson and Mike Choate at Sunday's reunion. PHOTO BY MAGGI BLUE

The reunion was a chance for children who have been transported by LifeFlight to meet the flight crew, learn more about emergency care in Maine, and share their experiences with other patients and families.

LIFEFLIGHT continues page 30

Pen Bay Team Back from Haiti

by Christine Parrish

A Pen Bay Healthcare medical team flew to Haiti for a week in early April to provide volunteer health care in Leogane, a city of around 200,000 people that was near the epicenter of the 2010 earthquake.

Several of the team were on-site directly after the earthquake last year to provide disaster medical care, but returned to Haiti this spring under the University of Notre Dame Haiti Program, whose ongoing mission is to rid the island nation of lymphatic filariasis — a debilitating disease that can swell male

PEN BAY DOCS, NURSES continues page 30



Pen Bay Healthcare staff spent two days working with Haitian staff to clean the mud out of the Hospital Sainte Croix before they could operate. PHOTO BY KATHLEEN POST

Gov. LePage to Hold Town Hall Meeting Friday Night in Newcastle

Governor LePage's fourth "Capitol for a Day" will take place throughout Lincoln County on Friday, May 20.

After spending the day touring the county, the governor will host a town hall meeting at Lincoln Academy, 81 Academy Hill in Newcastle, beginning at 6 p.m. For an hour and a half, the public is invited to ask questions of Governor LePage, State Treasurer Bruce Poliquin, and various department commissioners.

Earlier in the day the governor will first go to Edgecomb for a tour of the Center for Teaching and Learning (CTL), a K-8 independent school founded in 1990. He will then visit Washburn & Doughty in East Boothbay. The boatbuilding company's chief operating officer, Lee Smith, remembers the quick response the company received after the devastating fire in 2008, saying, "State government's role was pivotal in rebuilding at a rapid rate necessary to preserve existing contracts and jobs. Washburn & Doughty exemplifies what can be achieved when we all work together for the common good of all."

Also on the itinerary: a stop at the Maine Department of Marine Resources laboratory, the Maine State Aquarium, a trip aboard a Marine Patrol vessel for a demonstration of Marine Patrol at-sea techniques, a visit to the Boothbay Harbor Shipyard to meet with fishermen before heading to Damariscotta to tour downtown businesses.

Each month one of Maine's 16 counties will be the site of a Capitol for a Day; Cumberland, York and Sagadahoc counties have been visited so far.

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What Is a Liberal?

I have always thought of myself as a liberal, but I have also frequently found myself at odds with others who call themselves liberals, and I have never understood very clearly what the word “liberal” means. Now I have read a book, one that I should have read a long time ago, that has helped me clear this up.

The book is *The Road to Serfdom*, first published in 1943, by F. A. Hayek, an Austrian economist who taught at the London School of Economics. A work more about politics than economics, *The Road to Serfdom* has been claimed by conservatives as defending their point of view. It does not. Here is a description of conservatism from Hayek:

“Conservatism, though a necessary element in any stable society, is not a social program; in its paternalistic, nationalistic, and power-adoring tendencies it is often closer to socialism than true liberalism; and with its anti-intellectual, and often mystical propensities it will never, except in short periods of disillusionment, appeal to the young and all those others who believe that some changes are desirable if this world is to become a better place. A conservative movement, by its very nature, is bound to be a defender of established privilege and to lean on the power of government for the protection of privilege. The essence of the liberal position is the denial of all privilege....”

Hayek was a liberal, although he used the word in the classic sense, in which it is connected with liberty, with respect for the freedom of the individual to live as he chooses — a liberty that includes not only intellectual freedom, but also economic freedom via freedom of enterprise and of markets. The modern meaning of the term, especially in America, Hayek observed, has drifted to suggest support for all manner of government intervention and control in the name of the public welfare, to the point where it becomes indistinguishable from socialism.

Socialism is what Hayek called the road to serfdom. He was writing at a time when Hitler and Stalin dominated a large part of the world, and he argues persuasively that communism and fascism are branches of the same socialist tree, the difference being mainly that fascism is a socialism that supports the privileges of the middle class, while communism supports the privileges of the organized proletariat.

I grew up in the McCarthy era, when calling someone a socialist in America was tantamount to calling him a traitor, but for Hayek this was not the case. Socialism was the respected political philosophy of perhaps the majority of European intellectuals. Hayek believed his socialist colleagues were well intentioned, but misguided. His thesis was that their goals, pursued through the central planning of the economy, could in the end only be realized by a degree of arbitrary authority that would crush all individual freedom.

Part of the legacy of McCarthyism in today’s America is that it is taboo to call someone a socialist. When the tea party people call liberals socialists, this is considered uncouth. It is my impression, however, that many who call themselves liberals really are socialists, and indeed will admit this privately, even as they resent being called socialists in public. This is a shame, because an honest debate between socialist and liberal ideologies would be extremely helpful in settling America’s political future. The lack of this debate has given a huge boost to conservatism, which emerges from the silence as the only clear alternative to the socialism that most Americans are extremely wary of.

One result of the lack of a clear liberal voice is the increasing regulation of every aspect of our lives. Republicans are now making hay by blaming this on the Democrats, but the reality is that the Republican right — the conservatives who now own that party — bears at least as much responsibility for tying us up as does the left of the Democratic party. This is exactly what Hayek warned about conservatism.

When I look at the things that really restrict my freedom, I see the chilling of free speech by draconian criminal laws that are mainly the product of conservative bitterness, “comprehensive planning” in the form of absurdly restrictive zoning regulations that are mainly conservative products, and seat belt laws, car inspection laws, and a myriad other nit-picking things that are the product of what Hayek calls the “power-adoring tendencies” of conservatives.

A result of these indignities, and of the lack of a clear liberal voice, has been the rise of “libertarianism.” This movement tends toward ideological purity, hardly a liberal position, and is often reactionary and allied with conservatism. Studies have shown, though, that most who call themselves libertarians have values more in common with liberals than with conservatives.

FOR NEXT WEEK: the great opportunity for the Democratic party to regain its liberal voice and to lead this country effectively in the coming crisis “to become a better place.”

McCain for President (Again): It Could Be a Lot Worse

by Thomas McAdams Deford

What is it about running for president — or at least Republicans running for president — that brings out the worst in them? Aren’t you supposed to put your best face forward if you want America to put you in the White House?

Republican voters have apparently caught on to this phenomenon. In a recent poll listing “likely” Republican candidates, 45% of Republicans preferred “none of the above.” “Likely” it appears is the best any poll can come up with now since most are as reluctant to commit themselves to the process as Penelope was to choosing a suitor.

The smart ones, like Mike Huckabee, are staying out, while the ones who have declared (think already-dead-in-the-water Newt Gingrich) carry more baggage than a team of Himalayan sherpas; or have as much charisma (think Tim Pawlenty, whoever he is) as the typical funeral director. And then, where there is charisma, at least Tea Party-style — Michele Bachmann or Sarah Palin — there’s nothing else.

At least Donald Trump is now an ex-candidate. You don’t have to be a conspiracy-theorist to think he must have been a Democratic plant — even our own Maine governor is less of an embarrassment to Republicans. (Well, almost anyway.)

Mitt Romney would probably be the most qualified of the ones the Republicans have on offer. Don’t get me wrong: this is not an endorsement, it’s merely an acknowledgment of what the rest of the pack looks like. Though to be fair to the rest, watching Romney explain why universal health care is good for the citizens of Massachusetts but not for the country as a whole convinces you that he and Jon Stewart share the same script writer.

His latest explanation is that Obama is forging a national policy out of a states’ rights issue: it’s up to each state to decide if it wants to provide health care for the poor, the jobless, and their children. One hundred years ago, Romney’s Confederate compatriots were making exactly the same states’ rights case for slavery.

Maybe Congressman Paul Ryan, who all the Republican candidates loved for his tough starve-the-poor, feed-the-rich budget proposal — at least until they saw what their aging white Medicare base thought of it — could take a page from Romney’s book and propose Medicare be entirely repealed and treated as a states’ rights issue.

Things are so bad, candidate-wise, that Indiana’s Mitch Daniels is being begged to run by what passes these days as the Grand Old Party’s old guard. Daniels is hyped as a pragmatic conservative who can appeal to independents. But after talking about the need for a “truce” on social issues recently, he signed legislation putting in place drastic restric-

tions on abortion and then cut off funding for all Planned Parenthood clinics in Indiana. Just say no, eh, Mitch? If Daniels is the best the Republican establishment can come up with, it tells us all we need to know about the current Republican crop and moderation.

What’s going on here? The clear answer is that the Republican Party has moved so far to the right that if their demigod Ronald Reagan were to rise from the dead, the only two Republican senators whose politics he would recognize would be our two Maine ones.

Four years ago, as the Tea Party was evolving from the primordial ooze of the Republican extreme right, John McCain, formerly of the Straight-Shooter Express, gave us a preview of how centrist Republicans lose their values when exposed to right-wing voters. McCain’s major flip-flop was on immigration policy, pushing the Republicans further down their all-white cul-de-sac.

But last week, and to his great credit, McCain redeemed himself. After President Obama showed he was every bit as macho — and a lot more successful — than his predecessor, Dick Cheney and Don Rumsfeld claimed a piece of the bin Laden action for the Bush administration by boasting about the role torture had played in tracking him down.

Both used the euphemism “enhanced interrogation technique” to describe what McCain, back to his straight-shooter mode, denounced in a Washington Post op-ed as “an exquisite form of torture.” Rumsfeld was content to claim that the “technique worked,” while Cheney denounced Obama for not having “an interrogation program that we could put somebody through should we capture a high-value detainee.” Not to be outdone, Bush’s former attorney-general, Michael Mukasey, was positively euphoric about the effect torture had on Khalid Sheik Mohammed, “who broke like a dam under the pressure of harsh interrogation techniques that included waterboarding.”

McCain used pragmatic arguments: the use of torture on Khalid Sheik Mohammed “produced false and misleading information.” More potent was another of McCain’s points — this coming from one who was tortured in Vietnam and knows the difference between tough questioning and torture — it “endangers our own troops.” His most telling argument, however, was the moral one: “Ultimately, this is more than a utilitarian debate. This is a moral debate. It is about who we are. I don’t mourn the loss of any terrorist’s life. What I do mourn is what we lose when by official policy or official neglect we confuse or encourage those who fight this war for us to forget that best sense of ourselves. Through the violence, chaos and heartache of war, through deprivation and cruelty and loss, we are always Americans, and different, stronger and better than those who would destroy us.”

I hope the efficacy of waterboarding is not raised in the Republican primary debates. It would be more than painful to hear them outdo one another extolling the virtues of torture, cheered on by a right-wing movement that has lost its moral bearings — and not merely on how to treat prisoners.

The Republican Party has moved so far to the right that if their demigod Ronald Reagan were to rise from the dead, the only two Republican senators whose politics he would recognize would be our two Maine ones.

TAKE HEART

A Conversation in Poetry

Edited & Introduced by Wesley McNair,
Maine Poet Laureate

Few poets can match the image-making of Union’s Kate Barnes. Her gift with the image is on full display in this week’s poem.

April and then May by Kate Barnes

April and then May,
violets up in the field,
the ewes with their twin lambs;

time has decided
to turn into spring again
after all.

The maples are unfolding their leaves,
chives stand green at the kitchen door,
the black flies have decided to come back;

and the work mare has her new foal
capering over bluets in the pasture,
and the hall smells of daffodils;

and everything
is divinely ordinary—
the deep ruts in the field track,

the spring overflowing,
the excited swallows,
the apple trees

budding for perhaps the hundredth time—
and the pruned boughs budding too
that must bloom just where they lie.

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Rockland Man Charged with Lead Paint Violations

by Christne Parrish

Colin Wentworth of Rockland is the first person in the nation to be charged for violating a 2010 provision of a federal law that requires building renovators and others working for compensation to take public health precautions when removing and disposing of lead paint.

In the EPA complaint filed against him, Wentworth agreed with the EPA allegations that he had not trained or supervised his workers in safe lead paint removal practices. When reached by telephone, Wentworth said he had no comment on the charges, since he was still working with the EPA on what would happen next.

The EPA has charged Wentworth with six violations; each violation carries a maximum penalty of \$37,500.

This is the first action the U.S. Environmental Protection Agency (EPA) has brought for lead-safe work-practice violations, under the Lead Renovation, Repair and Painting (RRP) Rule, which became effective on April 22, 2010. The primary objective of the rule is to protect children from exposure to lead-based paint during renovation activities. It does not apply to homeowners doing their own work or unpaid assistants.

Wentworth now has the opportunity to request an administrative hearing — essentially a trial through the EPA that would be heard either in Boston or Washington, D.C. — or the next step could be a negotiated settlement, according to David Deegan, a Boston-based investigator with the EPA.

According to Deegan, the EPA and the Maine Department of Environmental Protection (DEP) received an anonymous email on October 12, 2010, with a link to a video that showed two workers removing paint from an old building at 87 Park Street in Rockland. There were no lead-paint safety provisions in place. The Maine DEP sent an inspector to the Rockland site, a lead paint assessment was done and the job was shut down. It later resumed, with lead-safe practices in use.

The EPA began a thorough investigation, according to Deegan, who said that the EPA gets a lot of tips, but that a tip is just a starting point that may or may not turn up a violation. "We don't want the tip process to be used by competitors to try to put someone out of business," said Deegan. The next step in the investigation was to contact Wentworth directly. According to the formal complaint, Wentworth cooperated fully with the EPA.

The EPA then spent six months following a paper trail to see if safety requirements were or were not followed, before charging Wentworth.

"Can you show us factually that work practices were followed; that's what we are looking for," said Deegan. "We are not trying to pick on small contractors but we're trying to create a level playing field. Those who are following safe practices are being underbid by guys who don't. They shouldn't be penalized for doing the right thing."

Fred Gumkowski, the estimator for Les Fossil Restoration Resources in Alna, said it now costs about 20 percent more per project to follow the law. Restoration Resources

specializes in renovating old buildings. North Atlantic Painting of Camden, a company that also specializes in renovations, agreed that it now costs about 20 percent more.

"Not all painters are always following the guidelines," said Gumkowski, who said people should ask for proof of EPA certification and watch that the rules are followed.

Jamie Robbins, of JR's Painting, said it could be more. He estimates a 25- to 30-percent increase in what it now costs to remove exterior paint from a large house.

"Take a three-story Victorian in Rockland, with the sea breeze kicking up in the afternoon," said Robbins, who is an EPA-certified renovator. Robbins has run his own painting company since 1995. "It gets too windy, you will have to stop for the day. That can get into ungodly prices."

"It's not just painters that have to worry about this," said Robbins. "It's plumbers, electricians, anyone in the building trades. It applies to anyone disturbing lead paint."

The Wentworth investigation by the EPA, the Maine DEP and the U.S. Department of Labor's Occupational Safety and Health Administration revealed six violations of the RRP Rule: failure to certify as a building renovation firm with the EPA, failure to post warning signs, failure to cover the ground with plastic sheeting to collect paint chips and dust, using sanding and grinding equipment without HEPA exhaust-control filters, failure to contain lead paint waste in an impermeable container and failure to establish and maintain records in compliance with the RRP Rule.

More specifically, the EPA determined that two workers employed by Wentworth failed to contain dust and debris generated by lead paint removal at the Park Street apartment building where children under the age of 6 were present. While Wentworth had completed the eight-hour course required by the RRP Rule, according to the EPA complaint, he did not provide the required training or supervision to ensure his employees followed safe practices. Wentworth also failed to take steps to obtain the mandatory lead-safe certification for his firm.

Maine has some of the oldest housing stock in the nation, so many buildings do have lead paint. The EPA stresses the importance of removing it safely to protect public health.

Infants and young children are especially vulnerable to lead paint exposure, which can cause developmental impairment, reading and learning disabilities, impaired hearing, reduced attention span, hyperactivity and behavioral problems. Adults with high lead levels can suffer difficulties during pregnancy, high blood pressure, nerve disorders, memory problems and muscle and joint pain.

"Contractors' children have turned out to be some of the most vulnerable and they don't know they are putting their own children at risk," said Deegan. "Kids are exposed to lead on Dad's clothes or the residues in the car or truck."

"Kids' health is at significant risk because lead is a developmental toxin that affects the brain and the body," he said. "It can have a profound impact on the development, IQ and cognition of kids. These are high stakes: it can have a profound impact on the quality of life."

CMP Must Allow Smart-Meter Alternative

Maine PUC Decides—

The Maine Public Utilities Commission (PUC) voted on May 17 to require Central Maine Power (CMP) to offer an opt-out program for customers who choose not to have a wireless smart meter installed. CMP customers will have two opt-out choices: they can keep their existing analog meter or get a smart meter with the transmitter turned off.

CMP customers must pay an initial fee plus a monthly fee for either option.

A smart meter with the transmitter turned off will carry an initial charge of \$20 and a monthly fee of \$10.50. Customers who want to keep their existing meter will pay an initial charge of \$40 and a \$12 monthly fee. Low-income customers who are eligible for Low Income Heating Assistance (LIHEAP) will be charged 50% of the cost to opt out.

The charges will pay for meter readers and maintenance that are not required to operate wireless smart meters.

Under the PUC's ruling, CMP is also required to inform customers about the opt-out choices during the company's deployment of their smart-meter program. CMP began installing smart meters in their service area last fall and installation is currently under way in the midcoast area.

This Maine PUC decision concludes an investigation opened in January to address four separate 10-person com-

plaints regarding CMP's smart-meter program. The Maine PUC investigation sought to discover what alternatives to smart meters were available, technically feasible, affordable for the utility and ratepayers and aligned with overall smart-grid implementation goals

On May 17, the Maine PUC also dismissed two 10-person complaints about smart meters: a request for an investigation into safety issues, including fires associated with smart meters; and addressing the training of the meter technicians working for CMP to install smart meters. The second complaint requested an investigation into CMP smart meters interfering with consumer electronics and medical devices. The Maine PUC found that CMP is adequately addressing the concerns about smart-meter interference and that two federal agencies (Federal Communications Council, Federal Drug Administration) that have expertise on the effects of radio frequencies on electronic devices had approved the smart meters for use.

CMP's Smart Grid, or Automated Metering Infrastructure (AMI) program, was originally approved by the Maine PUC in February 2010 to improve customer service, enhance storm restoration efforts, reduce utility operational costs, save ratepayer and utility costs and provide customers with tools to use electricity more efficiently.

Review of Super Walmart Plans Coming Up

Public meeting May 24

by Christine Parrish

Thomaston Town Manager Val Blastow said the engineering work done for the proposed Super Walmart will get a "report card" on Tuesday, May 24, at 6 p.m. at Watts Hall on Main Street in Thomaston when Gartley & Dorsky presents its findings to the public.

The town of Thomaston hired Gartley & Dorsky Engineering & Surveying, a Camden engineering firm, to do an independent review of the engineering work conducted for the proposed Super Walmart in Thomaston. The developer for the Super Walmart site agreed to pay for the independent review, at the town's request.

This peer review is "sort of like a teacher's review of the work done," said Blastow and is separate from the analysis being done on economic and community impacts of the development, which is being conducted by Planning Decisions, Inc.

Blastow said that the Informed Growth Act consultants Frank O'Hara, a community and economic development planner, and economist Chuck Lawton, both of Planning Decisions, Inc. in Augusta, will also be at the May 24 meeting.

Blastow said the Maine Department of Transportation had finished conducting the traffic studies for the Super Walmart development. The Informed Growth Act process is still under way, said Blastow, so the earliest Super Walmart could get approval to start building would be mid-July.

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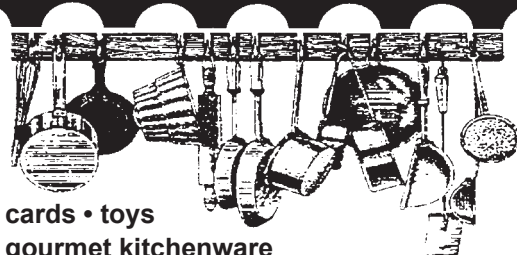
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Fish Chowder Supper & Silent Auction in Tenants Harbor May 21

A Fish Chowder Supper & Silent Auction to benefit St. George Days will take place on Saturday, May 21, from 5 to 7 p.m. at the St. George Town Office in Tenants Harbor. The auction preview begins at 2 p.m. in the Community Room.

Over 40 items will be up for bid in the silent auction, including lobsters, sculpture and other artwork, a personal training session, fitness classes, braided rugs, a basket of flowering

Dutch bulbs, specialty food items, fuel, hand-crafted items, and a St. George history book basket. Additional donations are welcome.

Admission is \$8 for adults and \$5 for children under 12. Saint George Days, with fireworks, a parade, music and much more, will held July 15 through 17.

To donate or for more information, contact Beth Smith at the St. George Town Office at 372-6363 or admasst@stgeorgemaine.com.

Replacement of Carriage Shed at Matthews Museum Now Under Way

The latest project at the Matthews Museum of Maine Heritage in Union is the replacement of the building that houses its carriages.

Over the winter the lean-to structure, which was over 40 years old, suffered severe damage from snow loads. Consequently, replacement of the structure, previously planned for 2013, is now under way. The carriages have been stored elsewhere, and the old structure has been removed.

According to Museum President George Gross, the new building will be handicapped accessible and on the same level as the main

museum building. Items on display will be safe, dry and more visible to visitors. It is hoped that construction can be completed in time to hold a dedication ceremony during the Union Fair in August.

Funding is currently being sought through donations and interest-free loans to cover the cost of materials. Labor is being donated by members and other interested parties. Further information about membership and donating to the cause is available at matthewsmuseum.org. Donations may be made payable to Matthews Museum, Box 582, Union, ME 04862.

Half-Price Sale of Daylilies to Benefit Waldo County Triad

Waldo County Triad has teamed up once again with Bill Warman of Maine Garden for Organic Daylilies to sell daylilies at half-price to benefit Triad. Warman develops Maine winter-hardy daylilies to have clear colors and numerous blooms per plant. He offers over 1,000 varieties at the Maine Garden, just off Route 131 in Waldo, near the intersection of Routes 131 and 137.

Triad offers gift cards for Warman's daylilies at half the face value of the card. Most of the lilies cost \$10 each at the garden. Those who buy a card from Triad would pay \$5 and take it to be redeemed for a plant worth \$10. Triad is offering cards for \$5, \$15 or \$25 that can be turned in for daylilies that ordinarily would cost \$10, \$30 or \$50.

Triad daylily cards are available on Saturday, May 21, in the Spectrum Generations parking area at 18 Merriam Road in Belfast; at the Belfast Broadreach Family & Community Services office; at the Belfast Garden Club plant sale on Saturday, May 21, at the Belfast Boathouse; or by sending one's name, mailing address, the number and amount of cards wanted, plus a check for half the face value of the cards to Waldo County Triad, P.O. Box 125, Belfast, ME 04915.

On Saturday, May 21, Waldo County Triad and Spectrum Generations will hold a joint yard sale in the Spectrum Generations parking area at 18 Merriam Road in Belfast from 8 a.m. to 1 p.m. For information on renting a table, call Ashley Hoffmann at 338-1190.

Book Barn in Waldoboro Opening for Season; Soliciting Donations

The Friends of Waldoboro Public Library are preparing the Book Barn at 995 Main Street in Waldoboro for the season's opening day, Saturday, May 28. Melissa McEntire and Sonia Shaw, chairmen, are soliciting donations of books in saleable condition. In particular, they are seeking fiction, nonfiction and mysteries in hardcover or paperback. The Barn is not large and is somewhat restricted in the space that's available for books. For that reason, and based on previous sales, the following categories will not be accepted: textbooks, books written in a foreign language, Reader's Digest condensed books, magazines, audio, videos, DVDs, cookbooks and self-help books.

Donations may be brought to the library until May 28. Library hours are Monday and Thursday from noon to 7 p.m.; Wednesday and Friday from 10 a.m. to 5 p.m.; Saturday from 9 a.m. to 1 p.m. (closed Sunday and Tuesday). Beginning on May 28, donations of five or fewer boxes of books may be brought to the Book Barn between 9 a.m. and 1 p.m. every Saturday. For larger donations, or if Saturdays are not convenient, contact McEntire at 832-7714 or Shaw at 832-7508 to make an appointment. Proceeds from the book sales benefit the library through the work of the Friends, providing for special needs as requested by the director.



Fireplace at Pownalborough Courthouse in Dresden, one of three historic properties managed by the LCHA

Docents Needed at Lincoln County Historical Association Properties

Volunteers are needed to help docent on weekends this summer at the three historic properties managed by the Lincoln County Historical Association (LCHA): the Pownalborough Courthouse in Dresden, the Museum and Old Jail in Wiscasset, and the Chapman Hall House in Damariscotta. Anyone interested in giving a few hours of their time to learn about local history and pass it on to summer visitors is welcome.

Those interested in helping at the Pownalborough Courthouse, which is celebrating its 250th anniversary this year, are asked to call Merry Fossel at 586-5690.

If interested in docenting at the Museum

and Old Jail in Wiscasset, celebrating its 200th anniversary this year, call Greg Shaw at 882-5004.

To docent at the 1754 Chapman Hall House, contact Natalie House (563-8441), Elizabeth Potter (882-9296) or Rose-Marie Ballard (563-2925). A training session for docents there is scheduled for Saturday, May 21.

The Chapman-Hall House is open on summer weekends, Friday through Sunday, from noon to 4 p.m. The open hours of the other properties are similar.

For further information about the Lincoln County Historical Association, call LCHA Board President John Reinhardt at 882-9628.

Civil War Re-enactment Will Take Place in Washington May 21

In Washington on Saturday morning, May 21, members of the Company B, 20th Maine Infantry Regiment re-enactment group will present an encampment and battle re-enactment starting at 9:30 a.m. Wearing uniforms and costume of the Civil War period, Company B will demonstrate the life of typical Civil War soldiers, participate in battle drills, rifle practice and other routines of the time.

At 2 p.m. there will be a short march from the encampment site at the fire pond behind the Washington Fire Station to the Veteran's Monument in Washington's village center for a rededication of the marker. Any and all military veterans who wish to participate are welcome to do so and are encouraged to wear their uniforms or uniform hats.

Lunch will be served between 11:30 a.m. and 1 p.m., with hamburgers, chips, drinks and cookies. All veterans eat free and others for \$3 per person.

The program is sponsored by Mt. Olivet Lodge #203 and Farrar-Ross VFW Post #9437 in honor of Armed Forces Day and in recognition of the Town of Washington's bicentennial and the 150th anniversary of the start of the Civil War. Washington, originally named Putnam, was incorporated in 1811 in Massachusetts. Its name was changed to Washington in 1823, three years after Maine's statehood. Numerous bicentennial events are taking place in the town this year, culminating in a daylong celebration on August 6.

Company B, 20th Maine is made up of men and women from Maine who share a passion for Civil War history and want to offer enjoyable and educational impressions of the way it really was at the time. Some of them took part in the making of the films "Gettysburg" and "Andersonville." Once or twice a year they help to clean Civil War battlefield sites in and around Gettysburg.

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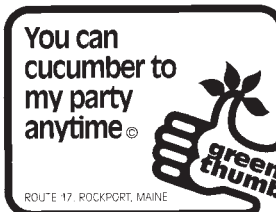
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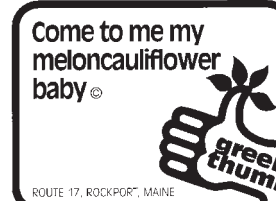
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—Nigel the cat on the lookout



Wetlands Program Next Thursday at Wessaweskeag Historical Society

“Wetlands:Where Land,Water and Controversy Reside”will be the topic for a public meeting sponsored by Friends of the Weskeag at 6:30 p.m. on Thursday,May 26, at the Wessaweskeag Historical Society, directly across from the Keag Store on the corner of Route 73 and Dublin Road in South Thomaston.

Wetlands are a remarkable resource that generate an extraordinary amount of controversy. Thirty years ago the federal government spent millions annually supporting drainage and destruction of wetlands. What changed? Jeanne Christie,the executive director of the Association of State Wetland Managers (ASWM),will talk about the ori-

gins of “no net loss”and how it forever altered our understanding of wetlands.

May is the 21st anniversary of American Wetlands Month. The anniversary provides a perfect time to focus on the importance of wetlands to the nation’s ecological,economic and social health and the important role that midcoast wetlands play in our environment and the significant benefits they provide — improved water quality,increased water storage and supply,reduced flood and storm surge risk,and critical habitat for plants,fish and wildlife.

For more information,contact Vivian Newman at 691-2120 or newviv@roadrunner.com.



Dedication of Searsmont Historical Society’s New Barn Set for May 28

celebration to include pig roast, reunion of Searsmont Street Band, barn dance

The Searsmont Historical Society has just finished construction of a new post-and-beam barn to showcase its collection of local farm tools, including haymaking equipment as well as components from local mills,transportation equipment,and other historic items too large for the Society’s showroom in the Searsmont Community Center. The Society will show the new barn to the public at a Barn Dedication on Saturday,May 28,at 5 p.m. The event will feature a pig roast pro-

vided by Jenness Robbins,a ribbon-cutting ceremony,dancing to the music of the Belfast Bay Fiddlers,and a special reunion of the Searsmont Street Band.

Tickets are \$10 for adults and \$5 for children under 12,and are available at the Fraternity Village Store in Searsmont,at Brambles and from Goldy at the Belfast Co-Op in Belfast, at Paolina’s Way in Camden or from Society members. A limited number of tickets will be available at the door.

Proven Winners
‘Diamond Frost’,
Sweet Potato Vine,
‘Pretty Much Picasso’



Gardening Tips of the Week:

* **Weed Control-** Take time to weed now before they set deep roots or go to seed.

* **Pest Control-** From past experience, anticipate the problems you will have in your garden. Purchase basic control products to have on hand when needed.



This week’s plant picks!

- * Flowering Trees & Shrubs \$19.99 and up
- * Proven Winners still just \$3.49
- * Vegetable and Annual Packs only \$2.39
- * 4 1/2” Herbs \$3.49
- * Perennials still priced from 4 for \$20

Gift Cards Available



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This rug made by Susie Stephenson will be raffled to support the Damariscotta Mills Fish Ladder. There is also an opportunity to win \$10,000.

\$10,000 and Alewife Rug Raffles Support Fish Ladder Project

drawing to be held next weekend during annual alewife festival in Damariscotta Mills

Drawings for two raffles to support the Damariscotta Mills Fish Ladder Restoration will be held on Monday,May 30,at 1 p.m. at the Fish Ladder Restoration Festival in Damariscotta Mills.

Only 300 tickets will be sold in the \$10,000 raffle,which is sponsored by the Nobleboro Historical Society. Tickets cost \$100 each; the winner receives \$10,000 and the fish ladder restoration project receives \$20,000. Raffle tickets can be purchased online at www.damariscottamills.org (Support Us section; request \$10K raffle ticket in comments). Also,brochures for the raffle, which can be mailed in,are available at the Nobleboro and Newcastle town offices, Alewife Fabrics,the Louis Doe Home Center,Nobleboro Village Store,Damariscotta River Grill,Skidompha Library,Fernalds

Store,Waltz Pharmacy,and Mike’s Place. Raffle tickets will also be available at the festival and this coming weekend at the fish house at Damariscotta Mills.

An alewife hooked rug created by local rug-hooker Susie Stephenson will also be raffled. The rug is oval,four feet wide by five feet long,and hooked of vibrant,hand-dyed wool strips. The rug can be seen at Alewife Fabrics in Damariscotta Mills from now until the festival. Raffle tickets cost \$5 each or six for \$25; they can be purchased at Alewife Fabrics or,for a purchase of \$25 or more, online at www.damariscottamills.org.

The festival in Damariscotta Mills will be held Memorial Day weekend,Saturday,May 28, through Monday,May 30. Along with the running of the alewives,there will be music, an art show,an antique car show and food.



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Enjoy sunrise views of Penobscot Bay to the east and sunset mountain views to the west from this 7+ acre lot in the Dodge’s Mtn. subdivision. Short drive to downtown & harbor; a great place to build your new home! **Rockland \$180,000**



Work from home! Located in a commercial zone,there are 2 BR here,charming grounds & a wonderful patio. Use as a single family home or as a business. **Rockport \$109,000**



Prime 1 acre homesite overlooking Rockland Harbor & Penobscot Bay. Public water,septic design & view easement protection w/ waterfront access. **Owls Head \$261,070**



This 3.1 acre lot with 200' of frontage on North Pond comes with a 3 BR Cape that has some great built-ins and a woodstove. Opportunity to enjoy 4-season water fun in **Warren \$275,000**

THEPENBAYYMCA ANNUALDANCESHOW



You know there's going to be an "AWW" factor in a dance show that has over 60 kids ages 3 to 18, but don't underestimate this year's show, which has a big "WOW" factor too!!!!

This year's dance show, "Love 2 Dance," is put together by Katie Thompson, Annie Laurita, Ryan Thompson, Andrea Penney and Denyse Robinson. It's an entertaining mix of creative movement, contemporary, street jazz, African, break-dancing and hip-hop.

Two chances to see this wonderful show
Friday, May 20 and Saturday, May 21
Starts at 7PM
at Strom Auditorium

Tickets are available in advance at the YMCA or at the door on show night. Come have a great night and be entertained by a lot of young, homegrown talent!!

\$10 Reserved Seating • \$8 Adult General Admission • \$5 Students General Admission

Penobscot Bay YMCA
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Oxford Horse Thieves and The Rig to Host Benefit Concert

The Oxford Horse Thieves and The Rig are joining forces for a benefit on Friday, May 27, designed to both raise some money and bring people together for a night of music, celebration and community from 7 to 9 p.m. at the First Congregational Church of Camden (55 Elm Street). The Oxford Horse Thieves will play their brand of old-time rock 'n' roll, and several of The Rig's members will perform.

In the last few months, the Oxford Horse Thieves have been performing locally and working hard to record their first CD, "#1: Rockin' With Leo." They have added lots of "stolen" dance tunes to their repertoire and persist in their mission of getting folks out of their seats to dance and maybe even sing along. The Thieves have added Camden-born-and-raised drummer Ben Smith to their lineup. They are now a five-piece band, with Cami Leidenfrost on keyboards, Doug Maple on guitar, Jack Deupree on bass, and Jen Feldman on alto and tenor sax. Abby Leidenfrost, accomplished fiddle player (and the teenage

daughter of keyboard player Cami), joins the Thieves on stage whenever possible.

The Rig, located at 56A Elm Street in Camden, is an organization that serves 9th-through 12th-graders in the midcoast area. Members of The Rig volunteer and participate in civic activities, including the Windjammer Festival, the Chili-Chowder Challenge and the West Bay Rotary's E-Waste Day. The Rig also hosts the Interact Club, Rotary's youth service organization, and possible collaborations with other midcoast organizations, including Tanglewood and Making Change, are being explored.

Andy Schlebecker, cofounder and co-director of The Rig, is a WCSH-6 Teens Who Care award recipient. A segment about his involvement with The Rig will be shown on Channel 6's newscast during the morning show on Sunday, May 29. Schlebecker was also recognized during this year's Camden-Rockport-Lincolntonville Chamber of Commerce Award Night for his work on getting The Rig off the ground.

Midcoast Community Chorus Concert Benefits Maine Farmland Trust



One hundred thirty singers from the Midcoast Community Chorus (MCC) are preparing for their concert on Saturday, June 18, at 7 p.m. at Strom Auditorium, Camden Hills Regional High School. MCC, under the direction of Mimi Bornstein, is known for its performances of music of hope and healing from all over the world. It has sold out every concert for the last three years and performed with the Paul Winter Consort in a February concert produced by Bay Chamber Concerts.

MCC's June concerts benefit nonprofit organizations that address local needs or injustices in the community. Past beneficiaries have included the Knox County Health Clinic, New Hope for Women and Five Town Communities That Care. MCC's June 2011 concert beneficiary will be Maine Farmland

Trust (MFT), a statewide organization working to make farming in Maine more vital and viable. Since its founding in 1999, MFT has protected over 20,000 acres of farmland, helped dozens of existing farmers stay in business, and helped over 60 young farmers get started. In 2009, MFT received the Dirigo Award from the Maine Association of Nonprofits as the best organization of its size in the state.

MCC has raised over \$25,000 for nonprofit groups in Maine since its founding in 2008 with the mission of "singing as a community for the community." MCC is a nonauditioned, multi-generational chorus.

Tickets for the June 18 concert are now on sale. For more information, visit www.mccsings.org or call 975-0582.



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Philanthropist Doris Buffett will be Midcoast Habitat's guest of honor on Saturday, May 28, at the playhouse auction and backyard barbecue from 4 to 7 p.m. at the former Rockport Elementary School field.

Doris Buffett to Speak at Habitat Fund-Raiser May 28 in Rockport

Midcoast Habitat is growing by leaps and bounds, thanks to community support from businesses, organizations and individuals. This is the first year Midcoast Habitat is building year-round, with two houses this year; the first Women Build program is under way, with over 175 women registered to volunteer this month; and the first Midcoast ReStore is scheduled to open in August.

To support the growth of the organization, Midcoast Habitat will host its first Playhouse Auction and Backyard BBQ fund-raiser on Saturday, May 28, from 4 to 7 p.m. at the former Rockport Elementary School field at the corner of Route 90 and Route 1 in Rockport. Philanthropist Doris Buffett will be the guest of honor, sharing her enthusiasm for Midcoast Habitat's progress and the success of the first local Women Build project.

Buffett is the founder of The Sunshine Lady Foundation. The mission of the foundation is to invest in organizations and programs dedicated to providing opportunities for the advancement of education, well-being and new life choices for disadvantaged people, with special empathy for the working poor and families in crisis. During the early planning stages of Midcoast Habitat's first Women Build, Buffett donated \$25,000 in support of the second 2011 home and the Women Build program.

The Playhouse Auction and Backyard BBQ will feature a live auction of 12 children's playhouses, starting at 6 p.m. Ten of the 12 playhouses were constructed with funds and materials donated by local businesses, one is an indoor playhouse donated by Cedarworks, and one is a Hobbit-house-style playhouse donated by Wooden Wonders. A few of the playhouses would also make good gardening sheds. The auction will be conducted by Bruce Gamage, and call-in bidding can be arranged for individuals who cannot attend in person. Playhouses are on display around the area for viewing prior to the day of the auction — for display locations, visit www.midcoasthabitat.org.

Before the auction, The Teachers will be playing music from 4 to 6 p.m., and organized children's activities will be ongoing. Barbecue-style food and drinks will be available for purchase. There is no admission fee to view or bid on the playhouses, enjoy the music and partake in the children's activities. For more information, contact Midcoast Habitat at 594-1859 or info@midcoasthabitat.org.



a live auction of 12 children's playhouses will begin at 6 p.m.

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TENANTS HARBOR



TENANTS HARBOR - Rose Hill Cottage - Just a short walk from the post office, village amenities, and the public landing, a great three bedroom home in immaculate condition awaits you. All new Thermopane windows, new two car garage. Solid cherry cabinets. High quality throughout. **\$266,555**

PORT CLYDE - WATERFRONT



PORT CLYDE - Salt water breezes and beach roses perfume the air at this immaculate 2-3 bedroom home just 40 feet from water's edge. Home has 2 fireplaces, stunning master bath with steam shower and Jacuzzi. Huge garage with workshop and ample "toy" storage. Private road in very safe area. **\$839,000**

SPRUCE HEAD - WATERFRONT



SPRUCE HEAD - Custom built in 2000. Oversized attached garage plus stand-alone single-car garage or workshop. Great views. 370+ feet of shoreline. 3 acres. 5 Thermopane sliders. Special blinds for room darkening & insulation. Economical heat (furnace serviced yearly). Central vacuum. Automatic generator. Reasonable taxes. **\$375,000**

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COMMERCIAL WATERFRONT



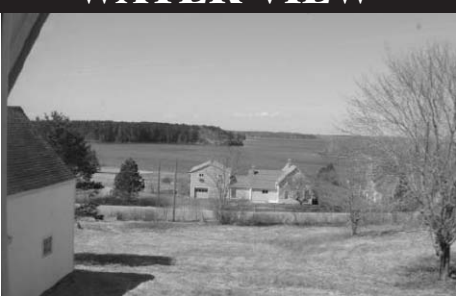
TENANTS HARBOR - Fully equipped lobster pound plus 3 bedroom home, all in good condition. Business and residential opportunity with the most pristine views on the coast of Maine. **\$775,000**

WATER VIEWS OF WATTS COVE



ST. GEORGE - Enjoy easy living in desirable, coastal St. George 2+ bedroom, 3 bath log home with walkout basement on 2 acres. Low maintenance. Lovely sunset views of Watts Cove. Quiet, private setting just 5-10 minutes from Port Clyde & Tenants Harbor villages. A great year-round or vacation home. **\$215,000**

WATER VIEW



SMALLEYTOWN - Recently renovated 3 BR, 2 Bath farm house with dramatic saltwater views of Watts Cove. Westerly exposure offers majestic sunsets. Large country kitchen. Barn. Lovely setting and great location. Additional acreage available. Approximately 2 miles from Tenants Harbor Village and Public Landing. **WOW! \$274,000**

TENANTS HARBOR



ST. GEORGE - Wonderful 1-1/2 year old home with all the bells and whistles. Skylights close automatically with the first rain drop. Screened porch, stone fireplace, huge master bath. 3 car garage. Granite patio with large stone starburst. Hot tub. **\$595,000**

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TENANTS HARBOR - SPECTACULAR 4 bedroom Colonial Cape with kick roof. Sunny, lightly wooded, two acre lot. River View has 2,472 sq. ft. heated, custom-designed living space on two floors. First floor master bedroom suite. Open kitchen/living/family room w/ fireplace & beautiful saltwater views of Watts Cove. Large screen & glass porch. Extra 476 sq. ft. of space over garage for possible studio or guest apartment. 576 sq. ft. 2 car garage, full basement & quality throughout. **\$695,000**

DEEDED OCEAN ACCESS



TENANTS HARBOR - 3 Bedroom home with 3 Fabulous Right of Ways - One to Pebble Beach, one to Mosquito Harbor and one to ocean. Excellent condition with new paint, new roof, deck, outbuilding and lovely yard. Martinsville. **Special. \$289,900**

TENANTS HARBOR



TENANTS HARBOR - A classic country estate w/1996 apartment/guest addition. 4-BR/5-BA, beautiful pine floors, fireplace, 3 woodstoves, dining room, kitchen, & large finished barn. Separate heated studio & the most beautiful grounds in Tenants Harbor. Great year-round home, farm, or vacation retreat. Rental income potential. **\$299,000**

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SPRUCE HEAD - WALKING DISTANCE TO THE OCEAN. Well maintained and landscaped. Immaculate, open, convenient, bright. Move right in. Organic garden space. **\$109,000 - OWNER FINANCING AVAILABLE** to qualified buyers

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TENANTS HARBOR - Diamond in the rough! Classic floor plan, 4 BR's, fireplace, dining room. Lots of potential and priced to sell. Garage space for 3 vehicles plus a workshop. **\$169,500**

PRIVATE LOCATION



TENANTS HARBOR - Enjoy 1 floor living in this low maintenance 4 br 2 bath home on very private road. 1st flr laundry. Nice yard and full basement with family room. Handsome kitchen. Excellent condition. Move right in. **\$194,500**

S. THOMASTON WATERFRONT



SOUTH THOMASTON - Historic Captain George W. Kittredge Estate in South Thomaston Village. 1850 Italianate Victorian with 6.79 acre pasture and nearly 600 feet of water frontage on the picturesque Weskeag River. Four bedrooms, two granite & marble fireplaces; many period details. Includes a late 1980s addition w/kitchen & 3 additional fireplaces. Attached garage & two large horse/airplane barns expand the possibilities. **\$384,000**

SOUTH THOMASTON



SOUTH THOMASTON-COMMERCIAL/RESIDENTIAL - Fabulous 68 acre parcel with pasture, woodlands, and gravel potential. Includes 6 bay barn and comfortable 4-bedroom, 2 1/2-bath home (shown at night). **\$595,000**
Farmhouse on 1.7 acres is available for **\$295,000**



The cast of *Noises Off* at Belfast Area High School

BAHS Footlights Players to Present British Comedy *Noises Off*

The Belfast Area High School (BAHS) Footlights Players will present their first full-length play production this spring. Directed by Meg Nickerson, the British farce *Noises Off* is a play within a play. Performances are Thursday, Friday and Saturday, May 26, 27 and 28, and Friday and Saturday, June 3 and 4, at 7 p.m., with a matinee on Sunday, May 29, at 3 p.m. All performances will be held in the B AHS Gymnasium. Tickets (available at the door) are \$8 for adults and \$5 for students and seniors. Opening night, May 26, will be half price for everyone.

Act One is set at the dress rehearsal the night before the opening of the play *Nothing On*. Act Two portrays a Wednesday matinee performance one month later, revealing the deteriorating personal relationships among the cast members that have led to offstage shenanigans and onstage bedlam. In Act Three, the audience sees a performance near the end of the 10-week run, when personal

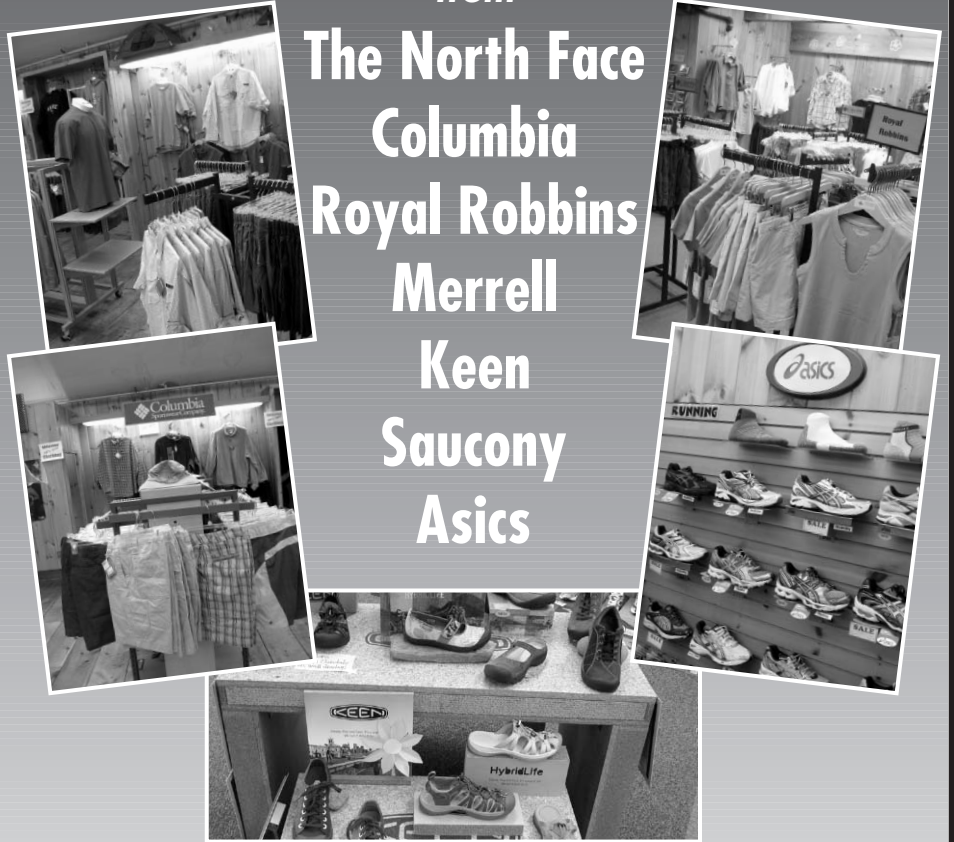
friction has continued to increase and everyone is bored and anxious to be done with the play.

The cast of nine includes Nathan Howard as Lloyd Dallas, the British director of *Nothing On*; Clare Olson as Dotty Otley, a late-middle-aged actress and grand dame of the stage; Tyler Johnstone as Garry Legeune, a stuttering actor who is easily fired up; Dominic Williams as Frederick Fellows, an actor with a serious fear of violence and blood; Kaylee Pickering as Belinda Blair, cheerful and reliable actress; Aubrey Hersom as Poppy Norton-Taylor, assistant stage manager, emotional and overly sensitive; Kaleb Hills as Selsdon Mowbray, elderly, alcoholic actor; Taylor Peabody as Timothy Allgood, an over-worked stage manager; and Tierra Knight as Brooke Ashton, a young, inexperienced, ditsy actress from London. The two-level revolving set was designed and built by Gary Grant.

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Deadline Extended for Bay Chamber Youth Programs

Bay Chamber Community Music School has extended the application deadline for both the Young Stars of Maine Prize Program and the Next Generation Youth Chamber Music Summer Program. Applications are due on Monday, June 6. Applicants can apply to both programs using just one form. To apply, download the application form at www.baychamberconcerts.org or call 236-2823 to receive one by mail.

In the Young Stars of Maine program, Bay Chamber offers eight \$1,000 prizes to young musicians. Solo classical musicians of all instruments and vocalists are encouraged to apply. There are also prizes for chamber and jazz ensembles. Ensembles share the \$1,000 prize. Each recorded audition will be reviewed, and invitations to live auditions, adjudicated by a panel of four music professionals, will be sent to the selected musicians. The winners will perform in a concert on

July 8 at the Rockport Opera House as part of Bay Chamber's Summer Music Festival. Bay Chamber will determine which prizes applicants are eligible to receive.

The goal of the Next Generation Summer Chamber Music Program is to offer young musicians the opportunity to study chamber music under the direction of professional chamber musicians. Coaching will be provided by Dr. Patricia Stowell, Gilda Joffe, Malcolm Brooks and other professional faculty, with additional master classes and workshops offered by members of Curtis on Tour and Curtis Institute's director, Roberto Diaz. The daily schedule is 9 a.m. to 4 p.m., with an hour lunch break. This year's program will conclude with a performance for family and friends on the final afternoon of the program. The Next Generation program is open to musicians ages 10 to 18 and open to wind, string, brass, piano and vocal applicants as well as pre-formed ensembles. All

levels of ability will be welcomed to the program on a first-come, first-served basis, with total enrollment limited. Previous participants are not guaranteed admission.

Application is by recorded audition, due Monday, June 6. For more information, or to apply, call 236-2823 or visit www.baychamberconcerts.org.

Bay Chamber Community Music School students (left to right) Fiona Boyd, Sam McKenna and Teal Vickery



The Portland String Quartet

Portland String Quartet Boothbay Opera House May 24

The Portland String Quartet (PSQ) will perform Mozart and Brahms at the Opera House at Boothbay Harbor on Tuesday, May 24, at 7 p.m. The quartet returns to the Boothbay region each year for a series of workshops, and, in what has become a tradition, one night each spring they perform for the entire community.

This year's spring concert includes Mozart's String Quartet in B-flat Major, "Hunt," and Brahms's String Quartet in A minor, Op. 51, No. 2.

The PSQ is comprised of violinists Stephen Kecskemethy and Ronald Lantz, cellist Paul Ross and violist Julia Adams. The four have performed together for 41 seasons.

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

Bok Gets Lifetime Achievement Award for Preserving Music of the Kalmyk People

Camden folksinger Gordon Bok was recently honored at the New Jersey Folk Festival in New Brunswick, New Jersey, with a Lifetime Achievement Award for his many years collecting and preserving the folk music of the Kalmyk people, who originated in the western steppe of Mongolia.

The annual New Jersey Folk Festival highlights the culture, traditions and music from a specific heritage or nation. This year they featured the folk culture of the Kalmyk communities in the New Jersey and Philadelphia area, who are celebrating 60 years in America this year.

Bok met his Kalmyk neighbors when he was working in the Philadelphia area more than 50 years ago and learned to play and sing some of their music. Realizing that they were losing their language and songs as they became more assimilated, he began helping them collect and preserve what they still had, including some of their Buddhist liturgy. With their help, Bok recorded many Kalmyk



Dr. Angus Gillespie of Rutgers University (left) presenting Gordon Bok with a Lifetime Achievement Award PHOTO BY MIKE POWERS

songs, sending tapes to the Library of Congress for preservation, and he recently put together a small book of melodic songs and tunes from the original collection, written out phonetically, with an accompanying CD.

"It is a great pleasure to see the children dancing and singing again and the Kalmyks celebrating and sharing their culture with the rest of us," Bok said. "I'm grateful to be a part of this ongoing effort."



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CHRHS senior Sarah Palermo's commissioned work "All My Soul" will be sung by the Sanctuary Choir of the First Congregational Church of Camden at the 9:30 a.m. worship service on Sunday. The public is welcome at the service. PHOTO BY MARTI STONE

Palermo Commission to Premiere May 22 at Camden Church

Sarah Palermo, a senior at Camden Hills Regional High School (CHRHS) and a pianist, flutist, singer and songwriter, can now add "commissioned composer" to her music resume. She was commissioned last summer to write a choral piece for the First Congregational Church of Camden, and on Sunday, May 22, the church's Sanctuary Choir will premiere "All My Soul" during the 9:30 a.m. morning worship. Palermo's piece is written for soprano, alto, tenor and bass voices with organ accompaniment.

Palermo has studied piano for 14 years, plays first chair flute in the CHRHS Concert Band, and sings in the CHRHS Chamber Singers, Women's Choir and Chorale. She has written a number of contemporary songs for voice and piano, and recently has become interested in writing choral music. In 2010, she wrote an arrangement of the Beatles' "Across the Universe" for the CHRHS Women's Choir, and she has composed two pieces for the CHRHS Chambers Singers: "Your Farewell," for the Class of 2010 Baccalaureate Service, and "Remarkable (The Time Is Now)," which will be performed later this year.

About her church-commissioned piece, Palermo says, "Originally, I intended to use a psalm or something from the public domain for the text of this piece, but I couldn't find any that really spoke to me. As with the oth-

er choral pieces I've written, I started at least three or four different pieces based on various melodies and texts, until one day, the overlapping voices at the beginning of the verses came into my head, singing a chorus of, 'Oh, my Lord.' Once I get inspiration like that, the song tends to write itself."

Tom Mueller, organist and director of music at the First Congregational Church, requested the commission from Palermo after hearing her 2010 baccalaureate piece being performed last June. "Knowing how important music is to Sarah, I wanted to offer her an opportunity to add a commissioned choral work to her resume before she closes out her high school career. I'm very happy that she accepted the challenge, and I know that our Sanctuary Choir members are looking forward to giving the piece a voice this Sunday," says Mueller. The Sanctuary Choir is a nonauditioned mixed ensemble of approximately two dozen adult singers.

This fall Palermo will be attending Westminster Choir College of Rider University in Princeton, New Jersey, to major in music education.

The First Congregational Church of Camden invites anyone wishing to hear "All My Soul" when it is sung on Sunday to attend the regular worship service. For more information, call the church office at 236-4821.

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Pen Bay Chamber to Host Food Safety Class

Class satisfies new regulations pertaining to restaurants, B&Bs and other food servers

On Thursday, June 2, the Penobscot Bay Regional Chamber of Commerce will host a full-day Serv Safe Food Safety Certification Class that satisfies new state regulations for businesses, including restaurants and B&Bs, that serve food to the public.

In a new regulation enacted on January 18, the Maine Department of Health & Human Services requires that there be a full-time certified food protection manager (CFPM) on staff in each food establishment. The responsibilities of the CFPM are to train and implement a program of food protection and education.

A certified food protection manager must be hired within 60 days of a new eating establishment's opening or when a CFPM leaves employment. In addition to restaurants, the ruling applies to B&Bs with more than five rooms, temporary food establishments that are open more than 14 days, and other food servers as defined within the regulations.

The Serv Safe Food Safety Certification Class to be held

at the Chamber offices at One Park Drive in Rockland from 8:30 a.m. to 5 p.m., includes a full day of instruction, a textbook, the national exam and a food handler's certification that is valid for five years. The course will help food handlers get updated on the recent Food Code changes as well as rules and changes adopted by the Department of Health & Human Services. Class instructor David Suhr, CFSP, ANCI, owner of DFS Services, has been a certified Serv Safe instructor for 10 years, teaching for the Maine Restaurant Association.

The fee for the class is \$131 per person, \$119 for Chamber members. The class without retention of the textbook is \$105 or \$99 respectively. Payment is due upon pre-registration, and participants will receive their books prior to class. Class size is limited. To register, contact Robin McIntosh at robin@TheRealMaine.com or 596-0376.

For additional information on certification, call 865-9812, e-mail ddsuhr@hotmail.com or go to www.MaineFoodSafety.com.

Have Food Allergies?

Read the Label

Since 2006, it has become easier for people allergic to certain foods to avoid packaged products that contain them. That's because a federal law requires that the labels of most packaged foods marketed in the U.S. disclose — in simple-to-understand terms — when they are made with a "major food allergen."

According to Rhonda Kane, a consumer safety officer at the Food and Drug Administration, the following eight foods, and ingredients containing their proteins, are defined as major food allergens and account for 90 percent of all food allergies:

- milk
- egg
- fish, such as bass, flounder, or cod
- crustacean shellfish, such as crab, lobster, or shrimp
- tree nuts, such as almonds, pecans, or walnuts
- wheat
- peanuts
- soybeans

The law allows manufacturers a choice in how they identify the specific "food source names" — such as "milk," "cod," "shrimp," or "walnuts" — of the major food allergens

on the label. They must be declared either in the ingredient list — such as "casein (milk)" or "nonfat dry milk" — or in a separate "Contains" statement — such as "Contains milk," placed immediately after or next to the ingredient list.

"So first look for the 'Contains' statement and if your allergen is listed, put the product back on the shelf," says Kane. "If there is no 'Contains' statement, it's very important to read the entire ingredient list to see if your allergen is present. If you see its name even once, it's back to the shelf for that food too."

Some manufacturers voluntarily include a "may contain" statement on their labels when there is a chance that a food allergen could be present. A manufacturer might use the same equipment to make different products. Even after cleaning the equipment, a small amount of an allergen (such as peanuts) that was used to make one product (such as cookies) may become part of another product (such as crackers). In that case, the cracker label might state "may contain peanuts." Be aware that the "may contain" statement is voluntary, says Kane. "You still need to read the ingredient list to see if the product contains your allergen."

Manufacturers can change their products' ingredients at any time, so Kane says it's a good idea to check the ingredient list every time you buy the product — even if you have eaten it before and didn't have an allergic reaction.

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Coast Guard Flotilla to Present Safe Boating Workshop May 26

Robert Loney and members of Lincoln County's Coast Guard Flotilla will be at Spectrum Generations Coastal Community Center, 521 Maine Street in Damariscotta, at 1 p.m. on Thursday, May 26, to present an "Out and About on the Water Safely" workshop. Participants will learn how to become safe boaters by just following a few commonsense guidelines.



The most recent (2009) Coast Guard recreational boating statistics point up a critical need for boater education: 2,656 recreational vessels were involved in boating accidents nationwide, resulting in 1,655 injuries and 326 deaths. The vessel operators involved in these accidents had never taken a boating safety class. The theme of 2011 National Safe Boating Week (May 21-27) is "Boat Safe, Boat Smart, Wear It!", an international campaign reminding boaters to put on their life jackets when on the water.

All ages are welcome in the intergenerational workshop, including home-schooled students and their instructors.

Advanced registration is required. The fee is \$5 per person. Call 563-1363 by May 25 to secure a place.

Learning how to right an overturned kayak safely

Come Boating! Launch Day in Belfast Features Boating and Nautical Yard Sale



Trained coxswains and skippers will be on hand to take visitors out for a row in a six-oar, 32-foot Cornish pilot gig or for a sail on the Drascombe sailboat.

Come Boating! will kick off its 11th season on Saturday, May 21. Volunteers will be at the organization's boat shed near the Belfast Public Landing from 11 a.m. to 2 p.m. serving free hot dogs and lemonade and providing information about its free community rows and sails, youth rowing program, and opportunities to become a coxswain or skipper. Trained coxswains and skippers will be on hand to take visitors out for a row on the harbor in a six-oar, 32-foot Cornish pilot gig or for a sail on the Drascombe sailboat.

An "All Things Nautical" yard sale will take place near the boat shed from 9 a.m. to 2 p.m. It will feature boating gear and accessories as well as nautical books, art and collectibles. Several boats will be for sale, including a Walker Bay 8 with sailing rig and oars, a fiberglass Middlepath Skua 16-foot

rowing boat with trailer, and a Force Five sailboat. All proceeds from the sale will benefit Come Boating!

The rain date for launch day and the yard sale will be Sunday, May 22.

Regularly scheduled community rows, which are held nearly every morning and late afternoon during the summer, will begin in early June. Community sails will be offered several times a week. Participants must sign up in advance at the Come Boating! boat shed. No experience is required.

Come Boating! is seeking experienced sailors to skipper the Drascombe this summer as well as new coxswains, who do not need to have previous rowing experience. Training will be provided. Further information about Come Boating! is available at www.come-boating.org or by calling 338-0774.



A "for sale" sign on the Phillips Farm on Route 1 in Damariscotta has long prompted speculation about the future of the property.

Phillips Farm Celebration in Damariscotta May 21

On Saturday, May 21, Maine Farmland Trust (MFT) and Damariscotta River Association (DRA) will host a "Phillips Farm Celebration" at DRA's Round Top Farm in Damariscotta from 4 to 7 p.m.

The two organizations announced in April that they were in negotiations to conserve the Phillips property in Damariscotta as working farmland. The 68-acre parcel of land located along Route 1 in Damariscotta was once targeted for big-box retail development.

Saturday's celebration will focus on the future of the Phillips Farm and will feature fresh food, farm photographs and a contra dance. It is open to all, with a suggested donation of \$5 to \$10. Proceeds will help support the campaign to conserve the Phillips property in Damariscotta as working farmland.

There will be a tea-time reception at 4 p.m., followed by a short presentation by Steven Hufnagel and John Piotti, executive directors of DRA and MFT respectively, about the Phillips Farm Campaign.

People who are interested in attending should let DRA know by calling 563-1393 or e-mailing dra@damariscottariver.org by May 20.

A highlight of the evening will be a display

at the Darrows Barn at Round Top of images by Bridget Besaw, commissioned by Maine Farmland Trust. Besaw's photographs tell the story of the human connection to the natural world. During her years as a newspaper and magazine photographer she produced feature stories for Newsweek, Time, Forbes, Fortune, The New York Times, Smithsonian and National Geographic Adventure. She has published two books, *Wildness Within, Wildness Without* and *From the Land*.

The day's events will conclude with dinner and a contra dance led by musicians Katie Newell and Friends from 5:30 to 7 p.m. Stone Cove Catering will provide food, much of it from local farms.

The following week, on Thursday, May 26, at 7 p.m., Damariscotta's Lincoln County Theater is screening "Meet Your Farmer," eight short films about Maine farms by local filmmakers Cecily Pingree and Jason Mann. There is no charge for admission, but donations will be accepted to cover the screening costs. The films will be traveling to each county in the state this year as Maine Farmland Trust ramps up its efforts to preserve 100,000 acres of farmland by 2014. For more information, visit www.maine-farmland-trust.org.

PWA Paddlers Start Seventh Season

Pemaquid Watershed Association (PWA) invites those new to kayaking or canoeing who would enjoy the comfort of paddling with a seasoned group, as well as experienced paddlers looking for new adventures who would like to meet fellow enthusiasts, to join them on PWA Paddlers trips. For the seventh consecutive year, PWA Paddlers will be leading paddling trips — 18 this year — throughout the midcoast region. Trips are designed to be easy to moderate in difficulty and will be cancelled if it rains. Participation is free, except for the occasional launch site fee, and open to the public. Participants must provide their own kayak or canoe, wear a personal flotation device (life jacket), and submit a standard release form to PWA prior to partic-

ipation. Participants under 18 must be accompanied by an adult

The first paddle this season will explore Nequasset Brook in Woolwich on Saturday, May 28. The roughly two-hour trip will begin at 10 a.m., so participants are asked to gather at the put-in site no later than 9:45 a.m.

As camaraderie is one of the hallmarks of the PWA Paddlers, participants are invited to gather for lunch at the Montsweag Roadhouse restaurant after the paddle.

Thirteen trips are scheduled for Saturdays, four on Thursdays, and one on a Friday. Most begin at 10 a.m. and last about two to three hours. The full schedule of this year's trips, with travel directions, is listed at www.pemaquidwatershed.org/paddlers.html.

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Despite all this rain, May is still a beautiful time of the year. It's a pernicious beauty, the kind that sidles up to you, whacks you on the head and then vanishes. We bobble through the cold early spring, muttering to ourselves about the damp and mud, and then suddenly, a dry day comes and the tumult of beauty is all around us.

Do you think of yourself as beautiful? If you are the average female above the age of adolescence, you probably don't. But think again. Beauty, according to my dictionary, means "the quality that is present in a thing or person giving deep satisfaction or pleasure to the mind. It arises from sensory manifestation, from a meaningful design or pattern, or from something else." Even with that tidy if somewhat ambiguous definition, philosophers, clergymen, artists and designers have been debating the notion of beauty for centuries.

Not me! In a sense similar to the famous definition set by the Supreme Court for pornography, I can say firmly that I know beauty when I see it. Most often it is a visual response. On a recent visit to the Coastal Maine Botanical Gardens in Boothbay, beauty shouted out its definition to me through masses of gold and pink tulips, clusters of porcelain and rose rhododendrons, and the tiny crimson buds of the 847 birches planted along one path. Pink lady slippers, clustered discreetly among the fallen beech and oak leaves, pushed their curved, luminous green heads above the litter. The vibrant yellow of marsh marigolds followed the meander of streams and green swales. And throughout the entire expanse, bumblebees tumbled among the flowers like drunken acrobats.

Beauty has come to Rockland as well. My two plum trees are just past their bloom right now. Although prey to the common ailments of fruit trees, these two trees once again were bedecked with pink-tinged white blossoms. Wedding dresses and soap bubbles come to mind when I look at them. My friend's apricot and peach trees are also showing color. The apricot briefly bore a dozen rose-hued flowers on its branches, followed by the creamy white flowers of the

nearby peach. Apple blossoms are sure to follow.

Yet this is beauty that goes by so quickly. We residents of the colder northern climes wait and wait and wait for the flash of color and, usually, warmth that comes in May. The long months of snow and wind that have their own distinct beauty are no competition for the multi-hued exuberance of spring. And then it's gone. Yes, other forms of beauty come later — the cheerfulness of daisies, the jewel-tones of lupines, the hazy palette of color at sunset on an August afternoon. But spring color is evanescence itself.

Five years ago one of my neighbors grew ill. John and his wife Sue (not their real names) had shared their house together for nearly 50 years by that time. Together they suffered the indignities of John's termi-

nal malady — the weekly trips to the treatment facility, the emergency room visits, the machinery and drugs of dying. Finally it was time; John died last year. Sue comes by occasionally to talk about the neighborhood and admire my gardens. She is a distinctly homely woman. Her body is the shape of a spool of thread. Her over-generous mouth sags at the edges and her eyes are bulging and grey. When I look at her, however, I realize that she was lovely to John. The flash of beauty that drew the two together many years ago might have been visual or it might have been, as the definition notes, "from something else." One of the sorrows of his death is that that vision of herself has passed away with him.

Who among us can say with utter certainty that we are beautiful? Not me. Tulips are mute on the subject, as are the blossoms on the plum trees. The quality of beauty that I am most drawn to is its brevity. My flowers, your face, the sound of a violin in an empty hall — none of these things will last. And yet, they may all come again.

She walks in beauty, like the night
Of cloudless climes and starry skies
And all that's best of dark and bright
Meets in her aspect and her eyes.

— Lord Byron

In the Eye of the Beholder



by Melissa Waterman

Hooked on Fishing Day May 21

Lincoln County Fish & Game Association and Medomak Valley Land Trust (MVL) will host the fourth annual Hooked on Fishing day at Quarry Hill in Waldoboro on Saturday, May 21, from 8 a.m. to 2 p.m. All children under the age of 16 are invited to try their hand at fishing during the free event. Participants are encouraged to bring their own rods, but for those who do not have one, there will be a limited number of extras on hand. Lunch, snacks and bait will all be provided, so that youngsters can focus on landing their catch.

The pond at Quarry Hill is currently designated as a youth-only fishing area. Quarry Hill is owned and managed by the Town of Waldoboro, and the property encompasses 321 acres of open fields and forest that have been permanently protected with help from MVL.

Quarry Hill is located on Quarry Road, a right-hand turn off of Depot Road, one mile north of Route 1 in Waldoboro.

CLC Adult Ed Offers Golf Lessons

Central Lincoln County Adult Education is offering a course in golf at Wawenock Golf Club in Walpole. It will meet from 9 to 10 a.m. on Tuesday, June 28, through Thursday, June 30.

The class is for the beginner who is considering golf as a potential hobby and the tentative player who wants to better his or her game. Instructor Johnny Johnston II says class



Dave Trahan of Lincoln County Fish & Game Club with a proud youngster at the Quarry Hill pond, where children are invited to try their hand at fishing on Saturday, May 21

Signs for the event will be posted on Depot Road near the entrance. For more information, contact MVL at 832-5570. To see photos from last year's Hooked on Fishing day, visit the photo gallery on the MVL website at www.medomakvalley.org.

participants will decrease their strokes, increase their confidence, and deepen their love of the sport. The fee is \$40 for those who register before June 21; \$45 thereafter. To register, click on the class name at www.clc.maineadulted.org or call the Lincoln County Adult Education office at 563-2811.

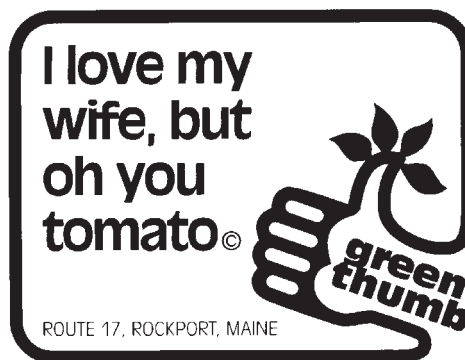
Kickball Players Wanted

A group of enthusiasts is looking for adults interested in starting a kickball league for the Knox/Lincoln County area. Anyone interested in playing or even helping to develop the league is urged to e-mail amber_wotton@yahoo.com.

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Thursday	12:291:086:537:06
Friday	1:201:597:447:59
Saturday	2:112:528:358:52
Sunday	3:043:459:279:47
Monday	3:584:3910:2010:44
Tuesday	4:545:3311:1411:42
Wednesday	5:516:26---12:07
Thursday	6:487:1812:391:00



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Water Frogs Can Make Your Child Sick



a CDC warning—

African dwarf frog

by the Centers for Disease Control and Prevention

Virginia Ortiz had no idea that the two African dwarf frogs in her great aunt's aquarium could carry Salmonella bacteria, a germ that can cause serious illness in people. If she had, she would not have stored her 4-month-old baby's bottles next to the kitchen sink where the water frogs' aquarium was cleaned. Virginia knew something was seriously wrong when her usually lively baby, Willie, could not hold his head up and was "pooping red stuff." She rushed him to the hospital, a decision she would later find out probably saved his life.

As Willie's sister, Taleah, celebrated her fourth birthday at his hospital bedside, he was pricked, prodded and X-rayed. After Willie's weeklong hospitalization, his family learned he had a Salmonella infection. Even though Willie never touched the water frogs, he became a victim in an ongoing, nationwide outbreak of *Salmonella typhimurium* infections linked to African dwarf frogs, resulting in hundreds of illnesses. Most are in children under 5 years old, just like Willie. African dwarf frogs, which are small and live in the water (usually in an aquarium or fish tank), appear to be harmless but can be very dangerous for young children.

Four-year-old Derek's story is similar to Willie's. When he was rushed to the emergency room with severe cramping and diarrhea, his parents thought he had appendicitis. The doctor ruled it out and Derek returned home. Over the next two days, Derek's diarrhea became so severe that he needed to use the bathroom "more than 16 times a day," according to his mother, Lana. When he awoke in the middle of the night shaking, his parents took him back to the emergency room.

This time Derek was hospitalized for two days. One week later his parents were also told that he was infected with Salmonella bacteria. The doctor asked if Derek had been around any animals before he became sick. That's when Lana suddenly remembered the two water frogs her husband had recently brought home from a city fair.

Both mothers are grateful that their boys have recovered after such severe illnesses, but they wish they had known that water frogs could carry Salmonella bacteria.

"I knew you could get Salmonella from raw chicken and eggs, but not water frogs," Lana said. The mothers hope that by sharing their stories other parents can prevent their children from getting sick from water frogs.

The Centers for Disease Control and Prevention (CDC) recommends that parents consider this information before purchasing water frogs:

- Water frogs are not an appropriate pet for children under 5 years old, and if possible, should not be in homes or child care facilities with children of this young age.
- Keep aquariums or tanks with water frogs out of a child's bedroom, especially children under 5 years old.
- Handle all surfaces that have come in contact with water frogs as if they are contaminated with Salmonella bacteria, because there is a good possibility that they are. If you have a water frog, watch your family for symptoms of Salmonella infection, such as diarrhea, fever and abdominal cramps. Call your health care provider if you or a family member develops those symptoms.
- Wash hands thoroughly with soap and water right after handling anything, including water, that comes in contact with water frogs or is from inside their aquarium or tank.
- Kitchen sinks should not be used to empty or wash the frogs' aquarium or tank. If possible, empty and wash it outside of the home.
- Be aware that Salmonella infections can be caused not only by water frogs, but also by other amphibians and reptiles, such as turtles.

More information is available at www.cdc.gov/healthypets/.

NATIONAL WEATHER SERVICE FORECAST for Knox County

Thursday Night: Showers likely, mainly before 2am. Patchy fog. Otherwise, cloudy, with a low around 51. East wind between 3 and 6 mph. Chance of precipitation is 70%. New rainfall amounts between a tenth and quarter of an inch possible.

Friday: A chance of showers. Patchy fog before noon. Otherwise, cloudy, with a high near 60. East wind between 3 and 7 mph. Chance of precipitation is 30%. New rainfall amounts of less than a tenth of an inch possible.

Friday Night: A slight chance of showers. Patchy fog. Otherwise, cloudy, with a low around 50. Chance of precipitation is 20%.

Saturday: Mostly cloudy, with a high near 61.

Saturday Night: Mostly cloudy, with a low around 43.

Sunday: Mostly sunny, with a high near 59.

Sunday Night: Cloudy, with a low around 43.



Charter members of the Interact Club, left to right: front row, Lexi Doudera, Shani Morris, Breanna Dorr, Isabella Benzie, Hana Berke, Mallory Farley, Amanda Walker; back row, Luke Kuhn, Caroline Albertson, Sofia Espriu, Hayley Aydelott, Laura Johanson, Paige Courtney, Jenny Karod and Taylor Porter.

Interact Club Celebrates Charter Night

Camden Rotary Club, along with Camden's West Bay Rotary Club, cosponsored the Interact Club of Midcoast Maine after Hana Berke, a senior at Camden Hills Regional High School, presented them with the idea. After returning from her Rotary Youth Exchange in Spain last year, Berke wanted to continue her involvement and allow other local teens to become involved with Rotary programs of local and international service. Interact is a service club for youth ages 12 to 18, with a membership of almost 200,000 youth in more than 10,000 clubs worldwide. The local club was formed on September 1, 2010.

On May 3, the club was recognized for its efforts and was formally welcomed into the Rotary family with a Charter Night event. The evening began with a welcome and introduction by Camden Rotary President Graham Phaup and West Bay Rotary President David Wiggin, followed by a potluck dinner. After dinner, Leni Gronros, Rotary District 7790 Interact and Rotaract chair and a previous district governor, presented the club with an official charter certificate, club banner and club bell. All members in attendance received Interact pins.

Also in attendance were members of the Unity Area Rotary Club. President Don Newell presented a gift of a Paul Harris Fellowship naming opportunity to Interact Charter President Berke. The fellowship recipient will be named at a later date.

10-Year-Old Celebrates Birthday with Donations for Pediatric Patients

Kasey Emery of Camden celebrated her 10th birthday by asking her friends and family for donations to go toward the purchase of a portable DVD player for pediatric patients at Pen Bay Medical Center. With the donations she was also able to provide new



DVDs and books for the use of young patients, as well as a gift of cash to help expand the collection even further.

"We're extremely happy and delighted with the donation," says Farrah Hill, nurse manager of Med/Surg North at Pen Bay. "It's so humbling to see a child selflessly make a gift of this magnitude."

This is not the first time Emery has decided to forgo presents for her birthday. Last year she filled the back of her family's minivan with donations to the Camden-Rockport Animal Rescue League. She said she was initially inspired to give because of a school project.

Asked why she decided to give to others in need on her birthday, Kasey replied that she had enough for herself, and that she wanted to ensure that children are comfortable while they stay in the hospital. Her mother, Chanda, says that this may become a family tradition.

Farrah Hill, RN (left), Kasey Emery of Camden, and Jan Blackington, RN, display new books donated by Kasey and her friends and family.

Camp Forest in Brooks

United Midcoast Charities has granted Camp Forest in Brooks \$500 to be used for partial and full camperships for some low-income families this summer. Camp Forest offers wilderness day camp, expeditions, and, new this summer, homeschool day camp. Set among streams and woods in Waldo County, Camp Forest provides a full range of camp activities from jewelry and basket making, shelter building, and fire and knife safety to swimming, hiking, and canoeing. Special attention is given to global culture, natural history, ecology, wilderness and survival.

Those interested in applying for a camper-

ship to attend Camp Forest should call 722-3708, e-mail camp@campforestmaine.com, or go to www.campforestmaine.com.

Camp Forest is a project of Expanding Opportunities, a local nonprofit dedicated to encouraging self-sufficiency through educational and charitable projects nationally and internationally. For more info about Expanding Opportunities, visit www.exop.org.

Camp Forest welcomes the assistance of volunteers. Volunteers can work with children, on trail maintenance, or in the office. Anyone interested in volunteering is asked to call 1-888-760-7943 or 722-3708.

Game Loft Volunteers Help Prepare Gardens at Belfast Cemetery

dedication of memorial trees and benches to take place May 28

Fifteen Game Loft members, along with two adult volunteers, celebrated Earth Day by assisting the Belfast Garden Club in getting the new gardens surrounding the chapel at Belfast's Grove Cemetery ready for summer. Game Loft volunteers dug up tree roots, hauled rocks, took up buried plastic, removed sod, spread mulch, and planted many new shrubs and trees.

The Game Loft is a community center and "positive youth development organization, which focuses on non-electronic gaming and community service for area youth," according to program coordinator Nikky Boyington. "Over the winter Game Loft member volunteers shovel driveways and in the summer mow lawns."

Donna Loomans, administrative assistant at The Game Loft, adds, "We like to show them that volunteering is not only good for their communities, but is fun as well."

The cemetery chapel and environs are currently part of a multiphase project undertaken by Belfast Public Works and the Belfast Garden Club to make services at the chapel

possible and comfortable. Last year a grant from the Golden Rule Foundation enabled the chapel to be made handicapped-accessible. Public Works laid crushed stone to make space for level seating, reclaimed antique planters were installed, and perennial bulbs, plantings and shade trees were planted by the Belfast Garden Club.

The trees that The Game Loft volunteers planted on Earth Day are part of the "Remembrance Tree" project, organized last fall by the Belfast Garden Club, in which community members sponsor a tree in honor of a loved one. This year cast stone benches have been installed at the chapel site as part of the "Remembrance" facet of the project.

The new changes to the landscape around the Grove Cemetery Chapel will be on display on Saturday, May 28, when a dedication of the memorial trees and benches will be held at 10 a.m. to noon. Grove Cemetery is located at 21 Belmont Avenue, Belfast. To arrange to sponsor a tree or bench, or for more information, contact Ann Mullen, 338-9125, or Diane Allmayer-Beck, 338-3105, or e-mail belfastgardenclub@gmail.com.



Miralys Duperry, Lyta Mitchell, Madryn Evans-Moran, and Brett Gotham, volunteers from The Game Loft, helped Belfast Garden Club spread mulch at Grove Street Cemetery's new chapel gardens on Earth Day. PHOTO BY ANNADEENE K. FOWLER

CHRHS Photography Students Working on Local History Project

Penobscot Marine Museum photo archivist Kevin Johnson with student Heather Eaton

Students in Carolyn Brown's Photo Studio classes at Camden Hills Regional High School (CHRHS) are working on a "Then and Now" Five Town area photo history project. Guest photographer Kevin Johnson, photo archivist of the Penobscot Marine Museum, visited classes in late May and showed students historic photos from the Eastern Illustrating photo archive, which includes photographs of the local towns shot between 1909 and 1947. He explained how the photos were made with large cameras and glass-plate negatives, and how he and his team of archivists have been cleaning, restoring and digitizing the glass plates. Students then tried out Johnson's large-format camera to get a feel for how the old photos were set up and shot.

Students have selected old photos from the collection to reshoot with modern tools. The classes will select the best shots and create 25 pairs of images — one of the old shots with the scene as it looks today. The photos will be matted and framed, and become a permanent



collection for CHRHS. Additionally, local historians will work with students to give background about the history of the places depicted in the photos. Eventually, the photos will be available on the Penobscot Marine Museum website and mapped using GIS tools.

The project is supported by Youth Arts, the Bisbee Fund, and a donation from Laurie Adams. Anyone interested in learning more about it can contact Brown at Carolyn_Brown@fivetowns.net.



Left to right, Searsport District High School students Rebecca Trimble, Holly Hassapelis, Emily LaRosa, Shane Sauer, Jason Pendleton, Derrik Kenney and Alex Lane will launch two boats they built for a science class at the Searsport town dock at noon on Friday, May 20. The public is welcome.

High School Students to Launch Boats They Built in Science Class

Searsport High School, Marine Museum collaborated

Two new wooden boats will be launched at the Searsport town dock at noon on Friday, May 20. While boat launchings are always a cause for celebration, this one represents the successful completion of a semester-long science course for seven students from Searsport District High School.

Since January, students Holly Hassapelis, Derrik Kenney, Alex Lane, Emily LaRosa, Jason Pendleton, Shane Sauer and Rebecca Trimble have been working with master boatbuilder Greg Rössel to build two shell-back dinghies at Penobscot Marine Museum in Searsport. The project was the result of a collaboration between the museum and the high school designed to teach physical science by providing students with first-hand exposure to boat-related concepts such as center of effort, buoyancy, vectors and drag.

Science teacher Michelle Andre accompanied the students during much of their shop time, making sure that they met physical science standards through a combination of hands-on and traditional learning activities.

Additional boatbuilding assistance was provided by community volunteers Fred Kirchais, Dave Lawrence and Rick Fitzsimons, and the museum provided work space, tools and administrative support. The project was funded primarily by a grant from the Nellie Mae Foundation, with additional assistance from the Traditional Small Craft Association's John Gardner Fund.

The public is invited to attend the May 20 launching. The boats will remain at the dock for a few weeks, giving the students a chance to try out their work on the water. The dinghies will then return to Penobscot Marine Museum, where they will be placed on display and advertised for sale at \$3,500 each, including oars and sailing rigs. Proceeds will go to fund the program next year, when the project will incorporate academic credit in mathematics as well as science.

For more information about the boats or the educational program, contact Searsport District High School Principal Brian Campbell at 548-2313.

Physician to Give Talk on Raising Naturally Healthy Children

Peopleplace Cooperative Preschool will host a free talk for parents on raising "Naturally Healthy Kids" by local naturopath Dr. Deb Moskowitz on Tuesday, May 24, at 6 p.m. The event is open to the public and will focus on how to use nutrition and naturopathic treatments to keep children healthy and happy. Moskowitz will discuss colds and flus, allergies, attention issues, sleep, picky eating and more.

A naturopathic doctor since 1993, Moskowitz (aka "Dr. Deb")

graduated from National College of Natural Medicine eight days after her first child was born, putting her into the dual role of mother and doctor for the last 18 years. Moskowitz practices at Camden Whole Health, an integrative wellness center.

Peopleplace is located at 69 Union Street in Camden. For more information, call 236-4225 or visit www.peopleplacecoop.org.

Dr. Deb Moskowitz will speak at Peopleplace in Camden at 6 p.m. on Tuesday, May 24.



Rockland Public Library will host local illustrator Holly Berry

at 2 p.m. on Saturday, May 21, at 2 p.m. Berry will discuss her many children's books and present a craft activity with collage cards. The library's four-part artist series is sponsored by the Rose and Samuel Rudman Library Trust, Friends of the Rockland Public Library and the Reading Corner. For more information, contact the library at 594-0310.



Youth Choir to Present Godspell Jr.

St. Andrew's Church Youth Choir will present *Godspell Jr.* on Saturday, May 21, at 7 p.m. and Sunday, May 22, at 1:30 p.m. at the Second Congregational Church in Newcastle. The public is welcome as the 11-member cast sings and acts their way through the 45-minute-long version of the original Broadway musical's modern and lighthearted retelling of the Gospel of Mark. A free-will offering will be donated to the Ecumenical Food Pantry.

Gabe Ferrero takes on the role of Jesus, with Richard Kinney as Judas. The other disciples are played by Vanessa Albert, Sarah Begin, Cayleigh Hearth, Helen Newell, Phoebe Pugh, Amelia Rosko and Gabriella Wright, with musical help from Benji Pugh and Norbert Ferrero. Melissa Hearth and Linda Blanchard direct the show, with piano accompaniment by Sean Fleming. For more information, call 380-2768.



The cast of *Godspell Jr.* — bottom row, left to right: Vanessa Albert, Cayleigh Hearth, Helen Newell, Sarah Begin and Phoebe Pugh. Top row: Richard Kinney, Gabe Ferrero and Norbert Ferrero. Not pictured: Benji Pugh, Amelia Rosko, Gabriella Wright.

Collaboration Creates Herb Garden for School

Matt Trott, a student at The Community School, and Dakota Dean, a fourth-grader at Appleton Village School, plant herbs in the Appleton school's new garden.



On May 4, The Community School, Appleton Village School, Tanglewood 4-H Camp and Learning Center, and Big Brothers Big Sisters of Midcoast Maine created a new herb garden for Appleton Village School. The service-learning project was planned by students of The Community School in Camden as fulfillment of their participation in Tanglewood's Community Resources for Environmental Wellness program.

Students at The Community School began participating in the Big Brothers Big Sisters of Midcoast Maine school program during the fall. While working with Tanglewood, the students brainstormed with their "littles" how they could give back to their school and community. Both bigs and littles were excited about planting, and when Lillie Vitelli, an ed tech at Appleton Village School, became involved the project manifested as an herb garden.

Following the planting, students painted

stepping stones to commemorate their contribution to the Appleton Roots Garden. Community School student Ayla Johnson, 16, hopes that the garden will make a difference: "They'll be able to eat their herbs in their school lunches and learn about the importance of local foods."

Vitelli has other hopes for the future of the Appleton Roots Garden. The herb garden, located next to the existing Butterfly Garden, will extend Appleton Village School's outdoor classroom. The school also has a vegetable garden and developing fruit tree orchard.

For more information on the Appleton gardens, contact Vitelli at Lillie_Vitelli@five-towns.net.

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Above: Students in the Intermediate Tap Class will perform "Little White Church."

"Little Bolly" duo Annika Charland and Sydney Fields

Dance Conservatory Presents Showcase May 27 and 28

Rockport Dance Conservatory (RDC) will present its fourth annual Spring Showcase at 6:30 p.m. on Friday, May 27, and Saturday, May 28, at the Camden Opera House, sponsored by the Camden Shakespeare Company. Admission is \$15 for adults, \$10 for seniors and students, and free for children age 5 and under.

The showcase will feature choreography in a variety of styles — musical theatre, jazz, hip-hop, contemporary, tap, and Bollywood/Bhangra — but will also have a story line for the second act. "Grimm Tales on Dark Trails" highlights some of Grimm's best-known fairy tales, including "Little Red Riding Hood," "Sleeping Beauty" and "Cinderella." Over 30 students, both children and adults, will dance in the showcase.

All choreography is by RDC faculty, including director Kari Cameron, Sally Leighton and Katie Thompson. Cameron designs and makes many of the elaborate costumes for both acts as well. Two of the pieces being performed at this year's show took home gold medals at the Dancer's Inc. Regional Competition earlier this year. For more information visit www.rockportdance.com or call 557-5421.

Pen Bay YMCA Dancers Present Annual Show



Fairies dancing with Peter Pan in a previous YMCA dance performance

Penobscot Bay YMCA will present its annual dance show at the Strom Auditorium at Camden Hills Regional High School on Friday, May 20, and Saturday, May 21, at 7 p.m. Over 60 dance students, ages 3 to 18, will perform in "Love-2-Dance."

This year's performance was put together by Katie Thompson, Annie Laurita, Ryan Thompson, Andrea Penney and Denyse Robinson and includes performances of creative movement, contemporary dance, street jazz, African dance, break-dancing, step and hip-hop dance. Senior dancers will have a chance to shine in a number entitled "Moment for Life," and brother/sister teaching team Katie and Ryan Thompson will perform a duet.

Tickets are \$10 for reserved seating, \$8 general admission, and \$5 for students (general admission). Tickets are available in advance at the YMCA and at HAV II in Camden, or at the door.

"Working in Belfast — Chicken & Sardines" at Belfast Historical Society

"Working in Belfast — Chickens and Sardines" is the topic for the Belfast Historical Society meeting at 7 p.m. on Monday, May 23, in the Abbott Room at the Belfast Free Library. The evening's presentation will include a slide show on the sardine- and poultry-processing industries that once dominated the waterfront and employed hundreds of workers. Following the slide show will be a panel discussion about the industries with several women who worked in the plants, moderated by Jay Davis, author and historian.

Belfast Historical Society program meetings are free and open to the public and are held the fourth Monday of the month, April through October. Those unable to attend the program are invited to tune in to "Window on History" on BCTV-2 at 7 p.m. on Tuesdays, 9:30 a.m. on Thursdays and



Packing sardines at Stinson's Canning Co., 1990
PHOTOGRAPH BY SUSAN MERROW

4:30 p.m. on Saturdays. Or watch the film on the museum website, www.belfastmuseum.org, which offers new programs each month.

Program on Edgecomb's Industrious Past

Remnants of Parson's Creek Tidal Mill south of Mill Road in Edgecomb

Jay Robbins of Robbins Historical Research, Inc. will present "Wresting a Living from Our Land: Edgecomb's Industrious Past — An Examination of Our Mills, Quarries, Brick Yards, Mineral Springs, Ice Houses, Canneries, Traditional Trades and More" on Thursday, May 26, at 7:30 p.m., at the Edgecomb Town Hall. The program is sponsored by the Edgecomb Historical Society; admission



is free and open to the public.

Robbins has spent the past year and a half recovering information about Edgecomb's industrial past with an eye towards understanding the strategies that people used to wrest a living from the land. Through a presentation using photos, maps, broadsides and documents, Robbins will share what he has learned.

For further information contact Sue Carlson at 882-8155 or Robbins at 737-2239.

Talk on Current Conditions in Rwanda

The public is invited to an informational program on the current condition of the people of Rwanda, where nearly a million people were massacred during the 1994 genocide. The program, starting at 7 p.m. on Wednesday, May 25, is hosted by the United Methodist Women of the John Street United Methodist Church, 98 John Street, Camden.

Joe and Peg Moser of Northport, who spent time this win-

ter in the small African country, will talk about their experiences and observations about conditions nearly 20 years after the genocide. According to the Mosers, Rwandan children now have access to education, universal health care, a future of progress and hope in a country, unique in the world, where women are the majority in government.

Rwandan tea and refreshments will be served.

Women's Network Hosts Nonprofit Night Expo

The Midcoast Chapter of Maine Women's Network will host the last program in its "Healthy, Wealthy & Wise" series on Wednesday, June 1, beginning at 5:15 p.m. at the Haven Event Center on Route 90 in Rockport. The evening will be a "Nonprofit Night Expo." Members and guests can learn about local nonprofit organizations while networking and enjoying hearty hors d'oeuvres. The public is welcome. The featured speaker will be Jim Christie of the Make-A-Wish Foundation.

A Maine native from a family of 11 children, Christie has a long history of volunteerism. One of his proudest accomplishments was winning the Presidential Points of Light Award. After retirement from 12 years as community rela-

tions director at MBNA, he began serving as development director for the Make-A-Wish Foundation of Maine.

Participating nonprofits in Wednesday's program include Knox County Humane Society, Camden-Rockport Animal Rescue League, Make-A-Wish Foundation, Pen-Bay Healthcare, Good Shepherd Food Pantry, Georges River Land Trust, Coastal Mountains Land Trust, Habitat for Humanity, New Hope for Women, Big Brothers Big Sisters of Midcoast Maine and Coastal Workshops — Cash For Clothes.

The cost is \$20 for members, \$25 for guests of members and \$28 for nonmembers. Online pre-registration at www.mainewomensnetwork.com is required by Friday, May 27.

Summer Institute in Restorative School Practices Coming Up

The Restorative Justice Project of the Midcoast and the University of Maine's Peace & Reconciliation Studies are cosponsoring the project's third annual Summer Institute in Restorative School Practices Tuesday through Thursday, June 28 through 30, at the Augusta Civic Center. The registration deadline is Friday, June 3.

The three-day institute will introduce participants to restorative school practices and restorative discipline. Within a whole-school approach, the practices are intended to build caring school communities that help students, staff and administrators to feel connected and respected. That enhances learning outcomes, says Barb Blazej, a peace studies program lecturer at the University of Maine and director of the UMaine Youth Violence Prevention Project.

Under restorative discipline practices, school discipline becomes part of a learning environment emphasizing accountability and support, rather than punishment and exclusion. The institute will include presentations, discussion, activities, hands-on practice, videos, a panel of teachers and administrators using restorative practices, and opportunities to experience the "community circle" process. Such circles have been used to address student and teacher relationships, according to Penny Linn and Mary Ann Nyman, teachers at Winslow Junior High School, by providing a forum outside of the classroom, facilitated by a neutral individual.

Additional information is available on The Restorative Justice Project's website, www.rjpmidcoast.org/cms/restorative-school-practices, or by calling Blazej at 581-2625.

Mushroom Cultivation Workshop May 22

Growing shiitake mushrooms at home is a simple process that can be fun for the whole family, according to Bill Errickson, who, on Sunday, May 22, will lead a mushroom cultivation workshop at Newforest Institute in Brooks from 1 to 4 p.m. Participants will learn about the nutritional and medicinal benefits of mushrooms commonly cultivated or growing wild in Maine and will create their own

shiitake mushroom log to take home and grow. The cost of the workshop is \$25 to \$50 on a sliding scale, free for children age 12 and under. For more information and to register, email info@newforestinstitute.org or call 722-3625.

Errickson is a permaculture designer, farmer and educator who operates Singing Nettle Farm in Brooks.

Local Farmer Subject of Jefferson Historical Society Program —

Suzanne Hemingway Hamilton will present her memories of a favorite neighbor, Roy Cunningham, at the Jefferson Historical Society's meeting on Friday, May 27, at 7 p.m. at the Old Jefferson Town House. Cunningham, pictured here in his driveway with a pair of his oxen in the 1950s, was a well-respected farmer and gentleman who was a favorite of local youngsters because he often let them "help" him in his workshop. He had a cow and raised and sold steers. In his workshop he made the yokes, pins and bows for the oxen, wrapping the wood in burlap to boil in order to bend the wood. The presentation will follow a brief Historical Society meeting beginning at 7 p.m. The public is invited. For further information, call 549-5258.



Left Bank Concludes Lyceum with Exquisite Things May 22

Jessica Kerwin Jenkins
PHOTO BY SINCLAIR SCOTTSMITH

Left Bank Books in Searsport will host its final Sunday Lyceum program this Sunday, May 22, from 3:30 to 5 p.m., with a talk by Jessica Kerwin Jenkins, author of the *Encyclopedia of the Exquisite: An Anecdotal History of Elegant Delights*.

Inspired by the exotic encyclopedias of the 16th century, Kerwin Jenkins' book brims with entries about all the things she deems exquisite. Arranged alphabetically, the diverse subjects are summarized and illustrated — among them, the origin of badminton, the history of the tassel, the Elephantine Colossus (one of several elephant-shaped 19th-century buildings), slime of snails (an ingredient in Italian Renaissance-era



faux jewels), enthusiasm, frilly lingerie, mouches (fake beauty marks), omelets, sequins, twilight and whistling.

Kerwin Jenkins began her career in New York writing for Women's Wear Daily and for W magazine, later becoming the magazine's European editor in Paris. Assignments took her all over Europe and beyond, visiting ateliers, villas, palazzos, chateaux and haciendas. She's had dinner in the Tower of London, a rude massage in a steam bath in Tunis, and played in a surreal elephant polo match for charity in Jaipur. She currently writes for Vogue magazine and lives on the Blue Hill peninsula.

Sunday's program is free and the public is invited. Space is limited; to reserve a seat, or a copy of *Encyclopedia of the Exquisite*, call Left Bank Books at 548-6400.

"Put This in Your Gun" with Authors Michelle Embree, Tennessee Jones

"Put This in Your Gun," a touring reading series featuring playwright Michelle Embree and fiction writer Tennessee Jones, will be presented on Thursday, May 26, from 6 to 7:30 p.m. in the Abbott Room of the Belfast Free Library.

Both authors explore trauma and oppression in everyday life by diving into the wreck of their personal histories and seeking to illuminate how people are spiritually affected by violence and inequality, whether it's in their living rooms or halfway across the world.

Embree is the author of a memoir, *By the Skin of These Words*, as well as the Lambda Literary Award-nominated



Michelle Embree, left, and Tennessee Jones

Manstealing for Fat Girls, a young-adult novel, and *Hand Over Fist*, winner of the Saints and Sinners Literary Festival Playwriting Prize. Jones is the author of a short story collection, *Deliver Me From Nowhere*, and publishes the zine *Teenage Death Songs*. He is the recipient of several fellowships, including awards from the Jacob K. Javits Foundation and the Christopher Isherwood Foundation. He was the George Bennett Fellow at Phillips Exeter Academy in 2010-11, where he

continued work on his novel, about a small Appalachian town notorious for two brutal incidents: the hanging of an elephant and the expulsion of its entire black population.

For further information, visit www.turnedword.com.

Special Spanish Service May 22 in Waldoboro

Visiting minister Rev. Ralph Moore and congregant Claire Riser will lead a Spanish Service at 10 a.m. on Sunday, May 22, at Broad Bay Congregational United Church of Christ in Waldoboro, with special emphasis on the work of Archbishop Oscar Romero of El Salvador. Music will be drawn from Spanish songs in "The New Century Hymnal," with words in both Spanish and English. A guitarist will accompany on much of the music.

Riser's homily/meditation will revolve around the conversion and witness of Romero, primarily during the years leading up to his becoming archbishop of El Salvador in 1977 until his assassination in 1980. Parallels will be drawn between the issues that were tearing apart the Salvadorean society of that time and those affecting society today.

The church is located at 941 Main Street in Waldoboro. Refreshments will be served after the service.

French Immersion Weekend Coming Up

Traditional games, music and songs, presentations, cooking and a session with high school students will provide for a deep immersion into French language and culture at the Friday through Sunday, June 3 through 5, immersion weekend being offered at Penobscot School in Rockland. The course is conducted entirely in French.

Teachers of French will find the contact with native-speaking assistants to be a good refresher of speaking skills and a source of ideas for the classroom. The immersion is open to high school and college students, teachers and adult learners. Two years of high school French or equivalent is required.

Coordinating the weekend is Dennis Healy of Camden, a collector of French films and music who has immersed himself for 20-plus years in the culture and warmth of our close neighbors in La Beauce, Québec. He has become an expert in pétanque, the lawn bowling game of southern France, which is very popular in Quebec. Healy hosts the Ciné Français club at Penobscot School.

Assisting Healy will be Janine Sauvard Kolb of St. Gaultier, a city in south central France. Kolb has taught French to children in Germany and for Montessori schools in Maryland, California, Maine and New Hampshire. She has many children's songs to share and is the author of a cookbook, *French Recipes for Young Gourmets*.

On Saturday morning, June 4, area high school students are invited to participate in a "petite moment lycéen," during which Jennifer Albaret, from Reunion Island, France, will be assisting. She will show slides and direct the conversation toward travel and how to order in a restaurant as if one were on a small French island in the Indian Ocean. Albaret is a Fulbright French assistant, now completing a year of practice teaching at the elementary schools in Thomaston.

DAR to Gather for Annual Meeting

The Lady Knox Chapter of the DAR (Daughters of the American Revolution) will hold its annual meeting at 10 a.m. on Saturday, May 21, at the Cole House on the grounds of Montpelier, the Henry Knox Museum, in Thomaston. Members and visitors are invited to bring a bag lunch to eat together following the meeting.

For those interested in membership in the DAR, contact Helen Shaw at hashaw@earthlink.net. According to the DAR, "Any woman is eligible for membership who is no less than 18 years of age and can prove lineal, blood line descent from an ancestor who aided in achieving American independence. She must provide documentation for each statement of birth, marriage, and death."

Rockport Library Hosting Public Information Meeting

on planning for the future

Is the library moving or not? Why didn't the library submit a formal proposal for the RES site? These questions and more will be answered at a public informational meeting to be held at the Rockport Public Library on Wednesday, May 25, at 6:30 p.m. Light refreshments will be provided.

Call the library, 236-3642, or visit www.rockport.lib.me.us/planning.php to read the results of the library's survey and other documents related to its future planning project.

Program on the Effect of the Civil War on St. George May 26

James Skoglund will speak about the effect of the Civil War on St. George at the next meeting of the St. George Historical Society, on Thursday, May 26, at 7:30 p.m., at the St. George Grange Hall. A potluck supper will begin at 6:30 p.m. Everyone is welcome.

"Lincoln is a Pumpkin Head. If he had half wit he would have made Peace long ago," a St. George sea captain wrote home to his brother-in-law in the early part of the Civil War.

Today that assessment of Lincoln and his policies strike us as un-American and even blasphemous, but 150 years ago when it was repeated around town, the great majority of St. George's people supported that opinion.

The town provided 210 men demanded by the government to serve in the war, of whom at least 13 lost their lives, more than in all other wars combined. But many, if not most, of the men were substitutes from other places, hired by the town with money loaned by townspeople so the town's men and boys would not have to go to the South to fight.

Of course, there were some who supported Lincoln and the Union cause, one of whom wrote to Governor Washburn, "...the present state of affairs is depressing to Union men, who are silent only to be slandered, and speak only to be insulted, browbeat and abused..." Similarly R. W. Wall, responsible for serving draft notices in St. George, wrote to Maine's Adjutant General, "...I am surrounded with Copperheads, or Traitors (which is all the same thing) that are opposed to me putting in a single man, and would be glad if I should lose everyone that I put on our quota."

Quoting from surviving documents from that period and from oral tradition, Skoglund will discuss how family connections, economic interests, and political and moral convictions shaped opinions during the Civil War and in the decades following.

For further information, contact Skoglund at 372-8893.



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Wildflower Walk — Medomak Valley Land Trust (MVL) will host a spring wildflower walk along its Peace Corps Preserve in Waldoboro on Tuesday, May 24, from 6:30 to 8 p.m. Lady's slippers, Indian cucumber root and dozens of other spring wildflowers should be in full display. MVL's Peace Corps Preserve trail follows the Goose River, winding its way through hemlock and spruce trees. To get to the Peace Corps Preserve, follow Route 220 South for roughly five miles and take a left onto Finntown Road. The preserve entrance is located on the right 0.9 mile from Route 220, and parking is available along the sides of Finntown Road. For further information, call 832-5570 or visit www.medomakvalley.org.



Garden Club Welcomes Donations to Its Upcoming Plant and Bake Sale

Owls Head Garden Club will hold its annual plant and bake sale on Friday, June 3, beginning at 9 a.m. at the Owls Head Community Building on Ash Point Drive. This year, the sale will feature 200 named daylilies from "The Maine Farm," grown by Bill Warman.

Garden club members have been busy potting and gathering annuals and perennials, dividing plants and also getting ready to bake delicious pies, cakes and other items. Any greenhouses, nurseries or area gardeners who have extra seedlings or

perennials are welcome to donate to the sale, as are food bakers. Labeled items are to be dropped off at the Community Building on Thursday, June 2, between 3 and 5 p.m. Proceeds from the sale benefit the club's scholarship fund and community gardens. For more information on the sale, call Dottie Liberty, 596-6032.

The club's annual luncheon will be at noon on Wednesday, June 8, at the Craignair Inn in Spruce Head. Members who wish to attend and have not made arrangements should contact Arlene Siletti.

Designing for Natural Landscapes



PHOTO BY CLAIRE ACKROYD

Professional garden designer Claire Ackroyd will present "Designing for Natural Landscapes in Coastal Maine" on Tuesday, May 24, at noon at Merryspring Nature Center in Camden. She will discuss her philosophy on designing sustainable, environmentally sensitive landscapes and hopes that participants will bring their questions, no matter how un-resolvable they may seem. Admission is free to Merryspring members; \$5 for non-members. Merryspring is located at the end of Conway Road, off Route 1 near the Camden/Rockport line.

Rockland Garden on Cover of Country Gardens Magazine

Kathy Thyng and Jim Beaulieu in front of the garden shed at their Rockland home
PHOTO BY LYNN KARLIN

The garden at the home of Kathy Thyng and Jim Beaulieu in Rockland is featured on the cover of the latest issue of Country Gardens magazine. The couple moved to Maine 14 years ago, bought a house and started the Time Out Pub in Rockland. Thyng is a Master Gardener.

Belfast photographer Lynn Karlin, who photographs for national garden magazines, saw their garden in 2003 and has been photographing it ever since. Karlin says, "I've watched Kathy and Jim's garden evolve through the years. There's so much creativity, funkiness as well as sophistication all in this one backyard garden. What makes their garden so special is the structure, their garden design and the attention to detail. It is a garden photographer's paradise."

The couple built a garden shed using salvaged windows, columns and a door. Raised beds, an armillary, old bed springs for a pea trellis, antique urns, a bird bath, a rose trellis with an old-fashioned white picket gate, a trowel door knocker and



a small porch complete the picture.

The summer issue of Country Gardens magazine will be on newsstands until July 26.

Damariscotta Pumpkinfest and Farmers' Market Partner to "Squash Hunger"

The Damariscotta Pumpkinfest & Regatta aims to grow 50,000 pounds of pumpkins by the time of this year's festival on Columbus Day weekend. To help meet the goal, pick up a free Giant Atlantic Pumpkin plantlet at the Damariscotta Pumpkinfest & Regatta Plantlet Give-Away on Sunday, May 22, from 8 a.m. to 3 p.m. at Pinkham's Plantation, 431 Biscay Road in Damariscotta. At the pumpkin seedling giveaway, people can also pick up a free butternut squash seedling courtesy of the Damariscotta Farmers' Market. The Farmers' Market will be collecting squash at Pumpkinfest to donate to a local food pantry. Those picking up pumpkin plantlets should bring a bucket to collect their free gallons of compost. Togus the Cat, "Storm Center" mascot of the WCSH-6 and WLBZ-2 Morning Report, will be appearing at the Give-Away from 11 a.m. to 1 p.m.

Togus grew the largest pumpkin among the "volunteer growers" with help from his human "dad," TV journalist Don Carrigan, in 2009. Pictured (left to right) are Bill Clark, Togus, Donna Carrigan and Buzz Pinkham.



PHOTO BY PHYLLIS GUSS

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Antiques Show & Sale, Plant Sale and Luncheon in Bristol May 25

Eight dealers will be showing and selling antiques.

The Women's Circle of the Congregational Church of Bristol will hold an Antiques Show and Sale, Plant Sale and Luncheon on Wednesday, May 25, from 11 a.m. to 4 p.m., in the church's Fellowship Hall.

The Women's Circle has assembled a group of Maine dealers who will show their antiques, including Eleanor and Steve Alley of East Boothbay, Mary Ann Betke of Damariscotta, Beverley Reynolds of Bath, Verna and Elwin Scott of Yarmouth, and Bristol dealers Paula Foster, Carol and Peter Stark and Bette Zwicker.



The plant sale is presented by Marsh River Farms, the growers and designers responsible for many local gardens, including the landscaping surrounding the church's new Parish House.

Circle members will be serving a luncheon from 11:30 a.m. to 1:30 p.m.

All activities will be under cover unless the weather permits activities to spill onto the church grounds.

Depot Street Co-op Seeks New Members

Depot Street Co-op, a small nonprofit buying club in Waldoboro, has room for a few new members. Participants receive a substantial discount on all items and have the option of buying food and dry goods in bulk.

Depot Street Co-op is a volunteer operation.

The co-op orders monthly from United Natural Foods, and there is no minimum order requirement for participants. Orders are delivered to the Feylers Corner Community Club, just off Route 220 north of Moody's Diner. For more information, call Ellen Harrison at 785-5134, or email her at ellen @midcoast.com.

Rockland Farmers' Market Opens Today

Rockland Farmers' Market opens for the season today, Thursday, May 19, from 9 a.m. to 12:30 p.m. at Harbor Park in Rockland, where there is ample parking. Local growers will be offering tender precocious spring produce. Vendors offer goods from pickles to preserves, fresh spring fiddleheads to locally raised meats, cheese and eggs, and all-natural products such as soaps and yarn. Shoppers can find a variety of seedlings to plant in their own gardens or join a CSA for a full share of seasonal produce.

This year's Farmers' Market features several new vendors, including Homebrewed Soaps; Hamilton Family Farm, featuring pasta, pesto and hummus; Uproot Pie Company (pizzas) and Treble Ridge Farm with sausage, organic grains and more. There will be special events throughout the season, including live music, carriage rides and demonstrations. More information is available at www.rocklandfarmersmarket.org, by email at info@rocklandfarmersmarket.org, or by calling Ruth at 594-8644.

Aldermere Flora: More Than Meet the Eye

The public is invited to join Maine Coast Heritage Trust regional steward and botanist Amanda Devine for a botanical foray on Sunday, May 22, at 3 p.m. at Aldermere Farm in Rockport. Devine will reveal the secret lives of plants as participants stroll through a seemingly innocent cedar forest, where chemical warfare, fast-and-loose genetic exchanges and ceaseless squabbling for resources are just the beginning.

Participants should be prepared to be outside and on foot, so sturdy footwear and weather-appropriate clothing are a must. Bring a hand lens, if you have one.

Call the Aldermere Farm office at 236-2739 or email adorsky@mcht.org to register for the free program.

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Camden's Arbor Day Observance to Be Held Sunday at Riverwalk

Camden's annual Arbor Day program will take place at the Megunticook Riverwalk property on outer Washington Street at 1 p.m. on Sunday, May 22, rain or shine. This will be the town's 17th Arbor Day observance since the tradition was revived in 1995.

Arborist Richard Schneller of Rockland will speak on "Growing Native Trees from Seed." Schneller's native tree collection represents seeds collected throughout Maine, including, in Portland, tulip trees; Newcastle, white oaks; Rockport, Stewartias; Camden and Lincolnville, hop hornbeams; and Belfast, golden rain trees. Schneller experiments to discover the ideal growing techniques for each species. "I have a fascination for growing things and observing nature," he says. "It's a challenge to see if I can get things to grow." Once the potted trees in his seedling nursery reach transplant size, he searches for suitable homes and gives them away.

After Schneller's remarks, Camden Conservation Commission vice chair and arborist Douglas N. Johnson will lead a guided walk along the Megunticook Riverwalk trail and describe the work done during the summer and fall of 2010 by the Megunticook Riverwalk Coalition and volunteers to remove invasive (nonnative) trees and shrubs from

the river area. Native trees and shrubs are being planted to replace the invasives.

On Sunday, two red osier dogwoods donated by Treekeepers LLC and three hop hornbeams donated by Schneller will be planted. Schneller gathered the hop hornbeam seeds in 2006 from several trees growing in the woods along the northwest shore of Megunticook Lake in Lincolnville. Volunteer tree planters should bring gloves and sturdy shoes; shovels will be provided. The proper technique for planting trees and shrubs will be demonstrated.

The Megunticook Riverwalk is a .77-acre property adjoining the Megunticook River that was set aside by the voters in November 2008 to be permanently owned by the Town of Camden so the public could enjoy and walk along the river. On May 1, 2009, it was further protected with a conservation easement deeded to Coastal Mountains Land Trust. The Megunticook Riverwalk Coalition was formed in 2010 to oversee development of a public trail beside the river.

The Camden Conservation Commission serves as Camden's official Tree Board. For more information, contact Camden's Tree City USA and Arbor Day coordinator Nancy Caudle-Johnson at 236-6855.

Plant with Care, Says CMP

During Arbor Week, May 16 to 20, Central Maine Power Company (CMP) plans to distribute 6,000 seedlings to schools, community organizations, and Maine's Project Canopy.

Wes Davis, head of vegetation management for CMP, says, "As an arborist, I know the best way to have healthy trees and reliable service is by choosing the right trees for your location." Proper selection and placement of trees that will be near overhead power lines can eliminate potential hazards. CMP encourages people who would like to plant a tree in observance of Arbor Week to plan

before planting and offers the following tips:

- Trees like white pine, maple, ash, fir, and spruce that will be 60 feet or taller when mature should be planted no closer than 60 feet from the nearest power line.
- Trees like crabapple, juniper, and dogwood that will be no more than 20 feet tall at maturity may be planted as close as 15 feet from the power line.
- Avoid planting trees directly underneath power lines. If plantings must go beneath lines, consider shrubs such as common lilac and burning bush or dwarf trees that will not grow up into the lines.

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The first of my purple asparagus began poking their dark noses through the soil last week. I've waited a long time to say hello to this first crop: one season to plant, then a second season when a few spindly spears emerged and were left to become a forest of fine foliage that nourished the plants for the coming year. But this year, almost overnight, the deep purple-brown stalks lengthened until I decreed that two of them, having reached seven inches in height, were ready to be harvested.

This may seem a pitifully small amount, but I couldn't wait any longer. En route to the asparagus beds I foraged in other unplanted beds. There were onions, missed in last year's harvesting, that had sent up new scallion-like shoots, and a few garlics must have dropped little bulblets, a dozen or so of them now ready for pulling, to be eaten green tops and all. A bed of mache was filling with second-season rosettes, many large enough to harvest, and of course there were dandelions everywhere free for the taking. So my two lone asparagus joined the onions, garlic and coarsely chopped dandelions to make a wonderful early spring (and entirely local) stir fry, served over rice (not yet local), followed by a mache salad.

The asparagus bits were wonderful, tender and full of flavor, but I ate them with a splash of sorrow as well as ginger tamari because I am moving to Vinalhaven, saying goodbye to yet another garden, this one with the hallmarks of establishment: asparagus, strawberries, rhubarb, and perennial flower beds. Many of my perennials can be divided and will make the trip on the ferry to yet another growing space. The long-stemmed red primroses from my mother's Cape Cod garden, lily of the valley taken from around the roots of a fallen tree on the day of my daughter's graduation from Mount Holyoke and now spreading under a front yard maple, the small shrub rose from the burial spot of a beloved dog, iris from my friend's grandmother — all will come along in pots and serve to make us feel more at home in unfamiliar surroundings.

The new garden spot looks promising; a bit wet, but there seems to be a decent layer of topsoil and there are no nearby trees, so it receives sun all day. An in-town lot, there is a generous but limited amount of garden space, and I wonder if it's worth it to plant asparagus again. While eating spears that are just minutes from the garden is a treat, there's a lot of biomass to deal with for what yields, at the most, a few pounds of spears each year from about 18 plants. Then the forest of ferny trees grows up and flops around, remaining a messy problem for the rest of the summer. It's a situation similar to peas: bushels of vines, lots of pods

and all for only a bowl full or two of the precious fruits. It boggles my mind that there is someplace on earth with enough acreage to grow all those bags of frozen peas or bunches of asparagus that appear in the supermarket.

So the jury is out on the future of island-grown asparagus, but for another week I'll enjoy my first and last crop from my present garden. My second picking yielded about a dozen spears, and there is double that amount coming along, plenty to make asparagus risotto, my favorite way to make a small amount of the vegetable feed a number of eaters. The best thing about using asparagus for risotto is that you can cut off the tough ends, cover them with water and boil them, then use that stock to boost the intensity of the asparagus flavor in the finished dish. Here's a basic recipe:



by Georgeanne Davis

Hello and Goodbye

Asparagus Risotto

- 1 pound asparagus, trimmed and cut into one-inch-long pieces, trimmings reserved for stock
- 4 cups chicken or vegetable stock
- 2 cups asparagus liquid
- 2 tablespoons olive oil
- 3 tablespoons butter
- 1 medium onion, finely diced
- 1½ cups Arborio rice
- ½ cup dry white wine
- salt to taste
- ½ cup grated Parmesan

Cover asparagus trimmings with two cups water, bring to a boil and simmer until tender, then discard trimmings and reserve the cooking liquid. Bring a second pot of water to a boil, add half the asparagus stalks and cook until soft, about 5 minutes. Rinse under cold water, then place in a food processor and add enough reserved asparagus stock to allow the machine to puree until smooth. Set aside.

Put chicken and asparagus stock in a medium saucepan and keep warm over low heat. Place oil and one tablespoon butter in a deep, heavy skillet over medium heat, add onion and cook, stirring occasionally for five minutes. Add rice and cook, stirring occasionally, until it is glossy, about three minutes, then add white wine, stir, and let liquid bubble away. Add warmed stock, ½ cup or so at a time, stirring occasionally. Each time stock has just about evaporated, add more. After about 15 minutes, add remaining asparagus pieces and tips, continuing to add stock when necessary. When rice is tender but still has a bit of crunch, stir in ½ cup asparagus puree. Remove skillet from heat, add remaining butter and stir briskly. Add Parmesan and salt, stir well again and serve immediately.

Broad Bay Plant Sale May 28

Pots of bargain perennials — from astilbes to hostas to phlox — and six-packs of annuals, both flower and vegetable, will greet buyers at this year's Broad Bay Congregational UCC plant sale on Saturday, May 28. The plant sale, as well as a bake sale and breakfast cafe, will run from 8 a.m. to noon at the church, 941 Main Street in Waldoboro.

Perennials will be grouped alphabetically by their common name, with separate sections for groundcovers/wildflow-

ers, hostas and daylilies. Annuals are grouped together, and a separate section holds herbs. New this year will be a table on which customers can "park" their selections while continuing to shop.

A large selection of hostas will be offered, and a variety of hanging baskets will be available. The vegetable section will once again offer three varieties of tomatoes in six-packs, along with many other vegetables. Also for sale will be plant-related books, and compost from the Black Dirt Guy of Friendship. The sale always includes a small selection of bushes and trees, and herb seekers will find a good selection of both perennials and annuals.

The bake sale table will offer brownies, cupcakes, pies, brown bread and other goodies. Muffins, coffee, tea and juice will be available at the breakfast cafe.



Caleb Reed holds a "Beauty of Livermore" oriental poppy, which was later potted up by Pat March (right).

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ART ON THE COAST



Maine Media College Professional Certificate film students Sabrina Garnett (left, of South Freeport) and Tejasvi Bhalla (at camera, of Pune, India) prepare to shoot a scene in downtown Camden.

Maine Media College Grads to Show Still and Moving Images

Students in the Maine Media College Professional Certificate Program will celebrate their graduation on Thursday, May 26, with public film screenings, a photography exhibition and artists' reception in Rockport village from 5 to 8 p.m. The exhibition will run through Friday, May 27.

Film screenings will take place in the Union Hall Theatre (2 Central Street, Rockport, second floor) from 5 to 6:30 p.m. Filmmakers Tejasvi Bhalla, Helena Cerovic, Cole Christine and Sabrina Garnett will show their work. Student films feature a number of area actors, including Tod Widdecombe of South

Thomaston, Scott Anthony Smith from Brooks, Stephanie McAllister of Washington, and Tim Sullivan from Rockland.

The photography exhibition and reception follow immediately after the films, just up the street at Maine Media Gallery (18 Central Street), from 6:30 to 8 p.m. Students Ruth Dudley-Carr, Lottie Hedley, Susan Landmann, Kim Miller and Jenny Sinclair will show prints that are the culmination of their photographic study in Maine.

For more information, visit www.maine-media.edu, email info@mainemedia.edu, or call 877-577-7700.

Wyeth Conservator to Give Lecture on Egg Tempera May 25

On Wednesday, May 25, as part of the Farnsworth Art Museum's Achieving American Art lecture series, Joyce Hill Stoner, professor of Material Culture at the University of Delaware, will give a lecture entitled "The Message Is the Medium" at the Strand Theatre in Rockland at 5:30 p.m.

Stoner will discuss Andrew Wyeth's use of egg tempera and his descriptions of the medium as "dusty" and "lonely" and associated with "mummies and dead flies." She was Wyeth's conservator for the last 12 years of his life and often discussed with him his paint-

ing techniques and his intentions for the final appearance of his paintings. Wyeth consulted regularly with Stoner on her treatments of his works, and he painted her portrait in 1999.

The lecture is the fourth in a six-part series titled "Andrew Wyeth and Post-World War II Art," examining Wyeth's art, particularly in the years that he worked at the Olson House in Cushing, in the broader context of American art.

This year's Achieving American Art series leads up to the Farnsworth's summer exhibition, "Andrew Wyeth, Christina's World and the Olson House," which opens on Saturday, June 11, and will run at the museum's Wyeth Center through October 30. The lectures are being held every Wednesday through June 8 at the Strand Theatre at 5:30 p.m. For individual lectures, tickets are available with no reservations at the door; they are \$12 for members and \$15 for non-members. Full-time students and teachers are admitted free; reservations are required. For more information, call the Farnsworth Education Department at 596-0949.



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Gen. Knox Museum Sponsors Trip to Boston Museum of Fine Arts

General Henry Knox Museum in Thomaston will sponsor a day trip to the Museum of Fine Arts in Boston on Monday, June 20, to view the "Embroideries of Colonial Boston" exhibit and Henry Knox's portrait by Gilbert Stuart in the "New Nation" exhibit, as part of a complete guided tour of the new Art of the Americas wing. Cost is \$100 and includes round-trip travel via Downeaster Rail from Portland to Boston, subway transfers and museum admission. Education coordinator Sophia Mendoza will host the trip. Everyone is welcome, though registration is limited to 15 people and must be received no later than Monday, May 23.

According to exhibit promotion materials,

the "Embroideries of Colonial Boston" exhibit displays "the charm and craftsmanship of the Adam and Eve samplers, pastoral pictures with leaping stags and galloping hunters, as well as crewelwork bed hangings and delicately embroidered baby caps (that) bring to mind a warm domesticity; however, as a group they also reveal much about the lives of Boston women and their role within colonial society."

A variety of dining options are available at the Boston museum for a leisurely lunch and reflection on the exhibit with fellow travelers. For further information and to sign up for the trip, call 354-8062 or e-mail info@knox-museum.org.

Artists Invited to Participate in Arts at the Old Town House

The Jefferson Historical Society is extending its first call to area artists, authors and fine craftspeople who may want to participate in the annual Arts at the Old Town House exhibit and sale, scheduled for Saturday, July 9, from 9:30 a.m. to 3:30 p.m. at the historic old building, which is currently in the final stages of the third phase of restoration and rehabilitation as a local history center. The historical society has dedicated significant funds and efforts for over

10 years to the building project. Arts at the Old Town House is an opportunity for artists to showcase and sell their work and help support the restoration and maintenance project with a portion of their day's profits. Last year artists working in oils, pastels, watercolors, jewelry, stained glass, sea glass, wood, fabric, fashion, photography, sculpture, anime and much more participated. Artists interested in participating are asked to call 549-5258 for more information.

Bristol Filmmaker Awarded Jane Morrison Film Fellowship

Sally Levi of Bristol is the 2011 recipient of the Jane Morrison Film Fellowship, awarded by the Maine Community Foundation.

A graduate of the Art Center College of Design in Pasadena, California, Levi has taught at Maine Media Workshops in Rockport since 2008 and was director of its film program in 2010. She has served as writer, director and/or producer on a number of documentary films, including "Killer Subs in Pearl Harbor" for PBS/Nova in 2009 and "Design Revolution," sponsored by MIT in 2010.

Levi will use the Morrison fellowship to finish a master's degree at the Film and Media Producing program at Lund Univer-

sity in Sweden.

The Maine Arts Commission (MAC) manages the review process for the Morrison Memorial Film Fund, which was established in 1988 in memory of filmmaker Jane Morrison. Previous winners include Amy Brown, Joseph Brunette, Lance Edmands, Nikolai Fox, and Cecily Pingree.

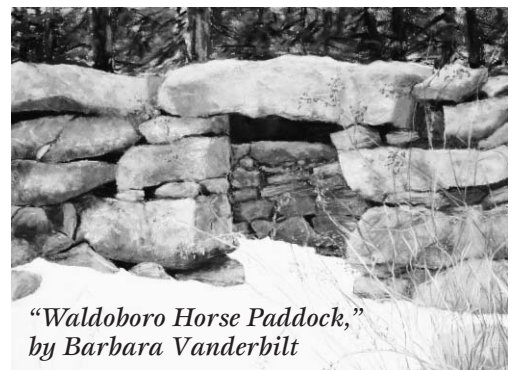
Applications for next year's fellowship(s) must be postmarked by January 14, 2012. For guidelines, go to www.mainearts.maine.gov. Each applicant must speak with Kerstin Gilg, media arts and performing arts associate at MAC, at 287-2726, before applying. Preference is given, but not restricted, to Maine residents.

Opening Reception at Downtown Gallery May 27

The Downtown Gallery in Washington opens its season with a reception on Friday, May 27, from 5 to 8 p.m. for a show featuring the Medomak Trail, with paintings, fabric, found-object collages, pastels and drypoints.

The old Medomak Trail, called "the alternate route Downeast," follows Route 220 from Waldoboro to Route 3 in Liberty and was the road the original settlers pioneered to open up the interior of the state.

The gallery has invited businesses located along the Medomak Trail to have samples of their products at the opening, including spe-



"Waldoboro Horse Paddock," by Barbara Vanderbilt

cialties from John's Ice Cream, Washington Farmers Market, Sweet Season Farm and Sweetgrass Winery.

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art current

by Britta Konau

Celebrating Robert Hamilton (1917-2004)

Robert Hamilton's paintings do not easily fit into any category. Their deceptively simple designs are accomplished abstractions. However, their figurative content and style places them somewhere between the symbolic wistfulness of Odilon Redon (1840-1916) and the complex humor of Chicago Imagists like Jim Nutt (b. 1938) and Gladys Nilsson (b. 1940).

In a faux naïve manner, Hamilton (1916-2004) creates colorful stages for the mind to engage with dreams, associations and memories — evocative of what we see just before falling asleep. Recurring motifs and compositional devices are portraits, figures wearing fezzes, planes and railroads, odd juxtapositions of space, and smaller images embedded in the main scene, often within circus cars. His mysterious narratives make us wonder and chuckle, yet, for all their humor, these images are also imbued with an experience of pain and even terror — a place we cannot or won't go to if given the choice.

Hamilton surely qualifies to be called "an artists' artist." Writer and curator Renny Pritikin's definition of that appellation includes that the artist is "thought of as having a high level of integrity...with no regard to outside influences like friends, trends or the marketplace," and while such an artist may not get significant critical recognition, he or she is generally very influential to students and fellow artists.

One such student and friend, Belfast painter David Estey, is behind a current flurry of activity that includes the publication of a slim volume on Hamilton's work, a two-hour program on Hamilton's work that took place last Saturday at the University of Maine Hutchinson Center in Belfast, and an upcoming exhibition of Hamilton's late paintings at the Center for Maine Contemporary Art in Rockport.

The event at the Hutchinson Center had several components and gave a good introduction to Hamilton's life and career. After remarks by Estey, the documentary on Hamilton in the "Maine Masters" series was screened. It was followed by a slide presentation by the artist's widow, Nancy Hamilton, and then a short panel discussion with Eric Hopkins, William Irvine, George Lloyd and Suzette McAvoy. The following comprises information gathered mostly at that program as well as my own impressions.

On the surface of it, Hamilton's life story seems pretty straight and narrow. He was born in Seneca Falls, New York, and graduated from Rhode Island School of Design (RISD) in 1939. He volunteered to be a fighter pilot in World War II and ended up flying 100 missions. Upon his discharge, Hamilton returned to RISD to teach for 34 years. In 1981 he and his wife relocated to what had been their summer home in Port Clyde. The tongue-in-cheek reasons given by Hamilton for moving to Maine: Firstly, it never gets too hot to paint, and secondly, you can park anywhere.

The "Maine Masters" documentary was filmed in 2001, three years before the artist's death. With white hair and beard,

he occupies a large chair and pontificates and shares his views, all the while smoking a cigar to great effect when making points. Hamilton is wearing an eye patch as well as a visor, leaving his eyes in dark shadow and hard to make out. Yet



Robert Hamilton, "Give It Up," 2001;
oil on Masonite, 16 x 16 in.

COURTESY OF NANCY HAMILTON

sometimes they flash with amusement, making contact with the camera and us. He talks about his influences, greatest among them German artist Max Beckmann (1884-1950), who also defied classification under an art historical label. Hamilton mentions how Beckmann's black outlines would bring life to the colors next to them, making them "juicy and delicious." In addition, Hamilton mentions his admiration for Philip Guston (1913-1980), with whom he was friendly, but also points out how his work differs from that of Guston and Francis Bacon (1909-1992), another artist he mentions. In Hamilton's words, both artists were "deadly serious," whereas he would welcome a joke if it turned up in his work and "cuddle up to it."

The spontaneity and improvisation of jazz also exuded a great influence on Hamilton. He describes that, as in musical improvisation, he would consciously think before and after painting, but never during. Accessing another part of the mind in this way always revealed surprises to him. Hamilton would start a painting by applying what he calls "exciting abstract expressionist junk" — layers and drips of discounted house and boat paint as well as enamel. After covering this underpainting with lamp black, he would partially wipe it off again to find the beginnings of an image. This method resulted in a combination of matte and reflective finishes and richly layered and textured surfaces. His image-defining brushstrokes are deliberate without lingering on too much detail. When losing most of his eyesight to macular degeneration, the artist found ways to accommodate the change in his field of vision and continued to paint until his death, at almost 88.

Hamilton includes a figure representing him in many of his paintings and exquisite drawings (which in my view even surpass his paintings in complexity and sophistication). His kind of expressiveness helps us to see the humorous absurdity of life. Like a good jazz musician, he is an entertainer, instigating playfulness in us as well. The bombers he flew during the war turn up in his work at first menacingly, then, much later, toy-like. The plane in "Give It Up" hovers above a green ground with a full moon looking on. It has acquired wheels that strangely look like sets of arms. The blood-spattered pilot threatens a much smaller man to give it up. Give what up? Courage? Passion? Life? Hamilton's answer seems to be clear: Never!

"Robert Hamilton — The Last Paintings" opens Saturday, May 28, and runs through July 12 at the Center for Maine Contemporary Art in Rockport.

art current is a biweekly column written by Britta Konau. She can be reached at curatorbk@gmail.com.

ART ON THE COAST

Work by MVHS Photography Students at Waldoboro Library

An exhibit of work by second- and third-year photography students at Medomak Valley High School is on view at the Waldoboro Public Library during May. The students learn the full range of the traditional black-and-white photographic process (the use of a 35mm camera and medium- and large-format cameras, developing the film, printing the positive image, and cropping and mounting the finished photograph) as well as digital imaging. They have studied the history of photography and the work of past and present photographers, and they have experimented with a wide range of printing techniques and materials. According to their instructor, Ken

Martin, their assignments have ranged from studio portraits to sports photos, to land-



"Breakwater — Rockland, ME" by Wyatt Porter

scapes and still-life, and many of the students have contributed to the yearbook and to local papers. "The images they have created are a combination of their new command of the technology and their own artistic vision," Martin says.

Downtown Artists Showing at Midcoast Venues

— The partners of the Downtown Gallery in Washington are currently exhibiting their works as guests of two other area venues: The Corridor Gallery at Waterfall Arts in Belfast and the Common Grounds Café in Union. The show runs until the end of June at Waterfall Arts, 256 High Street, in Belfast. Common Grounds Café, on the Common in Union, will have the work up through Labor Day. Pictured is an oil painting by Carol Sloane.



ART ON THE COAST

Stable Gallery Opens with "Transitions & Perceptions"

Stable Gallery, at 26 Water Street in Damariscotta, opens for its sixth season on Friday, May 20, with an opening reception for "Transitions and Perceptions" from 5 to 7 p.m. There will be refreshments, conversation and the bluesy sounds of Dave Mello and Kevin James.

Featured in the show are Penelope Moody's acrylic paintings, Guy Marsden's light box paintings and sleek linear furniture, Hilary Bartlett's translucent and reflective ink paintings on paper, Natalie Gardner's ceramic functional ware, oil paintings by Priscilla McCandless, computer-manipulated images by Petrea Noyes, and Caroline Clare Davis's glittered and reflective rockscapes and "curiosity boxes" and jewelry made from vintage books.

Stable Gallery is open daily from 10 a.m. to 5 p.m. For more details, call 563-1991 or go to www.stablegallery-maine.com.



"Baby It's Cold Outside," by Priscilla McCandless

Gwen Sylvester's "The Mussel Eaters" Wins Best in Show

Gwen Sylvester of Rockland won the "Best in Show" award for her acrylic painting "The Mussel Eaters" at the Kennebec Valley Art Association's annual juried art show at the Harlow Gallery in Hallowell. Sylvester won a cash prize of \$500, contributed by sponsor Kennebec Savings Bank. The show, now in its 16th year, draws artists from all over the state of Maine.



This year's jurors were Véronique Plesch and Margaret Libby, both professors in the art department at Colby College. The show is on view at the Harlow Gallery, located at 160 Water Street in Hallowell, through Saturday, May 28.

The show is on view at the Harlow Gallery, located at 160 Water Street in Hallowell, through Saturday, May 28.

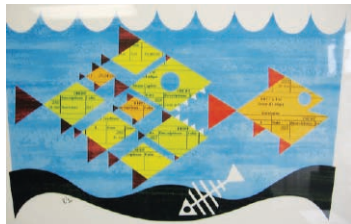
Rockland Church Opens Sanctuary Gallery with Phil Anderson Art

Rockland Congregational Church opens its sanctuary art gallery on Friday, May 20, with a reception from 5 to 7 p.m. featuring the work of graphic artist Phil Anderson. The public is invited to meet Anderson at the reception and to view his work. Music will be provided by Sue Pedretti, pianist.

Anderson studied illustration at the New York School of Visual Arts in 1974. Twenty-two years later, he received a BFA from the University of Maine in Thomaston.

Anderson's gouache and cut-paper illustrations have appeared in many national publications, including Business Week, The Atlantic, Outside, and the New York Times.

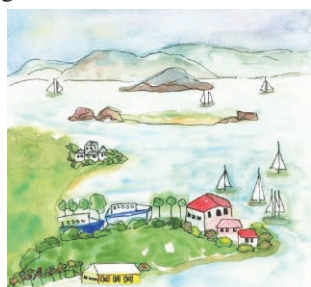
Rockland Congregational Church is located at 180 Limerock Street at the corner of Highland Avenue.



"Gobbling Up Small Fry," 2010, by Phil Anderson

Winding Way Gallery Opens for Season

Winding Way Watercolors Art Gallery in Rockland will open for the season on Saturday, May 21, with a show of pen-and-ink watercolor paintings done by Anne McMath in the Virgin Islands this past winter and florals and landscapes by Kathy Lane. The gallery, which features watercolors of local lighthouses, Maine scenes and animals, is located at 6 North Main Street and shares a parking lot with Wassess Hot Dogs. For more information, visit www.windingwaywatercolors.org or call 542-5540. Pictured here is "View Over Cruz Bay" by McMath.



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LETTERS OPINIONS

Edgecomb Bake Sale Raised Funds for Relief Efforts in Alabama, Mississippi, Japan—

The Edgecomb Congregational Church thanks all in the communities of Edgecomb, Boothbay Harbor, Boothbay, Wiscasset and beyond who participated in the April 30th Bake Sale supporting Church World Service's relief efforts in tornado-ravaged Alabama and Mississippi and in earthquake/tsunami-stricken Japan. We also thank Ames True Value in Wiscasset for providing space and support for this fund-raising effort.

Buyers were tempted with delicious delicacies donated by bakers from surrounding communities. Many passers-by, while not tempted by the treat-laden tables, dug into their pockets to contribute to the donation jar. All funds raised go to Church World Service programs to provide immediate help to the devastated areas.

Even while stretching their dollars to prepare for spring gardens and projects, people found in their hearts and pockets something to give to others less fortunate. Thanks to this great community for its generosity.

Thanks to all who made this a success.

Kitty Norton for the Mission Committee
Edgecomb Congregational Church

A Cake Walk Thank-You—

The Camden-Rockport Historical Society and the Camden Cake Walk Committee would like to extend a heartfelt thank you to everyone in the community who made Saturday's Camden Cake Walk such a tremendous success. The event drew large numbers from the midcoast area as well as guests from away. The money raised from this event will help support educational programs at the historical society complex on the Camden-Rockport town line.

Thank you to the following innkeepers: Kipp Wright and Beth O'Connor at Abigail's Inn, Anita Zeno at the Belmont Inn, Cyndi and Jim Ostrowski at The Blackberry Inn, Claudio and Roberta Latanza at Camden Maine Stay Inn, Michael Salmon and Mary Jo Brink at Hartstone Inn, Maryanne Shanahan and Bill Amidon at the Hawthorn Inn, Norm and Linda Henthorn at Captain Swift Inn, Terry and Annette Hazzard at Blue Harbor House Inn and Marianne and Stuart Smith at the Lord Camden Inn and The Grand Harbor Inn. These innkeepers were kind enough to open their doors to visitors while providing delicious cakes for sampling. Much appreciation also goes to Ruthie and Annie at the Blackberry Inn and Erick Anderson of the Lord Camden Inn and The Grand Harbor Inn.

Thank you also to the following local businesses for their generous support: Camden-Rockport-Lincolnville Chamber of Commerce, Dot's, Elm Street Printing, HAV II, Landmark Corporation Surveyors & Engineers, The Market Basket, Once A Tree, Village Soup and Melissa Sweet for her beautiful artwork.

Nancy Ingraham
President, Camden-Rockport Historical Society

Sponsors Sought—

Hi, my name is Skylar. I am 10 years old, live in South Thomaston, Maine, attend Owls Head Central School and I am on the Honor Roll.

On May 1, 2011, I auditioned in Portland for *The*, pronounced "tey," a talent organization for children ages 6 to 18. Hundreds of children from New England auditioned and only a handful of kids were selected. Surprisingly, I was one of the lucky ones to get a callback. The event is held at Disney in Orlando, Florida. The experience alone will be something I will never forget and always treasure.

It is going to be an expensive journey and I will need sponsors to help me. I will be opening a savings account at Five County Credit Union and all donations from my sponsors may make direct payment to this account. My goal is to raise \$5,000. There was an entrance fee of \$1,950 for two showcase events of either actor or model or vocalist and mandatory parent pass for minors of \$895 for the weekly events. Airfare, motel and meals are not included. I will be doing a comedic monologue. I would appreciate anything you could give to sponsor me. This is a week-long event with a busy schedule which includes professional orientations, industry seminars, celebrity packed awards show, dance party, talent showcasing opportunities with dozens of agents, managers, record labels and casting directors and a chance to win a share of cash and prizes valued at over \$50,000. This event is being held July 4 to 10, 2011.

Please contact my mom, Katina Kaler at 594-7809, if you are able to sponsor me and she will give you the information on sending our donations to FCCU. For further information on *The*, please go online and check it out at www.julytheevent.com. Thank you.

Skylar Kaler-Wall
South Thomaston

Getting Ready for the Camden 4th of July—

Can you believe that the Fourth of July holiday is only eight weeks away? For the 2011 celebrations, Camden will become America's music village once again on Sunday, July 3, with the Camden Rotary Club's "Music by the Sea" presenting three different ensembles performing a wide range of American music; a free public concert with classic Motown act Junior Walker's All Stars presented by Bay Chamber Concerts in Harbor Park at 8:30 p.m.; and a spectacular fireworks display above the most beautiful harbor in Maine.

Last year's concerts and fireworks exceeded all expectations, with thousands of people jamming downtown Camden on the promise of great music and a beautiful fireworks display. This year we expect even greater numbers to join us for a wonderful evening of entertainment, so stake out your picnic blanket in the park nice and early.

In order to stage the Junior Walker concert and the fireworks we need to raise funds from the community. To that end, the CRL Chamber of Commerce and Bay Chamber Concerts are seeking the support of all of you reading this to ensure a great evening for the midcoast. Let's show off our vaunted community spirit and pride in our region by working together to celebrate our nation's independence. Indeed, let's show off our own independence and pitch in for our own party rather than depend on others to pay for these things for us!

If you remember how perfect last year was, with the day-long music, stunning weather, enormous crowd, and incredible fireworks all combining for a magical weekend, then we'd like to call on your support and generosity to recreate the magic this year. If you'd like to help support Independence Day celebrations and contribute towards the cost of the concert and the fireworks, please send a check to the CRL Chamber at P.O. Box 919, Camden, ME 04843 or Bay Chamber Concerts at P.O. Box 599, Rockport, ME 04856, marked "Festival of Independence." No contribution is too small.

Thank you,

Dan Bookham
Executive Director, CRL Chamber of Commerce
Monica Kelly
Executive Director, Bay Chamber Concerts

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).

Thank-you's from WRFR—

WRFR would like to thank the following businesses and individuals for making WRFR's third annual fashion show and silent auction a success.

Thank you to the ladies of Heavenly Threads — Helen Kuhl, Jean Cox and Melissa Chapman — for assembling another classy collection of vintage and contemporary clothing for the runway. Thank you, Sierra, Johanna and Dee of Grasshopper Shop for lending your cute clothes, shoes and accessories for the evening since 2009! Thank you to Cynthia McGuirl of Dancing Blanket for bringing your artistic touch to the stage and for the beautiful purses for the auction. Thank you, Orlando Johnson for bringing your unique designs for a second year and for your support and enthusiasm for the show. Thank you, Gianna Short and Nicole Marie Fuller of See Line Apparel for joining us for the first time this year.

Thank you to all of the models: Clio Berta, Devin Fletcher, Katrina Schirrielle, Heather Steeves, Coretta Cooper, Eleanor Greer, Willow Hall, Julia Holt, Hester Khol, Kit Macchi, Gilliad Munden, Sierra Pettee, Leah Simmons and Kathleen Starrs. Thank you, JoAnne Bailey of Guys and Dolls and Maxine Buretta for the beautifully done hair and makeup.

Thank you, Bonnie Farmer Photography for the excellent photos and Craig Mathieson of Maine Coast TV for filming the event.

Thank you, Joelle Albury and Holly House for keeping things together backstage. Thank you, Ronald Van Heeswig for assembling the unbreakable catwalk and co-hosting the event. Thank you, Seth for joining the stage crew! Thank you, Tom Albury for lights and sound. Thank you, Gale Albury for manning the food and Carol Anne Pretzel for taking tickets (and the inspiration for "Right Said Fred"!). Thank you, David Bragdon for rocking the runway and Clio and Hanna Berta for the beautiful music.

Thank you, Barry Pretzel and Kyle Swan for the first successful LIVE broadcast of the Fashion Show! Thank you, Jewett Universal Media Productions for editing the television ad.

Thank you, Ananur Forma, Jo Lindsay and Joe Steinberg-

Riding the Rails—

On Sunday, May 8th, Mother's Day, my wife and I decided to take the special excursion train in celebration of the day to Bath and return on the Maine Eastern RR. It was fun for both of us.

This was the first time either of us have taken the train from Rockland. It is well worth the effort and a good way to spend a few hours. The road bed — if you haven't done it, yourselves — curves and curls between ponds, streams, marsh and hills with rock outcropping, winding through intense forest areas of mixed hardwoods, pine, balsam and spruce, with an occasional hemlock or two. We were fortunate as the earlier cloud cover dissipated in favor of sun and occasional clouds. At this time of year the leaves are only now beginning to come out so the forests are full of bare trunks and limbs. You get a larger impression of the rocks, hills and ridges and you can see how dense this growth is. Of course there are a terribly large number of dead and fallen trees, as well. It has all been timbered over at least two times but now it reflects an unkempt and mostly dense compaction of recent (50- to 75-year) growth.

As you may know, Maine Eastern runs these excursion trains periodically, except, beginning about May 28th, they plan to have regular daily passenger service Wednesday through Sunday between Rockland and Brunswick. In 2012, it is expected that the tracks and facilities allowing for two Amtrak trains a day will be extended to Brunswick with the probability for a passenger walk-over connection to the Maine Eastern trains.

The Maine Eastern rolling equipment of three passenger cars is excellent, comfortable, broad windows for viewing.

So much for our day that did include a walk to the Black Barnacle Pub in Bath to have a draft of Export and a pretty good hamburger. We encourage anyone with a few hours to spare to take one of these excursion runs just to relax and enjoy our Maine world as it passes by.

Dave Hoy
Camden

Open Letter to Roxanne Quimby—

Dear Roxanne:

Thank you for proposing a new Maine Woods National Park. It is brilliant of you to split your land into two sectors: one for those who hunt, fish, trap and snowmobile, and one for those of us who do not hunt, fish, trap and snowmobile.

Finally, someone with a fair outlook for all citizens of Maine.

Jackie Freitas
Friendship



PHOTO COURTESY BONNIE FARMER PHOTOGRAPHY

er for your continued support. Thank you, Angela Anderson Pomerleau welcoming us at the LSC for a third year.

Thank you, Kim Hynd for the decadent truffles, and Cynthia Motian McGuirl and Debbie Loffer for delicious hors d'oeuvres. Thank you, Amato's for the pasta, Sweets & Meats and the Brown Bag for the pastries and cookies, and State of Maine Cheese for the cheese!

Thank you, TEA printers for the posters, flyers, and tickets. Thank you, Village Soup for the extra advertisement, Holly Vanorse for The Scene article and the editors of The Free Press for supporting our press campaign.

Thank you, Jim Loffer for putting together another successful silent auction and all the businesses and individuals who contributed to the auction: four TWELVE, Glendaragh Lavender The Fragrance Farm, Heavenly Threads, Mind Body Nutrition, Holly Noonan, Rankin's Hardware and Building Supply, Simply Yoga, Gail Ribbeck, Christine Murphy, Willow Hall, Yoga With Rachel Nixon, Ananur Forma, Jonathan Frost Custom Framing, Dancing Blanket, Polly Fink, Small Wonder Framing, Archipelago, The Leather Bench, Camden Bagel Café, Waterfront Restaurant, Jim Loffer, Woodsound Studio, Owl and Turtle Bookshop, and the Strand Theatre.

Thank you all. Without your support we couldn't have done this for a third year!

Rachel and Joelle Albury
(aka. Jo and Cheech)

Harness the Wind—

A reader asks: "I was for wind farms but these mountain top chains are wrong. Why can't they find a place in Maine that utilizes old abandoned fields?"

This is an excellent question.

Check on line for "U.S. wind resources organized by wind classifications at an elevation of 50 meters." Wind quality varies with geography, and you can find maps that will answer your question.

The text I have is Energy For Sustainability (2008), Randolph and Masters, and if there is a more up-to-date or more accurate book on sustainable energy, perhaps someone will tell us what it is.

Our knowledge of how to best harness the wind is increasing daily and here we have learned that bigger is better — or more efficient. Now we are told that the hub on these huge machines is at a height of 80 meters. We read that wind farms in North Dakota or Texas alone could supply more than one third of our national demand, but then there is the problem of sending the power to where it is needed.

In an ideal world, each home would have its own solar/wind power unit. If you have been in Europe lately you might have seen substantial wind turbines in a farmer's back yard. He generates all the power he needs and sells the rest.

It is understandable that the oil and coal industries will continue to spend millions denigrating renewable energy. It will be many years before the U.S. catches up with many progressive parts of the world, only because most people in the U.S. will never discover that we are behind.

Robert Skoglund

The humble Farmer, St. George

Anyone who would like to see the solar hot water heaters that I made with my own hands, and the panels that generate electricity, is welcome to stop in anytime. Many don't understand that these are two separate units — one heats hot water — the other one generates electricity.

Dark Ages of Maine Politics—

If the lack of detailed press coverage and rush to pass, without examination by the Maine Board of Insurance, LD 1333, the insurance company bill sponsored by the Republicans, is what passes for the transparency that Gov. LePage promised while campaigning, then we have truly entered the dark ages of Maine politics.

This has resulted in some late nights for the Senate, causing me to believe it won't stand the light of day. It has culminated in the resignation of the head of the appropriations committee which will soon be debating the Governor's budget, which I'm afraid will make the insurance debate seem like a tempest in a teacup if the GOP uses the same slapdash approach and disrespect for procedure on the budget that they have with insurance reform — just reading the tea leaves and pushing it through without examination or public comment.

The budget requires a two-thirds majority to pass.

This lack of leadership combined with insulting first the President, people of color, immigrants, artists, labor, teachers, bearded ladies (have I left anyone out?) and his willingness to put corporate interests over the environment, lowering taxes for the wealthy while shrinking the safety net of the working poor are dividing even his own party, and further hindering the bipartisan cooperation necessary to get anything accomplished in Augusta.

The Senate's contribution to the law was an amendment exempting state workers (i.e., themselves) from the \$4 to \$6 tax on all policies which would subsidize the high-risk pool, although it's mere speculation if that will raise enough to cover the increased cost. What the law does do is effectively remove the liabilities the insurance companies assumed when they wrote existing policies in the first place.

A legislator in Maine serves about 10 months in a two-year term. After 26 months of service in five years, they are eligible for health insurance for life and a "small" pension. Granted it's not an easy job, and many never make it past a term or two, but that's not a bad retirement plan for a part-time job. I think it's time for us to give some of them an early retirement and for the Governor to go play golf in Florida or go back to discount retail and Waterville city hall before he does any further damage. I learned about the retirement plan from Rep. Beth O'Conner who was being interviewed on "Maine Watch" on MPBN. No wonder they want to cut the funding for public broadcasting in LD 1.

Chris Elliott, Waldoboro

Waldo County Triad Thank-You—

The Waldo County Triad thanks all the area businesses that contributed items to our recent auction, as well as those who participated in the auction. The income from our auction enables us to continue to provide our services to Waldo County seniors at no cost.

We are a nonprofit organization dedicated to the promotion of programs, activities, education and material that will enhance the well being of Waldo County's senior population. This is accomplished through an all-volunteer organization that merges cooperative efforts between law enforcement and citizens to promote and conduct protective, social, cultural, and educational activities for senior members of Waldo County. Thank you.

*Jeff Trafton, Belfast Chief of Police
President of Waldo County Triad*

LETTERS OPINIONS

CMLTResponse to Last Week's McLean Letter—

In her letter to the editor on May 12, 2011, Patrisha McLean raised valid concerns about the need for Coastal Mountains Land Trust to notify users of its Rheault Trail — off Molyneux Road — about the application of chemical pesticides on the private blueberry fields over which the trail passes. We agree that visitors should know when agricultural management chemicals are being applied to these fields. Though we have posted notice in prior years and at times closed the trail when agricultural management actions were taken, we did not receive notification that an application of fungicide was scheduled for early May and thus did not post notice or close the trail at that time.

We remain committed to ensuring that the Rheault Trail is properly posted so that visitors are aware of the use of chemicals on the blueberry fields. Currently, we are working with the owner of the blueberry farm to develop a farm and trail management plan that will establish management actions and confirm the procedure for providing the public with notice of such activities. Visitors to the trail in the future will find signs alerting them to any farm activities relevant to their safe enjoyment of the trail.

McLean's letter also suggests that we should require that farmland under conservation easement be managed by organic practices. We support and encourage land owners to use organic methods. On land we own and farm, such as at the Beech Hill Preserve in Rockport, we are using certified organic blueberry practices. However, we do not own the land over which the Rheault Trail passes. We hold a donated conservation easement on this farmland which allows for agriculture as long as such activities are in compliance with current best management practices issued by the University of Maine Cooperative Extension Service or the U.S. Department of Agriculture Natural Resources Conservation Service. These practices include the use of approved agricultural chemicals. As a result, under the terms of the conservation easement we hold, it is simply not within our legal rights to require organic practices on the farm. The easement conserves a broad set of public benefits beyond the farmland, including more than 70 acres of forest, several streams within the Megunticook watershed, incredible scenic views to the surrounding mountains, wildlife habitat, and public access to a beautiful place to hike.

As a final note, it is important to remember the landowner's extraordinarily generous donation of the conservation easement and trail right that was made to Coastal Mountains Land Trust in order to permanently protect and allow the public to enjoy the natural, scenic and agricultural resources of this beautiful property. Looking ahead, we will continue to honor that generosity, encourage responsible farm practices, and provide notice to users of the trail when necessary.

Ian Stewart

Stewardship Director, Coastal Mountains Land Trust

The Teacher Tax—

While Governor LePage has somewhat backed off of his attack on older teachers by adjusting his plan to cut retirement benefits, the same remains to be seen for Maine's younger teaching demographic. Stinging cuts, including a 2% deduction from teachers' paychecks to contribute to the state's General Fund (aka "the teacher tax") and raising the retirement age of younger teachers to 65, still remain.

According to teacherportal.com, Maine ranks 47th in the nation in their "teacher salary comfort score," which looks at, among other things, cost-of-living, starting salaries and average salaries. Last year, according to publicagenda.org, Maine had the lowest SAT scores in the nation.

Maine needs to attract and retain talented teachers. What is Mr. LePage's plan to do this? Apparently it is to tax them more and to have them retire later.

Matt Mazzeo, Camden

Take Only Memories, Leave the Plants Behind—

We are grateful for the care and respect this community and visitors from around the country show when visiting the Children's Chapel in Rockport. Unfortunately, several plants were stolen from the gardens last fall and it happened again this spring. We are saddened and puzzled by this. We know this behavior is not that of the majority of people who frequent the Chapel, but if the people taking the plants read this, we hope they will choose to go to one of the many plant sales in the area at this time of year. Plants are reasonably priced and it is a great way to support the organizations they are benefitting.

Thank you for your continuing support of this much-loved space. We hope folks will consider taking only memories and leave the plants for all to enjoy.

Carol Rohl

for the Vesper Hill Foundation Board of Directors

I am not a hoarder. Let's just put the matter to rest right now. A hoarder keeps everything and denies that any of it is worthless. In contrast, everything I keep has value. There's no denying that. I also have evidence that my tendency to keep things is really a genetic survival trait compounded by something I call "the curse of the creative."



*Just
Saying...*

Boxes in the Attic

by Tom Sadowski

My family claims to have deep roots in Polish royalty. Very little investigation shows I came from downtrodden peasant stock but, upon getting to America, they all felt very much like royalty, so that can explain the contradiction. Being tough peasants that managed to survive 2,000 years of plunder, sacking and pillaging from every

bordering country, they had to be resourceful. (Footnote here: Even the mild-mannered Swedes invaded Poland in the 1600s.) When my ancestors would find a stick in the woods or a rock on the road that didn't belong to the king, they kept it because "it might come in handy," as a well-known Polish idiom goes.

Those that didn't keep everything they found were sadly eliminated through a cruel lottery called "Darwin's Blade," which the invaders held every 20 years as they swept through Poland.

The scenario would play out something like this: Stephan: "Here come the invaders again, we must hide behind our sticks and if they find us, fight with our rocks."

Pavel: "But I have no sticks. My wife told me that it was either her or my stick collection. So I took all my sticks to the Salvation Army."

Stephan: "Bummer. Did you get a receipt for full value because you can deduct 10% of that off your taxes to the king, but only if you itemize and the sticks were 30% of your income?"

Pavel: "Is that adjusted gross income? Stephan! Where are you? Are you hiding already? No, no... it can't be... Darwin's Blade! AAhhhhhh..."

So as you can imagine, over 2,000 years of brutal selection, anyone who was not predisposed to keeping what may come in handy was disqualified from ever coming to America. For those of us lucky enough to get here, the genetic trait is still very much with us.

"The curse of the creative" is another powerful force making me keep things, because anyone who is creative can always imagine a use for any object no matter how trivial. This is known as "crafts." If you have ever seen a hat made from aluminum beer cans that have been flattened, punched and then knitted together with fluorescent-colored yarn at the state fair craft tent, you know what I mean. Wine corks, bottle caps, Popsicle sticks, toilet paper rolls, wire coat hangers can all be collected and turned into useful objects like automobiles and cell phone towers — with enough hot glue and glitter. It is a curse, really. It takes a lot of collecting and storage space before you have enough materials to begin building even a Smart Car.

To make matters worse, there are always two default categories to which any hoarded object can aspire. The first is fire starter or just fuel for the woodstove. Second, there is the ultimate category where any item will qualify, and that is Art. Unfortunately, when Picasso and his art buddy Braque coined "collage" as a word for gluing junk together to make art, they were giving license to legions of hoarders to keep everything. May God have mercy on their souls.

All this is background information just to help explain my boxes in the attic. Back in the 1980s when I started buying computer equipment, I learned to follow printed instructions carefully. Many of the boxes had "Do not discard this container" plainly printed on the box. I follow instructions, I am genetically predisposed to safeguard the boxes and they might come in handy if I ever have to hide in my attic from invaders. If you scoff at that, I can use them to store the wine corks I'm saving to make that collage.

So as you can plainly see, everything I save has value and I am not a hoarder.

*Tom Sadowski lives in Lincolnville.
He can be reached by e-mail
at sadowski@tidewater.net.*

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LETTERS OPINIONS

Ten Ideas for Paul LePage—

Here are 10 ideas for Paul LePage that might really help the state of Maine, if he and our Legislature aren't too busy with Whoopie Pies and deciding who can go to which bathroom.

First, clean house. Paul Violette's egregious expense account at the MTA is an egregious example of fraudulent waste. How about something more than a hearing, like prosecution? Giving this guy his pension and a wrist slap only green lights further abuse in other agencies. BTW, isn't Mr. Republican Speaker the pharmacist who bilked Medicare for a few million, then claimed "an accounting error"?

Second, can we please end the ridiculous give away of Hollywood Slots profits to the lowly harness racing industry? If the sport is so important, let it finance itself.

Third, Maine should consolidate all casinos into one — one state-owned and state-operated huge gambling park where anyone who wants to can throw their money down the drain (who cares?) — and the taxpayers of Maine can reap 100% of the profits, instead of giving away the lion's share to out-of-state businessmen and us keeping the chump change. Against the law? Change the law.

Fourth, reduce auto inspections to once every two years.

Fifth, let Maine set a national example as the first state to set up a statewide single-payer universal health care system. The solution 65% of Americans wanted from Washington in 2009 but were denied by greedy corporations insisting on their CEO's making millions while people stay sick, some die, and even people with coverage go broke paying for it. We're sick all right — sick of a rapacious system serving management and stockholders, and people third.

Sixth, Maine should completely rebuild our rail system. Sell bonds. Use the bailout money. Rail always was, and can be again, the safest, most economic, and most eco-friendly system for moving people and goods. This would draw new manufacturers here like nothing else.

Seventh, we need to pump a lot more money into education. In the long run it's kids with superior science, math, engineering and technology education who will get the great jobs of the future. We need to start turning out motivated, educated kids, not a lackluster bunch hooked on Facebook, computer games, quart bottles of soda and the iPod. Sorry Paul, a bunch of McJobs isn't going to help us.

Eighth, tax junk food. Smokers shouldn't be singled out every time Augusta wants another sin tax. A 50-cent tax on every bag of chips and soda, and a buck on fast-food burgers would fill the state coffers faster than you can say Micky D. Fight obesity — it's gross.

Ninth, legalize marijuana. People will always smoke pot, essentially harmless compared to alcohol. We've been lied to on this one. Locking people away for smoking a joint is unjust and very expensive. Legalize the weed and tax the sales if you want to evaporate Maine's financial woes.

And finally, tenth, dare you cut not a cent from public programs that assist the elderly, the poor and the sick. In a civilized society, the strong protect the weak, not prey on them. Sure, there are a few freeloaders, but probably 95% of those receiving aid desperately need it. In a nation as rich as ours, the idea of cutting public assistance is a disgrace.

Thanks for listening, my worthy state leaders. Now you can go back to sleep, head off to an expensive lunch, plan your golf holiday in Florida, or work on raising your own salaries.

Dennis Lopez, Rockport

Does Anyone Recognize Me? —

This young male dog, an intact mixed breed, was brought into Blake Veterinary Hospital's Maine Coast Animal Rescue in Northport a week ago by Searsport officials and has been renamed

Dodger. He is very sweet with children and other dogs and cats. Dodger is available for fostering or being taken on walks by a volunteer. If you recognize Dodger, call 789-5700.



Harlem Children's Zone Students Spent April Break at Herring Gut Learning Center

Six high school students from Harlem, New York, spent their April break experiencing the sights and sounds of mid-coast Maine. The trip was organized by Ruthie Scarpino, Port Clyde native and art teacher and tutor for the Harlem Children's Zone.

Students were selected by submitting essays on their perceptions of rural life. "Many of my students have never left New York City. I wanted to challenge them to ask questions about conservation and sustainable living while addressing their stereotypes about rural life," Scarpino says.

The young urbanites spent five days exploring the area, being challenged all along the way to recognize and reflect on the similarities and differences between rural and city life. Most had never seen above-ground power lines, they asked why people would want to keep boats in their yard instead of in the water, and marveled at all the space between houses and stores. "It was interesting to talk to them about how far one place is from another, as they measure distance in city blocks not miles," Scarpino says.

The students learned hands-on about aquaculture and marine science by spending a day at Herring Gut Learning Center in Port Clyde. Led by Island Institute Fellow Alex Brasili, they fed tilapia, examined urchins, sea cucumbers, sea stars and crabs, and conducted a squid dissection. Lunch featured lessons on how to eat Maine lobster and mussels, strange yet enjoyable fare for the city teens. The afternoon was spent exploring sea life at Marshall Point Lighthouse



and culminated in an art project using trash, shells and pebbles found along the shore.

The Harlem Children's Zone is a nonprofit organization focused on delivering education, social service, and community-building programs in New York's Central Harlem. The organization serves more than 10,000 children and 13,000 adults with a network of programs that help children break free of the cycle of generational poverty.

Rotary Club Yard Sale to Benefit CHRHS Wind Turbine Project — there's still time to donate choice items

Camden Rotary Club is hosting its second annual Giant Yard Sale to support Windplanners — the Wind Turbine Project at Camden Hills Regional High School. The sale will be held on Saturday, May 28, and Sunday, May 29, at the former gymnasium at Rockport Elementary School (East), West Street in Rockport. The hours of the sale on both days are 8:30 a.m. to 3 p.m., but on Saturday there will be an early-bird shopping special from 7:30 to 8:30 a.m. for a \$10 entrance fee payable at the door. Admission to the sale at 8:30 a.m. and later is free.

"When local groups such as Rotary and the kids at the high school pool their resources, the effect is terrific," says Graham Phaup, Camden Rotary Club president. "We appeal to our

friends in the community to seek out and donate items to the Giant Yard Sale. We are extremely grateful to Machias Savings Bank for their generous support of this event so 100% of the proceeds will be donated directly back to the community."

Club members are busy collecting high-quality items for the sale. Featured items will include sports equipment, kitchenware, children's clothing, furniture, gardening gear, home-remodeling items, movies and music, and much more. Electric goods will not be sold on either day.

Anyone who would like to support the project by donating choice items to the sale can call Susie Goddard at 975-2528. The dates and times to drop off donations are listed on the club's website at www.camdenrotary.org.

Going to the Dogs, Just One of Youthlinks' Service-Oriented Programs

Youthlinks' Community Service Club members took shelter dogs for a walk while volunteering at the Camden Rockport Animal Rescue League.

This winter six students at Troy Howard Middle School in Belfast chose to spend their Thursdays engaging in community service through Youthlinks' Community Service Club. Over the course of nine weeks, the sixth- and seventh-graders found a variety of ways to engage with other members of their local community and the wider circle of the world.

Their first mission in the club was to make a meal for the St. Francis Soup Kitchen, located in the Belfast Community Center. After a field trip to the soup kitchen, the students spent two hours making an enormous quantity of meatballs and pasta sauce for a pasta dinner.

In the weeks following, they baked cat and dog treats and delivered them to the Camden-Rockport Animal Rescue League, where they spent the afternoon socializing with cats and walking dogs awaiting adoption. The students also made recycled crayons and drew coloring pages for a preschool classroom at Broadreach's all-inclusive preschool program, visiting the next week to lead a coloring activity and spend some time acting as mentors to younger kids. In addition, the six students made thank-you cards for soldiers serving overseas and a large pot of soup for an Empty Bowl Dinner fund-raiser.

Youthlinks' spring program just got under way — another community-service-oriented program called "Play With



Your Food" — a collaboration between Youthlinks and Broadreach's preschool at Mill Lane in Belfast. Students from Troy Howard are meeting each week to plan healthy, creative snacks for preschoolers and an activity to accompany the snack.

The "Play With Your Food" program is currently meeting on Thursdays from 2:30 to 5 p.m. through June 9. All Youthlinks programs are free and open to all students ages 12 to 15. For more information or to register a student, contact Ashley at 975-3878.

Youthlinks is a program of Broadreach Family & Community Services in Rockland that provides youth with community service, leadership and enrichment opportunities. For more information, visit www.youthlinksonline.org, or call 594-2221.

Spring Gathering at Round Top Farm Gallery

Alina Blakesley and Andrea Goodman are hosting a potluck spring gathering on Sunday, May 22, at 4 p.m. at the Round Top Farm Gallery. The building is located on Upper Main Street in Damariscotta near Round Top Ice Cream. Everyone is welcome to bring family and friends. A \$5 donation is suggested for admission.

Artists are invited to bring some artwork to display on the

walls, or to show off their craftwork on a table.

Goodman will lead those gathered in singing, and Blakesley will lead some simple circle dances. All attendees are welcome to join in or just to watch. There will be open mic for poetry readings and other performances.

For more information, call Blakesley at 633-7425, or Goodman at 380-5291.

Talk on Stroke May 26 at Picker Center

Eileen Hawkins, RN, MSN, CNRN, of the Stroke Center at Pen Bay Medical Center, will talk about stroke at the Picker Family Resource Center on Thursday, May 26, at 6 p.m.



In recognition of National Stroke Awareness Month, the Stroke Center at Pen Bay Medical Center in Rockport will present a community education program that could save lives. "Let's Talk About Stroke" will be held at the Picker Family Resource Center on the Pen Bay campus on Thursday, May 26, from 6 to 7:30 p.m. There is no cost, but space is limited. Call 596-8950 to register.

Stroke Center nurse Eileen Hawkins will cover local and national stroke statistics and define stroke and the risk factors that can lead to stroke. Those attending will learn about the symptoms, treatment options and what one can do to

prevent a stroke.

Hawkins and Dr. Robert Stein were instrumental in building the Pen Bay Primary Stroke Program, which received designation as a certified Joint Commission Primary Stroke Center in 2007. Before her move to Maine in 1994, she worked at Yale New Haven Hospital for 12 years, served as the clinical nurse specialist for the Neuro Intensive Care Unit (ICU), and worked for the Department of Neurosurgery as a clinical specialist and research associate for clinical studies related to stroke. She also served as associate clinical faculty at Southern Connecticut State College and Yale University School of Nursing.

The Picker Center is located between Women's Health Ob/Gyn and Urology on the Pen Bay Medical Center campus. Call for directions if needed. For more information, visit www.penbayhealthcare.org/pickercenter.

Changes Made to VA's New Caregiver Assistance Program

The Department of Veterans Affairs (VA) has published new rules for the support the agency will provide to veterans who elect to receive their care in a home setting from a family caregiver. The new rules will expand the number of veterans that may use the new program and the benefits available to their caregivers.

Congressman Mike Michaud wrote the bill that was signed into law last May creating the VA's new caregiver program, but he has been critical of the agency's delayed and flawed implementation of the program. According to Michaud, the law was meant to



help over 3,000 veteran caregivers, but the VA's initial implementation of the program would have only benefited about 800 caregivers. The new rules will fix the flaw in the new program, which as a result is now expected to provide help to over 3,000 caregivers.

"VA's new rules will be more consistent with the law's intent and substantially expand the number of caregivers eligible for assistance," said Michaud. "Caregivers step up each and every day to care for veterans that sacrificed everything to defend our country, and I'm pleased that they will finally get a level of assistance that begins to match their own dedication."

According to the VA, additional services for primary family caregivers of eligible post-9/11 veterans and service members include: a stipend, mental health services, access to health care insurance, comprehensive caregiver training, and medical support. Caregivers for veterans of all eras are eligible for respite care and education and training on what it means to be a caregiver.

Veterans may download a copy of the family caregiver program application at www.caregiver.va.gov. According to Michaud, if veterans need assistance with the application process, caregiver support coordinators are available at every VA medical center and via phone at 1-877-222-VETS (8387).

"Tick Talk" May 24 at Camden Public Library

May is Lyme Disease Awareness Month, as declared by the Maine Legislature and the Maine Center for Disease Control (CDC). The Camden Public Library will host a "Tick Talk" with Dr. Bea Szantyr, MD, on Tuesday, May 24, at 6:30 p.m. There is ever-increasing concern about ticks and Lyme disease in midcoast Maine. Statistics from the Maine CDC show a swift increase over the last decade of incidence of Lyme disease. Although ticks are more active in the warm months of the year, Lyme disease cases are reported every month of the year.

Szantyr will give an illustrated talk on the bacterium that causes Lyme disease, the life cycle of the deer tick, and ways to protect oneself and one's family. Szantyr is a member of the International Lyme and Associated Diseases Society and serves on the Vectorborne Disease Workgroup in the state of Maine and the Penquis District Coordinating Council, part of the emerging public health infrastructure in the state. She is on the board of directors of the Lyme Disease Digital Library and is medical advisor to MaineLYME, a nonprofit group devoted to awareness, education, and prevention of Lyme and other tick-borne disorders. Her exploration of Lyme disease and other chronic debilitating illnesses began about 15 years ago.



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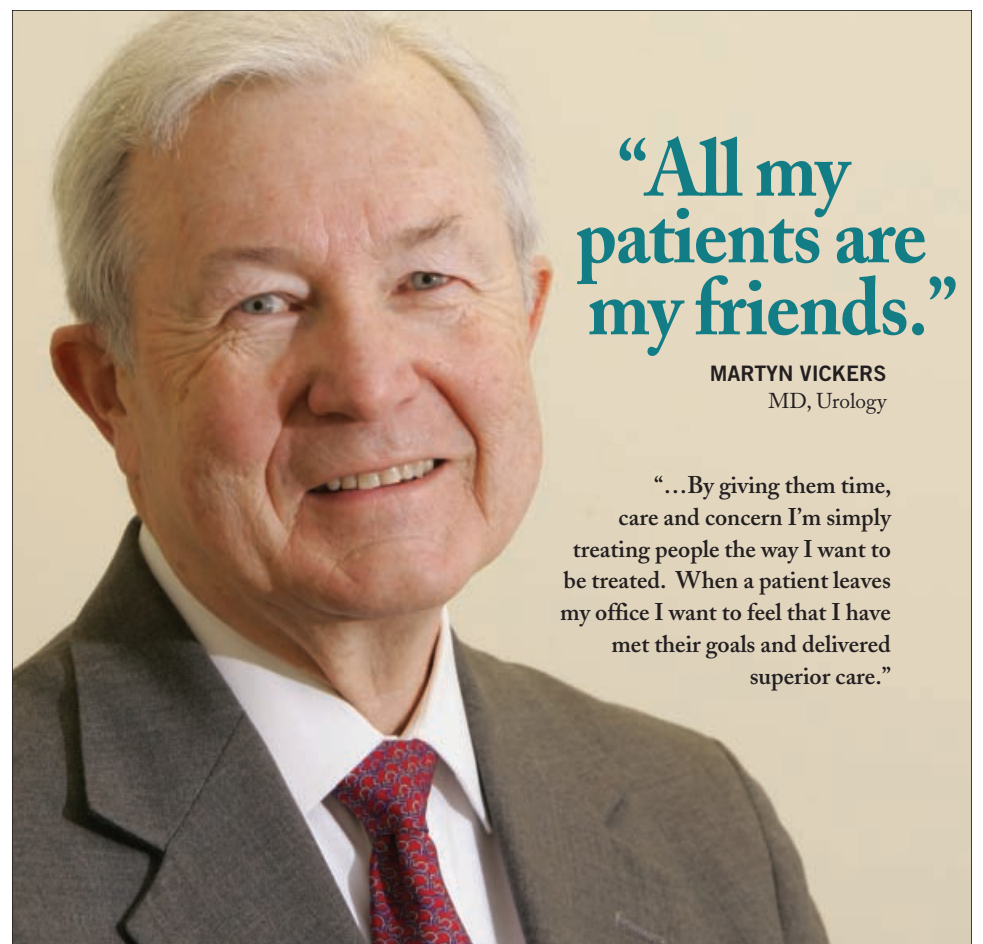
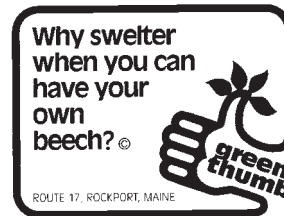
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Pen Bay Docs, Nurses Back from Haiti

CONTINUED FROM PAGE 1

gonads to the size of beach balls.

The Pen Bay team was there to conduct surgeries on affected patients who came to the St. Croix clinic without appointments and waited in line while the Pen Bay nurses and doctors, along with their Haitian counterparts, tried to clear the operating rooms of mud that had washed in during a rainstorm.

Dr. Kevin Olehnik, an orthopedist who led the Pen Bay team, said the 2010 earthquake had altered the drainage in the town.

"Unfortunately, the main drainage in town runs under the Hospital St. Croix and then overflows into it," said Olehnik, who described the hospital as similar to a small county hospital. "The mud comes in the front door and in through the back door so there was a lot of sweeping, hosing it out, pushing the muddy water out the front door with brooms."

Olehnik said the temperatures were in the 90s, with 100-percent humidity.

Diane Kelley, a Pen Bay operating room technician, set up the operating room. Kelley has been on two previous medical missions to Leogane, Haiti, and was familiar with conditions and with some of the interpreters and staff at the hospital.

"Some have become good friends," said Kelley. Kelley said the conditions had improved dramatically in Leogane since the earthquake, but were far from normal. Many people are still living in tent cities and temporary housing provided by U.S. Agency for International Development (USAID). Most do not appear to have running water or electricity, she said.

Kelley said she tried to set up a sterile environment in the operating room, but it was impossible to meet the standards they adhere to at Pen Bay Medical Center. The instruments get wet, even when they are protected. "You find the least muddy, the least wet, open a sterile table cover and do your best."

Lora Ludwig and Kathie Post, both recovery room RN's at Pen Bay, did the pre-op. "Which was a gown and an IV and that's about it," said Post. "Here you would have questions, prep, an IV, pre-op medications, medications for anxiety. There, patients walked into the operating room and were ready."

"We had to start an IV with a spotlight, at one point," said Ludwig. "There was no electricity."

Darlene Grant, a surgical nurse who admits she has a hyper-sterile awareness, said she fulfills the drill sergeant role in the OR. "I had to let go of that sterile technique," said Grant. "It was hard."

"The patients would climb on the table, we would check their vital signs and give them a spinal," said Grant. "They were numb from the waist down."

General anesthesia was not an option. Patients were swabbed with beta-iodine and then Dr. Lars Ellison, a urologist, went to work.

The operations took less than an hour, according to Ellison, and patients stayed overnight in the hospital. No one would stay overnight at Pen Bay for a similar operation, said Ellison. "It's a very rapid turnaround, here, in and out," he said. "This was like the recovery time we used to have here 20 years ago."

There was no pain medication to send home with the Haitian patients. "They are very stoic," said Ellison.

Recovery room conditions were a step up from the front yard of the teaching hospital compound where earthquake victims recovered under the shade of a tarp, but they were very basic.

"We had to push the stretchers past rubble, garbage and over rebar to get to the recovery ward," said Post. "But the ward was still nicer than their homes."

Dr. Douglas Cole, a general surgeon at Pen Bay, T. Davis, a surgical technician from Vermont, and 16-year-old high school sophomore Cole Ellison were also on the mission.

Would they go back?

They all said yes, they would do it again.

"I'm surprised," said Olehnik, looking pleased. "It isn't easy."

"I would love to go back," said Post. "There is an incredible heaviness to the people and an incredible spirit, too."



Pen Bay Healthcare recovery room nurses Kathie Post, left, and Lora Ludwig, right, with Kathleen, a local Haitian nurse, in the operating room at Hospital Sainte Croix. PHOTO BY DIANE KELLEY

LifeFlight Reunion

CONTINUED FROM PAGE 1

"It often takes time for families to heal emotionally from the distressing events of the day LifeFlight comes into their lives. Giving them an opportunity to have a positive experience with the flight crew might help speed that emotional recovery," says Tom Judge, LifeFlight's executive director.

Each year, LifeFlight transports hundreds of babies, toddlers, children and teenagers. Staff and crew at LifeFlight



A young LifeFlight patient and her family take a close look at the life-size, remote-control R2D2 replica. PHOTO BY MAGGI BLUE

Rockland Key Club volunteer Samantha Calamari paints a butterfly on Kyra Day of Vinalhaven at Sunday's Pediatric Patient Celebration. Kyra's mom, Megan, was LifeFlighted from her island home when she was eight months pregnant and experienced life-threatening complications. PHOTO BY MAGGI BLUE

wanted to find a way to celebrate the inspiring stories of recovery and create an opportunity for patients to meet other children or young adults who may have shared a similar traumatic experience.

The event was sponsored by Bangor Savings Bank, Verizon Wireless and Journey's End Marina. It was hosted, free of charge, by the Owls Head Transportation Museum, where families and volunteers gathered to tour LifeFlight's human patient simulator, Owls Head fire trucks and Rockland Fire's ambulance. Guests also enjoyed Model T rides from the museum, face painting with Rockland Key Club students and creating a mural of handprints. Shriner clowns were in attendance, along with a life-size, remote-control R2D2 robot from "Star Wars." The Rockland Kiwanis Club prepared and served lunch.

For more information about LifeFlight or to make a donation, visit www.lifeflightmaine.org.



Recognize Stroke Symptoms, Act Quickly Says Maine CDC Cardiovascular Health Program

May is Stroke Awareness Month

Tyra Tarbox, a 45-year-old mother of four from Cumberland, came home from work one evening and suffered a significant seizure resulting in a stroke. Luckily, her husband was there and he took quick action, calling 911. She was rushed to the hospital, evaluated and quickly flown to a Boston hospital for surgery.

When she awoke six days later, Tyra had no body movement and could not move her eyes to the right. She had survived not only a stroke, but also a series of complications resulting from her brain's lack of blood. After almost a month of inpatient rehabilitation in Portland, she returned home on her husband's birthday and is now leading a full life.

"I'm so glad I could come back and do what I did before and be involved in my kids' lives," Tarbox said recently.

Tarbox is one of many Mainers who have had a stroke. Unfortunately, not all the stories end so happily. Stroke is the fourth leading cause of death in Maine and the United States and is also a leading cause of serious long-term disability in adults. The Maine CDC/DHHS Cardiovascular Health Program is working with the Maine Affiliate of the American Stroke Association and other statewide partners to help more Maine people recognize the symptoms of stroke and the importance of calling 911 at the first sign of these symptoms. Each May during National Stroke Awareness Month, efforts to educate are heightened.

The message is that every Maine resident plays an important role in quickly recognizing stroke symptoms and empha-

TO YOUR HEALTH

sizes the need to call 911. The faster emergency medical services are called, the faster they will arrive to help and to get patients to the hospital for needed treatment.

Early recognition of stroke symptoms is critical – time lost is brain lost.

Stroke symptoms include sudden:

- Numbness or weakness in the face, arm or leg
- Slurred speech
- Blurred vision
- Dizziness or loss of balance
- Severe headache

"A patient's survival and successful recovery are greatly increased if symptoms are recognized quickly and medical attention is given right away," says Dr. Stephen Sears, acting director, Maine CDC/DHHS. "Our goal is to raise awareness and empower everyone – patient and bystander – to see stroke as a medical emergency requiring an immediate call to 911. If we increase people's ability to recognize stroke symptoms, we can positively impact patients and hopefully increase

their chance of having little or no long-term physical or mental disability."

Nearly 75 percent of all strokes occur in people aged 65 years and older; but as Tyra's story shows, strokes can happen to anyone. Risk factors such as high blood pressure, high cholesterol, smoking, lack of physical activity, poor nutrition and a history of cardiovascular disease or diabetes also increase the possibility of stroke. More information is available at www.mainehearthealth.org and www.strokeassociation.org.

It's Dog Bite Prevention Week

At the kick-off in Houston, Texas, for 2011's National Dog Bite Prevention Week, the United States Postal Service (USPS) announced the top-10 cities in which letter carriers were attacked most often. Houston ranked number one out of 1,400 cities. More than 5,669 postal workers are attacked by dogs across the country.

"Any dog can bite if it is frightened or feels threatened, even the family pet. Unfortunately, children are most often the victims," says Dr. Larry M. Kornegay, president of the American Veterinary Medical Association (AVMA), which hosted the week's kick-off. According to Kornegay, injury rates are highest among children between the ages of 5 and 9 years old. The dogs biting those children are not strangers. In victims younger than 18 years old, the family dog inflicts 30 percent of all dog bites, and a neighbor's dog is responsible for another 50 percent of these bites.

"The AVMA urges all families to start early in educating children about safety around dogs, even if you don't own a dog," says Kornegay. To learn more about preventing dog bites, visit www.avma.org to view the AVMA brochure, community guidelines, podcast and video, and to learn more about The Blue Dog Parent Guide and CD, an educational program for preschoolers.

Dog trainer Victoria Stilwell, from the TV show "It's Me or the Dog," is participating in the dog bite prevention campaign. "Dogs need and want us to provide effective leadership, but the most effective leaders do not simply impose their will on their followers.... The only way to truly ensure that we are successful in achieving the necessary balance with our dogs is by using positive reinforcement and treating them with

the same respect that we ask of them. It's not the breed of the dog that causes the bite, but rather how well the dog is trained and controlled."

The AVMA offers the following tips on how to avoid being bitten:

- Don't run past a dog. The dog's natural instinct is to chase and catch you.
- If a dog threatens you, don't scream. Avoid eye contact. Try to remain motionless until the dog leaves, then back away slowly until the dog is out of sight.
- Don't approach a strange dog, especially one that's tethered or confined.
- People choosing to pet dogs should obtain permission from the owner first and always let a dog see and sniff them before petting the animal.
- If you believe a dog is about to attack you, try to place something between yourself and the dog, such as a backpack or a bicycle.

How to Be a Responsible Dog Owner:

- Obedience training can teach dogs proper behavior and help owners control their dogs.
- When a letter carrier comes to your home, keep your dog inside, away from the door in another room. Dogs can be protective of their territory and may interpret the actions of letter carriers as a threat. Take precautions when accepting mail in the presence of your pet.
- Spay or neuter your dog. Neutered dogs are less likely to roam and bite.
- Dogs that receive little attention or handling, or are left tied up for long periods of time, frequently turn into biters.

This month's ZING PROFILE: a monthly report on people working to improve the health of midcoast children By Donna Ames, RN, Pen Bay Healthcare

Kinetic energy = energy in motion = Kinetic Energy Alive = Kea!

Have you ever noticed how young children start to dance when exposed to rhythmic music? It's just a natural response.

Local dance instructor Kea Tesseyman is helping kids tap into their natural rhythms through the medium of hip-hop dance and her business, Kinetic Energy Alive!

Kea has always felt at home when dancing. As a young girl, whenever she felt out of place or was having a difficult time at school, she came home and danced her way back to feeling safe and whole. From an early age, she experienced the healing power of movement to music.

It wasn't until high school, when Kea joined with a group of other local girls (and a few boys) who were turned on to contemporary dance by Annie Laurita, that dancing as performance became Kea's passion. It was a very exciting time for all the kids that Annie taught. Annie brought big-city moves and a love of hip-hop style dance to our little community and touched the lives of many young people.

Kea wanted to dance with Annie's group but had difficulty affording the lessons. Annie helped her by letting her work in exchange for lessons. At some point it became clear that, not only was Kea a talented dancer, but she also had a gift for choreography. She did some substitute teaching for Annie. That was when Kea had an "aha" moment: "This is what I was meant to do!" She discovered that she loved teaching dance to kids.

After high school Kea continued to teach at the YMCA for a time. Feeling compelled to get more advanced training, she embarked on learning more about hip-hop performance both in Portland and Boston, where she danced with



Local dance instructor Kea Tesseyman

some of the originators of the art form.

After teaching for the Rockport Dance Conservatory for a few years, Kea decided that she wanted to start her own business. "I loved putting on the shows, I loved the kids, and I felt like I had a vision," she said.

Kea readily admits that she has made some mistakes along the way. Yet it is obvious, when talking to this young woman, that her self-determination and passion for what she does have helped her come back stronger after every setback. "My own personal struggles help me to relate to teens who are going through some of their own difficulties," she said. "I try to help them understand that obstacles can be opportunities."

Kea is the proud mother of a seven-year-old boy. She is finishing massage school, and she teaches snowboarding in winter and stand-up paddleboarding in the summer (through Thorfinn Expeditions). In addition to teaching dance, she continues to perform locally and in Portland and Boston. She hopes to use her massage training to help the increasing number of kids who are dealing with sports injuries at an early age.

Giving back to the community through volunteer work is important to Kea. She recently taught a dance to a group of students from the Community School in Camden, which they performed at "Dancing With the Local Stars," a fundraiser for the school. It was a big hit. "The kids started out saying how they hated to dance, and by performance night they all were saying how much they loved it," Kea said.

The past few years have been a frightening yet energizing time for Kea. "When you are in a hip-hop battle, you learn to take fear and use it to create a great dance," said Kea. "I am creating a life being true to myself and who I am. I hope to instill humility, respect and self-love in all the kids that come to dance with me and to help them to realize that each and every one of them is a huge, beautiful, shining star."

Kea is teaching classes at Swing and Sway Dancing in Rockland. Visit kineticenergyalive.com for more information, or call Kea at 975-4450.

So remember, when you are thinking of ways to get yourself or your children moving, why not take a dance class, or just turn on the music and dance? It is great exercise, and it comes naturally.

Donna Ames, RN, coordinates Zing! — a program of Pen Bay Healthcare and its community partners designed to encourage children to adopt healthy eating and exercise habits. Online: pbmc.org/zing.

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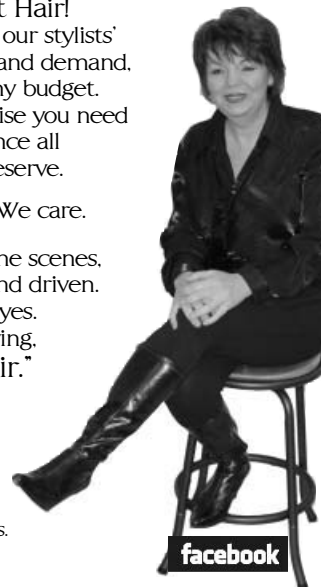
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The Sun, Your Skin, Cancer & Vitamin D

On Wednesday, May 25, from 6:30 to 8 p.m., Dr. Jeff Sedlack of Waldo County General Hospital, a surgeon, physician and lifelong resident of "the great white north," will discuss "The Sun, Your Skin, Cancer & Vitamin D." The talk will be held at the Education Center, next to the hospital in Belfast.

Skin cancer is the most common of all cancers. Sedlack will discuss what to look for, when to see a doctor, and how to protect oneself. He will also talk about the merits of vitamin D. Printed information about sunscreens, a body mole map, Maine skin cancer facts, and steps to take for protection from the sun will be available.



Dr. Jeff Sedlack of Waldo County General Hospital

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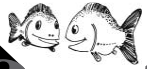
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Please include your name, address and
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NOTEWORTHY

THURSDAY, MAY 19:

► **“Walk for Wishes,”** registration & entertainment 5 p.m., walk begins 6 p.m. Rockland Congregational Church, Lime-rock St. Other Maine locations also. FMI or to register: www.maine.wish.org, or call (800) 491-3171.

FRIDAY, MAY 20:

► **Maria Muldaur in Concert,** 7 p.m., Strand Theatre, 345 Main St., Rockland. Muldaur’s first appearance at the Strand, singing her classic swingin’ blues. \$23. FMI: 594-0070.

► **DaPonte String Quartet in Concert,** 7:30 p.m., St. Andrew’s Church, Glidden St., Newcastle. The DaPonte will be playing Mozart, Revueltas, and Beethoven. At 6:30, the members of DSQ talk about the music.

► **Pen Bay YMCA Dance Show,** Fri. & Sat., May 20 & 21, 7 p.m., Strom Auditorium, Camden Hills Regional H.S., Rte. 90. Over 60 students, ages 3-18, perform in “Love-2-Dance.” \$10 reserved/\$8 general admission/\$5 students.

► **Rock City’s Velvet Lounge**, 5-7 p.m., Rock City Books & Coffee, 328 Main St., Rockland. With Jim James on 12- and 6-string guitar, harmonica and vocals and Dan Williams on bass, this Belfast-based duo serves up a distinctive blend of acoustic blues, folk, and original material. No cover; donations for musicians encouraged. FMI: 594-4123.

► **The Who’s Tommy in Concert,** Fri. & Sat., May 20 & 21, 7:30 p.m., Chocolate Church Arts Center, 804 Washington St., Bath. Presented by Studio Theatre of Bath. Tickets: www.chocolatechurcharts.org.

► **On Golden Pond,** Fri. & Sat., May 20, 21, 7:30 p.m., matinee Sun., May 22, 2p.m., Lincoln Theater, Damariscotta. Lincoln County Community Theatre’s production of the 1978 comedic drama. \$12/\$10 members/\$7 children. FMI: LCCT box office 563-3424, www.lcct.org.

► **“Emma’s Revolution” Concert,** 7:30 p.m., house concert, Union. Duo of Pat Humphries & Sandy O. Seating limited. \$15 advance/\$17 at the door. FMI: www.emmasrevolution.com/live, nscov-ern@gwi.net, or call 273-3767 for directions.

SATURDAY, MAY 21:

► **Book Signing by Jim Nichols**, 4-6 p.m., Personal Bookshop, Thomaston. Launch and signing with Nichols, author of the new book *Hulls Cove*.

► **Godspell Jr.,** Sat., May 21, 7 p.m. & Sun., May 22, 1:30 p.m., Second Congregational Church, Newcastle. Performance by the St. Andrew’s Church Youth Choir. Free-will offering accepted for the Ecumenical Food Pantry. FMI: 380-2768.

► **Cash for Clothes,** Sat., May 21, 10 a.m.-5 p.m.; Sun., May 22, noon-5p.m. & Mon., May 23, 7-11 a.m. American Legion Hall, Pearl St., Camden. Receiving Fri., May 20, 8:30 a.m.-6:30 p.m. FMI: Nancy Wolfertz, 594-5429.

► **Fly-Casting Demo & Training Workshop,** 10 a.m.-noon, Georges River Land Trust & Trout Unlimited instructors. Parking area next to the Canal Path, Searsport, where Ghent Road crosses the St. George River. Adults & children 10+. Free/\$10 non-members. Limited to 15 people; call 594-5166. FMI: www.georgesrivertu.org.

► **Midcoast Forum Presents “Journalism, Media and World Affairs,”** The Summit, Point Lookout, Northport. Annual program & discussion with 14 mid-career journalists from Harvard’s Neiman Fellowship program. \$40 program alone/\$80 day program, lunch & dinner. Reservations: Sarah Rheault 236-8288, mid-coastforum.org.

► **“Signing Time” Performance**, 10:30 a.m., Camden Opera House. Rachel Coleman, host of PBS’s “Signing Time,” performs for children & families, making sign language fun. \$5 children/\$10 adults; FMI: www.signingtime-foundation.org/maine.

► **8-Voice Touring Ensemble of the Maine GayMen’s Chorus Concert**, 7p.m., First Church Belfast, 8 Court St. Presenting “As Long as You Love Me,” a cappella and accompanied arrangements. Suggested donation \$10, split between the group and the church. Raffle. FMI: Art Kenne, 370-8360.

► **Maine Country Music Hall of Fame Show**, dinner, noon; induction ceremony & show, 1 p.m. Le Club Calumet, 334 West River Rd., Augusta. Ceremony, dinner, show \$25/show only \$15. FMI: Carole Ann 795-1119 or hunt2931@aol.com.

► **Maine Comic Festival**, free workshops: Sat., May 21, Portland Public Library, 5 Monument Sq., Portland. Festival: Sun., May 22, 10 a.m.-5 p.m., Ocean Gateway facility, Thames St., Portland’s waterfront. Over 100 comic writers, artists, publishers & cartoonists exhibiting. \$5/kids 12 & under free. FMI: www.maine comics festival.com or call Casablanca Comics, 780-1676.

► **“Celebrating Farmland Conservation,”** 4-7 p.m., Round Top Farm, Damariscotta. Event focusing on the future of Phillips Farm in Damariscotta., featuring fresh food, farm photographs and contradance. Joint effort of Maine Farmland Trust & Damariscotta River. Assn. Reservations required by May 20: 563-1393, dra@damariscottariver.org.

► **Return of The Blues Cats**, 7:30 p.m., Hatchet Mountain Publick House, Union. \$5 cover. FMI or reservations: 763-4565.

SUNDAY, MAY 22:

► **Debut Choral Composition Performance**, 9:30 a.m., during morning service, First Congregational Church, Camden. Sarah Palermo composed “All My Soul,” a choral piece, with organ accompaniment, commissioned by the church. Public is welcome. FMI: 236-4821.

► **Left Bank Sunday Lyceum**, 3:30-5p.m., Left Bank Books, Searsport. Final lyceum features Vogue magazine writer Jessica Kerwin Jenkins, author of the *Encyclopedia of the Exquisite: An Anecdotal History of Elegant Delights*. Free; public invited. FMI: 548-6400.

MONDAY, MAY 23:

► **Cadence in Concert**, 7:30 p.m., Unity College Centre for the Performing Arts, 4 Depot Street, Unity. Four men, four microphones and no instruments, but innovative jazz arrangements, genre-hopping covers and eclectic originals. \$15. FMI: 948-7469.

TUESDAY, MAY 24:

► **Application Deadline for College-Level Music Scholarship Competition**, to be held Sat., June 11, 9 a.m., Corthell Hall, Univ. of Southern Maine, Gorham. Open to Maine residents, enrolled as sophomore or junior music majors in any accredited music school, college or university in Sept. 2011. Apply by May 24; for application & requirements, contact: Joyce Chaplin, Anne Gannett Competition Chair, 92 Raymond Rd., Brunswick, ME 04011, 725-1125.

► **Portland String Quartet Spring Concert**, doors open 7 p.m., concert 7:30 p.m., Opera House at Boothbay Harbor. Performance to include Mozart’s String Quartet in B-flat Major and Brahms’ String Quartet in A minor. \$15 advance/\$20 day of show. FMI: boothbayoperahouse.com, 633-5159.

WEDNESDAY, MAY 25:

► **Belfast Business & Organization Fair**, 2-5 p.m., UMaine Hutchinson Center. Door prizes, refreshments & networking. Free. FMI: Erica Hughes 338-8034, Erica_Hughes@umit.maine.edu.

THURSDAY, MAY 26:

► **“Put This in Your Gun,”** 6-7:30 p.m., Belfast Library. Touring reading series featuring playwright Michelle Embree and fiction writer Tennessee Jones.

► **Violin and Piano Recital**, 7 p.m., John Street United Methodist Church, John St., Camden. Heidi Karod, violin, and Patricia Stowell, piano, perform works by Brahms, Mozart, Veracini and Wieniawski. Free. FMI: 236-0523.

► **Music, Ceremony, Teachings with Inanna, Sisters in Rhythm**, 7 p.m., First Universalist Church, 97 Main St., Yarmouth. Special guest traditional healer Dabadi Thaayrohyadi, founder of International Indigenous University, will offer teachings and ceremonies of his ancestral ways. Sliding scale donation of \$10-\$15. FMI: www.inanna.ws or www.yourlandmainely.org.

► **Noises Off with Belfast H.S. Footlights Players**, Thurs.-Sat., May 26-28, and Fri. & Sat., June 3 & 4, 7 p.m., matinee Sun., May 29, 3 p.m. Belfast Area H.S. Gymnasium. Full-length production of a British farce. \$8 adults/\$5 students & seniors, 1/2 price opening night.

COMING UP:

► **Rockport Dance Conservatory Spring Showcase**, Fri. & Sat., May 27 & 28, 6:30 p.m., Camden Opera House. Musical theatre, jazz, hip-hop, contemporary and Bollywood/Bhangra, as well as highlights from Grimm’s fairy tales. FMI: 557-5421.

► **Midcoast Habitat Playhouse Auction & Backyard BBQ**, Sat., May 28, 4-7 p.m., Old Rockport Elementary School field, Rtes. 90 & 1, Rockport. Midcoast Habitat for Humanity Women Build event, with live music & children’s entertainment, 4-6 p.m., followed by live auction of 12 children’s playhouses. FMI: 594-1859, info@midcoasthabitat.org. Visit www.midcoasthabitat.org to see playhouses.

► **Alewife Fish Ladder Restoration Festival**, Sat.-Mon., May 28-30, Damariscotta Mills. Food, music, antique car show on Sun. and more, as well as watching alewives make their way up the fish ladders. FMI: www.damariscottamills.org.

► **Antje Duvet in Concert**, Sat., May 28, 8p.m., One Longfellow Sq., Portland. One of the stars of Boston’s acoustic music scene. Liz Stanley will open. \$15 advance/\$18 at the door.

► **Sophie and Josie Davis in Concert**, Sun., May 29, 4 p.m., Rockland Congregational Church, 180 Limerock St. The local violinists perform a concert of classical selections. \$10.

► **Down East Singers Concert**, Mon., May 30, 5 p.m., Camden Opera House, 29 Elm St., Camden. Performance of Mozart’s “Regina Coeli” and Solemn Vespers, directed by Anthony Antolini, with soloist Suzanne Nance, music director of MPR, with instrumental accompaniment by the Mozart Mentors Orchestra. \$15/free to students under 18. FMI: www.downeastingers.org.

► **“Mid Coast Maine Has Talent... Or Not!” Variety Show**, Thurs., June 9, 6p.m., Strand Theatre, 345 Main St., Rockland. Show presented by Donna Daly of the Strand Theatre and Paul Benjamin, North Atlantic Blues Festival, as a fund-raiser for Rockland Main Street, Inc. Those who want to perform can call Benjamin at 596-6055.

► **Midcoast Community Chorus Concert Tickets on Sale**, concert Sat., June 18, 7 p.m., Camden Hills Regional H.S. Strom Auditorium. Benefit concert for Maine Farmland Trust, with director Mimi Bornstein. FMI: www.mccsings.org or 975-0582.



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CALENDAR OF EVENTS

► **Emmylou Harris in Concert**, 8 p.m., Sat., July 30, at the State Theatre in Portland. Special guest The Civil Wars. Tickets: \$61, \$51 & \$41, reserved seating available online at www.statetheatreportland.com or charge by phone at 800-745-3000.

CHILDREN'S & TEENS' EVENTS

SATURDAY, MAY 21:

► **"Hooked on Fishing" Day**, 8 a.m.-2 p.m., Quarry Hill, Quarry Rd., off Depot Rd., one mi. north of Rte. 1, Waldoboro. All children under age 16 are invited to try fishing for free. Bring rods, although a few are available. Lunch, snacks and bait provided. FMI: 832-5570.

► **Crabgrass Puppet Theatre Performance of "Jabberwocky"**, 2 p.m., Sun., May 22; 9:30 & 11:30 a.m., Mon.-Tues., May 23-24, The Public Theatre, 31 Maple St., Lewiston. FMI, reservations, tickets: 782-3200, www.thepublictheatre.org.

► **Reading by Illustrator Holly Berry**, 2 p.m., Rockland Library. Berry will share her many children's books and provide a craft activity of collage cards. FMI: 594-0310.

SUNDAY, MAY 22:

► **Waldoboro Babe Ruth Baseball Tryouts**, 5-7 p.m., Begley Memorial Field located in the Waldoboro Recreation Complex. Players in Waldoboro, Friendship and surrounding communities who are age 13-15 as of May 1 are eligible for Babe Ruth. Those interested in playing (or unable to make the May 22 tryout) should call Coach Richard Williamson at 504-7297 as soon as possible.

TUESDAY, MAY 24:

► **Children's Drawing Workshops**, 4-5 p.m., Community Room, Rockland Public Library. Artist Catinka Knoth leads workshops every Tues. for ages 6 & up; under 10 should be accompanied by an

adult. "Let's Draw Marvelous May" themes explore May baskets, migratory birds, marsh life and Memorial Day. Free; materials provided. FMI: 594-0310.

COMING UP:

► **Cheerleading Program Tumbling Class Registration**, Medomak Valley Middle School, six-week summer class beginning June 17 for children entering 4th through 12th grades, taught by Planet Cheer's Matt Hanley, \$25 deposit, two options: \$120 or \$180. Limited to 12 students for each class. FMI or to register: MVHS Varsity Cheer Coach Rachel Coor, 632-1636, mvhscheer@yahoo.com.

ONGOING:

► **"Page Play: Story and Playtime for Children"**, Fri., 1 p.m., Warren Free Public Library. Stories and crafts for children of all ages. FMI: 273-2900.

► **Interfaith Youth Group Meetings**, first and third Wed., 5:30 p.m., Rockland Congregational Church, 180 Limerock St. FMI: 594-8656.

► **Salvation Army Kids' Club**, Tues., 4-6 p.m. for grades K-5 and Youth Group, Thurs., 4-6 p.m. for grades 6-12, Rte. 1, Rockland.

► **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 not yet walking, and their caregivers. Programs include stories, songs and finger plays. Fri., 10 a.m., "Terrific Toddlers," for children who are walking and ready for stories, games & songs. Free and open to the public. FMI: 338-3884.

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

► **Preschool Story Time**, Weds. & Sat. 10:30 a.m., Rockland Public Library, 80 Union St. May: making collages. Free. FMI: 594-0310.

FILM

FRIDAY, MAY 20 - THURSDAY, MAY 26:

► **COLONIAL THEATRE**, Belfast: "Hoodwinked, Too!," "Thor," "Fast Five," "Pirates of the Caribbean: On Stranger Tides." See ad pg. 35 for movie days/times.

► **FLAGSHIP CINEMAS 10**, Thomaston: "Bridesmaids," "Priest," "Thor," "Something Borrowed," "The Conspirator," "Fast Five," "Water for Elephants," "Rio," "Soul Surfer," "Pirates of the Caribbean: On Stranger Tides." See ad pg. 35 for movie times.

► **STRAND THEATRE**, 345 Main St., Rockland: "Win Win." See ad pg. 35 for movie days/times. FMI: 594-0070.

FRIDAY, MAY 20:

► **Thomaston Library Film Series**, 6:30 p.m., Rm. 208, Thomaston Academy, 60 Main St. May's theme is "French Jewels." Tonight: "My Mother's Castle" is based on the memoirs of French novelist and filmmaker Marcel Pagnol. Free, but donations appreciated. FMI: 354-2453.

► **"Friday Night Flix"**, 7 p.m., Belfast Library. Tonight: "The Usual Suspects." Kevin Spacey won an Academy Award for his role in this ensemble drama, containing one of the great twist endings in movie history. Entertainment Weekly called it one of the "13 must-see heist movies."

TUESDAY, MAY 24:

► **Skidompha Library's "Flix for Chix"**, 7 p.m., Main St., Damariscotta. "Strictly Ballroom," the 1993 Australian film about ballroom dance competitions and going outside the lines; a romantic comedy with Paul Mercurio and Tara Morice. \$5 donation. FMI: 563-3030.

(Continued on p. 35)


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"She Is the Matador" at Rockland Library

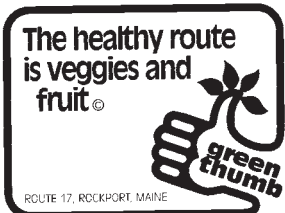
On Thursday, May 26, at 6 p.m., the Rockland Public Library will present a screening of the 2008 Spanish film "Ella Es el Matador" ("She Is the Matador"), directed by Gemma Cubero and Celeste Carrasco. The film is in Spanish with English subtitles. Admission is free.

"Ella Es el Matador" reveals the surprising history of women bullfighters and offers profiles of two female matadors currently in the arena: Mari Paz Vega and Eva Florencia. Vega, a Spaniard, is currently the world's only professional female matador and is on the verge of achieving top ranking. Florencia, a young runaway from Italy, is a neophyte driven by a childhood dream. "Ella Es el Matador" explores its subject through interviews shot in cinema-vérité style interspersed with archival footage.

"Ingredients" to Be Screened May 24

On Tuesday, May 24, at 6:30 p.m. in the Abbott Room of the Belfast Free Library, the Belfast Co-op, Belfast Free Library and Maine Farmland Trust will host a free screening of "Ingredients," a documentary that explores how farmers, ranchers, chefs and consumers are cooperating to create more sustainable food systems and to revitalize the connection between food, local communities and people's health. A panel discussion will follow the 67-minute film.

"Ingredients" takes viewers across the U.S., from the urban food deserts of Harlem to the diversified farms of the Hudson River and Willamette valleys and to the kitchens of chefs Alice Waters, Peter Hoffman and Greg Higgins. The film reveals the people behind the movement to bring good food back to the table and health back to communities, including Gary Paul Nabhan, Joan Dye Gussow and other farmers, cooks and vintners.



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Just Released 5/17 -

THE RITE PG-13/Horror/Dir: Mikael Hafstrom (Anthony Hopkins, Colin O'Donoghue, Ciaran Hinds, Alice Braga, Rutger Hauer, Toby Jones) Michael Kovak is a disillusioned seminary student sent to the Vatican to study its new exorcism program. His failure to take demonic possession seriously prompts an instructor to send the nonbeliever to work with Italian exorcist Father Lucas. Michael is introduced to a woman who appears to be possessed, and gains newfound faith that is challenged when someone he knows exhibits signs of possession.

Recent Releases -

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 new season of *Swan Lake*, Nina is his first choice. But Nina has competition: a new dancer, Lily. 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 he went pro in the mid 1980s.

THE GREEN HORNET PG-13/Action/Dir: Michel Gondry (Seth Rogen, Jay Chou, Cameron Diaz, Christoph Waltz, Tom Wilkinson) Seth Rogen co-writes and stars in a chatty movie drawing on the middling '60s TV show. After his wealthy father dies, spoiled playboy Britt Reid inherits a newspaper empire and Dad's coffee-making, Karate-chopping chauffeur, Kato. When Reid also learns of Kato's knack for creating cool gadgets, he convinces Kato to become his crime-fighting partner.

HARRY POTTER AND THE DEATHLY HALLOWS: Part 1 PG-13/Fantasy/Dir: David Yates (Daniel Radcliffe, Rupert Grint, Emma Watson, Michael Gambon) The first of two films based on the seventh and final "Harry Potter" book finds Harry, Ron and Hermione fleeing Hogwarts when the wizarding school falls under Voldemort's control. While the three teens plot and hide out in the woods, a jealous rivalry breaks out for Hermione's affections.

THE KING'S SPEECH R/Drama/Dir: Tom Hooper (Colin Firth, Geoffrey Rush, Helena Bonham Carter) After the death of his father, King George V, and the scandalous abdication of King Edward VIII, Bertie, who has suffered from a debilitating speech impediment all his life, is crowned King George VI of England. With his country on the brink of war and in desperate need of a leader, his wife, Elizabeth arranges for her husband to see an eccentric speech therapist. After a rough start, the two delve into a course of treatment and eventually form an unbreakable bond. With help the King will overcome his stammer and deliver a radio address that inspires his people and unites them in battle.

NO STRINGS ATTACHED R/Comedy/Dir: Ivan Reitman (Natalie Portman, Ashton Kutcher, Kevin Kline) Old friends Emma and Adam decide to become one another's regular booty call - no strings attached. She's a med student claiming to lack the romantic gene while he's a low-ranking television writer for a successful show. Emma sets rules for their sex-only encounters: no jealousy, no cuddling and no morning-after breakfast. Realizing he feels more than friendship, Adam humorously attempts to circumvent Emma's restrictions. A terrific subplot casts Kevin Kline as a former television star with a history of stealing Adam's girlfriends.

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In Our Theaters

mostly by Lisa Miller Week of May 20 - May 26
Short descriptions of movies that are playing locally

BRIDESMAIDS R/Comedy/Dir: Paul Feig (Kristen Wiig, Maya Rudolph, Rose Byrne, Melissa McCarthy, Chris O'Dowd) Annie's professional and personal life hits rock bottom just as her best friend, Lillian, prepares to get married. As Lillian's self-appointed maid of honor, Annie must pay for luncheons and arrange other girly get-togethers, while Lillian's new wealthy friend Helen gains increasing influence with Lillian. Unable to financially handle her bridesmaid duties, Annie has a self-destructive streak that interferes with her job prospects, engenders problems with her boyfriend and ruins her image with the girls. Each time Annie tries to repair the damage she makes her situation worse.

THE CONSPIRATOR PG-13/Drama/Dir: Robert Redford (Evan Rachel Wood, James McAvoy) Mary Surratt is the lone female charged as a co-conspirator in the assassination trial of Abraham Lincoln. As the whole nation turns against her, she is forced to rely on her reluctant lawyer to uncover the truth and save her life.

FAST FIVE PG-13/Action/Dir: Justin Lin (Vin Diesel, Paul Walker, Jordana Brewster, Ludacris) Ex-cop Brian O'Conner and his galpal Mia spring Dominic from a prison vehicle. The trio then make their way to Rio where partner Vince has scouted a heist that pits three fast cars against a speeding train. The job is botched, and worse, alerts the FBI to Dom's whereabouts. A new plan to liberate \$100 million from a Brazilian crimelord requires the foursome to bring in reinforcements. FBI Agent Hobbs arrives with his task force, but Hobbs is soon going punch-for-punch in a one-on-one battle with Dom.

HOODWINKED TOO! HOOD VS. EVIL PG/Animated/Dir: Mike Disa (Hayden Panettiere, Joan Cusack, Bill Hader, Patrick Warburton, Glenn Close) Red and the Big Bad Wolf are a bickering couple thrown in with other members of the Happily Ever After (HEA) agency, to rescue Red's granny after she is kidnapped by the Wicked Witch - in cohorts with fatties Hansel and Gretel.

PIRATES OF THE CARIBBEAN: ON STRANGER TIDES PG-13/Action/Dir: Rob Marshall (Johnny Depp, Penelope Cruz, Geoffrey Rush, Ian McShane, Kevin McNally) Recruited by a past love, saucy firecracker Angelica, Captain Sparrow climbs aboard the pirate Blackbeard's *Queen Anne's Revenge* and joins the race to locate the fabled Fountain of Youth ahead of Captain Barbossa. Since a mermaid's tear is vital to the secret of youth, Blackbeard attempts to ensnare a school of the lady-fish, but they prove more powerful than expected.

PRIEST PG-13/Horror/Dir: Scott Charles Stewart (Paul Bettany, Cam Gigandet, Maggie Q, Stephen Moyer, Lily Collins, Karl Urban) Priest battles a race of feral vampires after learning the creatures have taken his niece. Aided by his niece's beau and Priestess, Priest must evade church-sanctioned hunters sent to bring him back dead or alive. Priest and company ride cool motorbikes, stopping occasionally to mow down hoards of faceless vampires. Some fun action, but the movie's failure to develop its characters and story find it running short of both tension and impact.

RIO G/Animated/Dir: Carlos Saldanha (Leslie Mann, Jesse Eisenberg, Wanda Sykes, Jamie Foxx) When Blu, a domesticated macaw from small-town Minnesota, meets the fiercely independent Jewel, he takes off on an adventure to Rio de Janeiro with this bird of his dreams.

SOMETHING BORROWED PG-13/Comedy/Dir: Luke Greenfield (Ginnifer Goodwin, Kate Hudson, Colin Egglesfield, John Krasinski, Steve Howey, Ashley Williams, Geoff Pierson, Jill Eikenberry) While still a law-school student, Rachel becomes infatuated with classmate Dex. Just when he's beginning to return her interest, Rachel's best childhood friend, party-vixen Darcy, steals him away. Rachel can only look on as Darcy becomes his fiancée, since she insists that Rachel and Rachel's current best friend, Ethan, join them for weekends in the Hamptons. Secretly in love with Rachel, Ethan prods her to stand up to Darcy once and for all.

SOUL SURFER PG/Drama/Dir: Sean McNamara (Anna Sophia Robb, Dennis Quaid, Helen Hunt, Craig T. Nelson, Kevin Sorbo, Lorraine Nicholson) The true story of Bethany Hamilton's return to surfing, after losing her arm to a shark attack at age 13.

THOR PG-13/Fantasy/Dir: Kenneth Branagh (Chris Hemsworth, Anthony Hopkins, Natalie Portman, Stellan Skarsgard) Heir to Odin's throne, Thor engages in unauthorized combat in the realm of his father's enemy, and must be punished. Odin sends Thor to present-day Earth where he hopes his son will overcome both his arrogance and impetuosity, or the hammer representing Thor's great strength will remain useless. Thor falls for the earthbound scientist who attempts to help him, but when the Frost Giants track him to Earth, Thor must find a way to protect her and all humans.

WATER FOR ELEPHANTS PG-13/Drama/Dir: Francis Lawrence (Robert Pattinson, Reese Witherspoon, Christoph Waltz, Paul Schneider, Jim Norton, Hal Holbrook) At 90, Jacob recalls life in his 20s, when as a young veterinarian he runs away with a travelling circus during the Depression. While under the big tent's thrall, Jacob grows into a confident man. He diagnoses and treats humans and animals alike, becoming especially attached to a resourceful elephant even as he falls in love with Marlena, the abused wife of the circus's cruel animal trainer. Drawn from Sara Gruen's bestselling historical novel.

WIN WIN R/Drama/Dir: Thomas McCarthy (Paul Giamatti, Amy Ryan, Bobby Cannavale) Disheartened attorney Mike Flaherty, who moonlights as a high school wrestling coach, stumbles across a star athlete through some questionable business dealings while trying to support his family. Just as it looks like he will get a double payday, the boy's mother shows up fresh from rehab and broke, threatening to derail everything.

CALENDAR OF EVENTS

(Continued from p. 33)

► **"Ingredients,"** 6:30 p.m., Abbott Room, Belfast Library. Hosted by Belfast Co-op, Belfast Library & Maine Farmland Trust. Documentary exploring how farmers, ranchers, chefs and consumers are working to create more sustainable food systems, and the connection between food, local communities and health. Panel discussion follows.

WEDNESDAY, MAY 25:

► **"Fresh,"** 7p.m., Morris Farm, Rte. 27 N., Wiscasset. Feature documentary by Ana Sofia Joanes celebrates people, farms and institutions that are reinventing the country's food systems with sustainable agriculture alternatives. FMI:882-4080.

THURSDAY, MAY 26:

► **"Meet Your Farmer,"** 7 p.m., Lincoln County Theater, Damariscotta. Eight short films about Maine farms by local filmmakers Cecily Pingree & Jason Mann, hosted by Maine Farmland Trust. All ages welcome. Donations accepted. FMI: www.maineFarmlandtrust.org.

► **"She Is the Matador,"** 6 p.m., Rockland Public Library. 2008 Spanish documentary directed by Gemma Cubero and Celeste Carrasco, with English subtitles, details the history of women in bullfighting, profiling two female matadors currently in the arena.

ART

FRIDAY, MAY 20:

► **Workshop on "Seaglass as Wearable Art,"** 1p.m., Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. Materials provided or bring your own glass and needle-nose pliers. \$10, plus \$10 materials fee. Register by May 19: 563-1363.

► **Work by Graphic Artist Phil Anderson,** artist's reception 5-7 p.m., Rockland Congregational Church, 180 Limerock St. Music at the reception by pianist Sue Pedretti.

SATURDAY, MAY 21:

► **Open House, Raku Firing & Potluck,** 1-4 p.m., River Arts Studio, Rte. 1, Damariscotta. Bring a bisque-fired piece for firing with instructor Malley Weber, or come for open house & potluck. FMI:563-1507, or www.riverartsme.org.

► **"A Moment in Time,"** opening reception 2-5 p.m., Lincoln Street Center, Rockland. Group show with Rainy Brooks, Deborah Diemer, Betsy Headley, Amy Nichols, Bob Nichols, Richard Whittier. Through May 30.

► **Plein Air Party,** Hope Orchards, Rte. 105, Hope village. Orchard opens at 6a.m. & closes at 5 p.m., or later by request. Bring supplies, plus hats for visual interest. Weather permitting. Register with EmilyDavis at emily@hopeorchards.com. FMI:hopeorchards.com.

► **Winding Way Season Opening** 11 a.m.-3 p.m., 6N. Main, Rockland. Exhibition of pen-and-ink watercolor

paintings by Anne McMath and Kathy Lane. FMI:www.windingwaywatercolor.org. 542-5540.

SUNDAY, MAY 22:

► **Potluck Spring Gathering,** 4 p.m., Round Top Farm Gallery, Upper Main St., Damariscotta. Artists, craftsmen invited to bring artwork to display. Andrea Goodman will lead singing; Alina Blakesley will lead simple circle dances; open mic for poetry readings or other performances. \$5 donation suggested. FMI: Blakesley, 633-7425, Goodman, 380-5291.

WEDNESDAY, MAY 25:

► **"Andrew Wyeth and Post-WWII Art,"** six Weds., through June 8, 5:30 p.m., Strand Theatre, 345 Main St., Rockland. Lecture series examines Wyeth's work in the broader context of American art. Tonight: "The Message Is the Medium: Andrew Wyeth's Egg Tempera Technique," by Joyce Hill Stoner. \$15/\$12 members. Full-time teachers and students admitted free; reservations required. FMI:596-0949.

THURSDAY, MAY 26:

► **Maine Media College Exhibit,** opening with film screenings, photography exhibit and artists' reception 5-8 p.m., screenings at Union Hall Theatre, 2 Central St., followed by exhibit at Maine Media Gallery, 18 Central St., Rockport. Works by students in the Professional Certificate Program. Through Fri., May 27. FMI:877-577-7700.

► **Artists' Support Group,** 7-8:30 p.m., Belfast Center, 9 Field St. Support/discussion group for those interested in developing creative artistic potentials. \$5. FMI: 338-4576.

► **"Philip and Matt Barter, Father and Son" and "Helen St. Clair: The Figure,"** Gleason Fine Art, 31 Townsend Ave., Boothbay Harbor. Opening reception: Sat., May 28, 5-7 p.m. Through June 28.

COMING UP:

► **Submissions Wanted for "Ship-Shapes" Community Art Project**, Penobscot Marine Museum. In celebration of its 75th anniversary, the museum invites participants to make a model boat or ship out of any material, but it must fit into an imaginary box that's 1'x1'x1', square and be able to stand up by itself or include a stand. Boats will be accepted and displayed beginning Mon., June 13. FMI:548-2529 or www.penobscotmarinemuseum.org.

► **Knox Museum Trip to Boston Museum of Fine Arts,** Mon., June 20. Trip to view "Embroideries of Colonial Boston" and the new Art of the Americas wing. \$100 fee includes round-trip travel via Downeaster Rail from Portland, subway transfers and museum admission. Sign up by Mon., May 23: 354-8062.

ONGOING:

► **Garage Gallery Exhibit,** Eastern Tire & Auto Service, 70 Park St., Rockland. Artbylocal artists Douglas Smith, Rachel

Nixon, Alicia Hammatt, Greta Van Campen, PJ Walter and Kris Lowell; a portion of sales benefits Georges River Land Trust. Through May.

► **"The Colors of Music,"** Maine Art Gallery, 15 Warren Street, Wiscasset. Exhibit of work by Maine artists, juried by the Daponte String Quartet, on view through June 5. Also, an ongoing miniatures exhibit and authentic Maine beach glass jewelry.

► **Watercolors by Jan Kilburn** Pemaquid Watershed Association, downtown Damariscotta. Kilburn is donating 35 percent of her exhibit sales to PWA. Through June 17.

► **"Garden of Earthly Delights,"** River Arts, 170 Main St., Damariscotta. Exhibit of works by over 80 Maine artists. Jazz by guitar duo Lambo Law at the opening. Through June 10.

► **"The Dearly Kept,"** Davis Library, 59 Main St., Liberty. Multi-site art exhibit by Liberty artist Martha Piscukas features paper sculptures echoing actual objects kept for years by town residents. Venues include Walker School, Liberty Town Office and Post Office, and the library.

► **"We Are Still Dancing,"** Belfast Co-op. Work by Kathy Pollard of coil-stitched plaques and baskets using sweetgrass and birch bark, embellished with stone, wood and bone sculptures, beads, shell and stone discs, and acrylic paint.

► **"Signs of Language: One-of-a-Kind Artist Books,"** Kramer Gallery, Belfast Library. Artist books and glacée prints by Maryjean Viano Crowe.

► **Exhibit of Current Student Work** Messler Gallery, Center for Furniture Craftmanship, Rte. 90 & Mill St., Rockport. Furniture and decorative pieces by participants in the current Nine-Month Comprehensive program. Through May 26.

► **"Four in Maine: Drawings,"** Crosman Gallery, Farnsworth Museum, Rockland. Exhibit showcases works by Mary Barnes, Emily Brown, T. Allen Lawson and John Moore. Through Sept. 11.

► **"James Fitzgerald and the Elizabeth Howard,"** Craig Gallery, Farnsworth Museum, Rockland. Part of the Maine Drawing Project, the exhibit includes drawings and a watercolor by Fitzgerald, who lived and worked on Monhegan Island for 30 years. The works depict the fishermen of the schooner *Elizabeth Howard*. Through June 26.

► **"Mind to Hand: Drawings from the Farnsworth,"** Crosman Gallery, Farnsworth Museum, Rockland. Exhibit of drawings collected from 1944-2003, part of the Maine Drawing Project.

► **Downtown Gallery Artists Exhibition,** Waterfall Arts, 256 High St., Belfast, Tues.-Fri. through June 30. An exhibit of gallery artists is also at Common Ground Café, Union. Through Labor Day.

► **Medomak Valley H.S. Photography Show,** Waldoboro Public Library. Second- & third-year photography students' exhibition, ranging from traditional black & white to digital photography. Through May.

Open House at Mountainside Saturday, May 21st & Sunday, May 22nd 10 AM - 2 PM

Carefree Living at its Best! Come to our open house and see this 2-bedroom, 2006 Burlington home on large, private lot at the foot of Mt Megunticook. Tastefully designed, light-filled homes features modern kitchen, spacious living room and dining room with beautiful bow window. Additional room for an office or den. Large spacious bath. All appliances including washer and dryer are furnished. With a deck, generator and garden house, this is truly an unusual opportunity to live in one of Maine's finest 55-and-older manufactured housing communities. Mountainside is a lovely neighborhood with inviting lanes to stroll on.

Mountainside is located at the foot of Mt. Megunticook, less than a mile from the Camden Library on Mountain Street. Look for the Open House signs. INQUIRIES: please call Stuart Welch at 450-8015 or email him at welch@chadwick-baross.com.

Does your landscape need a playhouse?



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Saturday, May 21 10am - 5 pm

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Showtimes for Fri. May 20 through Thurs. May 26

Now Open 7 Days!

Pirates of the Caribbean: On Stranger Tides -PG-13-
Premiere show 12:01am Fri., May 20!
Doors open 11:15pm Thurs., May 19
Fri. & Sat. 6:45 & 9:25
Wed. 4:35 & 7:15
Sun., Mon., Tues. & Thurs. 6:45
Matinees: Sat. & Sun. 2:00

Thor -PG-13-
Fri. & Sat. 7:00 & 9:15
Sun., Mon., Tues. & Thurs. 7:05
Wed. 4:50 & 7:00
Matinees: Sat. & Sun. 2:15

Hoodwinked, Too! -PG-
Fri. & Sat. 7:05
Mon. & Thurs. 7:00 Wed. 5:00
Matinees: Sat. & Sun. 2:00

Fast Five -PG-13-
Fri. & Sat. 8:50
Sun. & Tues. 7:00 Wed. 6:50

Starts May 27 - **Kung Fu Panda 2**

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STRAND THEATRE

Sat. May 21 - Thur. May 26

FILM THIS WEEK:

WIN WIN

Official Selection 2011 Sundance Film Festival
Starring Paul Giamatti & Amy Ryan

OPENS SATURDAY!



SHOWTIMES: (May 21 - 26)
Sat 5:30, 8:00 | Sun 3:00, 7:00 | Mon 7:00
Tues 7:00 | Wed 7:00 | Thurs 7:00

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Doors Open at 12:30 p.m.
Super Tuesdays: \$6.25 All Day & Nite!

Pirates Of The Caribbean: On Stranger Tides
12:45, 1:15, 3:45, 4:20, 6:45, 7:30,
Fri. & Sat. 9:40 (PG-13, 2:27)

Bridesmaids
1:10, 3:55, 6:55, Fri. & Sat. 9:45 (R, 2:15)

Priest
1:40, 4:30, 7:20, Fri. & Sat. 9:15 (PG-13, 1:38)

Thor (3-D)
1:30, 4:10, 7:00, Fri. & Sat. 9:20 (PG-13, 2:04)

Something Borrowed
1:25, 4:05, 7:05, Fri. & Sat. 9:25 (PG-13, 2:03)


The Conspirator
12:55, 3:40, 6:35, Fri. & Sat. 9:10 (PG-13, 2:12)

Fast Five
1:00, 3:50, 6:50, Fri. & Sat. 9:30 (PG-13, 2:20)


Water For Elephants
1:20, 4:00, 7:10, Fri. & Sat. 9:35 (PG-13, 2:11)

Rio
1:45 (G, 1:49)

Soul Surfer
4:15, 6:40, Fri. & Sat. 9:05 (PG, 1:56)

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CALENDAR OF EVENTS

"The lights on the sky are the stars, and the stars on the earth are the people."

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594-2565



RAISING THE BAR
Presented by
Elizabeth Gifford Stuart
Attorney at Law

Is Social Security Disability and SSI easier to get if you are older?

A report recently stated that more Americans are working later in life, as compared to previous years, and that injuries from work activity are on a steep rise as a result. Such workers are at greater risk for bone breaks, muscular injuries, and fractures. According to the Bureau of Labor statistics, injuries among older workers tend to increase steadily with age and often involve back pain and problems with major joints. Fortunately, the Disability Benefit System Administration does allow age to play a substantial role in determining outcomes on SSDI and SSI disability claims. This is because most decisions on claims are made through a grid of rules that take into consideration a person's age, their level of work skills, education, and their remaining functional capabilities.


This is SSA's way of acknowledging that workers, as they age, are less able to transition to other forms of work because their own skills may become increasingly outdated and because it becomes more difficult to gain new skills or update an existing skill set.

For help in applying or for more information please call me on (207) 596-0015 or email egstuart@yahoo.com. I'm taking some time off so the column will be returning in June. Thanks everybody.

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► **Portland Museum of Art**, Seven Congress Sq. "2011 Portland Museum of Art Biennial": Works by 47 emerging and established artists associated with Maine. Through June 5. "European Drawings at the Portland Museum of Art": Masterworks by draughtsmen of the 18th, 19th and 20th centuries, rarely exhibited because of the fragile nature of paper, including those by Millet, Ingres, Derain, Daumier, architectural draughtsman Samuel Prout, and German Expressionist George Grosz. Through May 22. "Refashioned": Contemporary artists Lauren Gillette, Anne Lemanski and Angelika Werth use clothing or hairstyle as an armature for historical narrative. Through July 31. **Works by Maine Artist Will Barnett**: installation in celebration of his 100th birthday. Through Aug. 14.

MISCELLANEOUS

THURSDAY, MAY 19:

- **Waldo County Transportation Planning Meeting**, noon-2 p.m. UMaine Hutchinson Ctr., 80 Belmont Ave. (Rte. 3), Belfast. Action planning meeting on expanding transportation alternatives for Waldo County. FMI: juliane.dow@comcast.net.
- **Opening of Rockland Farmers' Market**, 9 a.m.-12:30 p.m., Harbor Park. Spring produce, preserves, local meats, cheeses and eggs, soaps and yarns. FMI: 594-8644.
- **Local Charity Night, McDonald's**, Rockland, 4-7 p.m. 10% of sales go to Rockland District H.S. Project Graduation.
- **Talk on "Difficult Situations for Schools: De-escalation and Building Resiliency Through Relationships"**, 3:30-6:30 p.m., Rockland District Middle School library. Jeff Morrill, director of Youth & Training Services at National Alliance on Mental Illness, will speak. FMI: David Hanc, 596-2013.
- **"Know Your Trees: Identifying Native Species"** Talk, 6:30 p.m., Belfast Free Library. Program presented by Midcoast District Forester Morten Moess-

wilde. Free; light refreshments. FMI: Skip Pendleton, 338-4427.

FRIDAY, MAY 20:

- **Chair Yoga Class**, Fri., May 20-June 24, 11:45 a.m.-12:30 p.m., Spectrum Generations, 61 Park St., Rockland. FMI: 596-0339.
- **LePage "Capitol for a Day" Meeting**, 6 p.m., Lincoln Academy, 81 Academy Hill, Newcastle. Public invited to ask questions of Gov. LePage and other department commissioners.
- **Golden Oldies Dance Party**, 6:30 p.m. swing class, dance music 7-9:30 p.m., Swing & Sway Dancing, 143 Maverick St., Rockland. \$10 includes class, dance and light refreshments.
- **"All About Skype" Seminar**, 10 a.m., Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. Learn how to get started and participate in a conference call with the class. \$10. Register by May 19 by calling 563-1363.
- **Benefit Dance for Union Harvest Grange**, 7-10 a.m., Rte. 1, Northport. Music by Frye Mountain Band. \$10.
- **Spanish Immersion Weekend**, Fri., May 20, 5 p.m. - Sun., May 22, 2 p.m., Penobscot School, 28 Gay St., Rockland. Spanish teacher Amy Ferlauto with Gisela Cardozo & Nohora Estes coordinating games, music, film, presentations, food and native-speaking friends for deep immersion in Spanish. \$245, incl. materials, 6 meals, & 2.1 CEU for teachers. Accommodation separate. Sat. only \$70, starting at 8:30 a.m. FMI: 594-1084, www.penobscot.us.
- **Searsport H.S. Students Boat Launch**, noon, Searsport Town Dock. Seven students built two Shellback dinghies at Penobscot Marine Museum in Searsport. Public invited. Boats will be on display and for sale. FMI: Brian Campbell, Searsport District H.S. principal, 548-2313.
- **Conversations on the Poem "Sandokai"**, Fridays, May 20, 27, June 3, 5:30-7 p.m., Meetingbrook Hermitage, 64 Barnestown Rd., Camden, just past Snow Bowl, sign at road. Free. Led by Leigh Schneller Sligh & Tom Prescott. FMI: 236-4346.

SATURDAY, MAY 21:

- **Midcoast Ostomy Group Meeting**, 2 p.m., Pen Bay Physicians Building, Lower Level, Conference Room C, Rockport. A support group for anyone who has had, or will have, ostomy surgery. Family members, friends and interested persons encouraged to attend. FMI: Wally, 563-8163 or Elaine, 785-5547.
- **Spring Wildflower Class**, 1-5 p.m., Hidden Valley Nature Center, Egypt Rd., Jefferson. Class on herbaceous and woody flowering plants with biology professor Dr. Dan Townsend is first of four monthly classes, each with a different focus. \$90/\$75 HVNC members for series or \$30/\$25 members, individual classes. Registration required: 586-6752.
- **Lincoln County Animal Shelter Adoption Clinic**, 11 a.m.-2 p.m., The Animal House, 372 Main St., Damariscotta. Q&A with Shelter reps., and pets awaiting homes. FMI: www.lcas.me/.
- **Courtesy Boat Inspection Training**, 9-10:30 a.m., Nobleboro Town Office, 192 Rte. 1. Free workshop for volunteer training to help keep Damariscotta Lake & Pemaquid area ponds clear of invasive aquatic plants through boater education. RSVP to Damariscotta Lake Watershed Assoc. by Thurs., May 19, 549-3836, or Julia@dlwa.org.
- **Maine Greyhound Placement Service "Meet and Greet"**, 11 a.m.-1 p.m., Destination: DOG, 39 Mechanic St., Camden. Meet retired racing greyhounds, with an introduction to the breed and information about adoption process. FMI: 236-3354.
- **Civil War Encampment**, 9:30 a.m.-3 p.m., Washington Fire Station. Demonstrations of camp life, drills, and campfires by reenactors in uniform and costumes. Burgers, chips, drinks and cookies sold from 11:30 a.m.-1 p.m.; vets eat free. March at 2 p.m. to the Veteran's Monument for a rededication. FMI: 845-3045.
- **Lawn Sale**, 8 a.m.-1 p.m., 5 Lakeview Dr. (Rte. 17), Rockland. Coffee, donuts and muffins on sale. Benefits the restoration of the historic Rockville Community Chapel.

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WITH ANANUR
MAY 20 - MAY 26

Friday, May 20 — Mercury and Mars are both aspecting Pluto, which is incredibly strengthening for those who are working hard to overcome compulsive addictions. You ought to be feeling more determined than ever. There's courage and confidence that goes with this aspect. You're able to tackle big problems and find solutions, which you hadn't seen as possible previously. This is an excellent day for making important decisions. You can accomplish plenty today.

Saturday, May 21 — The Sun changes signs today. The Sun enters Gemini at 5:20 a.m. and remains in this active, youthful, ever-curious air sign until June 21. With the Sun in Gemini we find ourselves busy and multi-tasking successfully. Venus is nicely aspecting Pluto. This aspect brings about the transformation of old habit patterns through the love and support of those who are close to you. A love relationship could possibly go to a deeper level of commitment if both people are sincere about wanting an authentically real relationship. The Sun is in a challenging aspect with Neptune, known to bring about confusion due to idealism. The love may be strong, but there could be an addiction problem. Neptune in a challenging aspect is an indicator of an addiction problem that could undermine a person's sincerity.

Sunday, May 22 — Mercury is in an awkward aspect with Saturn all day. There's a tendency to needlessly worry about the week ahead. If you write down your plans and goals, it may help you tame your nervous anxiety. Venus and Mars are close together (conjunct) in Taurus until tomorrow. You probably want to be outside creating beauty in your yard. Pace yourself. With the Sun still harshly aspecting Neptune, your energy level is lower. Between noon and 5 p.m. the Moon will be aspecting Mercury, Venus and Mars. Here's when what you want clashes with what another wants. Compromise sounds reasonable, but it may not work out today while both parties are feeling pretty stubborn.

Monday, May 23 — Mercury, Venus and Mars remain conjunct in Taurus until noon. Creating or eating gourmet

foods is what seems to be of utmost importance right now. This aspect can also find you producing art and/or music inspired by Mother Nature's beauty. The Sun is in a favorable aspect with Uranus until Wednesday. Creative genius is associated with this particular aspect. Original ideas come that need to be implemented immediately.

Tuesday, May 24 — The Sun is still aspecting Uranus, which personally affects all those who were born between May 24 and 28 and March 24 and 28 of any year. These individuals are needing to express their independence in new ways. They're feeling restless and in need of change. The rest of us are experiencing upbeat energy and are finding this to be a fun day filled with pleasant surprises. Venus and Mars are aspecting Saturn, suggesting that you pay close attention to what your body is telling you in relation to the foods you ingest. If the food you eat causes you to feel sleepy afterward, then maybe that food does not agree with you. Many people report that when eating bread. This aspect often brings about frustration due to financial concerns.

Wednesday, May 25 — This is the last day that the Sun is in a positive aspect with Uranus. Be spontaneous and not overly analytical if your intuition offers you a good idea. Mars is aspecting Saturn until tonight. Your patience is thinning out. Communications flow more easily from 12:30 to 2:30 p.m., while the Moon is nicely aspecting Mercury.

Thursday, May 26 — From 7:30 to 10:30 a.m., Mars and Mercury will be stimulating your mind with lots of ideas that you want to share. Your mind is moving rapidly. Mercury will be aspecting Uranus until tomorrow evening. You're apt to feel easily agitated due to a lack of patience. Plans change quickly and cancellations come about that you haven't anticipated. The Sun will be aspecting Pluto until Saturday night. Power issues crop up. Conflicts are common now.

Ananur Forma lives in Rockland and can be reached for a personal astrological reading in person or by phone at 594-2565. Visit www.AstrologyWithAnanur.com.

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CALENDAR OF EVENTS

► **Journal-Making Workshop**, 10 a.m.-noon, Gibbs Library, Washington. Learn how to make either a hardcover journal or Japanese stab-bound journal. \$5 materials fee, free for 18 years old & younger. To register, call 845-2663, or gibbslibrary@hotmail.com.

► **Spring Wildflowers and Basic Botany Class**, 1-5 p.m., Hidden Valley Nature Center, Jefferson. Four class series: \$75/\$90 non-members. Individual class: \$25/\$30 non-members. Other classes: June 25, July 23, Aug. 20. FMI: 586-6752, gary@hvinc.org, www.hvinc.org.

► **King's Closet Free Clothing**, 11 a.m.-1 p.m., and also open Sun. after church, Grace Bible Fellowship, 30 Sherers Lane, off Old County Rd., Rockland. FMI: 596-7117.

► **Merryspring Plant Sale**, 9 a.m.-2 p.m., members only Fri., May 20, 4-6 p.m., Sale with gardening activities for children too.

► **Belfast Garden Club "Green Thumb" Plant Sale**, 9-11 a.m., Belfast Boathouse, 34 Commercial St. Benefit for Belfast Garden Club community activities & scholarship fund. FMI: Corliss Davis, 930-3562.

► **Plant Sale**, 9 a.m.-noon, Episcopal Church of St. John the Baptist, corner of Main & Green sts., Thomaston. Perennials, annuals, used garden tools, books, baked goods and coffee.

► **Plants for Peace Sale**, Sat. & Sun., May 21 & 22, 9-10 a.m., rain or shine. 3 Greenleaf St., Brunswick. Benefit for Peace Action Maine & Brunswick/Trinidad (Cuba) Sister City Project.

► **Indoor Craft & Yard Sale**, 9 a.m.-1 p.m., Odd Fellows Hall, Watts Ave., Tenants Harbor. \$15/table. Benefits Jackson Memorial Library's Pre-K program for 3- and 4-year-olds. FMI: 372-8961.

► **Fish Chowder Supper & Silent Auction**, 5-7 p.m., St. George Town Office, Tenants Harbor. 2 p.m. auction preview in the Community Room. \$8 adults/\$5 children under 12. Benefit for St. George Days, July 15-17. FMI: Beth Smith, 372-6363 or admasst@stgeorgemaine.com.

► **Joint Yard Sale**, 8 a.m.-1 p.m., 18 Merriam Rd., Belfast. Held by Waldo Cty. Triad & Spectrum Generations. For a table, call Ashley Hoffmann at 338-1190.

► **Morris Farm Community Plant Sale**, 8:30 a.m.-noon, 156 Gardiner Rd. (Rte. 27 N), Wiscasset. Master gardeners on hand for questions. FMI: The Morris Farm Trust 882-4080, www.morrisfarm.org.

► **Coastal Maine Botanical Gardens Plant Sale**, 9 a.m.-4 p.m. & Sun., May 22, 9 a.m.-noon, Barters Island Rd., Boothbay. Members' preview Fri., 3-7 p.m. Free. FMI: 633-4333, www.MaineGardens.org.

► **Come Boating! Launch Day**, 11 a.m.-2 p.m., boatshed near Belfast Public Landing. Free hot dogs and lemonade, information on community rowing and sailing programs and rows and sails on the harbor. "All Things Nautical" yard sale from 9 a.m.-2 p.m.. Rain date is Sun., May 22. FMI: 338-0774.

► **Benefit Car Wash/Dog Wash for Humane Society of Knox County**, 9 a.m.-1 p.m., Park Street Car Wash, Park St. Rockland. Proceeds help the animals at HSKC.

► **Mid-Coast Audubon Bird Walk**, meet at Lincoln County News in Newcastle at 7 a.m. for trip to Vaughn Woods and

Belgrade Lakes area. We'll be in pursuit of the Louisiana waterthrush, sandhill cranes, black terns, bluebirds and purple martins. FMI: 563-2930.

SUNDAY, MAY 22:

► **Fund-Raising Pancake Breakfast**, 8-10 a.m., Alna Store, 2 Dock Road, Alna. Fund-raiser for Hidden Valley Nature Center offers pancakes, bacon or sausage, egg frittatas, juice and coffee.

► **BRLT Chainsaw Safety Presentation**, 12-3 p.m., Zak Preserve off Rte. 27. Demonstration by Thomas Hoerth, City of Bath arborist & tree warden, with participation and a Q&A session. Bring personal protective equipment if you have it, chainsaw, water & snack. Space limited, call to register. Boothbay Region Land Trust, 633-4818, or brlt@brlt.org.

► **Pet First Aid & CPR Course**, 4 p.m., The Animal House, 372 Main St., Damariscotta, with pet first aid/CPR instructor & Animal Control Officer Bobby Silcott. \$40, incl. materials and certificate of completion from the American Red Cross. All proceeds go to Maine Pet Oxygen Mask Project, supplying pet masks to fire & rescue services. Pre-registration is required: call 563-5595.

► **Canoe or Kayak Birding Trip**, 8-11 a.m., meet at Damariscotta Lake State Park. Trip offered by Damariscotta Lake Watershed Assoc. with experienced ornithologist Tom Arter. Bring PFD, paddle, binoculars, water bottle, and canoe or kayak; or contact DLWA to pair up. RSVP: Julia McLeod at 549-3836 or Julia@dlwa.org.

► **Monthly Meeting of Knox County Republican Women**, 3 p.m., home of Helen Shaw, 77 Pascal Ave., Rockport. Light snacks offered. All Republicans — including men — invited. RSVP: Helen Shaw 236-2468, or 594-5118. FMI: www.GOPKnoxCounty.com.

► **Pumpkinfest Giant Pumpkin Plantlet Give-Away**, 8 a.m.-3 p.m., Pinkham's Plantation, 431 Biscay Rd., Damariscotta. Start growing a giant pumpkin for Pumpkinfest by picking up a free plant. Bring a bucket to collect five gallons of free compost. FMI: www.damariscottapumpkinfest.com.

► **Mushroom Cultivation Workshop**, 1-4 p.m., Newforest Institute, Brooks. Learn about the nutritional and medicinal benefits of Maine wild mushrooms and create a shiitake mushroom log to take home to grow. \$25-\$50 sliding scale/ages 12 and under, free. Registration: 722-3625 or info@newforestinstitute.org.

► **Spanish Service**, 10 a.m., Broad Bay Congregational UCC, 941 Main St., Waldoboro. Visiting minister Rev. Ralph Moore and congregant Clair Rises lead a service with emphasis in the work of Archbishop Oscar Romero of El Salvador. All are welcome.

► **International Folk Dancing**, 4-6 p.m., Watts Hall, Main St., Thomaston. All levels welcome. Donations accepted.

► **Camden Arbor Day Observance**, 1 p.m., Megunticook Riverwalk. Arborist Richard Schneller will speak on "Growing Native Trees from Seeds," followed by a guided walk along the trail by arborist Douglas N. Johnson and planting of native trees. Volunteer planters should bring glove and sturdy shoes. FMI: 236-6855.

MONDAY, MAY 23:

► **Free Pregnancy Massage Clinic**, 6:30 p.m., Downeast School of Massage, 99 Moose Meadow Rd., off Rte. 220 N., Waldoboro. Call 832-5531 to schedule an appointment.

► **Maine Food Allergy Group Meeting**, 6:30 - 8 p.m., Picker Family Resource Center, Pen Bay Medical Center, Rockport. Presentation by owner and manager of Fresh Off the Farm in Rockport, both of whom are affected by food allergies. Topics include ingredient substitutions for food allergy sufferers, preparation techniques for allergy-friendly food, and product availability of allergy-friendly food. FMI: 596-8950.

► **Belfast Historical Society Meeting**, 7 p.m., Belfast Library. Slide presentation on "Working in Belfast — Chicken and Sardines," followed by a panel discussion, moderated by Jay Davis, with several women who worked in the plants. Free. FMI: www.belfastmuseum.org.

► **Presentation on Foot Care Health**, 1 p.m., Spectrum Generations, 61 Park St., Rockland. Jeanne Otis, RN, will discuss monthly foot care clinics that will be held starting in June. Registration: 596-0339.

► **Workshops on "Making Your Car Sparkle" and "Under the Hood,"** 9:30 and 10:30 a.m., Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. Workshops with detailing expert Ralph Najim of Coastal Car Care and auto technician Don Chatfield. \$5. Register by May 20: 563-1363.

TUESDAY, MAY 24:

► **Talk on "Naturally Healthy Kids,"** 6 p.m., Peopleplace Cooperative Preschool, 69 Union St., Camden. Free talk by naturopath Dr. Deb Moskowitz on how to use nutrition and naturopathic treatments to keep children healthy. FMI: 236-4225.

► **"Tick Talk,"** 6:30 p.m., Camden Library. Illustrated talk by Dr. Bea Szantyr, MD, on the bacteria that cause Lyme disease, the lifecycle of the deer tick, and ways to protect yourself and your family.

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NOTICE OF SALE OF TIME-SHARE ESTATES UNDER TITLE 33, SECTION 595 OF THE MAINE REVISED STATUTES ANNOTATED

By virtue of the project instrument of the Samoset Resort Timeshare Estates located on Warren Street, Rockport, Maine and Title 33, section 595 establishing a lien for failure to pay assessments on the time-share estates held by the time-share owners listed below, the time-share estates will be sold at Public auction at the Samoset Resort, commencing at 9:00 a.m. Saturday May 21, 2011

- Property of EZ Time Solutions, Inc. of Tampa, FL, Timeshare Estate Unit A03, Week 01, Building I, Apartment Number 603; for deed reference see Knox County Registry of Deeds, Book 4196, Page 134.
- Property of EZ Time Solutions, Inc. of Tampa, FL, Timeshare Estate Unit A03, Week 02, Building I, Apartment Number 603; for deed reference see Knox County Registry of Deeds, Book 4196, Page 138.
- Property of Olga D. Picurro of Devine, TX, Timeshare Estate Unit A03, Week 46, Building I, Apartment Number 603; for deed reference see Knox County Registry of Deeds, Book 887, Page 281.
- Property of Jeannine R. Giguere Kehn of Lewiston, ME, Timeshare Estate A03, Week 49, Building I, Apartment Number 603; for deed reference see Knox County Registry of Deeds, Book 1196, Book 97.
- Property of Howard J. Cosier of Williamsburg, VA, Timeshare Estate Unit A07, Week 17, Building I, Apartment Number 612; for deed reference see Knox County Registry of Deeds, Book 4065, Page 216.
- Property of Lauren A. Miller Aston of Warren, ME, Timeshare Estate Unit A08, Week 46, Building I, Apartment Number 616; for deed reference see Knox County Registry of Deeds, Book 1409, Page 148.
- Property of the Daniel T. Sidlik of Londonderry, NH, Timeshare Unit A12, Week 51, Building I, Apartment Number 614; for deed reference see Knox County Registry of Deeds Book 1544, Page 323.
- Property of Francis A. Amoroso of Saco, ME, Timeshare Estate Unit A13, Week 03, Building I, Apartment Number 620; for deed reference see Knox County Registry of Deeds Book 3686, Page 148.
- Property of Linda E. Cote of Portland, ME, Timeshare Estate Unit A14, Week 09, Building I, Apartment Number 624; for deed reference see Knox County Registry of Deeds Book 1006, Page 311.
- Property of Betty H. Thorndike of Cedarville, MA, Timeshare Estate Unit A17, Week 03, Building I, Apartment Number 618; for deed reference see Knox County Registry of Deeds Book 2308, Page 003.
- Property of Remona Woods of Rochester, New Hampshire, Timeshare Estate Unit B03, Week 48, Building I, Apartment Number 617; for deed reference see Knox County Registry of Deeds Book 1500, Page 253.
- Property of Stephen K. Ellis of Vassalboro, ME, Timeshare Estate Unit B04, Week 06, Building I, Apartment Number 621; for deed reference see Knox County Registry of Deeds Book 2554, Page 042.
- Property of Judy Shorey of Rockland, ME, Timeshare Estate Unit C01, Week 04, Building I, Apartment Number 601; for deed reference see Knox County Registry of Deeds Book 3569, Page 67.
- Property of Don Alexander Goss & Sadie Burton Goss of Boston, MA, Timeshare Estate Unit A05, Week 49, Building II, Apartment Number 702; for deed reference see Knox County Registry of Deeds Book 1906, Page 305.
- Property of Gary A. & Pamela S. Gauvin of Bar Mills, ME, Timeshare Estate Unit A07, Week 50, Building II, Apartment Number 712; for deed reference see Knox County Registry of Deeds Book 1629, Page 078.
- Property of Madeline R. Brown of Wakefield, MA, Timeshare Estate Unit A08, Week 48, Building II, Apartment Number 716; for deed reference see Knox County Registry of Deeds Book 1825, Page 305.
- Property of Richie & Sheryl Hurlburt of No. Waterboro, ME, Timeshare Estate Unit A08, Week 50, Building II, Apartment Number 716; for deed reference see Knox County Registry of Deeds Book 4037, Page 135.
- Property of Kristen Lloyd Clark & Karen Lloyd Zarse of Hampton, New Hampshire, Timeshare Estate Unit A09, Week 08, Building II, Apartment Number 711; for deed reference see Knox County Registry of Deeds Book 1930, Page 080.

- Property of Alfred Tripp, Sr. of Dedham, ME, Timeshare Estate Unit A12, Week 04, Building II, Apartment Number 714; for deed reference see Knox County Registry of Deeds Book 1012, Page 284.
- Property of Sunshine Crate Batchelder of Milo, ME, Timeshare Estate Unit A12, Week 15, Building II, Apartment Number 714; for deed reference see Knox County Registry of Deeds Book 3652, Page 86.
- Property of Judith Shorey of Rockland, ME, Timeshare Estate Unit A15, Week 50, Building II, Apartment Number 719; for deed reference see Knox County Registry of Deeds Book 2068, Page 5.
- Property of Estacio F. Decastro of Somerset, MA, Timeshare Estate Unit B03, Week 01, Building II, Apartment Number 717; for deed reference see Knox County Registry of Deeds Book 3908, Page 137.
- Property of Michael S. Simonton of Gasburg, VA, Timeshare Estate Unit B03, Week 49, Building II, Apartment Number 717; for deed reference see Knox County Registry of Deeds Book 1675, Page 219.
- Property of Kathleen Laffin of Warren, ME, Timeshare Estate Unit B03, Week 02, Building II, Apartment Number 717; for deed reference see Knox County Registry of Deeds Book 3884, Page 43.
- Property of Margaret Neil & Martha L. Neil of Fredericton, NB, Canada, Timeshare Estate Unit C01, Week 09, Building II, Apartment Number 701; for deed reference see Knox County Registry of Deeds Book 3848, Page 175.
- Property of Ismael Ahmad of Philadelphia, PA, Timeshare Estate Unit A08, Week 46, Building III, Apartment Number 814; for deed reference see Knox County Registry of Deeds Book 4100, Page 48.
- Property of L. Franklin & Sandra J. Slover of E. Wakefield, New Hampshire, Timeshare Estate Unit A10, Week 05, Building III, Apartment Number 823; for deed reference see Knox County Registry of Deeds Book 1741, Page 326.
- Property of Roland M. & Jeannine Deschamps of New Smyrna Beach, FL, Timeshare Estate Unit A13, Week 43, Building III, Apartment Number 818; for deed reference see Knox County Registry of Deeds, Book 1012, Page 122.
- Property of Debbie & Phil True of Augusta, ME, Timeshare Estate Unit B02, Week 12, Building III, Apartment Number 813; for deed reference see Knox County Registry of Deeds, Book 1895, Page 163.
- Property of John R.W. Disher of Bocabec, NB, Canada, Timeshare Estate Unit B03, Week 06, Building III, Apartment Number 817; for deed reference see Knox County Registry of Deeds, Book 1172, Page 304.
- Property of George Nicholas of Old Orchard Beach, ME, Timeshare Estate Unit B03, Week 49, Building III, Apartment Number 817; for deed reference see Knox County Registry of Deeds, Book 1335, Page 11.
- Property of Kathleen Laffin of Warren, ME, Timeshare Estate Unit D03, Week 08, Building III, Apartment Number 820; for deed reference see Knox County Registry of Deeds, Book 3920, Page 252.
- Property of Frederick E. & Judith A. Marinozzi of Monroe, NY, Timeshare Estate Unit D04, Week 49, Building III, Apartment Number 816; for deed reference see Knox County Registry of Deeds, Book 2807, Page 026.
- Property of George E. & Jean E. Malm of Bradenton, FL, Timeshare Estate Unit D06, Week 16, Building III, Apartment Number 824; for deed reference see Knox County Registry of Deeds, Book 1225, Page 265.

TERMS OF SALE:

This sale shall be by public auction with opening bidding, sale of each individual property to the highest bidder. The successful bidder must tender the full amount of the prevailing bid in cash or by check from a State of Maine Bank to Samoset Timeshare Estates at the conclusion of the sale.

Signed: 
David B. Matthews

Managing Agent
Samoset Resort
Timeshare Estates
Association of Unit
Owners

CALENDAR OF EVENTS

- Blues Dance Classes, 7-8:30 p.m.,** Rockland Recreation Center, 33 Lime-rock St., Rockland. Tues. through June 21. No partners or experience necessary. \$15/drop-in, \$36/3 weeks, \$70/6 wks. FMI: Katie Tranzillo 2003-915-9371.
 - "Weekend Navigator" Boating Class, Tues. & Thurs., May 24-June 16,** 6-8 p.m., Great Salt Bay School, Damariscotta. To register, call 563-2811 or email edickens@aos93.org.
 - Pemaquid Paddlers, Tuesdays** through Oct. 11. FMI or weather cancellations: John Will, 677-6380, pemaquidpaddlers@aol.com, or pemaquidpaddlers.blogspot.com.
 - College Writing Seminar, 5:30-8:30 p.m., Tues & Thurs, through June 16.** Great Salt Bay School, Damariscotta. Lincoln County College Connection (TLC3)-sponsored. Free. Registration required: call TLC3 counselor Melinda Gilman, 449-6011, or CLCAE, 563-2811.
 - Hooping Demo & Making a Hoop Workshop, Spectrum Generations Coastal Center, 12:30 p.m., 521 Main St., Damariscotta.** Maria Randolph demonstrates and teaches basics of hoop making. Call 563-1363 to reserve and for size you want.
 - Merryspring Tuesday Talk Series** noon, Merryspring Nature Park, Conway Rd., Camden. Claire Ackroyd, professional garden designer, will give a talk "Designing for Natural Landscapes in Coastal Maine." \$5/members, free. FMI: 236-2239.
 - "Tip-a-Cop" Special Olympics Maine Fund-Raiser, 5:30-8 p.m., Applebee's, Rte. 1, Thomaston.** Officers from the Rockland, Rockport, Camden and Waldoboro police departments, along with members of the Knox Cty. Sheriff's Dept., State Marshals, State Police and Marine Patrol, will be serving meals, with tips going to support Special Olympics Maine.
- WEDNESDAY, MAY 25:**
- Talk on "The Sun, Your Skin, Cancer & Vitamin D," 6:30-8 p.m.,** Waldo County General Hospital Education Center, 118 Northport Ave., Belfast. Talk by Dr. Jeff Sedlack, surgeon and physician.
 - Mid-Coast Audubon Walk, 7 a.m., Damariscotta River Association, 110 Belvedere Rd., Damariscotta.** Join Dennis McKenna to explore the farm property, pond and Great Salt Bay, looking for spring birds and waterfowl. FMI: 563-8439.
 - Antiques Show & Sale, Plant Sale & Luncheon, 11 a.m.-4 p.m.,** Fellowship Hall, Congregational Church of Bristol. Luncheon served 11:30 a.m.-1:30 p.m.
 - Talk on Current Conditions in Rwanda, 7 p.m.,** John St. United

- Methodist Church, 98 John St., Camden. Joe & Peg Moser, Northport, will talk about their experiences this winter. Rwandan tea & refreshments served.
- Wednesday Walkers, 8:30 a.m.,** meet to carpool from the Friends Meeting House, Belvedere Rd., Damariscotta. Today's hike: Linekin Preserve, East Boothbay. FMI: Jack Brown, 563-3827.
- Belfast Business & Organization Fair, 2-5 p.m.,** UMaine Hutchinson Center. Sign up for a table to display information about your business or organization. Door prizes, refreshments & networking. FMI: Erica Hughes, 338-8034, or Erica_Hughes@umit.maine.edu.
- Lincolntonville Monthly Neighborhood Potluck, 2372 Atlantic Hwy. (Bay Leaf Cottages), Lincolntonville Beach.** Join Lincolntonville year-round and seasonal residents (nearby townspeople, guests and visitors welcome) for a monthly potluck supper on Wednesdays, May 25, June 29, July 27, August 31 and September 28. Bring a casserole, salad, or dessert. Meat, beverages, and place settings provided. No cost to attend. RSVP 706-7929.

THURSDAY, MAY 26:

- Safe Boating Workshop, 1 p.m.,** Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. Robert Loney and members of the Lincoln County Coast Guard Flotilla present "Out and About on the Water Safely." All ages welcome. \$5. Register by May 25 by calling 563-1363.
- Program on Wetlands, 6:30 p.m.,** Wessaweskeag Historical Society, Rte. 73 and Dublin Rd., So. Thomaston. Jeanne Christie, executive director of the Association of State Wetland Managers, will speak on "Wetlands: Where Land, Water and Controversy Reside." FMI: 691-2120.
- Talk on Stroke, 6-7:30 p.m.,** Picker Family Resource Center, Pen Bay Healthcare, Rockport. Stroke Center nurse Eileen Hawkins will cover stroke statistics and define stroke and the risk factors leading to it. Registration required: 596-8950.
- Volunteer Welcome Session, 10 a.m.,** Knox Museum, 16 High St., Thomaston. For new and returning docents, gift shop attendants and other volunteers. FMI: 354-8062, info@knoxmuseum.org.
- St. George Historical Society Meeting, 6:30 p.m. potluck, 7:30 p.m. meeting,** Grange Hall, Wiley's Corner, off Rte. 131. Using surviving documents from that period and oral tradition, James Skoglund will present a talk on the effects of the Civil War on St. George, discussing how family connections, economic interests, and political and moral convictions shaped opinions during the Civil War and in the decades following.

Program on Edgecomb's Industrious Past, 7:30 p.m., Edgecomb Town Hall. Jay Robbins will present "Wresting a Living from Our Land: Edgecomb's Industrious Past — An Examination of Our Mills, Quarries, Brick Yards, Mineral Springs, Ice Houses, Canneries, Traditional Trades and More." Free and open to the public. FMI: 737-2239.

Camden Garden Club Meeting & Plant Sale, 9 a.m., Congregational Church, Elm St. Business meeting followed by refreshments at 9:45 and annual plantsale at 10. Public is encouraged to attend.

COMING UP:

- Waldo County General Hospital Aid Yard Sale, Sat., May 28, 8 a.m.,** Education Center, 118 Northport Ave., Belfast. Donations accepted Friday, May 27, 9 a.m.-2 p.m. FMI: 930-6739 or 338-4232.
- Food Safety Certification Class, Thurs., June 2, 8:30 a.m.-5 p.m.,** hosted by Penobscot Bay Chamber of Commerce, 1 Park Dr., Rockland. Covers new regulations pertaining to companies, including restaurants and B&Bs, that serve food to the public. \$131/\$119 Chamber members or \$105/\$99 w/o textbook. Space limited. FMI, or to register: Robin McIntosh, 596-0376, robin@The-RealMaine.com.
- French Immersion Weekend, Fri., June 3, 5 p.m. - Sun., June 5, 2 p.m.,** Penobscot School, 28 Gay St., Rockland. Games, music, film, presentations, food and native-speaking friends for deep immersion in French. \$245, incl. materials, 6 meals, & 2.1 CEU for teachers. Accommodation separate. Sat. only \$85, starting at 8:30 a.m. FMI: 594-1084, www.penobscot.us.
- "Toast of Maine" Tour, Sat., June 4, 9 a.m.-5 p.m.,** with pickup in Bath, Wiscasset, Damariscotta and Waldoboro. Central Lincoln County Adult Ed tour of Winterport Winery, Cellar Door Winery and Sweetgrass Farm Winery and Distillery, with lunchstop at Pairings. \$75 for online registration by May 19/\$80 thereafter. FMI: ccl.maineadulted.org or 563-2811.
- "Serve an Ace for Hope" Tennis Tourney, Sat. & Sun., June 4 & 5,** Mid-coast Recreation Center, Rockport. Benefits New Hope for Women. \$50. To register, call 594-2128.
- 10th Annual Women's Ride, Sun., June 5,** staggered starttimes begin at 8 a.m., starts & ends at L.L. Bean's Casco Conference Ctr., Casco St., Freeport. Four distance options, from 5 to 50 miles, sponsored by the Bicycle Coalition of Maine. Registration: \$35/\$45 non-members, \$10 disc. for 12-17 & seniors over 65. Girls 11 & under ride free. FMI: www.BikeMaine.org or call 623-4511.

Auditions for Little Shop of Horrors at Waldo

The Waldo Theatre in Waldoboro will be presenting the cult classic rock musical *Little Shop of Horrors* this summer, directed by Sue Ghoreyeb, with music direction by Sean Fleming. Auditions will be held at the theatre on Sunday, May 29, at 7 p.m., and Thursday, June 2, at 6 p.m. Performances are scheduled for the evenings of Friday and Saturday, July 29 and 30 and August 5 and 6, with matinees on Sundays, July 31 and August 7.

The story follows an introverted young man, Seymour Krelnick, as he tends to a new kind of plant, "Audrey II," named after his coworker, the object of his unrequited love. Seymour and Audrey work for Mr. Mushnik, owner of a failing florist shop on Skid Row. Audrey has a tendency to date truly awful men, and her current boyfriend is a

masochistic dentist. None of these characters is ready for the havoc of having a man-eating plant grow to immense proportions right in the middle of their flower shop and the fame and fortune Audrey II brings them.

The director is interested in casting actors in a wide range of ages for the production. The neighborhood Doo-Wop girls are teenagers and need to be able to harmonize. Those planning on auditioning for lead characters will need to sing a song from the show for that character. Those interested in chorus roles will be asked to sing something in their range, which need not be from the show. Music and lyrics are available on the Internet. For more information, contact the Waldo Theatre at 832-6060 or visit www.thewaldo.org.



Waldo County band OdLaW will bring its mix of Americana rock 'n' roll to Bowen's Tavern in Belfast, on Saturday, May 21, at 9 p.m. Since the recent release of the trio's debut CD, "OdLaW 1," the band has gotten radio airplay throughout the state and were featured artists of the week on WERU. OdLaW, with Gary Grant on percussion, Sam Ladd on guitar/vocals and Jerry Weaver, bass/vocals, has released a music video, "Wilted Flowers," that is available for viewing on YouTube and at odlaw.org. Bowen's Tavern is now located at 181 Waterville Road in Belfast.

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Rick Kersbergen of UMaine Cooperative Extension recognizes Rodney Ingraham of Ingraham's Equipment in Knox for over 20 years of volunteering his business to help teach safe tractor operation. Pictured from left are Holly Whitcomb (student), Rodney Ingraham, Rick Kersbergen and Zach Nickerson (student).

Ingraham's Equipment Recognized for Tractor Safety Education

Last week, University of Maine Cooperative Extension recognized Ingraham's Equipment in Knox for over 20 years of commitment to safe tractor operation.

Each year in the United States, over 100 children are killed in farm- and tractor-related deaths. UMaine Extension provides tractor safety education for youth in collaboration with Ingraham's Equipment to try and prevent such accidents from happening in Maine. Over 200 young and adult students have taken the class since 1990. The course is designed for students ages 14 to 16 to earn federal

Sara Trunzo, a student at Unity College, taking her final driving exam



certification to operate farm equipment as part of their employment on a farm.

On May 10, students had their final exam, which consisted of both a driving exam and a written exam.

For more information about safe tractor operation, contact the University of Maine Cooperative Extension at 1-800-287-1426.

Free Children's and Young Adult Massage Clinic May 28

The Downeast School of Massage (DSM) in Waldoboro will host its annual free student children's and young adult massage clinic on Saturday, May 28. The clinic is an opportunity for children and their parents to become familiar with massage in a secure, supervised setting while students practice their skills with this special population.

DSM offers a program accredited by the Commission on Massage Therapy Accreditation. Students receive over 600 hours of training in anatomy, physiology, kinesiology, nutrition, pathology and related subjects. Each student must complete 66 hours of therapeutic massage, including specialized clinics as well as additional outside logged hours, case histories, and core curriculum.

Appointments for the

Parents, babies and toddlers learn about safe touch as DSM students practice infant massage.

Children's Massage Clinic are available at 9 and 10:45 a.m. on May 28. Parents must accompany children to sign release forms and help complete medical history forms. Children ages 6 months to 18 years are welcome to participate. To make an appointment, call the school at 832-5531. DSM is located two miles up Route 220 North from Route 1, on Moose Meadow Lane in Waldoboro. For all clinic dates, visit www.downeastschoolofmassage.net and click on the clinic calendar.



Hutchinson Center Hosts Business and Organization Fair

Businesses and organizations are invited to display information about themselves at a fair at the UMaine Hutchinson Center on Wednesday, May 25, from 2 to 5 p.m. Tables are \$10 each; admission is free to the public. The fair is for those who need to get word out about what they do, or need to recruit

part-time or full-time employees, and/or want to connect with other businesses and organizations in the area. There will be door prizes and refreshments at the event.

For more information, contact Erica Hughes at 338-8034 or Erica_Hughes@umit.maine.edu.

MARKET BASKET

DEADLINE is 4 p.m. MONDAYS

PLEASE READ: As long as the TOTAL price of ALL your items is \$100 or less, it's FREE (ads must include prices for all items or we cannot run the ad).

Market Basket ads run for two weeks. Only one ad per household per week will be printed. We can only accept ads that are 20 words or less. We cannot accept ads over the phone - we do accept faxes (596-6698). Market Basket ads must be received by 4 p.m. Mon. for inclusion in that week's issue. **NO BUSINESS, SERVICE OR YARD SALE ADS qualify for the Market Basket. Ads which do not follow these guidelines cannot be printed.**

FOR SALE

Hardcover Cookbooks, Barefoot Contessa, *Back to Basics*; Tyler Florence, *Tyler's Ultimate*; Giada De Laurentiis, *Giada's Family Dinners*; \$30 for all. 785-2154.

20 Natural Flat Stones, good for walkways in gardens, etc. \$100 for all. 845-2617.

Wood Burning Cast Iron Stove, 2.6 in. long, 2 ft. high, 1 ft. wide, always been indoors. \$40 OBO. 596-6515.

Netgear Wireless Router, in box with instructions, cables and papers, paid \$60 new, \$20. 691-1049.

Sony 5-Disc CD/DVD Changer with remote, good condition, \$50. Sony VCR HiFi stereo, with remote, \$20. Top-O-Matic cigarette rolling machine, \$15. 691-8769.

Racket Stringer, six-point mounting system, simple instructions, new Dunlop tennis racket and eight packages multicore string included, \$100. 236-3733.

Two Window Air Conditioners, Maytag and Quasar, \$35 each OBO. New brass fireplace screen, tools and stand, \$30. 372-8246.

Croquet Set, with stand, gently used, \$10. Rollerblades, ladies, size 8.5, \$40. Roller blade helmet, new, adult med., \$10. 542-1389.

Guitar Hondo, with shoulder strap, great for student, \$45. Outdoor grill, with cover, hardly used, \$50. 594-5731.

Five Lobster Traps, complete with buoys, rope, bags, \$75. 542-2328.

Sofa, Art Deco/contemporary, ultra-comfortable, velvet, black & white pin-stripe, \$100. 542-3326.

Kenmore 18 cu. ft. Refrigerator, two years old, runs great, too small for our needs, \$100. 691-6201.

Revere 8 mm Projector, circa 1940, in case, with manual, \$30. 785-3216.

Toyota Camry 15-inch Hub Caps, set of four, like new, \$75. 785-2370.

Antique Cufflinks, made in Siam, '40s era, made of Niello, \$20. 785-4517.

Shoebbox Full of Old Assorted Glass Bottles, can deliver locally, \$10. 563-7100.

Instant '70s-'80s Record Collection, over 50, from Aerosmith to ZZ Top, \$49. 230-1195.

Beginner's Memphis Bass, needs tuning, case included, \$100 OBO. Rich, 380-0082.

Danielle Steele Paperbacks, 64 for \$30. Paperweights, 33 for \$70. 594-5744.

Round Pedestal Table, 39", with two drop leaves, blond wood, excellent condition, \$35 OBO. 338-0797.

Color TV, 20", Tru flat screen, RCA, with remote, rarely used, \$100. 594-8391, weekdays.

Prom/Formal Dress, strapless, indigo blue, size 7, worn once, ankle length, asking \$100. 542-1274.

Medium Dog Crate, 30" L x 20" W x 24" H, plastic with metal door, fair condition, \$10. 594-9995.

Silverplate Presidential Spoons, from George Washington to Lyndon Johnson, \$35. The rack to put them on, \$15 OBO. 236-3665.

Hand Blown Art Glass Bird, artist signed (Leo Ward), amber, blue, pink, clear, red, \$10 small; \$13 large. 763-3971.

Frame for Canvas Garage, 12' x 20', must be taken down, \$35. 763-4329.

Handsome Light Oak Dining Room Chairs, tapestry padded seats, Captain's chair style, \$50 each. 594-8391, weekdays.

Paper Dolls, two Barbie, two bride, and two ballet, \$15 each. 763-4603.

Kid's Bike, Trek MT60, 6-speed, 20", blue, exc. condition, asking \$95. 236-6071.

Deli-style Meat Slicer, stable seven-inch blade, good condition, \$40. 236-4093.

Sony 21" Trinitron TV, \$25. Reese trailer towbar, 2" x 2", \$10. 563-3872.

Lavender, seven kinds, \$26. Delphinium, six varieties, \$24. Peonies, \$10 each. Two white lilacs, \$10. One blue lilac, \$10. 832-2233.

Luggage Caddy, \$5. Sears kerosene heater, \$40. Reel lawn mower, \$20. Two antique brass blow torches, \$10 & \$15 each. 236-3783.

Two-bowl Kitchen Sink, stainless steel, never used, faucets included, \$50. 230-0160. ■

Wood Windows, rough openings 30 1/2 x 41 1/2, \$20; 30 1/2 x 53 1/2, \$25. Microwave, large, \$25. New lamp shades, \$10 pair. 354-6172.

Four Old Glass Turned Blue Can Jars, \$20. Four cookie jars, \$15 each. Dolly and wood high chair, \$20. 845-2617.

Rock Band 2, use with PlayStation 3, new, never opened, paid \$80, sell \$55. Disney VCR movies, \$2 each. 542-1612.

Four Steel Rims, off Chevy/GMC, 14 in., \$35. 785-4401.

Round Green Table, 42", with four matching chairs, for outdoors, \$40. Round kite hen table, 48", with leaf, \$25. 763-3201.

One Hundred Counted Cross Stitch Creations, great bargain for new shop, \$100. 832-6842.

Three Antique Straight Chairs, cane seats, \$15 each. Antique folding coat hangers, \$15. Garden ornaments, 50¢ each. 236-3665.

Four Truck or SUV Tires, American Eagle, 15" Prospector SUV, good condition, even wear, \$100. 230-2410.

Two Large Potted Peonies, \$15 each. 15 perennials, \$25. Four New Zealand hybrid delphiniums, \$24. Large butterfly bush, \$17. 832-2233.

Entertainment Center, with matching storage cabinet, excellent condition, \$85 OBO. 594-4895.

La-Z-Boy Lyndon Reclina-glider, swivel rocker/recliner, maroon, like brand new, orig. price \$599, sell \$100. 542-7011.

Large Colorful Oriental Urn or Pot, 13 1/2" tall, top opening 14" diameter, no chips or cracks, beautifully painted scenes, \$20. 594-4704.

Old "Mini" Table, kidney shape, matched mahogany veneer top, \$30. Vintage walnut table, caned center, very good cond., \$45. 596-0491.

Magnavox TV, 13", with built-in DVD, Zenith VCR player with holder and wall mount, good cond., used little, \$75. 542-7192.

Nintendo DS, red, great condition, includes charger and four games, "Pokemon Sapphire," "Pokemon Leafgreen," "Frogger's Adventures" and "FIFA Soccer," \$40 takes all. 236-3329.

People, Places & Plants, 34 magazines, spring 1997 to summer 2003, \$25 OBO. Gardening books, 25 for \$3 each. 236-3665.

Texas, woman's size 7, lightly worn, \$50. 785-5232.

Two Tennis Rackets, women's ProKennex Infinity, with case, \$35; men's ProKennex Titanium, with case, \$30. 338-1861.

DVDs, "CSI" seasons one and two; "Two and a Half Men," season one; "Band of Brothers," HBO series; "M*A*S*H, the Finale," \$75 for all. 542-8411.

Brass Bed, \$75. Forty-channel mobile CB, \$25. 542-2328.

WANTED

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

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

Wanted: Aluminum Storm Door, 31 x 76. 763-4603.

Wanted: Free Hostas, to a good home, I'll dig. 542-7011.

MARKET BASKET ADS FREE

MARKET BASKET RULES:

- #1. Maximum # of Words per Ad = 20
- #2. TOTAL of all items added together MUST BE \$100 or less!
- #3. Ads MUST be priced or we cannot run them.
- #4. We cannot run Wanted ads seeking items costing over \$100.
- #5. ONLY ONE AD PER WEEK per person/phone number.
- #6. NO BUSINESS, SERVICE OR YARD SALE ADS accepted.

Please use the regular classified ad form for these and all other ads which don't fit the above guidelines - sorry, ads that don't follow these guidelines cannot be printed!

!Market Basket Ads Automatically Run For Two Weeks!

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

And about the handwriting: If we can't read it, we can't run it.
MARKET BASKET DEADLINE IS 4 P.M. MONDAYS

Wanted: Free Burlap, .542-3326.

Wanted: Would the lovely woman who purchased the teapot of flowers on Broadway on Mother's Day please stop by any time after 9 a.m. and pick up the change you are owed. Thank you.

Wanted: Wooden Ironing Board, 230-0160. ■

Wanted: Free Old Hay or straw, 6" bricks, 1-gallon pots, and garden flats. 832-2233.

Wanted: Wheelchair, for handicapped elderly person, free or inexpensive. 236-1040.

FREE

Free: Kittens - To a very good home; one female black-and-white, one female tiger, one male tiger. 354-7126.

Free: Rubberized Pool, 18' x 14', you take down. 832-4380.

Free: Videos; two 75R-15 tires, two 75R-14 tires, good treads. 763-4603.

Free: Pro-Form Rowing Machine, excellent condition. 338-6481.

Free: Mirror, 3 feet by 4 feet, beveled edges, good condition. 230-2410. ■

Free: Credit Card Machine Paper, two part, 3 in. wide, previously used with Tranz380 machine. 789-5171.

Free: Fiddlehead Plants (ostrich ferns), you dig. 236-2011.

Free: Sewing Machine Cabinet, no machine. Card-table-size wooden table, made by Singer for a Singer featherweight portable sewing machine, no machine. 236-6068.

Free: Truck Cap, 8 ft., Gazelle, white, fits '89 Dodge Dakota. Tues. through Sat., 354-1199

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Rockland McDonald's Celebrates New Renovations

The McDonald's in Rockland celebrated its newly renovated restaurant last Friday, May 13, with speeches, a flag-raising and a ribbon-cutting ceremony, kicking off a grand opening that will include charity events, weekly giveaways and daily menu specials. The Rockland McDonald's restaurant has been owned and operated since 2007 by Ron and Cyndi Lydick of Falmouth.

The renovations, which reflect the newest McDonald's look that is being rolled out nationally, include a new front service counter, and, on the exterior, a new roof featuring a yellow arch and a side-by-side double drive-thru that provides the ability to take customer orders two at a time for faster service.

The newly renovated McDonald's will be holding weekly drawings on Fridays for giveaways that include an Apple iPad2, a bicycle, a ski getaway for four at Saddleback Maine, and a grand prize Spring into Renovation sweepstakes that will be drawn on June 3 — customers must be 18 years or older to win and can enter once per day (complete rules are available at the restaurant).

The front of the newly remodeled McDonald's in Rockland



Rockland Little Leaguers (left) assist owner/operators Ron and Cyndi Lydick and their three sons (center) with the ceremonial ribbon cutting at the newly remodeled Rockland McDonald's. Shown from left to right: Rockland Little League players; Rockland McDonald's manager Rick Hafford; two of McDonald's regional office construction supervisors; in the center are Rockland McDonald's owner/operators Ron and Cindy Lydick of Falmouth with their sons; McDonald's area supervisor Dina Gooding and field service representatives Sharon Hingley and Peter Lewis.

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Spa Manager

Job Description: The Spa Manager is responsible for ensuring all guests experience the highest quality of service, relaxing spa treatments, and an unforgettable spa experience at The Samoset Resort.

The daily operations of the Spa Manager are, but are not limited to, staff scheduling, monitoring monthly professional and retail inventory, spa cleanliness, timing and flow of all spa services, proper staff etiquette and training, analyze monthly financial reports, gain thorough knowledge of all spa treatments and product lines. As the Spa Manager you must project a positive attitude and be a strong leader. You will be required to coach and counsel spa staff and partner with Human Resources and the General Manager for hiring and termination of staff.

The Spa Manager must be able to maintain a calm and relaxing atmosphere to ensure optimal spa guest satisfaction. The Spa Manager will also be responsible for meeting with sales to properly promote the spa at sales events, weddings and group business.

Job Requirements: The Spa Manager position does require previous spa management or spa supervisor experience. Clear verbal and written communication skills are required. You must be available to work evenings, holidays and weekends. Our ideal candidate must have computer experience, knowledge of Spa Soft is preferred, but not required. The ability to build a strong Spa team and calm working environment is very important. The Spa Manager is also required to open and/or close the spa during the work week. In addition, the Spa Manager will send weekly spa summaries to the General Manager and the Regional Spa Director at the end of each week detailing any business concerns or opportunities.

Send resume to *Connie Russel, General Manager*
crussell@samoset.com
Looking for the right people
to join our exciting new spa opening in June

Part-Time Seasonal Position

Mid Coast Solid Waste Corporation is seeking to fill a part-time (32 hr./wk.) seasonal position to assist the public with recycling and perform other manual tasks. Experience with a forklift is a plus and Saturday work a necessity.

A valid driver's license is required. Applications available at the Mid Coast Solid Waste Gatehouse or at the main office, both located at 90 Union Street, Rockport.

Application deadline is May 27, 2011
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FARNSWORTH ART MUSEUM

Historic House Interpreters

Farnsworth Art Museum

The Farnsworth Art Museum is hiring seasonal part-time historic house interpreters for the Olson House in Cushing, the eighteenth-century saltwater farm where Andrew Wyeth painted his famous *Christina's World*.

Interpreters needed for weekends plus one weekday May 29 through Columbus Day weekend. Previous historic house and customer service experience preferred, but the museum staff will train interpreters to give tours of this National Landmark site.

Please reply with a letter of interest, a resume, and two references to: Jane Bianco, Assistant Curator, Farnsworth Art Museum, 16 Museum Street, Rockland, ME 04841 or email to: employment@farnsworthmuseum.org

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items.
(5/26)

GIANT YARD SALE
Camden Rotary Club
Saturday and Sunday,
May 28 & 29
8:30 a.m. to 3 p.m.
Former Elementary School,
junction Routes 90 and 1
West Street, Rockport
Sporting goods, garden tools,
quality furniture, kitchen, bath,
small boats, electronics,
infant clothes and toys,
movies and CDs.
Early Bird pass, 7:30 a.m. for
\$10.
To aid Wind Turbine at Camden
Hills Regional High School
(5/26)

MULTI-FAMILY YARD SALE
Saturday, May 21,
8 a.m. to 2 p.m.
40 Riverside Drive,
Camden
Furniture, household, clothes,
decorative, linens, misc.
(5/19)

PLANT SALE
Friday, May 20
thru Monday, May 23,
11 a.m. to 6 p.m.
Route 220, Friendship
Peonies, lavenders, delphiniums,
perennials, etc.
(5/19)

YARD SALES

YARD SALE
Saturday, May 21,
8:30 a.m.
Swift Storage,
Route 90, Rockland
Camping gear, sports items, gifts,
household, misc. windows, tools,
etc.
(5/19)

GARAGE SALE
Sunday, May 29,
9 a.m. to 3 p.m.
Rain or Shine
524 Back Cove Road,
Waldoboro
Road across from
Flipper's Market, one mile down
(5/26)

**USED OFFICE FURNITURE
AND EQUIPMENT**
Saturday, May 21,
9 a.m. to 2 p.m.
at Leisure Maine
43 Farwell Drive,
Route 90, Rockland
(5/19)

WANNA SELL STUFF?
Yard sale vendors, artisans,
crafters:
8 x 10 ft. space, \$25/weekend
@ ROUTE 90
INDOOR FLEA MARKET
Open Saturdays and Sundays,
June through September.
Rockland, 975-5014
usarentals@leisuremaine.com
(6/9)

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

FOR SALE

**CLOTHING STORE FIX-
TURES**, all types of racks, wall
systems, hangers and much
more, fair prices. Call Tues.
through Sat., 354-1199. (kr)

**G.E. STACK WASHER/DRY-
ER**, 26 1/2" D, 24" W, 70 1/2" H, two
years old, moving, must sell. Call
594-9838 or, after 5, 691-4896.
(5/19)

FOR SALE

VIDEO MAGNIFIER — Mag-
nifies type for easy reading, great
for macular degeneration, etc.,
Clearview Optelec Video magni-
fier 17", excellent condition,
\$450. 594-1794. (5/19)

**INGERSOL RAND GOLF
CART**, gas, runs great, good bat-
tery, \$1,500 OBO. Hope, 763-
4177. (5/19)

FOR SALE

USED CRATES, \$20 each. Fifty
4-ft. wire lobster traps, \$600. No.
4 hauling block, \$75. 10 ft. F/W
skiff, \$200. 542-2328. (5/19)

MATERNITY CLOTHES,
large selection, LG, XLG, Med.,
few small, reasonable. Belmont,
342-5963 or e-mail [melynn@fair-
point.net](mailto:melynn@fair-
point.net). All in great condition.
(5/19)

Run your ad **ONE WEEK** for only \$6/week for 20 words – 20¢ each additional word.
Run your ad for **TWO WEEKS** for only \$5.50/WEEK for 20 words – 15¢ each additional word.
Run your ad for **THREE or more WEEKS** for only \$5/WEEK for 20 words – 10¢ each additional word.
(Please print clearly & include your phone number!) **DEADLINE IS MONDAY AT 4 p.m.!**

I would like my ad to read: _____

Please run my classified ad _____ times and list it under:

___ Vehicles ___ Boating ___ For Rent ___ For Sale
___ Help Wanted ___ Real Estate ___ Services ___ Wanted
___ Yard Sale ___ Other _____

Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Cost for 1st 20/words/week = \$ _____
Additional words = \$ _____
Subtotal = \$ _____
Times # of weeks ad to run x _____
TOTAL Due = \$ _____

**IF PAYING BY CREDIT CARD:
JUST CALL IN YOUR AD COPY — 596-6696**
Or, enclose payment and bring or mail to:
The Free Press Classifieds
8 No. Main Street, Suite 101, Rockland ME 04841

CLASSIFIEDS / HELP WANTED

WANTED TO BUY ANTIQUES 596-0077

FOR SALE

SEARS PRO-FORM XP 542 TREADMILL, exc. condition, \$350. 354-2402. (6/2)

LIFT CHAIR, two years old, paid over \$800, tweed pattern, reclines, \$500. 354-0136. (6/2)

PERENNIAL CRIMSON HENS & CHICKS (*Semper vivum*), Ohio variety, winter hardy, easy to grow, beautiful plants, 4" pots, \$3; 6" pots, \$5. One-half mile south of Union Post Office on Route 235 (north of public boat ramp on 7 Tree Pond), 294 Depot Street. 785-3817. (5/26)

BOATING

AQUA SPORT OFFSHORE FISHERMAN, full canvas, dual axle trailer, safety gear, radios, anchors, new upholstery and cushions, more, safe, easy family boat, great overnight cruising in Penobscot Bay, available at Don's Outboards in Lincolnville. 236-3585 (6/2)

VEHICLES

2002 DODGE CARAVAN SE with 115K easy miles, no known issues or rust with this van, V-6, 3.3 liter motor, oil changed every 4K miles, recent tune-up included, new brakes and transmission flush, very good tires, trailer hitch, four studed snow tires included, a really nice van for the price. Asking \$3,500. 789-5229. (kr)

FIREWOOD

FIREWOOD— Green, cut, split for sale. 763-4093. (kr)

FIREWOOD— Firewood, cut, split and delivered. 691-6758. (7/14)

EQUIPMENT RENTAL

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

WANTED

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

WEDDINGS

NEW! Rare Birds Web View
Alda's Maine Weddings 2010 Rare Treat
(207) 342-5796
Beautiful Remembrance Flowers
Radical Pearls®
Adory Wishing Boats®
(2/23)

HELP WANTED

IMMEDIATE OPENINGS AT FISHER ENGINEERING — Manpower is recruiting for the following positions: MIG Welders, \$12; Packers/Assemblers, \$10; Fork truck/Shipper, \$11-\$12; Spray Booth Painter, \$12; Receiving Quality Inspector, \$15; Metal Fabricator, \$11. Apply in person to Manpower at 91 Camden St., third floor; e-mail resume to rockland.me@na.manpower.com; or complete application at Fisher. All positions require H.S. diploma/GED. 594-7910. (5/19)

EXPERIENCED LINE COOK — for busy, well-established restaurant, pay commensurate with experience. Apply at Thomaston Cafe, Main Street, Thomaston. (5/26)

FREE PRESS CLASSIFIEDS

HELP WANTED

ORGANIST AND CHOIR DIRECTOR — Nativity Lutheran Church, a vibrant and caring Christian community in Rockport, seeks an energetic, experienced individual to play the organ and other keyboard instruments. Duties will include rehearsing and directing the adult choir for Sunday services and playing the organ and piano for regular services, special events, holidays of the church year, weddings and funerals. The right candidate will have knowledge of appropriate church music and the role of music in Lutheran worship, along with sufficient knowledge of the organ and keyboard ability to play hymns, liturgy, and anthem accompaniments. Experience in choral direction is required. Ability to work well and communicate with others is essential. Bachelor's degree in music is preferred. Please respond with your details to Nativity Lutheran Church, 179 Old County Road, Rockport, ME 04856. For more information, please call 594-4665. (5/26)

PREP COOK — for busy, well-established restaurant, pay commensurate with experience. Apply at Thomaston Cafe, Main Street, Thomaston. (5/26)

ASK FOR HOMECARE — is looking for a part-time geriatric nurse to work two to three weekdays assisting the Director of Nursing with assessments, foot care, medication prepours, and quality assurance. Applicant should have experience in the care of the elderly in the home setting. Please send inquiries and/or resume to Donna Johnson at donnaj@askforhomecare.com or call 354-7077. (5/26)

SERVICES

GREEN'S TREE SERVICE

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

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

SPRING CLEAN UP
Pruning, Lawn Care, Tree, Brush
and Junk Removal.
Reasonable and Dependable.
Free Estimates.
John Duffell
763-4358
or 322-9095.
(kr)

THE HANDY WOMAN SERVICE
Affordable:
• Gutter Cleaning & Installation
• Power Washing
• Window Washing
• Interior Painting
• Dry Wall
• Laminate Floors
• Carpentry
References and insured.
Senior Citizen Discount.
Jamie Comita
jcthehandywoman.webs.com
(207) 323-4894 or 548-6231.
(kr)

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

HOUSECLEANING
Thorough, experienced,
reliable, hard working,
excellent references.
236-4305.
(5/26)

NON-PROFIT FUND RAISING OPPORTUNITY

Mid-Coast Solid Waste Corporation is seeking to partner with another tax-exempt, not-for-profit organization in the mid-coast area to help manage the returnable bottle donations made at its transfer station in Rockport.

- Two days a week minimum commitment
- Sufficient volunteer base required
- Proceeds 60/40 split
- Insurance required
- One year term, July 1 – June 30

Please contact Jim or Sandy at 236-2467 for more details and to request an application.

Application deadline June 10, 2011

SERVICES

SOULE'S CARPENTRY
Siding, roofing, garages, window replacement, decks and more.

Free estimates.
Fully insured.
Call 354-7024 or 691-6758.
Ask for David.
(kr)

PHONE COUNSELING
By appointment
594-0561

Koko Preston, MA, WOC,
Registered Counselor
Well-being Consultant
Parenting Education
Elder-Corfort
(6/16)

LAWN CARE

Mowing, Trimming,
Spring Cleanup and More.
Reasonable and Reliable.
Fully Insured.
Free Estimates.
Call 236-3334, ask for Sean.
(6/9)

ALLIANCE ELECTRICAL SERVICES

\$35 an hour.
Call me last for best prices.
Licensed and Insured.
Senior Discounts
342-2670.
(5/26)

NATURAL DIMENSION COUNSELING

- Artist Support Groups
- Creative Potential Counseling
- Mathematics Enrichment for Gifted Children
- Home-based Community Counseling for Children and Adolescents
- Mathematics Enrichment/Counseling for Mathematically Inclined Children with High Level Autism and Asperger's Syndrome
- Spirituality and Cult Dangers Discussion Groups
- Spiritual Cults Counseling
- Counseling and Support for Individuals Leaving Dangerous Cults

A low-cost, humanistic community alternative to managed care, psychiatric classifications, and excessive medications, located in Belfast, Maine.

Contact Elliot Benjamin, Ph.D. at 338-4576 or ben496@prexar.com (5/26)

RUTH SCOTT, PERSONAL ORGANIZER
For an experienced, efficient, confidential, organizing assistant,
Call 236-4305
ruthscot5@sbcglobal.net.
(5/26)

REAL ESTATE

WALDOBORO — 11.1 acres, reduced for quick sale, was \$79,900 now \$59,900, long road frontage, field, forest, nice quiet road, beautiful setting, all surveyed, soils tested, owner financing. Call Tim anytime, (603) 494-3387. (kr)

CUSHING — 11+ acres, all surveyed and soil tested, \$30,000. 354-8980, leave message. (5/26)

BELFAST — House lot, Pitcher Road, Belfast, soil tested and surveyed, three miles from downtown, \$21,000. 763-3916. (6/9)

FREE PRESS CLASSIFIEDS

FOR RENT

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

ROCKLAND — 1 BR and studio apartments available at the Thorndike Building Apartments, 385 Main St., Rockland, ranging from \$625/studio to \$675/1 BR, includes heat & utilities. Kinney Rentals, 354-0100. (kr)

WALDOBORO — Cozy and quiet apt., three large rooms, over 500 sq. ft., easy commute to Rockland or Bath, \$650/mo. plus utilities. 832-4400. (kr)

JEFFERSON — 4 BR, 1 1/2 BA home on quiet country road, close to village, \$850 plus utilities. Call Jeff at Black Duck Realty, 549-5657. (kr)

THOMASTON — 7 rm., nice quiet neighborhood, garage space, W/S, snow, trash removal, \$850/mo. plus utilities, ref., security, non-smoking, no pets. 372-8410. (5/26)

THOMASTON — Small, furnished, 1 BR, suitable for one person, in town, quiet neighborhood, seasonal or long term, \$635/mo., includes utilities, ref., security, no pets, non-smoking. 372-8410. (5/26)

ST. GEORGE — Older mobile home, \$450/mo. plus utilities, deposit/references required. 372-6340. (5/19)

WASHINGTON — 3 BR, 2 BA home on quiet country road, \$900 plus utilities, no smoking or pets, security and last month. 975-1603. (6/9)

ROCKLAND — Fully furnished 1 BR apt., LR, DR and den w/hardwood floors, deck overlooks Lermond Cove in Rockland Harbor, includes all utilities and parking, one-year lease, no pets, \$695/mo., plus security. 594-5010. (kr)

THOMASTON — Unfurnished 2 BR apt. for rent in Thomaston, available June 1, lovely apt. in wing of award-winning Captain's house, recently updated, hardwood floors, \$800/mo. plus heat and electricity, no pets. 354-0107. (6/2)

SEASONAL RENTAL

TENANTS HARBOR — Harborside apt., 1 BR, \$600/wk. or seasonal rate. See at www.tenantsharborrealestate.com. 372-6340. (6/2)

FOR RENT COMMERCIAL

OFFICE/RETAIL SPACE — At high-visibility location on Route 1 in Waldoboro, plenty of onsite parking, \$200/month. 832-4400. (kr)

WALDOBORO — Great office space for the professional, great Rte. 1 exposure, with large traffic count, over 12,000 cars per day, three large rooms, over 500 sq. ft., ample parking, \$650/mo. plus utilities. 832-4400. (kr)

ROCKLAND — AAA office space, waterfront! Many sizes, great parking, warm, inside mail and coffee, Internet and views. Great rates! Call Jim, 701-7627. (6/2)

BUYING & SELLING Antique Building Materials

Wiscasset, ME —
Woodbury, CT

Maine Cell Phone
By Chance
1-(203) 565-3561
or
1-800-wideoak

Always interested
in old granite, old
bicycles, antiques
& picture frames.

FOR RENT COMMERCIAL

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

ROUTE 90 — 700 square feet of retail space on Route 90, prime retail space located within Kelsey's Appliance Store, ideal for a home improvement business. Call 594-2929, ask for Joseph. (5/19)

INDUSTRIAL SPACE — in 80 x 100 ft. steel building, easy access Route 90, excellent shape with in-floor heat, 20 ft. ceiling and 40 ft. doors. \$5,500/month, can be divided into two 50 x 80 ft. bays. Rockland, 975-0061. (5/19)

ROCKLAND — 1,200 sq. ft. office space on busy Route 90, well maintained building with clean bright open floor plan, welcoming for professional or retail use, available furnished or unfurnished. \$985/month. Rockland, 975-0061. (5/19)

STORAGE

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

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

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

SELF HELP AND SUPPORT

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

AA Hotline
1-800-737-6237
www.aamine.org
Al-Anon Hotline

284-1844 / 1-800-498-1844
Hotline numbers are manned 24 hours a day, seven days a week.

AAGull Group
Bolduc Correctional Center,
Warren, Thurs., 7 p.m.

N.A. Y2K Group
Bolduc Correctional Center,
Warren, Wed., 7 p.m.

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

Ongoing Social and Support Group. Lesbians 40+, coupled or single, living in Camden/Rockland area. FMI: 631-0249 or e-mail mwpbooks@midcoast.com.

DOCKAGE AVAILABLE

Rockland Harbor
Prime dockage available on
the Maine Boats, Homes &
Harbors docks by
the Pearl Restaurant

May 15–October 1
\$75/linear ft.

For more information
please contact Leila Murphy
MBH&H, 207-594-8622
or leila@maineboats.com

ATTENTION: SENIOR CITIZENS

Applications now being taken for
Rankin Center in Rockland
Spacious apartments with appliances
Laundry Facilities
Housing Coordinator and
Support Services on Site.

Maximum qualifying incomes are
1 Person- \$31,500 - 2 Persons- \$36,000

Please call 594-2743
TDD/TTY 1-800-545-1833 Ext. 702
Professionally Managed
by ElderServ, Inc.



Huge Indoor Craft & Yard Sale
At The
Odd Fellows and American Legion Halls
Tenants Harbor
Saturday, May 21st
9-1

Proceeds will benefit the
Jackson Memorial Library's
Pre-K Program

SELF HELP AND SUPPORT

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

CRISIS LINE
Maine's Statewide Toll-Free
Crisis Hotline
1-888-568-1112.

The Maine Department of
Mental Health, Mental Retardation
and Substance Abuse
Services' 24-hour crisis line
links to the center in Maine
nearest you.

AL-ANON MEETINGS

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

Hepatitis Support Group: A support group for those affected by hepatitis and their families and caregivers meets to exchange ideas, information and hope in a positive, safe and confidential environment the first Wednesday of each month from 7-8:30 p.m. in Conference Room D, Penobscot Bay Physicians' Building. The group will be led by someone with firsthand experience living with hepatitis. FMI: Paul, 236-4720, or Dr. Neil Smith, 596-6599.

Care Net Pregnancy Center: Do you think you might be pregnant? Care Net provides 24-hour help line, free pregnancy tests, information on pregnancy, parenting, abortion information, adoption and post-abortion help. All services are confidential. Care Net Pregnancy Center, 462 Old County Rd., Rockland, ME 04841, 594-1616, Mon.-Thurs. 12:30 to 5 p.m. Morning and evening by appointment only.

NARCOTICS ANONYMOUS:
for meeting updates and
other locations,
call 1-800-974-0062.

- Women's NA Meeting, Mon.,
6:30-7:30 p.m., Aldersgate United
Methodist Church, Rte. 17, Rockland
(across from the lake).
- Basic Text Meeting, Tues., 6:30-
7:30 p.m., St. Peter's Episcopal
Church, Limerock St., Rockland.

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

SUPPORT GROUP

Living with depression, bipolar,
panic disorder, PTSD or other mental
illnesses? A peer run support
group is here for you. The Mid-
coast Depression and Bipolar Support
Alliance.

Waldoboro: 7-8 p.m., Mon., Word
of Life Church, 41 Old Route 1.
Rockland: 11 a.m.-noon, Tues.;
7-8:30 p.m., Thurs., First Uni-
versalist Church, 345 Broadway.
(call first)
Belfast: 7-8 p.m., Wed., Volun-
teers of America Bldg., near
Route 1.
FMI: Heather, 691-3599.

Sex and Love Addicts Anonymous
FMI: E-mail mmislaa@fairpoint.net,
or go to the 211 Maine Web site
(click on 211 directory then keyword:
Augustine Fellowship).

Common Journey Breast Cancer Support Group: 6 to 8 p.m., Mer-
rysprings Park, Conway Rd., Cam-
den. First and third Mon. FMI: Lin-
da Zeigler, 594-6889.

AL-ANON MEETINGS

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

OVEREATERS ANONYMOUS

St. Peter's Church,
White St., Rockland
(Playground-side entrance)
Tues., 6:30-7:30 p.m.
Children's play area available.
Sat., 9-10 a.m.
Come and Join Us!
FMI: 236-4101.



It's a gulls-eat-alewife world —

Photo by Steve Cartwright,taken May 8 at Damariscotta Mills

Greyhounds Coming to Camden —

On Saturday,May 21, Destination:DOG,39 Mechanic Street in Camden, will host the Maine Greyhound Placement Services (MGPS) for a "Greyhound Meet & Greet."MGPS volunteers will be at the shop from 11 a.m. to 1 p.m. with retired racing greyhounds to introduce the public to the breed and to answer questions about the adoption process and life with greyhounds. Anyone who has a rescued greyhound is welcome to bring the dog for the event. Pictured is Sophie,a greyhound adopted through MGPS.



Kilburn Watercolors Benefit PWA —

Watercolors by Jan Kilburn are now on exhibit at the Pemaquid Watershed Association office suite in downtown Damariscotta through June 17. Kilburn is donating 35% of exhibit sales to support PWA's mission of conserving the natural resources of the Pemaquid Peninsula through land and water stewardship and education. Pictured is Kilburn's painting "Popham Village." For more information,visit www.pemaquidwatershed.org.



Repair Work on I-295 Will Continue Through the Summer

Work on MaineDOT's I-295 substantial repair and improvement project that began last summer started up last month and will be ongoing through October.

Last Sunday,May 15,construction crews began work on a repaving project on I-295 from Freeport to Brunswick,between Exits 20 and 28,on both the northbound and southbound lanes of the interstate. Ramps will close periodically; however,one lane will always remain open at the southbound on-ramp at Exit 28 from Route 1 in Brunswick. Crews will remove the existing pavement by milling,and traffic may be traveling on grooved pavement and uneven lanes. Motorcyclists are asked to use caution.

Elsewhere on I-295,the southbound on-ramp from Park Avenue in Portland will be closed until work on nearby bridges has been

completed.

On Thursday night,May 19,crews will begin separating Washington Avenue in Portland from I-295 northbound by placing concrete barriers from the Washington Avenue on-ramp,over Tukeys Bridge,to the Washington Avenue off-ramp. The right-hand side of Tukeys Bridge will then remain Washington Avenue,but it will become a local through road that does not have access to I-295. Motorists will still be able to travel on Washington Avenue from the Munjoy Hill area over Tukeys Bridge to the East Deering area and beyond.

Drivers are advised to pay close attention to signage connected with the repair work on I-295,especially signs indicating reduced speed zones. For more information and to sign up for email alerts,go to mainedot.gov.



A SALUTE TO 70 YEARS OF FREEDOM

NEWCASTLE

CHRYSLER • DODGE
DODGE TRUCK • JEEP • GEM

MINIVAN MONTH



PLEASE VISIT OUR WEBSITE FOR MORE SALE PRICES. WWW.NEWCASTLEMOTORCARS.COM

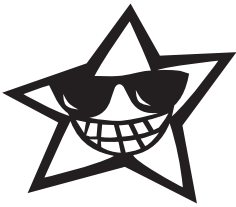
<p>2011 Jeep Compass 4x4</p>  <p>#B9664, PWR Windows, Keyless Entry, PWR Locks MSRP \$24,645</p> <p style="font-size: small;">Military Personnel may be eligible for additional rebates</p> <p style="text-align: right;">Price \$22,795</p> <p style="text-align: center;">Jeep</p>	<p>2011 Dodge Avenger Heat</p>  <p>#B9740, PWR Locks, PWR Windows, Keyless Entry MSRP \$25,725</p> <p style="text-align: right;">Price \$23,195</p> <p style="text-align: center;">DODGE</p>	<p>2011 Jeep Liberty Sport Jet</p>  <p>#B9681, PWR Windows, PWR Locks, Keyless Entry MSRP \$28,750</p> <p style="font-size: small;">Military Personnel may be eligible for additional rebates</p> <p style="text-align: right;">Price \$24,195</p> <p style="text-align: center;">Jeep</p>	<p>2011 Ram 1500 Reg. Cab 4x4</p>  <p>#B9695, CD/MP3, Air conditioning MSRP \$28,015</p> <p style="font-size: small;">Commercial Buyers may be eligible for additional rebates</p> <p style="text-align: right;">Price \$24,395</p> <p style="text-align: center;">RAM</p>
<p>2011 Dodge Grand Caravan SE</p>  <p>#B9667, PWR Windows & Locks, 3rd Row, Stow N' Go seat MSRP \$25,980</p> <p style="text-align: right;">Price \$24,595</p> <p style="text-align: center;">DODGE</p>	<p>2011 Chrysler 200 Convertible</p>  <p>#B9739, PWR Locks, PWR Windows, Keyless Entry MSRP \$29,585</p> <p style="text-align: right;">Price \$27,595</p> <p style="text-align: center;">CHRYSLER</p>	<p>2011 Ram Dakota Crew Cab 4x4</p>  <p>#B9686, PWR Locks, PWR Windows, Keyless Entry MSRP \$33,540</p> <p style="font-size: small;">Commercial Buyers may be eligible for additional rebates</p> <p style="text-align: right;">Price \$27,695</p> <p style="text-align: center;">RAM</p>	<p>2011 Dodge Journey Mainstreet</p>  <p>#B9654, PWR Windows & Locks, Keyless Entry MSRP \$30,465</p> <p style="text-align: right;">Price \$28,595</p> <p style="text-align: center;">DODGE</p>
<p>2011 Jeep Wrangler Unlimited</p>  <p>#B9680, Tubular Side Steps, PWR Windows, PWR Locks, Alum. Wheels MSRP \$30,695</p> <p style="font-size: small;">Military Personnel may be eligible for additional rebates</p> <p style="text-align: right;">Price \$29,695</p> <p style="text-align: center;">Jeep</p>	<p>2011 Ram 1500 Quad Cab</p>  <p>#B9733, PWR Windows, PWR Locks, Keyless Entry MSRP \$37,565</p> <p style="font-size: small;">Commercial Buyers may be eligible for additional rebates</p> <p style="text-align: right;">Price \$30,895</p> <p style="text-align: center;">RAM</p>	<p>2011 Jeep Grand Cherokee</p>  <p>#B9731, PWR Locks, PWR Windows, Keyless Entry, Loaded MSRP \$34,490</p> <p style="font-size: small;">Military Personnel may be eligible for additional rebates</p> <p style="text-align: right;">Price \$32,495</p> <p style="text-align: center;">Jeep</p>	<p>2011 Dodge Durango</p>  <p>#B9736, Alum. Chrome Wheels, PWR Sunroof, PWR Locks & Windows, Loaded MSRP \$49,475</p> <p style="text-align: right;">Price \$46,995</p> <p style="text-align: center;">DODGE</p>

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 3UPN – WPME
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 6 NBC – WCSH
 7PEG – Public
 8ABC – WMTW

- 9 TWCTV
 10MPBS – WCBB
 11PEG – Education
 12WB – WPXT
 13CBS – WGME
 14QVC
 15HSN
 16CHLT
 17Shop NBC

- 18TV Guide
 19C-SPAN
 20C-SPAN2
 21ION
 22PEG – Government
 23GAC
 24Comcast Sports Net
 25ESPN
 26ESPN2
 27NESN
 28MTV
 29VH-1
 30Lifetime
 31Spike TV
 32CMT
 33Weather Channel
 34NECN
 35FOX News
 36CNN

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 59Hallmark Channel
 60TBN
 61History Channel
 62TLC
 63Discovery
 64TV Land
 65BET
 66ABC Family
 67Nickelodeon
 68Disney Channel
 69Animal Planet
 70SCI-FI
 71TV5
 72ONTV4
 85Local Access

FRIDAY EVENING MAY 20, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	King of Queens	Love-Raymond	Monk Monk attends his college reunion.	Monk "Mr. Monk Gets a New Shrink"	Curb Enthusiasm	Paid Program	Star Trek: The Next Generation	Paid Program	Cops			
4	Two and a Half Men	Two and a Half Men	Kitchen Nightmares (N)	Kitchen Nightmares "Revisited No. 2"	News 13 on FOX (N)	Frasier	Accord-ing-Jim	Family Guy	Seinfeld			
5	Two and a Half Men	How I Met My Girl	Flashpoint "No Promises" (N)	CSI: NY A sniper prowls the city.	48 Hours Mystery (In Stereo)	News	Late Show With David Letterman	Late				
6	207 Magazine.	Be a Millionaire	Friday Night Lights "Swerve" (N)	Dateline NBC (In Stereo)	NewsThe Tonight Show With Jay Leno (N)	News	Nightline (N)	Jimmy Kimmel Live (N) (In Stereo)	Late Night			
8	Wheel of Fortune	Jeopardy! (N)	Shark Tank (In Stereo)	Primetime: What Would You Do? (N)	20/20 Testing informational products.	News at 11	Charlie Rose (N) (In Stereo)	World News	Newsline			
10	PBS NewsHour (In Stereo)	Washington Watch	Maine Watch	McLaughlin Inside Wash-ton	Need to Know (N) (In Stereo)	Charlie Rose (N) (In Stereo)	World News	Newsline				
12	How I Met My Girl	How I Met My Girl	Supernatural "Let It Bleed" (N)	Supernatural (N)	Entourage	TMZ (N)	Extra (N)	Punk'd	Republic Jewelry	Auto King		
13	Entertainment Insider (N)	The Insider (N)	Flashpoint "No Promises" (N)	CSI: NY A sniper prowls the city.	48 Hours Mystery (In Stereo)	News 13 at 11:00	Late Show With David Letterman	Late				
21	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Criminal Minds	Criminal Minds	★ ★ "Road House"					
24	Sports	Pregame	Boxing	Sports	Sports	Sports	Sports	Sports	Pregame			
25	(6:00) SportsCenter	College Softball	College Softball	Baseball Tonight	SportsCenter (Live)	NBA						
26	Softball	NFL Live	SportsCenter (N)	Boxing: Friday Night Fights. (N)	LiveNASCARBaseball	Tonight						
27	MLB Baseball: Chicago Cubs at Boston Red Sox. (N) (Live)	Innings	Red Sox	Daily	Dennis	MLB Baseball						
30	Pawn Stars	Pawn Stars	Reba	Reba	Reba	Reba	Reba	Reba	How I Met My Girl	How I Met My Girl	Old Christine	Old Christine
36	John King, USA (N)	In the Arena (N)	Piers Morgan	Anderson Cooper 360 (N)					Piers Morgan			
39	The Kudlow Report	The Celebrity Apprentice		Apocalypse 2012	Mad Money				Celeb. Apprentice			
40	Hardball Matthews	The Last Word	Rachel Maddow	Lockup: Indiana	Lockup: Indiana	Lockup: Indiana						
41	World's Dumbest...	Hurts	Hurts	Hurts	Hurts	Forensic	Forensic	Forensic	Forensic			
42	(5:45) Movie: "Bell, Book and Candle"	Movie: ★ ★ "Picnic" (1955, Drama) William Holden, Kim Novak.	Movie: ★ ★ ★ "Splendor in the Grass" (1961) Natalie Wood, Warren Beatty.	Movie: ★ ★ ★ "All Fall Down" (1962)								
44	Bones Counterfeiting ring. (N)	NBA Pregame	NBA Basketball: Eastern Conference Final, Game 2: Teams TBA. (N) (Live)	Inside the NBA (N) (Live)	Movie: ★ ½ "Bait" (2000) Jamie Foxx.							
45	Daily	Colbert	Tosh.0	Tosh.0	Comedy	Comedy	Lewis Black	Comedy	Comedy	South Pk	South Pk	
46	Two and a Half Men	Two and a Half Men	Movie: ★ ★ ★ "Double Jeopardy" (1999) Tommy Lee Jones, Ashley Judd.	Movie: ★ ★ ★ "Double Jeopardy" (1999) Tommy Lee Jones, Ashley Judd.	Movie: ★ ★ ★ "Alien vs. Predator"							
47	NCIS "Aliyah" (N)	NCIS "Borderland" (N)	NCIS	NCIS	CSI: Crime Scene	Law & Order: SVU						
48	King of Queens	King of Queens	Movie: ★ ★ "Confessions of a Shopaholic" (2009) Isla Fisher. Premiere.	Movie: ★ ★ ½ "Mamma Mia!" (2008) Meryl Streep, Pierce Brosnan, Colin Firth.	Movie: ★ ★ ½ "Must Love Dogs" (2005)							
49	Top Model	Top Model	Movie: ★ ★ "Pretty in Pink" (1986) (N)	Movie: ★ ★ "Pretty in Pink" (1986) (N)								
50	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Breakout Kings	Criminal Minds						
51	(5:30) Movie: ★ ★ ½ "Batman Forever"	Movie: ★ ★ ★ "The Matrix Reloaded" (2003, Science Fiction) Keanu Reeves. Freedom fighters revolt against machines.	Movie: ★ ★ ★ "The Matrix Reloaded" (2003) Keanu Reeves.	Movie: ★ ★ ★ "The Matrix Reloaded" (2003) Keanu Reeves.								
52	Fame	Fame "Stagefright"	Vincent: Full	Vincent: Full	Vincent: Full	Vincent: Full						
53	Housewives/NJ	Housewives/NYC	Movie: ★ ★ "How to Lose a Guy in 10 Days" (2003)	Movie: ★ ★ "How to Lose a Guy in 10 Days" (2003)								
56	Iron Chef America	Diners	Diners	Diners	Food	Best	Unwrap	Unwrap	Diners	Diners		
59	Little House on the Prairie	Little House on the Prairie	Movie: "Edge of the Garden" (2011, Drama) Rob Estes, Sarah Manninen.	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls		
60	Sup.	Rod P.	Behind the Scenes	Lindsey	Osteen	Price	Praise the Lord		Life Fo	Prince		
61	To Be Announced	American Pickers	Pawn	Pawn	American	American	Inspector America	American Pickers				
62	Four Weddings Say Yes	Say Yes	Say Yes	Say Yes	Yes	Four Weddings (N)	Say Yes	Four Weddings				
63	Dual Survival	Dual Survival	Dual Survival (N)	Brothers	Brothers	Brothers	Dual Survival	Dual Survival				
64	Sanford	AllFamily	AllFamily	AllFamily	Raymond	Raymond	Raymond	Raymond	Nanny	Nanny		
66	Movie: ★ ★ "Harry Potter and the Chamber of Secrets" (2002)	Daniel Radcliffe.	The 700 Club	Whose? Whose?								
67	BrainCarly	Big Time Vicki	Chris	Chris	George	George	Nanny	Nanny	Nanny	Nanny		
68	Good-Charlie	Good-Charlie	Movie: "Lemonade Mouth" (2011, Musical) Bridgit Mendler, Adam Hicks.	Suite/Deck	Suite/Deck	Suite/Deck	Suite/Deck	Suite/Deck	Good-Charlie	Good-Charlie		
69	Killer Outbreaks	Killer Outbreaks (N)	Killer Outbreaks (N)	Apocalypse	Apocalypse	Apocalypse	Apocalypse	Apocalypse	Apocalypse			
70	"Star Trek III: The Search for Spock"	WWE Friday Night SmackDown! (N) (In Stereo)	Urban Legends	Urban Legends	Star Trek: The Next Generation	Urban Legends	Urban Legends	Urban Legends	Urban Legends			

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SATURDAY EVENING MAY 21, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	M*A*S*H	M*A*S*H	Movie	Deepest Catch	The Unit "Freefall" (In Stereo)	Nite Show	Paid Program					
4	MLB Baseball: Regional Coverage. Mets at Yankees or Cubs at Red Sox or Athletics at Giants or Rangers at Phillies. (N)	News 13 on FOX	The Office	Fringe A hostage situation.	30 Seconds	Paid Program						
5	It Just Takes	Over The Line	Hawaii Five-0 "Nalowale"	NCIS "A Man Walks Into a Bar..."	48 Hours Mystery (In Stereo)	News	Nite Show	Grey's Anatomy (In Stereo)				
6	Green's Maine	Paid Program	Chase "Annie" (N) (In Stereo)	Law & Order: LA "Hayden Tract"	Law & Order: Special Victims Unit	News	Saturday Night Live Justin Timberlake, Lady Gaga. (N)	Grey's Anatomy				
8	Wheel of Fortune	Jeopardy!	Movie: ★ ★ ½ "Spider-Man 3" (2007, Action) Parker falls under the influence of his dark side.	Tobey Maguire. Peter	News at 11	Cold Case "WASP" (In Stereo)	Grey's Anatomy					
10	Waiting for God	Are You Served?	As Time Goes By	Keeping Up	Doc Martin "On the Edge"	Movie: ★ ★ ½ "One-Eyed Jacks" (1961, Western) Marlon Brando, Karl Malden, Katy Jurado.	Austin City Limit					
12	How I Met My Girl	How I Met My Girl	Ugly Betty "Backseat Betty"	Comm Auditions	Scrubs	Entourage	True Hollywood	American Dad	American Dad	Paid Program		
13	The Insider	Paid Program	Hawaii Five-0 "Nalowale"	NCIS "A Man Walks Into a Bar..."	48 Hours Mystery (In Stereo)	News 13 at 11:00	Entertainment Tonight	The Insider				
21	(6:00) "Top Gun"	Movie: ★ ★ "Meet the Parents" (2000)	Movie: ★ ★ "Meet the Parents" (2000)	Movie: ★ ★ "Meet the Parents" (2000)	★ ★ ½ "Spy Game"							
24	MLL Lacrosse: Denver Outlaws at Boston Cannons.	Impact										
25	SportsCenter	NBA Countdown	NBA Basketball									
26	NHRA	Auto Racing	Baseball Tonight	MLL Soccer								
27	College Baseball: Clemson at Florida State.	Daily	Outdoors	Daily	Dirty	Quit-Job!	Paid					
30	Movie: "Another Man's Wife" (2011) Rena Sofer, Dylan Neal. Premiere.	Movie: ★ ★ "The Perfect Husband: The Laci Peterson Story" (2004) Dean Cain.	Movie: "Another Man's Wife" (2011, Suspense) Rena Sofer, Dylan Neal.									
36	Newsroom	Don't Fail Me	Piers Morgan	Newsroom	Don't Fail Me	Piers Morgan						
39	Money in Debt	American Greed	Suze Orman Show	Debt	Debt	American Greed	Suze Orman Show					
40	Lockup: Colorado	Lockup: Colorado	Lockup: Colorado	Lockup: Colorado	Lockup: Colorado	Lockup: Colorado	Lockup: Colorado					
41	Most Shocking	Most Shocking	World's Dumbest...	World's Dumbest...	Forensic	Forensic	Dominick Dunne					
42	(6:15) "The Night of the Hunter" (1955)	Movie: ★ ★ "Cat People" (1942, Horror) Simone Simon.	Movie: ★ ★ ½ "The Curse of the Cat People" (1944)	Movie: ★ ★ ½ "The Mummy Returns" (2001) Brendan Fraser.								
44	Movie: ★ ★ ½ "The Longest Yard" (2005, Comedy) Adam Sandler, Chris Rock, Burt Reynolds.	Movie: ★ ★ ½ "The Longest Yard" (2005, Comedy) Adam Sandler, Chris Rock, Burt Reynolds.	Movie: ★ ★ ½ "The Mummy Returns" (2001) Brendan Fraser.									
45	(6:45) Movie: "My Best Friend's Girl"	Jeff Dunham: Spark/Insanity	Billy Gardell	B. Bailey/Road	Dunham							
46	(6:00) Movie: ★ ★ "The Mummy: Tomb of the Dragon Emperor" (2008) Jet Li	Two and a Half Men	Two and a Half Men	Two and a Half Men	Two and a Half Men	Running Wild	Sons of Anarchy	Sons of Anarchy				
47	"Pirates of the Caribbean"	Movie: ★ ★ "Pirates of the Caribbean: At World's End"	In Plain Sight	Law & Order: SVU								
48	Movie: ★ ★ "Confessions of a Shopaholic" (2009) Isla Fisher, Hugh Dancy.	Movie: ★ ★ "Monster-in-Law" (2005) Jennifer Lopez, Jane Fonda.	Movie: ★ ★ "Confessions of a Shopaholic" (2009) Isla Fisher, Hugh Dancy.	Movie: ★ ★ "Monster-in-Law" (2005) Jennifer Lopez, Jane Fonda.								
49	(6:30) Glee	Glee	Glee	TBA	Movie: ★ ★ "Clueless" (1995)							
50	Parking	Parking	Parking	Parking	Storage	Storage	Parking	Parking	Parking	Parking		
51	(5:00) ★ ★ ½ "Conan the Barbarian" (N)	Movie: ★ ★ "Conan the Destroyer" (1984, Action) Arnold Schwarzenegger, Grace Jones.	Movie: ★ ★ ½ "Conan the Barbarian" (1982, Action) Arnold Schwarzenegger, Grace Jones.									
52	"Rat Fink"	Movie: ★ ★ "Ghost in the Shell 2: Innocence"	Movie: ★ ★ "Ghost in the Shell 2: Innocence"									
53	House	House "Unfaithful" (N)	House	House "Here Kitty" (N)	House "Here Kitty" (N)	House "Here Kitty" (N)	House "Here Kitty" (N)	House "Here Kitty" (N)				
56	B. Flay	Flay	Chopped	Chopped	Chopped	Chopped	Iron Chef America	Chopped				
59	Little House on the Prairie	Little House on the Prairie	Little House on the Prairie	Little House on the Prairie	Little House on the Prairie	Little House on the Prairie	Little House on the Prairie	Little House on the Prairie				
60	Precious Mem.	In Touch	Hour of Power	Graham Classic	History	Travel	"Chariots of Fire"					
61	Modern Marvels	Top Gear	Top Gear	Top Gear	Top Gear	Top Gear	Top Gear	Top Gear				
62	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme	Extreme		
63	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch				
64	AllFamily	AllFam.	AllFam.	AllFamily	Raymond	Raymond	Raymond	Raymond	Raymond	Rose		
66	"Harry Potter and the Goblet of Fire" (2005) Rupert Grint	Movie: ★ ★ ½ "Jurassic Park" (1993)										
67	iCarly/iCarly	My Wife My Wife	Chris	Chris	George	George	Nanny	Nanny	Nanny	Nanny		
68	"High 2"	Movie: ★ ★ ½ "High School Musical 3: Senior Year" (2008) Zac Efron.	Shake It Up!	Shake It Up!	Shake It Up!	Shake It Up!	Shake It Up!	Shake It Up!	Shake It Up!	Good-Charlie		
69	My Cat From Hell	It's Me or the Dog	My Cat From Hell	Must Love Cats	It's Me or the Dog	My Cat From Hell						
70	Movie: ★ ★ ½ "Reign of Fire" (2002, Fantasy) Christian Bale.	Movie: "Sinbad and the Minotaur" (2011) Manu Bennett. Premiere.	Movie: ★ ★ "The 7 Adventures of Sinbad" (2010) Patrick Muldoon. Premiere.									

SUNDAY EVENING MAY 22, 2011

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	M*A*S*H	M*A*S*H	Meal to Meal	Our Homes	Get Inspired	Buy Local	Republic Jewelry	That '70s Show	That '70s Show	Paid Program	Cops	McCarter
4	Simpsons	American Dad (N)	Simpsons	Bob's Burgers	Family Guy (N)	News 13 on FOX	The Office	Two and a Half Men	Two and a Half Men	Seinfeld	Seinfeld	
5	60 Minutes (N)	60 Minutes (N) (In Stereo)	Movie: "Jesse Stone: Innocents Lost"									

MONDAY EVENING MAY 23, 2011. Grid of TV programs from 7:00 to 12:30 AM.

TUESDAY EVENING MAY 24, 2011. Grid of TV programs from 7:00 to 12:30 AM.

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WEDNESDAY EVENING MAY 25, 2011. Grid of TV programs from 7:00 to 12:30 AM.

THURSDAY EVENING MAY 26, 2011. Grid of TV programs from 7:00 to 12:30 AM.

CLICK & CLACK TALK CARS

Husband's Extreme Caution Is Causing Wife to Overheat; Reader with Rebuilt Transmission Has a Case

DEAR TOM AND RAY:My husband and I recently purchased a new car. My husband refuses to run the air conditioning in heavy stop-and-go traffic or if we are sitting in the parked car. When I ask him what the reason is,he says that since the compressor for the air conditioning is belt-driven,if there is no airflow into the engine,the car will overheat. So I'm wondering why I see everyone else sitting in their nice,cool cars with the windows up,but their cars aren't overheating. He has been this way with all of his vehicles. We have a vacation coming up with a 12-hour drive. I'm worried about long,HOT construction delays. Is he right — should I continue to silently melt in 90-degree weather? Or can we turn on the darn AC? — *Katie*

RAY: Katie,we feel for you. We really do. The reason you see everyone else sitting in their nice,cool cars is because they're not married to your stubborn husband.

TOM: He's being overly cautious. Far too cautious. For at least three decades now,all cars have come equipped with electric cooling fans. When the car isn't moving and there's no wind being pushed through the front grille,an electric fan now comes on,independent of the engine,and makes its own breeze for the radiator.

RAY: That's why cars can sit in traffic,even with the AC on,on very hot days,and still not overheat.

TOM: In fact,most cars have a second cooling fan,or a higher speed for the cooling fan,that kicks in automatically whenever the air conditioner is turned on,just to provide extra cooling under hot conditions.

RAY: Now,there is a limit to a cooling fan's effectiveness. It never will provide as much cooling air as you would get when driving 65 mph on the highway. So if you're stuck in traffic for a long time,and it's 120 degrees out,an engine still can overheat. But those are highly unusual conditions.

TOM: So the bottom line is that you're suffering needlessly,Katie. Here's what you should do:Suggest that your husband try leaving the AC on during your upcoming vacation.

RAY: Right. Just leave it on,whether you're stopped or moving. As long as the "HOT" warning light on the dashboard doesn't come on,that means the car is fine. And unless you're in bumper-to-bumper traffic in Phoenix during a horrendous heat wave,or the cooling system malfunctions,that light's never going to come on.

TOM: But just in case,wear Egyptian cotton,Katie. Good luck.

DEAR TOM AND RAY:I took my vehicle in to a local mechanic shop for a timing-belt replacement. After the repair, I drove approximately 75 miles,and the transmission burned up. We had the car towed to AAMCO. The AAMCO owner said the cause of the transmission failure was that the previous mechanic had forgotten to remove a clamp from one of the two coolant lines that run to the transmission,resulting in the transmission overheating and then a \$2,800 repair bill for a rebuilt transmission. The original mechanic says he never clamped off any lines when he replaced the timing belt. What do you think? Would lines have been clamped? — *Marilyn*

RAY: They certainly could have been,Marilyn.

TOM: You don't tell us what kind of car you have. But for certain cars,you DO have to remove the radiator to change the timing belt. And if you remove the radiator,you would clamp off the transmission cooler lines so you don't spill transmission fluid all over your shoes,or the shop floor.

RAY: Cars with longitudinally mounted engines (mounted the long way,front to back) require you to remove the radiator to get to the timing belt. Those include lots of VWs and Audis,all Subarus,lots of small SUVs and pickups,and many other vehicles.

TOM: So if you have a longitudinally mounted engine,the AAMCO guy is absolutely right. If you clamp off the lines and then forget to remove the clamps when you're done, you prevent the transmission fluid from getting cooled. And within 100 miles,that can raise the temperature of the transmission enough to ruin it.

RAY: You're lucky that you have an eyewitness who will testify that when your car was towed in,the clamp was still there!

TOM: So,start by getting a written statement from the AAMCO guy describing exactly what he found. Take it back to your original mechanic,along with the repair bill,AND his clamp. Ask him if he'd like to write you a check now, or if he'd rather write you one later,with the court costs added in,because small claims court is your next step.

RAY: Keep in mind that if your car has 195,000 miles on it,the court might not make the shop pay the whole cost of a new transmission. But you'll win in court,Marilyn. As long as you don't lose that clamp.

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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HARD# 14

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 36.

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ACROSS

- 1 Half of DJ
- 5 Reduces to pulp
- 11 Worth cultivating
- 17 Talent
- 21 Western state
- 22 Thunderstruck
- 23 Spice rack item
- 24 Diva's melody
- 25 Flat-topped hill
- 26 Money maker
- 27 Street sign (hyph.)
- 28 McKellen and Holm
- 29 Easy-care
- 31 Bygone
- 33 1957 launch
- 35 Zoo barriers
- 36 Works undercover
- 37 Filmom's Jezebel
- 38 Male turkey
- 41 Roman 901
- 42 Ponytail sites
- 43 Stop signal
- 44 Vestige
- 48 Impervious to light
- 50 Heaped up
- 51 Crowlike bird
- 52 Bother
- 53 Dijon daddies
- 54 "Rocky II" loser
- 55 Bank examiner
- 57 MD employer
- 58 Sooner city
- 59 Ambler and Clapton
- 60 Earned
- 61 Have to have
- 62 Mammoth Cave loc.
- 63 Elbow room
- 64 Patio
- 65 Tubular pasta
- 66 Flexible
- 68 Checkbook amt.
- 69 Afr. nation
- 70 Sumptuous meals
- 71 Marathon or 10K
- 72 Urban transport
- 73 Malt beverage
- 74 Wholly absorbed
- 75 Attempts
- 78 Ms. Shriver of tennis
- 79 Aught or naught
- 80 Fair (3 wds.)
- 84 Treats
an icy highway

DOWN

- 85 Snake charmers' attire
- 87 Raccoon cousin
- 88 I, to Fritz
- 89 Ad award
- 90 Tinned fish
- 91 Full of dandelions
- 92 Fierce whale
- 93 Cool
- 94 "Bonanza" cook (2 wds.)
- 95 Ph.D. exams
- 96 Fervor
- 97 Tied the score
- 99 Roswell crasher
- 100 Embroidery thread
- 101 "I" trouble?
- 102 Crossed a creek
- 103 Sports "zebra"
- 104 Apartment
- 105 LAX regulators
- 106 Depot info
- 107 More weird
- 109 Lumber flaw
- 110 Upright timbers
- 112 Basements
- 115 Gymnastics device
- 116 Really frightened
- 120 Jai —
- 121 Cloud-seeding compound
- 123 Recently (2 wds.)
- 125 Solemn assent
- 126 Furtive whisper
- 127 Misses a syllable
- 128 Tall blooms
- 129 O'Hara estate
- 130 Storm track
- 131 Loathe
- 132 Weakest, as an excuse
- 133 Sufficient, in verse
- 1 Run-down place
- 2 Route for Ben-Hur
- 3 Business encl.
- 4 Fissure
- 5 "Knot" craft
- 6 Sugar cane rodent
- 7 Climbs a rope
- 8 Slugger Aaron
- 9 Language suffix
- 10 Honed
- 11 Battery terminals
- 12 Viking letters
- 13 Nefertiti's god
- 14 CEO's auto, perhaps
- 15 Rented
- 16 "The Mummy" setting
- 17 Spats
- 18 Persia, nowadays
- 19 Foreign film ender
- 20 Small job
- 30 — -pocus
- 32 Fibbed, plus
- 34 Make a remark
- 36 Mall attractions
- 37 Enchant
- 38 Midwest capital
- 39 Premiered
- 40 Boat basin
- 42 Sister's girl
- 43 Give off, as heat
- 45 Parthenon site
- 46 Paving material
- 47 Eats away at
- 49 Proof ender
- 50 Determine cost
- 51 "The Alexandria Quartet" author
- 52 Herd of whales
- 54 Hanker after
- 55 — Lingus
- 56 Kickoff stand
- 59 Heroic tales
- 60 "Mad Max" Gibson
- 61 Groovy
- 63 Corset
- 64 PC key
- 65 Soft drink brand
- 67 Madrid's Louvre
- 68 Nickname for Ruth
- 70 Adipose
- 72 Capital of Wales
- 73 " — for Alibi" (Grafton novel)
- 74 Lines on a map

- 75 Avoid
- 76 Digestive fluid
- 77 Made catty remarks
- 78 Hound, to a fox
- 79 Houston-to-Chicago dir.
- 80 Wassailers' tunes
- 81 Badminton target
- 82 Confront boldly
- 83 Buddha expounded
- 85 Drum, as fingers
- 86 Filmmaker Lee
- 87 Come to an end
- 90 Instant grass
- 91 Took notes
- 92 El Dorado loot
- 94 Ibsen's —Gabler
- 95 Pesto ingredient (2 wds.)
- 96 Rock tumbler stone
- 98 Stone Age implement
- 100 Chinchilla and mink
- 101 Least involved
- 103 Fix a shoe
- 104 Most certain
- 105 Strong points
- 108 Made beef jerky
- 109 Encryptions
- 110 — in (begin use)
- 111 Rink gear
- 112 Wolf Gal's creator
- 113 "Born Free" lioness
- 114 Trailing

- 115 Keep out of sight
- 116 Lissome
- 117 Statuesque model
- 118 Caligula's nephew
- 119 What mice do
- 122 Telegraph signal
- 124 Monastery dweller

Crossword solution on page 36.

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