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Rockland's Kip Files Takes the Helm of the Last Wooden Whaling Ship



Captain Kip Files in front of the Charles W. Morgan on his first day at work at Mystic Seaport in Connecticut on Monday, November 11 PHOTOS: MYSTIC SEAPORT

by Christine Parrish

Kip Files, co-owner and captain of the Rockland-based three-masted schooner *Victory Chimes*, has been hired by Mystic Seaport as the new captain of the last wooden whaling ship in the world, the *Charles W. Morgan*, a 113-foot square-rigger that carried 13,000 square feet of sail on three masts in full rig and a crew of 35 during its heyday in the 1840s, when it sailed the world in search of whale blubber and baleen.

Files started his new job on Monday.

The five-year restoration of the *Morgan* was undertaken at the Henry B. duPont Preservation Shipyard at Mystic Seaport Museum in Mystic, Connecticut, where the *Morgan* has been since the 1960s. The flagship of Mystic Seaport, the *Morgan* was relaunched as a functioning sailing ship in July of this year. She will become a roving

historical exhibit next summer.

Built in New Bedford in 1841, the *Morgan* is the last survivor of the American whaling fleet that was 2,700 strong.

From 1841 until 1921 the *Morgan* undertook 37 voyages, most lasting three years or more. Her longest voyage was five years. Known as a lucky ship because she survived Arctic ice, cannibals, storms, hurricanes, and passages around the notoriously dangerous Cape Horn, the *Morgan* is now America's oldest commercial ship still afloat. Only the *USS Constitution* is older.

Files, who has been a master mariner on traditional wooden vessels since the 1970s, has firsthand knowledge of traditional square-riggers and the experience to sail and maintain them, according to the museum staff.

Files said he heard about the renovation

LAST WOODEN WHALING SHIP continues page 13

Update on Monhegan Wind Project Leaves Questions

by Christine Parrish

A throng of journalists and a few fishermen showed up at the Friendship town hall on Tuesday, November 12, for the first of three meetings being held by the University of Maine to update the public on the status of the Monhegan offshore wind project, a test site located about two miles south of the island. It is the first step towards creating the proposed Maine Aqua Ventus offshore wind farm that, if it eventually comes to fruition, will float about 85 turbines in an estimated 8-by-8-mile wind farm about 20 miles offshore.

Maine's attempts to move forward in establishing offshore wind farms as an economically viable source of future power ran afoul of political influence earlier this summer when a \$120 million agreement with the Norwegian firm Statoil to build a pilot offshore wind project was rescinded by the state, and the bidding process was reopened in order to allow the University of Maine and its public and private partners to come up with a competing bid.

In response, Statoil, a leader in offshore wind development, who deployed the first offshore floating wind turbine in the world in 2009, pulled out of Maine and is now moving ahead to establish Hywind Scotland, where it is planning to install five 5-megawatt floating turbines at a test site off the northeast coast, according to Windpower Offshore, an industry trade publication.

The University of Maine and its partners did go ahead and submit a proposal to the Public Utilities Commission, but have been

MONHEGAN WIND continues page 5

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- LOT 8** - 4.3 acre waterfront lot. **\$225,000**
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- Swallowtail Farm Yogurts, Kefirs & Cheeses – *Locally Made*
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Joe Steinberger

A Common Theme

When I look back on what I have written over the years, it seems there is a common theme. It is a call to reject our extreme materialism and suggestions for how, with a different emphasis, we might make the world a happier place.

It is our lot, and our nature, to be in competition with each other. It is also in our nature, and in our interest, to collaborate. Every human relationship has these two sides, and they are most effective for us when they moderate each other and neither dominates.

When people focus on achieving a high level of material consumption for themselves, the underlying conflict between us — the limits of natural resources — is exacerbated. At high levels of consumption, life becomes a zero-sum game in which one person's gain must be someone else's loss. At more modest levels of consumption, humanity can thrive without pushing those limits. Stress is reduced, and leisure enhanced.

Right now, for example, Rockland is littered with fallen apples. They tend to be smaller and less perfect than the apples in the market, but they make very tasty applesauce. In spring there will be dandelion greens, and in summer all kinds of good stuff available for the picking.

We are mostly too busy for the picking, however. We prefer to spend our time on earning a level of money income that allows us to buy our applesauce in the supermarket — for a fraction of the effort the picking and stewing would entail.

That saved effort, however, is going to other things, things that may not be as useful or as pleasant as making and eating applesauce.

Some Recipes —

Mashed Apples

Pick up a bucket full of apples wherever you find them. Check them as you go, and keep only those that are sound. Wash them well with cold water.

With a paring knife, cut the apples into quarters and cut out the core and any bad spots, then throw the whole quarters into a large thick-bottomed pot.

When you see a particularly beautiful morsel as you go, you are free to eat it then and there. Most of the pieces you will be putting into the pot will be less beautiful. A few worms, some rotten spots and some dirt will inevitably find their way into the pot, but it's all good.

Add two or three cups of water, cover the pot and put it on a low even heat. It will take a couple of hours. Stir from time to time with a big spoon, and toward the end use a potato masher.

The mashed apples are great warm or cold, alone or with a meal, or for dessert with milk or yoghurt. Chopped walnuts go great too. The mash will keep for quite a while in the fridge, and it freezes well.

My son Takuma, 6, is a gourmet, and he is extremely fond of my mashed apples.

Baked Squash

You will not find winter squash abandoned on the side of the road, but they are plentiful at this season, and inexpensive. My favorite variety is buttercup. It has a dark and firm flesh with lots of taste.

Put the whole uncut squash stem end down in a pan and bake in a 350-degree oven until the skin is crisp and the flesh is soft — about an hour. The skin keeps the moisture in and steams the flesh.

Cut around the top, take it off and remove the seeds with a spoon. Be careful not to waste too much — the stringy stuff around the seeds is good.

The squash can be sliced and served hot with the skin on. We Americans have gotten the idea that the skin of winter squash is not good, but the Japanese love it. It has good flavor and, when baked, a nice crunchy texture.

The flesh, in any case, falls easily off the crisp skin, so it's your choice. One way to use the squash without the skin is to spoon it out into a bowl and mash it up. The mashed squash is not only good with dinner, but it makes a wonderful dessert treated in much the same way as the mashed apples, with perhaps the addition of a little bit of maple syrup.

Sausage and Tofu

Sausage tends to be fatty and salty; too rich. We shouldn't eat too much of it. Its fat and salt and strong taste, however, can be a great complement to tofu, which is very healthy, but by itself is bland. We tend to associate tofu with vegetarian cooking, but it is great with a bit of meat, especially pork, as has long been appreciated in Asia.

Locally produced sausage of various kinds and excellent locally produced tofu are available at our food co-ops. Italian sausage and tofu are also available at the supermarkets.

Prick the sausage and put it on medium heat in a large skillet. Add two tablespoons of water and cover. The water will boil off, but the steam gets the juices flowing. When the sausage is well browned, cut it up and return the pieces to the skillet.

Cut the tofu into squares and add these to the sausage in the skillet. Continue cooking for another 10 minutes or so, covered over medium heat, stirring occasionally with a spatula to mix the pan juices with the tofu.

As with all cooking, these simple dishes are especially satisfying when shared with friends.

Iran: A Deal Now — or War Later?

by Thomas McAdams Deford

The overwhelming tragedy of death and destruction that struck the Philippines last week — the highest winds to hit land in modern history — overshadowed a disaster in the making that could, over time, lead to a much worse, and man-made, tragedy: the collapse of the nuclear negotiations between Iran and the P-5+1 (US, Britain, France, China, Russia and Germany).

All is definitely not lost, as the two sides will be returning to talks next week. But a rehash of where we are, how we got there, and how an interim deal was sabotaged at the last minute shows the precariousness of the situation.

After 34 years of a diplomatic shutdown that has kept the lack of trust between the US and Iran at an almost constant flashing-red level, working out a deal between our two countries would be hard under any circumstances. But then add in the fact that two of our closest friends in the region, Israel and Saudi Arabia, are overwhelmingly opposed to a US-Iranian rapprochement — and one of the two often seems to have more clout in Congress than President Obama — and the roadblocks multiply.

Saudi Arabia, during the reign of the over-Westernized Shah, was jealous of his position as America's closest oil-producing friend, so while the Shah's replacement by a bunch of medieval-style Shiite ayatollahs was certainly unnerving in nearby Riyadh, the good news was it at least cut off a rival power's close ties to the US.

Throw in Saudi Arabia's radical version of Sunni Islam, which views Iran's Shiites as apostates, and the thought that Iran and the US may once again be at peace has so riled the kingdom that they've actually been coordinating their anti-Iran stance with even worse arch-enemy Israel. "Misery," as Shakespeare reminded us, makes "strange bedfellows."

Israel's Prime Minister Netanyahu has been hyperventilating for months about a possible US-Iran deal, though it's difficult to gauge if his paranoia is real or exaggerated. In recent weeks, more than one highly wired-in Israeli has contradicted Netanyahu. Israel's leading left-wing newspaper Ha'aretz cited a report from Aviv Kochavi, the current head of Israel's Military Intelligence, as advising Netanyahu before his US visit last month that the positive changes in Iran's internal politics brought about by the moderate President Rouhani are not only real, but "significant" and "strategic." And in a Wall Street Journal article last month, Amos Yadlin, Kochavi's predecessor, outlined as a "reasonable" agreement one that would allow Iran to retain its right to enrich uranium at a non-military level of 3.5 to 5%, which according to leaked reports is what Iran agreed to in Geneva.

Former Mossad chief Ephraim Halevy has been equally public in the past in support of finding a compromise with Iran, terming Obama's willingness to negotiate with Iran as "very courageous," a remark he made just before last year's presidential elections, when Netanyahu's support for Mitt Romney was no secret.

As non-participants, neither Israel nor Saudi Arabia were in a position to scuttle the negotiations in Geneva. But France was. When French Foreign Minister Fabius showed up, a deal was already on the table. Foreign policy analysts, whether they be French experts or Middle Eastern ones, aren't quite sure why France torpedoed the proposal. Some speculate that with Saudi animus towards the US so high, it's a perfect time for France to elbow the US out and become the Saudis' principal arms purveyor.

Others see the French, with US power in decline, propelling themselves forward as a serious player in the Middle East, drawing on their status as the hero of the successful intervention in Mali's terrorist-backed civil war. Further, France was prepared to launch an attack against Syria until Obama pulled his about-face. So, this theory goes, with its economy still in recovery mode and French President Hollande's popularity plunging, rebuffing the United States while playing a machismo Middle Eastern card is a solid French crowd-pleaser.

As the tale unfolded, Secretary of State Kerry and the other foreign ministers were called by their underlings to Geneva for what was by then expected to be a public announcement of an interim six-month deal with Iran, the first step in an eventual permanent shutdown of an Iranian potential to develop a nuclear weapon. French Foreign Minister Fabius throws a well-aimed wrench. And how does Secretary Ker-

Philippines Relief — How to Help

The U.S. Agency for International Development (USAID) reports that the most effective way people can assist relief efforts is by making cash contributions to humanitarian organizations that are conducting relief operations. A list of humanitarian organizations that are accepting cash donations for disaster response can be found at www.interaction.org.

USAID encourages cash donations because they allow aid professionals to procure the exact items needed (often in the affected region); reduce the burden on scarce resources (transportation routes, staff time and warehouse space); can be transferred quickly and without transportation costs; and support the economy of the disaster-stricken region.

ry respond? He blames Iran: "The French signed off on it, we signed off on it," Kerry said. "There was unity but Iran couldn't take it."

Not according to anyone else there. So what is Kerry up to? The French wreck his chances for a more important deal than a Palestinian-Israeli peace, and he turns the other cheek. It was, I think, a calculated risk to avoid a public rupture with France. A risk indeed, but a shrewd diplomatic move. To succeed, though, as Kerry publicly exonerates the French — at the same time aware the current Iranian government is serious about a deal — he is surely using his newly evolved relationship with the Iranian foreign minister to keep the dialogue going: "There's no way I can get a deal through the Republican-controlled Senate if I split with France publicly. So work with me. I'll deal with the French privately, now that Hollande has scored a few political points for himself. But if I let it become a public rift, the deal won't go through, and both our countries — the US and Iran — will lose."

So the US gets another six days to work behind the scenes to massage France back in line, and to keep Iran there. Russia and China aren't going to help; Germany, with its sense of guilt towards Israel, will not put pressure on France for siding with Israel; England has no leverage with France. So it's up to Obama to play the man, finally, and to weigh in heavily behind the scenes. It's a deal that's distinctly beneficial to America's interests, if not to Saudi Arabia's or Israel's — but that's their problem. Ours is that Obama has to make his case clearly and forcefully.

Senate Republicans have made clear their choice: "Vive la France," said Senator McCain. His buddy, South Carolina's Lindsey Graham, one-upped him, shouting, "Thank God for France," on CNN. Why this sudden love of France from a party that preferred "freedom fries" to the French version? It's simple: they want Obama to fail. The Senate is in fact considering a bill right up France's alley, one that would toughen existing sanctions against Iran. Naturally, its biggest booster is Israel's powerful old-guard lobby in Washington, AIPAC. But in a sign that one hopes will make Congressmen realize that AIPAC's knee-jerk support of Netanyahu puts it outside the mainstream of American Jewish opinion, the moderate upstart pro-Israel lobby, J Street, has sent out a letter to its members denouncing further sanctions: "It runs the risk of poisoning the atmosphere, empowering Iranian hardliners and fracturing the international coalition that's brought Iran to the table."

Obama has vacillated with such frequency in the Middle East it's hardly surprising he would be challenged on Iran by close allies in the Middle East and Europe as well as by opposition senators. This is the time for Obama to show his backbone. Kerry's attempt to find a two-state solution for Palestinians and Israelis is, with Netanyahu in power in Israel, a pipe dream. We've lived without a resolution to that problem for nearly 50 years; we can wait a few more.

But the deal with Iran can't wait: if we are unable to bring the French (and Congress) along on what represents a reasonable compromise by Iran — a position that hard-liners in Iran are opposed to — today's moderate leadership will be back out in the cold, the Iranian nuclear engine revved up, and the risk of a war, pushed by right-wing Republicans in Congress and their right-wing equivalents in Israel, will only accelerate.

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A Peaceful Protest Collides with Russia's Plan to Claim the Arctic for the Motherland

by Christine Parrish

Russia has made no secret of its intention to claim the Arctic.

In 2001, it was the first country to make a claim to the United Nations that much of the territory being uncovered by the melting polar ice was on the Siberian continental shelf that extended north from the Russian coast and so legally belonged to them.

Canada and Denmark have belatedly made similar claims.

If Russia's claim succeeds, they will have successfully secured about a quarter of the world's oil and gas reserves and will control the two northern shipping routes across the Arctic, according to The Arctic Institute's Center for Circumpolar Security Studies.

The question of Arctic ownership will be taken up by the United Nations International Tribunal for the Law of the Sea in 2014.

Russia already controls a large part of the gas supplies that go to Europe through pipelines. The vulnerability of that relationship became abundantly apparent once again when disputes over the price of Russian oil resulted in the spigot that usually flows through the Ukraine into much of the rest of Europe being turned off last week.

The impact of the shut-down will be felt in southern and central Europe first, according to international news reports, with Bosnia, Greece, Turkey, Romania and Italy potentially facing significant shortages as winter approaches if Russia and the Ukraine can't settle their disputes over the price of Russian oil.

Russia is currently the world's largest oil producer, according to Reuters news service. The Arctic's vast energy reserves will strengthen their economy and secure their global energy dominance. But some Russian leaders see it as even more crucial, claiming the Arctic is Russia's best real chance to survive and thrive as a country. According to RIA Novosti, the Russian government news agency, top government officials said last year that Russia must claim its national interests in the Arctic now if they want to retain secure borders.

Russia is moving ahead through international legal channels to stake their claim, which they want to secure by 2015, but they are not waiting. In the interests of exploiting the Arctic, they have moved ahead of the pack.

Before the end of this year, the government-owned oil company, Gazprom, plans to start drilling for oil in the Arctic and extract 140,000 tons of oil within a short time frame, according to the Stimson Center, a think-tank that proposes pragmatic solutions to global security problems.

Russia is currently in the process of building a year-round Arctic port to service the northern sea route and a planned liquefied natural gas plant, according to Dredgingtoday.com, a trade industry website.

To protect their interests, Russia is also building up an Arctic military force that they plan to have in place by 2020. In a display of force in late October, Russian military and cargo planes conducted a military exercise on the ice.

In a word, the Russians take what they perceive as their Arctic very seriously. And they appear to have embraced the lessons of history: those with access to resources accumulate and consolidate power.

It was against this backdrop of combined economic expansion, territorial conquest and national pride—and just one week before President Vladimir Putin spoke at an Arctic policy conference in far northern Russia to underscore Russia's Arctic ambitions—that Greenpeace environmental activists from the icebreaker *Arctic Sunrise* used inflatable boats to approach and stage a protest at the Gazprom Arctic oil drilling platform on September 18.

Two climbers who were attempting to hang a protest banner on the platform were taken into custody, as were those in the inflatables. The *Arctic Sunrise*, which had remained outside the protection zone of the oil platform in international waters, was boarded the following day, and the entire crew was taken into Russian custody along with the ship.

The crew, including two journalists, were subsequently charged with piracy. That charge appears to have been reduced to the lesser charge of hooliganism, a charge that carries a maximum sentence of seven years, but may actually be on top of the piracy charges, which carry a maximum of 15 years, according to the Wednesday, November 6, transcript of a U.N. Tribunal on the Law of the Sea.

That tribunal convened last week to take up the Dutch claim that the *Arctic Sunrise*, which operates under the Dutch flag, was illegally seized by the Russians in international waters.

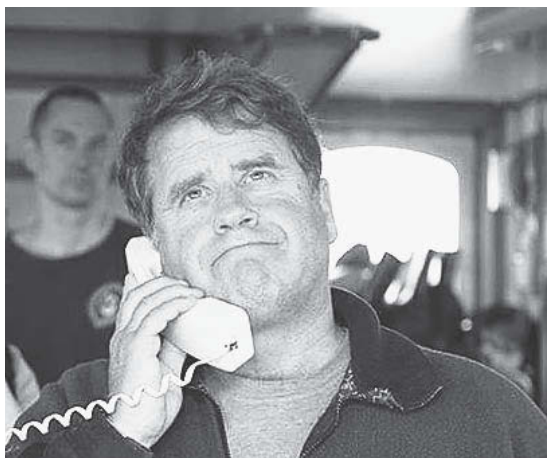
Russia, who is a signatory of the Law of the Sea treaty and has used its affiliation to buoy its Arctic territorial

claims, refused to show up in the U.N. tribunal court last week, saying the international law did not apply to this case.

Dutch representatives took issue and, point by point, put the Russian claims up against the tenets of international marine law. At one point they noted that "the Russians used the claim of piracy to allow them legal room to capture the vessel."

They went on to say that "the actions of Greenpeace would rather fall within the ambit of the freedoms of expression, demonstration and protest. These freedoms are supported by international law."

The U. N. tribunal is tentatively set to decide the case on Friday, November 22.



Captain Peter Willcox on the bridge of the *Arctic Sunrise*, a Greenpeace icebreaker.

PHOTO COURTESY OF MAGGY WILLCOX

Captain Peter Willcox, the only American national who was onboard the *Arctic Sunrise*, may not have known the substantial backstory behind Russia's Arctic ambitions, but whether he did or not, Willcox has become the first American to be imprisoned for taking a stand to try to make leaders of the world pay attention to climate change and act to do something about it.

Willcox, who is married to Maggy Willcox of Islesboro, is a professional mariner who has been at the helm of Greenpeace ships for almost 30 years, but is best known for his calm demeanor not for flashy, outspoken activism.

His personal papers indicate a man with a deep respect for both the environment and for boats and a cultivated ability to get along in cramped circumstances while never stepping back from making hard decisions related to the operation of the vessel and the safety of the crew.

Former crew members, both on the Greenpeace ships and on other boats he has crewed on, describe Willcox as the consummate professional mariner who has the combined technical skills necessary for a helmsman and the people skills necessary as the crew leader, where the captain's word is the final word on any onboard disputes.

International media reports on the "Arctic 30" indicate that Greenpeace, which is an international organization, is known and widely respected around the world for its non-violent lunch-counter style of civil disobedience to defy laws that affect the environment, from whale hunting to nuclear testing.

Americans have been less supportive of Greenpeace, said Maggy Willcox.

The official American response to the imprisonment of Willcox has been muted.

Maine Senators Susan Collins and Angus King and Connecticut Senator Richard Blumenthal sent a letter to the Russian Ambassador on October 3 asking the Russian government to expedite the investigation and legal proceedings in the *Arctic Sunrise* case and provide regular contact between Willcox and his family.

That response is in stark contrast to the requests from other governments, whose diplomats and leaders have requested that the crew be released.

British Prime Minister David Cameron spoke directly to President Vladimir Putin last week, telling him that the Greenpeace crew are not pirates or hooligans.

"I appealed to President Putin ..." said Cameron, in a November 7 interview with the radio station Heart FM. Cameron told Putin "that these people aren't hooligans, they are environmental protesters, so I hope that we can resolve this situation.... I think it is important that we use all of our diplomatic influence to explain the importance of resolving this issue and I'm waiting to hear the results."

Russian officials have also sought their release. On Friday, November 1, the Kremlin's Human Rights Council asked the investigators in the Arctic 30 case to free the detainees pending completion of the investigation, according to RIA Novosti, the government news service. RIA Novosti also reported the detainees were moved in a prison train car from Murmansk to St. Petersburg earlier this week. The cities are 27 hours apart, by train.

On November 24, at the earliest, the *Arctic Sunrise* crew is scheduled to be in a St. Petersburg court to find out their future. No indication has been given to Maggy Willcox whether her husband, Peter, will be released or detained indefinitely.

MONHEGAN WIND

CONTINUED FROM PAGE 1

reluctant to reveal the details of their project, saying it would harm their attempts to compete for Department of Energy funding. The project cost, the economic costs and benefits to Maine communities and the impact on Maine ratepayers have not yet been released. That information should be released within days.

Meanwhile, Jake Ward, the University of Maine Vice President of Innovation, was on hand in Friendship to give an update on the Monhegan test phase of Aqua Ventus.

Ward said the Maine Aqua Ventus I pilot project off Monhegan will have two 6-megawatt turbines on 270-foot-tall composite-material towers mounted on floating submersible concrete hulls that are tethered to the bottom by chains about 1,000 feet long, likely anchored to the mud.

The floating turbines will be constructed on land and towed to become a permanent feature at the site. A cable connected to Monhegan will provide free power to residents and connect the island to the grid. The island currently generates electricity with a diesel generator.

Another cable, about six inches in diameter, will run from the test site to shore near Bristol. The exact location of the cables remains to be determined, said Ward, and the project is attempting to avoid placing cables in known fishing areas.

There will be no prohibitions for setting lobster gear near the turbines, said Ward, though fishermen will set gear at their own risk. In the area where the cable is located, any gear that moves across the bottom would need to be lifted above the cable area as it passed, said Ward.

The cable connections, free power, size of the turbines and the proposal that the wind turbines become permanently placed at the site, rather than temporary installations, are all changes that have resulted in a refinement of the project as it develops, according to university spokespeople.

Whether the turbines will ever be installed at Monhegan at all depends on whether the project meets the deadlines for a Department of Energy (DOE) grant that will provide a large share of the funding for Maine Aqua Ventus I. They have a 50-percent chance of being accepted in the next round of DOE funding targeted for offshore wind development.

If Maine Aqua Ventus is not accepted for future funding in May 2014, Ward said they would be looking for private funding or to partner with other projects in order to move forward.

Public Hearings on Fox Hill Rehab Proposal Start Nov. 20

by Christine Parrish

The Camden Planning Board will hold two public hearings on the proposal to make an exception to current residential zoning to allow the Fox Hill estate on upper Bay View Street to be developed into an exclusive drug and alcohol rehabilitation center.

The hearings will be held at the Camden Opera House on Wednesday, November 20, and on Thursday, December 12, beginning at 5 p.m. and ending at 9 p.m.

All speakers must state their name, residence and any connection to the application, and all questions and comments must be directed to the board. Any questions for the applicant or others must be made through the planning board chair, since the public hearing is designed to get public input, not to debate the proposal in front of the board. Letters submitted to the planning board will be read into the record if the writer is not in attendance.

Those who are unable to attend and have the video equipment to do so can provide live testimony via video if their request to do so is approved in advance by the planning board. They must supply and take responsibility for setting up and taking down the video equipment. The request to submit live video must be received at least seven days before a public meeting.

If the planning board approves the proposal, it would then go to the Camden Select Board.

MLA to Host Affordable Care Workshop for Lobstermen on Nov. 19

Enrolling in the Health Insurance Marketplace, a workshop to help lobstermen and their families explore health insurance options now available in Maine, will be hosted by the Maine Lobstermen's Association (MLA) on Tuesday, November 19, from 5 to 7 p.m. at the Oceanside East High School cafeteria in Rockland.

The MLA has partnered with Fishermen's Partnership Support Services (FPSS) to help Maine lobstermen and their families understand new Affordable Care Act requirements. April Gilmore, the MLA's health insurance navigator, will lead the workshop, which will include information on tax subsidies and potential penalties.

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Rockland Historical Society to Hold Annual Meeting November 16



This painting of the Rockland clipper ship Red Jacket, recently purchased at auction, is being cleaned and conserved in time for unveiling at the society's annual meeting.

Rockland Historical Society will hold its annual meeting in the Community Room of the Rockland Public Library on Saturday, November 16, at 1:30 p.m. Following a brief business meeting, at which board members will be elected, the public is invited to a program on Rockland history.

The society will show a brief video about the clipper ship *Red Jacket*, which was built by Deacon George Thomas at his shipyard in Rockland in 1853, and then will unveil a large oil painting of the *Red Jacket* that was recently purchased at the Marine, China Trade and Historical Americana Auction at Northeast Auctions in Portsmouth, New Hampshire. The painting had been part of the marine art collection at the India House Club in New York. On her maiden voyage, the *Red Jacket* set a record for speed

crossing the Atlantic, New York to Liverpool, in 13 days, 1 hour, and 25 minutes. That record has never been equaled by a large sailing vessel.

The historical society purchased the painting to preserve the memory of the clipper ship. Art conservator Blaikie Hines of Thomaston is cleaning and conserving the painting and will finish in time for the painting to be shown to the public at the November 16 meeting.

Ann Morris, curator of the Rockland Historical Society, will present a PowerPoint slide show on Rockland history, concentrating on the commercial activities that explain the development of Rockland from a colonial farming outpost to a quarrying, shipbuilding and fishing community, and now to an artistic and cultural tourist destination.

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Lee Snyder to Discuss Space Weather's Effect on Technology

Belfast Bay Watershed Coalition will host Dr. Lee Snyder of Stockton Springs on Thursday, November 21, in a talk on "Space Weather, Technology and the Northern Lights." His talk, free and open to the public, will begin at 6:30 p.m. in the Abbott Room of the Belfast Free Library. Light refreshments will be served.

Space weather — the changing electrical and magnetic energy driven by the sun's radiation on the upper atmosphere — was the focus of Snyder's Ph.D. study at the Univer-

sity of Alaska, Fairbanks. According to Snyder, the daily space weather produced by the sun could present a threat to society's dependence on technology. He will discuss solar activity, how it impacts Earth's environment, and the Northern Lights, a visible manifestation of space weather. He will also discuss the arrival, late this year, of the comet ISON, which will pass within a solar diameter of the sun and whose brilliance may rival the 1965 comet, Ikeya-Seki, one of the brightest comets of the last 1,000 years.

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State Legislators Want Answers from Army Corps on Searsport Dredging Proposal

by Christine Parrish

A proposed dredging project that would deepen and widen the approach to the Mack Point shipping docks in Searsport has come under the scrutiny of state legislators, including the leaders of the Marine Resources Committee.

The trend along the East Coast ports is to prepare for the larger ships that will be traveling through the wider and deeper Panama Canal beginning in 2015, thus shaving off shipping costs for goods headed from Asia to the United States.

To that end the U.S. Army Corps of Engineers (USACE) has been encouraged to fast-track dredging for East Coast ports. Only the ports of Baltimore, Norfolk and Miami will have facilities large enough to dock the super tankers, so streamlining off-loading to smaller ships is also part of the plan. That is where Searsport fits into the picture.

The proposed dredging would not support the Super Panamax, but it would allow Searsport to dock much larger ships than it currently can. Those in favor of port expansion argue this will increase port traffic to the Searsport docks.

To lay the way for that possibility, the USACE, in partnership with the Maine Department of Transportation, seeks to remove 930,000 cubic yards of dredge spoils (approximately 1.4 million tons, assuming the material is predominantly saturated clay) rather than the 37,000 cubic yards necessary for maintenance dredging to keep the shipping channel open.

Questions about the impact that the expanded dredging and the disposal of the spoils at the site chosen as the dumping spot off of Islesboro would have on the coastal fisheries and marine habitat, as well as on tourism and the quality of life in nearby coastal and island communities, were initially brought to the USACE by area residents and environmental groups.

National Marine Fisheries Service (NMFS) then requested a more thorough assessment in two letters to the USACE,

stating that they believed the environmental assessment of the proposed project was insufficient to address fisheries habitat concerns. In an August 21 letter to the USACE, NMFS recommended not disturbing any near-shore bottom sediments located in less than 20 feet of water at mean low tide. A potential alternative would be for the USACE to submit an environmental mitigation plan establishing additional essential fisheries habitat, under the review and approval of NMFS.

On Wednesday, November 6, state legislators weighed in, expressing concern that the dredging project was rubber stamped for approval without adequate study.

Thirty-one state legislators, including the heads of the Marine Resources Committee, signed a letter to the USACE requesting that they do a full-scale environmental impact assessment before moving forward.

Representative Mick Devin, who represents the coastal towns of Bristol, Damariscotta, Edgecomb, Newcastle, South Bristol and Monhegan, is a professional marine biologist at the Darling Marine Center, the University of Maine marine laboratory that is located near Damariscotta. Devin said he is not satisfied with the USACE environmental assessment.

"I am not saying I am against the project," said Devin. "I understand and appreciate the need for maintenance dredging to keep our shipping lanes open."

"However, the scope of this project goes well beyond maintenance dredging," he said, noting that the impacts on spawning grounds for commercial fisheries, on shellfish, and on the lobster fishery have not been adequately assessed; nor has the potential for toxins that may now be inert in the marine sediments to be released if disturbed.

"For decades, industrial runoff and fuel spills that include mercury, PCBs ... and other pollutants have contaminated the sediment in and around Mack Point," he said. "Where will those toxicants go?"

other interested parties.

"There is every indication that a public transit service is needed in our midcoast area. It's an eventuality. The question is how and when," says White.

Public Asked to Weigh In Online on Plans for Public Transit in the Midcoast

Members of the public on the coast from Camden to Thomaston are being invited to comment on proposed public transit in a survey on the websites of Camden, Rockport, Rockland, Thomaston and the Midcoast Planning Commission (www.midcoastplanning.org/transitstudy.html). The consulting firm of Nelson/Nygaard has come up with seven choices on types of transit that may serve the area. Public comments on the survey will help the Midcoast Transit Committee, made up of representatives from each community, to decide which service will be most useful and successful. The online survey will be open until December 1.

"The results will be part of the final report and will weigh heavily on further decisions," says Midcoast Transit Committee Chairman Don White, of Camden. "One of the key components will be developing a service that will run on an hourly schedule," says White.

The committee, which includes representatives from Coastal Trans and Maine DOT, plans to meet early in January to review the consultants' final report and discuss expanding the committee to include local health providers, the Penobscot Bay Regional Chamber of Commerce and

Sen. Johnson to Hold Local Office Hours

Senator Chris Johnson will hold his monthly in-district office hours on Saturday, November 16, in three locations. He will be at the Village Café and Bakery on Friendship Street in Waldoboro from 9 to 10 a.m., at the Maine Coast Book Shop Café in Damariscotta from 10:30 a.m. to noon, and at Treats in Wiscasset from 12:30 to 1:30 p.m.

"We are gearing up for the start of the next Legislative session," says Johnson. "This will be a good opportunity for people to let me know their thoughts on what we'll be dealing with next year."

Johnson represents Senate District 20, which takes in all of Lincoln County except Dresden, as well as the towns of Friendship, Washington and Windsor.

GreenBlizzard.com Founder to Speak in Belfast —

Keith Blizzard, right, founder of GreenBlizzard.com, will discuss how citizens can reduce society's carbon footprint by "voting with their wallets and lifestyle choices," on Tuesday, November 19, from 6:30 to 8 p.m. at the Belfast Free Library. Food and water consumption decisions are a significant percentage of the average person's carbon footprint, and the talk is sponsored by the Camden Conference in anticipation of next February's Camden Conference: The Global Politics of Food and Water. Blizzard, a former executive at Marriott International, established the website GreenBlizzard.com to spread information about how people can reduce the amount of CO₂ being pumped into the atmosphere, following his own decision to "do what he could ... without becoming a monk."



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Antique & Gift Show at UCC in Lincolnville

Steampunk jewelry by Stephanie Lane

The United Christian Church (UCC) at 18 Searsmont Road (Route 173) in Lincolnville Center will host a Holiday Antique and Gift Show on Saturday, November 16, from 9 a.m. to 1 p.m. in the Community Building, next to the church. Items from local antique dealers, crafters and farmers will include traditional Appalachian brooms, functional pottery, "steampunk" jewelry, African handcrafts, hooked rugs, specialty tree ornaments, maple syrup, jams, chutneys and goat's-milk soaps.



ing balsam wreaths, the new town library will sell hand-knitted scarves, and Spindlewood School will sell beeswax candles and offer a hands-on candle making session for families. A white elephant table will offer affordable gifts and stocking stuffers. The church snack bar will have beverages and freshly baked cookies, as well as Christmas cookies that may be purchased and frozen for later.

The Community Building is handicapped accessible and there is ample parking. For more information, call event coordinator Mary Schulien at 785-3521.

St. Francis Christmas Fair in Belfast November 23

St. Francis of Assisi Church in Belfast will hold its annual Christmas Fair in the parish hall at 81 Court Street from 8:30 a.m. to 1 p.m. on Saturday, November 23, to benefit the St. Francis Mission Fund that provides support for local

community needs. The fair will include a silent auction, white elephant items, baked goods, candy, handmade goods, jewelry, books, Christmas centerpieces, wreath orders and lunch.

Lincoln County Democrats Host Pasta Supper Fundraiser



Lincoln County Democrats will host its traditional fundraising pasta and meatball supper on Saturday, November 16, from 5 to 7 p.m., at the Mobius Center, across the street from Yellowfront grocery in Damariscotta. The menu, in addition to pasta and meatballs, includes veggie balls, salad, Borealis Bakery bread, dessert (pumpkin and chocolate delights), punch and coffee. The cost is \$10 for adults, \$5 for children ages 5 to 12, free for children under 5, and \$25 for a family of four. There will also be a 50-50 raffle. Shown here, Valarie and State Senator Chris Johnson on kitchen duty at the last pasta supper.

Young Volunteers to Host Free Children's Activity Table at St. Patrick's Christmas Fair in Newcastle

This year's St. Patrick's Church Christmas Fair in Newcastle on Saturday, November 23, will introduce a Children's Activity Table. While parents visit the Craft, Bake Sale, Re-Gifting and other tables, youngsters will be able to make an item to take away — a Christmas ornament, a bookmark, colored string friendship bracelets or other items. Helping them make their gifts, at no charge, will be three volunteers, all altar servers at St. Patrick's: Sophia Stafford (pictured here, left), who attends eighth grade at the Center for Teaching and Learning in Edgecomb, Cheyenne Gogolinski (right), a sophomore at Lincoln Academy, Newcastle, and Sarah Foley, in eighth grade at Wiscasset Middle School. The Fair will take place from 9 a.m. to 3 p.m. in Cheverus Hall at the church on Academy Hill in Newcastle. Also for kids, peanut butter sandwiches with jelly, or fluff, will be available while lunch is being served at the Shamrock Café.



Holiday Bazaar with Crafts of All Kinds at Damariscotta Y November 23

Central Lincoln County (CLC) YMCA will host its 33rd annual Holiday Bazaar on Saturday, November 23, from 10 a.m. to 4 p.m.

The sale at the Y at 525 Main Street in Damariscotta will feature nearly 100 crafters and artisans from Maine and beyond. Items include pottery, photography, fine art, jewelry, ornaments, wreaths, chocolates and ornamental eggs. Refreshments will be served, including homemade soups, sandwiches, hot dogs, pastas and baked goods. Bazaar admission is \$1, free for those 12 and



under. All proceeds will go to the YMCA Scholarship Fund, which ensures that no one is turned away from programs and membership due to inability to pay. For more information, visit www.clymca.org or call 563-3477.

Interfaith Thanksgiving Service November 24

Mid-coast Interfaith Alliance is sponsoring an Interfaith Thanksgiving Worship — with music, sacred readings and prayers — on Sunday, November 24, at 4 p.m. at the Aldersgate United Methodist Church, 15 Wesley Lane in Rockland.

The Reverend Peter Jenks, rector of St. John Baptist Episcopal Church in Thomaston, will preach on the theme "Finding Peace in Our Thanksgiving." Local faith community choirs, under the direction of Susan Jones, will provide the music.

Hospitality House in Rockport will be the beneficiary of financial contributions, and the Area Interfaith Organization (AIO) Food Pantry for Knox County will be the beneficiary of canned goods and staples.

Refreshments will follow the service. Additional information may be obtained by calling Nativity Lutheran Church at 594-4665.

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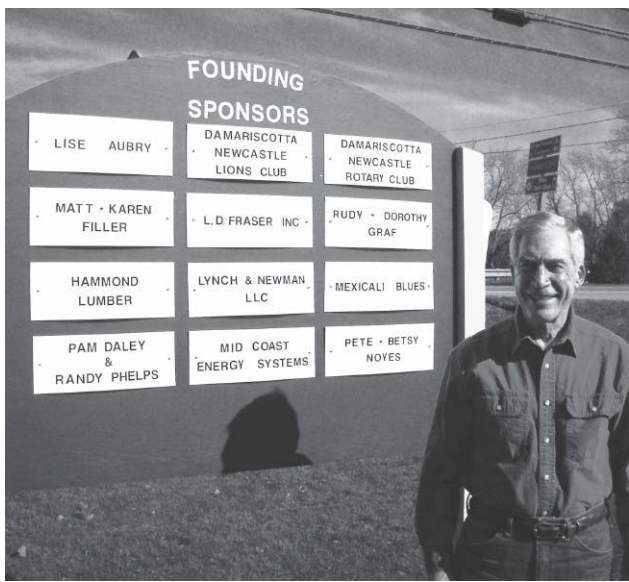
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Volunteers Sought to Help Maintain Public Ice Rink at Round Top Farm in Damariscotta –

Damariscotta River Association (DRA) is preparing to open its Round Top Farm Public Ice Rink for a third season. Plans call for setting up the boards on Saturday, November 23, and installing the liner and flooding the rink in early December. A warming shack, with hot chocolate, coffee and snacks, will be open at the rink on weekends. Matt Filler, shown here at the sign listing founding rink sponsors, is chief organizer for the rink and is looking for volunteers. “We currently have six teams that maintain the ice, each for a one-week period,” he says. “We would like to add another team with a team leader and four or five other members.” Anyone interested in a two-hour shift on weekends is asked to call DRA, 563-1393. “We want this to be a community rink with community involvement, so please feel free to volunteer in any capacity,” says Filler. Donations for rink maintenance may be made to the DRA at P.O. Box 333, Damariscotta, ME 04543, with the memo “Round Top Rink.”

National Collection Week for Global Christmas Project, November 18-25

Area churches are participating in Operation Christmas Child, the world’s largest Christmas project of its kind, by collecting an anticipated 1,450 gift-filled shoeboxes during National Collection Week, November 18 through 25. At local collection sites in Rockland and Waldoboro, anyone can drop off a gift-filled shoebox, packed with toys, school supplies, hygiene items and notes of encouragement, to send to a child overseas.

The Rockland collection site is Grace Bible Fellowship, 30 Sherer Lane, on Monday, November 18, from 9 a.m. to 12:30 p.m.; Tuesday, November 19, and Wednesday, November 20, from 9 a.m. to noon; Thursday, November 21, 6 to 8 p.m.; Friday, November 22, 9 a.m. to noon; Saturday, November 23, 9 a.m. to 2 p.m.; Sunday, November 24, 9 a.m. to noon; and Monday, November 25, from 9 a.m. to 1 p.m.

The Waldoboro collection site is the First Baptist Church, 71 Grace Avenue, on Monday, November 18, and Friday, November 22, from 8 a.m. to 2 p.m.; Saturday, November 23, 10 a.m. to noon; Sunday, November 24, 1 to 2:30 p.m.; and Monday, November 25, 8 a.m. to noon.

Operation Christmas Child has collected and delivered more than 100 million shoebox gifts to children in more than 100 countries since 1993. For more information regarding the collection locations, call 1-800-567-8580. For more information on how to participate in Operation Christmas Child, call 518-437-0690 or visit samaritanspurse.org.

Fall Clothing Sale at UU Church of Belfast on November 22

The Unitarian Universalist Church of Belfast, at 37 Miller Street, will hold its annual fall clothing sale on Friday, November 22, from 5 to 7 p.m. and Saturday, November 23, from 8 a.m. to 2 p.m., with a bag sale in the final hour. The sale will offer clothing for the whole family and will include a “Best of Sale” room with like-new brand-name clothing and unusual items. To donate good-quality clothing to the sale, call 338-4408.

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Auction of “Pink” State Trooper Plates Begins November 15

Each plate is accompanied by a certificate of authenticity, and the back of most plates are signed by the officer(s).

Maine Cancer Foundation’s auction of “Pink” Maine State Trooper vehicle plates will begin on Friday, November 15, at noon, via eBay.

The 203 individually numbered plates have been displayed on the back of Maine State Trooper vehicles throughout October in a show of support for Maine people affected by breast cancer.

The plates have been signed by the officer(s) from each vehicle, and many are accompanied by notes, photos and even paw prints from K9 units.

The Maine Cancer Foundation hopes that the plates will draw interest from both plate collectors and individuals with a desire to help in the fight against cancer.

“This is the first cancer-support plate displayed by state

Affordable Care Act Info Night at Camden Hills HS

Five Town CSD Adult and Community Education, along with Tom Chester of Allen Insurance and Financial, will present a free, one-evening workshop on the Affordable Care Act and its Marketplace website on Tuesday, November 19, from 6 to 8 p.m. in the lecture hall at Camden Hills Regional High School in Rockport.

Family Relationship Issues at Good Tern

The Good Tern Co-op will host Anna and Vincent Abaldo for an informational presentation on Family Constellations, a method of working with chronic relationship patterns and unresolved issues, on Wednesday, November 20, from 7 to 8:30 p.m. As part of the Co-op’s ongoing series on health and wellness, the couple will describe how stuck

Lincoln County Dems Focus on Medicaid in Maine

Lincoln County residents are invited to attend a meeting of the Lincoln County Democrats devoted to a discussion about Medicaid expansion in Maine and specifically in Lincoln County on Wednesday, November 20, beginning at 6:30 p.m. in the Community Room at the Fire Station on River Road in Newcastle.

Invited speakers include Caroline Ginsberg of the Maine People’s Alliance, State Senator Chris Johnson of Somerville, and Shenna Bellows, the only announced Democratic candidate for the U.S. Senate, who will take part in the discussion and also give an update on her campaign.

Under the Affordable Care Act (“Obamacare”), states can receive federal funds in order to expand Medicaid coverage to eligible individuals whose incomes fall between 100 and 138 percent of poverty level. The Lepage administration has refused to accept the money, and the governor vetoed a bill in the last legislature to accept it; a Democratic attempt

Workshop in Qi Gong at Belfast Dance Studio

Belfast Dance Studio will host “Harmonizing Our Lives with Qi Gong,” a one-day workshop with Paul Weiss reviewing basic qi gong practices that serve both beginning and experienced students, on Saturday, November 23, from 9:30 a.m. to 4 p.m. The class will use breath, music, gentle movement and visualization to demonstrate how qi gong can offer

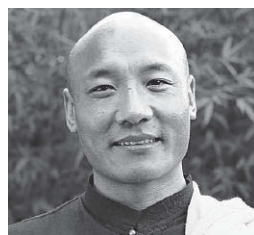
Discussion of Palliative Medicine in Camden

Dr. Ira Mandel, MD, MPH, will discuss palliative medicine on Wednesday, November 20, from 1 to 2:30 p.m. at Camden Public Library. Dr. Mandel is medical director of Pen Bay Healthcare’s Hospice and Palliative Care Program. The talk, part of Quarry Hill’s Adventures in Living Well series for adults age 55 and older, marks National Hospice

Colonial to Screen Documentary on Meeting of Buddhist Teaching and Modern Mind Research –

“When the Iron Bird Flies,” a film about Tibetan Buddhism coming to the West, will be shown at the Colonial Theatre in Belfast on Monday, November 18, at 6:30 p.m. The film is provided by Dharmata Belfast,

a local meditation group that practices as a part of Dharmata Foundation, and home-baked treats will be on sale to help defray screening costs. The film examines the effects of meditation on the brains of Tibetan Buddhist practitioners and considers how scientific and Buddhist thought may be able to combine to help create a saner, more compassionate world. The film includes interviews with the Dalai Lama, Sharon Salzberg and Anam Thubten (pictured here), a Buddhist teacher from California who has spoken in Belfast. There is a suggested donation of \$5 to \$10, but no one will be turned away. For more information, contact Katia Ancona at katia@relaxationcopilot.com or 323-5393.



troopers that we know of,” says Cullen McGough, communications director for the foundation. “We have had calls from all across the country, and even Europe.”

The auction will take place on Maine Cancer Foundation’s eBay page: <http://www.ebay.com/usr/mainecancerfoundation>.

All proceeds will benefit the Maine Cancer Foundation’s Women’s Cancer Fund, the Maine Breast Cancer Coalition’s Support Service Fund, and the Maine Breast and Cervical Health Program’s Mammogram Fund. For further information, visit the Maine Cancer Foundation’s website or call 773-2533.

Under the Affordable Care Act, nearly all Americans will need to have health insurance, which can be purchased via the Marketplace, from outside the Marketplace, or obtained through an employer.

Registration is required; call the Adult Ed office, 236-7800, option 5, or sign up online at fivetowns.maineadulted.org.

patterns can be shifted by “getting beyond the talk” and discuss how certain themes are passed on through generations.

The presentation will include a mini demo and the opportunity for audience participation. For more information, visit www.soulmovesME.com. For information on the Good Tern talk series, call 594-8822.

Affordable Care Act Forum in Searsport

Bjorn Streubel of Waldo Community Action Partners (WCAP) will lead a presentation and discussion on the Affordable Care Act at Carver Memorial Library, 12 Union Street, in Searsport on Saturday, November 16, at 2 p.m. WCAP has been chosen as a “Navigator” for the Maine Health Care Marketplace for Waldo County. A Navigator’s job is to educate individuals, businesses, and institutions about their options and responsibilities under the Affordable Care Act. The open enrollment period runs through March 31. For more information, call 548-2303.

to override the veto fell two votes short.

For more information, contact Dean Curran at 380-5103.

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Belfast Dance Studio will host “Harmonizing Our Lives with Qi Gong,” a one-day workshop with Paul Weiss reviewing basic qi gong practices that serve both beginning and experienced students, on Saturday, November 23, from 9:30 a.m. to 4 p.m. The class will use breath, music, gentle movement and visualization to demonstrate how qi gong can offer

balancing, energizing and re-harmonizing of body and mind that can carry into everyday life.

Weiss is director of The Whole Health Center in Bar Harbor and has studied qi gong in China. To register or for more information, call The Whole Health Center at 288-4128 or e-mail info@thewholehealthcenter.org.

Discussion of Palliative Medicine in Camden

Dr. Ira Mandel, MD, MPH, will discuss palliative medicine on Wednesday, November 20, from 1 to 2:30 p.m. at Camden Public Library. Dr. Mandel is medical director of Pen Bay Healthcare’s Hospice and Palliative Care Program. The talk, part of Quarry Hill’s Adventures in Living Well series for adults age 55 and older, marks National Hospice and Palliative Care Month.

Palliative medicine, a relative newcomer to the health care landscape, focuses on patients’ quality of life, pain and symptom control, and the emotional and spiritual aspects of advancing illness. Palliative care often accompanies medical treatment for patients with chronic, life-limiting and/or end-of-life illnesses, including cancer, congestive heart failure and Alzheimer’s.

Admission to the talk is free, but registration is required; to sign up, call Quarry Hill at 230-6114.

Symposium on End-of-Life Planning Guidance

“Your Life, Your Choices: Practical Guidance for End-of-Life Planning,” a free symposium, will be held on Saturday, November 23, from 10:30 a.m. to 1:30 p.m. at Belfast Public Library. A complimentary light lunch will be served. The program is a condensed version of the similarly titled two-day symposium held last summer in Rockland.

Hospice and palliative care social worker Dorn McMahon, LCSW, LICSW, of Kno-Wal-Lin; attorney Pamela Terry of McKittrick & Warren, P.A.; and Michael Hall of Hall Funeral Homes will offer advice on a range of topics, including advance-directive forms, treatment and service options for end-of-life care, financial and legal considerations and funeral and burial options. The program is cosponsored by Belfast Public Library and Quarry Hill in Camden.

Registration is required. To sign up, call Kno-Wal-Lin at 594-9561 or 1-800-540-9561 by Thursday, November 21.

Marlowe Sonksen to Oversee Marine Patrol Special Services

Marlowe Sonksen, a 28-year veteran of the Maine Marine Patrol, has been promoted to the newly created position of lieutenant in charge of Special Services. Sonksen, who will be based in Hallowell and Rockland, will oversee the Special Services portion of the Maine Marine Patrol, which includes supervision over watercraft and the two marine mechanics that work at the Rockland repair facility.

In addition, Sonksen will administer all Marine Patrol information technology programs and training. "This is becoming a more critical function within the Marine Patrol every year," says Major Jon Cornish. "We need to be able to access and communicate critical information rapidly, and Lt. Sonksen has been instrumental in our



Lt. Marlowe Sonksen

development of mobile technology for Marine Patrol officers on land and on the water."

Sonksen's duties will also include overseeing Marine Patrol involvement in interdepartmental response units, such as the Maritime Tactical Team and the State Police Dive Team (Sonksen is a Certified Master Dive Instructor and a Certified Firearms Instructor); providing backup to the Maine Emergency Management Agency for command post coverage during statewide declared emergencies; and coordinating the state's Whale Disentanglement Team.

Sonksen began his career in the Marine Patrol in 1985 and rose through the ranks, being promoted to Marine Patrol specialist in 1998 and to sergeant in 2000.

Zero Fees for SBA Loans to Veterans Up to \$350K

The U.S Small Business Administration (SBA) just announced that as of January 1 the borrower upfront fee will be reduced to zero for all loans up to \$350,000 that are authorized to veterans under the SBA Express program. The initiative will continue through the end of the fiscal year. The announcement was made during SBA's National Veterans Small Business Week.

Seventy-three percent of all SBA loans that go to veterans are \$350,000 and below. The SBA Express Loan Program, which supports loans under \$350,000, is designed to help

get small business loans into the hands of veterans.

The SBA provides veterans access to business counseling and training, capital, and business development opportunities through government contracts. In FY 2013, SBA supported \$1.86 billion in loans for 3,094 veteran-owned small businesses. Since 2009, the dollar amount of SBA lending support to veteran-owned firms has nearly doubled. For more information, visit www.sba.gov, or contact a local SBA field office; for SBA office locations, go to www.sba.gov/localresources/index.html.

Washington Farmers' Market Continues Indoors on Saturdays

Washington Grange Farmers' Market will continue to meet from 10 a.m. to 1 p.m. every Saturday through mid-December indoors at the Evening Star Grange, on Old Union Road in Washington. The Grange kitchen will offer coffee, tea and homemade lunches.



In January, February and March the market will be held monthly on the second Saturday of each month at the same time. Weekly markets will resume in mid-April, indoors or out depending on weather. For more information, call 845-2140.

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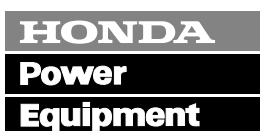
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Maine Huts & Trails Offering Thanksgiving Dinner and Lodging

Fall at Poplar Hut

Maine Huts & Trails will host its annual "Thanksgiving at the Huts" at 6 p.m. on Thursday, November 28, at the Poplar Hut in Kingfield, with special overnight rates and a traditional roasted turkey meal with stuffing, mashed potatoes, cranberry sauce and more. Breakfast the following morning will also be provided. The hut is currently in caretaker season, but will go into full-service mode for Thanksgiving.

The cost is \$109 per bed for adults, \$64 for age 12 and under, and \$329 for a private room. Prices include dinner, breakfast, trail lunch and overnight stay. Call for rates for groups of 12 or more. To make a reservation, call 265-2400 or e-mail lodging@mainehuts.org. More information can also be found online at www.mainehuts.org.



After the morning of Friday, November 29, Poplar Hut and all other Maine Huts & Trails huts will be closed to the public until they re-open for the full-service winter season on December 20.

Modelers Invited to Help with Boothbay Railway Village Layout

November is National Model Railroad Month, but every Thursday throughout the year volunteers gather at Boothbay Railway Village, on Route 27 in Boothbay, to work on the museum's HO scale model railroad layout. The display, which has been under construction since fall 2006, measures nearly 46 feet long by 20 feet wide and contains more than 600 feet of track. Volunteers dedicate hundreds of hours every year to the project, which is funded by donations and by sales at several regional model railroading shows. The group is happy to accept donations of gently used model railroading equipment and supplies that they can repair and recondition to use or to sell at shows. Experienced modelers may contact Ron Spinney, at 633-3018 or rspinney@northeast-security.com, to sign up for the next work session, or to make contributions or donate equipment. For more information, visit www.railwayvillage.org. Pictured here is one of the newer structures in the layout, a 1950s-era power plant with a detailed and lighted interior.



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The Morgan on the shiplift at Mystic Seaport in preparation for relaunching on July 21, 2013

LAST WOODEN WHALING SHIP CONT. FROM P. 1

of the whaling ship about four years ago, near the start of the project, and expressed interest in being involved at that time.

"The square rig goes side to side, not fore and aft like the Maine schooners do," said Files on his first day as the *Morgan's* captain. His experience operating square-riggers was a main reason Mystic Seaport was interested in hiring Files. Files himself said operating the vessel is one thing, but that he is equally fascinated with how the boat was built and the technology used at the time; skills that have now largely died out.

"In the 1940s you had welders and steel," he said. "In the 1840s it was a whole different type of skill that was needed."

And as the industrial revolution proceeded, whale oil lamps and baleen for corsets also went the way of the whaling ship. "The *Charles W. Morgan* is the pinnacle of her type: she has a double sawn frame, with planking inside and outside and tree nails and iron. It doesn't rust and it's very strong construction," he said. The construction is in some ways analogous to the post-and-beam construction of barns and churches that were held together with wooden pegs and complicated trusses that were no longer



The Charles W. Morgan under way in a historic photo

necessary when iron and steel replaced them to fasten one piece of wood to another.

Captain Files plans to hire a professional crew of 12 to 15 for a port-hopping voyage from Long Island to Boston and back beginning next summer. Files said the whaling ship is currently in the best shape of her life after the Mystic Seaport restoration and that moving her from place to place is part of the plan.

"She was never designed to sit at the dock," said Files. "She's designed to be under way. This is a huge thing, taking her off the dock, and an opportunity to not just talk about American history in the pre-industrial age before the Civil War, but to show it."

A trip to the whaling grounds, then? Files demurred.

Nothing too rough for this prize, he said. The goal is to keep her, he said, not test her.

The ship's role will be to engage coastal communities with their maritime heritage and with changing perceptions about whales and whale conservation. Plenty of time will also be spent dock-side, where the *Charles W. Morgan*, a living historical exhibit, will be used to advance education and historical interpretation.



Structural work in progress on the Morgan's stern in November 2012

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From Waltz to Hip-Hop: Dance Showcase at Strom in December

Swing & Sway Dancing will present Dancing Through the Decades: A Holiday Dance Showcase for the family on Sunday, December 1, at 2 p.m. at Strom Auditorium.

The Pro-Am Showcase will feature many performers who compete nationally and/or internationally, stylish costumes and sets, and will be hosted by Christian Clayton, U.S. National Rising Star professional ballroom champion. The revue will travel through eras and regions of dance, from the Viennese waltz to swing, to ballroom and Latin, to hip-hop and belly dance. Admission is \$12 in advance, \$15 at the door. For tickets or more information, call 594-0940.

Bolshoi Ballet's Le Corsaire in HD at Strand November 24

Theatre in Rockland will present *Le Corsaire*, captured in HD at the Bolshoi Ballet in Moscow, on Sunday, November 24, at 2 p.m. The ballet, loosely based on the poem by Lord Byron, follows the adventures of Medora, a young Greek girl, as the pirate Conrad attempts to rescue her from slavery in a sultan's harem. Tickets are \$15 for adults, \$10 for students. The Strand's next HD dance presentation will be Tchaikovsky's *Sleeping Beauty*, on December 22; for more information, visit www.rocklandstrand.com or call 594-0070, extension 5.

Sunday Jazz at Highlands Coffee House

Sunday Jazz at the Highlands Coffee House, 189 Main Street in Thomaston, will host the Mike Whitehead Group from 1 to 3 p.m. on November 17. The ensemble — Mike Whitehead on trumpet and flugelhorn, Tom Luther on keyboard, Spike Hysong on bass, and Jason Dean on drums — will perform both originals and jazz standards; the performance is free, but tipping is encouraged.



Wind Ensemble Presents Pops Concert

Bay Winds North Wind Ensemble will present a "Fall Pops Concert" on Sunday, November 17, at 3 p.m., at Aldersgate United Methodist Church in Rockland. Admission is free, and refreshments will be served cabaret-style.

Among the music to be featured in the concert are selections from the Clare Grundman "Fantasy on American Sailing Songs," "Paraphernalialia Polka," "A Tribute to Marvin Hamlisch," "Lady Gaga Dance Mix," and the Mayhew Lake composition "The Rooster Lays Eggs in Rockland!"

Concluding its fifth season, Bay Winds North Wind Ensemble, based in Rockland, includes musicians from teenagers to retirees. Marlene Hall is the musical director.

Folk Music by Steve Sherwood at Tavern in Tenants Harbor



Local musician Steve Sherwood will be performing a variety of folk music from 5 to 8 p.m. on alternate Saturdays starting November 16 at the Quarry Tavern, in the East Wind Inn, 21 Mechanic Street in Tenants Harbor. For more information, call 372-6366 or visit www.eastwindinn.com.



Most of the cast for the Waldo's production of *Shrek* PHOTO BY MELISSA HEARTH

Shrek the Musical Opens at the Waldo November 15

Shrek the Musical opens at the Waldo Theatre in Waldoboro on Friday, November 15. Performances are at 7 p.m. on November 15, 22 and 23, and at 3 p.m. on November 16, 17 and 24. Tickets are available in advance at Maine Coast Books and Community Pharmacy in Waldoboro. They are \$15 for adults, \$10 for students and seniors, and \$5 for children age 8 and under.

Shrek the Musical (book by David Lindsay-Abaire and music by Jeanine Tesori) is based on the Dreamworks movie. The unorthodox fairy tale has humor both adults and children can appreciate and teaches that even the imperfect can have a happy ending. The ogre, Shrek (Roger Marcotte) tries to gain his swamp back from the fairy-tale creatures who

were exiled from Duloc by the Napoleonic Lord Farquaad (Garret Carter). Along the way, he meets the lovingly annoying Donkey (Brad Fillion) and sets off to save the bi-polar princess, Fiona (Cayleigh Hearth), from Dragon (built by Melissa Glendenning and sung by Tabitha Ordway, Kat Pelkey, Sabrina Turner, Jenni Prescott, Kayleigh Tolley and Katherine Tolley), in order to exchange her for his land. What he does not expect is to fall in love.

The orchestra is led by Sean Fleming, who is accompanied by Corey Redonnet (formerly of Blue Man Group), Chuck McGregor, Alan Millet and others. Musical direction is by Linda Blanchard, stage direction by Melissa Hearth, choreography by Cayleigh and Melissa Hearth, with costumes by Paulette Carter, Melissa Hearth and parents.

Free Performance of Rachmaninoff's Liturgy in Brunswick November 21

The Rachmaninoff Choir, under the direction of Anthony Antolini, will perform a free concert featuring Rachmaninoff's 1910 Liturgy of St. John Chrysostom, Opus 31, in Bowdoin College Chapel in Brunswick on Thursday, November 21, at 7:30 p.m. The Rachmaninoff Choir will perform the hour-long work in the original Slavonic language; featured soloists will be contralto Amanda Mahafey and bass Michael Krohn. There will be no tickets and no reserved seats.

In the Eastern Orthodox Church the liturgy is the morning service, comparable to a mass in the Western tradition.

Midcoast Actors' Studio Sets Cast for Christmas Carol in December

Midcoast Actors' Studio has cast its December production of John Bielenberg's adaptation of Dickens' *A Christmas Carol*. Brian Ross will play Scrooge; the cast includes Katie Glessner, Erik Perkins, Jay Rosenberg, Tyler Johnstone, Christine West, Leah and Scott Smith, Randall Merrifield, Ada Curry and Macartney Wyatt. Jason Bannister will direct. Lila Nation is music director, John and Elaine Bielenberg are set and costume designers, and Jessie Knight

Rachmaninoff's Liturgy consists of 20 movements, sung unaccompanied, that include familiar texts such as the Lord's Prayer, the Nicene Creed and many psalms.

The Rachmaninoff Choir combines members of Bowdoin Chorus, Down East Singers, and choristers from Maine, New Hampshire and the Boston area. Following the Bowdoin concert the ensemble will travel to Annunciation Greek Orthodox Church in Dover, New Hampshire, St. James' Episcopal Church in Cambridge, Massachusetts, and North Smithfield, Rhode Island for performances on November 22, 23 and 24. For more information, visit www.rachmaninoffchoir.org or call 725-3347.

is lighting designer.

The show is appropriate for ages 7 and older. Performances will take place at the Troy Howard Stage in Belfast on Friday and Saturday, December 6 and 7, at 7 p.m.; Saturday, December 14, at 7 p.m.; and Sunday, December 8 and 15, at 2 p.m. Tickets are \$15 for adults, \$10 for children; for reservations, call the box office at 370-7592 or e-mail midcoastactors@gmail.com. For more information, visit midcoastactors.org or see Facebook.

The Best Christmas Pageant Ever Opens November 22 in Belfast

Belfast Maskers/Cold Comfort Theater will present the comedy *The Best Christmas Pageant Ever* at 7 p.m. on two week-ends — Friday and Saturday, November 22 and 23, and 29 and 30, and at 2 p.m. on Sunday, November 24 and December 1 — at the First Baptist Church, 95 High Street in Belfast. In the play, "the worst kids in town" decide to invade the annual



Christmas play and turn tradition on its ear. Pictured here spreading a warning, clockwise from center front, are shocked church ladies played by Jenn Hall, Erica Rubin Irish, Angela Domenichelli, Raegan Lehouillier and Kim Huisman. Tickets are \$5 for children 12 and under, \$10 for all others; all tickets, including reservations, are payable at the door, cash or check only. Seating is limited; call 930-7090 for reservations. Reservations will be held until 15 minutes before curtain. PHOTO BY KATIE BUCKLEY

Hyssongs Concert — The Word of Life Church, 41 Old Route 1 in Waldoboro, will host a concert by the Southern gospel music family The Hyssongs on Saturday, November 16, at 7 p.m.. Dell and Susan Hyssong and their son Richard travel full-time performing throughout the United States and Canada. The public is also welcome at a potluck supper preceding the concert at 5:30 p.m. For more information, call Pastor Tom Rawley at 446-3288.



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ART ON THE COAST



Opening November 15 of "Celebrating Color" Exhibition at River Arts

The public is invited to an evening of music, refreshments, conversation and art at the opening reception for River Arts' Celebrating Color juried exhibition on Friday, November 15, from 5 to 7 p.m. at its galleries on Route 1 in Damariscotta. The exhibition of over 120 pieces of art by 90 different Maine artists includes paintings, sculpture and fiber works.

Bruce Busko, owner and director of the Landing Gallery in Rockland, was the juror for the show, which runs through December 12.

Painting by Carol Wiley of Newcastle

Saltwater Artists Gallery Donates to Bristol School Art Program —

Dave Higgins, president of Saltwater Artists Gallery in Bristol, recently visited Andrea Cough and her seventh-grade art class at Bristol School to see the students at work and to present a \$1,000 donation from the gallery to the school's art program. The donation was raised through a summer-long silent auction of artworks donated by each of the 28 member artists of the nonprofit, co-op gallery; the auction was organized by Candace Vlcek, Holly Smith, Linda Paine and Lynn Thompson. Further proceeds from the auction will also be donated to the Bristol Children's Christmas Fund, and a portion will go to help replace the gallery building roof. Pictured here, Harley Benner and classmates in the Bristol School art class.



Saltwater Artists Call for Artists

The 28 co-op artists showing their work at Saltwater Artists Gallery, on Route 130 in New Harbor just prior to the turn for Pemaquid Lighthouse Park, are planning for next year's season by implementing gallery improvements and placing this early fall call for artists.

Due to the anticipated retirement of a few veteran members, the gallery seeks to refresh the membership by recruiting experienced or emerging artists producing gallery quality work. The call this year is for 2-D hanging artists working in oils, pastels or acrylics; potters, ceramicists, sculptural metalworkers and weavers are also encouraged to apply. As

gallery space for the mediums of photography, digital art, stained glass, jewelry and woodworking becomes available, candidates from a pre-juried list would be notified.

Saltwater Artists Gallery is a co-op nonprofit organization that requires the members to spend five days gallery-sitting and to contribute time assisting with building upkeep and gallery management in exchange for the improved commission split. Being at least partially computer literate is necessary for membership. The viewing season starts at the end of May and proceeds through mid-October.

Call Dave Higgins at 586-5086 or Linda Paine at 677-2263 for more information about the gallery or jury process.

Artist/Artisan Group Seeks New Members for 2014 Studio Tour

The Midcoast Maine Arts and Artisans Guide and Tour is looking for some 10 qualified local artists to join the group and participate in its 2014 studio tour, scheduled for the weekend of September 12 to 14.

Held along the coast from Lincolnville Beach to Rockport and inland to Warren, Union, Appleton and Hope, the tour gives visitors an opportunity to meet artists and learn about and purchase their work. It was established 14 years ago as Country Roads Artists and Artisans.

Participating artists are assessed an annual fee of \$300. Artists interested in participating may e-mail avi@michaelgood.com. For more information on the group, including current members, visit www.artisanstour.org.

Opening Reception for John Vander Show in Boothbay Harbor on Saturday —

The Seasons, a show of new paintings by John Vander, will open at Gold/Smith Gallery, 41 Commercial Street in Boothbay Harbor, with an artist's reception on Saturday, November 16, from 3 to 6 p.m. The show features spontaneous mixed-media improvisations on designs from Vander's notebooks, attempts to capture seasonal changes of light, weather and atmosphere. Vander says,



"I'm interested in how the physical qualities, handling properties of the various media — graphite, watercolor, oil pastel, acrylic — can act as a metaphor for experience.... I don't think of my paintings as abstract; although my language is not naturalistic, I try to evoke feelings of the seasons and times of day in northern New England, even when the subject isn't evident at first."

The exhibit, the gallery's last for the 2013 season, will continue through Christmas. For more information, call 633-6252 or visit www.goldsmithgallery.net. Shown here, several works in the show.

Small Works Holiday Show at Maine Farmland Trust Gallery —

Along with many other galleries in downtown Belfast, Maine Farmland Trust (MFT) Gallery, 97 Main Street, will be hosting a show of small works by local artists during the holiday season. There will be an opening reception on Friday, November 15, from 5:30 to 8 p.m.;

and a Belfast Art Walk "Christmas Art Spectacle" on Friday, December 6, from 5:30 to 8 p.m. The show, on display through January 7, features work by Maine artists including Laurie Lofman Bellmore, Julie Crane, Adele Drake, Elizabeth Fraser, Leslie Harris, Lynn Karlin, Christopher O'Connor, Kathleen Perelka, Lea Peterson, Willy Reddick, Charlotte Sawtelle, Leia Scotton, Jude Valentine, Becky Whight and Sarah Wilde. At Maine Farmland Trust, a large portion of any sale goes directly towards farmland preservation. Shown here, plant-inspired jewelry by Maine farmer and artist Laurie Lofman Bellmore.



Holiday Art Exhibit at Tenants Harbor Library —

A holiday exhibition of small paintings by about 25 St. George artists will be on display at Jackson Memorial Library in Tenants Harbor from November 15 to December 31. Jackson Memorial Library receives a 30-percent commission on the sale of the artwork. The exhibit opens with a holiday reception on Friday, November 15, from 5 to 7 p.m., with seasonal refreshments and live music by Steve Lindsay. Shown here, "All Cracked Up," watercolor by Katharine Cartwright.



Reception for Show at Tidemark Artists on Saturday —

Tidemark Gallery, at 902 Main Street in Waldoboro, will display its holiday show from November 13 through December 21, with a reception on Saturday, November 16, from 5 to 7 p.m. with gallery artists on hand to meet visitors. For more information, visit www.tidemarkgallery.com or call 832-5109. Shown here, "Francie," oil on board by Kim Hetherington.



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Student Volunteer Program Recruiting Members

The Rig, an outreach program of the Penobscot Bay YMCA, has formed a new student volunteer program, C.O.R. (Community OutReach).

C.O.R., formerly The CREW, is open to all high school students in Knox County. C.O.R.'s mission is "making a difference and building positive relationships through volunteering and community outreach." The group's first fundraising project will benefit a local organization. Members will offer refreshments during the first evening of Christmas by the Sea in downtown Camden on Friday, December 6.

"I'm hoping that C.O.R becomes a fun new experience for teenagers to get involved in their communities outside of school," says Ann Hoffman, C.O.R. co-founder. "It feels good to help other people. Come join us! It's fun," adds co-founder Emma Berryman-Moore.

Interested teens are invited to stop by The Rig, at 10 Knowl-



Ann Hoffman and Emma Berryman-Moore, co-founders of The C.O.R., at a Tuesday C.O.R. meeting at The Rig in Camden.

ton Street behind the Teen Center in Camden, on Tuesdays from 2:45 to 5 p.m. For more information, visit www.therigcamden.org or email Nicole Fuller at director@therigcamden.org.

New High School Equivalency Test Counts the Same, Still Free

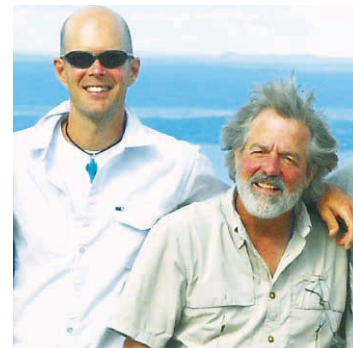
All adult ed programs in Maine currently administering the GED will begin to provide HiSET testing in its place as Maine's high school equivalency assessment test starting in January. Adult ed programs will start by using the paper ver-

sion of the HiSET, transitioning to the computer version as they are able. As with the GED, local adult ed programs will provide the new tests, preparation materials, pre-tests and instruction, all at no cost to test takers.

Because the HiSET consists of five subtests in the same areas as the GED — Language Arts Reading, Language Arts Writing, Science, Social Studies and Mathematics — Maine will be able to apply the passing scores of GED subject tests to the HiSET. That means that Mainers who started taking the GED in 2013 can finish by taking the remaining subject tests with the HiSET in 2014. For more information, contact Five Town CSD Adult and Community Education at 236-7800, option 5.

Trekkers Director Presents Workshop on Experiential Education at International Conference

— Trekkers Executive Director Don Carpenter (left) was co-presenter of "A Long-Haul Approach: Relationship Building, Experiential Education and Character Development in Rural and Urban Settings," a workshop at the 41st International Conference of the Association for Experiential Education in Denver, Colorado. Carpenter and Jim Cummings of Urban Trekkers, of Camden, New Jersey (right), explained their organizations' shared approach to mentoring youth in both the most impoverished city in America and in the most rural and least diverse state in the nation. Cummings visited Maine in 2004, meeting Carpenter and learning about Trekkers, on which he subsequently modeled the Urban Trekkers program. Students from the two Trekkers groups meet several times each year for expeditions and cultural exchange programs. Carpenter says, "Getting the chance to share the Trekkers model at the AEE Conference was a great opportunity.... I'm hopeful that this will be the first of many opportunities to share what we've learned over the past 20 years." For more information about Trekkers, call 594-5095 or visit www.trekkers.org; for information about Urban Trekkers, visit www.urbantrekkers.org.



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Raffle Tickets on Sale in Belfast to Help Liberian Students

Raffle tickets to benefit the Liberian Education Fund of Belfast will be on sale outside the Belfast Co-op on Friday, November 22, from 2 to 6 p.m., and on Saturday, November 23, from 9 a.m. to 5 p.m.

The Fund is an organization run entirely by Belfast Area High School students that currently sponsors the secondary education of 14 students in Liberia. Raffle prizes include accessories from City Drawers, a blueberry muffin mix from The Cool Spot, a free pizza from Alexia's Pizza, and gift certificates to Scallions, Yo Mamma's Home, Left Bank Books, Makin' Waves and Out of the Woods.

Tickets are one for \$2 or three for \$5, and winners will be drawn on Wednesday, December 4. All proceeds go to the education of the sponsored students in Liberia. For more information, visit liberianeducationfund.com or contact Ari Snider at ari.snider26@gmail.com.

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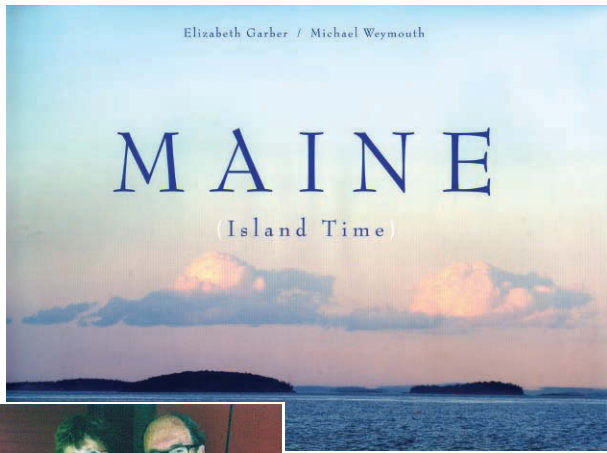
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New Book Portrays Penobscot Bay in Words, Paintings & Photographs

Maine (Island Time), a 170-page large-format book by painter and photographer Michael Weymouth and poet Elizabeth Garber, explores the islands of Penobscot Bay through pictures, poetry and interviews with island residents.

Weymouth, who was born and raised in Maine, lives in Massachusetts; though painting was “part of his DNA from the beginning,” he “placed it on the back burner for over 40 years” while pursuing a design and photography career; “this book is a return to his first love.”

Garber, who has lived in Maine for 30 years, is known for her poetry describing rural life there; her books include *Poems from a Small Town* (2012), *Listening Inside the Dance* (2005) and *Pierced by the Seasons* (2004). She was Poet Laureate of Belfast in 2006.



Elizabeth Garber and Michael Weymouth

“Off Vinalhaven,” (detail, below) photograph by Michael Weymouth



As you follow Route 1 north along the mid-coast of Maine, Penobscot Bay glimmers in and out of view, quilted with spruce-edged islands and traced by ferries, lobster boats and a panoply of sailboats in one size or another.

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You have to discover how to find your way to an island.

— from *Maine (Island Time)*



“Miss Sara out of Stonington,” oil by Michael Weymouth

The book had its origin four years ago, Garber says, when she received an e-mail “out of the blue” from Weymouth, “saying he wanted to collaborate with my poetry to create a beautiful book about Maine. After three years of brainstorming and creative work, the first of two books has emerged...” The book takes the form of a sailing journey around the bay, highlighted by sojourns on Great Spruce Head Island, the summer home of artist Fairfield Porter and his brother, nature photographer Eliot Porter, and on Monhegan.

Launch Party at Left Bank Books in Belfast on Friday

Left Bank Books in Belfast will host Michael Weymouth and Elizabeth Garber for a launch party for their book *Maine (Island Time)* on Friday, November 15, at 7 p.m. To reserve books or a seat, call 338-9009 or stop by Left Bank Books, at 109 Church Street.



“Toward Deer Isle from Great Spruce Head Island,” oil by Michael Weymouth

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The earthworms inhabiting my compost heap are a source of great pride to me. Roughly the diameter of my little finger and as long as the palm of my hand, they have been turning household garbage, chicken bedding, grass clippings and horse manure into soil at an amazingly rapid rate. Imagine my horror when I read recently that they are considered to be an invasive species by some scientists, no different than kudzu or Japanese beetles. Yes, those handsome wrigglers came here with another invasive species — European settlers, who brought with them plants from Europe and elsewhere, as well as the dirt those plants were growing in, and the worms that dirt contained.

During the last great Ice Age, in the northern United States, the glaciers scraped away the topsoil along with most of the worms it contained. When the glaciers retreated, the northern forests grew back without the help of worms. Small populations of native worms lingered in pockets of warmer soils in the southeastern United States and along the Pacific Coast, but most earthworms in this country are descended from those European immigrants. These worms' digestive processes, which break down nutrients, making them more accessible to growing plants and turning our wastes into rich soil, can also damage forest ecosystems. Normally, fallen leaves make a thick, spongy layer called "duff," which is filled with microorganisms that break down fallen leaves and other organic matter and turn it into the fertilizer that will foster new growth in the spring. But invasive worms eat this leaf litter and change the properties of forest floors, to the point that some native plants can no longer live there.

Friend or foe? The jury is still out on which role the earthworm plays in the grand scheme of things, and a new study in Vermont is investigating the part earthworms play when it comes to global climate change. There, they are studying groves of birch, ash and sugar maple that are reclaiming a farm field abandoned in the 1930s. Each tree, as it grows, sucks in carbon dioxide from the air, converting some of it

into leaves and wood, storing carbon from the atmosphere that would otherwise contribute to the greenhouse effect and global warming. But for all the carbon being stored in these trees aboveground, a roughly equal amount of carbon is stored belowground. In the forest, as worms break down organic matter they redistribute carbon throughout the soil, changing the basic layering of forest floors as mentioned

previously, and releasing carbon dioxide as they eat, adding to the forest's carbon emissions. "When the earthworms first invade, they change things dramatically and there is a big carbon loss and change in the forest floor," says Don Ross, a soil chemist at the University of Vermont and leader of the research study. But as earthworms move through the soil, they ingest mineral particles along with organic particles, mixing them together inside their digestive track. And when they excrete this mix, they produce what is called

an aggregate (worm poop, in layman's terms). Over time, it seems, these soil aggregates might physically protect the organic carbon inside them, forming a barrier to the microorganisms that could otherwise break it down. So the question is, in the long run, do earthworms create a negative balance or positive balance on carbon?

This project's aim is to better understand how the interaction between earthworm activity and land use history influences the amount of carbon in the soil. Human-generated carbon and its capture is starting to develop into big business. Around the world, carbon markets are emerging in the effort to slow and regulate climate change. Credits in these markets generally depend on being able to show that carbon is being sequestered out of the atmosphere and held long-term. But belowground carbon is nearly impossible to include in these markets, or other mitigation efforts, because it's hard to measure. This research project aims to move toward a better accounting of carbon in the northern forest and, perhaps, even give New England forestland owners the chance to get a return on the carbon stored below their ground, even carbon passing through the bowels of invasive earthworms.

HOME & GARDEN

by Georgeanne Davis

The Not-So-Lowly Worm

Class in Making Gingerbread Houses at Boothbay Opera House

Pat and Kevin Kiley will offer a free class in the art of making gingerbread houses, at the Opera House in Boothbay Harbor on Wednesday, November 20, at 3 p.m. Participants will learn how to design, build and decorate structures; the class is open to all ages, those under 12 must be accompanied by an adult.

The class is offered in anticipation of the annual Gingerbread Spectacular, at the Opera House from Friday to Sunday, December 13 to 15, during which gingerbread con-

structions of all kinds are on display and prizes are awarded for Most Spectacular, Largest, Most Creative, Best Local Landmark, Best Holiday Spirit, Most Obsessive-Compulsive, and other categories as determined by the judges.

Those planning to create an entry for the Gingerbread Spectacular may sign up at the Opera House or by calling 633-6855. Spectacular entrants are not required to participate in the November 20 class but may wish to attend to check out the competition. Those interested in the class are asked to register by calling the Opera House at 633-6855.

UMaine Extension to Host Food Summit

Registration is under way for the 2013 Maine Food Summit, a day-long conference sponsored by University of Maine Cooperative Extension, on Friday, December 6, at the University of Maine in Orono in the Wells Conference Center from 8 a.m. to 4:30 p.m.

The summit is an opportunity for food producers, business owners and anyone involved with and interested in Maine's food system to share ideas about expanding Maine's farms and fisheries, supporting the state's economy and improving food security.

Tim Griffin, associate professor and director of the Agriculture, Food and Environment Program of the Fried-

man School of Nutrition Science & Policy at Tufts University, and Patrick Keliher, commissioner of the Maine Department of Marine Resources, will be keynote presenters. In addition, there will be panel discussions and workshops.

The cost is \$30 (\$20 students) for those who register by November 22, and \$40 (\$30 students) for those who register from November 23 until the November 27 deadline. Lunch is included. To register, or to request a disability accommodation, call Meghan Dill at 581-3878. For more information, contact John Jemison at 581-3241 or visit <http://umaine.edu/agriculture/maine-food-summit>.

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This Little Piggy...

November Edition, 2013 **FORK, KNIFE & SPOON**

Greetings —

Pork is the most versatile of meats and can be extremely lean to well-marbled. Often referred to as the other white meat, it can be prepared in a variety of ways. You can broil, bake, fry, saute, pull, poach, slow cook or barbecue it, just to name a few. There are as many different cuts as there are ways to fix it. (Remember, “pork” includes roasts, chops, ribs, bacon, sausage, etc.). I love pork and serve it often. For more ideas and recipes, go to www.porkbeinspired.com.

— Deena

Barbecue Pork on Buns

Prep Time: 10 min.; Cook Time: 6 min.; Servings: 8
 2-pound pork loin roast, boneless
 1 onion, chopped
 ¼ cup cola
 ¼ cup barbecue sauce
 8 sandwich buns

Combine all ingredients except buns in a 4-quart slow-cooker; cook, covered, on high for 5-6 hours, until very tender. Drain and slice or shred pork; serve on buns with additional barbecue sauce.

Tip: Pork can be made 1-2 days ahead; refrigerate covered and reheat before serving.

Bow Tie Sausage Soup

Prep Time: 10 min.; Cook Time: 30 min.; Servings: 6
 1 lb. Italian sausage
 1 med. onion, chopped
 1 clove garlic, minced
 6 cups chicken broth
 2½ to 3 cups farfalle pasta, (bow tie)
 1 15-oz. can tomato sauce
 1 Tbsp. Worcestershire sauce
 1 tsp. dried basil, crushed
 1 tsp. dried thyme, crushed

Combine sausage, onion and garlic in a heavy, large covered pot; cook until sausage is brown, breaking up sausage with wooden spoon. Drain off fat. Stir in chicken broth, uncooked pasta, tomato sauce, Worcestershire sauce, basil and thyme. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or until pasta is tender, stirring occasionally.

Autumn Apple Chops

Prep Time: 5 min.; Cook Time: 10 min.; Servings: 4
 4 boneless ribeye (rib) pork chops, ¾-inch thick
 1 Tbsp. flour
 2 tsp. butter
 ½ onion, sliced
 1 cup apple juice

Season flour with a little salt and pepper; lightly flour pork chops and brown on one side in butter. Turn chops; stir in onion and apple juice; bring to a boil, lower heat, cover and simmer for 7-8 minutes until done.

Bacon and Mushroom Bite-Size Quiche

Prep Time: 10 min.; Cook Time: 35 min.; Servings: 42
 8 slices bacon
 ¼ pound fresh mushrooms, chopped
 1 Tbsp. butter
 ½ cup green onion, chopped
 1½ cups Swiss cheese, shredded
 Pastry for double-crust pie, (homemade or purchased)
 5 eggs
 1½ cups sour cream

Heat oven to 375° F. On a lightly floured board, roll out the pastry dough ¼-inch thick. Using a 3-inch cutter, cut out 42 circles; re-roll scraps as needed. Fit circles into bottoms and slightly up sides of lightly greased 2½-inch muffin pans. Meanwhile, fry bacon slices until crisp, drain; crumble or chop. Chop mushrooms, saute in butter until limp and liquid evaporates. Combine bacon, mushrooms, green onion and cheese. Divide filling equally among muffin cups. In large bowl, beat together eggs, add sour cream and stir until smooth. Spoon about 1 Tbsp. into each muffin cup. Bake until puffed and light brown, 20-25 minutes. Cool in pans 5 minutes; lift out. Serve warm or let cool on wire racks. If made ahead, wrap cooled quiches airtight, and refrigerate overnight. Reheat, uncovered, in a 350° F oven for about 10 minutes.

What's Happening

November 16: Weihnachtsgebäck Class, German Christmas baking class, 10 a.m.-2 p.m., Penobscot School, Rockland. FMI: 594-1084.

November 17: Solo Bistro Chef at the Gardens, 6 p.m. at Coastal Maine Botanical Gardens, Boothbay. FMI: 633-4333, ext. 101.

November 18: Cooking Mexican Brunch cooking class at Camden Hills Regional High School, 5:30 p.m. FMI: 236-7800, ext. 274.

November 20: Learn to Make a Gingerbread House, 3 p.m., Opera House at Boothbay Harbor. FMI: 633-6855.

(continued next page)



Here's a great recipe by Derek Linker of *Maine Street Meats in Rockport* featuring freshly ground pork —

Pork & Ricotta Meatballs

1 lb. Freshly ground pork
 1 lb. ricotta cheese, drained overnight
 2 large eggs, lightly beaten
 ½ cup Parmesan cheese, grated
 ¼ cup chopped fresh parsley
 1 Tbsp. salt
 2 tsp. ground black pepper
 1 tsp. freshly ground nutmeg
 Olive oil for frying
 All-purpose flour as needed
 3 cups of your favorite tomato sauce

Mix all ingredients together except olive oil and flour. Form into 1 inch balls and chill in the refrigerator for 1 to 3 hours. Put enough olive oil into a large, straight-sided fry pan to reach a depth of ¼-inch up the side of the pan. Heat over medium heat until hot but not smoking. Roll meatballs in flour and dust off excess. Fry until golden brown on all sides. While frying the meatballs, you can heat your tomato sauce until it is at a gentle simmer. When the meatballs are finished frying, transfer them to the sauce and simmer for about 1 hour. Serve with your favorite pasta or enjoy all by themselves.



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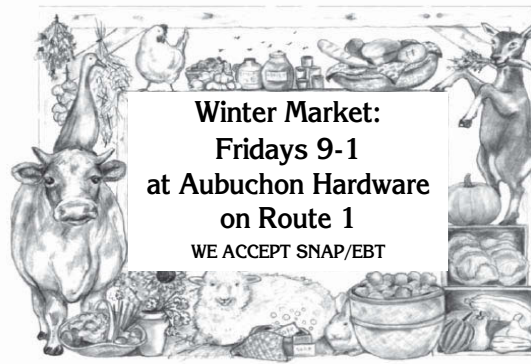
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FORK, KNIFE & SPOON



Cheryl Denz at Terra Optima Farm in Appleton

Pigs. Pork.

I've been asked to write this article about pork. But before I talk about pork, you should know a little about pigs.

Pigs are not native to this part of the world. They were brought to this hemisphere by the renowned explorers Columbus, de Soto and Cortes. Those three landed pigs in Cuba, Florida, and New Mexico, respectively. It was Sir Walter Raleigh, however, that brought pigs to Jamestown in 1607. Pigs were now in New England.

If you've ever raised a pig, you know that they like to go exploring. It doesn't matter where or when. They are just plain curious and are always up for an adventure.

The 13 or so pigs that were brought to Jamestown eventually swelled in numbers. History records approx. 700 pigs. Loose. Their numbers soared to such numbers that a wall was built in Manhattan to keep them from rooting up the city. Yes. That is how Wall Street got its name.

You're probably wondering why I'm bothering with this historic trivia, when you really wanted to hear about pork. It's because pigs thrive on freedom.

I raise pigs. A lot of them. And for most of their life, they get to root around in the woods on my farm in Appleton. It's not easy raising hogs this way. There is a lot of training and trust involved when you let a group of pigs loose in the woods. Just one strand of electric fencing to hold them ... sometimes it's downright exciting.

So why do I bother?

We all know you can hold a pig in a pen on cement. It's a heck of a lot easier. I do it my way because the pigs are happier. They are free to do what pigs love to do. Root around and feel free.

The end result is the most delicious pork you have ever eaten. It is not the tasteless cardboard cuts you buy at the grocery store. This pork has all the flavors of the

earth. Rich, nutritious, flavorful. There is such a difference in the two methods of raising hogs, that there is no other choice for me. And besides, if you are going to eat meat, wouldn't you want to know that the animals were happy and responsibly grown?

I do.

There's why there's such a difference in the taste. I think that once you've had the best pork a local farmer has to offer, there's no going back.

Here's a recipe I make for a nice dinner at home. Give it a try. Just remember to buy some really good pork to use in it.

Simply delicious.

Simply pork.

— Cheryl Denz, Terra Optima

Terra Optima Pork Chops

4 pork chops	3 Tbsp. capers, though a little flour
butter	I sometimes use more
½ cup beef or chicken stock	¼ cup water
2 tsp. Dijon mustard	½ cup sour cream

Dredge the chops in the flour and brown in a pan with the butter. Add the stock, mustard and capers. Cover tightly, let simmer for about 45 minutes. Remove the chops. Stir in the sour cream to the drippings in the pan. Serve the sauce on top of the chops.



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What's Happening (continued)

- November 21: Bake the Night Away, 5:30-8:30 p.m. at Nobleboro Central School. FMI: 563-2811.
- Full Moon Supper at Salt Water Farm, 6-9:30 p.m. FMI: 236-0554.
- November 23 & 24: Crazy for Crepes cooking classes at Hartstone Inn. FMI: 236-4259.
- November 25: Pizza New York Style, 5 p.m. cooking class at CHRHS. FMI: 236-7800, ext. 274.
- November 30: Gingerbread House Decorating for Adults, 12-3 p.m. at Hartstone Inn, Camden. FMI: 236-4259.
- December 7 & 8: Cocktails and Hors d'oeuvres, 1-3 p.m. at Hartstone Inn. FMI: 236-4259.
- December 13: Holiday Pairings, 5:30-8:30 p.m., at Cellardoor Farmhouse, Lincolville. FMI: 763-4478. *Brazilian Escondidinho* Cooking Class, 5:30-8:30 p.m. at Penobscot School, Rockland. FMI: 594-1084.
- December 16: Cooking with Beer, 6 p.m. at Badger Cafe & Pub, Union. FMI: 832-5205.

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The Bully Pulpit: Theodore Roosevelt, William Howard Taft, and the Golden Age of Journalism by Doris Kearns Goodwin

Goodwin, author of several major biographies including *Team of Rivals: The Political Genius of Abraham Lincoln*, brings her exceptional skills to this story of journalism in the age of muckraking. Focusing on two major figures of the time, Roosevelt and Taft, close friends until a rupture divides them, *Bully Pulpit* is a sterling and stirring historical narrative. Journalists portrayed in the work include Ida Tarbell, Ray Stannard Baker, Lincoln Steffens, and William Allen White, who worked under publisher S.S. McClure.

Based upon primary materials, *Bully Pulpit* is a thorough and scholarly examination of the Progressive era in the United States. And Goodwin always makes her stories engaging and satisfying. We expect strong sales of the book now and throughout the holidays. Buy your copies and opt for free gift wrapping if desired.

The Reading Corner offers free gift wrapping and is open Monday through Saturday from 9 a.m. to 5 p.m. and Sundays from noon to 4 p.m.

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Please join us this Friday evening, November 15, at 7 p.m., when we host our dearest friend, Elizabeth Garber, and her colleague, painter/photographer Michael Weymouth, for the launch of their wonderful new book *MAINE {Island Time}*.

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Mutiny, Shipwreck, Cannibalism at Skidompha Library

Andrew Vietze will discuss his book *Boon Island: A True Story of Mutiny, Shipwreck, and Cannibalism* at 10 a.m. on Wednesday, November 20, in the Porter Meeting Hall of Skidompha Library, as part of its Chats with Champions series. The talk is free and open to the public.

The book is "a maritime whodunit" that explores the events surrounding the wreck of the cargo ship *Nottingham Galley*, one of the most sensational stories of the early 18th century. At the end of a troubled voyage from England, the vessel wrecked on Boon Island; amid rumors of insurance fraud, mutiny, treason and cannibalism, the captain offered one version of events, and the crew another.

Vietze, former managing editor of *Down East Magazine*, is the author of six books, including *Becoming Teddy Roosevelt*. A Registered Maine Guide, Vietze splits his time between Appleton and a cabin in Baxter State Park, where he works as a seasonal ranger. For more information, call 563-5513.



Andrew Vietze

Piano Recital & Book Signing at Keag River Gallery November 17

On Sunday, November 17, from 1 to 5 p.m. Keag River Gallery, 25 Dublin Road, South Thomaston, will present a piano recital by Michael Florance of South Thomaston, playing selections by Brahms, Rachmaninoff and others on the gallery's newly purchased baby grand piano on the second floor of the gallery, in the former Masonic Lodge.

Local historian Charles (Chuck) Jacobs will be on hand discussing and signing copies of his softcover book, *Weskeag Story: A Miscellany of Amazing Anecdotes, Lively Legends, & Fascinating Facts*, "a crazy quilt of local anecdotes," including items regarding a double sea serpent sighting, poet-essayist Louise Imogen Guiney and her Open Letter to the Moon, the French fiefdom Kouesanouskek, and the lost treasure of Captain Kidd.

Refreshments will be served. For more information, go to www.keagrivergallery.com.

Performers Invited to Spoken Word Jam in Belfast November 15

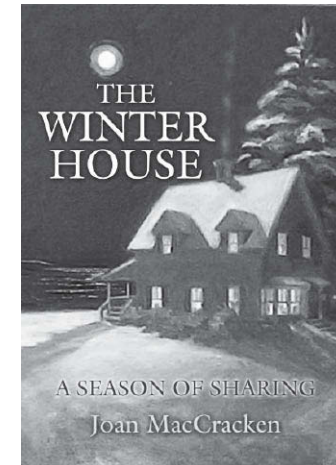
An open poetry/spoken word performance jam will be held in the performance space at Bell the Cat, 15G Starrett Drive in Belfast, on Friday, November 15; performer sign-up will begin at 6:30 p.m. and readings will start at 7:00. All ages and all genres are welcome: "poetry, Shakespearean monologue, incantations, slams and poetic raconteuring." The jam will be hosted by Belfast Poet Laureate Ellen Sander, and refreshments including beer and wine will be available.

Musicians are welcome to accompany the artists, and artists are encouraged to bring their books, broadsides, CDs or other publications to sell. This will be the last PoJam of 2013; the series will resume in January. For more information, e-mail laureate@belfastpoetry.com.

Author of The Winter House at Camden Library November 26

Dr. Joan MacCracken will discuss the story behind her recent novel, *The Winter House*, at the Camden Public Library on Tuesday,

November 26, at 7 p.m. Her involvement with the At Home Downeast project starting her thinking about people who as they age prefer to remain in their homes, "aging in place," which led to *The Winter House*, her debut novel, which was released in June. In the novel, a recently widowed older woman decides to remain in her own house, and in order to afford it invites three other older women to move in with her for the winter. MacCracken, who lives on the Maine coast, is also the author of *The Sun, the Rain and the Insulin: Growing Up with Diabetes* and *Trisba and Sula*, which was named Best Bilingual Children's Book of 2006 by *Skipping Stone Magazine*.



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November Shop Talk —
The Blues: A Musical Odyssey

Music and literature maven Richard Brown will survey the blues from its beginnings to the present. He will play many selections to demonstrate how the form evolved.

Saturday, November 23 at 3 p.m., free admission.

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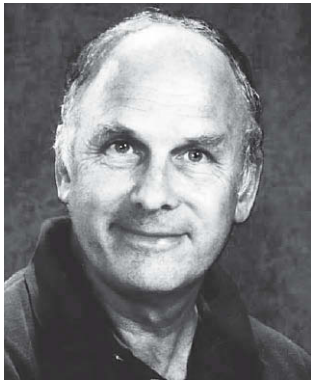
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Author of Somali Piracy Thriller to Speak at Thomaston Library

U.S. Navy Captain Bob Branco will be at Thomaston Public Library on Tuesday, November 19, at 7 p.m. to talk about his new book, *Strike from the Deep*, and present a slideshow that provides real-life background to his thriller. The



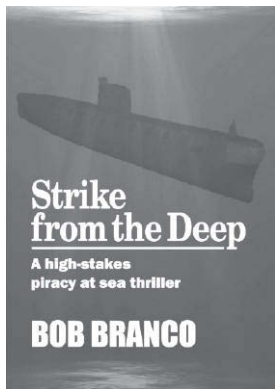
Retired U.S. Navy Captain Bob Branco, author of *Strike from the Deep*

plot of *Strike from the Deep* involves Somali pirates who capture giant oil and gas tankers off the coasts of Arabia and Africa and hold them for record ransoms.

Strike from the Deep was recently selected as the Editor's Choice for Maritime Reading by the international magazine *The Maritime Executive*. Rear Admiral Tom Marfiak of the U.S. Navy says, "Bob Branco's book deserves to be read by all those who may think the Arabian Gulf is just another

body of water. It is a complex weave of politics, with various nationalities vying for the upper hand. Patrolling those waters is not for the faint of heart...."

Branco served in 42 countries during his 25 years of service with the U.S. Navy. He was captain of the USS *Molala* (ATF-106) and was deployed to Vietnam in 1972. He was captain of another ship during the 1985 Persian Gulf War between Iran and Iraq. In his last tour, Branco was assigned to the Joint Staff at the Pentagon during the first Gulf War in 1990 and 1991.



Poetry Slam in Belfast

The Belfast Poetry Slam returns Friday, November 22, at 7 p.m. at the Playhouse Theatre, 107 Church Street. Former Belfast Poet Laureate Jacob Fricke will host a live-action poetry performance contest open to all.

Poets bold enough to take the stage should bring several poems of their own composition, each no more than three minutes long. Following the familiar slam format, no costumes, props or musical instruments are allowed. After each contestant's performance of a single poem, five judges randomly selected from the audience will hold up Olympic scorecards to furnish a numeric score, and the victors will advance to the next rounds. Prizes of literary interest and cultural relevance, including gift certificates, zines and volumes of poetry, will be awarded.

Hot and cold drinks and freshly made baked goods, courtesy of Molly's Kitchen in Belfast, will be provided. The November slam will be held as a benefit for the Playhouse Theatre, and donations of \$5 are welcome. All proceeds go to the Playhouse.

For more information, visit poetryslam.com, contact Fricke at jacob@belfastpoetry.com or contact Mary Weaver at mary.playhouse@myfairpoint.net or 338-5777.

"Capt'n Eli" Creator to Lead Kids' Cartooning Workshop in Portland

Jay Piscopo will lead "Draw on Your Creativity," a free hands-on cartooning workshop for kids ages 7 to 12, in the Portland Public Library's Sam L. Cohen Children's Library from 2 to 3 p.m. on Saturday, November 16.

Piscopo, author/illustrator of "The Undersea Adventures of Capt'n Eli," an all-ages graphic novel series, will demonstrate how to create art that tells a story by using simple geometric shapes to build anatomy and perspective. Piscopo co-created "The Scrap City Pack Rats" comic book series, art-directed the interactive software program "Fizz and Martina's Math Adventures," and was an animator for ABC-TV's *Squigglevision*.

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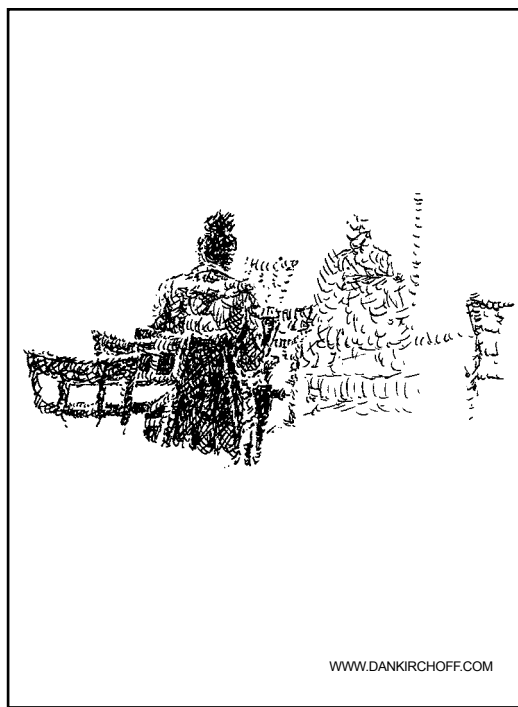
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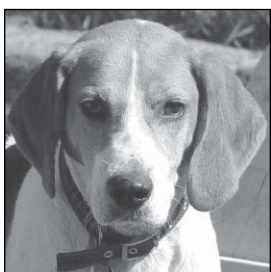
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STAR — Just because he's laid back and handsome, doesn't mean he's completely satisfied! Star is a 3-year-old hound mix who would love to go home. A fenced yard (to contain that powerful hound nose!) would be best, although be warned — this one is a cuddler and will undoubtedly demand his share of couch space!



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MIA — This gentle, dachshund-beagle cross is about as sweet and doe-eyed as they come. Easy to handle and apartment-sized, she should fit nicely into a number of situations and routines. She's about 3 years old, and very easy to fall for. Please come for a visit!



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Call P.A.W.S. Animal Adoption Center at 236-8702 about adopting these pets.

NICHOLAS loves to find a sunny spot to take his cat naps. He loves his catnip toys, cat treats and everyone he meets. Nicholas was a stray who made his way to PAWS and we are estimating he is around 5-6 years old.



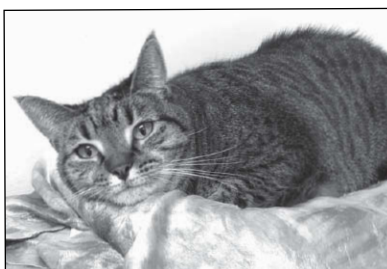
Nicholas is sponsored by:



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Meet DING, a sweet 8-year-old cat, who is looking for someone she can call her family. She is a laid-back cat who would rather hang out on the couch than chase her toys all around.



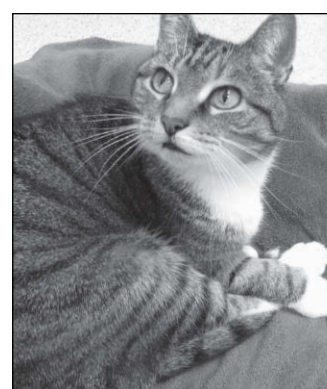
She qualifies for the Senior-to-Senior program. If her new adopter is over 60 years old, then the adoption fee is waived.

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LOTTIE would love a quiet home where she can roam around and find a special spot to hang out. She is very friendly but will not always seek out attention. She loves the occasional cat treat, as she is keeping an eye on her girly figure.



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DUCE is a handsome cat with lots of love to give. He is 8 years old and would like a home that doesn't have a lot of activity going on. He qualifies for the Senior-to-Senior program. If his new adopter is over 60 years old, then his adoption fee is waived.



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BASIL is a wonderful cat who would make a great companion to someone who spends most of their time at home. She was a stray that was left here (her previous owners never came for her). We believe she is around 6 years old and is an absolute sweetheart. She also qualifies for the Senior-to-Senior program. If her new adopter is over 60 years old, then her adoption fee is waived.



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SECRET was brought in as a kitten and has never had a home. She is 8 years old and has really come out of her shell. She will need a quiet home, one that doesn't have a lot of activity. She prefers to take her time when getting to know people, but does warm up quickly. She also qualifies for the Senior-to-Senior program. If her new adopter is over 60 then her adoption fee is waived.



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CHECK OFF ONE WINNER OF EACH GAME

WINNER: Person with most correct answers.

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Sunday, Nov. 24

- | | |
|---|---------|
| <input type="checkbox"/> Pittsburgh at Cleveland | 1:00 pm |
| <input type="checkbox"/> Tampa Bay at Detroit | 1:00 pm |
| <input type="checkbox"/> Minnesota at Green Bay | 1:00 pm |
| <input type="checkbox"/> San Diego at Kansas City | 1:00 pm |
| <input type="checkbox"/> Chicago at St. Louis | 1:00 pm |
| <input type="checkbox"/> Carolina at Miami | 1:00 pm |
| <input type="checkbox"/> NY Jets at Baltimore | 1:00 pm |
| <input type="checkbox"/> Jacksonville at Houston | 1:00 pm |
| <input type="checkbox"/> Indianapolis at Arizona | 4:05 pm |
| <input type="checkbox"/> Tennessee at Oakland | 4:05 pm |
| <input type="checkbox"/> Dallas at NY Giants | 4:25 pm |
| <input type="checkbox"/> Denver at New England | 8:30 pm |

Time (ET)

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

Last week's winner was Matthew Berry of Lincolnville. There was a 5-way tie that was won on points.

Monday, Nov. 25

- | | |
|--|---------|
| <input type="checkbox"/> San Francisco at Washington | 8:30 pm |
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Tiebreaker: Total points scored in Monday Night Game _____

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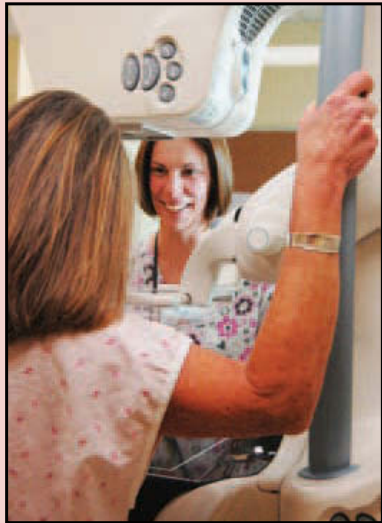
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Watching Birds Being Birds— Birding with Don Reimer



Grappling Starlings PHOTO BY DON REIMER

Birding field guides provide the framework of identification through two-dimensional depictions that highlight general shape, size and distinctive feather patterns of a bird. And, of course, species identification is an essential step in learning to enjoy birds. Sometimes I strive to sharpen my personal birding skills while driving by identifying road-killed birds strewn upon the highways. I am usually able to sort quickly through the broader species categories: “it’s a thrush, warbler, sparrow, shorebird or a raptor.” Finer details, such as the defining black facial mask on a Common Yellowthroat or the dark brown central breast spot of a Song Sparrow, often lead to species confirmation. Positive identifications that are easily made at 10 mph get tougher at the limits of road speed. (Please do not ever attempt to text or make mobile phone calls from your car while focused on birds.)

In photographing live birds, it is more satisfying and informative to portray birds engaged in activities related to their daily habits and survival routines. As a former Boy Scout, I try to be prepared for any photo opportunity that might present itself by keeping a camera readily accessible in my vehicle.

For example, I recently encountered a queue of Starlings perched on a Thomaston utility wire. Although I intentionally tune out Starlings much of the time, two scrappy individuals began vigorously pecking and wing-batting each other. Grappling with their feet, the pair spiraled onto the roadside below, crash-landing a few feet

from my stopped vehicle. The battle royal continued for a couple of minutes, as cars passed within mere feet of the grounded combatants. I was left to ponder the source of their mutual agitation. Was it related to a food dispute, a turf squabble perhaps?



Herring Gull with mouse

Viewed from close range, the Starlings’ handsome speckled winter plumage and rufous feather edgings were evident. Their sharply pointed bills and aggressive demeanor may also help to explain the species’ successful transition from Europe.

Another photo situation involved an opportunistic Herring Gull that had snatched a breakfast mouse from a grassy meridian. The gull grabbed the scurrying rodent, slatting it roughly and dispatching it with forceful blows to the head. Lacking the talon strength of a raptor, the gull’s sturdy beak is a formidable weapon nonetheless. We tend to view gulls as scavengers, not hunters. In truth, gulls are omnivores whose meaty diet includes insects, earthworms, nest eggs at breeding colonies, marine organisms and, yes, small furry creatures that cross their path.

Each spring birders enjoy the spectacle of Osprey and Bald Eagle interactions as the two species compete for migrating river alewives. Of the two raptors, the Osprey is the slightly more proficient due to its highly specialized gear for the job. Ospreys approach the water in nearly vertical dives.



Bald Eagle and Osprey

Their relatively long legs and hooked talons permit the “fish hawk” to plunge well beneath the water surface to extract a wriggling alewife.

Bald Eagles are also skilled fishers, approaching from a more horizontal plane and skimming the water surface. Eagles are well known for the pirating tactics they use to steal Ospreys’ catch away. There is no predictable outcome with these random robberies. The eagle’s odds seem to improve when they initiate an attack before the Osprey fully gains altitude. If the Osprey drops the fish, the bulky eagles are remarkably agile in retrieving their prize in mid-air.

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Vacation Days Nature Camps at DRA

Damariscotta River Association (DRA) will hold Vacation Days Nature Camps on Monday, November 25, Monday, December 30, and Tuesday, December 31, from 9 a.m. to 4 p.m. each day. The programs will offer outdoor nature exploration for children ages 5 to 12 at its Great Salt Bay Heritage Center in Damariscotta.

The November session will focus on owls, and December's sessions will focus on Maine's mammals and how they survive winter. The fee is \$60 per day, and participants may register for all the sessions or just specific days. Call DRA at 563-1393 to register. Limited scholarships are available. A health form will be required for all participants.



New Childwatch Hours at Central Lincoln County YMCA

YMCA - Central Lincoln County (CLC) YMCA's Childwatch program will begin new hours this month. The program, designed for parents who would like to take advantage of morning activities at the Y, will be held on Tuesdays, Thursdays and Fridays from 8 to 10:30 a.m. Led by Y childcare staff, the program welcomes infants, toddlers and older children. Classes available to adults during the Childwatch program hours include Pilates, Cycling and a Fit for Life exercise class. The first class is always free at the CLC YMCA. For a complete list of group exercise classes at the Y, including the new Cardio Tennis, visit clcymca.org or call 563-3477. Cora and Beecher Hart are pictured with Childwatch leader Karen-Ann Hagar.



Classes available to adults during the Childwatch program hours include Pilates, Cycling and a Fit for Life exercise class. The first class is always free at the CLC YMCA. For a complete list of group exercise classes at the Y, including the new Cardio Tennis, visit clcymca.org or call 563-3477. Cora and Beecher Hart are pictured with Childwatch leader Karen-Ann Hagar.

11-11-13 to 11-17-13

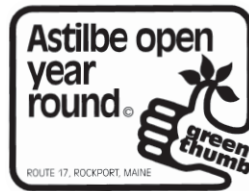
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Bakers Secret Petite Loaf Pan \$1⁹⁹	ORAL B Electric Toothbrush \$15⁹⁹	SNUGGLE 64 Ounce Blue Sparkle Fabric Softener \$3⁹⁹	Finch Sock Bird Feeder \$2⁹⁹ Our Reg. \$3.99	Thank You for Shopping Renys! 16 great locations throughout Maine! Bath 443-6251 • Belfast 338-4588 • Bridgton 647-3711 • Camden 236-9005 Damariscotta Underground 563-3011 • Damariscotta Main Store 563-5757 Dexter 924-7524 • Ellsworth 667-5166 • Farmington 778-4631 Gardiner 582-4012 • Madison 696-4405 • Pittsfield 487-5821 Portland 553-9061 • Saco 282-1233 • Topsham 373-9405 • Wells 646-1566 facebook Visit us for hours & locations at renys.com	

Photo by Ben Magro



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6TH ANNUAL

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Broiled Maine Lobster Casserole

(4 servings)

- 2 lobsters (1 1/4 lbs.), cooked
- 1 c. mushrooms, sliced
- 1/4 c. onion, chopped
- 2 Tbsp. butter
- 3 Tbsp. flour
- 1/4 tsp. salt
- 1 dash pepper
- 1 c. milk
- 1 egg yolk, slightly beaten
- 4 oz. Swiss cheese, shredded

Remove lobster meat from shells and cut into bite-size pieces. Cook mushrooms and onion in butter, stir in flour, salt and pepper. Add milk, cook, stirring constantly until thickened and bubbly. Stir half of mixture into beaten egg yolk, and return all lobster meat into the sauce. Lightly grease a medium casserole dish and spoon mixture into dish. Sprinkle with Swiss cheese and broil 6 or 7 inches from the heat until warmed and cheese is lightly browned, approximately 8 minutes.

Creamy Grits with Maine Lobster, Roasted Tomatoes, and Wild Mushroom Stew

(8 servings)

For the Stew:

- 2 lbs. lobster meat
- 4 oz. bacon, cut
- 1 oz. olive oil
- 1 lb. oyster mushrooms, cleaned and halved
- 4 Tbsp. shallots, finely diced
- 1 Tbsp. garlic, minced
- 1 Tbsp. thyme, chopped
- 1 bay leaf
- 2 c. white wine
- 6 c. lobster stock (or clam juice)
- 1-2 tsp. cornstarch slurry (1 Tbsp. water mixed with 1 Tbsp. starch)
- 16 oven-dried tomatoes, quartered
- 2 Tbsp. parsley, chopped
- salt and pepper

For the Grits:

- 2 Tbsp. butter
- 2 cloves garlic, minced
- 4 green onions, chopped
- 2 tsp. thyme, chopped
- 1-1/2 c. grits
- 6 c. chicken stock
- 1/2 c. heavy cream
- salt, pepper, and hot sauce
- lemon wedges

Heat bacon in a large sauce pot. Cook until fat is rendered and bacon is crisp. Remove bacon, leaving rendered fat. Add oil and mushrooms and sauté until mushrooms are golden brown. Add shallots, garlic, thyme, and bay leaf. Cook for about 1 minute. Deglaze with white wine and reduce by 3/4. Add stock and reduce until slightly thickened to light sauce consistency. Add lobster, tomatoes and parsley, simmer and season. Grits: melt butter in heavy, large saucepan. Add garlic, green onions, and chopped thyme. Sauté until onions wilt, about 2 minutes. Add grits and stir 1 minute. Whisk in chicken stock and cream. Simmer until liquid is absorbed and grits are thick and tender, stirring occasionally, about 8 minutes. Whisk in salt, hot pepper sauce, and black pepper.

Place grits in the center of a soup plate. Make an indentation and pour stew into the center. Garnish with a sprinkle of fresh parsley. Serve with lemon on the side.



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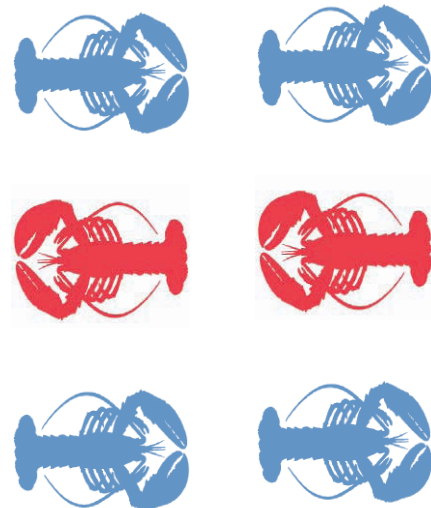
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Gingerbread House Decorating at Children's Museum Saturday –

Coastal Children's Museum, at 75 Mechanic Street in Rockland, invites visitors between 11 a.m. and noon on Saturday, November 16, to join museum volunteers in decorating the museum's gingerbread house entry for this year's Festival of Lights. Volunteers will apply candy clapboards and other finishing touches to a house baked and constructed by friend of the museum Donna Richards. In addition, the Good Tern Co-Op Educational Outreach Committee will bake healthy gingerbread men and children and families will be able to decorate them with healthy alternatives to the usual sweets. This will be the first activity in a new partnership between the Museum and the Co-Op. The workshop is included in the price of admission and free for members. Sign-up is not required but will be helpful in readying materials. For more information, visit coastalchildrensmuseum.org. Pictured here, the trophy for the museum's gingerbread house from last year, which took the Best Business Gingerbread House of 2012 award.



Flower Design Contest to Benefit Midcoast Nonprofit

Shelley's Flowers & Gifts in Waldoboro will host Designing with the Stars, a floral design contest to benefit CHIP, Inc., on Thursday, November 21, from 4 to 7 p.m. The public is invited to attend and place \$1 "votes" for community members — Ernie Colletti, Kathy Hammer, Vicky Miller, Jan Minzy, Craig Lee, Nicole Sabiens, Ted Wooster, Richard Lash and Pastor Jon Vermilion — who will each be given the same flowers and container to create their own holiday masterpiece.

The "design-off" will take place from 4:30 to 5:30 p.m. Contestants will be collecting votes before and during the design-off, and everyone is encouraged to vote early and often. Shoppers will be able to see the designs take shape, cheer on the designers, and sample homemade delectables and adult beverages. There will be a 20-percent shopper's discount for all who attend. All proceeds from voting will go to benefit CHIP (Community Housing Improvement Project), which is committed to helping neighbors stay safe, warm and dry.

Tickets Available for Holiday Pops Concert at Strom Auditorium

The annual Holiday Pops Concert sponsored by United Mid-Coast Charities and featuring the Maine Pro Musica Orchestra will be held on Saturday, December 21, starting at 4 p.m., at Strom Auditorium at Camden Hills Regional High School in Rockport.

Tickets for the concert are now available and can be purchased online at unitedmidcoastcharities.org, by phone at 236-2299, and in person at HAV II in Camden, The Grasshopper Shop in Rockland, and The Green Store in

Belfast. Prices range from \$37 and \$25 for adults to \$10 and \$8 for youths under 18, depending on seating section.

The concert, which has been a sell-out for the past three years, benefits United Mid-Coast Charities, which supports over 50 local and regional agencies serving Knox and Waldo counties.

In addition to Maine Pro Musica, founded and conducted by Rockport resident Janna Hymes, the concert will feature Rockport Dance Conservatory, the Penobscot Ringers and other talented youth and adults from the community.

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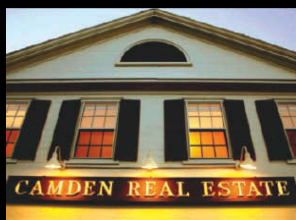
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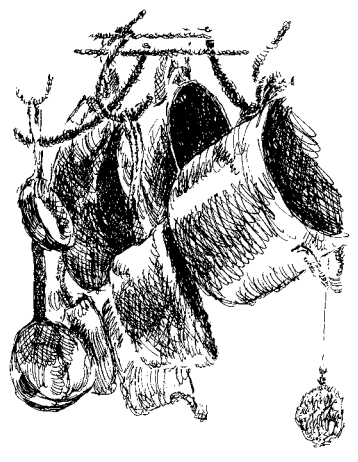
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from offshore

by Eva Murray

"RosC"

In 19 years as an emergency medical technician — albeit an extremely rural one who sees very few real emergencies — I have taken a lot of continuing education courses (I suppose to make up for my lack of on-the-job training) and have endured an awful lot of acronyms.

A new acronym has crept into the emergency medical lingo, and it's a very happy word: "rosc," pronounced just as it looks. If you should ever hear it in the real world, that just might be the most exciting day of your professional life. It stands for "return of spontaneous circulation."

It means the CPR worked.

I am a CPR instructor, and one of the realities of that job is acknowledging with my students that usually the patient who needs CPR does not survive. Some of the reasons for this are outside of anybody's control, but we are learning more about what might help to increase the cardiac arrest victim's chances of neurologically intact survival. If this expression "rosc" is part of the vernacular now, it must mean a "CPR save" happens more than once in a blue moon.

At a recent EMS training lecture I attended, Dr. Eric Beck, former medical director for the Chicago Fire Department, emphasized how typically the best thing emergency responders can do at the scene of a cardiac arrest is the same thing bystanders can do: quality cardiopulmonary resuscitation (CPR). Packaging the arrest victim for immediate transport to the hospital essentially means that those precious first few minutes, when CPR might save their life, are used up with other tasks. CPR cannot wait until later, and all the high-tech interventions in the world won't help a patient who has died.

"We all grew up thinking that when you call 911 they're going to show up and take the patient to the hospital. For the vast majority of cardiac arrests there is little that can be done in a hospital that is more important than chest compressions and defibrillation provided by EMS at the scene. Moving the patient (when they need CPR) only jeopardizes their chances of survival. Early, effective compressions and early defibrillation are the priority."

The main thing with CPR is to get started. The next most important thing is not to stop.

Most of us outside of health care or public safety have been taught to fear involvement with emergencies and to wait for somebody in a uniform, wait for the authorities. Many of us in basic EMS have been taught that technology and the latest in expensive machinery is what saves lives and that "on scene" is not an adequate place to render health care. The facts about CPR dispute all of that. When a heart stops pumping, nothing else has a chance of helping if the brain dies of oxygen starvation due to lack of blood circulation. Early CPR is what will make the difference if anything can.

A couple of important ideas need to become common knowledge: One, that the more people who know how to do CPR — even just compressions — or to simply recognize a cardiac emergency the better; and two, that if the EMTs come to your home or workplace and start CPR (along with other more advanced treatments) but do not immediately load Grampie into the ambulance and leave, don't panic! They are not neglecting your loved one. They are likely providing better care. CPR attempted on a gurney in a moving truck is going to be inferior to CPR performed on a hard floor in a normal room.

The American Heart Association tells us that every total of 60 seconds without compressions reduces the chance of patient survival 7 to 10 percent. Those seconds add up fast. Ideally, people (bystanders until EMS providers arrive) perform continuous compressions on the patient while others attach an AED (automated external defibrillator), give breaths if they can, set up to provide more advanced care, or do anything else that needs to be done. To delay or interrupt chest compressions any more than can be helped is to significantly reduce the chances of a happy outcome.

Anyway, back to "rosc." "Return of spontaneous circulation" does not mean the patient is going to stand up and go back to work. They'll still need the hospital. At first, though, the best intervention is a simple one: if somebody is unresponsive and not truly breathing, call 911 and get going on those chest compressions right away, hard and fast, allowing complete chest recoil, whether or not you give breaths, and if possible alternate with somebody every couple of minutes because you will get tired. If there is an AED around, use it.

Dr. Beck reminds us, "It's so important that the public realize that anyone can save a life. All it takes is recognizing (cardiac) arrest, having the courage to act, and starting chest compressions."

Eva Murray lives, works and writes on Matinicus Island, and she encourages everyone — "especially you guys on the mainland!" — to take a CPR/AED class.

LETTERS OPINIONS

Thank You, Town of Camden Voters—

At the polls Tuesday night Camden voters gave their overwhelming support to the Ragged Mountain Redevelopment project by approving the \$2 million bond referendum. This tremendous endorsement from Camden was another important milestone for this ambitious project begun seven years ago. With this final approval, and the \$4.5 million generously pledged and given in private matching funds, the Redevelopment Committee and the Campaign Committee volunteers will go to work to detail the timeline and planning for making the improvements to this valued recreational and economic asset. Work is expected to begin in the spring and will include new ski lifts, expanded snowmaking, expanded beginners ski area, an expanded biking and hiking trail system, and then in 2015 a new, larger lodge.

Thank you, Town of Camden voters! We also want to thank the Town employees and Selectboard for their support. We also acknowledge once again the hundreds of people who have worked diligently for years to achieve community-wide support on so many levels. Your hard work serving directly on committees to raise awareness, provide guidance and expertise, and to raise and donate funds is the reason we have now reached this exciting turning point. We're now ready to turn our attention to making it happen!

As with any complex and worthwhile project, there is always more to do and more ways for people to get involved. Yes, we have met the original financial target of \$6.5 million. However, we will continue to raise funds for items that were trimmed from the budget such as the tubing hill. We are inviting people to add their personal commitment to the project with a commemorative "Tile" which will be in the lodge to honor/memorialize someone, or you or your business can still be part of the "Buy a Chair, Give a Lift" effort. Find more information about the Redevelopment Project and these opportunities on camdensnowbowl.com or by contacting Bob Gordon, 691-8339.

*Bob Gordon and Rick Knowlton
Co-Chairs, Ragged Mountain
Redevelopment Committee*

The Big Picture—

We have been reading the letters written both in favor of and in opposition to the proposed amendment that would change Camden's Coastal Residential zoning district to allow a substance abuse treatment center to operate on the Fox Hill property on Bay View Street.

The topic of substance abuse is heartbreaking. We are sympathetic to the people who battle addiction and their stories are certainly heartwrenching.

But we need to be clear about the actual issue before us, which is the proposal to convert residential property into commercial property.

We have a particular interest in this issue because this property actually is IMBY. However, allowing a zoning amendment to convert a residential piece of property into a commercial property is something that each resident of Camden should think long and hard about: How would you feel if this were to happen IYBY? Because allowing this amendment will set a dangerous precedent for residential properties throughout our town.

Simply put, the town has a large amount of property specifically zoned for business operation. And that's where the proponents of this facility should be looking to invest. When one purchases a home in a residential neighborhood it is with a clear understanding of what is — and is not — allowed to exist in that zone. It is very clearly spelled out in our zoning ordinance. To make a change to that zone, with no compelling reason other than the property is unusual and difficult to sell, the town is breaking a trust made to its taxpaying residents. And we have to question why the investors did not first secure this amendment before investing in Fox Hill. It seems a bold assumption to make.

The Fox Hill property is lavishly built and not affordable for most home buyers. But since the original Borden Cottage was built in 1903 it has been a well-loved home, and could be once again. If the proponents of the project claim that the property languished on the market for too long and was unsalable, then do we extend the same courtesy to every other property owner in town — in every price range? Should everyone having trouble selling their home apply for a change from residential to business zoning status to make it more salable?

Some of the commentary in the press has referred to the resistance to this project as coming from "a couple of neighbors." Please visit www.responsiblezoning.com and look at the Coalition page. There are more than 100 names signed on so far in opposition, clearly reaching out beyond the immediate neighborhood. You may even find your own neighbors' names listed there.

*Faith and David Hague
Camden*

McLean in Camden—

One of the unique things about our midcoast area is the interdependency of our towns: a decision made in one town often impacts the quality of life of another.

There is no better example of this than the zoning change requested of the Camden Planning Board to allow McLean Hospital to operate a 12-bed residential recovery center at the 13.8-acre Fox Hill property in Camden. The well-funded opposition to this change claims that McLean will cause traffic problems and open the floodgates to other neighborhood zoning changes. These repeated arguments have been refuted countless times: the zoning change requested is narrowly written not to allow other facilities there; any future requested change would have to go through the same demanding evaluation process as this one; and traffic would be less than the presently permitted use of a subdivision of seven to nine residential residences.

If this small group of prosperous individuals and their fear-based arguments succeed in turning McLean away — a world-famous Harvard affiliate with a deep and verifiable history of improving every area where they are located — they will have succeeded in negatively affecting the entire midcoast area.

First, if McLean is turned away, there will be a huge loss of revenue: 46 new jobs in our area and \$6.6 million to the local economy.

Second, though I cannot predict what form McLean's community work will take in our area, I can attest that McLean has provided behavioral health outreach and prevention education in every community they serve. Here is a 2012-13 partial list: providing education panels for professionals and parents on preventing teen suicide and substance abuse; assisting parents, teachers and counselors in middle and high schools to evaluate students for mental health and substance abuse problems; offering physicians and health providers Grand Rounds and other public information meetings on mental health issues; countering the stigma of addiction and mental health issues through publications and local media; organizing programs that screen for depression and addiction at colleges; supporting an ongoing public education effort on eating disorders; facilitating a series of support programs for adolescents; presenting education on substance abuse to police departments as requested; and referring recovering individuals appropriately to community 12-Step programs.

I do not receive any financial benefit from McLean or Fox Hill. I have worked to assist families and prevent substance abuse in our area for more than 20 years. I know McLean will be a welcome addition to the mosaic of community care in our community. If we lose this historic opportunity it will be a tragedy. The town leaders and voters of Camden have proven themselves to be thoughtful, intelligent, and compassionate in the past. I believe they will do the right thing and approve this specific zoning change, but it is our responsibility to let them know we want them to welcome McLean into the community.

The Camden Planning Board will be holding a public hearing on this issue on November 20th at the Camden Opera House at 5 p.m.

Dan Domench, M.S.Ed. Counseling, Union

McLean Usage Appropriate for the Area—

We have been reading with interest all the opinions for and against the new zoning proposal for Fox Hill. We think a prestigious medical facility like McLean's is the best use for that property as it is now.

Perhaps some recent history of the area around upper Chestnut Street would be helpful to the discussion. A local nurse named Mae Murray had a large nursing home in the '50s and '60s on what is now Lily Pond Lane. Just off Chestnut Street on Beacon was a full-service inn called Portlaw and just below that on Chestnut was an active riding stable on Greenfield Lane.

The McLean usage sounds appropriate for this area.

Lyn and Phil Woods, Camden

Back to the Basics—

Three cheers to Louise MacLellan-Ruf and all her supporters for her win on City Council in Rockland, which signaled a shift in campaigns from business as usual.

No one could avoid the brightly hand-painted signs that called out "Louise" across our city that always made me smile when I passed them. Louise intentionally chose to do her campaign without, what has become, the expected expense and seemingly correlated race to outspend your competition. And it worked! Our elected officials are intended to represent us, listen to our issues and bring them forward for discussion and action, nothing else. The race to hold that honored place has become, across the country, a race to hold more lavish events, raise higher and higher amounts of money, and tailor messages and campaigns to a few who give the largest sums of money, which continues into their elected positions. So why not start locally with a different and fresh approach, to run a campaign based on your own message of what you will deliver if elected without any silver bells and whistles. Thank you, Louise, for bringing us back to the basics while adding your own delightful joie de vivre.

Annette Naegel, Rockland

"Each one must do his part..." —
Land Conservation Legacy of Robert Rheault —

Col. Robert Bradley "Bob" Rheault died peacefully at his home in Owls Head on October 16 at the age of 87. Robert Rheault was a retired commander of Special Forces in Vietnam and served his country for nearly three decades before returning to Maine. There are many stories that can be told about the many contributions Bob Rheault made to our mid-coast community, including the Hurricane Island Outward Bound School, where he worked for many years; the Apprenticeship, where he served on the Board; his beloved First Universalist Church of Rockland, among others. But maybe his greatest legacy to our community is in land conservation.

Let me begin telling this story with the words of President Theodore Roosevelt. "We have fallen heirs to the most glorious heritage a people ever received, and each one must do his part if we wish to show the Nation is worthy of its good fortune." Bob's life was focused on doing his part.

He moved to the midcoast in the early 1970s. He hiked, biked and led courses on the water in small boats with the Hurricane Island Outward Bound School. He got to know first hand the woods and waters of this part of Maine and recognized the landscape as part of our "most glorious heritage."

In 1987 Bob joined a small band of citizens concerned about development pressures and dedicated to land conservation. They were organizing the Georges River Land Trust (GRLT). In Bob's words: "We had no by-laws, no staff, no money, no office, no phone and no protected land, but we had a clear vision of doing our part to protect this heritage of woods, farmland, wildlife, water quality and scenic beauty."

Bob worked in a team setting using his leadership skills to build the organizational structure that a group needs to be effective. He helped to organize walks, canoe trips and informational meetings to spread the word of this new group's mission. The University of Maine Cooperative Extension provided a temporary office during the late 1980s, but they still had no protected land. Bob and his wife Susan St. John decided they needed to lead by example. They purchased waterfront property in Owls Head overlooking the Muscle Ridge islands. They placed a conservation easement on the property, thereby protecting a beautiful stretch of mature spruce and shore land. This became the first conservation easement held by the Georges River Land Trust.

Bob recognized that land conservation was one of the most important investments of time and energy that he could make to help insure the vitality of the community. He was most effective in talking with landowners about conservation because of his dedication to the cause and his experience of protecting his own land. Bob served on the Land Protection committee of the Land Trust for 25 years and in 2012 was honored by GRLT for his years of leadership and service.

Today GRLT is a thriving organization, which conserves about 3,000 acres including 39 easements and 15 preserves. It also oversees a network of more than 40 miles of footpaths known as the Georges River Highland Path.

Next time you take a hike on the Georges River Highland path or drive past a welcoming sign that this land is protected by the GRLT, think of Bob Rheault and know that he had a hand in conserving these landscapes.

I join with the community in celebrating the life of Bob Rheault for his leadership, courage, foresight and the wonderful legacy of land conservation he has left behind. Bob has been an inspiration, and the impact of his many contributions will be experienced in our community by generations to come.

Leslie C. Hyde, St. George

And Nobody in Between —

Well, hope the local tea party is proud of all the savings your governor, in his quest for total elimination of social services in his beloved state of Maine, is achieving. This from a man who it appears has forgotten his past.

He and his ilk are on a parallel path with their party to enable the rich and take from the poor to accomplish this immoral task. Need I remind people of what transpired in Washington over the past few horrific months?...

We need to go back to the 1950s when capital gains were taxed at 90 percent if over \$1 million. Anyone remember those good days? Well those days are gone. Could be back then the rich were more altruistic than those of today?

In a few short years there will be two classes, the ultra rich and the ultra poor, and nobody in between, sad to say but true.

Frank "Smilin' Jack" Slason, Somerville

Thank You — to Family, Friends, Everyone—

Thank you so much for all you have done since our July motorcycle accident. The benefit supper, auction and donations are greatly appreciated. I cannot thank you enough for your generous support. To all those that make this road easier, you have my gratitude.

Scott L. Wiley and daughter Payton Appleton

LETTERS
LETTERS
 OPINIONS

Thank You, Mayor Clayton—

Back in 2010 a then 31-year-old fellow by the name of Will Clayton was elected to Rockland's City Council. Will had never before ran for elected office. But in the competitive four-way race for seats on Council, the youngest candidate ended Election Day 2010 with the most votes.

Upon being sworn in, three things stood out about Rockland's new City Councilor: (1) His commitment to Rockland; (2) His professionalism; and (3) His commitment to finding solutions. Scroll forward two years, and those characteristics made Councilor Clayton the obvious choice to be Mayor of Rockland in 2013, the last year of Will's three-year term on Council.

This Wednesday night is the last regular meeting of Rockland's City Council in Councilor Clayton's first term and the last scheduled Council meeting at which Mayor Clayton will preside. As two current members of Council who ran against Will for a seat on Council and who have now served with him, we wanted to note some of his accomplishments and thank him for his service.

One example. Will grew up playing basketball in the Community Recreation Center. By the time he was elected to Council, the building was in poor condition as a result of a series of patches and quick fixes that were deemed "good enough" but did not address the underlying problems.

But Will's commitment to Rockland and to finding solutions showed through. The Rec Center had been a part of Rockland for 75 years. Given that history, Will believed Council owed it to the people of Rockland to present a real solution to the Rec Center's problems and allow the voters to decide the Rec's value to the community — in 2011, 63 percent of voters supported restoring the building.

One year ago, at the end of a tumultuous, conflict ridden period for Rockland's City Council, Will picked up the Mayor's gavel. As Mayor, Will's professionalism as a manager for Samoset/Ocean Properties repeatedly showed through.

He led Council, in a very challenging year, to pass a budget that did not raise taxes. Will's appointments help revitalize several City Committees. His leadership at Council meetings kept Council focused on and working through the challenges facing Rockland. Will's approach as Mayor have led many to say that Council under his leadership is the best Council they remember.

In 2010 three people, Frank Isganitis, Larry Pritchett and Will Clayton ran for City Council for the first time. This week the term of one member of the "Class of 2010" ends. We believe Mayor Clayton leaves both Council and the City in a better place than when he was elected. The two members of the Class of 2010 who continue on Council feel a strong obligation to carry on Will's good work.

Councilor Frank Isganitis, Limerock Street, Rockland
Councilor Larry Pritchett, Brewster Street, Rockland

Friends of Rockport Public Library Report for 2013—

The organization [The Friends of Rockport Library] has a very appropriate name. The members both personal and business, the customers at the book sale, the library staff, the public works department, the fire department, the Rockport Garden Club, the library committee, the MRC and the group of volunteers are all truly friends. We on the board could not accomplish anything without such friends.

This year we held our membership drive in May and June. We made a special effort to encourage local business to join. As a result we have expanded our business members to 29 and I expect the personal membership to be at a record high. As of the end of October we have 205 personal memberships, just one shy of the record. The Book Sale was also a record with gross sales of nearly \$12,500. In September, we held a small book sale in the West Rockport Fire House and raised \$60. We continue to support the programs such as the Marine Series, which is under way right now. We have gifted the library \$15,000, another record, and we expect to add to that total. The Library Director reported that since 1994 we have contributed over \$163,000 to the library.

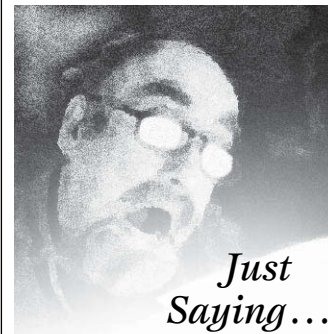
We can assure the community of Rockport that we will help the library in any way we can based on the knowledge that we see we have so many friends. It would take too much time to thank everyone individually but you know who you are so just thank you. You make the job of us Board members easier because we know we can count on your financial help and your physical help as well.

So spread the word come to the book sale, join as members, donate your books and help in any way you can. Next year we will again set records.

David Barry
 President, The Friends of Rockport Public Library

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).

As you probably already know, November 19th is World Toilet Day. This is not New England Toilet Day but World Toilet Day. It can't get much bigger than this. (As they would undoubtedly point out in "The Simpsons" or on "Family Guy," yes, I used the words "but" and "toilet" in the same sentence.)



Just Saying...

World Toilet Day

by Tom Sadowski

The point of having World Toilet Day is not to dwell upon our obvious condition, where the world is going down the toilet because of one political party or our tendency to poison ourselves. The point is to make us aware that two and a half billion people on this planet do not have access to a private, safe and clean toilet. This fact can't really be appreciated until you find yourself

in desperate need of a necessarium between exits on the interstate or in a stadium full of refugees from a hurricane.

Two and a half billion is a staggering amount of people in need of a loo. It's the equivalent of 300 New York Cities, only without as many restaurants, Jewish delis and, almost certainly, no mime artists. Most of these people live in Africa and Asia and they — the people without toilets, not the mimes — could contribute much to better the world economy if they had the dignity decent sanitation offers.

World Toilet Day was created by a very focused Singapore organization known as World Toilet Day (.org). But as of last July, the United Nations has thrown its full authority and might behind the idea declaring November 19th as World Toilet Day. Apparently they too couldn't come up with a better name for it. (And yes, for those of you looking for it, I did use the words "toilet" and "behind" in the same sentence.)

Having spent an unreasonable amount of time in the wilderness of Alaska and the less developed parts of many National Forests, let me tell you, who have never been without a flush toilet, that having a picnic with no sanitary facilities is really not a picnic at all. You wouldn't think that toilets are so high on our appointments of civilization list but I have taken note that when making camp — with a crew of wilderness-hardened men, no less — the second priority right after a campfire is to locate and construct a latrine. This can be a pit with a branch for the seat and an alder bush for privacy, but right after fire, it's a hallmark of communal progress.

When I was younger I was very surprised to realize that, as a regular user of toilets, I had never purchased or actually owned one. In the first 30 years of my life I used at least one toilet each day and yet never purchased a single commode. It is truly amazing that someone bought, installed and maintained these toilets and then let me use them. This is because we, as civilized people, recognize that clean water and waste disposal is a fundamental human need. As decent people, we can't deny others what they need to live a dignified life.

Now that I am more adult-like, I am equally surprised by just how many toilets I own, have purchased, or am personally responsible to keep functional. Apparently toilet ownership comes with age, settling down and possibly hair loss, but too many people grow old and are never graced with toilet ownership.

Checking the World Toilet Day event map, and yes, there is a WTD event map, the closest event to us (not counting Toronto which, I don't need to tell you, is in a foreign country) takes place in Iowa, a state somewhere far beyond Chicago. It seems the University of Iowa student chapter of Engineers Without Borders is organizing "The Big Squat." I tremble at the thought of a gaggle of engineers squatting in the campus square, bearing down on the important issues of world sanitation.

Since time is too short to organize a sanctioned event, I suggest we all refrain from using a toilet on November 19th to experience just what the 2.5 billion people have to contend with on a daily basis. How bad could it be? All right, it could be pretty bad, but Thanksgiving is just around the corner and a functional toilet should be right there on the top of our thankful list. You still have time to figure out how to work that into saying grace.

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

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Fascism, Socialism, Politics, Language—

In the essay “Politics and the English Language,” George Orwell took a stringent line on political nomenclature: “The word Fascism has now no meaning except in so far as it signifies ‘something not desirable’. The words democracy, socialism, freedom, patriotic, realistic, justice, have each of them several different meanings which cannot be reconciled with one another.” So we need to be careful with our epithets.

Fascism, Nazism, and their adversary, Soviet Communism, were characterized by, among other things, totalitarian dictatorship and state-sponsored gangsterism and violence. With all due respect to my friend the humble Farmer, who has studied these things far longer than I have, what has arisen in the U.S. in recent decades is kinder, gentler and subtler.

Why resort to violence when you can set up multi-million dollar foundations and think tanks and get a nice tax break? Why stage assassinations and coups when you can easily afford to buy media conglomerates, the cleverest PR firms in the land, and now virtually unlimited campaign financing and airtime?

Big corporate money doesn’t buy every election, but its ability to control and relentlessly repeat the message is impressive. Take the current drumbeat of alarms over the federal deficit and debt and need for more austerity. Funny how they never recall that the last Republican administration squandered a Democratically balanced budget and drove us into the worst economic mess since 1929.

On the other hand, I have to agree with the correspondent who sees a steady drift towards socialism in the U.S.

I wonder if the gentleman intends to renounce his Social Security and Medicare benefits? Maybe he feels he and his fellow Americans have not benefited from the minimum wage, the 40-hour work week, unemployment insurance, public health programs and immunizations, food safety laws, child welfare protections, financial regulations and bank deposit insurance, workplace safety regulations, the right to form unions, transportation safety regulations and improvements, public school and university funding, clean water and air programs and waste disposal systems, veterans’ care and benefits, Medicaid for some low-income people, and finally, an affordable health care plan for everyone.

These programs aren’t perfect. They all require eternal vigilance and reforms. But they were among the things for which mainly democratic liberals, socialists and, yes, some moderate Republicans fought long and sometimes bloody battles. And they are the things the Mad Hatter wing of the Republican Party hate so much they would shut the country down in order to roll back. Democratic socialism has not failed; it’s what we take for granted every day.

Gene Bryant, Palermo

All Souls Regatta Team Thanks Many—

The All Souls Regatta would not have been possible were it not for the intrepid sailors who raced their Lasers to benefit Coastal Family Hospice Volunteers on Sunday, November 3. They were inspired by one of the members of the Thomaston Laser fleet, David Jones. And just as important to the success of this event is Chris Biggart, who generously offered his Sail Loft on Thomaston Harbor to host the celebratory event, a spot with a view of the race course and the launch site for the boats.

During a blustery afternoon, the public cheered the racers, welcomed them back from the chill November air, shared multiple varieties of homemade chowder and soup together, participated in an awesome raffle of packaged experiences and applauded the winners of the race. Thanks to Peter Clapp, who was the race committee of one, set the course, tallied points and awarded trophies.

Prizes were awarded to Colin Gowland in first place, Hank Thorburn in second and Syd Sewall in third. High school student Raine Ellison was noted for three elements during the awards, the only female, the only junior racer and the only Radial sailor.

We would be remiss to not equally thank all the volunteers who stepped forward to help make the event welcoming and fun as well as the local businesses that offered their services for the raffle. Specifically we are grateful to the Inn at Ocean’s Edge, Monhegan Boat Lines, Primo, *Morning in Maine*, Rockport Marine and Aurora Sails for the fabulous raffle items. We thank our Hospice Volunteers, namely Kathy Brandes, Fran Quinn, Sandy Yakavenko, Lucy Williams, Julianne Edmondson, Barbara Grosbaum, Sue Crane, Jim Bowditch and Robe Gabe. There were also several non-hospice volunteers who shared in the fun, including Trish Badger, Chris McLarty, Douglas Smith and Sherry Frazer. Local businesses also donated towards our free hot delicious meal, including Thomaston Café, Atlantic Baking Company, Trillium Catering and The Slipway.

All in all, the planning team could not have been more pleased with the festive event and great success thanks to many behind the scenes who believe in the good work of Coastal Family Hospice and offered their time and talent to raise money for the cause.

Annette Naegel, Eliza Bailey, Hilary Carr, Dorothea Graham

LETTERS OPINIONS

Senator Chris Johnson Lessons from the STEM Forum, Part 1—

In my last column, I wrote about the importance of STEM (Science, Technology, Engineering and Mathematics) education and jobs to our economy, and about a public forum I was hosting on the subject with STEM teachers and experts from Bigelow Labs and the Darling Marine Center. In this column, I’ll be sharing some of the ideas and insights on student learning shared by the panelists at the forum.

The biggest takeaway is that in order to be interested in learning, students need to be invested in a subject and understand its real-world relevancy. Teachers were able to inspire their students (or at least get them much more interested in the topic) by exposing them to actual applications of the subject. Connecting the students with people working with the topics in business or universities, and taking students on field trips to see real-world applications of what they are studying is much more effective than just dry studies from a textbook.

Panelists also felt strongly that students should be allowed to see experiments fail, and have ample opportunity to learn from the failure. This allows them to re-engage, reflect and devise a better experiment, ultimately leading to success.

The panelists also praised the importance of complex problems and open-ended questions. These better engage students as they think about how to tackle a problem, and how to create and evaluate potential solutions. And they provide great opportunities to practice and develop critical thinking skills, which are necessary since today’s knowledge won’t solve tomorrow’s problems. While having a good set of basic information is important, the critical thinking, reasoning and problem solving skills the students come away with are even more important. Students have to adopt the mindset that they are “life-long learners.”

So how do we support and enable more of these great teaching practices and learning moments? The panelists offered several suggestions.

Maine schools need more commitment to partnerships between our K-12 schools and public and private institutions working or researching in STEM fields. While some partnerships exist, we need a lot more of these interactive opportunities through school visits, field trips and interpersonal online video interaction. That means more public-private collaboration, and greater commitment to providing all schools access to those important opportunities.

Solving complex problems and learning from failed experiments takes time, and current class schedules can be an obstacle. Schools need the flexibility for some longer periods to allow that time in courses needing it. A 52-minute class is just not long enough.

Most importantly, students learn STEM subjects best through inspirational teachers who bring depth and passion to their subjects and incorporate relevant real-world application and experts into student experiences. Teachers skilled and passionate about their subjects, and the real-world experiences they enable their students to have, are critical to how engaged and inspired students are, and how much they get out of STEM subjects.

In my next column, I will share the panelists’ ideas for improving STEM teaching.

Senator Christopher Johnson, who lives in Somerville and represents Maine Senate District 20, thanks Bigelow Communications Director Tatiana Brailovskaya for her input on this two-part series.

Priorities—

I was at the local showing of the film “A Place at the Table,” about the severe problem of hunger in the U.S., the world’s richest nation. During discussion I spoke about the latest destroyer, the *Zumwalt*, being built at BIW for \$4 billion, not counting the annual costs of maintaining such a ship. I mentioned the need to cut the defense budget while we are told, by Susan Collins and others, that to do so would risk U.S. security. BOSH! We are the most heavily armed country in the world. I cited Eisenhower’s caution about the military/industrial complex which fell on deaf ears long ago.

This morning I heard about the latest aircraft carrier, the *USS Gerald Ford*, which is already \$2 billion in cost overruns and will cost at least \$16 billion. That is outrageous! Who is paying attention? And who’s footing the bill?

I also mentioned that General Dynamics is asking for a \$250,000 yearly tax break for the next 25 years from the town of Bath!

What in the world are our priorities?...

Do I despair? You’d better believe I do. One hundred and twenty-nine families lined up for food donations on Tuesday at our tiny food bank. Last week there were 80, but remember, Food Stamps have been slashed. Is this a great nation or what?

God bless Amurka and don’t forget to wave the flag ... and help christen the *Zumwalt*, the largest U.S. Naval destroyer ever built.

Suzanne Hedrick, Nobleboro

Conditionally Optimistic—

In the November 7 edition of The Free Press, Thomas Deford speaks glumly about the near universal pessimistic outlook among people with whom he has had a discussion about the future of the government, which is not the same as the country (people often confuse the two). Among his points is the poll showing that only 19 percent of Americans trust their government. I am faintly surprised it is even that high, given that the federal government has (with the 2012 National Defense Authorization Act’s “indefinite detention”) flagrantly and blatantly castrated the Constitution’s clear statement that we have a right to a trial, with evidence, to be represented by an attorney, and have a jury trial. The NDAA heaves all these precious rights into a dumpster. Further, they assert the right to surveil us everywhere, and even (in the National Interest, mind you), assassinate American citizens. Did we ever vote for this? Who gave them this power?

The answer is, those who have perpetuated an ever-expanding coup d’etat against us citizens, perpetrated by the very folks Eisenhower warned us about — the mega-corporations involved in military industry and “intelligence” who have now gained effective, but not total control over all three branches of the government. The Founders planned to have a system of checks and balances wherein, like the rock-paper-scissors game, each one could provide a check to the other two. Great foresight on their part, but now all three belong to the mega-corporations. Checkmate for civil liberty and privacy, so the rich and powerful think!

But wait, I say (and I am in the same age group of which he writes) that I am conditionally optimistic, so I need to explain myself. What I see happening as a very real possibility is the end to this brittle inbred government that has betrayed us at virtually all levels, and the formation of a new government. The Declaration of Independence says it boldly, that the legitimacy of government rests with “consent of the governed.” Nineteen percent is not a sign of consent, wouldn’t you agree? Further “... whenever any Form of Government becomes destructive of these ends (note: securing our inalienable rights), it is the Right of the People to alter or abolish it, and to institute new Government ... most likely to effect their Safety and Happiness.”

It is not so much the form of government, I would say, but the content — who it is who is really in charge, namely the corporate heads through their swarm of lobbyists, laden with “campaign contributions,” along with a plethora of corporate lawyers — the invisible government that sets the agenda for imperial objectives, at home and abroad. As the Empire becomes less stable, and we see the cracks everywhere, and millions more reject the validity of most (not all) of those who are currently in power, a political earthquake may occur and they will no longer be able to assert this crushing power with policies that have effectively created a modern form of wage-slave feudalism, with corporations replacing the ancient barons, counts and royal henchmen.

Think of how the late USSR imploded when it too became encrusted with unmanageable bureaucracy. So, while things look grim now, and nothing is at all certain, we do have the possibility of a bright future, once the Empire is dismantled and its baggage jettisoned. This is why I am conditionally optimistic.

*Jon Olsen
Jefferson*

Who Is the Better Candidate—

An e-mail is making the rounds with a petition to Eliot Cutler, asking him to withdraw from the 2014 gubernatorial race to prevent the re-election of Governor LePage.

If I remember correctly, Paul LePage is our Governor because, in 2010, the Democrats fielded a candidate who came a distant third and was rejected by over 80 percent of voters. Numerous polls had predicted that outcome.

During the 2010 campaign, even many Democrats thought Libby Mitchell should withdraw from the race in favor of the better-qualified Eliot Cutler to spare our State a LePage governorship. Her refusal gave LePage victory over Cutler by less than 2 percent. Is it wrong to conclude that Democratic obstinacy in the face of indisputable voter resistance prevented the best-qualified candidate from being elected Governor and gave us Governor LePage instead?

The current petition implicitly assumes that it will be easier for Mike Michaud to increase the vote for the Democratic candidate by 20 percent than for Eliot Cutler to gain an additional 3 percent — and it implies that Michaud is clearly the better candidate. Where is the evidence?

I always thought that elections were about letting the voters decide who is the better candidate. Sometimes they get it wrong, especially in three-way races. We have a year to let candidates Michaud and Cutler make their case to the voters by discussing the issues.

If, despite his record, LePage is re-elected, the voters will have themselves to blame — as well as an electoral system that accepts a “winner” who was rejected by (probably again) over 60 percent of the voters, and two candidates who will have failed to overcome the low hurdle of Governor LePage’s dismal and divisive record in office.

*H. Peter Muth
Spruce Head*

Camden Conference Tickets Available to General Public November 25

The 27th annual Camden Conference, "The Global Politics of Food and Water," will take place February 21 through 23 at the Camden Opera House, and will be live-streamed to the Strand Theatre in Rockland and the Hutchinson Center in Belfast.

The 2014 conference will provide a look at the global dynamics of managing the world's food and water resources at a time when the challenge to meet the ever-increasing demand has never been more critical. By 2050, the world's population may have grown by two billion, while other factors, including climate change, may have greatly reduced land and water resources essential for food production. The world will have to produce even more food without more land and with less water.

The conference will address a wide range of issues related to food and water, including the contentious debate between industrial agriculture practices and small-scale farming operations; food security issues dependent on international cooperation; and innovations that encourage more productive farming and fishing.

The conference will examine options that can be considered by governments and citizens to promote secure access to food and water in sustainable ways. Throughout the weekend, presentations by leading international experts will cover promising policies and practices now being used in China, Africa and North America.

The moderator for the conference will be Jonathan Foley, director of the Institute on the Environment at the University of Minnesota, where he holds the McKnight Presidential Chair in the Department of Ecology, Evolution and Behavior. Foley's work focuses on the sustainability of our civilization and the global environment. His work has led him to be a regular adviser to large corporations, NGOs and governments around the world.

The keynote speaker on Friday evening, February 21, will be Fred Kirschenmann, who has been involved in sustainable agriculture and food issues for most of his life. He brings a unique perspective to the topic, thanks to his academic and hands-on farming experience. He currently serves as both a Distinguished Fellow at the Leopold Center for Sustainable Agriculture at Iowa State University and as president of the Stone Barns Center for Food and Agriculture in Pocantico Hills, New York. He also continues to manage his family's 1,800-acre certified organic farm in south-central North Dakota. Kirschenmann has been an adviser for several documentaries, including "American Meat" and "Symphony of the Soil." In April 2010, the University Press

The 27th Annual Camden Conference
The Global Politics of FOOD AND WATER
 February 21-23, 2014

Camden Opera House, CAMDEN MAINE
 SATELLITE VENUES:
 Strand Theatre, ROCKLAND
 Hutchinson Center, BELFAST

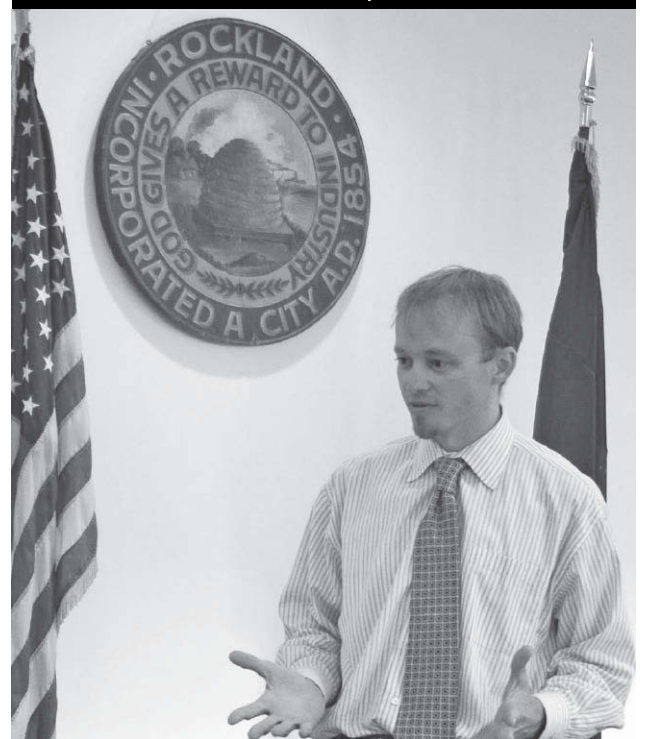
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of Kentucky published a book of Kirschenmann's essays, *Cultivating an Ecological Conscience: Essays from a Farmer Philosopher*, which traces the evolution of his ecological and farming philosophy over the past 30 years.

Tickets for the 2014 Conference are currently on sale to members and will be available to the general public starting Monday, November 25. Visit the website, www.camdenconference.org, for more information and ticket sales online after November 25.

Foundations that are supporting the 2014 Conference include the William and Joan Alford Foundation; the Cascade Foundation; the Emanuel and Pauline A. Lerner Foundation; the Maine Community Foundation; the Mattina R. Proctor Foundation; and the Elmina Sewall Foundation. The Conference's Global sponsor is R. M. Davis, Inc., and the Education sponsor is the Unity Foundation. Additional sponsors include Hannaford Bros. Co., Educational Development Center, Down East Magazine, as New England Magazine sponsor, and The Free Press.

Thanks, Will!



Congratulations to outgoing Mayor Will Clayton on his service to the City of Rockland

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Good Tern Co-op to Host an Autumn Social on Saturday

Good Tern Co-op invites Co-op and community members to its first annual Autumn Social, in the Tower Room of the Rockland Rec Center, 61 Limerock Street, on Saturday, November 16, from 6 to 8 p.m. The evening of potluck tapas and conversation about community and cooperation will feature stories about the Good Tern, from its inception as a

buying club, its move into a storefront, its success as a cooperatively owned grocery store, its move across town, and its current standing as a hub for local, organic, environmentally compassionate goods and food. The storytelling will be followed by time for mingling and conversation.

For more information, call 594-8822.

Buoys Needed!

We need your buoy for the Rockland Lobster Trap Tree!

Hang your buoy on the tree or drop it off at Camden National Bank in Rockland

We will rehang your buoy year after year on the tree.

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ME 04841 (Fax: 596-6698, or email:
copyedit@freepressonline.com)
by noon the Friday before the Thurs-
day publication date. Please include
your name, address and phone number.

NOTEWORTHY

THURSDAY, NOVEMBER 14:
► **Savory Maine Serenades**, 6-8 p.m., Giff Jamison performs at the restaurant, 11 Water St., Damariscotta. On Sat., Nov. 16, Dave Martin entertains.
► **Author Katherine Silva Reads**, 7 p.m., Vose Library, 392 Common Road, Union. She reads from and discusses her latest novel, *Night Time, Dotted Line*, a comedy about strangers on a road trip. Copies will be available for signing and purchase. Free. FMI: 785-4733.
► **UMF Concert Band Performs**, 7:30 p.m., Nordica Auditorium at UMaine Farmington's Merrill Hall. Anita Jerosch conducts pieces from *Fiddler on the Roof*, *West Side Story*, *Oklahoma* and *Somewhere in Time*, and "Pavane for a Dead Princess." \$6/\$5 seniors/free for UMF students.
► **The Neighbourhood Plays**, 9 p.m., Port City Music Hall, 504 Congress St., Portland. The show is 18+. \$15 door.
► **A Bright New Boise**, Thurs.-Sat., Nov. 14-16, and Weds.-Sun., Nov. 20-24.

Portland Ballet Studio Theatre, 517 Forest Ave., Portland. Curtain 7:30 p.m. \$20 door/free 25 and under, with a limited number of first-come, first-served \$10 rush seats for all shows. FMI: DramaticRep.org.

FRIDAY, NOVEMBER 15:
► **5th Annual Law Enforcement Donut Eating Contest**, 10 a.m., Tim Horton's, Rockland. With a raffle, \$1 paper torches and \$15 T-shirts. Proceeds go to Special Olympics Maine.
► **Belfast United Methodist Church Christmas Fair**, 23 Mill Lane, Fri., Nov. 15, from 4-7 p.m., and Sat., Nov. 16, from 9 a.m.-2 p.m. Crafts, holiday arrangements, stocking stuffers, ornaments, jewelry, cookbooks, food table, Cookie Walk and silent auction. \$5 lunch of soup and sandwich served 11 a.m.-1 p.m. Saturday.
► **Open Poetry/Spoken Word Performance Jam**, 7 p.m., Bell the Cat, 15G Starrett Dr., Belfast. All ages and genres welcome. Musicians welcome to accompany. Bring your books, broadsides or CDs to sell. Final PoJam of 2013. FMI: Laureate@BelfastPoetry.com.
► **PechaKucha Night Midcoast Maine**, 7 p.m., Rockland Rec Center, 61 Lime-rock St. Eight presenters show and discuss 20 slides for 20 seconds each. Volume 19 features a costume designer and architectural photographer. \$5 at the door. FMI: PechaKuchaMidcoast@gmail.com.
► **Shrek the Musical in Camden**, Camden Hills Regional High School. Curtain 7 p.m. Fri. & Sat., Nov. 15 & 16. Adv. tickets at StromTickets.com are \$12 reserved seating/\$10 for adult general admission and \$6 senior & student general

admission. At the door, \$15 reserved seating/\$12 and \$8 general admission. FMI: 236-7800 or StromTickets@gmail.com.
► **Shrek the Musical in Waldoboro**, Waldo Theatre. Curtain 7 p.m. Fri., Nov. 15, and Fri. & Sat., Nov. 22 & 23; 3 p.m. Sat. & Sun., Nov. 16 & 17, and Sun., Nov. 24. Tickets at Maine Coast Book Shop and Community Pharmacy in Waldoboro. \$15/\$10 seniors & students/\$5 age 8 and under. FMI: 832-6060 or TheWaldo.org.
► **Harlem Rockets Face Coastal Dream Team**, 7 p.m., Medomak Valley High School, Waldoboro. The Rockets, a family-friendly comedy basketball team, take on a local team of teachers, an EMT and others. Adv. tickets, \$10/\$8 students, Lincoln's Country Store, Warren Community School and Townline Video Plus, Warren; Moody's Diner and MVHS, Waldoboro; Mic Mac Market, Union; Medomak River Trading Post, Washington; HAV II, Camden; Oceanside East High School, Rockland; and Friendship Village School. \$12/\$10 door.
► **Maine (Island Time) Launch Party**, 7 p.m., Left Bank Books, 109 Church St., Belfast. Artist Michael Weymouth and poet Elizabeth Garber collaborated on the book. Reserve a seat: 338-9009.
► **The Hobbit**, The Theater Project, 14 School St., Brunswick. The Young People's Theater puts on the production at 7:30 p.m. Fri. & Sat., Nov. 15 & 16, and 2 p.m. Sun., Nov. 17. Pay-what-you-want tickets (\$6 suggested): 729-8584 or TheaterProject.com.
► **SBJ Jazz**, 7-9 p.m., The Highlands Coffee House, 189 Main St., Thomaston. Spike, Ben & John play acoustic bass, drums & guitar. No cover, but do tip the musicians.

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 Warrenton 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 10:00 a.m. Saturday November 23, 2013

- Property of Donald E. Dyer & Barbara I. Dyer of Limerick, Maine, Timeshare Estate Unit A05, Week 1, Building I, Apartment Number 602; for deed reference see Knox County Registry of Deeds, Book 2029, Page 197.
- Property of Wedgewood Wheeler & Evelyn Wheeler of Pownal, Maine, Timeshare Estate Unit A08, Week 6, Building I, Apartment Number 616; for deed reference see Knox County Registry of Deeds, Book 4006, Page 276.
- Property of Michael Clark & Deborah Clark of Skowhegan, Maine, Timeshare Estate Unit A13, Week 6, Building I, Apartment Number 620; for deed reference see Knox County Registry of Deeds, Book 4006, Page 276.
- Property of Margaret M. Gallagher of Brooklyn, New York, Timeshare Estate Unit A15, Week 3, Building I, Apartment Number 619; for deed reference see Knox County Registry of Deeds, Book 1530, Page 023.
- Property of Donn P. Wright & Barbara T.C. Wright of Fort Meyers, Florida, Timeshare Estate Unit A16, Week 51, Building I, Apartment Number 623; for deed reference see Knox County Registry of Deeds, Book 889, Page 309.
- Property of Lindley S. Harmon of Hancock, Maine, Timeshare Estate Unit A18, Week 3, Building I, Apartment Number 622; for deed reference see Knox County Registry of Deeds, Book 2322, Page 131.
- Property of Louise E. Parsons of Concord, New Hampshire, Timeshare Estate Unit B01, Week 4, Building I, Apartment Number 609; for deed reference see Knox County Registry of Deeds, Book 3058, Page 090.
- Property of Dells Vacation Holding, LLC., of Huntington Beach, California, Timeshare Estate Unit B01, Week 8, Building I, Apartment Number 609; for deed reference see Knox County Registry of Deeds, Book 4493, Page 172.
- Property of Dells Vacation Holding, LLC., of Huntington Beach, California, Timeshare Estate Unit B02, Week 4, Building I, Apartment Number 613; for deed reference see Knox County Registry of Deeds, Book 4524, Page 43.
- Property of Sherry Marshall Wortman & Tammy Lynn Clark of Richmond Corner, New Brunswick, Canada, Timeshare Estate Unit C01, Week 6, Building I, Apartment Number 601; for deed reference see Knox County Registry of Deeds, Book 4410, Page 219.
- Property of Jeffrey Lewis & Stephanie Lewis of Concord, New Hampshire, Timeshare Estate Unit C01, Week 8, Building I, Apartment Number 601; for deed reference see Knox County Registry of Deeds, Book 4537, Page 194.
- Property of Jay Vizoki of Monroe Township, New Jersey, Timeshare Estate Unit A01, Week 25, Building II, Apartment Number 704; for deed reference see Knox County Registry of Deeds, Book 2110, Page 122.
- Property of Edward M. Graffam, III & Rebecca Graffam of Rockport, Maine, Timeshare Estate Unit A09, Week 1, Building II, Apartment Number 711; for deed reference see Knox County Registry of Deeds, Book 3794, Page 263.
- Property of Joyce J. Provencher of Sherman, Maine, Timeshare Estate Unit A12, Week 6, Building II, Apartment Number 714; for deed reference see Knox County Registry of Deeds, Book 946, Page 182.
- Property of Sherwood H. Richards & Dawn S. Richards of Farmingdale, Maine, Timeshare Estate Unit A13, Week 8, Building II, Apartment Number 720; for deed reference see Knox County Registry of Deeds, Book 4579, Page 227.
- Property of Dylan Ashley Theberge of Beaufort, South Carolina,

- Timeshare Estate Unit A16, Week 4, Building II, Apartment Number 723; for deed reference see Knox County Registry of Deeds, Book 4366, Page 223.
- Property of Linda Jean Kennard of Brewer, Maine, Timeshare Estate Unit B02, Week 8, Building II, Apartment Number 713; for deed reference see Knox County Registry of Deeds, Book 1455, Page 213.
- Property of Donald A. Parker of Cumberland Center, Maine, Timeshare Estate Unit C02, Week 4, Building II, Apartment Number 705; for deed reference see Knox County Registry of Deeds, Book 1502, Page 121.
- Property of Glenn A. Damuth & Helen L. Damuth of Orrington, Maine, Timeshare Estate Unit A01, Week 6, Building III, Apartment Number 804; for deed reference see Knox County Registry of Deeds, Book 1629, Page 086.
- Property of Michael Lantagne & Jean Lantagne of Brewer, Maine, Timeshare Estate Unit A04, Week 20, Building III, Apartment 806; for deed reference see Knox County Registry of Deeds, Book 1530, Page 091.
- Property of Melinda Grady Gallagher of Oakland, Maine, Timeshare Estate Unit A04, Week 49, Building III, Apartment Number 806; for deed reference see Knox County Registry of Deeds, Book 3177, Page 170.
- Property of A. Jean Deyoe & Barbara Riley of The Villages, Florida, Timeshare Estate Unit B01, Week 6, Building III, Apartment Number 809; for deed reference see Knox County Registry of Deeds, Book 1720, Page 051.
- Property of Dwayne D. Gier & Mary E. Gier of Cherry Creek, New York, Timeshare Estate Unit B01, Week 51, Building III, Apartment Number 809; for deed reference see Knox County Registry of Deeds, Book 1629, Page 088.
- Property of Fred & Jacqueline Merrill of Saco, Maine, Timeshare Estate Unit C01, Week 22, Building III, Apartment Number 801; for deed reference see Knox County Registry of Deeds, Book 1012, Page 98.
- Property of Robert J. Wotherspoon, Jr. & Sally K. Wotherspoon of New Gloucester, Maine, Timeshare Estate Unit C01, Week 49, Building III, Apartment Number 801; for deed reference see Knox County of Deeds, Book 1578, Page 66.
- Property of Patricia A. Tata of Nashua, New Hampshire, Timeshare Estate Unit D01, Week 49, Building III, Apartment Number 812; for deed reference see Knox County Registry of Deeds, Book 2742, Page 65.

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



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CALENDAR OF EVENTS

SATURDAY, NOVEMBER 16:

- **Federated Fall Fair**, 9 a.m.-noon, Federated Church in Thomaston, 8 Hyler St. Home-baked goods, handcrafted items, Christmas corner, jewelry, books, Granny's Attic and toiletries. FMI: 354-0655.
- **Christmas Fair**, 9 a.m.-1 p.m., First Baptist Church Vestry, High St., Belfast. The Women's Fellowship presents crafts, a silent auction, cookies and fudge, a white elephant table, and a fish chowder luncheon from 11 a.m.-1 p.m.
- **Holiday Antique and Gift Show**, 9 a.m.-1 p.m., Lincolnville Community Building, 18 Seasmont Road (Rte. 173). Crafts including baskets and brooms, goat's-milk soap, maple syrup, jams and chutneys, stocking stuffers and antiques. Benefits the Community Building maintenance fund and the United Christian Church's general fund. FMI: 785-3521.
- **Fall Fair**, 9 a.m.-1 p.m., Broad Cove Church, 49 Killeran Lane, Cushing. Crafts, handmade items, baked goods for your holiday table, and lunch.
- **Holiday Fair**, 9 a.m.-2 p.m., Curtis Hall, Searsport. The Women's Fellowship of the First Congregational Church of Searsport presents a silent auction, handcrafted fancy work, gift baskets, jewelry, jams, baked goods, Rada cutlery, a Signe Cole quilt raffle and \$6 lunch of soup, croissant sandwich, beverage and pie.
- **Art Market**, 9 a.m.-5 p.m., Searsport Lions Club. The juried show and sale to benefit Vanessa Moran in her fight against breast cancer will feature made-in-Maine crafts, vendors such as Lally Broch Farm and MaddockStitches, and a silent auction. \$1 admission.
- **Maine Harvest Festival**, Sat. & Sun., Nov. 16 & 17, 10 a.m.-4 p.m., Cross Insurance Center, Bangor. With over 125 Maine farmers and producers, hourly cooking demos and samples from Maine vintners, distillers and brewers. \$6 at the door/free 12 and under. FMI: MaineHarvestFestival.com.
- **Toys 'n' Turkeys Train**, Maine Eastern Railroad operates the charity collection train with stops at Union St. in Rockland from 8-10 a.m.; Railroad Ave. in Wiscasset, 10:15-11:15 a.m.; Visitor Center in Bath, 11:35 a.m.-12:30 p.m.; and Visitor Center in Brunswick, 1-2:15 p.m. Bring new, unwrapped toys, frozen turkeys and non-perishable food items. FMI: 973-267-6537 or MaineEasternRailroad.com.
- **"Working on the Water,"** 1 p.m., Sail, Power & Steam Museum, Rockland. Gordon Bok hosts. Fishermen and mariners share their experiences through songs, stories and poetry. Audience members who wish to offer a brief experience should call Kathy at 236-2707 or email kathy@TiberHeadMusic.com. \$5 admission/under 12 free. FMI: gordonbok.com.
- **Special Veterans Day Event**, 2 p.m., Liberty Library. Richard Rubin, author of *The Last of the Doughboys: The Forgotten Generation and Their Forgotten World War*, speaks. Refreshments.
- **Steve Sherwood Gig**, 5-8 p.m. Quarry Tavern in the East Wind Inn, 21 Mechanic St., Tenants Harbor. The local folk musi-

- cian will play alternate Saturdays starting Nov. 16. FMI: EastWindInn.com or 372-6366.
- **Hyssongs Gospel Concert**, Word of Life Church, 41 Old Rte. 1, Waldoboro. The award-winning trio — Dell and Susan Hyssong and their son Richard — performs at 7 p.m. Come early for the 5:30 p.m. potluck. FMI: 446-3288.
- **Pork Roast Dinner Benefit**, 5 p.m., St. Denis Church Hall, Grand Army Road (Rte. 126), North Whitefield. Gov. Kavaugh Council 1423 serves pork roast, mashed potatoes and more. With a 50/50 drawing. Free-will donations benefit Gail King (Jr.) and promote brain aneurysm awareness.
- **Chamber of Commerce Auction**, Rockland Elks Lodge, 210 Rankin St. Bruce and Becky Gamage wield the gavel over business services, artwork, travel and more, to benefit the Penobscot Bay Regional Chamber of Commerce. With a raffle, cash bar and concession stand. FMI: alicia@PenBayChamber.com or 596-0376.
- **Kenneth Branagh in Macbeth**, Lincoln Theater, Damariscotta. National Theatre Live broadcasts Manchester International Festival's new production. Screenings Sat., Nov. 16, at 7 p.m., and Sun., Nov. 17, at 2 p.m. FMI: AtTheLincoln.org or 563-3424.
- **"Musical Fireworks,"** Oratorio Chorale opens its 40th season with Bach's aria "Jauchzet," the Maine premiere of the "Kyrie" from Scott Ordway's "Festival Mass" and other pieces. Shows are 7:30 p.m. Sat., Nov. 16, at Brunswick's Seventh-Day Adventist Church and 3 p.m. Sun., Nov. 17, at Portland's Woodfords Congregational Church. \$20 adv. tickets: OratorioChorale.org or 798-7985. Door: \$25/\$12.50 students/free under 12.

SUNDAY, NOVEMBER 17:

- **Sunday Jazz at the Highlands Coffee House**, 1-3 p.m., 189 Main St., Thomaston. With the Mike Whitehead Group — Whitehead on trumpet, Tom Luther on keyboard, Spike Hyssong on bass and Jason Dean on drums. Free, but do tip the musicians.
- **Piano and Pages**, 1-5 p.m., Keag River Gallery, 25 Dublin Road, South Thomaston. Michael Florance plays selections by Brahms, Rachmaninoff and others. Local historian Charles Jacobs discusses and signs copies of his book, *Weskeag Story: A Miscellany of Amazing Anecdotes, Lively Legends & Fascinating Facts*. FMI: KeagRiverGallery.com.
- **"Women's Voices Across Time,"** 2 p.m., Cushing Library. The Cushing Readers Theatre presents the show to benefit the Library.
- **Fall Pops Concert**, 3 p.m., Aldersgate United Methodist Church, Rockland. Bay Winds North Wind Ensemble plays selections from Clare Grundman's "Fantasy on Ameri-

- can Sailing Songs" and others. Refreshments. Free.
- **Schumann's "Frauenliebe und Leben,"** 3 p.m., Friendship United Methodist Church, near the end of Rte. 97 and Rte. 220. Soprano Karen Meyn and pianist Billy Smith perform this piece and others.

MONDAY, NOVEMBER 18:

- **Pints for Paws**, 5-8 p.m., Trackside Station, 4 Union St., Rockland. The 6th annual event gives \$1 from every beer sold to Pope Memorial Humane Society of Knox County. With live music by Paddy Mills, raffle prizes and auction items.
- **Swan Lake Screening**, 7 p.m., Colonial Theatre, Belfast. The new production was recorded in high def at Mariinski Theatre in St. Petersburg. \$12/\$8 teens/\$5 children.

TUESDAY, NOVEMBER 19:

- **Encore Screening of Puccini's Tosca**, 1 p.m., Strand Theatre in Rockland. An encore of the Met Opera Live in HD starring Patricia Racette in the title role opposite Roberto Alagna as Cavaradossi. FMI: 594-0070 or RocklandStrand.com.
- **Author of Piracy Thriller Speaks**, 7 p.m., Thomaston Library, 60 Main St. Retired U.S. Navy Captain Bob Branco talks about his new book, *Strike from the Deep*, and shares a slide show that provides background for his thriller about Somali pirates.

WEDNESDAY, NOVEMBER 20:

- **Author of Maritime Whodunit Speaks**, 10 a.m., Skidompha Library, Damariscotta. In this entry to the Library's *Chats with Champions* series, Andrew Vietze discusses his book *Boon Island: A True Story of Mutiny, Shipwreck, and Cannibalism*. Free.

THURSDAY, NOVEMBER 21:

- **Flower Designing with the Stars**, 4-7 p.m., Shelley's Flowers & Gifts, Waldoboro. The public is invited to cast \$1 "votes" for Ernie Colletti, Kathy Hammer, Vicky Miller, Jan Minzy, Craig Lee, Nicole Sabiens, Ted Wooster, Richard Lash and Pastor Jon Vermilion, who will each be given the same flowers and container to create an arrangement. Benefits the Community Housing Improvement Project. With snacks and adult beverages.
- **Novel Jazz Septet Plays**, 7-9:30 p.m., Skidompha Library, Damariscotta. Featuring Barney Balch on trombone, Mickey Felder on piano, Bryan Jones on alto sax, Dave Clarke on guitar, and special guests Ezra Rugg on string bass and Chris Rogers playing percussion. \$14/\$12 seniors/\$6 ages 12-18/under 12 free.

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CALENDAR OF EVENTS

Santa's On His Way!

HARBOR PLAZA
CAMDEN STREET, ROCKLAND

Visit Santa Claus at Harbor Plaza.
See next week's Free Press for Schedule.

► **"A Wicked Evening,"** 7 p.m., Camden Opera House. Writer Gregory Maguire talks about his *Wicked* book series. \$15, or \$25 to get a copy of *Wicked* and entry to the book-signing reception afterward. Benefits Camden Library's "Stock the Stacks" fund.

► **Rachmaninoff Choir,** 7:30 p.m., Bowdoin College Chapel, Brunswick. Under the direction of Anthony Antolini, the Choir performs the 1910 Liturgy of St. John Chrysostom. Free.

► **Bluegrass Star Della Mae Performs,** 7:30 p.m., Unity College Center for the Performing Arts, 42 Depot St. A show by the Boston-based combo that's making a fast rise in the bluegrass festival world. \$22 adv. tickets: uccpa.unity.edu or 948-7469. \$25 door.

COMING UP:

► **ArtFull Gifts Show,** Fri.-Sun., Nov. 22-24, Point Lookout, Northport. With craft demos and 50 Maine art, craft and artisan food exhibitors. Admission fees benefit Coastal Mountains Land Trust. FMI: ArtFullGifts.com.

► **Hollerfest,** Fri., Nov. 22, Strand Theatre, Rockland. Toughcats, The Ghost of Paul Revere and Darlingside share the stage. Balcony and lobby bars open to those 21+. \$17 tickets on sale now: 594-0070 or RocklandStrand.com.

► **Belfast Poetry Slam,** 7 p.m., Playhouse Theatre, 107 Church St., Belfast. The live-action poetry performance contest is open to all. Bring several original poems, each no longer than three minutes. FMI: jacob@belfastpoetry.com or 338-5777.

► **Molly Ringwald and Her Jazz Quartet,** 4 and 7:30 p.m., Sat., Nov. 23, Gracie Theatre, Husson University, Bangor. The mezzo-soprano, originally known for her roles in teen movies like "The Breakfast Club," performs. FMI: GracieTheatre.com or 941-7888.

► **John Prine Comes to Maine,** Fri., March 28, 2014, 8 p.m., Portland's State Theatre. \$40-\$65. Tickets: 800-745-3000 or StateTheatrePortland.com. Sat., March 29, 8 p.m., UMaine's Collins Center for the Arts, Orono. \$48-\$68. Tickets: CollinsCenterForTheArts.com or 800-622-8499.

CHILDREN'S & TEENS' EVENTS

THURSDAY, NOVEMBER 14:

► **Girls' Night Out,** 6-8 p.m., Thursdays, Nov. 14 and 21, Penobscot Bay YMCA, Rockport. With a "Getting to Know You" activity, light healthy meal and talk about healthy choices. Free. Registration required: 236-6313 or nllaite2@myfairpoint.net.

SATURDAY, NOVEMBER 16:

► **Celebrate Toto's Birthday!** 10 a.m., Farnsworth Art Museum's Gamble Education Center, Rockland. A free family activity with Oz-themed snacks, crafts, music.

► **Kindness Poster Project,** 10:30 a.m., Rockland Library, 80 Union St. To celebrate World Kindness Day, kids can enjoy a story time and special craft.

► **Fun with Gingerbread,** 11 a.m.-noon,

Coastal Children's Museum, Rockland. Help decorate the museum's gingerbread house entry for this year's Festival of Lights. The Good Tern Co-op supplies gingerbread people that kids and their families can decorate with alternatives to sugary items. Included with admission. Sign-up appreciated: CoastalChildrensMuseum.org or 596-0300.

► **Cartooning Workshop,** 2-3 p.m., Portland Public Library. "Draw on Your Creativity." Jay Piscopo, author/illustrator of the graphic novel series "The Undersea Adventures of Capt'n Eli," who shows kids how to create art that tells a story. For children, ages 7-12.

► **Learn about Watershed School,** at an open house in the home of Watershed sophomore Leslie Ryan, 43 High St., Belfast. FMI: 230-7341 or Watershed-School.org.

► **Gettysburg Address Recital Contest,** 5 p.m., Medomak Valley High School, Waldoboro. To mark the 150th anniversary of Lincoln's speech, a contest in its recital is open to students in grades K-12 in MSAD 40. FMI: 832-5389.

► **Latin American Cooking Class,** 5-7 p.m., Penobscot School, 28 Gay St., Rockland. Nohora Estes leads the hands-on fiesta for kids. \$25. Registration: 594-1084.

TUESDAY, NOVEMBER 19:

► **Free Drawing Class,** 4-5 p.m., Rockland Library, 80 Union St. Catinka Knoch leads the "Let's Draw Together!" class for children 6 and up. Nov. 5: "Let's Draw Native American Designs and Motifs!" Kids 10 and under should be with an adult. Materials provided.

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The new 2013/2014 winter season at Samoset begins with a series of Holiday Happenings from Thanksgiving through New Year's Eve and beyond. Come experience our festively decorated winter retreat with holiday packages, special menus, and activities such as Brunch with Santa on Sunday, December 8 and Sunday, December 15.



WHAT'S NEW THIS SEASON...

The resort will feature a 100' x 50' outdoor ice skating rink with bonfire and s'mores. January 17-19 and January 24-25, La Bella Vita Ristorante will offer an outdoor Glacier Ice Bar set amongst the fire pit and fire lamps overlooking the ocean. Samoset's Winter Weekends and School Break Vacations will offer a series of family activities, culinary events, kids' recreation center, indoor pool, group fitness classes and custom Spa treatments.



RESORT SCHEDULE
Open from Friday to Sunday all winter. Plus Christmas Week, February and April school vacation weeks.



LA BELLA VITA HOURS

Saturday/Sunday for Breakfast 7-10:30am
Saturday for Lunch 11:30am-5pm
Friday for Dinner 5-9pm
Saturday for Dinner 5-10pm
Sunday for Brunch 12-2:30pm

ENOTECA

Friday 12-9pm
Saturday 11:30am-10pm
Sunday 11:30am-2:30pm
Plus Christmas Week, February and April School Vacation Weeks.



THE CLUB

AT THE SAMOSET
HOURS
7 days a week
5:30am-9pm



GROUP FITNESS SCHEDULE

Please visit The Club's page at SamosetResort.com or call 207.593.1545 to find out about our Pilates, Zen Kick, Water Fitness, Strength & Toning, Hatha Yoga and other available classes.

THE SPA
AT THE SAMOSET

THE SPA HOURS

The Spa at The Samoset will be open Friday-Sunday all winter long. Please call for specific hours and availability.

CALENDAR OF EVENTS

WEDNESDAY, NOVEMBER 20:

► **Youth Open Mic**, 6-8 p.m., The Highlands Coffee House, 189 Main St., Thomaston. Kids 18 and under should bring their talent. With karaoke.

COMING UP:

► **Afternoon of "Hunger Games" for Teens**, Fri., Nov. 22, 3-10 p.m. Skidompha Library in Damariscotta shows the first "Hunger Games" movie at 3:15 p.m., followed by pizza and a trivia contest. After dinner, teens board a bus to see the second movie, "Catching Fire." Both are rated PG and kids must have a signed permission slip (get one at the library). \$10.

ONGOING:

► **Jackson Memorial Library After-School Program**, Mondays-Fridays, 3:30-5:30 p.m., Tenants Harbor. Students in grades 6-8 engage in physical activities, prepare a healthy snack and get homework help.

► **Carver Memorial Library Preschool Story Hour**, Mondays, 10:30 a.m., Searsport. Stories, games, singing for toddlers and their siblings. FMI: 548-2303.

► **Waldoboro Library Book Nook**, Mondays, 3:30 p.m. Chapter books read aloud for kids 8-12 and their families.

► **Waldoboro Library Midcoast Music Together**, third Monday, 10:30 a.m. Jess Day leads singing, instrument play, movement and more for kids up to 6.

► **Skidompha Library Toddler Time**, Tuesdays, 10 a.m., Damariscotta. Stories, songs and movement for kids 2-5.

► **Jackson Memorial Library Story Time**, Tuesdays, 10:30 a.m., Tenants Harbor. One story time for all ages.

► **Rockport Library Preschool Story Time**, Tuesdays, 10:30 a.m. Babies to 5-year-olds can enjoy stories, finger plays, songs and a craft. Free. FMI: 236-3642.

► **St. Margaret's Church Toddlers' Play Date**, Wednesdays, 9:30-11:30 a.m., Parish House, 95 Court St., Belfast. For children under 4 and their caregivers. FMI: 338-2412 or 322-5013.

► **Rockland Library Preschool Story Times**, Wednesdays & Saturdays, 10:30 a.m. FMI: 594-0310.

► **Skidompha Library Book Babies**, Wednesdays, 10 a.m., Damariscotta. Stories, songs and movement for newborns to 3-year-olds.

► **Waldoboro Library Story Hour**, Wednesdays, 10:15 a.m. Miss Connie reads stories and leads crafts for preschoolers. FMI: 832-4484.

► **Thomaston Library Read-Aloud Program**, Wednesdays, 3 p.m. Aimed at kids 8-12 and their families, who are invited to listen and draw storyboards.

► **St. Peter's Church Toy Library**, Thursdays & Fridays, 9 a.m.-noon, White Street, Rockland. Playtime for kids up to 5, toys to borrow and parenting resources. Nominal fee; scholarships available. FMI: midcoasttoylibrary@gmail.com.

► **Skidompha Library Ready to Read**, Thursdays, 10 a.m., Damariscotta. Story hour and crafts for 4- and 5-year-olds.

► **Liberty Library Story Time**, Thursdays, 10:30 a.m. For preschoolers & their parents.

► **Liberty Library Story Time**, Thursdays, 10:30 a.m. Miss Barb reads stories and leads crafts for preschoolers and their caregivers. One story time for all ages.

► **Thomaston Library Story Time**, Thursdays, 11 a.m.-noon. Kids must be with an older family member. FMI: 354-2453.

► **God's Lighthouse Church Youth Group**, Thursdays, 6 p.m., 78 South Main St., Rockland. Food and fun for area kids 10 and up. FMI: 542-3906.

► **Rockland Library Baby Story Time**, Fridays, 10 a.m. FMI: 594-0310.

► **Vose Library Story Time**, Fridays, 10:15 a.m., Union. Songs and finger plays for babies and toddlers. Story and activity for older kids. FMI: 785-4733.

► **Jackson Memorial Library Robotics with Stuart**, Fridays, 4:30-6:30 p.m., Tenants Harbor. Kids in grade 6 and up learn about robots and build their own.

► **Clothing Give-Away**, first Saturdays, 9 a.m.-noon, Second Congregational Church, 252 Main St., Warren. Free clothes for newborns to 'tweens.

► **Stockton Springs Library Story Hour**, first & third Saturdays, 10-11 a.m. FMI: www.stocktonspringlibrary.org.

FILM

THURSDAY, NOVEMBER 14:

► **"Chasing Ice,"** 7 p.m., Waterfall Arts, 256 High St., Belfast. The documentary chronicles James Balog's Extreme Ice Survey, a years-long project that used time-lapse cameras to document changes in the world's glaciers. An audience discussion will follow. \$5 suggested donation.

FRIDAY, NOVEMBER 15 - THURSDAY, NOVEMBER 21:

► **COLONIAL THEATRE**, Belfast: **"The Hunger Games: Catching Fire,"** **"Captain Phillips,"** **"Last Vegas,"** **"Free Birds."** See ad p. 43 for showtimes.

► **FLAGSHIP CINEMAS 10**, Thomaston: **"The Best Man Holiday,"** **"Thor: The Dark World,"** **"About Time,"** **"Free Birds,"** **"Ender's Game,"** **"Last Vegas,"** **"Jackass Presents: Bad Grandpa,"** **"Gravity,"** **"Cloudy with a Chance of Meatballs 2,"** **"Captain Phillips."** See ad p. 43 for showtimes.

► **HARBOR THEATRE**, Boothbay Harbor: **"Rush."** Showtimes at HarborTheatre.net.

► **LINCOLN THEATER**, Damariscotta: **"Captain Phillips."** Showtimes at AtTheLincoln.org.

► **STRAND THEATRE**, Rockland: **"Wadja"** and **"Muscle Shoals."** See ad p. 43 for showtimes. FMI: 594-0070 or RocklandStrand.com.

FRIDAY, NOVEMBER 15:

► **"This Gun for Hire,"** 6:30 p.m. *Friday Night Film Series* at the Thomaston Library, 60 Main St., with Film Noir in November. Alan Ladd and Veronica Lake star in this hard-edged story of love, pow-

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February 21-23, 2014 "The Global Politics of Food & Water" Community Events

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

- **Thursday, November 14:** *Rockland Public Library*, 6:30-8 p.m., **"Resilience in Cuba, India and the U.S.,"** a presentation by James Merkel.
- **Tuesday, November 19:** *Belfast Free Library*, 6:30-8 p.m., **"Reduce Your Carbon Footprint,"** a presentation by Keith Blizzard.
- **Tuesday, December 3:** *Belfast Free Library*, 6:30-8 p.m., **"Farming in Maine and Beyond,"** a talk by John Piotti.
- **Wednesday, December 4:** *Knox-Lincoln Cooperative Extension Office, Waldoboro*, 9 a.m.-12:30 p.m., **"Building Farm-Friendly Communities,"** a talk with John Piotti, Richard Abbondanza, Daniel Wallace and Stacy Benjamin. Register at <http://lcrpc.org/farm-forum>.

Camden Conference Discussion Series

Open to everyone, these free discussion groups are centered on selected readings and videos. Preparation is encouraged.

Please visit www.camdenconference.org or your library's website for a short reading/video list.

- **"What's the Truth About Genetically Modified Foods?"**
Thurs., Dec. 12: Rockland Library, 6:30-8 p.m.
- **"Fresh Water Scarcity"**
Tues., Dec. 17: Camden Library, 7-8:30 p.m.
- **"Climate Change and War — Inevitable?"**
Tues., Nov. 19: Camden Library, 7-8:30 p.m.
- **"What's the Truth About Genetically Modified Foods?"**
Wed., Dec. 4: Belfast Library, 6:30-8 p.m.

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

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CALENDAR OF EVENTS



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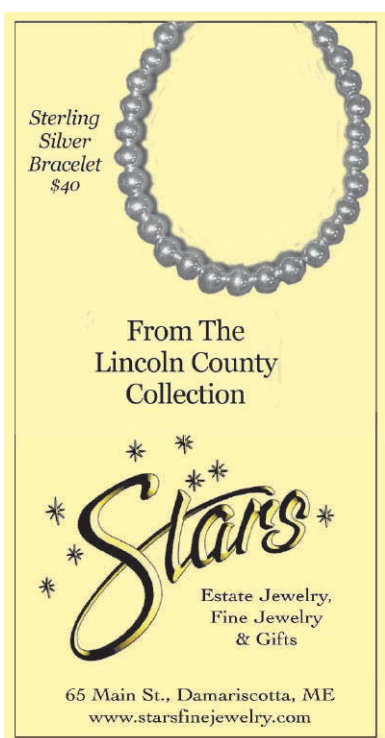
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er and betrayal set in the underworld of the 1940s. Free; donations accepted.
 ▶ **"A Mighty Wind,"** 7 p.m., *Friday Night Flicks* at the Belfast Library, 106 High St., with Christopher Guest's "mockumentaries" in November. The musical parodies are spot-on in this affectionate satire of the 1960s folk music scene. Free.

MONDAY, NOVEMBER 18:
 ▶ **"When the Iron Bird Flies,"** 6:30 p.m., Colonial Theatre, Belfast. The film about Tibetan Buddhism coming to the West features interviews with the Dalai Lama and Anam Thubten. Suggested donation \$5-\$10. FMI: katia@relaxationcopilot.com or 323-5393.

▶ **"Ocean Frontiers,"** Savory Maine, 11 Water St., Damariscotta. Presented in conjunction with the Maine Chapter of the Sierra Club, the documentary focuses on pioneers embarking on a new course of stewardship in defense of the seas.

WEDNESDAY, NOVEMBER 20:
 ▶ **"The True Cost of Oil,"** 6 p.m., Belfast Library, 106 High St. A documentary on the impacts of tar sands mining in Canada. Also shown, three short pieces by the Gas Drilling Awareness Coalition, a group fighting fracking in Dimock, Pennsylvania. A discussion follows. Free. FMI: 338-4450.

▶ **"Mardi Gras: Made in China,"** 7 p.m., Strand Theatre, Rockland. First in the *10x10 Film Series* presented by the Camden International Film Festival, the documentary follows the path of Mardi Gras beads from a factory in China to the streets of New Orleans. A Q&A with filmmakers David Redmon and Ashley Sabin via Skype follows. \$8.50/\$7.50 seniors & students.

THURSDAY, NOVEMBER 21:
 ▶ **"Montaigne on Self-Esteem,"** 6:30 p.m., Rockland Library, 80 Union St. Part of the library's free *Philosophy: A Guide to Happiness* series, the short film serves as a springboard for an audience discussion led by Richard Fortune, URock student and Honors Program veep. FMI: 594-0310.

▶ **"Planes, Trains, and Automobiles,"** 6:30 p.m., Room 200 of Thomaston Academy, 60 Main St. The Saltwater Film Society screens the Thanksgiving classic starring John Candy and Steve Martin on a road trip gone terribly wrong.

ART

FRIDAY, NOVEMBER 15:
 ▶ **Artist Talk & Closing Reception,** Maine Media Gallery, 18 Central St., Rockport. Steven Laxton gives a talk from 4-5 p.m., followed by a closing reception from 5-8 p.m. of his *Circo El Salvador* photo series following the traveling circus families of El Salvador. Free.

▶ **"Celebrating Color,"** 5-7 p.m., River Arts, Damariscotta. The juried exhibition with 120 pieces of art by 90 Maine artists opens with a reception. Through Dec. 16.

▶ **Holiday Exhibition,** 5-7 p.m., Jackson Memorial Library, Tenants Harbor. A reception with seasonal refreshments and live music by Steve Lindsay opens the show of small paintings by 25 St. George artists. Through Dec. 31.

▶ **Small Works Holiday Show,** 5:30-8 p.m., Maine Farmland Trust Gallery, 97 Main St., Belfast. The "Inch by Inch, Row by Row" show of paintings, pastels, photos, jewelry scarves and more opens with a reception. A portion of every sale goes to farmland preservation. Through Jan. 7.

▶ **Art Stomp Sale,** 7 p.m., Sweet Tree Arts, Hope Corner. The finale of a silent auction of art created by Julie Crane, Suzanne Southworth, Kathleen Gass, Jackie Dunham, Lindsay Pinchbeck, Antonia Monroe and Opal of Hope Elephants. The free evening will feature hors d'oeuvres and Thai beverages. Reservations: 763-2770 or SweetTreeArts.org.

SATURDAY, NOVEMBER 16:
 ▶ **Saturday Life Drawing,** 9:30 a.m.-noon, Saturdays through Dec. 7, Waterfall Arts, 256 High St., Belfast. Long poses. \$15 drop-in fee. FMI: 338-2222 or WaterfallArts.org.

▶ **"The Seasons,"** 3-6 p.m., Gold/Smith Gallery, 41 Commercial St., Boothbay Harbor. A reception for John Vander and his spontaneous mixed-media works. Through Christmas.

▶ **Tidemark Gallery Holiday Show,** 5-7 p.m., 902 Main St., Waldoboro. Gallery artists will be on hand to meet visitors to the holiday show, which runs Nov. 13-Dec. 21. FMI: TidemarkGallery.com or 832-5109.

MONDAY, NOVEMBER 18:
 ▶ **Free Adult Art Class,** 11 a.m., Rockland Library, 80 Union St. Catinka Knoth supplies materials and leads the class, with a November theme of woodland animals, and a focus on drawing in color.

▶ **Open Studio with the Collective,** 6-8 p.m., Farnsworth Art Museum's Gamble Education Center, Grace & Union sts., Rockland. Materials from the supply room will be available. \$20/\$10 Farnsworth members/free Farnsworth Collective members. Sign-up: 596-6457 or FarnsworthMuseum.org.

▶ **Creative Artists Support Group,** 6:30-8 p.m., Belfast Library, 106 High St. A free support/discussion group for people interested in developing their artistic potential. FMI: ben496@prexar.com or 338-4576.

TUESDAY, NOVEMBER 19:
 ▶ **Tuesday Life Drawing,** 6:30-9 p.m. Tuesdays through Nov. 5, Waterfall Arts, 256 High St., Belfast. Short, timed, varied poses. \$15 drop-in fee. FMI: 338-2222 or WaterfallArts.org.

WEDNESDAY, NOVEMBER 20:
 ▶ **Wednesday Life Drawing,** 6-8:30 p.m., private Camden studio. Meets Wednesdays through November. Timed poses, 1-30 minutes. Limited to 12. \$17 per session. Reservations required: 236-6468 or brightwork@roadrunner.com.

▶ **"Fall Forward,"** 5-8 p.m., 216 Main St., Suite 202 (above Trillium Soaps), Rockland. A reception for Jessica Stammen and her small paintings and Margaret Rizzio and her small assemblages with vintage ephemera. The pop-up show will also be on display Thurs., Nov. 21.

THURSDAY, NOVEMBER 21:
 ▶ **Mobius Art Show Opens,** River Arts Gallery, 241 Rte. 1, Damariscotta. Mobius Inc. holds the show of work by artists in the Creative Expressions Program. The show runs Nov. 21-27. An opening reception will be held 2-5 p.m. Fri., Nov. 22.

ONGOING:
 ▶ **Farnsworth Art Museum, Rockland.** "Every Picture Tells a Story: N.C. Wyeth Illustrations from the Brandywine River Museum." Throughout 2013. "The Wonderful World of Oz." Through March 2014. "Andrew Wyeth: Temperas and Watercolors." Through April 2014.

▶ **Portland Museum of Art, 7 Congress Square.** "Ahmed Alsoudani: Redacted" and "Winslow Homer's Civil War." Both through Dec. 8. "Portland Museum of Art Biennial: Piece Work." Through Jan. 5.

▶ **Institute of Contemporary Art at Maine College of Art, 522 Congress St., Portland.** The 2013 MCA Faculty Exhibition runs through December.

▶ **UMaine Museum of Art, 40 Harlow St., Bangor.** "Sachiko Akiyama: On Finding Home," "Susan Burnstine & Lynn Saville: From the Shadows," and "Gregory Kalliche: GPOY." All through Jan. 4.

MISCELLANEOUS

THURSDAY, NOVEMBER 14:
 ▶ **"Resilience in Cuba, India and the U.S.,"** 6:30 p.m., Rockland Library, 80 Union St. The Camden Conference presents sustainability pioneer James Merkel, who shares images, data and reports from his travels to Cuba and India. Free. FMI: CamdenConference.org.

▶ **Oz Expert to Speak,** 7 p.m., Camden Library, 55 Main St. "The Wizard of Oz" expert John Fricke, author of *The Wonderful World of Oz: An Illustrated History of an American Classic*, gives the talk.

▶ **"Alaska Fisherman Turns Polar Sailing Cruiser Turns Maritime Historian,"** 7 p.m., Rockport Opera House. In the final installment of Friends of the Rockport Library's *Seafaring Series*, Mark Roye and Nancy Krill show images and tell stories of voyages on their ketch *Tamara* in Argentina, Antarctica, the Galapagos and elsewhere.

FRIDAY, NOVEMBER 15:
 ▶ **7th Annual Downeast Living with Cancer Conference,** 8 a.m.-3:30 p.m., Atlantic Oceanside Hotel & Conference Center, Bar Harbor. Free conference for cancer patients and survivors, family members, caregivers and medical professionals. With a cooking demo, workshops and vendor exhibits. FMI: cancer.org/lwcc or 800-227-2345.

▶ **"New to Medicare" Workshop,** 10:30 a.m.-noon, Knox Community Center, 61 Park St., Rockland. Led by Gloria Rhode. Free. Registration required: 596-0339.

▶ **Family Variety Show,** 7 p.m., Evening Star Grange Hall, Old Union Road, Washington. Bring your act to this fun, non-competitive show. Admission is free. Light refreshments. FMI: 845-3102.

SATURDAY, NOVEMBER 16:
 ▶ **Early Bird Sale & Bed Races,** downtown Brunswick. The sale starts at 6 a.m. at over 20 businesses. With Rolling Slumber Bed Races, in which teams of costumed participants compete. Rain or shine. FMI: BrunswickDowntown.org.

▶ **Homebuyer Education Class,** Saturdays, Nov. 16 & 23, 8 a.m.-3:30 p.m., Penquis, 315 Main St., Rockland. The class covers financing, home selection and more. You must attend both. \$30. FMI: 973-3559, 800-215-4942, ahobson@penquis.org or MaineHomeWorks.org.

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CALENDAR OF EVENTS

► **Rabies Shot Clinic**, 9-11 a.m., Knox Town Office, 10 Abbott Road. Hosted by Waldo County Humane Society. Free for animals in Waldo County. Small fee for pets from other counties. Animals must be on a leash or in a carrier. FMI: 852-5033.

► **Senator Chris Johnson Holds Office Hours**, the Somerville Democrat will be at Village Café in Waldoboro from 9-10 a.m., at Maine Coast Book Shop Café in Damariscotta 10:30 a.m.-noon, and at Treats in Wiscasset 12:30-1:30 p.m.

► **Belfast Co-op Tour**, 10 a.m., 123 High St. With info on member benefits, how to use the nut butter and coffee bean grinders, and when deliveries are made.

► **Resources Fair for All Veterans**, 10 a.m.-2 p.m., National Guard Armory, Alfred Plourde Parkway, Lewiston. For veterans and military members of all eras and their families. With 40 organizations that specialize in benefits, therapy dogs, education, employment, healthcare, housing, traumatic brain injury and more. Free lifetime state park passes will be available (bring a DD214). Free admission. FMI: 753-9092 or 783-4663 ext. 228. TTY users: Maine Relay 711.

► **Weihnachtsgebäck Class**, 10 a.m.-2 p.m., Penobscot School, Rockland. Renate Tower teaches adults and kids accompanied by parents in this German Christmas baking class. \$50. Ask about family discounts. Registration: 594-1084 or Penobscot.us.

► **“Learn to Turn” Weekend Woodworking Class**, Sat. & Sun., Nov. 16 & 17, Center for Furniture Craftsmanship, Rockport. Stephen Gleasner teaches fundamental turning skills, lathe safety and tool selection. \$290. Must be at least 16. FMI: 594-5611 or WoodSchool.org.

► **“The World According to Toto,”** 1 p.m., Farnsworth Art Museum, Rockland. Willard Carroll reads from his book *I, Toto: The Autobiography of Terry, the Dog Who Was Toto*.

► **Rockland Historical Society Annual Meeting** 1:30 p.m., Rockland Library, 80 Union St. With a video on the clipper ship *Red Jacket*, built in Rockland by Deacon George Thomas in 1853, and unveiling of a painting of the ship. Ann Morris gives a slide talk on Rockland history.

► **Affordable Care Act Forum**, 2 p.m., Carver Memorial Library, 12 Union St., Searsport. Led by Bjorn Streubel of Waldo Community Action Partners.

► **Free Sausage Making Demo at Maine Street Meats**, 3 p.m., 461 Commercial St., Rockport. Butcher Sean grinds, mixes and stuffs casings.

► **Democrats Serve Pasta & Meatballs**, 5-7 p.m., Mobius Center, across the street from Yellowfront grocery, Damariscotta. Fundraiser for the Lincoln County Democrats. \$10/\$5 kids 5-12/free under 5/\$25 for family of four.

► **Good Tern Co-op Autumn Social**, 6-8 p.m., Rockland Rec Center, 61 Lime-rock St. The evening of potluck tapas and conversation will feature stories about the Good Tern. FMI: 594-8822.

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MONDAY, NOVEMBER 18:

► **College Planning for Adults**, 10 a.m., University College of Rockland, 91 Camden St. Those 19 and older can learn about GED/SAT preparation, financial aid, career paths and more. Free. Registration: 800-281-3703 or meoc.maine.edu.

TUESDAY, NOVEMBER 19:

► **Senior Tea at Jackson Memorial Library**, 10:30-11:30 a.m., 71 Main St., Tenants Harbor. Seniors are invited to enjoy tea and refreshments and learn what resources are available to them.

► **“All About Bats,”** 2 p.m., St. Margaret’s Episcopal Church Parish House, 95 Court St., Belfast. Annie Kassler gives the free, public talk. The Belfast Garden Club has a business meeting at 1 p.m. FMI: BelfastGardenClub@gmail.com or 930-3562.

► **Pink Chimneys on Book Club’s List**, 2:30 p.m., Thomaston Library, 60 Main St. The Intergenerational Book Club will discuss Ardeana Hamlin’s novel about a midwife, a madam and a seamstress living in Bangor when it was a world lumber capital. Extra copies are at the library.

► **Fireside Book Club Starts Up**, 3 p.m., Coastal Maine Botanical Gardens, Boothbay. The first of four monthly gatherings of the new club features a discussion of *The Brother Gardeners* by Andrea Wulf. All four sessions: \$12/\$10 members of the Gardens, Boothbay Region Land Trust and local garden clubs. Registration required. FMI: MaineGardens.org or 633-4333, ext. 101.

► **Affordable Care Workshop for Lobstermen**, 5-7 p.m., Oceanside East High School, Rockland. With info on tax subsidies and potential penalties.

► **Affordable Care Act Info Night**, 6-8 p.m., Camden Hills Regional High School, Rockport. Registration required: FiveTowns.MaineAdultEd.org or 236-7800. Free.

► **GreenBlizzard.com Founder to Speak**, 6:30-8 p.m., Belfast Library, 106 High St. Keith Blizzard tells how you can reduce your carbon footprint. Free.

► **Hatchery Entrepreneurial Series**, 7 p.m., Camden Library. Micro-enterprise consultant Ken Greenleaf leads the free stand-alone workshops. Drop-ins welcome. At the Nov. 19 workshop, four business owners from Knox County talk about doing business here. Free.

► **GreenBlizzard.com Founder to Speak**, 6:30-8 p.m., Belfast Library, 106 High St. Keith Blizzard tells how you can reduce your carbon footprint. Free.

WEDNESDAY, NOV. 20:

► **Lunch and Learn Series**, 11:15 a.m.-1 p.m., Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. Thomas Arter gives a talk on “John James Audubon Revealed.” \$6 under 60/\$5 age 60 and up. Reservations

by noon Mon., Nov. 18, required: 563-1363. Also at the center on Weds., Nov. 20, a **Flu Shot Clinic**. \$30 for those without Medicare. Register by Mon., Nov. 18: 563-1363.

► **“Understanding Palliative Care,”** 1 p.m., Camden Library, 55 Main St. Dr. Ira Mandel gives the talk about palliative medicine. Free, but registration required: 230-6114.

► **GrowSmart Maine Annual Meeting**, 1-5 p.m., Atrium at Bates Mill, Lewiston. Orono Town Planner and former Maine State Planning Office Director Evan Richert discusses the past 10 years of growth in Maine. A panel of experts discuss challenges ahead. With a networking reception and tours of Baxter Brewing. FMI: GrowSmartMaine.org.

► **Learn to Make a Gingerbread House**, 3 p.m., Opera House at Boothbay Harbor. Pat and Kevin Kiley show you how to design, build and decorate one. The free class is open to all ages, but those under 12 must be with an adult. Registration: 633-6855.

► **Lincoln County Dems Meeting**, 6:30 p.m., Community Room at Fire Station on River Road, Newcastle. The topic will be Medicaid in Maine. FMI: 380-5103.

► **“Osteopathic Manipulation: A Timeless Healing Art,”** 6-7 p.m., Pen Bay Healthcare’s Picker Family Resource Center, Rockport. Dr. Alan Ross gives the free talk. FMI: 596-8950.

► **Turkey Bingo**, 6 p.m., VFW Hall, Waldoboro. The Waldoboro Firemen’s Association gives out turkeys for single winner games. Plus, cash games and a blackout game for a Thanksgiving Basket. With 50/50 raffle and door prizes. FMI: 832-2162.

► **Family Constellations Presentation**, 7-8:30 p.m., Good Tern Co-op, Rockland. Anna and Vincent Abaldo give an informal presentation on their unique way of working with family dynamics, relationships and any form of chronic pattern or unresolved issue. Learn more at SoulMovesMe.com.

THURSDAY, NOVEMBER 21:

► **Senior Bus Trip to Fox Run Mall**, 8 a.m. The Waldoboro Rec Department sponsors the trip for those 55 and older to Newington, New Hampshire. Free for Waldoboro residents, \$25 non-residents.

(Continued on p. 43)

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Saturday, November 16, 6-8 p.m.

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"Mardi Gras: Made in China" to Lead Off Documentary Series at Strand

"Mardi Gras: Made in China" will be shown at the Strand Theatre in Rockland on Wednesday, November 20, at 7 p.m. as the first film in "10 for 10," a monthly series of documentary films co-presented by the Camden International Film Festival (CIFF) and the Strand.

"Mardi Gras" will be introduced by Ben Fowlie, CIFF founder and executive director, and the film's makers, David Redmon and Ashley Sabin, will take part along with Fowlie in a Q&A via Skype following the screening.

"Mardi Gras" was Redmon and Sabin's first film and was shown in CIFF's inaugural festival in 2005, where it won the festival's first Harrell Award for Best Documentary. The duo have shown seven films at CIFF over the years, including "Downeast," "Kamp Katrina" and "Girl Model."

"David Redmon and Ashley Sabin have helped shape the nonfiction landscape over the past decade," says Fowlie. "One of the most special aspects of working with CIFF has been watching the festival grow alongside artists you admire. It seemed absolutely fitting to kick this series off with a film-making team that has been crucial to our development."

The "10 for 10" series will continue with a film each month through August 2014; all showings will be on Wednesdays at 7 p.m. For more information, visit www.camdenfilmfest.org.

Rockland Library's "Guide to Happiness" Film Series Continues

On Thursday, November 21, at 6:30 p.m., Rockland Public Library will screen "Montaigne on Self-Esteem," part four of the Philosophy: A Guide to Happiness series. The 24-minute film looks at the problem of self-esteem from the perspective of Michel de Montaigne, the 16th-century French philosopher who singled out three main reasons for feeling bad about oneself — sexual inadequacy, failure to live up to social norms and intellectual inferiority — and then offered practical solutions for overcoming them. A discussion, led by Richard Fortuna, URock student and honors program vice president, will follow the film.

The Philosophy: A Guide to Happiness series features thinkers who have influenced history, and their ideas about the pursuit of happiness. The films are screened in the Friends Community Room, located in the lower level of the library. Admission is free.

Documentary on Tar Sands Oil Mining at Belfast Library

"The True Cost of Oil," a documentary on the impacts of tar sands mining in Canada, will be shown on Wednesday, November 20, at 6 p.m. in the Abbott Room of the Belfast Free Library, free and open to the public. The film is based on the work of photojournalist Garth Lenz, whose pictures contrast mined areas in Alberta's boreal region with the parts of the forest not yet touched.

Also on the program will be three short pieces by the Gas Drilling Awareness Coalition, a group fighting fracking in the town of Dimock, Pennsylvania, which has experienced water contamination, noise pollution and governmental indifference.

A discussion will follow the films. The program is sponsored by the Peace and Justice Group of Waldo County as part of its monthly community forum series. For more information, call 338-4450.

Monthly Film Series Begins November 18 at Savory Maine

Savory Maine Restaurant and the Maine Chapter of the Sierra Club will present a series of free movies at the restaurant, 11 Water Street in Damariscotta, through this winter and next spring on the third Monday of each month. The first in the series, "Ocean Frontiers," will be shown at 7 p.m. on Monday, November 18. The documentary focuses on ocean pioneers — "people who are embarking on a new course of stewardship, in defense of the seas that sustain them."

Soup, chowder, quiche, desserts and beverages will be available for purchase from 6 to 7 p.m. before the movie. The regular dinner menu will not be available that night. For more information, call 563-2111, or go to www.savorymainedining.com.

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New on DVD & Blu-ray

Just Released 11/12 —

TURBO PG/Animated Family/Dir: David Soren (Ryan Reynolds, Paul Giamatti, Samuel L. Jackson) A freak accident might just help an everyday garden snail achieve his biggest dream: winning the Indy 500.

Recent Releases —

THE HOBBIT: AN UNEXPECTED JOURNEY

PG-13/Adventure/Dir: Peter Jackson (Martin Freeman, Ian McKellen, Richard Armitage) A curious Hobbit, Bilbo Baggins, journeys to the Lonely Mountain with a vigorous group of Dwarves to reclaim a treasure stolen from them by the dragon Smaug.

THE INTERNSHIP PG-13/Comedy/Dir: Shawn Levy (Rose Byrne, Owen Wilson, Dylan O'Brien, Vince Vaughn, Max Minghella) Two salesmen whose careers have been torpedoed by the digital age find their way into a coveted internship at Google, where they must compete with a group of young, tech-savvy geniuses for a shot at employment.

IRON MAN 3 PG-13/Action/Dir: Shane Black (Robert Downey Jr., Gwyneth Paltrow, Don Cheadle, Guy Pearce, Rebecca Hall, Jon Favreau, Ben Kingsley, Stephanie Szostak, James Badge Dale, Ty Broussard, William Sadler, Dale Dickey, Miguel Ferrer, Paul Bettany) When Tony Stark's world is torn apart by a formidable terrorist called the Mandarin, he starts an odyssey of rebuilding and retribution.

MONSTERS UNIVERSITY G/Animated Comedy/Dir: Dan Scanlon (Billy Crystal, John Goodman, Steve Buscemi) A look at the relationship between Mike and Sulley during their days at Monsters University — when they weren't necessarily the best of friends.

MUCH ADO ABOUT NOTHING PG-13/Romantic Comedy/Dir: Joss Whedon (Amy Acker, Alexis Denisof, Reed Diamond, Nathan Fillion, Clark Gregg, Fran Kranz, Sean Maher, Jillian Morgese) A modern retelling of Shakespeare's classic comedy about two pairs of lovers with different takes on romance and a way with words.

NOW YOU SEE ME PG-13/Action/Dir: Louis Leterrier (Jesse Eisenberg, Mark Ruffalo, Morgan Freeman) An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances and reward their audiences with the money.

OBLIVION PG-13/Sci-Fi/Dir: Joseph Kosinski (Tom Cruise, Morgan Freeman, Olga Kurylenko) A veteran assigned to extract Earth's remaining resources begins to question what he knows about his mission and himself.

PACIFIC RIM PG-13/Action/Dir: Guillermo del Toro (Charlie Hunnam, Idris Elba, Rinko Kikuchi) As a war between humankind and monstrous sea creatures wages on, a former pilot and a trainee are paired up to drive a seemingly obsolete special weapon in a desperate effort to save the world from the apocalypse.

WORLD WAR Z PG-13/Action/Dir: Marc Forster (Brad Pitt, Mireille Enos, Daniella Kertesz) U.N. employee Gerry Lane traverses the world in a race against time to stop the Zombie pandemic that is toppling armies and governments, and threatening to destroy humanity itself.

In Our Theaters

mostly by Lisa Miller Week of November 15 — November 21
Short descriptions of movies that are playing locally

ABOUT TIME R/Fantasy/Dir: Richard Curtis (Domhnall Gleeson, Rachel McAdams, Bill Nighy, Lindsay Duncan, Lydia Wilson, Tom Hollander, Margot Robbie) On his 21st birthday, Tim learns he's inherited his father's ability to travel back in time and improve upon his life. Tim mainly uses his newfound power to woo Mary, the pretty American girl he meets at a London restaurant, but he also seeks to undo the unfortunate decisions made by his sister Kit Kat.

BAD GRANDPA R/Comedy/Dir: Jeff Tremaine (Johnny Knoxville, Jackson Nicoll, Spike Jonze, Georgina Cates) Following the arrest and conviction of 8-year-old Billy's mom, 86-year-old Irving Zisman intends to deliver his motherless grandson to the boy's dad. The pair sets out on a cross-country road trip.

THE BEST MAN HOLIDAY R/Drama/Dir: Malcolm D. Lee (Taye Diggs, Morris Chestnut, Terrence Howard, Harold Perrineau, Nia Long, Sanaa Lathan, Regina Hall, Monica Calhoun, Melissa De Sousa) When college friends reunite after 15 years over the Christmas holidays, they will discover just how easy it is for long-forgotten rivalries and romances to be ignited.

CAPTAIN PHILLIPS PG-13/Thriller/Dir: Paul Greengrass (Tom Hanks, Barkhad Abdi, Barkhad Abdirahman) The true story of an American captain whose freighter is boarded then hijacked by Somali pirates.

CLOUDY WITH A CHANCE OF MEATBALLS 2 PG/Animated/Dir: Cody Cameron, Kris Pearn (Bill Hader, Anna Faris, Will Forte) Flint Lockwood now works at The Live Corp Company for his idol Chester V. But he's forced to leave his post when he learns that his most infamous machine is still operational and is churning out menacing food-animal hybrids.

ENDER'S GAME PG-13/Sci-Fi/Dir: Gavin Hood (Harrison Ford, Asa Butterfield, Hailee Steinfeld, Abigail Breslin, Viola Davis, Ben Kingsley) Set in the near future, pubescent Andrew "Ender" Wiggin is recruited to Battle School where he and other kids are trained to fight against a hostile extraterrestrial race known as Formics. Adapted from the 1985 young adult novel by Orson Scott Card.

FREE BIRDS PG/Animation/Dir: Jimmy Hayward (Woody Harrelson, Owen Wilson, Dan Fogler, Amy Poehler) A pair of adventurous turkeys (Harrelson and Wilson) time-travels back to 1621 — and the original Thanksgiving — in an effort to save their species from becoming a holiday staple food.

GRAVITY PG-13/Sci-Fi/Dir: Alfonso Cuarón (Sandra Bullock, George Clooney, Orto Ignatiussen, Ed Harris) This plausible science-fiction thriller asks what would happen if three astronauts became separated from their spacecraft and set adrift in the void. Though they are trapped in a relatively low Earth orbit, the possibility of rescue is far from assured, as they search for a means to save themselves in this tense, thrilling drama.

LAST VEGAS PG-13/Comedy/Dir: Jon Turteltaub (Robert De Niro, Michael Douglas, Morgan Freeman) Three 60-something friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.

MUSCLE SHOALS PG/Documentary/Dir: Greg "Freddy" Camalier (Gregg Allman, Bono, Clarence Carter, Keith Richards, Steve Winwood, Aretha Franklin, Percy Sledge) FAME Studios in Muscle Shoals, Alabama, was the unlikely breeding ground for a ton of hits in the 1960s and '70s. FAME founder Rick Hall, who achieved much in his driven life, overcoming staggering tragedies, is responsible for creating the "Muscle Shoals sound." He brought black and white together in Alabama's cauldron of racial hostility to create music for the generations. Crammed with generous musical clips and fascinating anecdotes, "Muscle Shoals" is a crowd-pleasing feast of music.

THOR: THE DARK WORLD PG-13/Fantasy/Dir: Alan Taylor (Chris Hemsworth, Natalie Portman, Tom Hiddleston, Stellan Skarsgard, Christopher Eccleston, Anthony Hopkins, Rene Russo, Idris Elba, Kat Dennings, Jonathan Howard) Estranged brothers Thor and Loki must unite forces to save the nine realms after an "ancient force of infinite destruction" known as the Aether is unwittingly reactivated by astrophysicist Jane Foster. The brains behind the mayhem, supervillain Malekith leads the Dark Elves who attack Thor's homeworld of Asgard.

WADJDA PG/Drama/Dir: Haifaa Al Mansour (Reem Abdullah, Waad Mohammed) Wadjda is a 10-year-old girl living in a suburb of Riyadh, the capital of Saudi Arabia. Wadjda sees a beautiful green bicycle for sale. She wants the bicycle desperately, but Wadjda's mother won't allow it, fearing repercussions from a society that sees bicycles as dangerous to a girl's virtue. So Wadjda decides to try and raise the money herself. Just as she is losing hope of raising enough money, she hears of a cash prize for a Koran recitation competition at her school.

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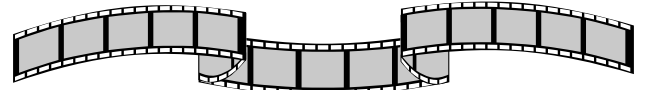
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CALENDAR OF EVENTS

(Continued from p. 14)

Registration: 832-5369 or Waldoboro Town Office.

► **"Birds of the Gulf of Maine: Maine to Cuba and Back Again,"** 7 p.m., Camden Library, 55 Main St. Michael Good of Down East Nature Tours of Bar Harbor gives the talk at a meeting of the Midcoast Audubon Society. Public welcome.

► **"Bake the Night Away,"** 5:30-8:30 p.m., Nobleboro Central School. Debra Arter teaches bakers at all levels how to mix, knead and shape basic yeast dough. Bring an apron, rolling pin, cutting board and plastic tub to fill with samples. \$24 if you register by Thurs., Nov. 14. \$29 thereafter. \$5 materials fee. FMI: 563-2811 or clc.MaineAdultEd.org.

► **"Space Weather, Technology, and the Northern Lights,"** 6:30 p.m., Belfast Library, 106 High St. Dr. Lee Snyder of Stockton Springs gives the talk.

COMING UP:

► **Fall Clothing Sale,** Fri., Nov. 22, from 5-7 p.m., and Sat., Nov. 23, from 8 a.m.-2 p.m., Unitarian Universalist Church of Belfast, 37 Miller St. With a "Best of Sale" room of like-new brand-name clothing and a bag sale in the final hour. FMI: 338-4408.

► **Maine Volleyball Summit,** Sat., Nov. 23, Colby College, Waterville. For fans, players, coaches, officials and league organizers. FMI: MaineGames.org.

► **"Starting with Hand Tools,"** Fri. & Sat., Nov. 23 & 24, Center for Furniture Craftsmanship, Rockport. Kenneth Kortemeier teaches students to use essential hand tools while building a small pine bench. Limited to 12. \$290. Must be at least 16. Registration: 594-5611. FMI: WoodSchool.org.

► **Top Bar Beekeeping Weekend Intensive,** Sat. & Sun., Nov. 23 & 24, 8:30 a.m.-4 p.m. both days, Wiscasset Adult Ed, 272 Gardiner Road (Rte. 27). Christy Hemenway teaches natural, chemical-free beekeeping. \$200 includes breakfast and lunch both days. FMI: GoldStarHoneybees.com or 449-1121.

► **Snow-Sports Gear Sale,** Sat., Nov. 23, from 9 a.m.-1 p.m., and Sun., Nov. 24, from 10 a.m.-1 p.m., Camden Snow Bowl. Benefits the Camden Hills Regional High School Ski Team. Learn how to sell your equipment and see what will be at the sale: sites.google.com/site/chrhsskisale. FMI: 236-2019.

► **"Harmonizing Our Lives with Qi Gong,"** Sat., Nov. 23, 9:30 a.m.-4 p.m., Belfast Dance Studio. Paul Weiss teaches beginners and experts. FMI: 288-4128 or info@TheWholeHealthCenter.org.

► **End-of-Life Planning Symposium,** Sat., Nov. 23, 10:30 a.m.-1:30 p.m., Belfast Library, 106 High St. With advice from a social worker, attorney

and funeral director. Registration by Thurs., Nov. 21, required: 594-9561 or 800-540-9561.

► **Thanksgiving Pie Sale,** Wed., Nov. 27, beginning at 9 a.m. Pen Bay YMCA, Camden. Benefit for the Sailfish Swim Team. Leave the baking to them. Variety of pies \$15 each. Pre-order apple or pumpkin pies by stopping by or call 236-3375.

► **Polar Bear Plunge & 5K,** Tues., Dec. 31, 11 a.m., East End Beach, Portland. Participants gather pledges to benefit Natural Resources Council of Maine. \$30 registration by Fri., Nov. 15: nrcm.kintera.org/dipdash. \$35 thereafter.

ONGOING:

► **Pickleball Drop-In Clinic,** Mondays-Thursdays, 6-7:30 a.m.; Mondays, 10 a.m.; Tuesdays, 1 p.m.; Thursdays, 10 a.m., Central Lincoln County YMCA, 525 Main St., Damariscotta. \$2/free for Y members. FMI: 563-3477.

► **Public Ice Skating,** Mondays-Fridays, noon-2 p.m., with additional sessions 3-5 p.m. Tuesdays & Thursdays, Midcoast Recreation Center, Rockport. \$5/\$4 kids 12 and under. Rentals \$4.

► **Stitch & Spin Knitting Groups,** Over the Rainbow Yarn, 18 School St., Rockland. *General:* Mondays/Thursdays, 6:30-8:30 p.m. *Kid Friendly:* Tuesdays, 10 a.m.-noon. *After School:* Tuesdays, 3-5 p.m. *Daytimers:* Wednesday, 10 a.m.-noon. FMI: 594-6060.

► **Storytime at the Gardens,** Mondays, 10 a.m., Coastal Maine Botanical Gardens, Boothbay. Kids can hear a story, play with puzzles and puppets, and pretend garden. Free with admission. No admission from November to April. No need to RSVP. FMI: 633-4333

► **Sew Simple: Quilting with Carol-Ann,** Mondays, 1-3 p.m., Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. All skill levels. Bring a sewing machine, fabrics and notions. \$6. FMI: 563-1363.

► **Belfast Chess Club,** Mondays, 5-8 p.m., Bell the Cat, 15G Starrett Dr. All ages. Instructor Russell Kahn often attends.

► **Knox County Animal Response Team,** first Monday, 5 p.m., Knox County Emergency Management Agency, 301 Park St., Rockland. For those who wish to help pets and service animals in emergencies.

► **Rockland Shakespeare Society,** every other Monday through spring, 2-4 p.m., Rockland Library, 80 Union St. FMI: 594-4101.

► **Lymphoma & Blood-Related Cancer Support Group,** second Monday, 3:30-5 p.m., Picker Center, Pen Bay Medical Center, Rockport. Professionally facilitated. FMI: 691-0629 or 596-8950.

► **Men's Cancer Support Group,** second and fourth Monday, 4:30 p.m., Can-

cer Care Center, Pen Bay Medical Center, Rockport. FMI: 596-8977.

► **Appleton Library Adult Book Group,** third Monday, 7 p.m. To register: 785-5547 or retracy@tidewater.net. The next book: AppletonLibraryME.org.

► **Chess Club,** Tuesdays, 4 p.m., Jackson Memorial Library, Tenants Harbor. All ages and skill levels welcome.

► **Open Mic Night,** Tuesdays, Bell the Cat, Belfast.

► **Midcoast Dancing 4 Fun,** Tuesdays, 7:30-9 p.m., Studio RED, 143 Rankin St., Rockland. By donation. No partner needed. FMI: dancing4fun.org or 354-0931.

► **Veterans' Creative Writing Workshop,** Tuesdays, 8 p.m., Camden Library, 55 Main St. Veterans of any war or their families can tell their stories in memoir, poetry or fiction. Free and confidential.

► **CamRock Network,** first and third Tuesday, 8-9 a.m., 3 Dogs Cafe, Rte. 1, Rockport. Women's networking group provides referrals, support and information to help businesses thrive. FMI: 542-3833, 542-4737 or camrocknetwork.com.

► **Fiber Arts Group,** first and third Tuesday, 3:30-5 p.m., Rockport Library. The group welcomes those who know how or want to learn how to knit, spin, crochet, embroider, felt or do other fabric arts. FMI: 236-3642 or rockport.lib.me.us.

► **Senior Learning Sessions & Potlucks,** Rocky Coast Home, Booker St., Thomaston. First Tuesday learning session 10 a.m. Fourth Tuesday potluck noon. Bring a dish or dessert. FMI: thomastonrec.com or 975-2544.

► **Free Nature Walks,** second Tuesday, Hidden Valley Nature Center, Jefferson. Volunteer Sheryl Bickel leads the walks that feature views of the Center's bogs, ponds, streams, cliffs and sweeping vistas. Bring water and snacks. Meet at the 131 Egypt Rd. entrance just before 10 a.m. FMI: www.hvnc.org or 200-8840.

► **Parkinson's Support Group,** first Tuesday, noon, Anderson Inn at Quarry Hill, Camden. FMI: 594-1637.

► **Tuesday Book Club,** second Tuesday, 1 p.m., Camden Library, 55 Main St. FMI: 470-7473.

► **Camden Philosophical Society Reading Group,** second Tuesday, 4 p.m., Camden Library, 55 Main St. All interested readers are welcome and no formal philosophical training is necessary.

► **Thomaston Library Intergenerational Book Club,** third Tuesday, 2:30 p.m., Thomaston Library, 60 Main St.

► **Stress Reduction Sessions,** Wednesdays, 4:15 p.m., Bok Medical Building (behind Rockland Library). Ear acupuncture, chair massage, breathing techniques. Donations accepted. FMI: 594-6993.

Camden Opera House



COMING EVENTS

"Wicked" Author Gregory Maguire 11/21

Live from Red Square! HD Opera 11/23

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The Nutcracker 12/6-8

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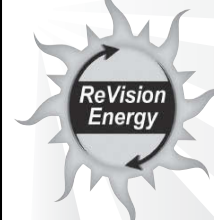
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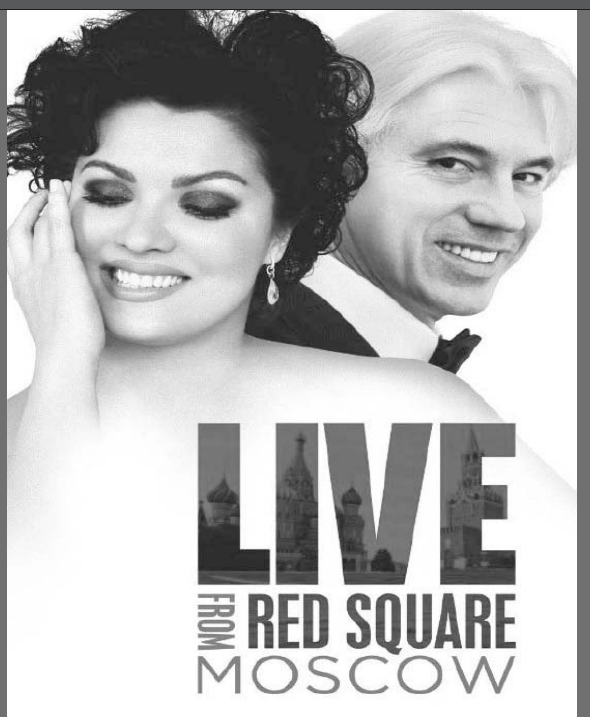
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When the Iron Bird Flies Mon., Nov. 18, 6:30
ONE Show ONLY! Documentary on Buddhism coming to the West.
Adm. by donation
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Hunger Games:
Catching Fire -PG-13
Premiere Shows: Thurs., Nov. 21 8:00, 8:15, 8:30
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Matinees: Sat. & Sun. 2:00
Last Vegas -PG-13
Fri. & Sat. 6:55 & 9:00
Sun. 6:55 Wed. 4:45 & 6:55
Thurs. 5:45
Matinees: Sat. & Sun. 2:15
Free Birds -PG
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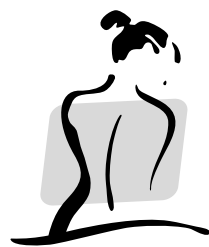
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Muscle Shoals
Sat 8:00 | Sun 3:30 | Thu 7:00 LAST NIGHT
A 10x10 Film Event
MARDI GRAS
Wed Nov 20 at 7:00pm hd
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TOSCA
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Thor: The Dark World (R) 1:30, 4:20, 7:20, Fri. & Sat. 9:50 (PG-13, 2:02)
Thor: The Dark World 12:40, 3:30, 6:50, Fri. & Sat. 9:20 (PG-13, 2:02)
About Time 12:50, 4:00, 6:45, Fri. & Sat. 9:15 (R, 2:13)
Free Birds 12:10, 2:20, 4:30, 6:55, Fri. & Sat. 9:05 (PG, 1:41)
Ender's Game 1:10, 3:50, 7:10, Fri. & Sat. 9:35 (PG-13, 2:04)
Last Vegas 1:20, 4:10, 7:15, Fri. & Sat. 9:40 (PG-13, 1:54)
Jackass Presents: Bad Grandpa 1:40, 4:25, 7:25, Fri. & Sat. 9:30 (R, 1:42)
Gravity (R) 12:20, 2:30, 4:40, 7:05, Fri. & Sat. 9:10 (PG-13, 1:41)
Cloudy with a Chance of Meatballs 2 4:15 (PG, 1:42)
Captain Phillips 12:30, 6:40, Fri. & Sat. 9:25 (PG-13, 2:24)

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NOVEMBER 15 - NOVEMBER 21



Friday, November 15 — Venus is mathematically close to Pluto in Capricorn until midnight. This conjunction intensifies the need for intimacy. Just be careful not to be too clingy; it's not attractive. This aspect also can bring about great works of art if you are focused on expressing the love within you through art or music. The Sun is aspecting both Uranus and Pluto until midnight. Rebellious behavior and defensive reactions are likely to take place. Your lack of patience brings sudden eruptive reactions that could be shocking to the person on the receiving end.

Saturday, November 16 — Some of the same energy as yesterday is with us today until midnight because the Sun is awkwardly aspecting Pluto. The energy from the eclipse that took place on November 3 is being activated between 1 and 3 p.m. while the Moon is opposite Saturn. This could be a worrisome time. Watch your thoughts and see how they feed the downward negative spiral. If you shift your thoughts to only positive thoughts, you could save yourself the pitfalls of this aspect. From 7:30 to 9:30 p.m. the Moon will aspect Mars, ushering in physical energy and determination.

Sunday, November 17 — The Full Moon takes place at 10:16 a.m. with the Moon in Taurus and the Sun still in Scorpio. Seems that we are finally being released from the strict limiting energies we've been living with since the New Moon eclipse on November 3. This Full Moon finds us feeling free and aware of the options that exist. Most importantly this Full Moon is here to remind us of who we consider "family" and why they are so important. Mars will be nicely aspecting Jupiter the entire day and night. This aspect is incredibly energizing.

Monday, November 18 — From 10:30 a.m. until 12:30 p.m. you ought to be paying close attention to your intuition because the Moon will be aspecting Uranus, which always increases intuition. Mars is still aspecting Jupiter, which means you can accomplish your goals for today with ease. Mercury is in a positive aspect with Pluto today until Wednesday night. This aspect encourages us all to do

Strand Theatre Names Sarah Ruddy as Executive Director

The board of the Strand Theatre has named Sarah Ruddy as the Rockland theatre's new executive director, following her term as interim executive director for the past six months. Ruddy, who teaches in the English Department at the University of Maine, came to the Strand in 2012 as special projects manager. Previously she worked as a produc-

er on film projects, as head producer of the Camden International Film Festival, and as a project consultant at Northeast Historic Film and Maine Media Workshops.

In addition to managing operations at the Strand, Ruddy will lead efforts to chart future program development and widen the theatre's audience. For more information, visit www.rocklandstrand.com or call 594-0070.

Hearing Aid Giveaway Contest Under Way

Beltone New England is holding its sixth annual Better Hearing Give-Away, in which one person will receive a free pair of top-of-the-line hearing aids. Contest entrants submit their story or the story of a loved one who is deserving of hearing aids but cannot afford them. The winner will receive a complete audiometric hearing evaluation and all service and adjustments of the hearing aids will be provided free of charge for the life of the hearing aids.

Entrants may submit their story, of no less than 200 words, through Friday, December 6. To submit, go to www.beltonebetterhearinggiveaway.com; e-mail story to BetterHearingGiveaway@BeltoneNE.com; or mail story to Beltone New England, 931 Jefferson Boulevard, Suite 2001, Warwick, RI 02886, Attn: Better Hearing Giveaway. The winner will be selected on December 13, and will receive the hearing aids between December 16 and January 15.

Wine & Cheese Reception Benefits Food Bank

A recent wine and cheese reception at Blueberry Fields Bed & Breakfast in Washington raised \$635 for the Good Shepherd Food Bank.

The reception was organized by Deb and Cyd Zeigler, owners of Blueberry Fields B&B, and provisions were supplied by Sweetgrass Farm Winery & Distillery and Hanaford. Julie Sexton, of Good Shepherd Food Bank, and Judy Alberg, from Feeding America, were on hand to talk

about their programs. Bill Packard, a business consultant, made a presentation about the importance of businesses staying true to core values in life as well as in business.

The Zeiglers have decided to make the wine and cheese reception for Good Shepherd an annual event. Deb Zeigler says, "It was a great evening, celebrated with good company, good food and wine ... all for this wonderful cause." For more information, visit Good Shepherd's website, www.gsfb.org.

Atlantic Motorcar to Give Away Volvo for \$1

Atlantic Motorcar in Wiscasset is continuing the tradition it began in 2009 of helping a Maine family in need by allowing them to purchase a refurbished Volvo station wagon for \$1. The automotive service center has serviced the car for a number of years as one of its customer-service loaner cars. It has new tires and brakes, fluids have been replaced, and the car, which gets 24 mpg on the highway, has been detailed.

Atlantic Motorcar is now accepting nominations for somebody deserving of the opportunity to buy a car for a dollar. The ideal person to nominate is somebody who usually thinks of others before themselves. The winner will be announced on Monday, December 23. When the chosen recipient takes possession, the car will be filled with a turkey and all the trimmings for a complete Christmas dinner, and Atlantic Motorcar will service the vehicle for a full year.

Nominations can be mailed to Atlantic Motorcar Service, Attn. "Keep a Family Rolling," 10 Ox Horn Road, Wiscasset, ME 04578; or they can be emailed to Car@AtlanticMotorcar.com. Nominations must be received by Friday, December 20. The recipient must have a current Maine dri-

ver's license.

Nominations need to include the following information:

- Nominating person's name, address and phone number
- Why you believe the nominated family needs and deserves the opportunity to purchase the Volvo station wagon for one dollar

- Nominee family's name, address and phone number

The selected person or family's name will not be announced publicly unless they choose to have it announced.

For further information, call Atlantic Motorcar at 882-9969.

Agren Consolidates Waldoboro & Brunswick Stores in Topsham

The Agren stores located at 1401 Atlantic Highway in Waldoboro and 90 Maine Street in Brunswick are closing on Saturday, November 16, and a new store is projected to open at 78 Mallett Drive in Topsham on Monday, November 25. Sales records and contracts for items purchased at the Waldoboro and Brunswick locations will be transferred to the new Topsham location.

Customers with questions about service or warranty contracts may contact the Topsham operations manager, Jami-son Leavitt, at jleavitt@agrenappliance.com.

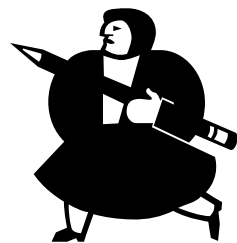
Founded in 1969, family-owned and -operated Agren currently also has retail stores in Auburn, Norway and South Portland. More information can be found at www.agrenappliance.com or by calling (800) 335-0235.

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research, journal writing and to dive deeply into understanding life and what we bring to it.

Tuesday, November 19 — Mars will be energizing us just a little bit longer, until noon today. You're probably feeling enthusiastic and happy to have so much energy! The Moon will be aspecting both Jupiter and Mars from 9 to 11 a.m., which will give you even more energy to accomplish what you want. You may find that you're lacking patience during these two hours. Mercury is aspecting Pluto until Midnight tomorrow, nudging you to use your detective observation skills and not believe anything until you check it out for yourself.

Wednesday, November 20 — Mercury is aspecting Pluto until midnight. Take the time necessary to do research in order to learn more so that you won't be deceived by anyone. This is also the time to get to the root of a problem with the help of a good therapist. You're apt to be feeling more sensitive while the Moon is aspecting Neptune from 9:30 to 11:30 a.m. It's also a time of increased psychic awareness.

Thursday, November 21 — The Moon is opposite Venus from 10 a.m. to noon, indicating that getting together with friends or family to socialize is what you're most drawn to do. Between 12:45 and 2:45 p.m. the Moon will be nicely aspecting Saturn, stabilizing your emotions. From 9 to 11 p.m. the Moon will be conjunct Jupiter in Cancer, which is known to increase optimism. The Sun will enter into Sagittarius at 10:49 p.m. and remain in this fiery sign until December 21. It's time to think about taking chances. Sagittarian energy is positive, outgoing, philosophical and interested in learning and sharing information. You will notice your interest shifting. You'll be drawn to learning about philosophical and spiritual reasons for life to be as it is. You'll be seeking out books and classes that help you to feel more comfortable with events that take place in your life. Somehow it's got to make sense, right?

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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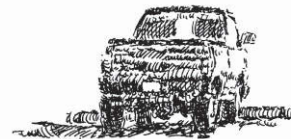
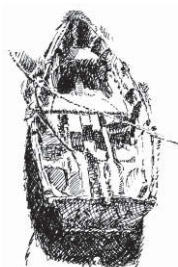
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Coastal Copper & Slate is looking for experienced roofers to join our team of professionals. We are known for doing difficult and high-end work, as well as island work. If this sounds like the job for you, call for an interview: 594-9299. EOE.

C.B. Haskell Fuel Co.

is accepting applications for
SEASONAL OIL TRUCK DRIVER
 CDL Licence / Hazmat required. Call or apply in person, 7:30 am - 4:30 p.m.
Route 17, Windsor • 549-7669

FULL-TIME HOUSEKEEPER. POINT LOOKOUT has a full-time year-round housekeeping position open with benefits. This schedule includes days and some weekends. Housekeeping experience preferred. Must have a valid driver's license. Applications are available at the Front Desk or via email. Please send applications/resumes to Human Resources, PO Box 119, Lincolnville ME 04849 or email: jgalkowski@visitpointlookout.com. No phone calls.

Why Ask?
 Because we encourage "Aging in Place"... ASK provides care at the Homesteads at Cushing & Owls Head at a lower cost than assisted living and nursing home settings without requiring residents to move when their care needs change like other settings do.

www.askforhomecare.com
207-354-7077

YARD SALES

INSIDE MOVING SALE
 52 Mechanic Street, Rockland
 Saturdays beginning November 9,
 Household, camping, biking, tools, gardening, skiing.
 8 a.m. to 2 p.m.
 594-2024.
 (11/14)

CHRISTMAS BAZAAR
 Saturday, November 16,
 American Legion Hall,
 143 Church Street, Belfast
 8 a.m. to 2 p.m.
 Raffle — Door prize every hour
 Lunch will be available
 Proceeds to Benefit Veterans
 (11/14)

VEHICLES

1983 HEAVY DUTY FORD F SUPER DUTY 1-TON TRUCK — new tires and brakes, good running diesel, \$4,500. 975-1455, Mike. (kr)

COMPOST

COMPOST, screened, aged organic compost. We make what we sell! \$40/c.y. or delivered \$50/c.y. within 25 miles. Call anytime, 832-4204. (kr)

FOR SALE

FENCING — Welded wire, woven wire, plastic and electric fence; gates; split rail fence. Union Agway, 785-4385. Online at union-agway.com. (kr)

WOMEN'S SHAUN WHITE SKI/BOARD PANTS BY BURTON, size 9, brand new, White Collection Candy Pant, brown with taffeta lining, fully taped seams, waterproof and breathable outer fabric, \$30. 409-6346. (kr)

PLAYER PIANO — Euphonia Inner Player made by The Cable Company of Chicago, well loved, beautifully hand painted, many player music rolls from the '30s and '40s. Price negotiable. 236-1031. (kr)

FURNITURE, COLLECTIBLES, JEWELRY, DESIGNER HANDBAGS — and much more, Sharon's Attic, 517 Cushing Road (Route 97), Wednesday to Sunday, 10 a.m. to 3 p.m. 354-6388. (11/14)

FREE PRESS ADS WORK!

DSP/ Residential Substitutes

BFLI, a company dedicated to supporting adults with developmental disabilities is seeking part-time/substitute Direct Support Professionals to fill in at our licensed six bed assisted living facility for women in Owl's Head, Maine. Substitutes must have their DSP, CRMA, and related certifications. BFLI offers no benefits for part time/substitute positions but is willing to pay a higher starting wage for experienced, qualified professionals.

Interested applicants contact 207-594-9847 to request an application.

DELIVERY DRIVER - SEASONAL

Dead River Company meets diverse energy needs of customers throughout Northern New England with over 1000 employees and a commitment to our core values of integrity, caring and excellence. We have an opening at our Rockland facility for a seasonal full-time driver who may have to deliver both oil and propane. Applicants must have a current CDL with tank and hazmat endorsement. A CETP endorsement for propane delivery is preferable but not necessary. Good driving record, stable work history and references required. Use your customer relations skills to provide prompt and courteous service to our residential and commercial accounts. We offer flexible hours, competitive wages, a seasonal bonus, heating oil discounts, and a top-notch delivery fleet equipped with navigation tools. If you have an interest in joining a company with a long history of stability and growth, please email your resume to: jan.giggey@deadriver.com, send by mail to the address below, or complete an application at:



DEAD RIVER COMPANY
 Attn: Jan Giggey
 105 Maverick Street
 PO Box 216
 Rockland, ME 04841

www.deadriver.com
 An Equal Opportunity Employer

DSP/Residential Support Staff

BFLI, a company dedicated to supporting adults with developmental disabilities is seeking full time Direct Support Professionals to work at our licensed six-bed assisted living facility for women in Owl's Head, Maine. Candidates who are experienced and have their certifications (DSP/CRMA) are preferred but we are willing to train caring, dependable individuals. BFLI offers a competitive starting wage (\$10.00 and up) commensurate with experience, plus a comprehensive benefits package.

Interested applicants call 207-594-9847 to request an application.

FOR SALE

FOUR ARCTIC CLAW SNOW TIRES — size 195/65R15, mounted on rims (formerly on a 2002 Honda Accord), \$125 for all four (must take all four). 542-0868. (kr)

BOATS

15 FT. GRUMMAN — lightweight, aluminum canoe, with bow and stern flotation air chambers or dry storage compartments, paddles included, \$350. 633-3851. (11/14)

FIREWOOD

FIREWOOD — 1/2 cords seasoned, mixed wood and campfire wood. 763-4093. (kr)

FIREWOOD — Firewood, cut, split and delivered. 691-6758. (kr)

EQUIPMENT RENTAL

UNION FARM EQUIPMENT RENTALS: Tractor/loader/backhoe, excavator, wood splitter, wood chipper. Delivery available, reasonable rates. 1-800-935-7999.

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)

HELP WANTED

FULL-TIME APPLIANCE TECH NEEDED — Prior experience preferred, clean driver's license. Apply: Agren Appliance, 40 Minot Avenue, Auburn, call 330-3826. (11/28)

ASK for Home Care — is currently recruiting for Per Diem day and evening shifts. Please apply online at www.askforhomecare.com or call 207-354-7077 for more information. (11/21)

FREE PRESS ADS WORK!

C.B. Haskell Fuel Co.

is accepting applications for full-time position as
LICENSED JOURNEYMAN IN OIL BURNER SERVICE
 Experience in propane & plumbing a plus. Offering competitive wages, benefits, health insurance. Apply in person, 7:30 am - 4:30 p.m.
Route 17, Windsor • 549-7669

Rockland and NEW Thomaston Subways now hiring!

Extraordinary people wanted for expanding company

Customer focus, outgoing personality, friendliness, reliability are musts

Advancement possible for talented staff.

Experience preferred, but not needed.

High school students encouraged to apply.

Apply online at: www.Subway.com or

submit resume/application to the Rockland Subway.

Progressive Housing Assoc. Residential Care Facilities

Residential Counselors & DSP's
 Private agency providing residential services to developmentally challenged adults in the Warren, Maine area is now accepting applications.

Responsibilities Include:
 Implementing care plans, behavioral plans, meal assistance, hygiene & ADL assistance, may include total care, recognition of State and Federal Regulations as well as maintaining a safe and clean environment.

Qualifications Include:
 High School diploma or GED, DSP certified if applicable, however we will provide all necessary training, valid driver's license and the ability to work as part of our team. Offering competitive wages and benefits. To schedule an interview call 273-3369.

You may also send your resume to:
 Progressive Housing Association
 PO Box 177, Warren, ME 04864
 Or fax to 273-3355
 E.O.E.

Receptionist Position

Megunticook Management is seeking a self-motivated, dependable person to join our team. Must have excellent communication skills, a positive attitude, attention to detail and be able to multitask. Also basic computer skills helpful, but willing to train the right person.

Send resumé to:
mm@midcoast.com
 Subject line: Receptionist
 Please, no phone calls



FREE PRESS ADS WORK!

FREE PRESS ADS WORK!

Knox County Health Clinic Hiring Immediately:

Enthusiastic Project Manager to expand access to health and dental care!

Part Time – Flexible hours
 Visit KnoxClinic.org for more info
 Make a Difference in your Community!

MORE ONLINE JOB LISTINGS THAN ANY OTHER SOURCE IN THE MIDCOAST. FREE ONLINE ADS AVAILABLE. CALL JENN RICH AT 593-0035, EXT. 124 FOR MORE INFO.

CLASSIFIEDS/HELP WANTED

Megunticook Real Estate

RENTALS & PROPERTY MANAGEMENT Houses and Apartments Available

VISIT OUR WEB-SITE
www.CoastalMaineRE.com

also

Accepting applications for:

Rural Development Subsidized Apts.

Townhouse Estates I, Camden

Family Housing – 3 BR Apts.
Basic Rent: \$789

Townhouse Estates II, Camden

Family Housing – 2 BR Apts.
Basic Rent: \$663

Section 8 Vouchers Accepted

For information call:

236-2736

100 Washington St., Camden

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 _____

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

**MORE ONLINE
JOB LISTINGS
THAN ANY OTHER
SOURCE IN THE
MIDCOAST. FREE
ONLINE ADS
AVAILABLE.
CALL JENN RICH
AT 593-0035,
EXT. 124 FOR
MORE INFO.**

Available Now! Efficiency Apartment in Downtown Rockland For applicants 62 or older and/or disabled

Methodist Conference Home
Rockland, Maine

Rent is 30% of income and includes all utilities, elevator, laundry facilities, parking and a Resident Service Coordinator on site. Meals are available

Maximum qualifying incomes are:

1 Person \$33,250 – 2 Persons \$38,000

For Information Call Sherry @ 594-2743
TDD/TTY 1-800-545-1833 Ext. 702

Professionally Managed by
MCH Housing, Inc.

APPLICATIONS FOR KNOX HOTEL APARTMENTS AVAILABLE



Newly renovated Knox Hotel Apartments
at 192 Main St. in Thomaston

Rent is 30% of income and includes new kitchens, wall to wall carpeting, laundry facilities, community living room, parking and professional Service Coordination to assist elderly and disabled residents.

Maximum Income Limits are
\$24,960 for 1 Person \$28,500 for 2 Persons

If interested, please call

Sherry at 594-2743

TDD/TTY 1-800-545-1833 Ext. 702



WEDDINGS

ECHO HILL WEDDINGS/ST. GEORGE

Echo Hill — St. George.
Make your day special in
your own way!
Privacy, dance floor, kitchen,
porch, rental items.
echohill@outlook.com
207-372-2014.
www.echohillinc.com
(kr)

ALDA'S FRISKY, FRAGRANT, FINE CELEBRATION FLOWERS.

Extraordinary vases.
Maine Flower Girl Pearls®.
http://harmoniouspalette.com/
MaineWeddingFlowers-
Best2012.html
alda@fairpoint.net
207-342-5796
Freedom
(11/14)

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)

PROPERTY MAINTENANCE

Fall Cleanup
Snow Plowing,
Tree, Brush Removal
Junk Removal,
Pruning and Lots Cleared,
Reasonable Rates,
Free Estimates.
John Duffell
322-9095
or 763-4358.
(kr)

THE HANDY WOMAN SERVICE

PLOWING & PULLING
• Snow Shoveling —
Walkways, decks & roofs
• Repairs & Renovations
• Interior Painting
References and insured.
Senior Citizen Discount.
Jamie Comita
jcthehandywoman.com
(207) 322-2427.
(kr)

SERVICES

JR's PAINTING Fine Interiors/Exteriors

Painting & Staining,
Sheetrocking, Pressure Washing,
Plaster Repair.
Free estimates. References.
Fully Insured.
273-6116.
(kr)

PAPER HANGING & PAINTING

by William Forrest.
Thorough preparation.
763-4321,
Lincolntonville.
(kr)

SOULE'S CARPENTRY

Siding, roofing, garages, window
replacement, decks and more.
Free estimates.
Fully insured.
Call 354-7024 or 691-6758.
Ask for David.
(kr)

KEVIN & SON PRECISION PAINTING

"Where Precision and
Affordability Matter
for over 18 years."
Residential and New Construction
Painting, Staining, Poly,
both interior and exterior.
Wallpaper removal.
We will beat any price
plus, receive a discount
when you refer someone.
(207) 230-4160
or email
vanleer.kevin@yahoo.com.
(kr)

MAINE COAST CONSTRUCTION

Residential, Commercial,
Steel and Handyman Services.
New, Additions and Renovations.
What can we build for you?
(207) 236-6000
www.maineoastconstruction.com
(kr)

CNA AVAILABLE FOR PRIVATE DUTY

Compassionate care in your
home.
Please call Kate,
207-975-7597.
(11/14)

REAL ESTATE

ROCKLAND — For sale by
owner, 18 Nevelson Street, wheel-
chair-accessible ranch, oversized
attached garage, 3 BR, 2 BA, 1/4
acre lot. Contact Caroline, 596-
5515 for showing. (11/28)

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)

SEARSMONT — 2 acre cleared
house lot, with road, 8 miles to
Belfast, \$25,000. Call Greg Kilgore
at Jaret & Cohn, 338-4220. (kr)

WARREN — Private 50 acres,
800 ft. pvt. rd., entrance Patter-
son Mill Road, power available,
\$72,500. 273-2241. (11/28)

RENTAL

ROCKLAND — Studio & 1 bed-
room apts., each has a unique lay-
out, all utilities included. Studios are
\$675/mo. and 1 BR are \$725/mo.
Kinney Rentals, 354-0100, email
amber@kinneyrentals.com or
www.kinneyrentals.com. (kr)

SENIOR HOUSING

— The Homesteads in Cushing and
Owls Head have vacancies for
seniors who wish to live in a
home-like environment but need
homemaking and/or personal/
nursing services. The Home-
steads provide a small, intimate
setting where frail elderly can
age in place and pay for services
as needed at significantly lower
rates than traditional medical
facilities. We have enjoyed a rep-
utation for high quality meals and
services for more than 25
years. Information and pictures of
available rooms/suites can be
accessed by calling 354-7077 or
at www.homeshareinc.com. (kr)

BELFAST — Five-room, two-
story duplex, one block to down-
town, includes two porches and
use of backyard, owner-occu-
pied, \$800/mo., plus utilities and
references. 207-930-9517. (11/28)

BELFAST — 1 BR, 1 BA
duplex, pets OK, no smoking, year
lease, water, sewer and heating oil
included, \$695/mo. 338-6674.
(11/21)

CUSHING — Room for rent,
3 miles from Thomaston, heat,
lights, cable included, \$90/week,
sec. dep. required. 557-2871. (11/28)

OWLS HEAD — House share;
private, quiet home, heat, WiFi,
electric included, no pets, no smok-
ing, first month and security
required, \$550/mo. 594-9450. (kr)

RENTAL

CAMDEN — Charming, unfur-
nished, 2 BR, one block from har-
bor, deck, parking, yard, water and
sewer included, ref. required,
\$695/mo. plus utilities. 230-4426.
(kr)

ROCKPORT — Cozy 2 BR,
1 BA house, includes stove, fridge
and W/D, available immediately,
\$800/mo., plus utilities, security and
first month's rent, pets considered,
close to CHRHS. 701-8991. (11/21)

SEASONAL RENTAL

ROCKLAND — 2 BR, nicely
furnished duplex, overlooking har-
bor and boardwalk, fully appli-
cated kitchen, W/D, 1 1/2 BA, will
rent monthly from Dec. 1 to May
1, \$1,300/mo., includes all utili-
ties, also WiFi and extended cable,
view on homeaway.com, prop-
erty #999956. 207-877-4100. (11/14)

FOR RENT COMMERCIAL

UNION — The Thompson Com-
munity Center, South Union Rd.,
Rte. 131, has rental space avail-
able. Currently available are three
24x30' spaces and one 10x25'
space, \$8.82/sq. ft., includes heat,
electricity, Internet, trash and
snow removal. FMI or to set a
time to view the rental spaces, call
975-0352 or email thompsoncen-
ter51@gmail.com. (kr)

ROCKLAND — Oceanfront,
beach and harbor access, Route
1, Main Street, memorable mod-
ern concrete and steel building,
2 floors zoned for commercial
or light industrial use, parking
space for up to four vehicles,
3,500 sq. ft., concrete floors,
radiant heat, 10 ft. ceilings on
middle floor, 8 ft. ceilings on
bottom floor, cost-efficient fluo-
rescent lighting, 300 AMP
three-phase service. (917) 769-
7890 or email rosecos@opton-
line.net. (11/28)

ROCKLAND — Tall ceiling,
beautiful office, studio, yoga
space (no living), center of town
across from Strand Theatre,
hardwood floors, elevator (sec-
ond floor), heat included. 36' x
16' open space with great light
and smaller office space in sep-
arate 10' x 10' room in elegant
historic building. Smaller spaces
also available. Email or call 594-
0138 for more information. (12/5)

STORAGE

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

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

SELF HELP AND SUPPORT

For information about
area NA meetings,
call 1-800-974-0062
or visit www.namaine.org.

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

AA Gull Group
Bolduc Correctional Center,
Warren, Thurs., 7 p.m.

**Is Food a Problem for You?
OVEREATERS
ANONYMOUS MEETS:**
Fri., noon, First Baptist Church,
9 High Street, Belfast, garden
entrance.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Support groups help peers living
with mood disorders reach out to
one another and benefit from the
experience of others who have
"been there." Empower yourself to
live the life you deserve.
Rockland:
- 7-8:30 p.m., Thurs.,
First Unitarian Church,
345 Broadway. FMI: 691-3599.
Damariscotta: new group,
FMI: 542-9504.

**Sex and Love
Addicts Anonymous**
FMI: Email mmislaa@fairpoint.net,
or go to the 211 Maine Web site
(click on 211 directory then keyword:
Augustine Fellowship).

New Hope for Women offers an
ongoing support group for women
affected by domestic or dating vio-
lence. Receive emotional support in a
safe environment, learn about the pat-
terns and impacts of abuse, and move
towards personal growth and empow-
erment. FMI: New Hope for Women,
1-800-522-3304.

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- \$33,250 - 2 Persons- \$38,000
Please call 594-2743
TDD/TTY 1-800-545-1833 Ext. 702
Professionally Managed
by MCH Housing, Inc.



SELF HELP AND SUPPORT

**Common Journey Cancer Support
Group for Women.** First and third
Mon., 6 to 8 p.m., Picker Center,
PBM campus. Includes vegetarian
meal. Professionally facilitated. Must
have phone interview to join. FMI:
**Linda Zeigler RN, 596-8956 or
Patricia Smith RN, 542-5409.**

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

Ongoing Social and Support Group.
Lesbians 40+, coupled or single, liv-
ing in Camden/Rockland area. FMI:
631-0249 or e-mail mwpbooks@mid-coast.com.

OVEREATERS ANONYMOUS

St. Peter's Church, Rockland
Sat., 8:45-9:45 a.m.
St. Thomas Church library, Camden
Tues., 6:30-7:30 p.m.
Chestnut Street entrance
(church office sign)
FMI: 236-4101.

**CRISIS LINE
Maine's Statewide Toll-Free
Crisis Hotline**
1-888-568-1112.

The Maine Department of Mental
Health, Mental Retardation and Sub-
stance Abuse Services' 24-hour crisis
line links to the center in Maine near-
est you.

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.
Brown Bag Group, Mon.-Sat.,
12:15 p.m., Rockland Congrega-
tional Church, 180 Limerock
Street.

AL-ANON MEETINGS

Waldo County
- **Mon., noon-1 p.m.** First Baptist
Church annex, 95 High St.,
Belfast.
- **Wed., 7 p.m.** Monroe Commu-
nity 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 base-
ment, 95 Court St., Belfast.

ACA Adult Children of Alcoholics and Other Dysfunctional Families

Rockland Rec. Center, 1st floor, 1st
rm on left, Limerock and Union sts.
Wed., 6:30-8 p.m.
FMI: Adultchildren.org.

NARCOTICS ANONYMOUS:

for meeting updates and
other locations,
call 1-800-974-0062
or visit www.namaine.org.

- **Second Chances**, Mon., 6:30-7:30
p.m., First Church of Belfast
"Annex," beside Crosby School, 55
Spring St.

- **Love in Light**, Mon., 6:30-7:30
p.m., St. John's Episcopal Church,
200 Main St., Thomaston.

- **New Attitudes**, Tues., 6:30-7:30
p.m., St. Peter's Episcopal Church,
11 White St., Rockland.

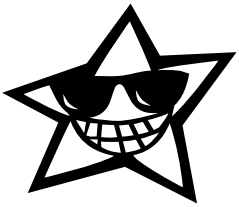
- **Spiritual Warriors Group**, Wed.,
7:30-8:30 p.m., Miles Memorial
Hospital, 3rd floor conf. room, Rt.
130 (Bristol Rd.), Damariscotta.

- **12 Steps to Recovery**, Wed., 6:30-
7:30 p.m., St. Peter's Episcopal
Church, 11 White St., Rockland.

- **Second Chances**, Thurs., 6:30-
7:30 p.m., United Methodist
Church, 23 Mill Lane, Belfast.

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

TV Listings



CHANNEL LINE-UP Knox County

- 2 CKSH - French
3 UPN - WPME
4 FOX - WFPO
5 CBS - WABI
6 NBC - WCSH
7 PEG - Public
8 ABC - WMTW
9 TWCTV
10 MPBS - WCBB
11 PEG - Education
12 WB - WPXT
13 CBS - WGME
14 QVC
15 HSN
16 CHLT
17 Shop NBC

- 18 TV Guide
19 C-SPAN
20 C-SPAN2
21 ION
22 PEG - Government
23 GAC
24 Comcast Sports Net
25 ESPN
26 ESPN2
27 NESN
28 MTV
29 VH-1
30 Lifetime
31 Spike TV
32 CMT
33 Weather Channel
34 NECN
35 FOX News
36 CNN
37 Headline News
38 TOON
39 CNBC
40 MSNBC
41 truTV
42 TCM
43 INSP
44 TNT
45 Comedy
46 FX
47 USA
48 TBS
49 Oxygen
50 A&E
51 AMC
52 Ovation
53 Bravo
54 E!
55 HGTV

- 56 Food Network
57 Travel Channel
58 EWTN
59 Hallmark Channel
60 TBN
61 History Channel
62 TLC
63 Discovery
64 TV Land
65 BET
66 ABC Family
67 Nickelodeon
68 Disney Channel
69 Animal Planet
70 SCI-FI
71 TV5
72 ONTV4
85 Local Access

FRIDAY EVENING NOVEMBER 15, 2013. Table with columns for time slots (7:00-12:30) and program titles.

On the Air at WRFR. On Wednesdays, 9-11 a.m., 'The Blue Door' with Christine Murphy... This show is sponsored by Monhegan Boat Line as well as Bay Chamber Concerts.

THE FREE PRESS On-Line www.freepressonline.com

SATURDAY EVENING NOVEMBER 16, 2013. Table with columns for time slots (7:00-12:30) and program titles.

SUNDAY EVENING NOVEMBER 17, 2013. Table with columns for time slots (7:00-12:30) and program titles.

MONDAY EVENING NOVEMBER 18, 2013. Table with 13 columns (7:00-12:30) and 70 rows of TV listings.

TUESDAY EVENING NOVEMBER 19, 2013. Table with 13 columns (7:00-12:30) and 70 rows of TV listings.

INSTANT CASH Waldoboro Pawn & Jewelry. When The Cost of Living Catches You Short We Can Be the Answer to Your Money Needs. NO CREDIT CHECK. 832-4747. OLD MILL MALL U.S. Rte. 1 & Depot St. Waldoboro, Maine 04572. Wed. - Sat. 9:00 am-4:00 pm

We'll be zinnia at the One-Stop Christmas Shop. green thumb ROUTE 17, ROCKPORT, MAINE

SEE US FOR ALL YOUR GLASS NEEDS HOME • AUTO • BUSINESS PEN-BAY GLASS CLASSIC VINYL WINDOW. Route 1, Thomaston Line, Rockland, 594-0766

WEDNESDAY EVENING NOVEMBER 20, 2013. Table with 13 columns (7:00-12:30) and 70 rows of TV listings.

THURSDAY EVENING NOVEMBER 21, 2013. Table with 13 columns (7:00-12:30) and 70 rows of TV listings.

CLICK & CHAT TALK CARS

Is Stopping and Restarting at Lights Worth the Fuel Savings?; The Reasoning Behind Shifter Placement

DEAR TOM AND RAY: About once a week, my boyfriend and I drive to a nearby city, about 150 miles round trip. When we go together, he drives my Toyota Yaris. He insists on shutting off the engine at EVERY stoplight, which he says improves gas mileage. I say it's dangerous; it's going to require a new starter sooner rather than later; and it upsets the drivers behind him as they wait for him to start up the car when the light turns green. On the weeks he doesn't drive the car, my mileage is about 41-42 miles per gallon, and on the weeks he does drive my car, the mileage is about 40-41 mpg. So, does shutting off the engine at stoplights improve gas mileage, and is it worth it? — *Terry*

TOM: Yes, and probably not. It certainly does save fuel when you turn off the engine at stoplights. That's why hybrids and newer cars are coming equipped with automatic "stop/start" features.

RAY: What does stop/start do? It turns off the engine when you stop at a light and turns it back on for you the moment you take your foot off the brake — to save fuel.

TOM: So why isn't your mileage better when your boyfriend drives, then? Probably because he's got a lead foot the rest of the time. He likely accelerates harder than you do, and drives faster. And that's costing you more in mileage than he's saving by shutting down the engine at stoplights.

RAY: But there's no question that running the engine less uses less fuel. We used to hear people cite the myth that it takes more fuel to restart the car than it does to keep it running while you're waiting at a light. That's nonsense.

TOM: Engineers say stop/start technology can add about 5 percent to fuel economy, give or take, depending on how much stop-and-go driving is done.

RAY: But the cars that come equipped with stop/start features have something your Yaris doesn't have: heavy-duty starters that are designed to make hundreds of starts a day rather than the five or 10 starts your starter typically handles.

TOM: So I suspect, in your case, any money El Boyfriend saves on your fuel bill will eventually be eaten up by the cost of a new starter.

RAY: So here's our advice: When you're stopping for, say, two minutes or more, turn off the engine. That means you won't turn it off at every traffic light. But you will turn it off if one of you runs into a store, or when you get stuck while one of those six-mile-long freight trains full of bulgur wheat crosses the road in front of you.

TOM: And suggest to your boyfriend that he go a little lighter on the pedal. Going 65 instead of 70 or 75 will save quite a bit

of fuel, as will accelerating gently away from stoplights.

RAY: Because if his real goal were to save fuel rather than annoy you and the people in cars behind him, the proof would be in the mileage numbers. And he's not making his case.

DEAR TOM AND RAY: General Motors recently unveiled the 2015 Chevy Tahoe, Suburban and GMC Yukon. The three SUVs continue to have the gear shifter positioned on the steering column instead of the floor-mounted center console, like the Traverse, Equinox and Acadia. Is this solely a cosmetic design decision, or is there an automotive engineering reason for this choice? Thanks. — *Bob*

TOM: It's partially cosmetic, partially historic and partially practical.

RAY: The practical reason is that putting the shifter on the steering column leaves more room for a large center console between the seats. People like to use center consoles to store all their stuff.

TOM: Not just cups of coffee and quarters for parking, but, increasingly, purses, bags of Cheetos, laptop computers and the occasional medium-size household pet.

RAY: And some of these center consoles — like the Suburban's — have gotten so big that you can rest your lunch tray on top of it and stash a backup Chevy Spark inside for when you're tired of getting 16 miles to the gallon.

TOM: Putting the shifter on the steering column also gives Chevy the option of offering a bench seat up front instead of two bucket seats. A bench seat — with the proper seat belts and all — allows three people to sit across, instead of two. So instead of carrying only eight people, and having to ask the other team to pitch to themselves, you can carry a full baseball team in your Suburban.

RAY: In terms of engineering, it really doesn't matter where you put the shifter. It can go almost anywhere, within reason. You just need to have some way to transmit the position of the shifter to the transmission itself.

TOM: That can be done with a cable, with rods or, these days, with an electronic signal.

RAY: The final issue is historic precedent. The column shifter was a staple for many decades. And apparently there is a group of buyers that still like it that way.

TOM: Well, I don't want to speak for them. But everybody knows you can't snuggle in the front seat with a gear shift in the way.

RAY: Well, you can. You just can't snuggle pain-free.

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6			4		1		5		
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HARD # 80

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 44.

Why drive to Augusta if you don't have to?

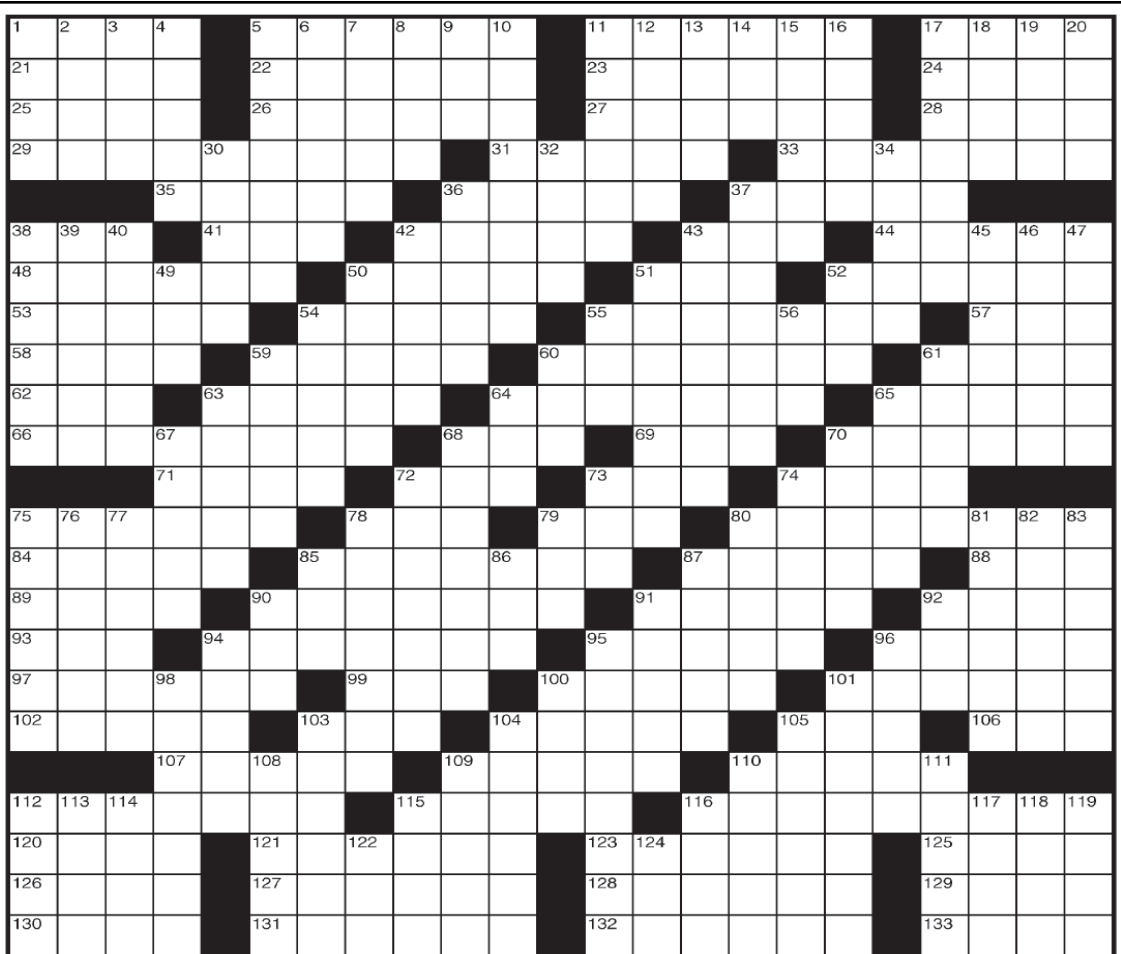
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- ACROSS**
- 1 "Fernando" band
 - 5 Rush violently
 - 11 Lead ore
 - 17 Misrepresent
 - 21 Duck or hue
 - 22 Lopsided
 - 23 Joined forces
 - 24 Improve the road
 - 25 Reason d'—
 - 26 Totaled
 - 27 Addison's partner
 - 28 "Put — — on it!"
 - 29 Echo's beloved
 - 31 Not infrequently
 - 33 Trees with shiny leaves
 - 35 Nudges, perhaps
 - 36 Dislodges
 - 37 Grades
 - 38 Barracks dwellers
 - 41 Make an offer
 - 42 Cleared the dishes
 - 43 Vt. neighbor
 - 44 Anagram for snare
 - 48 Still closed
 - 50 Put the finger on
 - 51 Bath fixture
 - 52 Flat broke (2 wds.)
 - 53 Kept the engine running
 - 54 Very serious
 - 55 Silly mistakes (hyph.)
 - 57 Nigerian people
 - 58 Stadium section
 - 59 Counted the minutes
 - 60 Protruding
 - 61 Financial obligation
 - 62 Escort's offering
 - 63 Hindu sacred writings
 - 64 Big bashes
 - 65 Waterfall
 - 66 Rescued for a price
 - 68 Chitchat
 - 69 Jr. naval officer
 - 70 Pullover
 - 71 Dice spots
 - 72 Wield, as oars
 - 73 Joule fraction
 - 74 Blanch
 - 75 Withdraw
 - 78 Princess perturber
 - 79 Ballet step
 - 80 Contractors
 - 84 Farm measure
 - 85 Chesterfield, e.g.
 - 87 Bikini sporters
 - 88 Mary — cosmetics
 - 89 Angled a nail
 - 90 Volga outlet
 - 91 Bit parts
 - 92 Geishas' apparel
 - 93 Fiesta shout
 - 94 Woodstock era
 - 95 "Take — —!"
 - 96 Hound's clue
 - 97 Oklahoma state tree
 - 99 Always, to Keats
 - 100 Looks mischievous
 - 101 Salad follower
 - 102 Japanese immigrant
 - 103 Icy remark?
 - 104 Jangle
 - 105 — tai (rum drink)
 - 106 Fitness center
 - 107 Mercator's tome
 - 109 Jeweler's lens
 - 110 Yellow jackets
 - 112 Secondhand tire
 - 115 Fluid rock
 - 116 Kinds
 - 120 "Take — — from me . . ."
 - 121 Form a thought
 - 123 Hero sandwich
 - 125 Periodic table info (2 wds.)
 - 126 "— Lisa"
 - 127 Broken in, as a horse
 - 128 Scallions
 - 129 Latch onto
 - 130 Over again
 - 131 Cactus habitat
 - 132 14-line poem
 - 133 Fashion magazine
- DOWN**
- 1 Pharaoh's god
 - 2 — carotene
 - 3 Roseanne of sitcoms
 - 4 Noted wise guy
 - 5 King of Jordan
 - 6 Just bought
 - 7 Romulus' twin
 - 8 Zoo staffers (abbr.)
 - 9 Jamie — Curtis
 - 10 Check signer
 - 11 What the windstorm did
 - 12 Gambling stakes
 - 13 Mortgage, e.g.
 - 14 Summer in Cannes
 - 15 Nervous —
 - 16 "I thought we had — —!"
 - 17 Thinner
 - 18 Leafy vegetable
 - 19 Like Mr. Hyde
 - 20 Takes the plunge
 - 30 Sacked out (2 wds.)
 - 32 Graze
 - 34 Radius companions
 - 36 Seethed
 - 37 Mates, informally
 - 38 Bunkhouse strings
 - 39 A Gandhi
 - 40 Like many oaths
 - 42 — in the woods
 - 43 Repeating word for word
 - 45 Farewells
 - 46 Loose rock
 - 47 Blotchy
 - 49 — diem
 - 50 Herd follower
 - 51 Wobbles
 - 52 Macho motorcycle
 - 54 Facets
 - 55 Clingy seedpod
 - 56 Add- — (extras)
 - 59 The Sun Devils' city
 - 60 Elbow
 - 61 Was bold enough
 - 63 Cancels
 - 64 Reimburse
 - 65 Puts on the block
 - 67 Velocity
 - 68 Ice Age remnant
 - 70 Slammer and clink
 - 72 More energetic
 - 73 Attend a banquet
 - 74 Thick soup
 - 75 Zen breakthrough
 - 76 French schools
 - 77 Doctrines
 - 78 Theater come-ons
 - 79 Cook's vessel
 - 80 Swindles
 - 81 Sweden's Anita —
 - 82 Old blues singer
 - 83 Computer network
 - 85 Kind of shelter
 - 86 New World alliance
 - 87 Departing
 - 90 Scotland Yard div.
 - 91 Lorelei's river
 - 92 Autumn mo.
 - 94 Hotel offering
 - 95 Plains tribe
 - 96 Marsh bird
 - 98 Type of snowshoe
 - 100 Down in the dumps
 - 101 Least difficult
 - 103 No-goodnik
 - 104 Forceful
 - 105 Leatherneck
 - 108 Clan chieftain
 - 109 Down the road
 - 110 Prairie schooner
 - 111 "The boards"
 - 112 "— Lama Ding Dong"
 - 113 Collar style
 - 114 Fork prong
 - 115 Earned
 - 116 Like a peacock
 - 117 "— cost you"
 - 118 Organic compound
 - 119 "And then —!"
 - 122 Magazine execs
 - 124 She loved Lennon



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Crossword solution on page 44.

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