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THURSDAY, JANUARY 23, 2014 12,000 Circulation • Serving Midcoast Maine since 1985 • www.freepressonline.com VOL. 30 NO. 4

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Production Supervisor Leon Smith and employee Robert Coloumbe at SteelPro Inc.'s workshop in Rockland. SteelPro has recently become the latest Maine company to become employee owned.

Photo by Andy O'Brien

Taking a look at ESOPs Facing Retirement, Some Business Owners Consider Selling to Employees

by Andy O'Brien

All last fall, policymakers, social service agencies, academics and business groups grappled with Maine's aging demographics at a series of workshops in Augusta. Maine has the oldest population of any state in the country, with a median age of 43.5 years, and the state's proportion of residents over 65 is second only to Florida's. As young people have deserted the state in search of economic opportunity and with over 18,000 baby boomers turning 65 each year, much attention has been directed at how Maine will retain its workforce. Economist Charlie Colgan famously predicted that without 60,000 new arrivals in the next 20 years, Maine is doomed.

Colgan also added that he didn't think this would actually happen because depressed wages would eventually have to rise to be competitive in the national labor market.

Lost in the debate, however, is the fate of hundreds of Maine businesses as their owners retire. Although the Maine Department of Labor keeps data on workforce demographics, little information is available on what is certainly a substantial population in Maine of baby boomer bosses.

In an op-ed in the New York Times last July, political economist Gar Alperovitz outlined the looming problem in stark terms. "Many, with no obvious succession strategy, will simply sell their companies.... All

LOOKING AT ESOPs continues page 5



Momentum Builds for Accepting Medicaid Expansion Money

by Andy O'Brien

Last Wednesday, January 15, several dozen citizens, advocates for the poor and disabled, medical professionals and hospital representatives came to Augusta to support a second attempt to accept over \$300 million from the federal government to provide health care coverage for up to 70,000 low-income Mainers. Under the Affordable Care Act (ACA) the federal government will provide 100 percent reimbursement for MaineCare, the state's Medicaid program, for three years and then gradually reduce the reimbursement to 90 percent by 2020 for those who fall within the "coverage gap," meaning they are too poor to afford insurance under the ACA. Those eligible for expanded MaineCare coverage would include individuals 21-64 years of age with annual incomes below 138 percent of the federal poverty level (\$15,856 for an individual and \$32,499 for a family of four).

Many of those testifying worked in low-paying service-sector jobs, such as in food service and retail. Others were self-employed or patched together part-time and seasonal jobs.

MEDICAID MOMENTUM continues page 7

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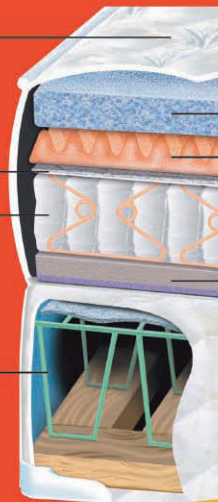


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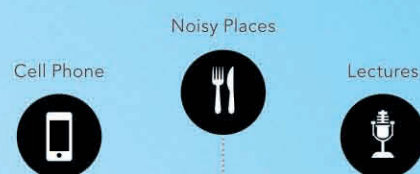


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TENANTS HARBOR - 3 bedroom, 2 bath home in Tenants Harbor. Living room, formal dining room, large family room, 2 car insulated garage, and within short walk to beautiful harbor and village. **\$249,000**

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TENANTS HARBOR VILLAGE



Charming, updated 1930 3 BR/1 BA cottage on one acre with nice features, private back yard, wood stove, and some water views. Walk to library, general store, and post office. **\$239,000**

BUILDING LOT ANGIERS LANE



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BUILDING LOTS - ST. GEORGE

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- ANGIERS LN.** - 2.3 acre lot w/water views. Ped. ROW to shore. **\$79,000**
- TREASURE PT. - LOT 7** - 2.8 acre waterfront lot. **\$175,000**
- LOT 8** - 4.3 acre waterfront lot. **\$225,000**
- ADRIC LN. LOT 1** - 1.29 acres w/220 feet of water frontage on Otis Cove. **\$135,000**
- LOT 2** - 2.1 acres w/234 feet of water frontage. **\$150,000**
- THORNBUSH LN.** - 1.8 acre waterfront lot w/ gravel driveway **\$150,000**

DODGE MOUNTAIN LOTS - ROCKLAND

- OCEAN VIEW** - 13 Clayton Lane - 6.39 ac. **\$139,000**

TENANTS HARBOR VILLAGE



REMEMBER WHEN.... A farmer's porch, nice barn, avenue to ride bikes and play on was something only to dream about. Well this new listing has it all. Short walk to harbor with white sails and lobster boats. Priced below assessed value. Wonderful village location. **\$229,000**

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ST. GEORGE, ADRIC LANE - LOT 1 - 1.29 acres with 220 feet of water frontage on Otis Cove. **\$135,000**
LOT 2 - 2.1 acres w/234 feet of water frontage. **\$150,000**

Joe Steinberger

Politics and Power

From the point of view of the average American, politics is a sectarian struggle. The Republicans and Democrats are like the Shiites and Sunnis in the Middle East. Here, neither party calls its sect a religion, but both believe that God is on their side.

Like the warring imams, the parties proselytize with slogans. For the Democrats it is “fairness.” For the Republicans, “freedom.” What, if anything, is meant by these slogans is unclear.

Freedom is not an absolute. It is a compromise between our individual freedom and our collective freedom. Is the community free to exclude Jews? Or is the Jew free to live in the community? In this example, most (but not all) of us would lean toward the individual freedom, but what if the individual is the carrier of a deadly disease, or the bearer of dangerous weapons? The slogan “freedom” does not help us answer these questions.

Fairness is also a matter of perspective. Is it fair if welfare recipients who make no effort to be useful are supported at the expense of people who are working hard to get by? Is it fair if the many live in misery while the few who control the resources play with expensive toys?

Freedom and fairness are both good things. We all agree on that. As slogans, they are just indicia in what is basically a sectarian divide.

Meanwhile, as the sects struggle with each other, democracy is being replaced by a new power. Benumbed by sectarian rancor, fat with the greed and sloth that our consumer economy has engendered, we the people are becoming the subjects of a new regime. That new regime is the alliance between well-organized interests (the stakeholders) and government employees (the bureaucrats) at all levels — local, state and federal.

The deal is that the organized interests keep the government employees paid, and the government employees support their interests and maintain their privileges. The stakeholders and bureaucrats, thus united, are now in the driver's seat; we the people are just the cobblestones.

The politicians, the supposed representatives of the people, are now irrelevant. Look at our Congress in Washington, our Legislature in Augusta, our City Council and School Board here in Rockland. All are powerless. What the stakeholders and the bureaucrats do not want, the politicians cannot do.

The agonies of our local school board are a symptom of this. They blame each other for their ineffectiveness, but their task is hopeless. No reform that they might want to institute is allowed. The law, made in Augusta, is now in control of the bureaucrats, who in this case are themselves high among the stakeholders.

On the federal level, take our absurd “health care” debacle. While we debate over who is going to pay the bill, the bill keeps going up. The medical industry is a powerful stakeholder, and with the aid of their friends in government they are running the show. Or take, on a more general level, the growing gulf between what most people are paid for their efforts and the generous pay of the elite who use government to protect their privileges.

As was the case under the kings of old, the question for those in power today is not what the people want, but how much they can take without a full-scale revolt. The answer, as always, is a lot.

Certainly the problem is not one that can be solved theoretically in a newspaper column. It would take boots on the ground. Those potential boots, however, are being worn by people who are fighting with each other, caught up in our foolish sectarian divide. We the American people are no more able to get our act together than is the opposition in Syria.

I hope that you, the reader, can see a promising way out of this. I see only a long shot: a movement of Americans who make themselves relatively independent of the current structures, both political and economic.

We members of this movement would ignore the sectarian division, and forgo keeping up with the Joneses. We would support each other spiritually and materially, and we would avoid dependence on government and proprietary interests. We would live simply, entertain ourselves with each other's company and eat the produce of our neighbors. We would listen to each other, and be skeptical of advertised ideas. To the extent we found wealth, we would use it in the service of mankind, and resist the conceit that our fortune makes us superior to others.

This movement would not be a sect. We would have no special creed or slogan. We would simply renounce the pursuit of privilege, and make common cause with the mass of men.

Of course this movement does exist. It is an ancient and honorable tradition, and has always, if slightly, moderated the abuse of power.

Much as I wish it, I doubt that such a movement will go far to challenge the power that has taken over our democracy today. It may, however, be a refuge that makes it possible for some of us, outside the circle of privilege, to carry on with dignity.

Et tu, Brute? —

An Open Letter to Senator Collins

by Thomas McAdams Deford

Dear Senator Collins,

You have served Maine well, establishing yourself as one of only two or three moderate Republicans in the Senate. Mainers are particularly glad to have you representing us in Washington when one considers the bad press Maine gets nationwide for its Augusta inhabitant (see Politico's recent article “How Did Mild-Mannered Maine Get America's Craziest Governor?”).

So it was a surprise to find out that you are supporting the diplomatically disastrous Iran Sanctions Bill. The proposed legislation would torpedo the best opportunity in 34 years for a rapprochement with Iran. Worse, it would wreck the possibility, as a New York Times editorial expressed it, of “the most significant restraint ever on a program that has threatened international stability” for over 10 years. It would create a situation, as the Times editorial concluded, that “could leave war as the only option.” As you know, the Times has been one of the most stalwart supporters of Israel since its creation.

You signed on to the sanctions bill the week before Christmas. Your only press release on the matter, issued in late November, listed “several concerns” about the possible deal with Iran: “The plan does not require the Iranians to suspend enrichment as required by existing UN Security Council resolutions.” Nor is Iran “required to roll back construction of its heavy water reactor in Arak or convert this facility into a light water reactor that would be less useful for the production of the material needed for a nuclear weapon.”

These are no longer relevant concerns. As The New York Times pointed out, “Iran has agreed to stop enriching uranium beyond 5 percent,” which means, regardless of the language in any past UN resolutions, Iran would cease enriching uranium to a point that could be used for a nuclear weapon. Further, again quoting the Times, its “stockpile of uranium enriched to 20 percent will be diluted or converted to a less threatening substance.” And: “Iran also agreed not to install new centrifuges, start up any that were not operating or build new enrichment facilities.” So with regard to Arak, its operation, in terms of its potential to enrich bomb-grade uranium, is clearly on hold as part of the agreement.

You also stated that you were “concerned that Iran did not agree to all the intrusive inspections that the well-respected International Atomic Energy Agency (IAEA) maintains are necessary.” But, again, as the Times pointed out, Iran “will allow inspectors from the IAEA to have unprecedented, in some cases daily, access to some sites.” Further, our agreement with Iran makes clear that it will only be after the agency has confirmed Iran has begun to take the promised actions that the sanctions will begin to be lifted.

Imposing new sanctions would not just violate the agreement that Iran and the US have signed, it would, as the Times

Clinic Offers Female Cat Spaying for \$20 in Feb.

Community Spay-Neuter Clinic (CSNC) in Freeport has begun a “Beat the Heat” campaign to prevent unwanted litters from being born this spring by helping people to get their female cats spayed in advance of their pets' heat cycles. Animal shelters commonly refer to springtime as “kitten season” because they receive so many unwanted litters.

During the “Beat the Heat” campaign, sponsored by Pet-Smart Charities, CSNC will perform spay and neuter surgeries for female cats for \$20 during February. Free transportation to Freeport from the Knox County animal shelter can be arranged for participating cats. The program was created to help pet owners and caretakers with financial need.

Spaying and neutering is one of the most effective ways to reduce the homeless pet population. Spaying a female cat before the first heat cycle can also reduce the cat's risk for certain reproductive cancers and infections.

“Female cats can have as many as three litters a year, and kittens can breed as young as four months old,” says Dr. Elizabeth Stone of CSNC. “Most people don't want to see their cat get pregnant over and over again, so hopefully our Beat the Heat campaign will serve as a gentle reminder to cat owners to sterilize their cats before they go into heat this year.”

The special \$20 rate is available to all residents of Maine. CSNC will provide up to 250 female cat sterilizations for \$20 during February. Cat parents who wish to take advantage of the offer must mention the “Beat the Heat” campaign when they schedule an appointment, based on availability. The clinic also has special grants available at this time for people who need additional financial help with spaying and neutering dogs. Visit www.communityspayneuterclinic.com or call 865-0772 for more information or to schedule an appointment.

additionally pointed out, “set unworkable conditions for a full deal.” Last month, America's most pre-eminent former diplomat, Tom Pickering, who served as US ambassador to Israel, Russia, the UN, Jordan and India, co-authored an article in the Financial Times backing President Obama's approach to Iran.

Earlier, former Secretaries of State Henry Kissinger and George Shultz, both Republicans, had written a Wall Street Journal piece supporting Obama's diplomatic efforts: “American diplomacy now has three major tasks,” they wrote. “To define a level of Iranian nuclear capacity limited to plausible civilian uses and to ensure safeguards that this level is not exceeded; to leave open the possibility of a genuinely constructive relationship with Iran; to design a Middle East policy adjusted to new circumstances.”

Americans for Peace Now and J Street, two progressive organizations that are strong supporters of Israel — and peace — in the Middle East, are actively opposing the bill you signed onto. Nor are they alone. It's not surprising, with the strong financial pressure it can bring to bear, that the influential right-wing Israel lobby AIPAC can help persuade a majority of American senators to oppose a diplomatic initiative that could help stabilize the Middle East.

The one certain result, should the bill you support become law, would be an end to any negotiations with Iran; the likely fallout from that is war.

I appreciate that at the time you signed on to the proposed legislation, a month ago, you were concerned that the six-month interim agreement — which took effect January 20 — might not address your concerns. Inasmuch as what is now public makes clear your concerns have been met, perhaps you would be willing to withdraw your support for the sanctions bill.

Sincerely, Mac Deford

Ed. Note: We asked Sen. Collins' office if she would like to respond, and they replied that we can expect a response in time for next week's issue.

Tom & Mac's History Road Show: This Friday in Rockport, Sunday in Belfast

The success of excess, a history of the Gilded Age

Mac Deford and Tom DeMarco's annual History Road Show — this year, they'll cover the Gilded Age in 100 minutes — will be at the Rockport Opera House at 7 p.m. this Friday, January 24, and at the Hutchinson Center in Belfast at 2 p.m. on Sunday, January 26.

The program is free of charge, though donations will be accepted by the show's presenters, the Camden Conference and the Rockport Public Library. For more information, visit www.camdenconference.org.

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LOOKING AT ESOPs CONTINUED FROM PAGE 1

too often the result will be consolidations, plant closures and lost jobs for the people who helped build and sustain their companies for decades,” wrote Alperovitz.

While policymakers in Augusta have yet to discuss that issue in any detail, the idea of transferring businesses to employees through an employee stock ownership plan (ESOP) or by establishing worker self-directed enterprises (or “worker cooperatives”) is attracting attention nationally as well as in Maine.

Citing figures by a researcher at the Rady School of Management at the University of California, San Diego, Alperovitz estimated that every year 150,000 to 300,000 businesses owned at least in part by boomers become candidates for employee takeovers. This means that over the next 15 years, retiring boomers could help create two to four million new worker-owned businesses in the U.S. Here in Maine, it’s a concept that has become appealing to more and more retiring business owners.

Local Companies Go for the ESOP

For the past decade SteelPro Inc. owner Chris Beebe had been considering retirement, but he wanted to make sure that his 35 employees were taken care of. The 35-year-old company, which fabricates metal for customers ranging from the biopharmaceutical to the pulp and paper industries, had reportedly been performing well. However, it was uncertain what would happen to the workers if he sold it. SteelPro has low employee turnover and some of the workers have been there for over 20 years. Beebe had gradually been pulling himself away from day-to-day company operations for the past four years, and the current management team had been pretty much running it already.

But if it were sold, a new owner might simply merge it and shut it down. So Beebe decided to create a buyer himself by financing the sale of SteelPro to his own employees. He did that by setting up an employee stock ownership plan (ESOP).

“The owner Chris Beebe has always been very good to his employees and concerned about their welfare,” said SteelPro’s Vice President and Chief Operating Officer Craig Wells. “With an ESOP, you’re doing something nice for the employees, but at the same time you’re creating a willing buyer. So it really ends up being a win-win situation for the owner and the employees.”

SteelPro is now one of over 30 ESOP companies in Maine, including Allen Insurance and Financial, Rockland’s Prock Marine, Moody’s Collision Centers, Johnny’s Selected Seeds, and the 4,000-employee Cianbro Corporation. There are currently 11,300 employee stock ownership plans for over 13 million employees, according to the National Center for Employee Stock Ownership Plans.

In order to set up an ESOP, the company directs a portion of its profits to a trust. The trust then uses that money to buy the owner’s shares back either immediately or over time. The shares then stay within the ESOP, so that when employees retire or leave employment, the ESOP buys those shares back and then reissues them to the employees that are still in the company. If an employee leaves the company before retirement, they can fold the plan into an individual retirement account.

“Obviously the incentive for the employees is that, literally, they have an ownership stake in their client base,” said Allen Agency President Michael Pierce. “If you look at the ESOP companies, there’s generally less turnover and there’s more of a vested interest in the clients and customers because there truly is the financial as well as the ownership ties.”

Jill Lang, the company’s marketing and communications director, agrees.

“It reinforces the sense of really being on a team,” said Lang. “It makes everyone that much more conscientious about the money we spend as a company. And the potential of an additional nest egg from the ESOP is definitely an added bonus.”

There’s also an incentive for the employer, as the law defers all capital gains taxes if the owner sells more than 30 percent of the company to the ESOP. ESOPs are most commonly set up by S corporations known as “pass through entities” because they spread income and losses out amongst the shareholders. The company is exempted from corporate taxes, and income taxes are paid by the shareholders.

Eric Altholz, a benefits attorney with the Portland law firm Verrill Dana, says that while there are only a handful of ESOP companies in Maine, he has noticed a change in the past few years.

“It is growing in Maine, but it hasn’t been a huge spike,” said Altholz. “The difference now is that consultants are able to make ESOPs work for smaller com-

panies. It used to be a mid-size or larger company device, but, depending on employer and the demographics of the workforce, it can work for smaller companies.”

As Altholz notes, ESOPs can be very expensive to set up and more costly than a 401k plan, which can be a barrier for smaller businesses. In addition to the legal costs of setting one up, the company must be annually appraised to determine the values of shares. Altholz estimates the upfront costs of setting up an ESOP can be anywhere from \$50,000 to \$74,000. Due to tax laws that limit employer contributions to ESOPs to just 25 percent, Altholz says that the most successful ESOP companies generally either have a small number of highly paid employees or a large workforce. Often in cases in which the owner wants to cash out of the business, creating an ESOP involves borrowing by leveraging against future earnings of the company, so Altholz recommends having a young enough workforce to handle the cost.

Supporters and Critics

ESOP advocates argue that ESOPs not only increase productivity and worker retention due to the employees’ sense of ownership in the company, but they also produce higher financial rewards than conventional companies. A 2010 study by Georgetown University found that in 2008 ESOP companies performed better than non-ESOP firms in areas of job creation, worker wages, revenue growth and providing retirement security, particularly at a time when many companies were cutting jobs and pensions. The study stated that nearly 60 percent of American workers do not have any assets in a work-related retirement plan, and half of all workers do not even have access to an employer-sponsored retirement savings plan. According to the National Center for Employee Ownership, ESOP participants have three times the total retirement assets as comparable employees in non-ESOP companies.

However, critics point out that employees’ retirement can be left vulnerable if the company experiences a downturn. Altholz said that unlike other benefits plans, which are typically diversified in a group of stocks, bonds and securities, ESOPs depend on the success of the company.

“If the company does great, it’s fantastic because the employee is making a contribution to the growth and success of the company and working hard, but good companies sometimes go through bad spells,” said Altholz.

Altholz added that there are some protections built into ESOPs to mitigate that risk and many companies also offer a qualified retirement savings plan like a 401(k) in addition to the ESOP. By law, all employees 55 and older or with 10 or more years of participation in the ESOP are allowed to diversify their ESOP accounts.

For Maine’s Retiring Baby Boomer Bosses?

Although properly setting up an ESOP to conform with tax laws and the federal Employee Retirement Income Security Act (ERISA) can be costly and time consuming, Altholz says that for the right candidate making a business succession plan, it can be an effective solution.

“You see it a lot in family-owned businesses where you see one or two generations that have really built up the business, but then the newer generation just doesn’t want to stay and operate it. But a core group of employees who have been there forever may become kind of heirs to the business,” said Altholz.

Pierce of the Allen Agency says he agrees that with changing demographics and the number of small, closely held and family-owned businesses in Maine, ESOPs can be a viable alternative to traditional business successions. With 25 years as an employee-owned company, which was formed as a succession strategy upon former company President David Montgomery’s retirement in 1989, it’s a model he says has worked so far.

“I think there is a sense of family in some of these smaller communities, so people do feel good will to the employees who have worked for them for years and want them to financially benefit as well,” said Pierce. “It’s certainly something we’ve tried to instill in folks from a work ethic and an ownership interest.”

This is the first in a two-part series on Maine’s aging demographics and employee-owned businesses.

In the near future we will also take a look at a group in Maine that is encouraging retiring business owners to consider worker self-directed enterprises (or “worker cooperatives”) as an alternative to traditional business successions.

Eric Altholz, a benefits attorney with the Portland law firm Verrill Dana, says that while there are only a handful of ESOP companies in Maine, he has noticed a change in the past few years. “The difference now is that consultants are able to make ESOPs work for smaller companies...”

Move over & slow down — Maine Drivers Must Give Room to Police & Emergency Vehicles

Maine State Police are beefing up enforcement of Maine’s “move-over” law — the state law that requires motorists to slow down and give plenty of room to police and emergency vehicles stopped along the highway with their emergency lights flashing.

The enforcement campaign is in response to recent crashes — six State Police cruisers stopped on road shoulders were struck by passing vehicles in the past six weeks.

The law states that motorists should merge into an adjacent lane, if safe to do so; otherwise slow down.

Last week, State Police cruisers stopped along the interstate with their emergency lights on were damaged in Portland, in Brewer and north of Lincoln. Three similar crashes involving troopers took place in December, in York, Manchester and Sanford. Four of the troopers were injured.

On Monday, January 13, troopers along the Maine Turnpike in the Portland area stopped 40 vehicles in two hours. While one trooper stopped a vehicle for a violation, three other troopers nearby monitored traffic, issuing 40 summonses for violations, including 11 for not moving over. The fine for such a violation is \$311.

State Police Chief Colonel Robert Williams says the additional enforcement will continue: “The move-over law is designed to reduce the risk to emergency workers stopped along the highway. Motorists can do their part by giving those workers room to do their jobs and helping to keep everyone safe.”

Maine Law Reads as Follows:

Stationary vehicles. The operator of a vehicle passing a stationary authorized emergency vehicle using an emergency light or a stationary wrecker using its authorized lights, with due regard to the safety and traffic conditions, shall:

A. Pass in a lane not adjacent to that of the authorized emergency vehicle or wrecker, if possible; or

B. If passing in a nonadjacent lane is impossible or unsafe, pass the emergency vehicle or wrecker at a careful and prudent speed reasonable for passing the authorized emergency vehicle or wrecker safely.

Annual Homelessness Survey Next Week Aims for More Accuracy

Homeless people asked to call toll-free number —

The federal Department of Housing and Urban Development’s annual Point in Time survey, a “snapshot” of homelessness across the nation, will take place next week. For the first time, homeless people will be able to take part in the survey directly by calling a toll-free number.

Anyone who currently lacks an address, is couch-surfing or living on a temporary basis with family or friends due to frozen pipes, unpaid rent or other reasons is encouraged to call 1-800-377-5709 between 9 a.m. and 4 p.m. from Monday, January 27, to Friday, January 31. Callers will be asked a few questions over the phone and can take part in the survey with no obligation.

A coalition of Maine groups has set up this alternative in order to improve the quality of the HUD count this year; the organizations include Catholic Charities/PATH, Preble Street, New Beginnings, Tri-County Mental Health and AmeriCorps/VISTA.

Previously, the Point in Time survey was carried out on one day exclusively through a bed count at homeless shelters, and federal and state funds for combatting homelessness were allocated based on those figures; this year’s bed count will take place in Maine and across the nation on January 29.

In a rural state like Maine, and especially in counties where there are no homeless shelters, the Point in Time survey tends to undercount the homeless, resulting in reduced funding. For example, in past surveys, anyone without an address in Lincoln County has been counted only if they were identified as coming from Lincoln County when they were given a bed by a homeless shelter like Preble Street Resources in Portland or Tedford Housing in Brunswick.

According to Steve Ward, Chair of the Ecumenical Council on Homeless Prevention in Damariscotta and Newcastle, “It is critical that we don’t once more experience an undercount here in the mid-coast of individuals and families who are coping with homelessness right now.”

Ward’s interfaith organization works to prevent homelessness in Lincoln County and has formed a close tie with Tedford Housing in Brunswick. For three months now, a case manager from Tedford Housing has been taking applications and seeing clients on Tuesdays at Newcastle’s Second Congregational Church, during the time that the Ecumenical Food Pantry is distributing food.

According to Ward, “It really has improved our ability to respond to short-term housing crises and to enable folks in Lincoln County to stay out of shelters and get the help they need.”

The Ecumenical Council currently involves four churches — Water of Life Lutheran, St. Andrew’s Episcopal, St. Patrick’s Catholic Church/All Saints Parish, and Newcastle’s Second Congregational.



Legislature Considers Student Debt Legislation

by Andy O'Brien

In recent years it's become increasingly clear that higher education is becoming unaffordable to a great number of Americans. In 2013, outstanding student debt exceeded \$1 trillion, while the share of student loans delinquent longer than 90 days rose to 11.8 percent, according to the Federal Reserve Bank of New York. At the same time, the cost of higher education has surged higher than inflation, with the average loan balance rising 91 percent, from \$10,649 in 2003 to \$20,326 today. The average Maine graduate finishes school with over \$29,000 in student loans — that is now the seventh-highest debt load in the country.

Attempts at Tackling Student Debt

Despite those alarming trends, attempts to alleviate the pressure of student debt have been minimal. Last July, in order to prevent interest rates on new federally backed student loans from automatically doubling to 6.8 percent, Sen. Angus King helped broker a compromise to peg interest rates to the 10-Year Treasury note. The yield on the 10-Year note fluctuates according to market conditions, but the bill brought down current rates to 3.86 percent for subsidized and unsubsidized loans for undergraduate students, 5.41 percent on unsubsidized loans for graduate students, and 6.41 percent on PLUS loans for parents and graduate students. Still, when the economy improves, rates could go as high as 8.25 percent for undergraduate students, 9.5 percent for graduate students, 10.5 percent for PLUS borrowers.

In Maine, the Legislature passed the Educational Opportunity Tax Credit in 2007 to help Maine college graduates who stay in Maine pay back student loans. With the goal of stemming the exodus of young people from the state, the policy allows a student to claim up to \$356 for a bachelor's degree and \$65 per month for an associate's degree to reduce the amount of income taxes owed. Last year, the Legislature changed the law to allow graduates with degrees in science, technology, engineering and math (STEM) to receive a refund if their loan payments are higher than what they owe in taxes. However, with no marketing budget, according to Maine Revenue Services, only 1,157 graduates received the credit in 2012, which means only a small fraction of eligible graduates are participating in the program.

In December, as the Legislature's Tax Expenditure Review Task Force wrapped up its work sessions to find \$40 million by closing tax loopholes in order to restore revenue sharing to towns, Democrats on the committee proposed capping the Educational Opportunity Tax Credit, citing the lack of participation in the program. The provision was not included in the final draft of the bill, which was heard by the Appropriations Committee this week, but the reported participation rates have stimulated a public dialogue on how effective such policies are, both at retaining young people and at relieving student debt burdens.

Rob Brown, executive director of Opportunity Maine, the organization that wrote the policy, noted that last year the Legislature had appropriated a \$20,000 marketing budget to get the word out to students about the program, but then rescinded it at the last minute to balance the budget. He also cited lack of cooperation with the University and community college systems in informing students.

"The program's effectiveness can be questioned because the Legislature keeps unanimously expanding and refining it, and then not doing anything to make people aware of its existence," said Brown.

The "Pay It Forward, Pay It Back" Model

Meanwhile, Sen. Katz and Senate President Justin Alford (D-Portland) have both submitted proposals that would pursue a student loan policy based on Oregon's "Pay It Forward, Pay It Back" pilot project. Starting in 2015, students are eligible to attend Oregon state colleges tuition-free under the condition that they agree to pay back a small percentage of their income to the state over a couple of decades. Graduates with a four-year bachelor's degree would pay 3 percent of their income for 20 to 25 years. The money would go into a trust fund set up to fund future students.

Sen Katz' proposal, LD 1702, would direct the University of Maine System and the Maine Community College System to study the establishment of a pilot program based on the "Pay Forward, Pay Back" model. Sen Alford's LD 1703 would simply adopt the model outright.

Both bills will be heard by the Legislature's Education and Cultural Affairs Committee on January 29.

On Wednesday, January 29, residents of Camden and Rockport will have an opportunity to hear the initial findings of the Oak Point Architectural/Engineering Firm team hired by the MSAD #28 School Board to study the Camden-Rockport Middle School (CRMS) facility on Knowlton Street in Camden in order to help residents and the board develop a vision and plan for the future of the school. Potential options for the facility will be presented, and input from those attending is wanted. The public forum will be held in the Camden-Rockport Middle School cafeteria at 6 p.m.

The Camden-Rockport Middle School has served the community for close to 90 years. The brick Mary E. Taylor building was built in 1925 as a grammar school. Over time, students of different ages, ranging from grammar to high school, have attended school on Knowlton Street, as the building expanded to accommodate different uses.

Currently, 375 students in grades five through eight attend Camden-Rockport Middle School. The building covers approximately 122,000 square feet. The space is much larger than needed for a middle school with its cur-

Call for Restorative Justice Volunteer Mentors

The Restorative Justice Project of the Midcoast (RJP) will hold its next training course for mentors at the First Baptist Church in Belfast; the class will meet on Wednesday, January 29; Saturday, February 1; and Wednesday, February 5.

RJP provides stable, compassionate and resourceful mentors for residents of the Maine Coastal Regional Re-entry Center in Belfast, and for juveniles who have been charged with a crime, helping to ease residents' transition back into society and reducing the rate of recidivism.

The training sessions, which last between 2-1/2 and 3

Public Forum Saturday on Unity's Comprehensive Plan

Unity residents are invited to a special visioning session at the Unity College Center for the Performing Arts on Saturday, January 25 (snow date February 1), focusing on the Town of Unity's Comprehensive Plan, the legal framework for future land-use ordinances. Subjects to be discussed include economic opportunities, natural resources, community spirit, farming and agriculture, town governance and partnering with Unity College. Child care will be provided for free.

Young Republicans Forum January 31 in Rockland

The Knox County Republican Committee will host "Ask Me (Almost) Anything," a forum with young Republicans, at the Trade Winds Motor Inn in Rockland on Friday, January 31, at 6 p.m. Featured speakers will be Maine Republican National Committeewoman Ashley Ryan, Maine State Senator Garrett Mason, Republican candidate for Maine's 1st Congressional District Isaac Misiuk, and Old Town School Board Director Lee Jackson. The

rent and projected enrollment. Also, some of the space is unusable. The facility, as it currently stands, is said to be inefficient and costly in terms of use, maintenance and operation.

The School Board set a goal to develop an educational vision and plan for the future of the school, and last July, the board hired Oak Point Architectural/Engineering Firm to help in that endeavor and appointed 19 members to a Camden-Rockport Middle School Planning Committee, comprised of community

representatives and staff members, to advise the Board.

Oak Point has completed the first phase of study, including a thorough review of the building and site. Oak Point representatives recently outlined three possible options to the CRMS Planning Committee.

On Wednesday, January 29, residents will hear the initial findings of the Oak Point study and see initial drafts of potential options for CRMS. According to the school board and planning committee, input from participants at the January 29 forum will help to determine the next steps in the planning process for the future of CRMS.

hours, will include information about the philosophy of restorative justice and its practice, reflections on mentoring, and insights into the genesis of crimes. Participants will also talk with an active mentor and mentee.

Last year about 75 volunteer mentors gave more than 3,000 hours meeting with inmates and juveniles. The mentors include teachers, mental health professionals, lobstermen, carpenters, insurance executives, pastors, churchgoers and community activists.

To register, contact Hanlon Kelley at 338-2742, extension 2, or hanlon@rjpmidcoast.org.

Doors open at 11:30 a.m.; early arrivals are asked to give their opinion on questions posted on the wall. A free lunch will be served at noon. The visioning session, with small groups of residents discussing various topics, will take place from 12:30 to 4:30.

The previous Comprehensive Plan, arrived at through a previous visioning session, led to more thoughtful residential development, a more pedestrian-friendly town environment, and more housing for the elderly.

gathering, the first in a statewide series organized by the Maine Republican Party and #GEN 207, will offer an opportunity for the audience to ask questions and have discussions with young Republican leaders via Twitter and Facebook.

Those planning on attending should RSVP at www.eventbrite.com/e/gen-207-presents-ask-me-almost-anything-tickets-10068307579.

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MEDICAID MOMENTUM CONTINUED FROM PAGE 1

Laura Tasheiko, a former teacher and self-employed resident of Northport, said that a few years ago she was diagnosed with an aggressive form of breast cancer. She was below 100 percent of the federal poverty level, so she qualified for MaineCare. She went through chemotherapy in 2008, but has since become one of 25,000 low-income Mainers who lost their MaineCare coverage on January 1 due to cuts enacted by the LePage administration. Under the proposed expansion, Tasheiko would be able to get access to affordable health coverage again.

"As a metastatic breast cancer patient in remission, not having access to health care is a death sentence in the event of a cancer recurrence.... I don't want anyone to skip screenings and primary care that could lead to early detection because it is too expensive," Tasheiko told the committee.

Sen. Troy Jackson (D-Aroostook), a logger from Allagash, has been a passionate supporter of Medicaid expansion since seeing two of his logging friends die of untreated heart conditions because they were uninsured. Jackson was able to catch his heart problem early and have it treated because he has coverage through his legislative health plan.

"These people could be any one of us. To be perfectly honest, it could be me in a year," Jackson told the Health and Human Services Committee. "The average earnings for the logging profession is \$27,500. A lot of people in my field are going to be on that line and I would ask if you think that men and women in the logging profession don't work for a living?"

The new Medicaid expansion bill, LD 1578, sponsored by Democratic Speaker Mark Eves, attempts to strike a compromise with Republican critics following Gov. LePage's veto of last year's bill. LD 1578 would require the Legislature to decide whether or not to renew the expanded coverage after three years when the federal reimbursement rate begins to drop. It will also allow the state to drop coverage for MaineCare recipients if the federal government breaks the commitment to fully fund the program during the initial three years. The measure would also require a co-pay for some of the people covered by MaineCare. Finally, it would create a MaineCare Stabilization Fund to pool any savings accrued from accepting federal dollars.

Hospitals Enter the Fray

Last year the powerful Maine Hospital Association stayed away from the battle of Medicaid expansion as they focused on getting the \$484 million Medicaid debt paid off with liquor tax revenue, but this year it's different.

"The Legislature is not voting on whether to expand Maine's population by 70,000 people. These people are here. They get sick now. They require care today. Maine's hospitals provide care to all, regardless of ability to pay. The question is how to finance their care," wrote Maine Hospital Association President Steven Michaud in a recent op-ed.

According to some independent analyses, the savings from accepting the federal dollars would be substantial compared to the haphazard way medical care for the poor and indigent is currently financed. A study by the nonpartisan Kaiser Family Foundation estimates that Maine could save \$690 million in emergency charity care if it expanded Medicaid. As hospital administrators pointed out, health insurance policy holders are already paying for low-income uninsured Mainers, as emergency care costs for the uninsured ultimately lead to higher health insurance rates.

Testifying on behalf of MaineHealth, Waldo County General Hospital CEO Mark Biscone wrote that his hospital has already been providing charity care for uninsured patients at 175 percent of the federal poverty level, which is 25 percent higher than what is mandated in state law.

"In the past six years, WCGH has seen bad debt and charitable care increase from \$2.4 million in 2007 to \$10.5 million in 2013," wrote Biscone. "As more MaineCare recipients lose coverage, WCGH will no longer be able to sustain this higher threshold."

MHA lobbyist Jeff Austin also noted that while the federal government is offering the Medicaid dollars, it is also reducing the amount of money it will provide for Medicare reimbursements by \$900 million over 10 years as a result of the ACA.

"When the Supreme Court ruled that Medicaid expansion was optional, it did not rule that the associated cuts were optional as well," said Austin. "So, hospitals across the country faced the prospect of significant pain (Medicare cuts) without the bargained-for gain (Medicaid expansion). That is why you have seen significant hospital advocacy in favor of expansion in Maine and across the country."

So far, 26 states have agreed to take on Medicaid expansion, and supporters say every day Maine is losing \$700,000 in increased economic activity due to forgone Medicaid dollars since January 1.

Still, Gov. LePage and Republican members of the Health and Human Services Committee remain unconvinced.

Opposition Remains Fierce

A small group of conservative activists showed up to speak out against the proposed Medicaid expansion. Most expressed distaste for government intrusion in the health care market and blamed MaineCare recipients for not budgeting properly to pay for health care.

"I can go to the movies, buy fancy new clothes and a 12-pack or I can save for a yearly physical," said Paula Sutton of Warren. "I know what I would do, yet others choose differently and asking anyone to subsidize their choices is not right. The message it sends is that the government will take care of you. Health care starts at home, not in Augusta."

Following the hearing, Senate Republican Leader Mike Thibodeau (Waldo County) reinforced the stereotype of MaineCare recipients as able-bodied people who don't want to work and blamed the current \$119 million budget deficit in the Department of Health and Human Services on Medicaid expenditures.

"Democrats want to put another 70,000 able-bodied Mainers on this program," said Thibodeau. "We are now going to have to find a way to fill this \$119 million hole, and they want to dig it even deeper for us. Our Medicaid program is unsustainable as it is. Expanding it now makes no sense."

"If this were an opportunity for federal dollars for a ship at Bath Iron Works or a defense contract or for highways and bridges, we would be jumping at the opportunity and celebrating," wrote Maine Hospital Association President Steven Michaud.



Advocates for Medicaid expansion flooded the State House Hall of Flags on January 8.



A small group gathered with signs to oppose Medicaid expansion on January 8. Photos by Andy O'Brien

Administration's Arguments Challenged

Supporters of expansion, including the Maine Hospital Association, have challenged the assertion that Medicaid has been responsible for the deficit, as Medicaid spending has been generally flat for a decade and grown at little more than the inflation rate. MHA lobbyist Jeff Austin pointed out that Maine's spending on Medicaid is the lowest in New England and ranks 26th nationally. However, he noted that Maine has had to shoulder more of the burden for Medicaid since the one-time 2009 federal stimulus money ran out. In a recent op-ed, MHA president Steven Michaud also noted that, unlike the previous 2002 Medicaid expansion, which reimbursed the state at 60 percent, the 90-percent reimbursement is "extraordinarily high."

"If this were an opportunity for federal dollars for a ship at Bath Iron Works or a defense contract or for highways and bridges, we would be jumping at the opportunity and celebrating," he wrote.

Meanwhile, Republicans claim that Medicaid expansion takes funds away from hundreds of severely disabled individuals in need of long-term care facilities who are currently on waiting lists.

"Medicaid is supposed to help our most vulnerable citizens — the children, elderly, disabled and mentally ill," said Governor LePage in his January 15 radio address. "However, there are thousands of Mainers on wait lists who need health care services."

However, individuals on the wait list already receive Medicaid health care coverage and the ACA expansion dollars cannot be used for long-term care. The Disability Rights Center, which has long been in legal battles with the state

over providing long-term care for individuals with serious disabilities, says conflating the two issues is a distraction.

"Expanding MaineCare is not about ignoring the needs of over 850 adults with intellectual disabilities and autism who are currently on the Sections 21 and 29 waiting lists," said Sara Squires of the Disability Rights Center in testimony. "Expanding or not expanding MaineCare gets us no closer to addressing this issue. The federal dollars used to expand MaineCare cannot be used to fund people coming off the waiting lists. Expanding MaineCare does not jeopardize the services currently in place for individuals with developmental disabilities, nor does it prevent untold numbers of individuals from coming off the waiting lists. These are simply two separate and distinct issues."

Squires added that thousands of disabled individuals currently receiving Social Security Disability income (SSDI) benefits would gain insurance coverage through the expansion of Medicaid because right now they must wait 24 months after qualifying for disability benefits before they receive MaineCare. She said that many people with disabilities do not have full disability, but have impairments that limit their ability to work full 40-hour weeks and therefore cannot afford health care coverage on their own.

Enter the Alexander Group

But the biggest gun that expansion opponents have in their arsenal is a recent feasibility study written by controversial conservative consultant and former Pennsylvania Secretary of Public Welfare Gary Alexander. According to the Alexander Group, it will cost the state \$800 million over the next 10 years to expand Medicaid with federal dollars and consume half of the state budget by the year 2024.

"Maine already has the third-highest spending on Medicaid in the nation. Expanding is not affordable," Governor LePage said in a January 15 radio address. "[The Alexander Group report] also predicts between 31 and 36 percent of all Mainers will be receiving taxpayer-funded health care by 2023. In other words, for every three Mainers, one will be on Medicaid at the taxpayer's expense."

Critics have blasted the study as ideologically biased because Alexander has long been an outspoken opponent of Medicaid expansion. Hired in a no-bid contract to study Medicaid and Maine's anti-poverty programs for nearly \$1 million, Alexander has been under fire for costing Pennsylvania taxpayers \$7 million annually after an audit revealed mismanagement following his departure from his previous post. He also faced controversy for removing 89,000 children from the Pennsylvania Medicaid rolls.

Critics have also pointed out questionable numbers in his Medicaid feasibility study for Maine. As economist Charles Colgan told the Portland Press Herald, the Alexander Group report relies on predictions that Maine's poverty rate will increase by 30 percent over the next six years. He said those numbers run quite counter to his own analysis of economic trends. Kathy Gifford, a Medicaid analyst for Indianapolis-based Health Management Associates, also told the Press Herald that the report used a lower federal Medicaid reimbursement rate in their calculations, which could have led to the projected costs of expansion being inflated by \$575 million.

The Alexander Group's report has also been attacked because it did not factor in the economic activity that would be stimulated by the injection of millions of dollars in federal money. In the study, Alexander dismissed assertions that the expansion could create over 3,000 jobs as "Neo-Keynesian," an economic theory that suggests jobs can be created through government intervention in the economy.

No Compassion for Medicaid Expansion Opponents

Although a bill to accept Medicaid expansion failed to receive enough support from Republican lawmakers to override the governor's veto last year, with reelection looming in November more and more Republicans have been reportedly getting nervous. Last year the Legislature's override attempt only failed by three votes, and hospitals, which are some of the biggest employers in the state, are stepping up the pressure on Republicans.

Gov. LePage has even softened his stance somewhat, telling WGAN News radio host Ethan Strimling on January 18 that he supports Medicaid expansion for the 35,000 individuals under 100 percent of the poverty level. However, he said he would not support expanding Medicaid for the Mainers who are between 100 and 138 percent of federal poverty level because they can qualify to receive subsidies to purchase private insurance on the ACA's federal insurance exchange. But as expansion supporters have pointed out, individuals who do qualify for federal subsidies have incomes between \$11,000 and \$15,000 and would likely be unable to afford the deductibles and co-pays required in private plans.

But whether the governor chooses to compromise with the Legislature or not, there have been signs that there may already be enough Republican votes to override a veto. Speaking at the annual dinner of the Maine Children's Home for Little Wanderers, the Kennebec Journal reported that Gov. LePage is not optimistic his side will prevail.

"Today I left work quite upset because we have a Legislature in Maine that has no compassion," he said. "They're going to be passing Medicaid expansion in the state of Maine."



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Evening at Strand with "Dogtripping" Author to Benefit Pope Memorial Humane Society

David Rosenfelt and some of his cross-country traveling companions

The Strand Theatre in Rockland will host An Evening with David Rosenfelt on Thursday, February 6; doors will open at 6:45 p.m. and the presentation will start at 7:00.

Rosenfelt, known for his mystery novels, is also the author of the memoir "Dogtripping," about his trek with 25 rescue dogs in three RVs from California to Maine. Don Carrigan of WCSH-TV will emcee the evening, in which Rosenfelt will share adventures from the journey, and Thomaston Place Auction Galleries owner Kaja Veilleux will conduct a live auction featuring, among other items, the opportunity for a bidder's name to become that of a character in a future Rosenfelt mystery. All proceeds will benefit the Pope Memorial Humane Society of Knox County's (PMHSC) capital campaign.

Tracy Sala, the humane society's executive director, says, "We are thrilled to have this engaging, nationally known author share this moving and funny story to help us help the homeless animals in our community. The commitment and dedication David and his wife have towards dogs in need is truly inspiring."

General admission tickets are \$10, VIP tickets \$40. VIP ticketholders will receive an autographed copy of "Dogtripping," an invi-



tation to an appetizer reception with the Rosenfelts at 5:30 p.m., and a reserved seat at the Strand. To purchase tickets, visit the Strand box office at 345 Main Street, call 594-0070 or visit www.rocklandstrand.com.

PMHSC operates an animal shelter in Thomaston and provides animal support services to Rockland, Thomaston, Warren, Owls Head, St. George, Port Clyde, Martinsville, Tenants Harbor, South Thomaston, Spruce Head, Hope, Union, Appleton, Montville, Cushing, Matinicus, North Haven, Vinalhaven, Stockton Springs and Morrill.

A Pies on Parade Pre-Party on Saturday at Trackside

The 10th annual Pies on Parade will be preceded by a party at Trackside Station Restaurant in Rockland on Saturday, January 25, from 4 to 6 p.m. to benefit the Area Interfaith Outreach (AIO) Food Pantry and Fuel Assistance Program. Admission is free to the party, which will feature a silent auction, pie-inspired cocktails and music.

A raffle will be held for a grand-prize package, put together by Historic Inns of Rockland, that includes a two-night stay, museum tickets, \$50 in "midcoast money" and more; the winner will be drawn at the end of the party.

The silent auction will have \$5,000 worth of donated items, including gift certificates to restaurants including Primo, The Landings, Cafe Miranda, 3 Crow and Park Street Grille; \$100 gift cards to Eastern Tire, Fiore Artisan Olive Oils & Vinegars and Maritime Energy; a harbor sail on the schooner *Morning in Maine*; a five-day trip in June on the schooner *Stephen Taber*; a social makeover from Dream Local; a year of dog washes from Loyal Biscuit; golf for four at the Samoset Resort; and gifts of wine and food from Breakwater Vineyards.

Each of the Historic Inns of Rockland will auction pies, as well as a collector's apron featuring the Berry Manor Pie Moms and signed by Bobby Flay, other artworks and handmade items.

Trackside Station will donate 50 percent of proceeds from the sale of its pie-inspired cocktails: Good Ole Apple Pie (Dr. McGillicuddy's Intense Apple Pie on the rocks), Coconut Cream Pie (Malibu Coconut Rum, Pinnacle Whipped Vodka and Sprite), Blueberry Pie Martini (Pinnacle Blueberry and Vanilla vodkas, raspberry liqueur, sour, cranberry and a splash of milk), Key Lime Pie 'Tini (Pinnacle Vanilla Vodka, triple sec, lime juice and pineapple juice), and Chocolate Cream Pie (Pinnacle Whipped Vodka with Irish Cream and Chocolate Valley Vines red wine).

The Pies on Parade Tour will take place on Sunday, January 26, from 1 to 4 p.m., when 26 Rockland businesses celebrate National Pie Day and raise money for the AIO Food Pantry and Fuel Assistance Program. Tour tickets, \$25 for adults, \$10 for children 10 and under, are available only from Historic Inns of Rockland or by calling 596-6611.

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Rockport: Village Victorian - 3 BR, 2-1/2 BA, high ceilings, restored plaster walls, attached garage w/spacious apartment for guests or rental. Steps to village, harbor & Beauchamp Point. \$495,000



Cushing: Single floor 3 BR 2+ BA contemporary on 2.8 sunny acres with 288 ft. quality shoreline. Attached 2 car garage, private spot at the end of a dead end road. \$475,000



Rockport: Eastward on the Ocean. 2 BR, 2 BA condo in original Stanford White-designed estate house. Move-in ready, designer furnished. Long water views from every room. \$289,000



Rockland: New-Englander on Front Street overlooking North-End Shipyard & Rockland Harbor. 3 BR, 1-1/2 BA. Renovated w/attention to retaining original features. \$265,000



Vinalhaven: Artist retreat on Greens Isl. across from Carvers harbor. Lodge, bunkhouse, studio, stone fireplace - 3 acres on peninsula with waterfront on 3 sides, wharf, moorings \$790,000



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FIELD NOTEBOOK

Haitian Arrival 1/18/14

I arrived in Port-au-Prince, Haiti, with the medical team from Pen Bay in early afternoon. We approached the island of Hispaniola from the eastern side, which is where the Dominican Republic is located. The Dominican Republic was mountainous and hilly, on the rainy side of the island, but as soon as we came to the third of the island where Haiti is located, the steep mountains gave way to sere brown, eroded now that the trees were all gone, cut down by everyone seeking wood to make charcoal to sell in the capital for cooking. There likely will never be trees again, and the topsoil washed away into the turquoise sea, which had turned a muddy sandy brown at the edge of the coast as it was viewed from the approach to the airport. On the coastal plain, what was once tropical forest is now sere, and steep, at places washed away down to white bedrock, so that when we landed in the 85-degree steamy heat, the mountains above gave the strange illusion of patches of spring snow still clustered in the ravines, as if it were March in the white mountains, not the skeleton of the land laid bare.



Sunrise in Leogane 1/20/14

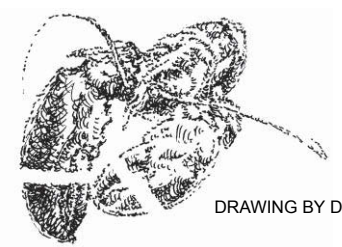
Sunrise from the roof of the residence where the medical team stays is a view of a large village, not a city. Car horns honk, roosters crow, dogs bark. Charcoal fire smoke rises straight up from behind shacks and banana trees as the dwellers of the neighborhood cook their breakfast. Men are carrying bundles of firewood over their shoulders. It will be turned into charcoal that will be sold in the market for cooking fuel all over the city. It is still the cheapest fuel, in spite of the fact that it has left hills stripped bare. White cattle egrets follow the bony cattle who stolidly watch the men clearing the field, while small, agile goats scamper and stop to browse on scrubby plants. The mangos hanging from the treetops — at eye level from the roof — are tempting, but unripe. Scarlet bougainvillea blooms on the fence and gate of the compound. Five noisy blackbirds fly overhead. The heat starts with the sunrise and the dark blue mountains, standing stark against the sky, begin receding into flat two dimensions of indeterminate color against a sky growing pale. The young Haitian man who comes up to also look out over the village-city tells me the birds are called *zwazo*, grackles, in English.



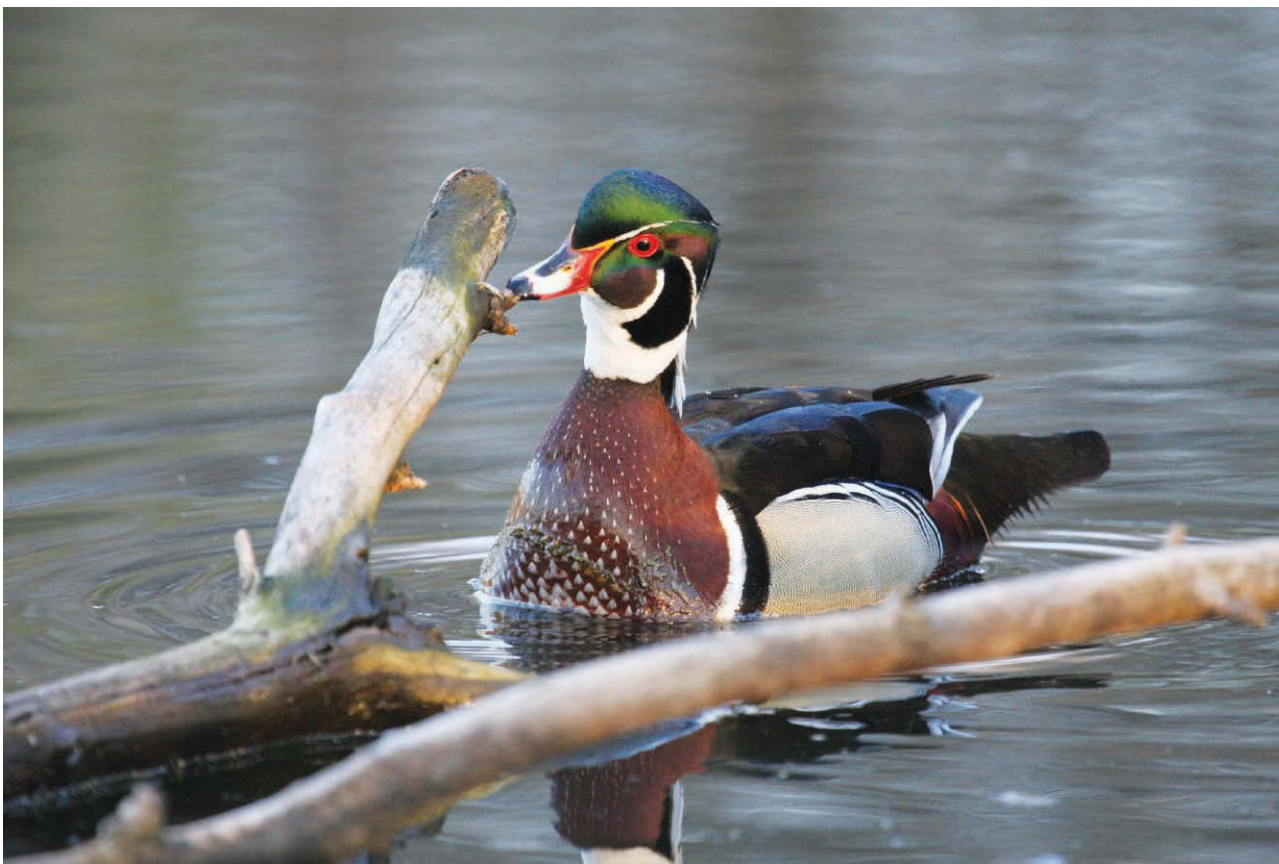
Christine Parrish is in Haiti this week with a medical team from Pen Bay Healthcare. Follow her online at bylineparrish.wordpress.com

Don Reimer to Lead Seabird Field Trip at Pemaquid Point on Saturday —

Mid-Coast Audubon will host a free birding field trip on Pemaquid Point led by Don Reimer, local birding expert and columnist for The Free Press, on Saturday, January 25; participants will meet at the point at 8:30 a.m. Likely sightings will include ducks and other seabirds — Common Eiders, Long-Tailed Ducks, Red-Breasted Mergansers, and any of the three varieties of Scoter. Past trips to the point have yielded Black-Legged Kittiwakes, Razorbills, Purple Sandpipers, Great Cormorants and Merlins. There is little shelter on the point and walkers should dress warmly. Those interested in participating should call Reimer at 273-3146. Pictured here, a Black Scoter.



DRAWING BY DAN KIRCHOFF



Wood Duck PHOTO BY MIKE SWEET/USFWS

Citizen Science Talk on Waterfowl Nest Box Program on January 29

Sheepscoot Valley Conservation Association (SVCA) will host John Pratte, Maine Department of Inland Fisheries & Wildlife (MDIFW) biologist, for a talk on the department's volunteer program to maintain nest boxes for waterfowl, on Wednesday, January 29, at 6:30 p.m. at the SVCA office, 624 Sheepscoot Road in Newcastle. His program will be the second in SVCA's Winter Series on Citizen Science; a \$5 donation is suggested, but not required.

The MDIFW manages some 8,300 acres of open-water wetlands that provide ideal waterfowl nesting sites and have

several hundred waterfowl nesting structures; many more nesting structures have been added on private land, as well. Maintaining the nest boxes relies in part on volunteer help.

Pratte's January 29 talk will be followed up, on a later date when conditions are good, with a field trip to monitor nest boxes in the Sheepscoot watershed. To help monitor and maintain boxes, contact SVCA at 586-5616 or svca@sheepscoot.org.

Topics of upcoming Citizen Science talks include the Kestrel Partnership, Vernal Pool Conservation, Backyard Bird Habitat, Bats and Bat Boxes, and Signs of the Season, a phenology project.

Winter Ecology Festival at Merryspring February 1

Merryspring Nature Center in Camden will hold its annual Winter Ecology Festival on Saturday, February 1, from 10 a.m. until noon. Geared for children and families, the festival is free to all and offers both indoor and outdoor activities throughout the morning.

This year's festival features talks, crafts and activities about Maine's winter woods. Snacks and hot drinks will be offered throughout the day inside the Ross Center for guests to warm up between outdoor events.

From 10 to 11 a.m., Central Maine Astronomical Society will use solar scopes to track and observe the winter sun, and family snowshoe hikes led by Merryspring volunteers depart from the Ross Center. Winter nature crafts and other children's activities will take place in the Ross Center.

From 11 to 11:30 a.m., Dave Smith of Sparky's Honey and Maple in Hope will demonstrate tapping sugar maple trees.

From 11:30 a.m. to noon, Maine Master Naturalist volunteer Deb Smith will give a presentation on observing and identifying winter plants.

This year's festival will be held in the morning on the



Heading into the snowy woods at last year's festival at Merryspring

same day as Pen Bay Chamber's annual Winterfest, which is at noon in Camden's Harbor Park.

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

Talk on Wildlife Migrations in the Gulf of Maine January 28

Beth Goettel of Maine Coastal Islands National Wildlife Refuge will lead a presentation, on Tuesday, January 28, at noon at Merryspring Nature Center in Camden, on how bird and other wildlife populations migrate through the Gulf of Maine.

Using current research conducted by the refuge, Goettel

will explain how advancements in monitoring technology have led to new understandings in what happens during migration and the winter season, as well as how migration patterns are affected by food supplies, development and other factors. She will also discuss offshore wind energy and how bird populations would be affected by turbine instal-

Regional Conservation Project Wants to Double Protected Lands in the Midcoast



Members of the 12 Rivers Conservation Initiative Steering Committee: left to right, front row, Stacy Benjamin, project coordinator; Liz Petruska, MVLT; Jody Jones, DLWA; Annette Naegel, GRLT; Carrie Kinne, KELT; back row, Buck O'Herin, SWLA; Steve Walker, MCHT; Steven Hufnagel, DRA; Stephen Patton, SVCA; Anna Fiedler, SWLA; Donna Minnis, PWA (not pictured, Nick Ullo, BRLT)

The 12 Rivers Conservation Initiative recently received a \$5,000 grant from the Fund for Maine Land Conservation of the Maine Community Foundation. The 12 Rivers Initiative is a group of 10 independent land trusts working together to connect the natural landscapes of midcoast Maine.

The grant, obtained by the Sheepscoot Valley Conservation Association on behalf of the Initiative, will support a project coordinator in the coming year to assist member land trusts in their efforts to raise awareness about the 12 Rivers project and help create understanding of, and interest in, regional land conservation and stewardship.

"This grant is a terrific boost to the 12 Rivers Initiative's work to connect people, land, water, wildlife, recreation, and economy," says Liz Petruska, chair of the 12 Rivers Steering Committee and executive director of Medomak Valley Land Trust. "With 10 organizations working together, we're doing what no one organization could do alone to protect the quality of place from Bath to Rockland, Whitefield to Freedom, Appleton to Liberty."

The Initiative's mission is to accelerate conservation of the forested landscape from the Kennebec River to the St. George River, with the goal of doubling the amount of protected lands. Its members include Boothbay Region Land Trust, Damariscotta Lake Watershed Association, Damariscotta River Association, Georges River Land Trust, Kennebec Estuary Land Trust, Maine Coast Heritage Trust, Medomak Valley Land Trust, Pemaquid Watershed Association, Sheepscoot Valley Conservation Association, and Sheepscoot Wellspring Land Alliance.

For more information on the 12 Rivers Conservation Initiative, contact a member land trust, or email 12riverscolaborative@gmail.com.

ROCKLAND AREA TIDES January 23 to January 30				
	High AM	High PM	Low AM	Low PM
Thursday	3:09	3:32	9:22	9:40
Friday	3:59	4:28	10:17	10:34
Saturday	4:54	5:29	11:17	11:34
Sunday	5:55	6:34	---	12:22
Monday	6:58	7:38	12:37	1:25
Tuesday	7:59	8:38	1:40	2:25
Wednesday	8:58	9:35	2:40	3:21
Thursday	9:53	10:28	3:37	4:14



A tagged Arctic Tern
PHOTOS BY BETH GOETTEL, MCINWR



Receiver antenna being installed for migration research

NATIONAL WEATHER SERVICE FORECAST for Knox County	
Thursday Night	Partly cloudy, with a low around -4. Wind chill values as low as -20. Northwest wind around 5 mph.
Friday	Mostly sunny, with a high near 11. West wind 5 to 10 mph.
Friday Night	Mostly cloudy, with a low around 8. Breezy.
Saturday	A 50 percent chance of snow showers. Cloudy, with a high near 34. Breezy.
Saturday Night	A 40 percent chance of snow showers. Mostly cloudy, with a low around 13.
Sunday	Mostly sunny, with a high near 19. Breezy.
Sunday Night	A 30 percent chance of snow showers. Mostly cloudy, with a low around 7.
Monday	A 50 percent chance of snow. Mostly cloudy, with a high near 28.
Monday Night	A 30 percent chance of snow showers. Mostly cloudy, with a low around 5.
Tuesday	Mostly sunny, with a high near 17.

Waterfall Arts' Open Call for Print Show

In celebration of its new public printmaking studio, Waterfall Arts invites printmakers of all ages to submit their work to an open-call show that will be held in the Clifford Gallery at Waterfall Arts in Belfast in April and May.

Any print created by hand, with or without the use of a press, will be welcome. Acceptable techniques are linocut (and related techniques), woodcut, gelatin print, collagraph, blueprint, intaglio, drypoint, aquatint, silkscreen and lithography. (No photography or digital media will be accepted.) Each individual is allowed one submission, and all work submitted for the show must be suitably framed and ready to hang. Work should be delivered to Waterfall Arts, 256 High Street in Belfast, March 25 to 28, during business hours, which are 10 to 5 Tuesday through Friday.

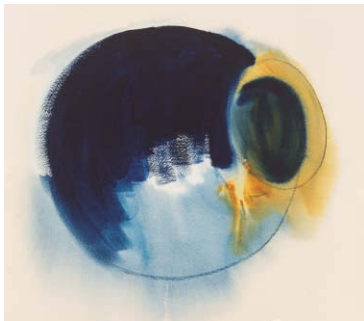
Waterfall Arts will be offering free printmaking demonstrations during February and March to acquaint people with the studio and accessible printmaking processes. Workshops in several different printmaking techniques will also be offered. Interested parties should contact the office at 338-2222 for more information and to register.

The show will open on Friday, April 4, with a reception from 5 to 7 p.m. and run until May 30. Work need not be for sale; if it is, the commission to Waterfall Arts will be 40 percent.

More information can be found at www.waterfallarts.org, or by contacting info@waterfallarts.org.

Recent Work by Dudley Zopp at Perimeter Gallery

Jar #27 (right) and Jar #28 (below), watercolor and charcoal on Fabriano paper, 2013



Vessels, Jars and Garden Urns, an exhibition of recent drawings and paintings by Lincolnville artist Dudley Zopp, opens at Perimeter Gallery in Belfast on Thursday, January 30, with a reception from 6 to 8 p.m.

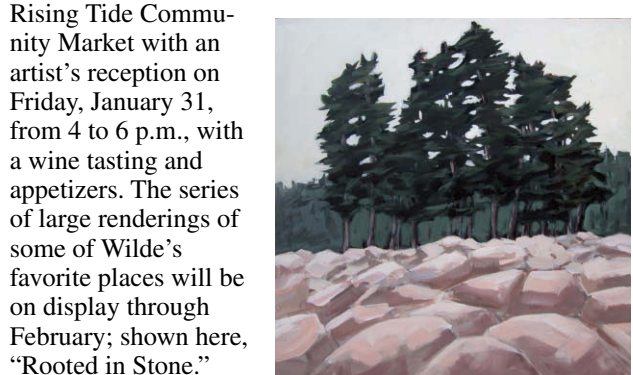
Zopp is known for her meditative translations of the Maine landscape, in particular its geological features. Several years ago, she travelled to a geologically significant site in Spain,

expecting to make paintings about that area's geology, but was instead drawn to the unusual vessels lying about the grounds. She returned home with sketches and photographic notes that more than a year later inspired the series of "portraits" on view at Perimeter Gallery.

Quoting Samuel Beckett, Zopp states that "to restore silence is the role of objects." She says her paintings are meditations on "objects and places that quiet our hearts and allow us to connect to a universal spirituality."

The Vessels, Jars and Garden Urns exhibit runs through March 16. Perimeter Gallery is located within Chase's Daily at 96 Main Street in Belfast. For more information, call 338-0555.

Sarah Wilde Landscapes at Rising Tide Market – An exhibit of Maine landscape paintings by Sarah Wilde will open at Rising Tide Community Market with an artist's reception on Friday, January 31, from 4 to 6 p.m., with a wine tasting and appetizers. The series of large renderings of some of Wilde's favorite places will be on display through February; shown here, "Rooted in Stone."



Stable Gallery Calls for Artists for 2014 Season

The Stable Gallery in Damariscotta is calling for artists and fine-crafts people to apply for the 2014 season. Applications can be found at stablegallerymaine.com. Deadline for all applications with CD of work is Saturday, March 1. All applications will be reviewed by the board members, and final notification will be e-mailed or mailed out by March 22. The Stable Gallery season starts in mid-May and runs till mid-October.

ART ON THE COAST

PechaKucha Midcoast to Launch Fifth Season on January 31

PechaKucha Night Midcoast will begin its fifth year and its 20th session with a reception at 6 p.m. at the Center for Maine Contemporary Art (CMCA) in Rockport on Friday, January 31, and the presentations will begin at 7:00 at the Rockport Opera House. In the fast-paced PechaKucha format, eight presenters discuss their inspirations, passions and work, narrating as they show 20 slides for 20 seconds each.

January 31's presenters include photog-

rapher Jim Dugan, wild mushroom expert Greg Marley, art educator Lindsay Pinchbeck, filmmaker Daniel Quintanilla, director of The Wood Chop School Seth Silverton, Hope Elephants director Andrew Stewart, karate instructor David Troup and artist David Vickery.

Tickets are \$5 at the door and light refreshments, beer and wine will be available. Early arrival is encouraged in order to ensure a seat. For information on presenting or volunteering, e-mail pechakuchamidcoast@gmail.com.



Above: Young artists in Rockport mural project led by Lindsay Pinchbeck



Right: "Self Portrait with Ski Patrol," oil on panel by David Vickery

Left: Daniel Quintanilla filming a conversation with elders in a Mexican village



Opening Reception for "Black, White, Gray" Exhibit at River Arts

River Arts, a non-profit art center on Route 1 in Damariscotta, invites the public to the opening reception for its "Black, White, Gray" juried exhibition on Friday, January 24, from 5 to 7 p.m. The exhibit will be on view through February 20.

The show includes work in a wide variety of subject matter, media and styles, and includes paintings, encaustics, photography, sculpture, ceramics,



fiber works and more.

The juror for the exhibition is Bob Keyes, Visual & Performing Arts feature writer for the Portland Press Herald.

For information about classes, events and opportunities at River Arts, visit www.riverartsme.org or call 563-1507.

"A Way Out" by Pam Cabanas of Friendship, one of the works in the new exhibit at River Arts

"Maine Wood" Juried Show to Open with Reception on Friday

Maine Wood 2014, a juried biennial exhibition showcasing Maine furniture makers, turners, carvers and sculptors, will open at the Messler Gallery at the Center for Furniture Craftsmanship in Rockport on Friday, January 24, with a public reception from 5 to 7 p.m. Nearly \$2,000 in prizes donated by corporate sponsors will be awarded at the reception.

"This is our fourth biennial," says Peter Korn, the center's executive director, "and the submissions just keep getting better and better." For this year's show, there were 88 submis-



sions from 40 Maine artists and artisans. Jurors were Asa Christiana, editor of Fine Woodworking; Jonathan Fairbanks, director of the Fuller Craft Museum in Brockton, Massachusetts; and Laura Mays, director of the Fine Woodworking program at College of the Redwoods in Fort Bragg, California.

Furniture makers in the show include Nick Barboza (of Bangor), Virginia Blanchard (Thomaston), Eben Blaney (Edgcomb), Judy Bonzi (Rockport), Ray Carbone (Steuben), Wayne Hall (Orland), Gregg Lipton (Cumberland Center), Brian Reid (Rockland), Kevin Rodel (Brunswick), Michaela Crie Stone (Rockport) and David Talley (Tenants Harbor).

Woodworkers, sculptors, carvers and turners include Clara Cohan (Cape Elizabeth), Richard Kaeyer (Owls Head), Albert Kolodji, (Yarmouth), Jim Macdonald (Burnham), Jonathan Moro (Rockport), Stephen Porter (Searsmont), Malcolm Ray (Damariscotta), Cynthia V. Smith (Gorham) and Hank Tyler (Hallowell).

The Center for Furniture Craftsmanship, a non-profit, year-round school offering courses in furniture making and related arts, is located on Mill Street, off Route 90. For more information, call 594-5611 or visit www.woodschooll.org.

"Augury Table" (detail) by Ray Carbone, 2013

Print, Paint & Clay Classes at Waterfall Arts

Waterfall Arts, 256 High Street in Belfast, has a new lineup of ceramics, printmaking and painting classes for young people and adults starting in February. In addition, open clay and print studio hours are scheduled to begin the second week in February.

Wonders of Clay will be taught by Linda Stec on Wednesdays, from 3:30 to 5 p.m., beginning February 5 and continuing through March 26. The class will introduce those ages 6 to 16 to the versatility of clay and the basics of pottery and sculpture.

Beginning Ceramics, for adults, will be taught by Adam Bogosian and Cory Upton-Cosulich on Tuesdays, from 5:30 to 7:30 p.m., beginning Tuesday, February 11, and continuing through April 1. The class will cover basic wheel-throwing and hand-building skills, as well as aesthetic considerations, simple glazing techniques and studio safety. Class fee includes materials and open studio time.

Beginning Painting, for adults at all levels, will be taught by Karen Jelenfy on Tuesdays, from 5:30 to 7:30 p.m.,

beginning February 11 and continuing through April 1. The class on oil and acrylic painting on canvas will focus on composition and color, with critiques and discussions.

Introduction to Printmaking, for beginner to advanced, will be taught by Tara Law on Thursdays, from 5 to 8 p.m., from February 13 through April 3. A new technique will be introduced in each class, with students exploring their own ideas after each demo. Law will also lead a monoprint workshop for all levels on Saturday, February 22, from 10 a.m. to 2 p.m.

Intaglio Printing, for both beginners and experienced printmakers, will be taught by Jeff Jelenfy on Wednesdays, from 5:30 to 7:30 p.m., from February 12 through April 2. The course, focusing on traditional intaglio printing with copper plates, will present both essential techniques and an overview of historical and contemporary approaches.

For more information, including scholarships and open studio hours, visit waterfallarts.org or call 338-2222.



"Flower Plate" by Cary Upton Cosulich

ART ON THE COAST



Full Moon Images by Former NASA Engineer at Maine Media Gallery –

Selected images by Jim Nickelson from his series “Adventures in Celestial Mechanics” will be on display at the Maine Media Gallery, 18 Central Street in Rockport, starting on Wednesday, January 29. Nickelson worked as a NASA engineer and corporate lawyer before becoming a photographer and custom digital printer; he teaches workshops both privately and through Maine Media Workshops. The series grew out of Nickelson’s continuing effort to capture an image of each full moon of the year. The show will conclude with an artist’s talk and closing reception at 4 p.m. on Saturday, March 1. Shown above, Nickelson’s “Moonrise, Penobscot Bay, Maine,” and at right, “Summer Moon VI.”



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Met's Rusalka Live in HD at the Strand and Lincoln Theater February 8

Renée Fleming returns to one of her signature roles in Dvorák's Rusalka.

The 2013-2014 Metropolitan Opera's Live in HD season of broadcasts from Lincoln Center to the Strand Theatre in Rockland and the Lincoln Theater in Damariscotta continues on Saturday, February 8, at 1 p.m. with Dvorak's *Rusalka*. The Strand will present an encore broadcast on Tuesday, February 18, at 1 p.m.

Renée Fleming returns to one of her signature roles, singing the "Song to the Moon" in Dvorák's soulful fairy-tale opera. Tenor Piotr Beczala co-stars as the Prince, Dolora Zajick is Ježibaba, and maestro Yannick Nézet-Séguin is on the podium. The production is sung in Czech, with Met titles in English.

For Strand ticket information and details, go to www.rocklandstrand.com or call 594-0070.

For Lincoln Theater information and reservations, go to www.atthelincoln.org or call the box office, 563-3424.



Celtic Concert on February 2 to Mark Turning of Winter Season

Castlebay, Julia Lane and Fred Gosbee, will present a concert in celebration of the Celtic holiday of Imbolc, also known as St. Brigid's Day, on Sunday, February 2, at 2 p.m. at River Arts, on Route 1 in Damariscotta. The ancient festival celebrates emergence from winter, and the duo will mark it with a program interweaving Celtic harp, guitar, fiddle, whistle and vocals with Celtic lore and poetry.

In addition to the well-known solstices and equinoxes, the ancient Celts marked the halfway points between them. Imbolc, now known to Americans as Groundhog Day, is halfway between the winter solstice and the vernal equinox. Each quarter has a guardian; Imbolc's is Brigid, whose realm is the hearth, emergence and creativity. She was so revered she became an Irish saint.

Admission is \$10. For more information, call 563-1507.

PSO to Perform "Peter and the Wolf" with Guest Dancers Feb. 2

Portland Symphony Orchestra (PSO) will present a concert for all ages featuring Prokofiev's "Peter and the Wolf," with special guests from the Portland School of Ballet CORPUS program and narrated by WCSH-TV anchor Caroline Cornish, at Merrill Auditorium in Portland on Sunday, February 2. Doors will open at 1 p.m. for games, crafts and a hands-on instrument petting zoo, and the concert will start at 2:30. The afternoon, the second of three Discovery Concerts this season, will also include Tchaikovsky's *Nutcracker* Suite and music from Stravinsky's *The Firebird*.

PSO Assistant Conductor Norman Huynh, who will lead

the concert, says, "The audience can listen to how these composers created exciting stories through their compositions. 'What do flowers sound like when they waltz, and how are ghouls and heroes portrayed in the Infernal Dance from *Firebird*?' I hope people will be inspired to contemplate questions like these during the Discovery Concert."

Tickets, \$10 including all fees, are available through PORTIX (842-0800 or www.porttix.com) or at the box office at 20 Myrtle Street, Monday through Saturday from noon to 6 p.m. The season's final Discovery Concert, "Harry Potter and the Magic of Music," will take place on Sunday, May 11. For more information, visit www.portlandsymphony.org.

Concert of Portuguese Fado to Benefit New Hope for Women

Unity College Center for the Performing Arts (UCC-PA), 42 Depot Street in Unity, will host a night of Portuguese *fado* with Maine band Tremolino and dancer Shana Bloomstein on Friday, January 31. Tapas, drinks and a silent auction will begin at 7 p.m., and the concert will start at 7:30, with desserts during intermission.

The evening will benefit New Hope for Women, which

offers support to people in Sagadahoc, Lincoln, Knox and Waldo counties affected by domestic violence, dating violence and stalking. (To contact New Hope for Women, go to www.newhopeforwomen.org or call 800-522-3304.)

Tickets, \$15, are available through UCCPA at 948-7469 or New Hope for Women at 596-7147, or at the Belfast Co-op or online at <http://newhopeforwomen.org/events/tremolino-in-concert-122>.

Open Mic Night at Boothbay Harbor Opera House

The Opera House at Boothbay Harbor will host a Community Open Mic on the fourth Friday of each month this winter — January 24, February 28 and March 28. Musicians, singers and other performers, all ages and all genres, are invited. Performers should arrive and sign up promptly at 6:30 p.m.

to make sure of a slot — first come, first served. The show will run from 7 to 9 p.m., and refreshments, including beer, wine and a coffee/dessert bar, will be available throughout the show.

Admission is free, with donations gladly accepted. For more information call the Opera House at 633-6855 or see Open Mic at the Opera House at Boothbay Harbor on Facebook.

Rustic Overtones at Trackside in Rockland for Valentine's Day

Rustic Overtones will play at Trackside Station in Rockland on Valentine's Day, Friday, February 14; the show for those 21 and up will start at 9 p.m. The seven-piece band hailing from Portland is known for its powerhouse blend of rock, soul and funk; its many awards include a 2013 New England Music Award for Best Live Act, and a 2012 Portland Phoenix Best Male Vocal award. Tickets, \$15 in advance and \$20 day of show, are available at Trackside, at 4 Union Street; for more information, call 594-7500.



The Boneheads Return to Boothbay Harbor Opera House

On Friday, January 31, at 8 p.m., The Boneheads return to the Opera House at Boothbay Harbor for a night of music and dancing. Band members include Maine musicians Bob Colwell, Steve Jones, Scott Elliot and Dick Hollis. They will be joined on stage by special guest Paul Mellyn along with the Boothbay region's Holy Mackerels. Tickets are \$10 in advance, \$15 if purchased on the day of the concert. For more information, call 633-5159.

The Burners at Billy's Tavern on Saturday

Billy's Tavern, behind the business block in Thomaston, will present The Burners and their Gypsy/Americana stomp-rock dance music on Saturday, January 25, starting at 8 p.m. The trio is led by one-man band and songwriter "Muddy Ruckus" (aka Ryan Flaherty) on guitar and drums; Brian Durkin plays upright bass, and taking turns as soloist from gig to gig are violinist Phil Bloch, guitarist Mike Arciero or violinist Zach Ovington. Cover is \$5; for more information, go to www.billystavern.com or call 354-1177.



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Last week's milder temperatures qualified as a genuine January thaw, followed, alas, by a return to arctic temperatures. But warmer, springlike days are bound to recur in the next month, setting gardeners' green thumbs itching and twitching. While it's too soon to be out digging and planting, there are other tasks that can help alleviate gardeners' doldrums and also get you outside in the sun.

Any day when the temperatures are above freezing is a good time to get out and take cuttings of flowering shrubs and trees for indoor forcing. It's a fine way to bring color into the house and will give you a head start on pruning. While forsythia is perhaps the best-known plant for forcing, there are many other shrubs and trees that can be coaxed into bloom — any twigs with green leaves or catkins are a striking counterpoint to a few purchased blossoms and give you that shot of pre-spring hope for an early end to winter. Try forcing pussy willows, flowering quince, birch or red maples, lilacs, spirea, beauty bush, mock orange, or members of the apple family. If you're pruning, removing crowded branches and those that cross over each other, set aside cuttings of younger shoots at least 12 inches long with a lot of buds. Some will be flower buds, some leaf, with the leaf buds being larger in size, with a rounder shape. You can cut open a few buds to look for leaf or flower parts inside if you're not sure which is which.

Once inside, fill your sink and a vase or bucket with warm water. Place your cutting stems underwater in the sink and re-cut them at a sharp angle an inch or two above the original cut. Split the stem in half on larger branches with an inch-long lengthwise cut that exposes more of the water-conducting tissue to the forcing solution. I often use my pruners to make this cut. Place the stems in the bucket of warm water and set it aside in a cool place where the temperature stays around 65 degrees, or, if you'd like, create an arrangement and place it on display in a cool location. Add some inexpensive tulips or daffodils while waiting for the buds to open. Keep the arrangement away from direct sunlight and direct heat; a cool location with bright, indirect light is best. Change the water weekly, and mist the arrangement with water once a day to keep the buds moist until flowers or leaves pop out.

If it's vegetable gardening you miss, try sprouting some seeds inside for salads and sandwiches. Alfalfa sprouts are

the most common ones in the market, but since this is a good time to go through your stash of seeds and decide what to order for the upcoming season, why not use some of those leftover radish or arugula seeds to make spicy, edible greens? If your seeds are organic, you can use them for sprouting, but there are also many sources for seeds packaged specifically for sprouting.

HOMES & GARDEN

by Georgeanne Davis

Relief for Itchy Green Thumbs

For small seeds like alfalfa or radish, you need a wide-mouth jar like a canning jar or recycled peanut butter jar and some cheesecloth. Place one to two tablespoons of seeds in the jar, cover with two inches of warm water, and let sit overnight. Drain the water, using the cheesecloth. Rinse the seeds by adding water to the jar, swishing the seeds around, and draining. Do this twice a day until your sprouts are the desired size — anywhere from three to seven days. Store sprouts in a covered bowl with a paper towel inside to absorb excess moisture. Use the sprouts within a week.

Arugula seeds, which have a mucilaginous coating, are not good candidates for the jar-sprouting method. Without a soil-like medium for support, the seeds will get slimy and fail to germinate. Use a seed flat filled with a commercial seed-starting blend. Rinse the seeds and scatter them on the top of the soil about 1/16 inch apart. During the germination process, arugula sprouts need regular moisture. Spritz them with water whenever the soil starts to dry out on top. At room temperature, the seeds will germinate in a few days. Harvest your sprouts when they turn green and develop two leaves on top by clipping the sprouts at the soil line. They are best used fresh but can be stored in the refrigerator for a few days.

This method can also be used to sprout deliciously nutty sunflower seeds. Soak four cups of unhulled sunflower seeds for 8 hours, scatter them one layer thick, and press them firmly on top of the soil with your hands. Sprinkle the box with water and cover it with damp newspaper. Water the seeds through the newspaper once a day until the sprouts start pushing the paper up — two to four days, depending on the temperature. Then remove the newsprint and continue to water the seedlings daily, picking the seed hulls off the leaves only after the plants begin to stand up. Harvest with scissors when the first two leaves open, rinse, shake dry, and store any leftover sprouts as you would radish or arugula, in a covered container lined with paper towel.

HVNC Founders Named 2014 Outstanding Maine Tree Farmers

The American Tree Farm Society presented its 2014 State Outstanding Tree Farmer award to Hidden Valley Nature Center (HVNC) co-founders Tracy Moskovitz and Bambi Jones on January 8 at the Maine Agricultural Trade Show in Augusta. HVNC is a non-profit education and recreation center in Jefferson.

"We use the same principles to guide our work on both HVNC and our own private property. We manage the forests for wildlife, recreation and water quality in an attempt to protect our investment," says Moskovitz. "Ultimately we are creating a financial resource for ourselves and for the Nature Center, but more importantly we see ourselves as investing in the long-term health of our forests and our community." They work with foresters Barrie Brusila of Mid-Maine



Foresters Harold Burnett (far left) and Barrie Brusila (far right) with Hidden Valley Nature Center cofounders Bambi Jones and Tracy Moskovitz receiving the 2014 Outstanding Tree Farmer of Maine award

Forestry and Harold Burnett of Two Trees Forestry.

Staff and volunteers work together to harvest timber, repair roads, improve water passage and build multi-use

trails. Each year HVNC offers dozens of educational and experiential workshops related to sustainable forestry.

"The kind of work we do here could be modeled in many other woodlots across the region — both smaller and larger than HVNC's 1,000 acres," says Andy McEvoy, HVNC's current director. For more information, go to www.hvnc.org.

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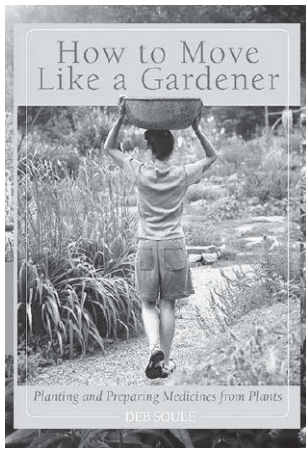
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Deb Soule Speaking on Medicine from Plants

Deb Soule, founder and owner of Avena Botanicals in Rockport, will give a talk on "Planting and Preparing Medicines from Plants" on Tuesday, January 28, at 7 p.m., at the Camden Public Library. The talk is part of the library's speaker series, "Green Growing January," on environmental and sustainability topics.

Soule will discuss her new book, *How to Move Like a Gardener: Planting and Preparing Medicines from Plants*. The book embodies her love and respect for the spirit of the medicinal plants she has worked with for nearly 40 years. Her faith in the healing qualities of plants includes a desire to make organic herbs easily accessible to women and families living in rural areas.



Most of the herbal remedies hand-crafted at Avena Botanicals Herbal Apothecary and Biodynamic Gardens are made with herbs grown and hand-harvested at the garden on the 32-acre farm in Rockport.

Horticulture Talks Open with Container Gardening on January 28

Camden Garden Club's Winter Horticulture Series of talks, free and open to the public, will take place on five Tuesdays at the Camden Library, starting at 10 a.m. on January 28 with "Creative Containers," in the Picker Room. Lisa Colburn of Orono, author of "The Maine Garden Journal," will demonstrate how to "create fabulous ornamental gardens in pots, window boxes, hanging planters and whimsical containers that get attention."

The series will continue on February 4 with Dennis Milliken of Green Thumb Nurs-

ery on "Plants with Style: Home Companions"; on February 11, Jeff Wells and Allison Childs Wells on "Maine's Favorite Birds"; on February 18, Hammond Buck of Plants Unlimited on "Ornamental Grasses"; and on February 25, Rebecca Jacobs on "Invasive Plants."

Camden Garden Club is entering its 99th year. In addition to developing and preserving beauty in and around Camden, the club presents educational programming and administers scholarships to area students in horticulture-related studies. New members are welcome.

Free Workshops on Pruning Damaged Trees & Ice-Resistant Varieties

Plants Unlimited, on Route 1 in Rockport, will host a pair of free workshops about trees and ice damage, at the garden center on Sunday, January 26.

At 1 p.m., Douglas N. Johnson, owner of Treekeepers LLC in Camden, will explain how homeowners can decide when to hire a professional and when to prune damaged trees themselves, and will discuss tool selection and demonstrate techniques. Johnson

is a Maine-licensed and ISA-certified arborist, and Maine's only certified tree risk assessor.

At 2:30 p.m., Hammon Buck, owner of Plants Unlimited, will discuss tree varieties best able to survive ice damage and heavy snow loads, and handouts on those species will be available.

Registration is requested before Saturday, January 25; to register, e-mail buckh@mid-coast.com or call 594-7754.

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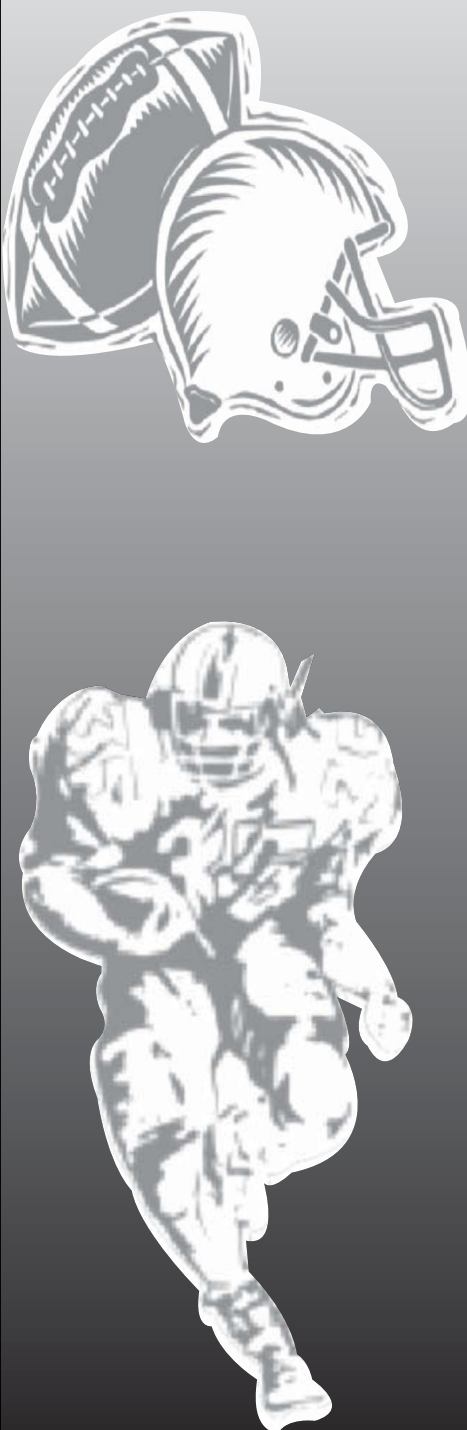
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Every week we will set aside all entries and the week after the Super Bowl choose a winner from each week. That winning entry will receive a \$25 gift certificate from any one of the participating businesses on this page. ONLY ONE ENTRY PER HOUSEHOLD, ONLINE OR PRINT, PER WEEK, WILL BE ENTERED IN THE DRAWING. In case of a tie, a winner will be chosen through a drawing.

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Belfast Co-op Seeks Board Candidates

The Belfast Co-op Board of Directors is seeking candidates for this year's election. Candidates must be Belfast Co-op member-owners. Five current Board members' terms end in 2014; at least three plan to run for re-election. Directors elected in 2014 will serve three-year terms ending in 2017. Application deadline is 8 p.m. Sunday, February 2.

The Board of Directors meets monthly to discuss policy issues. Serving on the board is an excellent way to devel-

op leadership skills, learn more about co-op policy and business, and make a meaningful contribution.

Candidate application packets can be picked up in the store at 123 High Street, or visit www.belfast.coop. Interested parties can also e-mail the Nominating Committee at boardelections@belfast.coop or leave a message at 338-2532.

Member-owners are also encouraged to serve on Board Committees.

Career Changers Drop-In at Belfast Library on Tuesdays

The weekly Career Changers Drop-In, sponsored by Women, Work and Community, has resumed at the Belfast Free Library on Tuesdays from 10 a.m. to noon. The free drop-in is an opportunity for men and women of all ages and backgrounds to explore career options, work on resume and cover letters, practice interviewing skills, or get ideas

to improve their job search. No registration is required, and participants are seen individually first-come, first-served.

In addition, participants can learn about training and educational options in the area, and receive information and assistance on managing a family budget. For more information, or to arrange an appointment for another time in Rockland, contact Linda Buckmaster at 596-2615 or lsbuck@maine.edu.

Job Skills Classes at Five Town CSD Adult Ed

Five Town CSD Adult and Community Education will offer several winter-semester classes for those who would like to improve their job skills.

Essential office applications will be covered in classes for Word, Excel and QuickBooks. Those who need to learn graphics skills can sign up for InDesign, while those more interested in data can take FileMaker Pro.

An Entrepreneur Workshop for those thinking of starting a business will be taught by members of West Bay Rotary.

One- or two-night workshops for owners of established businesses will include PR Boot Camp, Think Like a Customer, and Make Every Word Mean Business.

Those considering going into the medical field may be interested in the 8-week course on Medical Terminology.

All classes will take place at Camden Hills Regional High School, 25 Keelson Drive in Rockport. For more information or to sign up, visit fivetowns.maineadulted.org or call 236-7800, extension 5.

Bowlers Welcome in Winter Season League

A bowling league, which is sponsored by The Free Press, will begin a new season on Tuesday, January 28, at the Oakland Park Bowling Alley on Route 1 in Rockport. Teams bowl three strings a night each week, on Tuesdays from 6:45 p.m. to approximately 9:00.

The co-ed league is intended for the fun and enjoyment of all. Bowling scores are averaged and handicaps are created so that bowlers of all levels can compete and have fun.

The season starts with two weeks of practice, then 8 to 10 weeks of regular games, two weeks of playoffs, then the

tournament, followed by an end-of-the-season banquet.

Teams consist of five players (a team can carry as many as seven players; a minimum of four and a maximum of five can bowl on any given night).

Anyone interested in creating a team or joining an existing team should arrive at 6:30 p.m. on January 28 and meet with Barbara Nickerson, or for more information, call her, 596-4063, or email bnickerson123@roadrunner.com.

Cappy's to Host Benefit for Rockland Kiwanis

Cappy's Chowder House and Harbor View, 1 Main Street in Camden, will hold a Community Connections benefit for the Kiwanis Club of Rockland on Wednesday, January 29.

Cappy's will donate up to half of the night's food sales to Rockland Kiwanis, which has in turn pledged to distribute those funds to Special Olympics and the Knox County Aktion Club, a community service organization for disabled adults.

Seating will be from 5 to 9 p.m. Reservations for parties of 8 or more are recommended; call Cappy's at 236-2254.

Thomaston Library to Take Donations for Food Drive

Thomaston Public Library, in the Thomaston Academy building at 60 Main Street, will be a collection point for the sixth annual Martin Luther King, Jr. food drive for local food pantries. Members of the public may drop off nonperishable food items in receptacles in the library's main room now through the end of February. Anyone wishing to donate money can drop off a check, made out to Thomaston Food Pantry, at the library's circulation desk. Parking and the library entrance are at the rear of the building. For more information, call 354-2453.

Dressing Down Benefits Hospitality House — Employees of The First, N.A. recently raised \$626.12 for the Hospitality House in Rockland; pictured here in the shelter's recently renovated community room

are Doria Morrison, teller at The First on Union Street in Rockland; Denise Giese, Hospitality House executive director; and Alicia Costa, assistant branch manager at The First on Union Street. Bank employees in all 16 branch locations collected the funds in exchange for the privilege of dressing casually on Fridays in December. The Hospitality House, close to reopening under the umbrella of the Knox County Homeless Coalition, will be open 24 hours a day and serve as a regional resource center for homeless and low-income individuals. To volunteer or make donations, call Giese at 593-8151 or visit www.midcoast-hospitality-house.org; immediate needs include adult and children's fiction books for the community room and nonperishable food items for the kitchen pantry.



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THE LOUDEST VOICE IN THE ROOM: How the Brilliant, Bombastic Roger Ailes Built Fox News — and Divided a Country

BY GABRIEL SHERMAN

Reviewed by Erik Wemple

In anticipation of the release of Gabriel Sherman's book on Fox News chief Roger Ailes, the network issued a preemptive statement dismissing the author's findings. It read, in part, "While we have not read the book, the only reality here is that Gabe was not provided any direct access to Roger Ailes and the book was never fact-checked with Fox News."

And so Sherman's biography — "The Loudest Voice in the Room" — lacks fresh, on-the-record quotations from the subject. On one level, that's a disaster: Ailes is one of the great quoters of his time. Where most media executives make like NFL coaches with their platitudes, Ailes speaks with the freshness and candor of a remarkable talent with supreme job security, sitting atop the No. 1 cable news network, which has a market value once estimated at \$12 billion. Last year, for example, Ailes spoke with *The New Republic* about his network's outreach efforts to Latinos. Along the way, he said this: "The president likes to divide people into groups. He's too busy getting the middle class to hate rich people, blacks to hate whites. He is busy trying to get everybody to hate each other."

No such goodies for Sherman, which is just as well. With 22 chapters and 500 pages of exacting prose and protracted source notes, Sherman, a contributing editor at *New York* magazine, delivers a portrait of a manipulating, conniving, controlling, petty and fear-mongering man — which suggests that the only worthwhile biography of Roger Ailes is an unauthorized biography of Roger Ailes. When Sherman attempted to secure Ailes' cooperation for the book, Fox News PR honcho Brian Lewis, who has since left the network, stipulated that the author must "refrain from using any background quotes or anecdotes that Ailes could consider 'negative,'" according to the book. No deal, said Sherman.

Ailes' cooperation, as we've seen, yields mush. Zev Chafetz' 2013 book, "Roger Ailes: Off Camera," relied on extensive cooperation from his subject and many others who'd gotten word that Ailes had signed off on the project. The hagiographic result was viewed as a patent attempt by Ailes and Fox News to get out in front of the story, to cement Ailes' image before Sherman could come in and wreck it. It didn't work.

Although Ailes can muzzle himself and most all of his subordinates at Fox News, he lacks that power over others. Sherman exploited that opening: He interviewed 614 people, according to his note on sources.

Sherman shapes those interviews — along with documents and previous work on his subject's life — into a detailed Ailes chronology, starting with his upbringing in the northeastern Ohio town of Warren, home to Packard Electric Co., employer of Ailes' father, Robert Ailes. Dad could be a cruel character, as when a young Roger was standing on the top bunk in his bedroom: "His father opened his arms wide and smiled. 'Jump, Roger, jump,' he told him. Roger leapt off the bed into the air toward his arms. But Robert took a step back. His son fell flat onto the floor. As he looked up, Robert leaned down and picked him up. 'Don't ever trust anybody,' he said." Although it is possibly apocryphal, Ailes spread a variation of this story, perhaps as an excuse for his legendary paranoia.

In the 1960s, Ailes worked on "The Mike Douglas Show." He started out as a "\$68-a-week prop boy" and eventually ascended to executive producer, something of a coup that infuriated some co-workers. Sherman fact-checks the account of the promotion that Ailes puts forth in his 1988 book, "You Are the Message." The way Ailes told it, he challenged the senior editor's bullying ways and got into a "brawl" with him. Although he figured that the violence would ruin his career, "actually it had quite the opposite effect," Ailes had written. Sherman reports: "When asked about the story, a half dozen staff members on 'The Mike Douglas Show' could not recall such a brawl ever occurring."

Over the course of his book, Sherman documents a number of such little fictions and embellishments propagated by Ailes and his associates, none more consequential than the one that took place at Fox News in May 2012. The media world blew up in outrage when the network's morning show "Fox & Friends" aired a four-minute anti-Obama video that had all the hallmarks of a GOP campaign spot. Under the gun, Fox News told *The New York Times* that Ailes wasn't aware of the video. Sherman reports that it was Ailes' "brainchild."

Yet deception isn't the theme that knits together the key Ailes epochs documented in "The Loudest Voice in the Room." Loyalty is. Sherman says that when Ailes was running "The Mike Douglas Show," he told a fellow manager, "You can come in anytime and yell and scream 'Stupid!' behind closed doors. But if you do it in front of the staff, I'll kill you."

At Fox News, which launched in 1996, reporter David Shuster found himself in a pickle, according to Sherman: "When he pursued Clinton, Ailes personally congratulated him. When he pursued Bush, his bosses questioned not only his objectivity, but his loyalty." Fox News anchors routinely gush over their devotion to the boss.

The book excels at compiling data establishing Ailes' con-

trol freakishness and authoritarian nature. It falls a bit short, however, tracing those values to the product that spills from Fox News studios. The ideal in any news organization is that the journalists care more about journalistic values — fairness, accuracy, honesty — than about the whims and agendas of the guy in the corner office. An environment in which no one crosses Roger explains, for instance, why Fox News consistently fillets President Obama's Affordable Care Act, a law that Ailes has publicly thrashed.

In its subtitle, "The Loudest Voice in the Room" promises an account of how Ailes has "divided a country." This promise goes unfulfilled. A veteran of the New York media-reporting scene, Sherman nails the Fox News palace intrigue

THE SECOND MACHINE AGE: Work, Progress and Prosperity in a Time of Brilliant Technologies

BY ERIK BRYNJOLFSSON and ANDREW McAFEE

Reviewed by Steven Pearlstein

Over the past year, there's been a lot of talk in economic circles about the prospect of stagnation. Because of demographics, globalization, long-term global imbalances and a slowdown in technological innovation, the argument goes, advanced economies are trapped in an extended period of slow growth in productivity, income and job creation. Recent proponents of this hypothesis include economists Robert Gordon of Northwestern University and Michael Spence of New York University; former Treasury secretary Lawrence Summers; and Tyler Cowen, my colleague at George Mason University, in his latest book, "Average Is Over."

Now come two professors from MIT with a more optimistic and intriguing hypothesis — namely, that the global economy is on the cusp of a dramatic growth spurt driven by smart machines that finally take full advantage of advances in computer processing, artificial intelligence, networked communication and the digitization of just about everything.

"The Second Machine Age" is largely a reprise of an e-book, "Race Against the Machine," that Erik Brynjolfsson and Andrew McAfee self-published two years ago. It builds on their work at MIT's Center for Digital Business, along with that of "new growth" theorists such as Paul Romer, Brian Arthur and Martin Weitzman. And while Brynjolfsson and McAfee's policy prescriptions reflect the somewhat self-referential outlook that you run across in technology enclaves such as Silicon Valley and Cambridge, their book offers a timely antidote to the economic pessimism that has taken root in the aftermath of the financial crisis.

Brynjolfsson's and McAfee's optimism springs from the idea of exponential growth — in the computing power of machines, in the amount of digital information that is being created and in the number of relatively cheap devices that are continually talking to each other. When these numbers doubled every year or two in the early days of the computer revolution, the results, while impressive, were still within our ability to imagine. But now that the numbers are so staggeringly large, the authors argue that machines can finally do things once considered possible only in the realm of science fiction.

It's not just that machines can now beat humans in chess or on "Jeopardy." It's that when they are combined with thousands of cheap sensors and huge databases, they can drive your car up and down a highway in safety and find the best way to get you where you want to go — not only because every road map has been scanned into the database, but also because every cellphone transmitting from every car will reveal where the traffic jams are. It's that robots can now scan and identify all the objects in a strange room, allowing them to perform a series of complex physical tasks. It's that a computer can translate from one language to any other, not because it has learned to speak them but because it recognizes patterns based on everything that's been written in a language so far. Computers can not only read and grade essays, they can write them.

What enables these breakthroughs, Brynjolfsson and McAfee argue, is not just the amount of data available and the speed at which it can be processed. It's also the ease with which these new capabilities and new ideas can be combined and recombined. Economic historians tell us that it took several decades for earlier breakthrough technologies, such as the steam engine or electricity, to reach the point of ubiquity and flexible application at which they fundamentally changed the way people lived and businesses operated. Information technology and digital communication, they argue, are now just reaching that same inflection point. Rather than approaching a period of mature decline, as Gordon and Cowen have suggested, according to the men from MIT, these technologies are about to take off.

The big winners in this new era will be consumers, who will be able to buy a wider range of higher-quality goods and services at lower prices. The other winners will be those who create and finance the new machines or figure out how best to use them to gain competitive advantage. Great wealth will be created in the process.

BOOK REVIEWS

and brings to light interactions that Ailes clearly never wanted to go public. But exploring how Fox News has driven people apart requires digging in far-flung places — like the halls of Congress, state houses, governor's mansions, tea party rallies, town hall meetings — digging that Sherman bypassed. When he was asked in a TV interview Friday just how the subject of his book had divided the United States, Sherman looked almost stunned by the inquiry: "Because of his ability to drive a message: He has an unrivaled ability to know what resonates with a certain audience."

Erik Wemple is a media critic at *The Washington Post*.

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To illustrate the point, Brynjolfsson and McAfee cite the example of Instagram and Kodak. Instagram is a simple app that has allowed more than 130 million people to share some 16 billion photos. Within 15 months of its founding, Instagram was sold to Facebook — a company with 1 billion users — for \$1 billion. It was only a few months later that Kodak, the Instagram of its day, declared bankruptcy. The authors use this little vignette to illustrate two points. The first is to point out that the market value of Facebook/Instagram is now several times the value of Eastman Kodak at its peak, creating, by their calculation, seven billionaires, each of whom has a net worth 10 times greater than George Eastman ever had. Such is the "bounty" of the second machine age.

But the evolution of photography also demonstrates how unevenly that bounty has been divided — what the authors somewhat inelegantly call the "spread." Not only has it created a new class of super-rich entrepreneurs and investors, but it has done so with a company that employs only 4,600 workers. Compare that with Kodak, which at its peak employed 145,000 workers in mostly middle-class jobs.

In the first machine age — the age of Kodak — productivity, employment and median income all rose in tandem. In the second, the growth in productivity has essentially been decoupled from jobs and income. And this divergence has its roots not in labor law or tax codes, Brynjolfsson and McAfee argue, but in the very nature of the digital economy, in which a set of goods and services can be provided to an infinite number of additional customers, all at the same time, at a cost that is often close to zero.

Brynjolfsson and McAfee are hardly the first to come upon the idea that new technology can lead to higher unemployment and rising inequality. The British economist John Maynard Keynes coined the term "technological unemployment" back in the 1930s when he predicted that the displacement of workers by machines would usher in an era of shorter workweeks and increased leisure. And in the 1990s, economists Sherwin Rosen and Robert Frank saw that globalization and technology could conspire to create "superstar" or "winner take all" labor markets. Until now, the consensus among economists was that these developments would have only a minor or temporary impact on the economy. Now they are not so sure.

On the issue of jobs and job growth, Brynjolfsson and McAfee reject the Luddite fear that smart machines must inevitably reduce the overall demand for labor — jobs — arguing that the increased "bounty" that technology creates will simply shift demand to different kinds of work, as it always has. Yes, there will be fewer credit analysts and package handlers, but there will be greater demand for high-level programmers and special-needs teachers. The transition, they suggest, could be made smoother if our education system were reoriented from its industrial-era focus on math and reading to a broader set of personal and intellectual skills necessary for working alongside the smart new machines.

To deal with what they see as the inevitable increase in income inequality, the MIT duo would turn to a negative income tax, with which the government would assure a minimum income to anyone who works — an old idea now gaining popularity on both the left and the right.

For a Washington reader, the weakest parts of this book are its many other policy prescriptions, most of which are straight from the talking points that tech executives have been peddling for years on their visits to the capital. Individually, the policies are perfectly reasonable — so reasonable, in fact, that they raise the more important question of why they haven't been adopted long ago. But unless the authors have some clever idea for ending the partisan and ideological tong war that now passes for the American political process, telling us to spend more on infrastructure, reform the immigration system and lower the cost of higher education isn't really adding much to the conversation.

The strength of "The Second Machine Age" is how it weaves macro- and microeconomics with insights from a wide range of other disciplines into an accessible and convincing story. In some ways, Brynjolfsson and McAfee practice an older style of economics based more on logic, history and observation than on data and mathematical models. But in other ways, they are pioneering a fundamentally new economics, one based not on the old reality of scarcity but on a new reality of abundance that we are only just beginning to comprehend.

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IRS Offers Free Tax Prep Software, E-Filing

The Internal Revenue Service is offering Free File brand-name tax preparation software for most taxpayers at no cost at IRS.gov/freefile. Taxpayers comfortable with preparing their own returns can get their 2013 returns out of the way by completing and e-filing them as soon as they like — the Free File companies will hold them until January 31, when the IRS will start accepting returns.

“Free File is just one of the many services available through IRS.gov to help people with their taxes,” says IRS Commissioner John Koskinen. “Additional services include Where’s My Refund for timely updates on refunds [and] YouTube videos with quick tax tips.”

Construction Begins on the ABS Center for Engineering, Science & Research in Castine

Maine Maritime Academy has begun construction of the first academic facility to be built on the college campus in 30 years: the ABS Center for Engineering, Science and Research. The construction is expected to take about 12 months, with occupancy planned for January 2015. When complete, the three-story, 30,000-square-foot building will provide state-of-the-art teaching and research laboratories, classrooms, student study spaces, faculty offices and workrooms in the heart of the campus.

In November, Maine voters approved \$4.5 million in state funding to support the public-private partnership to build

Free File is available to all those who earn \$58,000 or less, which is 70 percent of taxpayers. Each of the 14 Free File companies offers various software types, generally based on income, state residency and age. Once you make your selection, you will be directed to the commercial provider’s website to begin preparing your return. Free File is for federal returns, but most companies also offer state tax return preparation, some for free.

If your income was more than \$58,000, you can still do your taxes and e-file them, using the “Free File Fillable Forms” button. That product, available starting January 31, is the electronic version of IRS paper forms. State tax return preparation is not available using that option.

the new facility. The remainder of the funding needed to accomplish the estimated \$14 million project is being raised through gifts, pledges and challenge grants from alumni, friends of the college, businesses and foundations.

The new building will be home to renewable energy and ocean energy labs, as well as the new Marine Engine Testing and Emissions Laboratory (METEL), for which the U.S. Department of Transportation awarded the Academy \$1.4 million to focus on research and development of emissions reductions technologies and engine efficiency technologies for marine and related power plants.

Free College Prep Course for Adults Starts February 3 in Belfast

The College Connection, a free college preparation program for adults offered by Belfast Adult Education at the Hutchinson Center in Belfast, is taking applications for its spring semester, which opens with an orientation session on Monday, February 3. The semester continues with day-long classes on Tuesdays, starting February 4 and continuing through May 20 (with no class on April 22, and one Monday class, on May 19, in addition to the regular Tuesday schedule).

The program is designed for nontraditional learners who share the common goal of preparing for college. It offers a supportive setting to learn or relearn the academic skills

needed to succeed in college.

The College Connection team focuses on improving students’ skills in math, English grammar, reading comprehension, writing and overall college readiness, working with students throughout the semester and beyond to help them successfully transition to college. The program simulates a college setting and offers academic advising and career planning, including applying for financial aid, finding scholarships and completing college applications.

To register, contact Carolyn Haskell at 338-3197, collegeconnect@rsu20.org, or <https://sites.google.com/site/belfast-collegeconnection/>.

Winter Workshops for Maine Writers

Maine Writers & Publishers Alliance (MWPA) will hold a series of writing workshops this winter.

Scheduled are “The Fiction Manuscript” with Cynthia Thayer, in three parts on Saturday, February 1, 8 and 15, in Bangor; “Desire in Middle Grade & Young Adult Novels” with Anna Boll, in two parts on Saturday, February 1 and March 1, in Bath; “Book Proposal Boot Camp” with Mark Chimsky on Saturday, February 1, in Portland; “The Middle Ground: Creating Fiction from Your Life Stories” with Susan Conley on Saturday, February 8, in Portland; “Writing Like an Actor” with Pope Brock on Saturday, February 15, in Rockland; “Memoir Intensive” with Elizabeth Peavey on Saturday, Feb-

ruary 22, in Kennebunkport; “The Book Review Brigade” with William Bushnell, in two parts on Saturday, February 22 and March 15, in Portland; “The Indelible Character” with Sarah Braunstein on Saturday, March 8, in Portland; “Free Range Poetry” with Arielle Greenberg on Saturday, March 8, in Damariscotta; “Finding the Story Inside the Story” with Susan Conley on Saturday, March 15, in Belfast; “Writing About Family History” with Christina Baker Kline on Monday, March 17, in Damariscotta; and “Talking the Talk” with Lewis Robinson on Saturday, March 22, in Portland.

For workshop details, visit www.mainewriters.org; for more information, call 228-8263.

Five Town CSD Adult Ed Offers Over 160 Classes

The winter semester of Five Town CSD Adult Ed, with over 160 classes offered, will begin on January 27.

New classes include American Sign Language, Animation, Basketweaving, Bats, Carving the Dragon-Headed Scoop, Democratizing the Economy, Digital Darkroom, Genealogy, Homebuyers Education, Needle Felting, Science for Homeowners, Solar Energy for Your Home, and classes on both running and triathlons. New cooking classes feature Armenian, Caribbean, Lebanese and Tofu and Tempeh.

Popular returning classes include Backyard Chickens, Collage, Middle Eastern Dance, East Coast Swing, Waltz, Entrepreneurship, Ergonomics for Gardeners, Fly Tying, Furniture Refinishing, Jewelry Technique, Magic, Piano, Printmaking, Stretch and Tone, and 10 different gardening classes covering the entire process from seeds to harvest.

For more information, call 236-7800, option 5, stop by the office, or visit fivetowns.maineadulted.org. Most classes are held at Camden Hills Regional High School.

Panel Discussion on Online News

Maine Media Women (MMW) will host a panel discussion on online news with Sherwood Olin, editor of the Lincoln County News, Patricia McCarthy, editor of the weekly Cape Courier, and Gina Hamilton, editor of the online New Maine Times, at its meeting on Saturday, February 1, at the Mobius Center on Business Route 1 in Damariscotta. The panel’s mod-

erator will be Cynthia Carney, senior web editor with L.L. Bean and a member of MMW. The meeting begins at 9:15 a.m. with coffee and networking, and the program starts at 10:00.

All MMW meetings are open to the public and guests are welcome; suggested donation is \$5 for guests, \$3 for members. For more information, visit www.mainemediawomen.org.

CPR/First Aid Certification Class in Camden

Five Town CSD Adult and Community Education will offer a three-week class in CPR and First Aid certification, on Mondays starting January 27, from 6 to 9 p.m. at Camden Hills Regional High School, 25 Keelson Drive in Rockport. The class, taught by instructors from Northeast

Mobile Health Services, will cover CPR for all ages, adult, child and infant, as well as rescue breathing, choking relief and use of the AED (automatic external defibrillator).

For more information, visit fivetowns.maineadulted.org or call 236-7800, option 5.



Board Appoints Rebecca Clapp Head of Riley School

Rebecca Clapp

The Riley School Board of Trustees has appointed Rebecca Clapp to serve as head of school. Clapp has years of experience in teaching, administration and fund-raising, and has had a long association with Riley School. Among her new responsibilities will be to shepherd the school through a self-study process in preparation for re-accreditation by the New England Association of Schools and Colleges, and to oversee the introduction of the school’s new Glenna Wade Plaisted Scholarship Fund.

Clapp began work at Riley School in 1988, as an assistant in the Lower School. In 1990, she created Riley’s first Development Office. She has been a member of the Board of Trustees since the mid-1990s and ran the capital campaigns for both the Library and the Arts Building.

Clapp is a longtime board member of the Seth Sprague Educational and Charitable Foundation and has served as a representative to education associations including Independent Schools of Northern New England, Independent Schools of Mid-Coast Maine, and PIN (Parent’s Independent Network). In addition, Clapp operates her own business, Greenleaf Educational Consulting, which assists families in locating appropriate independent schools.

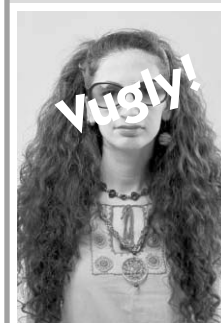
The Board of Trustees recently established the Glenna Wade Plaisted Scholarship Fund to make the Riley School accessible to those who might not otherwise be able to attend. Applications are now being accepted and tuition assistance decisions begin in March. For more information, call 596-6405.

Zen Meditation Retreat Starts January 30 in Bar Harbor

The Whole Health Center in Bar Harbor will hold its annual Winter Zen Meditation Retreat from Thursday, January 30, to Sunday, February 2. Conducted by the center’s director Paul Weiss, the retreat’s schedule includes sitting, walking and chanting meditation, instruction for beginners, study of the basic principles of Buddhist practice, relaxed downtime and gourmet vegetarian meals.

The retreat is primarily a residential program, though people may attend on a non-residential basis; those who cannot begin on Thursday evening may begin on Friday evening. For more information or to register, call 288-4128 or e-mail info@thewholehealthcenter.org.

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Donation Moves Camden Hills Community Bleacher Project Closer to Goal –

A \$10,000 donation from Allen Insurance and Financial has put the Camden Hills Regional High School Community Bleachers project halfway to its goal. "It's easy to recognize the value of Camden Hills Regional High School and its facilities to our communities. We are pleased to offer our support to the school's bleacher project," said Mike Pierce, president of Allen Insurance and Financial. The donation has energized the fund-raising committee, prompting it to undertake Fifty in Five, an effort to raise an additional \$50,000 in the next five months so that an order can be placed for the bleachers. For more information, visit camdenhillscommunitybleacherproject.com or call CHRHS Athletic Director Steve Alex at 236-7800, extension 414. Pictured here, left to right, are Charlie Crockett (committee member), MaryAnn Mercier (committee), Allen Insurance & Financial Executive Vice President Mike Dufour, Peter Vannorsdall (student athlete, committee member), Penny Crockett (committee), Allen Insurance & Financial President Mike Pierce, Steve Alex (committee member), Linda Holt (committee) and Thad Chilton (committee).

New Podiatry Practice to Open in Rockport

Pen Bay Healthcare will open a new podiatry practice on Monday, February 3.

Pen Bay Podiatry will be staffed by Drs. Bert E. Mason and H. Coleman Scheuller. Both Mason and Scheuller are Doctors of Podiatric Medicine (DPMs), medical specialists who diagnose and treat conditions affecting the foot, ankle, and structures of the leg, and also provide surgical treatments. Both doctors come to Pen Bay from Togus VA Medical Center in Augusta. In addition to seeing patients in their office, Mason and Scheuller will travel to provide care to patients at Pen Bay's senior services locations.

For more information or to schedule an appointment, call 593-5700. Pen Bay Podiatry is located in the Physicians Building, 4 Glen Cove Drive, Suite 205, Rockport.



Bert E. Mason, DPM (left), and H. Coleman Scheuller, DPM (right), will staff Pen Bay Podiatry.



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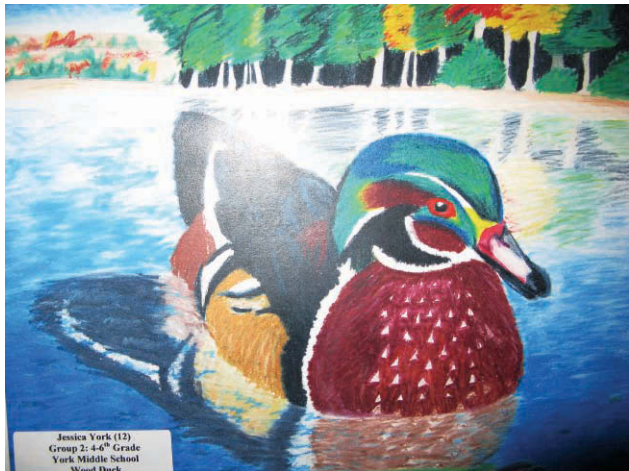
Riley School's Annual Spelling Bee

On Wednesday, January 15, Riley School held its annual Spelling Bee. Over 40 children participated in what turned out to be the longest bee in recent years. After 13 rounds of competition, Finn Urey (right) correctly spelled "insinuated" to become this year's winner. Lucas Fischer (left) is this year's runner-up.

LINDSAY KAY PHOTOGRAPHY



Young Artists' Info Session on Junior Duck Stamp Contest



Maine Coastal Islands National Wildlife Refuge Visitor Center, at 9 Water Street in Rockland, invites children from grades K through 12 to a free program on Saturday, February 1, from 1 to 3 p.m., on the National Junior Duck Stamp Contest. Participants can learn about ducks, drawing techniques and rules for entering the contest. Entries from the midcoast area will be showcased at the Visitor Center in the spring at a special public open house. (For details on the contest, go to www.fws.gov/juniorduck/artcontest.htm.)

The Refuge Visitor Center is housed in the Captain Snow house, the large white building just behind Triangle Park where Water Street and Route 73 meet. For more information, call the Friends of Maine's Seabird Islands at 594-0600, extension 5, or e-mail fomsi@maineseabirds.org.

"Wood Duck" by Jessica York of York, Maine, a past honorable mention in the National Junior Duck Stamp Contest

Farnsworth Receives Grant in Support of School Program

The Farnsworth Art Museum in Rockland has received a \$7,500 grant from the Bank of America Charitable Foundation to support the museum's school busing program for underserved Maine schools. This is the sixth consecutive year that the museum has received the support.

According to Farnsworth Director of Education Roger A. Dell, "This busing program grant enables schools and schoolchildren most in need of important arts education to come to the Farnsworth, where they discover that learning can be fun, exciting and profound. At the museum, arts education staff, highly trained docents and professional artists are on hand to deliver object-based arts instruction, tours and hands-on gallery activities to our young visitors."

In addition, the museum participates in Bank of Ameri-



Shawn Doll of Bank of America (left) and Farnsworth Director Christopher J. Brownawell

ca's Museums on Us program: on the first full weekend of each month, Farnsworth admission is free to all Bank of America cardholders presenting their card.

School Vacation Adventure at Tanglewood 4-H Camp

University of Maine Cooperative Extension will hold a four-day February adventure for children ages 6 to 10 during school vacation week, Tuesday to Friday, February 18 to 21, at Tanglewood 4-H Camp and Learning Center in Lincolnville, from 8:30 a.m. to 3:30 p.m. each day. Campers will learn about animal tracks and how to survive in the snow, and drink hot chocolate in a cozy, wood-heated cabin after a day of sledding.

Cost is \$150 per child; registration is required by Friday, February 7. To register, go to <http://extension.umaine.edu/tanglewood>. For more information, or to request a disability accommodation, contact Patti Chapman at 789-5868 or patticia.chapman@maine.edu.

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Maine Huts & Trails to Host Ski Marathon & Tour on March 16

Maine Huts & Trails' sixth annual Ski Marathon & Tour, a point-to-point race/tour through the hills of western Maine, will take place on Sunday, March 16, with 60K, 40K and 20K courses. Food and refreshments will be provided over the course of the event, and a free post-race lunch will be served at Sugarloaf Outdoor Center, where each race finishes. The Marathon & Tour is limited to 175 participants in all. Special lodging packages are available to participants, as well as shuttle services to the races.

"Maine Huts & Trails is pleased to host this annual race and tour as a great weekend activity for anyone," says Charlie Woodworth, executive director of Maine Huts & Trails. "The races are open to participants of all abilities, with the 20K and 40K great for those looking for an invigorating ski, and the longer distances great for advanced skiers."

The 60K begins at 8 a.m. at Grand Falls Hut. For 60K participants, lodging includes overnight accommodations at Grand Falls Hut on Saturday, March 15, as well as dinner and race-day breakfast.

The 40K begins at 10 a.m. at the Flagstaff Hut trailhead. The 40K offers both a lodger

option and a non-lodger option. For those who wish to spend the night, the package includes dinner, accommodations and a race-day breakfast. Shuttle service is also available to the starting line for those not staying over at Flagstaff Hut.

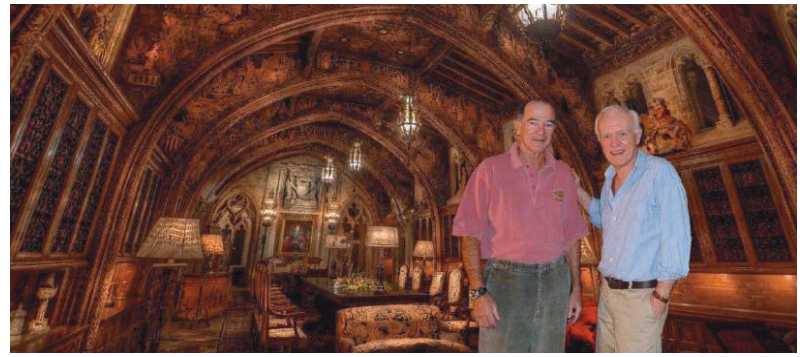
The 20K, the best option for those looking for just a one-day outing, begins at 9:30 a.m. at the Gravel Pit on Long Falls Dam Road.

Race day check-in for participants not spending Saturday night at the huts will be held from 7 to 8:15 a.m. at the Sugarloaf Outdoor Center.

Cost is \$45 per person for the 20K; \$55 per person for the 40K and \$115 for the race and lodging package; or \$125 per person for the 60K, which includes the required lodging package. For high school and college participants only, a discounted rate of \$25 per person for teams of six or more is being offered. Additional fees apply for those requesting private rooms. Registration closes at 5 p.m. on Friday, March 14. For more information and to sign up, visit www.maine-huts.org/ski-marathon/ or call 265-2400.

To volunteer, call the number above or e-mail volunteer@mainehuts.org.

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Rockland~ Classic 3-BR Victorian, many updates, MBR, 3rd fl living space. \$299,000



Camden~ Creative, light-filled, 2-BRs, lots of updates, high-end appliances. \$295,000

Talk on Motorcycle Design at Owls Head Museum Saturday

Owls Head Transportation Museum will host "Deus ex Machina," a free talk by Jack Churchill, as the next installment in its 2014 Winter Education Series, on Saturday, January 25, at 1 p.m.

Churchill, a midcoast motorcyclist, collector and mechanical designer, will discuss technology and innovation from the viewpoint of a shop environment. His talk will include a screening of the short film "Deus ex Machina," about one of Churchill's motorcycle projects, the "steampunk" modification of a BMW motorcycle, which is on display at the museum. Several of Churchill's other two- and four-wheeled creations will be on display for the talk.

At "Maine Central 470: Mascot of Maine," the next Winter Education Series talk, on Saturday, February 8, members of New England Steam Corporation will discuss the restoration of Maine Central's last operating steam engine and their plans to restore steam rail operations in Maine.

For more information, contact Museum Public Relations Director Jenna Lookner at 594-4418 or jl@ohm.org.

BMW bike with steampunk treatment by Jack Churchill, on display at the Owls Head Museum



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Fox Hill Proposal, Camden—

As Senior Research Fellow, Harvard Kennedy School of Government, and Professor of Economics at Harvard, as well as Camden taxpayers, we are concerned with the process by which the community will resolve the Fox Hill rezoning application.

With all due respect to those supporting Fox Hill, including our colleagues at Harvard Medical School, the process they are requesting the Select Board to follow is inconsistent with representative democracy, because it renders the critical roles of the Planning and Select Boards irrelevant.

Please allow us to reiterate the fundamental tenets of the democratic process, which the Select Board swore to uphold upon taking office:

In the United States, democratic representation is government by the people, for the people, and of the people — that is, we are a government elected by, and comprised of, our own citizens whom we empower to represent us, enforce our laws, and act in ways that benefit the majority. Citizens express their points of view and expect elected officials to make decisions that represent them.

In Camden, Selectmen hold public hearings to become informed about how voters wish to be governed. Selectmen, as elected representatives, should listen and then vote with the views of voters in mind, rather than being swayed by minority special interests. If the Select Board fails in its duty to make important decisions because they are “too complex or contentious,” it will have failed in its most basic and fundamental duty to those who elected them.

In the case of Camden, there is one additional step for any zoning change — formal adoption by the people at town vote. We encourage the Select Board not to confuse this additional step with their job in a representative democracy of deciding first whether or not it should even be considered for adoption. If the majority of Selectmen oppose the proposal, the board must reject it. If a majority approve of the proposal, the board must recommend its adoption in June.

We urge the Select Board to make a decision on behalf of the very people who elected the Board to do so.

Rachel McCleary
Senior Research Fellow,
Harvard Kennedy School of Government
Robert Barro
Professor of Economics, Harvard University
Camden

The Free Press welcomes and encourages your letters about whatever is on your mind. Include your name, town of residence, and phone number (in case we need to contact you). Send letters to: The Free Press, 8 North Main St., Suite 101, Rockland, ME 04841 (fax 596-6698; e-mail editor@freepressonline.com).

LETTERS OPINIONS

Collins Should Reconsider Her Support for New Sanctions on Iran—

I was dismayed when Senator Susan Collins became an original co-sponsor of U.S. Senate Bill S.1881 — the Nuclear Weapons Free Iran Act of 2013 — which mandates additional (though delayed) sanctions on Iran. I sat with the Senator in her Washington office in November when I urged her not to back any version of new sanctions on Iran while the Geneva negotiations are ongoing.

The Geneva process is the best and probably the only chance the U.S. will have to head off Iran’s development of nuclear weapons without war. Moderates prevail for now in Teheran and a deal to foreclose weaponization is now possible. Tough negotiations may lead to a binding agreement to end-stop the Iranian nuclear enrichment processes and prevent any warhead developments.

A Senate vote to approve of S.1881 will explode the Geneva talks. The Iranian Foreign Minister has said as much in the last few days. The chance for diplomatic resolution will be gone. Only two outcomes can then be expected: 1) We learn to live with Iran as a nuclear weapons power and seek to contain/deter them; OR 2) We stage an attack in the attempt to cripple the Iranian nuclear program. Iranians will no more buckle under the threat of more sanctions than the British did under the German blitz.

Any attack on Iran would only delay, not terminate the nuclear threat and would have catastrophic consequences. Iran would stage violent reprisals against our personnel and interests across the region and beyond as well as against Israel and Saudi Arabia. Sunni/Shia violence across the region (Iraq, Syria, Lebanon) would be intensified everywhere.

Since air strikes alone will not eliminate Iran’s potential nuclear weapons, some troops would likely have to be landed inside Iran — “boots on the ground” — creating a combat scenario that cannot end well and might expand into a full land war.

Co-sponsorship of S.1881 defies common sense in a way deeply uncharacteristic of Senator Collins. Her approach to foreign issues and crises has usually been sensible and balanced. I urge the Senator to reconsider her position.

Jim Matlack
Rockport

Letters continue, page 28

from offshore

by Eva Murray

“Write About Ice Fishing”

I have never been ice fishing. I have never even watched anybody ice fishing so I don’t really know what you do while ice fishing, except that I’ve heard a few stories from my kids, who have been ice fishing. Evidently what you do when you only have a hand auger, but folks with power augers are on the same lake, is you send your most charming young lady out to struggle with the auger (even should she be a good deal stronger than she makes evident) until one of the gallant other fellows comes over with his power auger and accomplishes the drilling for you. Aside from that, everything I know about ice fishing comes from old Prairie Home Companion ramblings involving some seriously understated Norwegians. Well, with one exception: back in 1986, when I worked at Passmore Lumber in Rockport (or Camden, or actually both, as the store is right on the town line, so the electrical supply section was in Camden and the hand tools were in Rockport), we got a box of tip-ups either by mistake or because somebody thought we should have a sporting goods section, which we didn’t. Somewhere there is a grainy newspaper photograph of several of the lumberyard’s employees, including me, intently watching a tip-up in the middle of a very large, very deep, frozen puddle between the two-by-fours and the receiving department. We were stone-cold sober and never caught a single fish.

Among other things I have never done is I have never had a Harvey Wallbanger, not that I am entirely certain I want one. There are several of us around here who find a great deal of humor in the name, but I have never been anywhere where Harvey Wallbangers were served. I mean seriously served. You do not walk into your neighborhood beer-and-burger place surrounded by people you might know, underemployed clamdiggers or bush pilots or irate New England Patriots fans or truck drivers holed up in the Applebee’s because of a snowstorm, and out loud in front of God and aunt Agnes go ahead and order a Harvey Wallbanger. You just don’t. The other thing I always thought might be worth a try is a Brandy Alexander. There is a standing joke around home about making Brandy Alexander popsicles. Evidently some old lady named Olga used to call the Dave Maynard show on the Boston AM radio years back and talk about Brandy Alexander popsicles. Now, that really sounds like a stroke of genius.

I have never had a perm, or eaten an eel, or been to a frat party, or been called for jury duty. For that matter I have never seen the inside of any sort of jail or correctional facility or the more heavily secured parts of any police station, county court or precinct house. I have never had anything to do with anybody being arrested and I have never happened to visit anybody who was locked up. That is not extremely normal in this particular neighborhood. I have been fingerprinted a perfectly ridiculous number of times, but that is another story. Having always lived in close physical proximity to people who have had various interactions with the criminal justice system, it is merely by coincidence that I have remained so uneducated. I had never even been inside a police car until last fall when Wally gave me a lift from the dump to the Rec Center during Rockland City Employees’ Safety Day.

Hmm; yeah, I threw that last bit in to make clear that this isn’t any sort of bucket list essay. To be sure, if I had such a list it would include a try at dog sledding, and visiting the high Arctic (not necessarily on the same trip), and being one of many drummers in a large marching band, and ice skating all over Lake Champlain or some such enormous surface, and driving a tractor trailer across the country just exactly once. That is evidence enough that I don’t have any sense. Wiser voices need not explain. I haven’t got normal travel fantasies like skydiving or skiing with perfect form down some high-priced Alp or screaming along Route 66 on an overpowered Harley you can hear halfway across New Mexico. I don’t want to go to Las Vegas or Nashville or Disneyland and I don’t want to own a sailboat and I don’t want to go to Mars. Some people do. I get that. I’ve never had my nails done and I don’t want to do that, either.

Ice fishing really doesn’t sound too bad, assuming one has friends around, and the better sort of long underwear, and perhaps some encouraging beverages. I could do that.

Eva Murray lives, works and writes on Matinicus Island.

Watershed School Honors King by Participating in Bates College Observance —

The function of education is to teach one to think intensively and to think critically.

— Rev. Dr. Martin Luther King, Jr.

At Watershed School, honoring the life and work of Rev. Dr. Martin Luther King, Jr. does not mean taking a day off from classes; indeed, just the opposite — Watershed students engaged fully in a day-long series of workshops at Bates College. Reclaiming King’s Dream: Decoding the Myths and Meaning of the Civil Rights Era kicked off the program with a keynote speech delivered by Gary Young, award-winning columnist for the British newspaper *The Guardian*.

Followed by a series of workshops and culminating in a debate on the motion that King’s Dream is unattainable, the day away from school engaged Watershed Students in intense and deeply moving discussions with other young people from around the world.

According to Will Galloway, Watershed School director, “I think Dr. King would be proud of what our young people are doing to keep these issues alive and present in our world today.”

Columbus Day and Veteran’s Day are honored similarly by Watershed School in that they are not considered days off from school, but rather opportunities to learn more about that which is honored. For example, on Columbus Day, Watershed students explore the local geography by hiking 10 miles on the Georges Highland Path; on Veteran’s Day, students engage directly with those who have served the



Watershed students at Bates College on Martin Luther King, Jr. Day

nation in military uniform and find meaningful ways to give back to the community.

In light of Dr. King’s words, “The function of education is to teach one to think intensively and to think critically.” I encourage all of our schools to consider viewing national days of observance not as school holidays, but rather as educational opportunities in the name of those we honor and for the sake of those who love to learn.

William M. Galloway
Head of School, Watershed School, Camden

LETTERS
LETTERS
OPINIONS

It Is Not Just About Fox Hill—

The Camden Select Board and perhaps the citizens of this town will be considering the zoning change requested by FHRE, LLC (the corporation that owns Fox Hill). The purpose of this zoning change is to allow a prospective tenant to establish and operate an alcohol rehab center at Fox Hill. While FHRE has made numerous promises about what McLean Hospital, its as yet unsigned tenant, will do for the town (jobs, money, outreach, etc.), McLean itself has made no such promises at this time and has yet to sign any form of commitment as to what it will or won't do. What FHRE is doing is what every real estate speculator does when it wants a town planning board or select board to roll over for it and grant its wishes — it promises jobs, money, a new world order if you will, if you will only do what it wants. And, unfortunately, many towns fall for this charade.

As the Camden Select Board mulls over the promises of claimed but uncommitted riches to be bestowed on us by FHRE's potential tenant, what it and the citizens of this town should keep in mind are the ramifications of allowing a zoning change in one residential area of town which will have the effect of opening up any residential area of town to rezoning because, as some people will say, "It's good for business." Is it? Is it good for business that people who make the biggest investment of their lives in a home in a residential area can no longer count on their property being in a residential neighborhood when the Pied Pipers come to town with their promises of money and jobs? Is it good that citizens cannot count on their elected officials to protect them and keep sacrosanct the laws that they counted on when they decided to buy a home in Camden? Is it good for business that Camden becomes like so many other places where money buys you what you want at the expense of the existing homeowners simply because "it's good for business"?

Ask yourselves these questions — what has McLean Hospital promised in the way of jobs? Nothing. What has McLean promised in the way of what it will spend in town? Nothing. What has McLean promised for outreach to our schools? Nothing. Has McLean signed a lease? No. Is the treatment facility at Fox Hill for Camdenites? Again, No. FHRE's own people have stated it is for people from away, with \$60,000 a month to spare for alcohol and drug treatment.

What about the 43 jobs that FHRE (but not McLean) has promised? Well, 17 or 46 percent of them pay at the Federal Poverty Level. The rest still don't pay enough to buy a home in Camden, nor did they when the last Comprehensive Plan was written in 2005.

Yes jobs are good, good-paying jobs are even better, but this town is being asked to throw its Comprehensive Plan and Zoning code under the bus of "it's good for business" to benefit a group of out-of-town investors who want to lease their property to an out-of-town hospital system so that out-of-town mega-rich substance abusers can come here for treatment.

And so I ask, what about our investments in our homes? Do they count for nothing? If the Select Board doesn't shut this down now, the citizens of this town are likely to pass this zoning change because they don't have the time to sort through all the smoke and mirrors. If this passes, the next time someone wants to rezone your neighbor's property to put a clinic, treatment center or drug rehab facility next to you, given the laws against discriminating against classes of people, how can our town say "no" without inviting the ACLU, the ADA and the FHAA to pay us a very expensive visit.

What is most remarkable about all of this, is that in this case, not only is the developer asking the town to throw our zoning protections under the bus, they are asking us to actually throw ourselves under the same bus as well. Let's hope the Select Board sees through this and puts an end to this charade.

Dana Strout
Camden

Liveable Wages Needed

Why would anyone want to deny adequate food, decent housing, and access to health care to people in Maine? The answer, of course, should be "why, no one."

Unfortunately, some in Maine, led by Paul LePage, Maine's governor, and a few legislators, are using the cost to the Maine Department of Human Services as an excuse to throw thousands of underpaid and unemployed people under the bus.

They are scapegoating working people, and those looking for work, and blaming them for their low incomes. But, if the only jobs out there pay the minimum wage, or not much more, how can anyone blame them?

The real problem is an economic system that has more people who want to work than there are jobs and where many of those jobs pay a pittance, not enough for most people to live on. We have a few people making millions but working no harder than some who risk their lives and health for very little pay.

Absolutely Irrepressible Fountain of Exuberance—

Last weekend I got up early and set about my usual Sunday morning routine — building a fire, filling the wood box, and cleaning up. I threw all the junk mail from the day before into the woodstove, including, as it happens, two tickets to a concert that afternoon at the Strom Auditorium.

The tickets were a gift and the concert featured someone or something called MCC, but we live on Vinalhaven Island; it was deep winter; we were loath to leave the plumbing unattended; and we had no idea what or who MCC was. We'd decided a few days earlier to stay home. On the other hand, now it was suddenly about 45 degrees and seemed like spring. We decided to jump on the ferry for an overnight to the mainland. I called the Strom to explain the lost tickets and was told that there was really nothing they could do since it was sold out.

Sold out? That aroused our curiosity. When we landed in Rockland we drove up to the Strom. Feeling persuasive, I joined the considerable line of concertgoers, and, when I got to one of the staff inside, explained that I'd thrown our tickets in the woodstove. Sensing, perhaps, a troubled eccentric, he let us in, showed us to the only two seats still available, among 826. As it happens they were front and center and, it was soon revealed, were our intended seats all along. All in all, gaining admission to this extraordinary event was the greatest stroke of good fortune we've known in some time.

At the appointed time nearly 100 choral members filed in and advanced up and onto the four layered platforms spanning the breadth of the considerable stage to a height of around 12 feet. They were followed by eight or ten more who, less athletic but certainly no less enthusiastic, seated themselves on stools downstage. The executive director of the Midcoast Community Chorus, Shelley Johnson, stepped on stage, welcomed us all warmly and introduced its artistic director and founder Mimi Bornstein. If there had been any doubt about whether this would be an event to remember it vanished when this perfectly put together and absolutely irrepressible fountain of exuberance burst from the wings as if riding an invisible comet. Her attentions — and she — were everywhere as she described the extraordinary chorus (aged 14 to 91) and the program to follow.

The Midcoast Community Chorus, it was revealed, customarily performs twice a year and routinely raises \$10,000 at one of those for deserving non-profits that address social injustice and community needs in the local area. The Chorus is comprised of anyone who wants to sing, without regard for ability, but who will commit to the requisite rehearsals.

She explained that the name of the concert: Rise, Walk, Sing pretty much summarized all that was of any consequence to her and all that ought to matter to the rest of us, certainly for the next two hours. When she turned to face her chorus and to conduct the opening number of the same name, each face looking back at her was a palette of joy, of gleeful and contagious anticipation for they knew what most of the rest of us didn't — that this would be an afternoon we would not forget.

They were right. There wasn't a wavering moment nor was there one I'd have foregone. The musical selections were wide (an understatement) ranging, and beautifully sung. Several of them had been arranged by Ms. Bornstein herself or with others, such as pianist Sean Fleming, who with a half dozen or so musicians comprised a delightful accompaniment exactly as and when needed throughout the program. Except for the distracting notion that the guitar player was a ringer for Stephen King, theirs was a perfect complement to an evening of stunning harmonics and a nearly flawless blending of voices. Clearly they and the singers were enjoying themselves. We all were. We all did. We all look forward to doing it again and some of us, at least, wonder how inspiring it must be like to live in the same house with Mimi Bornstein.

Phil Crossman
Vinalhaven

It seems that the word, dear to our hearts, that we learned in grade school as being the longest word in the English language has been deleted from the Merriam-Webster dictionary because of lack of use; and not just any old kind of use but proper use. Apparently writing "antidisestablishmentarianism is the longest word in the dictionary" is not acceptable usage because the word in this context conveys no meaning.



Just
Saying...

Antidisestablishmentarianism Used and Explained

by Tom Sadowski

atrocious) because of its frequent use. Minor glitch: no one is really super clear on what it means and the dictionary people are easily hung up by this little hiccup.

Even though "antidisestablishmentarianism" was bandied about in the fourth grade mostly by smarty-pants girls, the only meaning it conveyed was, "I am smarter than you because I know the longest word in the dictionary" type of thing.

So to discover what it's all about — and no, it's not about the Hokey Pokey — let's go back to the year 1534, about the time when Jacques Cartier was claiming Canada for France and Ignatius of Loyola was founding the Jesuits. Times were different then; very few households had a TV and almost no one had a Game Boy so, unfortunately, people had a lot of spare time to get involved over their heads with church politics.

One of the people most in need of a Game Boy was King Henry VIII. He is the guy who told Pope Clement VII to take a hike and, just as Coca-Cola is an official sponsor of the Olympics, he established the Church of England as the official church of, well, England. That made him and his supporters establishmentarians. He didn't take kindly to those who promoted taking this arrangement apart. These were the disestablishmentarians and they gave Henry fits.

Henry got Parliament to pass the Act of Supremacy to let everyone know who was boss, and he continued to demonstrate his antidisestablishmentarianism by passing the Treasons Act of 1534 which basically shortened by a head anyone snubbing their nose at the Act of Supremacy.

In more modern times, all anarchistic hippies of the 1970s, such as Abbie Hoffman, who authored the counterculture publication "Steal this Book," could have been considered disestablishmentarians. It didn't take long for Mayor Daley and like-minded people to organize an antidisestablishmentarianistic movement.

There. I did it. I used the word properly twice (and the second time I even changed the -ism to -istic, adding two characters, making it the longest word that is not in the dictionary, but would be, if we used it more often). My only trouble is that I almost had to stand on my head to do it. No wonder Merriam-Webster axed it. And a welcome riddance too; in spite of its familiarity, it's just too hard to use. A more common word of the same length is "electrophotomicrographically" and it's easy to use in a sentence: "Hopkins, I have reviewed your lab work and I found the results documented electrophotomicrographically were fabricated. You're fired."

If you really start digging for lengthy words, the "a26m" word, abbreviated here to indicate there are 26 letters missing and to spare you the pain of encountering all 28 without a space, is actually toward the bottom of a long list of words, the longest being "p43s." Suffice it to say that the 45-letter word starts with pneumo — and ends with — osis. It appears to be some kind of lung disease that will kill you long before you master how to pronounce it.

There are chemical names that are much longer but thankfully they are not in the dictionary because dictionary editors have no patience with people who make up their own rules for naming things with no restriction on length.

So what we learned in fourth grade is wrong; there are longer words than the best known long word. The big question is, What else did we learn in the fourth grade that is wrong? The only other thing I remember learning in the fourth grade is the Hokey Pokey — now that's disturbing on a number of levels.

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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).

Larry Dansinger, Monroe

CALENDAR OF EVENTS

Please Take Note

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

NOTEWORTHY

THURSDAY, JANUARY 23:

- **Open Mic at The Highlands Coffee House**, 6-9 p.m., 189 Main St., Thomaston. No cover. FMI: 354-4162.
- **CHRHS Winter Concert**, 7 p.m., Strom Auditorium, Camden Hills Regional High School, Rockport. The school's concert and jazz bands perform a concert (rescheduled from earlier in the month due to inclement weather). Suggested admission is a non-perishable item for area food pantries. Snow date Jan. 27.
- **Dar Williams to Perform**, 7:30 p.m., Unity College Center for the Performing Arts. The veteran folk singer, who released "In the Time of Gods" in 2012, puts on a show. \$30 adv. tickets: uccpa.unity.edu or 948-7469. \$35/door.

FRIDAY, JANUARY 24:

- **Maine Wood 2014**, Messler Gallery at the Center for Furniture Craftsmanship, Mill St. off Rte. 90, Rockport. The juried biennial exhibit showcasing Maine furniture makers, turners, carvers and sculptors opens with a public reception from 5-7 p.m. at which prizes will be awarded. FMI: WoodSchool.org or 594-5611.
- **Open Mic at the Opera House at Boothbay Harbor**, 86 Townsend Ave. Sign-up starts at 6:30 p.m. and the mic opens at 7 p.m. Free; donations keep the Opera House open.
- **Mac Deford & Tom DeMarco's 8th Annual History Road Show in Rockport**, "The Success of Excess, 1870s-1900: A History of the Gilded Age in 100

Minutes," 7 p.m., Rockport Opera House. No need to register. Donations appreciated. FMI: CamdenConference.org or 236-1034.

- **Blind Albert Trio in Thomaston**, 7-9 p.m., The Highlands Coffee House, 189 Main St. No cover, but do tip the trio.
- **VoXX: Voice of Twenty Sing "Mary, Mother and Child,"** in two 2014 Music for the New Year concerts: Fri., Jan. 24, Union Hall, 2 Central St., Rockport; and Sat., Jan. 25, St. Francis of Assisi Church, 81 Court St., Belfast. Both start at 7 p.m. and cost \$10 at the door. FMI: Voice-OfTwenty.com.
- **Tigers Be Still**, The Public Theatre, Lewiston. The play offers a humorous look at surviving tough times. Adult language. Fri.-Sun., Jan. 24-26, and Thurs.-Sun., Jan. 30-Feb. 2. Curtain at 7:30 p.m. Thursday & Fridays; 8 p.m. Saturdays; and 2 p.m. Sundays. With a 2 p.m. matinee Sat., Feb. 1. \$20/\$5 under 18/\$16 group rate 10+: ThePublicTheatre.org or 782-3200.
- **Staged Readings of Molly Sweeney and Eleemosynary**, Poe Theater, Lincoln Academy, Damariscotta. Heartwood Regional Theater Company presents *Molly Sweeney* at 7 p.m. Fri., Jan. 24, and Sat., Feb. 1, and 1:30 p.m. Sun., Feb. 2. They present *Eleemosynary* at 7 p.m. Sat., Jan. 25, and Fri., Jan. 31, and 1:30 p.m. Sat., Feb. 1. \$12/\$8 students: 563-1373 or boxoffice@HeartwoodTheater.org. FMI: HeartwoodTheater.org.
- **Jonathan Edwards in Concert**, 8 p.m., One Longfellow Square, 181 State St., Portland. The singer of "Sunshine" and "Shanty" performs. FMI: One-LongfellowSquare.com.
- **Dan Stevens' Acoustic Blues Tour**, Fri., Jan. 24, 8 p.m., Rock Harbor Tavern, 416 Main St., Rockland; and Sat., Jan. 25, 7:30 p.m. Suds Pub in the Sudbury Inn, 151 Main St., Bethel. FMI: DanStevens.net.

SATURDAY, JANUARY 25:

- **Pie Party**, 4-6 p.m., Trackside Station, Rockland. The free party will include a

silent auction, raffle, pie-inspired cocktails and music. It's held in anticipation of Sunday's Pies on Parade celebration throughout Rockland.

- **Robert Burns Supper and Cabin Fever Ceilidh**, Waldo County Shrine Club, Northport Ave., Belfast. A traditional whisky tasting will be held 4:30-5:30 p.m. Hearty food and fun served at 6 p.m. with music by Castlebay. \$25 for both, or \$10 in adv. (\$12 door) for dinner and music. Benefits the Maine Celtic Celebration held each summer in Belfast. Tickets: Out of the Woods in Belfast or 338-2692.
- **Souper Supper & Cake Auction**, 5-7 p.m., Appleton Village School, 737 Union Road. The Appleton Library will hold its annual fundraiser, with hot homemade soup and a cake auction led Rosie Gerry. \$8/\$5 kids 12 and under/\$25 family cap.
- **Trekpalooza Battle of the Bands**, 7 p.m., Strand Theatre, Rockland. The chem-free event to benefit Trekkers will include performances by the bands Hologram, Random Ideas, Drive By Todd, The Partials and The Educators. \$10 adv. tickets: 594-5095. \$12 day-of. FMI: Trekkers.org.
- **Interplay Jazz Performs in Belfast**, 6:30-9:30 p.m., Bell the Cat. The restaurant now has a full bar.
- **Baxter Brewing 3rd Anniversary Concert**, 7 p.m., Port City Music Hall, 504 Congress St., Portland. The 21+ show features Spose, The Mallett Brothers Band, Sly Chi and David Rowe. \$10 adv. tickets: PortCityMusicHall.com, 800-745-3000 or Cumberland County Civic Center Box Office. \$12 day-of.
- **Playgroup Makes Music at Thomaston Contradance**, 8 p.m., Academy Building, 60 Main St. John McIntire of Unity calls. All welcome. No experience or partner needed. Kids free. FMI: 832-5584.
- **The Burners Play at Billy's Tavern**, 8 p.m., Thomaston. The trio plays Gypsy/Americana dance music. \$5 cover. FMI: BillysTavern.com or 354-1177.

(Continued on p. 31)

CAMDEN JEWELRY COMPANY'S

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24 films, 25 Fridays — Food & Farm Film Festival in Damariscotta

F.A.R.M.S. Community Kitchen, located above Rising Tide Community Market at 323 Main Street in Damariscotta, will present a Food and Farm Film Festival of documentary films about food, farming and health, on Fridays at 7 p.m. beginning January 31. The films — all free — will show weekly until June 6.

First up, on Friday, January 31, is “Symphony of the Soil,” a 104-minute documentary feature film directed by Deborah Koons Garcia and filmed on four continents that explores the complexity and mystery of soil.

Next, on February 7, is “Killer at Large — Why Obesity Is America’s Greatest Threat.” Obesity is fast becoming the single greatest killer of Americans; “Killer at Large” examines the causes and suggests ways to reverse the trend.

On February 14, “The Real Dirt on Farmer John” tells the tale of a maverick Midwestern farmer and what it means to be different in rural America. With the death of his father during the late ’60s, teenage John Peterson takes over the traditional family farm, slowly turning it into a haven for hippies, radicals and artists. The farm debt crisis of the 1980s brings about the collapse of the farm and local rumors, condemning him as a Satan-worshipping drug dealer, turn him into a scapegoat. Threatened with murder, his home burned to the ground, he leaves and wanders through Mexico, until his quest leads him back to his hostile homeland, where he gradually transforms his Peterson family farm into Angelic Organics, one of the largest Community Supported Agriculture (CSA) farms in the United States, and a leader in today’s booming organic farming movement.

On February 21, it’s “Food, Inc. — You’ll Never Look at Dinner the Same Way Again,” a documentary by Emmy Award winner Robert Kenner, released in 2008. Kenner uses the cinematic platform to inform viewers of what has become of the American food industry.

On February 28, “Good Food — Sustainable Food and Farming in the Pacific Northwest” documents what is happening in the fields and orchards of the Pacific Northwest, where family farmers are making a comeback, growing healthier food and more food per acre, while using less energy and water than factory farms.

For the full Food and Farm Film Festival schedule, go to www.mefarms.org/community-kitchen/food-farm-film-festival.

New on DVD & Blu-ray

Just Released 1/21 —

CAPTAIN PHILLIPS PG-13/Thriller/Dir: Paul Greengrass (Tom Hanks, Barkhad Abdi, Barkhad Abdirahman, Faysal Ahmed, Mahat M. Ali, Michael Chernus, Corey Johnson, Max Martini, Chris Mulkey, Yul Vazquez, David Warshofsky, Catherine Keener) The true story of an American captain whose freighter is boarded then hijacked by Somali pirates.

Recent Releases —

CARRIE R/Horror/Dir: Kimberly Peirce (Chloe Grace Moretz, Julianne Moore, Alex Russell) A remake of the Stephen King classic. Born with telekinetic powers, Carrie behaves strangely, making her an outcast at school and at home. Carrie’s thrilled when she’s asked to the prom, but neither her mom nor the mean kids are going to let her enjoy it. That’s too bad, since Carrie can’t control her telekinetic powers when she gets upset.

DESPICABLE ME 2 PG/Animated Family/Dirs: Pierre Coffin, Chris Renaud (Steve Carell, Kristen Wiig, Miranda Cosgrove) Gru is recruited by the Anti-Villain League to help deal with a powerful new super criminal.

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.

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) When Tony Stark’s world is torn apart by a formidable terrorist called the Mandarin, he starts an odyssey of rebuilding and retribution.

LEE DANIELS’ THE BUTLER PG-13/Drama/Dir: Lee Daniels (Forest Whitaker, David Oyelowo, Lenny Kravitz) An African-American’s eyewitness accounts of notable events of the 20th century during his tenure as a White House butler.

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.

RED 2 PG-13/Action Comedy/Dir: Dean Parisot (Bruce Willis, John Malkovich, Helen Mirren) Retired black-ops CIA agent Frank Moses reunites his unlikely team of elite operatives for a global quest to track down a missing portable nuclear device.

RIDDICK R/Sci-Fi/Dir: David Twohy (Vin Diesel, Karl Urban, Katee Sackhoff) Left for dead on a sun-scorched planet, Riddick finds himself up against an alien race of predators. Activating an emergency beacon alerts two ships: one carrying a new breed of mercenary, the other captained by a man from Riddick’s past.

WE’RE THE MILLERS R/Comedy/Dir: Rawson Marshall Thurber (Jennifer Aniston, Jason Sudeikis, Emma Roberts) A veteran pot dealer creates a fake family as part of his plan to move a huge shipment of weed into the U.S. from Mexico.

In Our Theaters

mostly by Lisa Miller Week of January 24 – January 30
Short descriptions of movies that are playing locally

12 YEARS A SLAVE R/Drama/Dir: Steve McQueen (Chiwetel Ejiofor, Michael K. Williams, Michael Fassbender) In the antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery.

AMERICAN HUSTLE R/Drama/Dir: David O. Russell (Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence, Jeremy Renner, Louis C. K.) Loosely based on actual events, this retelling of the ABSCAM sting of the 1980s is like nothing you’ve ever seen before.

AUGUST: OSAGE COUNTY R/Drama/Dir: Tracy Letts (Meryl Streep, Dermot Mulroney, Julia Roberts) A look at the lives of the strong-willed women of the Weston family, whose paths have diverged until a family crisis brings them back to the Oklahoma house they grew up in, and to the dysfunctional woman who raised them.

DALLAS BUYERS CLUB R/Drama/Dir: Jean-Marc Vallée (Matthew McConaughey, Jennifer Garner, Jared Leto) Real-life Texas cowboy Ron Woodroof’s free-wheeling life is overturned in 1985 when he is diagnosed as HIV-positive. Ron, now shunned and ostracized by many, and bereft of government-approved medicines, decides to take matters into his own hands, tracking down alternative treatments from all over the world by means both legal and illegal.

DEVIL’S DUE R/Horror/Dir: Matt Bettinelli-Olpin, Tyler Gillett (Allison Miller, Zach Gilford, Steffie Grote, Robert Belushi) In this latest entry into the “found footage” horror genre, we learn that newlywed Zach is documenting his bride Samantha’s unexpected pregnancy after a honeymoon night neither one can recall.

FROZEN PG/Family/Dir: Chris Buck, Jennifer Lee (Kristen Bell, Josh Gad, Idina Menzel, Jonathan Groff) As a teen, Elsa is thrust upon the throne, where she becomes obsessed with her magical ability to plunge her Nordic nation into a perpetual winter. Unable to stop herself, Elsa runs off to the forest. Elsa’s sister Anna is determined to release Elsa’s wintry grasp and pursues her sister with help from a company that includes a mountain man, his loyal reindeer, and a hapless snowman named Olaf.

I, FRANKENSTEIN PG-13/Fantasy/Dir: Stuart Beattie (Aaron Eckhart, Bill Nighy, Miranda Otto, Yvonne Strahovski, Jai Courtney) The setting is a dystopian present and Dr. Frankenstein’s monster, now a rather good-looking fellow named Adam, finds himself caught in an all-out, centuries-old war between two immortal clans.

THE HOBBIT: THE DESOLATION OF SMAUG PG-13/Fantasy/Dir: Peter Jackson (Ian McKellen, Martin Freeman, Richard Armitage) In this, the second installment, Bilbo Baggins, Gandalf the Grey, and a band of merry dwarves battle orcs and continue their quest to reclaim their homeland Erebor from Smaug the dragon.

JACK RYAN: SHADOW RECRUIT PG-13/Action/Dir: Kenneth Branagh (Chris Pine, Kevin Costner, Keira Knightley, Kenneth Branagh) Jack Ryan is a junior CIA analyst when he uncovers evidence of an imminent terrorist attack from Moscow. He is promoted to field agent and sent to Russia to further investigate.

LONE SURVIVOR R/Drama/Dir: Peter Berg (Mark Wahlberg, Taylor Kitsch, Emile Hirsch, Ben Foster, Ali Suliman, Alexander Ludwig, Yousuf Azami) The account of an ill-fated mission, from the book by Marcus Luttrell. A four-man Navy SEAL team’s efforts to escape an onslaught after they’ve confirmed the whereabouts of a Taliban leader operating from an isolated mountain village in Afghanistan.


NEBRASKA R/Drama/Dir: Alexander Payne (Bruce Dern, Will Forte, Stacy Keach, June Squibb and Bob Odenkirk) After receiving a sweepstakes letter in the mail, a cantankerous father thinks he’s struck it rich and wrangles his son into taking a road trip to claim the fortune. Shot in black and white across four states, Nebraska tells the stories of family life in the heartland of America.

THE NUT JOB PG/Animation, Family/Dir: Peter Lepeniotis (Will Arnett, Katherine Heigl, Brendan Fraser, Liam Neeson) Warning that sufficient food stores are needed for winter, Raccoon orders Surly the squirrel to leave the city park after the rodent bungles a heist and destroys a food stand. To redeem himself, Surly plots to rob a nearby store that specializes in various nuts. Meanwhile, Raccoon has dispatched resourceful squirrel Andie and her vain squirrel-partner Grayson to rob the same location. Timing is everything, since the humans running the store are planning to tunnel beneath the street to reach the vault of a nearby bank.

RIDE ALONG PG-13/Comedy/Dir: Tim Story (Ice Cube, Kevin Hart, Tika Sumpter, John Leguizamo) Hoping to prove himself worthy of marrying Angela, security guard Ben agrees to ride along with her brother James, a detective, on a 24-hour shift patrolling the mean streets of Atlanta.

SAVING MR. BANKS PG-13/Drama/Dir: John Lee Hancock (Emma Thompson, Tom Hanks, Annie Rose Buckley, Colin Farrell, Paul Giamatti, Jason Schwartzman) The fascinating real-life tale of the difficult courtship waged by Walt Disney to adapt author P. L. Travers’s book *Mary Poppins* for the screen.

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**2014
CAMDEN CONFERENCE**

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.

- **Friday, January 24:** Rockport Opera House, 7 p.m., “The Success of Excess: 1870s to 1900, A History of the Gilded Age in 100 Minutes,” a road show by Mac Deford and Tom DeMarco. Also **Sunday, January 26:** Hutchinson Center, Belfast, 2 p.m.
- **Thursday, January 30:** Rockland Public Library, 6:30-8 p.m., “Cheryl Denz in Rockland,” a conversation with a woman actively farming in Maine.
- **Tuesday, February 4:** Camden Public Library, 7-8:30 p.m., “The Future of Desalination,” a talk by James Birkett.
- **Thursday, February 6:** Rockland Public Library, 6:30 p.m., “Earth 101: Understanding and Preparing for Abrupt Climate Change,” a talk by Alder Stone Fuller.

Camden Conference Discussion Series

Open to everyone, these free discussion groups are centered on selected readings and videos. Preparation is encouraged; visit www.camdenconference.org or your library’s website for a short reading/video list.

- “What’s the Truth About Genetically Modified Foods?”
Wed., Feb. 5: Belfast Library, 6:30-8 p.m.
Thurs., Feb. 6: Portland Library, 6:30-8 p.m.
The Camden Opera House venue of The Camden Conference is sold out, but seats are still available at the streaming sites: Strand Theatre, Rockland, and Hutchinson Center, Belfast.

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

(Continued from p. 29)

SUNDAY, JANUARY 26:

- **Great Northern Motorcycle Swap Meet**, 9 a.m.-4 p.m., Augusta Civic Center. With new and vintage bikes and parts, accessories, gear, leather goods and more. \$7.50/free under 12.
- **10th Annual Pies on Parade**, 1-4 p.m. Taste pies at some 30 Rockland venues. Tourgoers can park at Lincoln Street Center for the Arts and walk or catch the All Aboard Trolley between venues. Tickets, \$25/\$10 ages 10 and under: 596-6611 or 877-ROC-INNS or at any of the Historic Inns of Rockland. Benefits the Area Interfaith Outreach Food Pantry and Fuel Assistance Program.
- **Mac Deford & Tom DeMarco's 8th Annual History Road Show in Belfast**, The Success of Excess, 1870s-1900: A History of the Gilded Age in 100 Minutes," 2 p.m., UMaine's Hutchinson Center, Rte. 3. No need to register. Donations appreciated. FMI: CamdenConference.org or 236-1034.

THURSDAY, JANUARY 30:

- **Shakespeare's Coriolanus**, broadcast live from London's National Theatre at 2 p.m. and rebroadcast at 7 p.m. in Rockland at the Strand Theatre and in Damariscotta at the Lincoln Theater. FMI: RocklandStrand.com, 594-0070, or AtTheLincoln.org, 563-3424.

COMING UP:

- **PechaKucha Night Midcoast**, Fri., Jan. 31. The fifth season opens with a 6 p.m. reception at the Center for Maine Contemporary Art (CMCA), Rockport. The presentation starts at 7 p.m. at the Rockport Opera House. Eight presenters discuss their passions as they narrate 20 slides for 20 seconds each. \$5 at the door. Come early to get a seat.
- **Concert of Portuguese Fado**, Fri., Jan. 31, Unity College Center for the Performing Arts, 42 Depot St. Tapas, drinks and silent auction 7 p.m. Maine band Tremolino plays and Shana Bloomstein dances at 7:30 p.m. Desserts at intermission. Benefits New Hope for Women. \$15 tickets: NewHopeForWomen.org, 948-7469, 596-7174 or the Belfast Co-op.
- **The Boneheads Play Boothbay Harbor**, Fri., Jan. 31, 8 p.m., The Opera House, 86 Townsend Ave. The Holy Mackerels open. \$10 adv. tickets: BoothbayOperaHouse.com or 633-5159. \$15 day-of.
- **Winterfest**, Sat., Feb. 1, noon-3 p.m., Camden Amphitheater. With ice carving, snow sculpting, hot food, music, kids' crafts and more. "CamJam" takes place at the same time, across the street in Harbor Park, with a family snowman-making contest and preliminary snowboarding and skiing contests (the finals will be held Fri., Feb. 7, at the Snow Bowl as part of the Toboggan Nationals weekend).
- **24th Annual U.S. National Toboggan Championships**, Fri.-Sun., Feb. 7-9, Camden Snow Bowl. Registration is now open for those willing to dare the 400-foot chute. FMI: CamdenSnowBowl.com.

► **2014 Camden Conference**, Fri.-Sun., Feb. 21-23, Camden Opera House. Registration is open for the conference, with the theme "The Global Politics of Food and Water." FMI: CamdenConference.org or 236-1034.

► **An Evening with Enter the Haggis**, Fri., Feb. 28, 7:30 p.m. With seven albums and a decade on the road, the band comes to the Strand Theatre in Rockland. Balcony and lobby bars open. \$15 adv. tickets: 594-0070 or RocklandStrand.com. \$18 door.

► **John Prine Comes to Maine**, Fri., March 28, 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

FRIDAY, JANUARY 24:

► **"Music Together" for Babies**, 11:30 a.m., Picker Family Resource Center, Pen Bay Medical Center campus. The free demo class is for newborns to eight-month-olds and their parents or grandparents. FMI: MidcoastMusicTogether.com or 593-6645.

► **Teen Gaming Day**, 2:45 p.m., Skidompha Library, Damariscotta. Teens can use the Wii system to play games on the big screen in the Porter Meeting Hall. Snacks and drinks are provided. Free. All teens are welcome!

SATURDAY, JANUARY 25:

► **Science for Evil Geniuses Workshop**, 10 a.m., Skidompha Library, Damariscotta. The "Lights, Camera, Action!" workshop for kids 9-12 will explore how researchers use photography to solve scientific mysteries. Run by Evil Geniuses founder Ed Seidel. Registration is required; sign up at the kids' desk.

► **Screening of "Fly Away Home"**, 2 p.m., Rockland Library, 80 Union St. In this entry to the *Classic Film Matinees for Children and Their Families with Erika Pfander* series, a father and daughter attempt to lead a flock of orphaned Canada geese south. Rated PG. Free.

SUNDAY, JANUARY 26:

► **Grand Finale of Mother Goose Fairy Tale Theater**, 2-4 p.m., Rockland Library Children's Room, 80 Union St. The Rock City Acoustic String Orchestra will perform golden hits as kids dance, sing and make masks for "Old MacDonald Had a Farm." Free. Adults should be accompanied by a child. FMI: 542-0606.

MONDAY, JANUARY 27:

► **Waldoboro K-to-Grade 2 Basketball**, Mondays and Wednesdays, Jan. 27-March 19, 4:30-6 p.m., Miller School gym. Boys and girls will be taught basic skills. \$25 Waldoboro residents/\$35 non-residents. Registration forms: Waldoboro Town Office or WaldoboroMaine.org. Send forms and payment to Waldoboro Rec Dept., P.O. Box J, Waldoboro, ME

04572, or drop them off at the Town Office. FMI: 832-5369, ext. 308.

► **"Families Writing Together" Workshop**, six Mondays, starting Jan. 27, 5:30-7 p.m., Thomaston Library, 60 Main St. Writers 8 and up and their family members will write about individual, family and community identities. Limited to six families. Registration required: 354-2453.

TUESDAY, JANUARY 28:

► **Free Drawing Class**, 4-5 p.m., Rockland Library, 80 Union St. Catinka Knoth leads the "Let's Draw Together!" class for children 6 and up. The theme for Jan. 28 is "Winter scenes and sports." Kids 10 and under should be with an adult. Materials provided.

► **Ashwood Waldorf School Informational Evening**, 6 p.m., 180 Park St., Rockport. Teachers from the early childhood program and the grade school will discuss childhood development, clues to readiness for first grade, the school's curriculum and more. Registration: 236-8021 or enrollment@AshwoodWaldorf.org.

THURSDAY, JANUARY 30:

► **"Going on a Bear Hunt!" Story Hour**, 11 a.m., Thomaston Library, 60 Main St. Kids can enjoy a panda bear snack at this themed story hour.

► **Final Daughters and Dads Evening at Penobscot Bay YMCA**, Rockport, 6 p.m. The Connections program invites Knox County and Lincolnville girls in grades 3, 4 and 5 and their fathers, stepfathers, uncles, grandfathers or other significant males to attend the final session, which features a bonding activity, light meal and short discussion on making healthy choices. Free. Registration required: 236-6313, ext. 2, or nllaite2@myfairpoint.net.

COMING UP:

- **"Books in Motion" at Skidompha Library**, Fri., Jan. 31, Damariscotta. The book is *The Lightning Thief* by Rick Riordan. Dinner, for kids 5-12 who read the book and wish to discuss it, is at 5:30 p.m. The movie, for everyone, is at 6:30 p.m.
- **Winter Ecology Festival**, Sat., Feb. 1, 10 a.m.-noon, Merryspring Nature Center, Camden. Geared for kids and their families, the free festival offers indoor and outdoor activities including learning how to use a solar scope, tapping sugar from maple trees and identifying winter plants. FMI: Merryspring.org or 236-2239.

ONGOING:

- **Appleton Library Story Time**, Thursdays, 10:15-11 a.m. With stories and a simple craft. FMI: 785-5656 or Appleton-LibraryME.org.
- **Belfast Library Story Times for Kids**, Tuesdays at 10 a.m. feature stories, music, games & finger plays for babies to 2-year-olds and their siblings. Fridays at 10 a.m. feature stories, music & crafts for kids 2-4 and their siblings.
- **Belfast St. Margaret's Church Toddlers' Play Date**, Parish House, 95 Court St., Wednesdays, 9:30-11:30 a.m. For children under 4 and their caregivers. FMI: 338-2412 or 322-5013.

Mark Your Calendars Now!

Rockland Public Library Open House

NEW DATE

Friday, February 14
4 to 7 p.m.

Please join the Library staff and representatives from the:

Library Advisory Committee
Friends of Rockland Public Library
Rockland Public Library
Endowment Association



Warm food, great fun, informal conversation, and information about Library resources you may not yet have discovered!

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Colonial Theatre

Showtimes for Fri., Jan. 24 to Thurs., Jan. 30

Dallas Buyers Club -R-
Fri. 6:40, 8:55
Sat. 2:15, 6:40, 8:55
Sun. 2:15, 7:00 Wed. 4:30, 7:00
Thurs. 7:00

The Nut Job -PG-
Fri. 6:30 Sat. 2:30, 6:30
Sun. 2:30, 6:45 Wed. 4:45, 6:45
Thurs. 6:45

Saving Mr. Banks -PG-13-
Fri. 8:15 Sat. 7:05
Sun. 2:00 Wed. 4:15
Thurs. 6:40

American Hustle -R-
Fri. 7:05
Sat. 2:00, 8:15
Sun. 6:40 Wed. 6:40

Starts Jan. 31 - Philomena

Maiden Trip
Feb. 1 - 7:00, Feb. 2 - 2:00
Feb. 5 - 2:00, 7:00

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STRAND THEATRE

FILMS THIS WEEK
Fri Jan 24 - Thu Jan 30

12 YEARS A SLAVE
Fri 5:30, 8:00 | Sat NO FILM | Sun 3:00, 5:30
Mon 7:00 | Tue 1:00, 7:00 | Wed 7:00 LAST NIGHT

LIVE
Trekpalooza
Sat January 25 at 7:00pm
HD

NT LIVE'S
CORIOLANUS
JANUARY 30 - 2PM & 7PM
COMING SOON

FILM OPENING JANUARY 31
NEBRASKA
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Super Tuesdays: \$6.50 All Day & Nitel

Ride Along
1:20, 4:15, 7:20, Fri. & Sat. 9:40 (PG-13, 1:50)
Nebraska
12:40, 3:40, 6:45, Fri. & Sat. 9:20 (R, 2:11)
Jack Ryan: Shadow Recruit
1:10, 4:10, 7:10, Fri. & Sat. 9:30 (PG-13, 1:55)
Devil's Due
1:30, 4:25, 7:25, Fri. & Sat. 9:35 (R, 1:39)
August: Osage County
12:50, 3:50, 6:50, Fri. & Sat. 9:30 (R, 2:11)

Lone Survivor
1:00, 4:00, 7:00, Fri. & Sat. 9:40 (R, 2:11)
American Hustle
12:20, 3:30, 6:55 (R, 2:28)
I, Frankenstein
12:10, 2:25, 7:15 (PG-13, 1:42)
I, Frankenstein (3D)
4:40, Fri. & Sat. 9:35 (PG-13, 1:42)
The Nut Job
12:00, 2:15, 7:05 (PG, 1:35)
The Nut Job (3D)
4:20, Fri. & Sat. 9:10 (PG, 1:35)
Frozen
12:30, 4:05 (PG, 1:58)
The Hobbit:
The Desolation of Smaug
6:40 (PG-13, 2:51)

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NOW SIGNING UP BOWLERS FOR WINTER LEAGUE

The Free Press Co-Ed Bowling League

is set to begin its seventh year and we have some openings



- All abilities welcomed – team scores are handicapped
- Tuesday nights, January thru the end of April or first of May
- Fun and social emphasis
- Couples, families, singles – all will be accommodated!

For more sign-up information, call Barbara Nickerson at 596-7520 or e-mail her at: bnickerson123@roadrunner.com.

CALENDAR OF EVENTS

- **Carver Memorial Library Preschool Story Hour**, Searsport, Mondays, 10:30 a.m. Stories, games and singing for toddlers and their siblings. FMI: 548-2303.
- **Jackson Memorial Library Story Time**, Tenants Harbor, Tuesdays, 10:30 a.m. One story time for all ages.
- **Jackson Memorial Library Robotics with Stuart**, Tenants Harbor, Fridays, 4:30-6:30 p.m. Kids in grade 6 and up learn about robots and build their own.
- **Jackson Memorial Library After-School Program**, Tenants Harbor, Mondays-Fridays, 3:30-5:30 p.m. Students in grades 6-8 enjoy physical activities, make a healthy snack and get homework help.
- **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.
- **Rockland God's Lighthouse Church Youth Group**, 78 South Main St., Thursdays, 6 p.m. Food and fun for area kids 10 and up. FMI: 542-3906.
- **Rockland Library Preschool Story Times**, Wednesdays & Saturdays, 10:30 a.m. FMI: 594-0310.
- **Rockland Library Baby Story Time**, Fridays, 10 a.m. FMI: 594-0310.
- **Rockland St. Peter's Church Toy Library**, White Street, Thursdays & Fridays, 9 a.m.-noon. Playtime for kids up to 5. Toys to borrow and parenting resources. Scholarships available. FMI: midcoasttoylibrary@gmail.com.
- **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.
- **Skidompha Library Toddler Time**, Damariscotta, Tuesdays, 10 a.m. Stories, songs and movement for kids 2-5.
- **Skidompha Library Book Babies**, Damariscotta, Wednesdays, 10 a.m. Stories, songs and movement for newborns to 3-year-olds.
- **Skidompha Library Ready to Read**, Damariscotta, Thursdays, 10 a.m. Story hour and crafts for 4- and 5-year-olds.
- **Stockton Springs Library Story Hour**, first & third Saturdays, 10-11 a.m. FMI: www.stocktonspringslibrary.org.
- **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.
- **Thomaston Library Story Time**, Thursdays, 11 a.m.-noon. Kids must be with an older family member. FMI: 354-2453.
- **Vose Library Story Time**, Union, Fridays, 10:15 a.m. Songs and finger plays for babies and toddlers. Story and activity for older kids. FMI: 785-4733.
- **Waldoboro Library Book Nook**, Mondays, 3:30 p.m. Chapter books read aloud for kids 8-12 and their families.
- **Waldoboro Library Story Hour**, Wednesdays, 10:15 a.m. Miss Connie reads stories and leads crafts for preschoolers. FMI: 832-4484.
- **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.
- **Warren Second Congregational Church Clothing Give-Away**, first Saturday, 9 a.m.-noon. Free clothes for newborns to 'twens.

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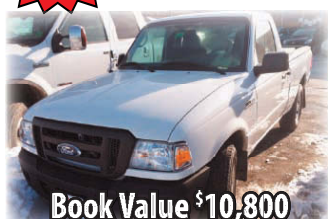


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CALENDAR OF EVENTS

FILM

THURSDAY, JANUARY 23:

► **Nature Film Festival Wraps Up in Rockland**, Maine Coastal Islands National Wildlife Refuge Headquarters and Visitor Center, 9 Water St., Rockland. Hosted by the Friends of Maine's Seabird Islands. Both movies will be shown at 2 p.m. and 6:30 p.m. Free admission.

• **"Journey of the Tiglax,"** Thurs., Jan. 23. It explores the Alaska Maritime National Wildlife Refuge.

• **"The Harriman Alaska Expedition Retraced,"** Fri., Jan. 24. The 2001 re-enactment of an 1899 expedition is chronicled.

► **"Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb,"** 6 p.m., *Thursday Night Film Series* at Rockland Library, 80 Union St. An insane general starts a countdown to nuclear holocaust that a war room of politicians and generals tries to stop. Free.

► **"Waiting for Guffman,"** 6:30 p.m., Thomaston Library, 60 Main St. The Saltwater Film Society screens this hilarious mockumentary by director Christopher Guest about the highs and lows of a community theater troupe.

FRIDAY, JANUARY 24 - THURSDAY, JANUARY 30:

► **COLONIAL THEATRE**, Belfast: "Dallas Buyers Club," "The Nut Job," "American Hustle," "Saving Mr. Banks." See ad on p. 31 for showtimes.

► **FLAGSHIP CINEMAS 10**, Thomaston: "Jack Ryan: Shadow Recruit," "Devil's Due," "August: Osage County," "Lone Survivor," "Nebraska," "I, Frankenstein," "American Hustle," "The Nut Job," "The Hobbit: The Desolation of Smaug," "Frozen," "Ride Along." See ad on p. 31 for showtimes.

► **HARBOR THEATRE**, Boothbay Harbor: "Inside Llewyn Davis." Showtimes: HarborTheatre.net.

► **LINCOLN THEATER**, Damariscotta: "Nebraska." Showtimes: AtTheLincoln.org.

► **STRAND THEATRE**, Rockland: "12 Years a Slave." See ad on p. 31 for showtimes. FMI: 594-0070 or Rockland-Strand.com.

FRIDAY, JANUARY 24:

► **"Downton Abbey" Episode 3 of Season 4**, 2 p.m., Lincoln Theater, Damariscotta. Watch it for free. The entire season is being screened at the Theater on Fridays in January and February.

► **"The Lady Eve,"** 6:30 p.m., *Friday Night Film Series* at the Thomaston Library, 60 Main St. A seductive gold digger sets out to fleece a rich but naive ophiologist, but the tables are turned when she falls for him and he gets wise to her scheme. Free; donations accepted.

► **"In Bloom,"** 6:30 p.m., *PMA Movies* at Portland Museum of Art, 7 Congress Square. Friends Eka and Natia look to leave childhood behind as they ignore societal customs and work to escape their turbulent family lives in the Georgian capital of Tbilisi in 1992. Also shown at 2 p.m. Sat. & Sun., Jan. 25 & 26. \$8/\$6 members and students.

► **Part 2 of "Lawrence of Arabia,"** 7 p.m., *Friday Night Flicks* at the Belfast Library, 106 High St. Peter O'Toole became a star after appearing in this film about a British officer who led the Arabs in their fight against the Turks during World War I. Free.

SATURDAY, JANUARY 25:

► **Community Movie & Potluck**, 5:30-8:30 p.m., First Universalist Church of Rockland. The *Evening with Grownups* series starts with a potluck, where guests are given a question or topic to discuss with as many other guests as possible. At this one, the 6:30 p.m. movie is "To Kill a Mockingbird." It will be followed by a facilitated discussion. Bring a beverage or snack to share. FMI: 594-8750.

ART

THURSDAY, JANUARY 23:

► **"The Astonishing World of Stereo-Vision Photography,"** 7 p.m., Camden Library, 55 Main St. Roger Richmond presents his photos using two stereographic projectors, and provides the audience with 3-D glasses to see his eye-popping close-ups of plants and insects. Part of the Library's *Green Growing January* series.

FRIDAY, JANUARY 24:

► **Reception to Celebrate Langlais Art**, 5-6:30 p.m., Thomaston Library, 60 Main St. It inaugurates the Library's permanent display of five wood sculptures by Bernard Langlais donated in late 2013 by the Kohler Foundation.

► **"Black, White, Gray" Opening Reception**, 5-7 p.m., River Arts, Rte. 1, Damariscotta. The juried show with a wide variety of subject matter, media and styles will be on view through Feb. 20.

SATURDAY, JANUARY 25:

► **Gelatin Plate Printmaking Workshop in Rockland**, Sat. & Sun., Jan. 25 & 26, 9 a.m.-noon, Farnsworth Art Museum's Gamble Education Center, corner of Union and Grace streets. Lois Anne covers plate preparation, processes and exploration with water-based inks and paints. \$60/\$48 Museum members/\$36 Collective members. Registration: 596-0949 or FarnsworthMuseum.org.

► **Reception to Open Invitational Art Exhibit at Bartlett Woods**, 2-5 p.m., 20 Bartlett Drive (off upper Talbot Ave.), Rockland. The show, featuring the work

of several artists, will be displayed through May.

MONDAY, JANUARY 27:

► **Free Adult Art Class**, 11 a.m., Rockland Library, 80 Union St. Catinka Knott supplies materials and leads the class, with a focus on drawing in color. The Jan. 27 theme is "Winter scenes."

► **Creative Artists Support Group**, 6:30 p.m., Belfast Library's third-floor conference room, 106 High St. Find camaraderie in overcoming the obstacles to being a successful artist. Free. FMI: ben496@prexar.com or 338-4576.

WEDNESDAY, JANUARY 29:

► **"Adventures in Celestial Mechanics,"** Maine Media Gallery, 18 Central St., Rockport. The show of selected images by Jim Nickelson opens Jan. 29 and runs to Sat., March 1, when it will close with a 4 p.m. reception and artist's talk.

THURSDAY, JANUARY 30:

► **"Fine Lines: American Drawings from the Brooklyn Museum,"** Portland Museum of Art, 7 Congress Square. The exhibit, with over 100 exceptional and rarely seen drawings and sketchbooks from the Brooklyn Museum's world-renowned collection of American art, opens Jan. 30 and runs to April 27.

► **Reception for "Vessels, Jars and Garden Urns,"** 6-8 p.m., Perimeter Gallery, 96 Main St., Belfast. The reception opens the show of recent drawings and paintings by Lincolnville artist Dudley Zopp. Through March 16.

COMING UP:

► **2014 Maine Photography Show**, Boothbay Region Art Foundation, Boothbay Harbor. The show will run Sat., April 12, to Fri., May 2. Submissions for the juried show, which will award prize money in several categories, will be accepted until midnight Fri., Jan. 24. FMI: MainePhotographyShow.com, 380-1863 or 633-2703.

ONGOING:

► **Farnsworth Art Museum**, Rockland. "The Wonderful World of Oz." Through March. "Andrew Wyeth: Temperas and Watercolors." Through April.

► **Penobscot Marine Museum**, Searsport. "Underfoot: Footwear, Hooked Rugs, In the Cellar and Below Decks." Through Feb. 22.

► **Portland Museum of Art**, 7 Congress Square. "Ahmed Alsoudani: Redacted." Extended through Feb. 2. "American Vision: Photographs from the Collection of Owen and Anna Wells." Through Feb. 23.

• **Curator's Talk**, noon, Fri., Jan. 24. Curatorial Fellow Zmira Zilkha will discuss "American Vision" at PMA.

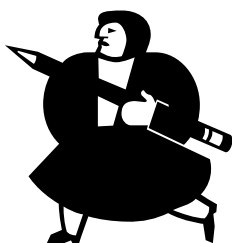
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CALENDAR OF EVENTS

MISCELLANEOUS

THURSDAY, JANUARY 23:

- **Wizard of Oz Trivia Night**, 7 p.m., Fog Bar & Café, 328 Main St., Rockland. The Farnsworth Art Museum's Collective group challenges you to show up, join a team on-site and vie to answer questions like "What's Dorothy's last name?" Or register a team of six ahead of time: 596-6457 or kfinlay@FarnsworthMuseum.org.
- **Open House for Prospective Hope Library Volunteers**, 7 p.m., Hope Town Office. With a short presentation on what the library offers, refreshments and a Q&A. Snow date: Thurs., Jan. 30.

SATURDAY, JANUARY 25:

- **Free Seabird Field Trip**, 8:30 a.m. Mid-Coast Audubon hosts the trip on Pemaquid Point, led by birding expert Don Reimer. For directions on where to meet, call Reimer at 273-3146.
- **Big Indoor Book Sale**, Camden Library, 55 Main St. The two-day sale runs Sat., Jan. 25, 9 a.m.-5 p.m., and Sun., Jan. 26, 1-4:30 p.m. Huge book selection for all ages. Plus DVDs and VHS tapes.
- **"Living on the Schooner Bonnie Lynn,"** 11 a.m., Penobscot Marine Museum's Main Street Gallery, 40 East Main St., Searsport. Islesboro captains Earl and Bonnie MacKenzie give a talk about their 2005 Atlantic crossing. FMI: Penobscot-MarineMuseum.org or 548-2529.
- **Unity Visioning Session**, Unity College Center for the Performing Arts, 42 Depot St. Unity residents are invited to discuss Unity's Comprehensive Plan. Free lunch served at noon. Visioning session, with small groups discussing various topics, 12:30-4:30 p.m. Free child care. Snow date: Sat., Feb. 1.
- **"Deus ex Machina,"** 1 p.m., Owls Head Transportation Museum's 2014 Winter Education Series. Filmmaker and inventor Jack Churchill gives the talk on innovations and advances in motorcycle technology and screens a short film of the same name. Free. FMI: 594-4418 or jl@ohtm.org.
- **Feather Mask Workshop**, 1-4 p.m., 3 Streams Farm, Belfast. Sliding scale fee of \$10-\$20, with family discounts. Materials included. Get directions to the farm when you register: 338-8980.
- **"Transporation in Historical Fiction and Maine Lore,"** 1:30-3 p.m., Boothbay Railway Village's Spruce Point Chapel, 586 Wiscasset Road (Rte. 27). Van Reid, author of the Moosepath League series of historical novels, gives the talk. Bring questions for Reid about his writing. First in the Village's 2014 Winter Lecture Series. Free; donations appreciated.

- **Free Butcher Demo at Maine Street Meats**, 3 p.m., 461 Commercial St., Rockport. Sean will cut a complete hind-quarter of beef from Aldermere Farm, which raises grass-fed Belted Galloways.
- **"Sexuality in Mozart,"** 3 p.m., Old Professor's Bookshop, 99 Main St., Belfast. UMaine Professor of Music Henry Wyatt gives this *Old Professor's Shop Talk*, which explores such topics as whether Don Giovanni was a jolly rake or someone waging war against women. FMI: 338-2006.

- **Public Italian Dinner**, 5-6 p.m., People's United Methodist Church, Depot Street, behind the Union Post Office. \$8/\$4 kids 12 and under/\$20 family (two adults and two or more kids 12 and under). Benefits the Pastor's Discretionary Fund to help community members with emergency needs.

SUNDAY, JANUARY 26:

- **Maine Farmers' Market Convention**, 7:45 a.m.-5:30 p.m., Maple Hill Inn and Conference Center, Hallowell. With workshops on everything from the best vehicle to drive to food safety issues. FMI: MaineFarmersMarkets.org.
- **Liberal Cup Biathlon**, 8 a.m.-2 p.m., Hidden Valley Nature Center, Jefferson. The amateur, family-friendly event features cross-country skiing and target shooting. Novices are encouraged to attend. Guns will be available and mandatory safety training will be given the morning of the race. Registration: hvnc.org. FMI: info@hvnc.org or 200-8840.
- **Animal Tracks and Signs Hike**, 10 a.m.-noon, NORCAL Preserve, Austin Road, Bristol. Join naturalist Sarah Gladu to look for signs of coyote, snowshoe hare, rodents and turkeys. \$5 suggested donation. Registration: 563-1393.
- **"Wetlands in Winter" Walk**, 1-3 p.m., Damariscotta River Association's Great Salt Bay Farm, 110 Belvedere Road, Damariscotta. Participants will identify wetland plants, explore fresh and saltwater marshes, and drill through the ice to identify aquatic invertebrates. Snowshoes welcome; no skis. \$5 suggested donation. Registration: 563-1393.
- **Free Workshops on Trees and Ice**, Plants Unlimited, Rte. 1, Rockport. At 1 p.m., arborist Douglas Johnson tells homeowners when to hire a professional and when to prune damaged trees themselves. At 2:30 p.m., Hammon Buck discusses tree varieties able to survive ice and heavy snow loads. Register before Sat., Jan. 25: buckh@midcoast.com or 594-7754.
- **Monroe Library Reopening**, 2 p.m., Town Hall, 8 Swan Lake Ave. After a four-month cleanup and with new computers provided by a grant from the Steven and Tabitha King Foundation, the library holds a party to celebrate with music, refreshments and tours. FMI: 525-4428.
- **Knit & Spin Day**, 2-4 p.m., WORKS Bookstore, 21 East Main St., Searsport. Fiddler Hope Hoffman will play melodic, traditional tunes to accompany the knit-

ters and spinners. Toe-tappers are also welcome. \$5. FMI: 899-5988.

► **Biography Exploration**, eight Sundays starting Jan. 26, 3-5:30 p.m., Ashwood Waldorf School, Rockport. Participants will discover through their own experiences the seven-year phases of life described by Rudolf Steiner. \$165. Register at AnthroposophyStudies.tumblr.com. FMI: 370-1264 or StudiesInAnthroposophy@gmail.com.

MONDAY, JANUARY 27:

- **"A Matter of Balance" Classes**, designed to help people manage concerns about falls and increase physical activity. They'll be held in Damariscotta on Mondays and Fridays, Jan. 27-Feb. 24, from 9:30-11:30 a.m., at Spectrum Generations Coastal Community Center, 521 Main St. Registration: 563-1363. In Rockland, they'll be held Fridays only, Jan. 31-March 21, from 1-3 p.m., at Knox Community Center, 61 Park St. Registration: 596-0339. \$20 seminar and materials fee.
- **College Planning for Adults**, 10 a.m., University College Rockland, 91 Camden St. A session will also be offered in Belfast at UMaine's Hutchinson Center, 80 Belmont Ave. (Rte. 3) at 9 a.m. Tues., Jan. 28. FMI or registration: 800-281-3703 or meoc.maine.edu.
- **CPR and First Aid Certification Class**, three Mondays starting Jan. 27, 6-9 p.m., Camden Hills Regional High School, Rockport. FMI: FiveTowns.MaineAdultEd.org or 236-7800, option 5.

TUESDAY, JANUARY 28:

- **"Creative Containers" Horticulture Talk**, Camden Library's Picker Room, 55 Main St. Lisa Colburn, author of "The Maine Garden Journal," gives the talk. It's the first in the Camden Garden Club's *Winter Horticulture Series*, which is open to the public.
- **Talk on Wildlife Migrations in the Gulf of Maine**, noon, Merryspring Nature Center, Camden. Beth Goettel of the Coastal Islands National Wildlife Refuge gives the talk. It's the first in the 2014 *Winter Talk Series* at Merryspring. \$5/free for members.
- **Time Out Tuesday Soup & Sandwich Luncheon**, noon-1:30 p.m., Teen Center, Camden. Enjoy lunch as Michele Nettles gives a talk on reflexology, with a focus on the digestive and lymphatic systems, and aches, pains and arthritis. Free. RSVP by Thurs., Jan. 23: 236-3375, ext. 203, or sbodamer@PenBayYMCA.org.
- **"Planting and Preparing Medicines from Plants,"** 7 p.m., Camden Library, 55 Main St. Deb Soule, founder and owner of Avena Botanicals in Rockport, gives the talk as part of the Library's *Green Growing January* series.

WEDNESDAY, JANUARY 29:

- **Lunch and Learn Series**, 11:15 a.m. Spectrum Generations Coastal Community Center, 521 Main St., Damariscotta. Lymphedema therapists Diane Brown and Leah Taylor will give a talk on controlling and preventing swelling. \$6 under 60/\$5 60 and up. RSVP by noon Mon., Jan 27: 563-1363.

FORM B 04/06 PUBLIC NOTICE: NOTICE OF INTENT TO FILE

Please take notice that

Central Maine Power Company, Inc.
83 Edison Drive
Augusta, ME 04336

is intending to file a Minor Amendment to the Site Location of Development Act permit application with the Maine Department of Environmental Protection pursuant to the provisions of 38 M.R.S.A. §§ 481 thru 490 on or about **January 27, 2014**

The application is for

CMP proposes a minor expansion of an electrical substation known as the Meadow Road Substation in Rockport, Maine. CMP proposes adding a second distribution circuit to serve the local communities. This work requires an expansion of 5,318 square-feet to accommodate a new control house and electrical components. CMP also proposes to expand the existing driveway to accommodate delivery of a mobile substation and other electrical equipment. The driveway expansion will encompass about 9,200 square-feet.

at the following location:

CMP's Meadow Road Substation near the intersection of Meadow Road and Route 17.

A request for a public hearing or a request that the Board of Environmental Protection assume jurisdiction over this application must be received by the Department in writing, no later than 20 days after the application is found by the Department to be complete and is accepted for processing. A public hearing may or may not be held at the discretion of the Commissioner or Board of Environmental Protection. Public comment on the application will be accepted throughout the processing of the application.

The application will be filed for public inspection at the Department of Environmental Protection's office in Augusta during normal working hours. A copy of the application may also be seen at the municipal offices in **Rockport, Maine**.

Written public comments may be sent to the regional office in Augusta where the application is filed for public inspection:

MDEP, Central Maine Regional Office, 17 State House Station, Augusta, Maine 04333

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CALENDAR OF EVENTS

► **Kitchen and Bath Redesigns to Help Dwellers Age in Place**, 11:30 a.m., Spectrum Generations Knox Community Center, 61 Park St., Rockland. Aging in Place specialist Lynne Gushee leads the workshop. \$5. Register by noon, Tues., Jan. 28: 596-0339.

► **Enjoy a Meal and Help a Nonprofit**, Cappy's Chowder House, 1 Main St., Camden, offers dinners 5-9 p.m. Wednesdays through March 19 that give 50 percent of proceeds to various nonprofits.

Jan. 29 proceeds go to Kiwanis Club of Rockland, which has pledged to give the funds to Special Olympics and the Knox County Aktion Club for disabled adults.

► **Public Forum on Future of Camden-Rockport Middle School**, 6 p.m., CRMS cafeteria, Knowlton St., Camden. Initial findings of the Oak Point Associates architectural firm will be presented. Input from residents is requested.

► **Talk on Waterfowl Nest Box Program**, 6:30 p.m., Sheepscot Valley Conservation Association, 624 Sheepscot Road, Newcastle. John Pratte, a biologist with the Maine Dept. of Inland Fisheries & Wildlife, talks about the volunteer program to maintain nest boxes for waterfowl in this entry to the SVA's *Citizen Science Series*. \$5 suggested donation. FMI: 586-5616 or svca@sheepscot.org.

THURSDAY, JANUARY 30:

► **"Financial Resources for Adult Learners,"** 6-7:30 p.m., Camden Library, 55 Main St. Linda Buckmaster of Women, Work and Community leads the free program for adults of all ages and backgrounds. Registration required: 596-2615 or LSBuck@maine.edu.

COMING UP:

► **Tails on the Trails at Penny Lake Preserve**, Fri., Jan. 31, 10-11:30 a.m. Canines and their humans are invited to join the Boothbay Region Land Trust on the last Friday of each month for a free hike. Well-behaved dogs are welcome and must be leashed or under voice command. FMI: thall@bbrrt.org or 633-4818.

► **2nd Annual Launch or Grow Small Business Success Conference**, Fri., Jan. 31, 8:30 a.m.-6 p.m., Southern Maine Community College's South Portland campus. With workshops and an end-of-day Shark Tank, where four participants will pitch their business ideas to a panel of experts. \$95/\$25 SMCC students & alumni. FMI: smcme.edu.

► **"Ask Me (Almost) Anything" Young Republicans Forum**, Fri., Jan. 31, 6 p.m., Trade Winds Motor Inn, Rockland. Featured speakers include Ashley Ryan, the youngest elected member in Republican National Committee history. RSVP: eventbrite.com/e/gen-207-presents-ask-me-almost-anything-tickets-10068307579.

► **"Tar Sands Exposed,"** Fri., Jan. 31, 7 p.m., USM's Abramsom Center Hannaford Hall, Portland. Talk by award-winning photographer Garth Lenz and Eriel Deranger of the Athabasca Chipewyan First Nation in northern Alberta. Free; donations requested. Registration: nrcm.kintera.org/TarSandsExposed.

ONGOING:

► **Public Ice Skating**, Midcoast Recreation Center, Rockport, daily sessions noon-2 p.m. \$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.

► **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.

► **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 & 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., Cancer 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*.

► **Career Changers Drop-In Sessions**, Tuesdays, 10 a.m.-noon, Belfast Library, 106 High St. Explore career options, work on resumes and cover letters, practice interviewing skills and more. Free. FMI: 596-2615 or WomenWorkAndCommunity.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 and their families can tell their stories in memoir, poetry or fiction. Free and confidential.

► **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.

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5K Starts @ 10:00 am

Walkers can start at 9:45 am

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RACE REGISTRATION FORM

LUV ME 5K RUN

Runner Walker Opt Out

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Home) _____ (Work) _____

E-mail _____

Male Female Date of Birth _____

Age on Race Day _____

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

Participant's Signature _____

Date _____

PRE-REGISTRATION & MINIMUM DONATION

- Opt-Out\$15
- Single Runner\$18
- Couple\$30
- Family - 3\$40
- Family - 4+\$50

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For more race information, contact Andrew Bonarrigo at 207-542-2038 or email: mason321@yahoo.com
To find out more about the "Go-Malawi" project begun by mid-coast native Janet Littlefield, visit www.go-malawi.org

ONLINE REGISTRATION IS AVAILABLE:


www.active.com or runsignup.com

CORRECTION
The correct hours for the Camden Public Library are as follows:


Camden Public Library

Main Street
Camden, ME 04843
236-3440

Hours:
Mon.-Wed.-Fri.-Sat. 9-6
Tues. & Thurs. 9-9
Sun. 1-5



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ASTROlogically Speaking

WITH ANANUR

JANUARY 24 - JANUARY 30



Friday, January 24 —Mercury and Mars are in a favorable aspect until midnight. Your mind will be speeding along, full of smart ideas. Conversations should be stimulating intellectually. Because Mercury is also aspecting Saturn, you are advised to tread carefully if needing to make an important decision. This aspect brings blocks to further advancement. Jupiter is now opposite Pluto until February 5. Laws will change and bring positive outcomes. Between 2:30 and 7 p.m. the Moon will be nicely aspecting Venus and Jupiter, which is great for socializing.

Saturday, January 25 — Mercury is still aspecting Saturn, until noon. Some disappointments come about if you try too hard to make things happen. This aspect tests your patience and faith. Between 6:30 and 9 a.m. the Moon will be aspecting both Mercury and Saturn, bringing a tendency to worry. From 4 to 6 p.m. the Moon will awkwardly aspect Jupiter, bringing a false sense of hope and optimism. You need to do some research and learn the facts before venturing forward. An uncomfortable time for socializing is from 7 to 9 p.m., when the Moon is in a difficult aspect with Venus. You need some time alone to relax.

Sunday, January 26 — Good news! The Sun is in Aquarius and the ruling planet of Aquarius is Uranus and they are in a positive aspect to each other, ushering in innovative genius and independent thinking. Be ready to act on your intuition. Between noon and 2 p.m., while the Moon is nicely aspecting Uranus, your intuition is stronger than ever. From 4 to 5 p.m. there will be a difficult aspect taking place between Mercury and Uranus; this is the only time during this day that you need to slow down and think carefully before acting or speaking out. An ideal time for socializing is from 8 to 10 p.m., while the Moon is in a fine aspect with Venus.

Monday, January 27 — More good news — the Sun in Aquarius is still in a positive aspect to Uranus in Aries. This aspect brings about brilliant ideas. You feel sunny, upbeat, independent and confident. This aspect is with us until Tuesday night. From 9:30 to 11:30 a.m. the Moon will be in a

positive aspect with Saturn, indicating patience. From 3 to 5 p.m. the Moon aspects Mercury, stimulating interesting conversations where you learn something new.

Tuesday, January 28 — The Sun is aspecting Uranus until midnight. Think about the changes you want to manifest when the New Moon takes place, on Thursday at 4:38 p.m. Your intuition is guiding you along. Trusting it makes perfect sense. Think outside the box. Don't allow others to convince you that your thinking is foolish. Mars is in a superfine aspect with Saturn, which increases self discipline and patience. This aspect is with us until 10 a.m. tomorrow.

Wednesday, January 29 — Mars is still aspecting Saturn (until 10 a.m.), gifting you with patience and the desire for orderliness. From 9:45 to 11:45 a.m. the Moon is going to be aspecting Mars and Saturn, helping you to calm down and deal effectively with what is in front of you. A good time for conversations will be between 7 and 9 p.m., while the Moon is in a positive aspect to Mercury.

Thursday, January 30 — From 5 to 7 p.m. the Moon will be aspecting both Jupiter and Pluto, making this a day filled with optimism due to circumstances in the news that look hopeful. The New Moon will take place at 4:38 p.m. with the Sun and Moon at 10 degrees of Aquarius in a good aspect with Uranus. This means a new cycle begins, with indications of new energies being ignited that are good for the people. The next 29-1/2 days will be best for you if you trust and act on your intuition. It doesn't matter what others think of you at this time. You're focused on developing a stronger bond with your own inner self. Don't betray yourself by ignoring what your higher guidance nudges you to do. Study new subjects on your own, take classes, pursue your goals and seek what makes you happy, bringing joy to the symphony of the universe. Each note counts: that's you and me.

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.



The ice skating rink at the Damariscotta River Association's Round Top Farm PHOTO BY CHRISTOPHER COVEL

DRA Winter Party February 2 Open to All

Damariscotta River Association (DRA) will host a Winter Party on Sunday, February 2, from noon to 3 p.m. at Round Top Farm in Damariscotta. The party will feature Nordic ski clinics, sledding, a dog-sledding demonstration, a campfire with hotdogs and marshmallows, ice skating, a puck-shooting contest with posters for all participants, and an animal tracks craft in the warming hut. Hotdogs will cost \$1, and the Nordic ski clinics are \$12 each and include optional rental. All other activities are free of charge.

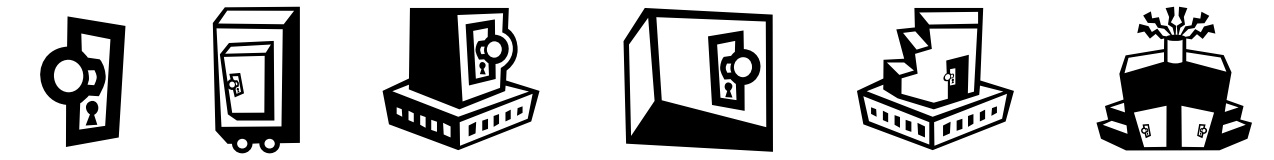
The Nordic ski clinics will be taught by an instructor from the L.L. Bean Discovery school by the hour. Pre-registration is required. Participants wishing to rent equipment must provide their weight and height with registration. To register for the Nordic clinics, contact the DRA. For more information and to register for the ski clinics, call 563-1393 or email dra@damariscottariver.org.

In the event of no snow, or if it rains, the Winter Party will be held on Sunday, February 16.

Museum Collection Motorcycles at Augusta Meet on Sunday

Owls Head Transportation Museum will be displaying two motorcycles from its collection at the Great Northern Motorcycle Swap Meet at the Augusta Civic Center on Sunday, January 26. The two machines, a 1925 Harley-Davidson Model JD in original, "survivor" condition and a pristinely and correctly restored 1932 Harley-Davidson Model V, will illustrate a common debate among vintage transportation enthusiasts: to restore or not to restore?

The Swap Meet, from 9 a.m. to 4 p.m., will feature new and vintage motorcycle parts and accessories, gear, T-shirts and leather goods. General admission is \$7.50, children under 12 admitted free.



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 Open Tues.-Sat. 8-3 • 542-0156

BINGO
 Every Saturday Evening
American Legion
 Charles C. Lilly Post 149
 Jefferson St., Waldoboro
 Doors Open 4:30
 Bingo Starts at 6:30

We Buy Jewelry - Estate or Antique
 Free verbal appraisals daily
STARS
 65 Main St. Damariscotta
 563-5488

MARKET BASKET DEADLINE is 4 p.m. MONDAYS

LEASE READ: As long as the TOTAL price of ALL your items is \$100 or less, it's FREE (ads must include prices for all items or we cannot run the ad).

Market Basket ads run for two weeks. Only one per household per week will be printed. We can only accept ads that are 20 words or less. We cannot accept ads over the phone — we do accept faxes (596-6698). Market Basket ads must be received by 4 p.m. Mon. for inclusion in that week's issue. **NO BUSINESS, SERVICE OR YARD SALE ADS qualify for the Market Basket. Ads which do not follow these guidelines cannot be printed.**

FOR SALE

Italian Coffee Maker, IPAC, 9 cups, stove top, almost brand new, 4-minute brew, \$10. 701-1981.

Small China Closet, in very good condition, \$85. 338-4756, Gloria.

Country Curtains, lined "Cab-in Check," hunter green, three tailored valances, 72 x 12, one pair window pane, 36 x 30, all \$50. 354-6010.

Child's Rocking Horse, very sturdy, ideal for 3 yr. old. \$25. 594-8262, Spruce Head.

Porcelain Figurines, Red Rose miniatures, mostly nautical, perfect for fish tanks or planters, 75 for \$30. 594-1885.

Two Dressers: one white, mostly wood, four drawers, dovetail, about 3½" wide, \$65; one brown, wood and fiber board, 3½" wide, three drawers, \$35. 832-2233.

Three Insulated Roman Shades, 36" wide, white, includes hardware, \$75. 832-0402.

Vintage '70s Stereo Equipment: Sansui speakers, SP2500; Pioneer receiver, SX525; Pioneer turntable, PL450; Gerrard turntable, 74M; and Pioneer headphones, SE20A, \$100. 236-3191.

Double/Full Size Bed, med. dark wooden spool headboard and footboard, 52" wide, 35" high, includes mattress, box spring and side rails, used, \$100. 338-1951.

Used Lobster Traps, 25 of them, need repair, \$100. 542-2328.

Dorm Size Microwave Oven, \$35, can deliver to Rockland. 785-4401. ■

Automobile Amplifier, Rockford Fosgate 2.9X auto amplifier, 275 watts total power, asking \$85. 338-6467.

5' Pea Green Metal Plant Stand, four red-tile shelves, \$100 cash. Text 781-917-7817.

Pack Basket, six ice traps, ice scoop, minnow net, ice cleats and spike rope, \$75 for everything. 354-0260.

Portable Kero Heater, by Dyna-Glo, 23,000 BTU, 1.9 gal. capacity, works very well, cost \$150, asking \$35. 594-1885.

Hay, \$3/bale. 763-4032, Camden.

Kid's Bed Comforter, "Force Field," new, in bag, \$20. Bag of boy's clothes, size 16-20; bag of men's pants, size 36; two bags of men's work clothes, size 38 and 40; \$20/bag. 338-1951.

Two 21" TVs, \$15 each. One 13" TV, \$10. 687-2067 or lloyd@drilloydprobber.com.

Wicker Chair, cushion, natural color, \$35. Fixed skylight window, 22½ x 39, \$25. 542-4476.

Coach Purse, black leather, w/shoulder strap, 9" x 5" x 2", brand new, in original box, \$100. 589-3773.

Bocce Ball Set, vintage, with nylon carrying case, \$50 OBO, lots of summer fun. 701-1981.

Pair Neon "Mexican Food" Signs, they work, for restaurant, \$100. 542-2328.

Brita Water Pitcher, with nine filters, all new and unopened, \$40. 594-8284.

Wanted: Someone to Swap Paperback Westerns With. 789-5984. ■

Wanted: Yarn, to make blankets for shelters; TV digital converter box; electric oven; and fry pan. 763-4603.

Wanted: Free Fabric, to make hats for cancer patients. 594-5010.

Free: 20-Inch Traditional Magnavox TV, works perfectly. 785-6330.

Free: Sony Trinitron 27" TV, older model, heavy but works great, Sherwood receiver RX4109, like new. 845-2611. ■

Free: Sony 53" TV, perfect cond. 594-7117.

FOUND

Found: Cat, white with brownish saddle, top of head and right cheek, long white legs, 4 to 5 yrs. old, calm and gentle, found end of October behind Pen Bay Medical Center. 236-3635. ■

WANTED

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

Wanted: Plywood, small scrap, enough for two chair sheets, reasonable. 701-1981.

Wanted: Large Chest Freezer, in excellent condition. 372-6322.

MARKET BASKET ADS FREE

MARKET BASKET RULES:

- #1. Maximum # of Words per Ad = 20
- #2. To TAl of all items added together MusT be \$100 or less!
- #3. Ads MusT be priced or we cannot run them.
- #4. We cannot run Wanted ads seeking items costing over \$100.
- #5. only one ad Per week per person/phone number.
- #6. No business, service or yard sale Ads accepted.

Please use the regular classified ad form for these and all other ads which don't fit the above guidelines — sorry, ads that don't follow these guidelines cannot be printed!

!Market Basket Ads Automatically Run For Two Weeks!

Mail To: **The Free Press MB**, 8 No. Main St., Suite 101, Rockland, ME 04841
Sorry, we cannot take Market Basket ads by phone or e-mail, but you can fax your ad to 596-6698. However, we ask that you NOT copy this form and then fax it — copies from newsprint don't fax well, and we can't read them — just write your ad on a white sheet of paper and fax that — do not forget your phone #.
And about the handwriting: If we can't read it, we can't run it.
MARKET BASKET AD DEADLINE IS 4 PM ON MONDAYS



DRAWING BY DAN KIRCHOFF

CLASSIFIEDS/HELP WANTED

FREE PRESS HELP WANTED ADS WORK

SEE ALL OUR LISTINGS AT WWW.FREEPRESSONLINE.COM (CLICK ON THE CLASSIFIEDS LINK)
 FREE ONLINE ADS AVAILABLE. MORE THAN JUST HELP WANTED TOO!
 CALL JENN RICH AT 593-0037, EXT. 6 FOR MORE INFO.

VEHICLES

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

1997 SUBARU LEGACY — no rust (Montana/California car), new trans. hardly used, clean interior, needs head gasket, first \$700. 207-691-9111. (1/23)

2002 FORD ECONOLINE VAN — V-8 auto, needs e-brake fixed, exhaust leaks and sticker, \$850. 542-2328. (1/23)

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)

MOBILE HOMES

2006 — 14 x 66, 3 BR, 1 BA, \$30,000, \$4,000 down, \$353/mo. 691-2634. (1/23)

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)

WAIT STAFF POSITION

Bartlett Woods is looking to hire:
30 - 34 hours/week

Must have previous dining experience, flexibility, dependability, and have a positive attitude. Benefits available.

If interested, please contact:

Aaron Prescott, Dietary Director
aprescott@bartlettwoods.com

594-2745
 EOE

Bartlett Woods



Wanted: Machine Mechanic for Custom Cordage-Manufacturer of quality braided rope and twine

Duties include: maintenance, repairs, and upgrades on rope-making equipment. A jack-of-all-trades with background in welding, machine tear-down and rebuild, and knowledge of basic tools helpful. Training & tools provided. Position is full-time; part-time a possibility. Call **832-0580** or stop by **151 One Pie Rd., Waldoboro** (1.8 miles off Rte. 1 on 32 west)

FARM ASSISTANT

FULL-TIME SEASONAL POSITION

APRIL THROUGH OCTOBER

The focus of the farm is on organic annual vegetables, but we also work with honey bees, laying hens, and small fruits. The farm assistant will work with the farm manager to maintain a farm that is both productive and attractive. This will include work in our propagation greenhouse, our two 30'x48' high tunnels, and in our additional 1/2 acre of field space. The ideal candidate will have an unshakable positive attitude, an excitement about organic farming, previous experience with vegetable production, and a general commitment to the operation of Point Lookout.



Please send applications/resumes to:

Point Lookout Resort - HR
 PO Box 119, Lincolnville ME 04849
 or email to: jgalkowski@visitpointlookout.com

FULL-TIME HOUSEKEEPER

Point Lookout is looking for a full-time housekeeper. This is an hourly, full-time, year-round position with a generous benefits package. Responsible for coordinating and leading teams to include weekend Housekeeping team, in the daily activities of the Housekeeping Department. Must have computer knowledge and be able to use a computer to run daily reports and to communicate with Management. Maintain the cleanliness and safety of assigned areas including, but not limited to, cabin rooms, dining rooms, offices and common space. The Shift Leader is responsible for working in accordance with policies and procedures that are established to maintain a clean environment for the facility.



Interested candidates may send resumes/applications to:
 Human Resources, P.O. Box 119,
 Lincolnville, ME 04849 or email to:
jgalkowski@visitpointlookout.com
 No phone calls, please.

2 CHEF POSITIONS AVAILABLE

Bartlett Woods is looking to hire:
40 hours/week Chef
16 hours/week Chef

Imagine having the time to be able to prepare and plate, all homemade food, served with your own special artistry. Come and experience our stress free kitchen to see how good it feels to brighten someone else's day. Benefits available for FT positions.

Requirements: must be 18+ years old, culinary experience, cares about the quality of food prepared, dependable, able to supervise.

If interested, please send resume to:

Aaron Prescott, Dietary Director
aprescott@bartlettwoods.com
 594-2745
 EOE

Bartlett Woods



HOME CARE FOR MAINE,

a statewide home care agency, is seeking caring, dependable candidates to assist elders and disabled individuals. Duties include personal care, housekeeping, errands and transportation. PCA/PSS/CAN experience not required. We offer free PSS certification to our employees. We have current openings throughout the State.

Call 1-800-639-3084 today
 or apply online at
www.homecareforme.org

Home Care for Maine

EOE/AEE

POSITIONS AVAILABLE AT ROCKLAND FORD SERVICE DEPARTMENT

Service Advisor, Technician And Detailer Needed

Full-time with benefits.
 A clean license is required.
 Apply within to Mike Benner.

www.rocklandford.com

ROCKLAND FORD

Route 1, Rockland 594-4466

2 DISHWASHER POSITIONS AVAILABLE

Bartlett Woods is looking to hire:
40 hours/week Dishwasher
16 hours/week Dishwasher

Must be 18+ years of age, have a valid Maine driver's license, be flexible and dependable, and have excellent work references. Benefits available for FT positions. If interested, please contact:

Aaron Prescott, Dietary Director
 EOE
aprescott@bartlettwoods.com
 594 - 2745

Bartlett Woods



MANPOWER

2nd Shift Metal Fabricators!

Immediate openings for temp to hire metal fabricators! Previous experience with drill press, punch, and other fabrication experience desired. Full time positions. Pay \$12+ DOE.

Apply in person at Manpower, 91 Camden Street Suite 310, Rockland, email rockland.me@manpower.com or call 207-594-7910.

MANPOWER

BRAND NEW SEAFOOD PROCESSOR OPENINGS!

Immediate need in Rockland - 1st Shift, FRIDAY THRU MONDAY 30-35 hrs/week. \$10.00. Fast-pace positions, on-your-feet job. Looking for reliable workers only!

Apply at Manpower, 91 Camden St, 3rd Floor, Rockland. 207-594-7910

MANPOWER

Welders Needed! Manpower

is hiring for 1st and 2nd shift openings at Fisher Engineering – must have recent experience/training and ability to pass a welding test. Apply at www.manpowerjobs.com, in person at 91 Camden St, Rockland, or email rockland.me@manpower.com.

Immediate opening for a full-time **LICENSED PHYSICAL THERAPIST** at Continuum PT in Rockland. We are a physical therapist-owned, outpatient practice overlooking the beautiful harbor. Looking for a licensed PT with a great attitude and previous outpatient experience, but will consider a highly motivated new graduate. This is a growing and thriving practice with opportunities for advancement. Please fax resume to 207-213-1075 or email to kim@continuumpt.me.

CLASSIFIEDS/HELP WANTED

Cemetery & Town Maintenance Bids Town of Union

The Town of Union is accepting bids for Cemetery mowing and Town mowing, these are bid individually. All bid documents are available online at www.union.maine.gov. Bid packages are also available by visiting the Union Town Office during regular business hours. Bid packages will not be mailed. All bids **MUST BE CLEARLY MARKED EITHER "CEMETERY MOWING" OR "TOWN MAINTENANCE."** IF BIDDING ON BOTH THEY SHOULD BE IN SEPARATE ENVELOPES. Bids are due in house by Noon, February 18, 2014, postmarks are not sufficient. The Town specifically reserves the right to accept or reject any and all bids or proposals or any provision of any bid or proposal, negotiate any additional terms and conditions with a bidder, require modification of a bid or proposal or any provision thereof, and to take any other action regarding any bid or proposal that is deemed in the best interest of the Town. No contractual or other binding obligation shall be created by the submission, modification or revision of any bid or proposal.

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 _____

Cost for 1st 20/words/week = \$ _____
 Additional words = \$ _____
 Subtotal = \$ _____
 Times # of weeks ad to run x _____
TOTAL Due = \$ _____

Name _____
 Address _____
 Town _____ State _____ Zip _____

**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

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Find Local Energy Contractors

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efficiencymaine.com 1-866-376-2463

FOR SALE

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)

FISHER MINUTE MOUNT TRUCK FRAME MOUNT — and wiring harness (not complete), fit 2000 Chevy/GMC 1500, may fit other vehicles, \$75 each. 691-1749. (kr)

QUALITY SUPPLIES & SERVICE — for your home brewed beer, wine, soda and mead. Mainiac Brewing & Supply, LLC., 588-BEER, www.MaineBrewing.com. (2/20)

COUCH AND MATCHING CHAIR — very good cond., blue plaid, \$200. 594-4228. (1/30)

FIREWOOD

FIREWOOD — Firewood, cut, split and delivered. 691-6758. (kr)

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UNION FARM EQUIPMENT RENTALS: Tractor/loader/backhoe, excavator, wood splitter, wood chipper. Delivery available, reasonable rates. 1-800-935-7999. (kr)

WANTED

WANTED TO BUY — Gold, silver, old coins, diamond, estate jewelry, dental gold. Top dollar paid or trade for new store jewelry. The Village Jeweler, (207) 582-6676. 221 Water Street, downtown Gardiner, ME. (kr)

WANTED

LUCKY LADY — I want to buy your junk cars and trucks, paying up to \$300. Roll my dice, because I pay the best price. 993-2629 or 441-7929. (2/20)

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207-372-2014.
www.echohillinc.com
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Applications are Being Taken for 1-Bedroom & Efficiency Apartments 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




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.




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mainechimney@yahoo.com
323-7755
 (1/30)

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 Seeking to walk (or housesit) your Airedale.
 Free of Charge
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Townhouse Estates I, Camden
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 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

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)

JEFFERSON — 3.5 acres, surveyed, lightly wooded, well, electric, septic, 24' x24' garage; 2.5 mi. to Rte. 17, 1.0 mi. to Rte. 32; 2.0 mi. to Damariscotta Lake; \$53K, owner finance, beach membership? 594-5186. (1/23)

CAMDEN — Charming, unfurnished, 2 BR, one block from harbor, deck, parking, yard, water and sewer included, ref. required, \$695/mo. plus utilities. 230-4426.

RENTAL

ROCKLAND — Studio & 1 bedroom apts., each has a unique layout, 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 Homesteads 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 reputation 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)

LIGHTHOUSE — Now accepting rental applications for the Keeper's House apartment at Marshall Point Light, unfurnished 1BR, 1BA above museum, \$850/mo. plus electric, year round, best view in midcoast. Call Mark, (207) 372-6223. (1/30)

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ROCKLAND — Rooms, \$300/mo. per person, 6 mo. minimum, kitchen privileges, utilities included, some furnished, off-street parking, references req'd. Brewster Street. 975-2023. (1/23)

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UNION — The Thompson Community Center, South Union Rd., Rte. 131, has rental space available. 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 thompsoncenter51@gmail.com. (kr)

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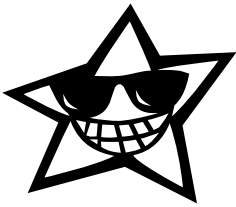
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TV Listings



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- 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 JANUARY 24, 2014. Table with 12 columns (7:00-12:30) and 70 rows of program listings.



ITALIAN DINNER Sat., January 25 5-6pm EVERYTHING ITALIAN! Adults \$8, Children 12 & Under \$4 Family (2 Adults, 2 or more Children 12 & Under) \$20 Money raised will benefit the Pastor's Discretionary Fund which helps individuals & families in the surrounding community with emergency needs. PEOPLE'S UNITED METHODIST CHURCH Depot St. (Behind Union Post Office)

SATURDAY EVENING JANUARY 25, 2014. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

SUNDAY EVENING JANUARY 26, 2014. Table with 12 columns (7:00-12:30) and 70 rows of program listings.

MONDAY EVENING JANUARY 27, 2014

Table with 13 columns (7:00-12:30) and 70 rows of TV listings for Monday evening, including programs like 'How I Met My Mother', 'Big Bang Theory', and 'The Bachelor'.

TUESDAY EVENING JANUARY 28, 2014

Table with 13 columns (7:00-12:30) and 70 rows of TV listings for Tuesday evening, including programs like 'How I Met My Mother', 'Big Bang Theory', and 'The Bachelor'.

Advertisement for PEN-BAY GLASS featuring 'SEE US FOR ALL YOUR GLASS NEEDS' and 'HOME • AUTO • BUSINESS' with contact information for Route 1, Thomaston Line, Rockland.

Advertisement for Free Press Tickets Now! with the text 'Get the Best Seats at the Best Prices' and a website URL: http://wickedgoodseats.com/default.aspx

Advertisement for Natural Family Planning with the text 'The NATURAL Choice' and website NFPandMore.org, including a 'Paid Advertisement' label.

WEDNESDAY EVENING JANUARY 29, 2014

Table with 13 columns (7:00-12:30) and 70 rows of TV listings for Wednesday evening, including programs like 'How I Met My Mother', 'Big Bang Theory', and 'The Bachelor'.

THURSDAY EVENING JANUARY 30, 2014

Table with 13 columns (7:00-12:30) and 70 rows of TV listings for Thursday evening, including programs like 'How I Met My Mother', 'Big Bang Theory', and 'The Bachelor'.

CLICK & CLACK TALK CARS

What Caused Brand-New Timing Belt to Fail?

DEAR TOM AND RAY: I recently had to have a new water pump put in my 2005 VW Bug. At the same time, they replaced the timing belt. Twenty-three days later, I was stranded because the timing belt broke. After they examined it, they found that the crankshaft pulley was in many pieces, some of which were missing. Of course, they take no blame for this and say it was unrelated. What do you think? Did they break the pulley when they replaced the timing belt? — *Kaylyn*

RAY: They might have. I'd have to say it's extremely unlikely that a broken crankshaft pulley would break the timing belt, though. It's possible ... if it broke in a jagged way and tore through the plastic timing belt housing that sits behind it. Possible, but not very likely.

TOM: So let me put a more-likely scenario on the table. Perhaps what really broke was the timing belt sprocket, Kaylyn. It sits directly behind the crankshaft pulley.

RAY: To investigate, the first thing you need to do is check your receipt to see if they replaced something called the "front engine seal."

TOM: Normally, that seal gets replaced when you do a timing belt. Not always, but if you want to do a thorough job, you replace the front engine seal and the water pump whenever you do a timing belt job.

RAY: Why? Because both of those parts are relatively inexpensive, and they're easy to access once the timing belt is off. And if either one fails, say, three weeks later, you have to do the timing belt all over again.

TOM: Which, as we've found out, makes our customers extremely grouchy. So we never change a timing belt without also changing the water pump and the front engine seal.

RAY: But in order to get to the front engine seal, both the timing belt sprocket and the crankshaft pulley have to be removed. And that's not always easy, especially on VWs.

TOM: So if they had to use force to pull off the sprocket, they could have put a small crack in it. Or if they used heat to loosen the bolts that run through the pulley and the sprocket, and accidentally overheated them, they could have weakened the sprocket's metal and caused it to fail a few weeks later.

RAY: So look at your receipt, Kaylyn. If it's illegible or indecipherable, ask some other mechanic to help you read it (if you want to find an honest mechanic, try the customer-generated listings at www.mechanicsfiles.com).

TOM: If your shop charged you to replace the front

engine seal, then I think you have a right to be suspicious. And since what you need now is major surgery, I think a second opinion is called for.

RAY: I'd search the Mechanics Files for a trustworthy mechanic in your area, and have the car towed there. Tell him what the other shop told you, and ask him to look at the car and see if their story checks out.

TOM: The second guy may tell you there's no way to know exactly what happened. Or he may confirm our theory. Or he may have a theory of his own that either exonerates or convicts these other guys. Ask him to write up his professional opinion for you. You'll have to pay him for his time, but I think it's worth it, in this case.

RAY: Armed with that information — and expert witness testimony, should you need it — you can go back to the original guys, if warranted, and suggest, a little more persuasively, that they do the right thing for you and fix the car.

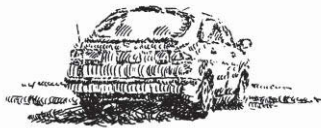
TOM: All reputable shops carry Garage Keeper's Liability insurance (what we call "Bonehead Insurance") to cover serious mistakes they make on customers' cars. So they probably have the means to repair this if they need to.

RAY: And if they continue to tell you to go sit in your hat, you'll have to decide whether it's worth taking them to small-claims court over this. But at least you'll be better prepared to win. I hope it doesn't come to that. Good luck, Kaylyn.

Keep your car on the road and out of the repair shop by ordering Tom and Ray's pamphlet "Ten Ways You May Be Ruining Your Car Without Even Knowing It!" Send \$4.75 (check or money order) to Ruin, P.O. Box 536475, Orlando, FL 32853-6475.

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	6				4				
2				1					6
			7			5			

HARD

85

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 33.

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ACROSS

- 1 Squirrel away
- 6 Low dice roll
- 11 Advertising ploy
- 16 Thick rope
- 21 Squander
- 22 Damp
- 23 Governed
- 24 Host with a book club
- 25 Organic compound
- 26 Skirt the issue
- 27 Gide or Previn
- 28 Bearings
- 29 Dog days in Dijon
- 30 Musical key (2 wds.)
- 32 Backbone
- 34 Crackers go-with
- 36 Beauty parlor special
- 38 Radius neighbors
- 40 Ms. Dunne
- 42 Is shy of
- 43 "— vincit amor"
- 45 Oil-well capper Red —
- 47 Bea Arthur sitcom
- 49 Pekoe packets (2 wds.)
- 52 "Dave" actor
- 53 Living fence
- 54 Width of a cir.
- 57 Urbana 11
- 58 Mexican buddy
- 59 Markets
- 60 Large movie ape
- 61 Duo — Vanilli
- 62 Blueprints
- 63 Lots and lots
- 64 Bat's navigational system
- 65 NASA counterpart
- 66 Remain loyal
- 68 Beach toys
- 69 Modernized
- 70 Warrior princess
- 72 "Kon-Tiki" craft
- 73 Heads' opposite
- 74 Condo buyer, maybe
- 75 Ice crystal deposit
- 77 Brand of spandex
- 78 High-IQ group

DOWN

- 79 Overview
- 82 Brought on board
- 83 Leafy vegetable
- 84 Castle part
- 88 Misgiving
- 89 Vagabonds
- 90 Opinion
- 92 Travel on powder
- 93 "— Some Lovin"
- 94 Clothes horse
- 95 Jamie Lee's mom
- 96 Like amber
- 98 Be optimistic
- 99 Dark line on Mars
- 100 Small gulls
- 101 Respectable
- 102 Tunnel blaster
- 103 Made bales
- 104 Just manage (2 wds.)
- 105 South Seas wear
- 106 Quick raid
- 107 Windshield device
- 108 Raul's brother
- 109 "— Accomp'ny Me"
- 111 Map feature
- 113 Felt under par
- 115 Important decades
- 119 St. Francis' home
- 121 "The Zoo Story" penner
- 123 Aquamarine's mineral
- 125 Baseball great Mel
- 126 Try to catch
- 127 Downward trend
- 129 Less noble
- 131 It makes scents
- 133 Prods along
- 134 Company avoider
- 135 Betel nut source
- 136 Cash, casually
- 137 Facetious tribute
- 138 Player's rep
- 139 WXY phone buttons
- 140 Before due

DOWN

- 1 Wield a broom
- 2 Likes and dislikes
- 3 Purplish flower
- 4 Sault — Marie
- 5 Mint or cumin
- 6 Arbor
- 7 Fine cigar
- 8 Vaquero's rope
- 9 Result
- 10 Watches carefully
- 11 Treeless region
- 12 Sled piece
- 13 Bygone
- 14 Debussy subject
- 15 Ben Jonson works
- 16 Good friend
- 17 — — of the action
- 18 Coffee —
- 19 Secures a contract
- 20 Codgers' queries
- 31 Mushrooms
- 33 Chopin's instrument
- 35 Electrical connectors
- 37 It merged with Exxon
- 39 Brackish
- 41 Fixes a manuscript
- 44 Enthusiasm, plus
- 46 Archaeological sites
- 48 Supplements
- 49 Cheap horologe
- 50 Beethoven's "Fur —"
- 51 Poe's middle name
- 52 Retail giant
- 53 Emulates Galen
- 54 Generous one
- 55 Beyond banal
- 56 Jibe with
- 58 Hang — — (turn)
- 59 Monsieur's shout
- 60 Ferocious bear
- 62 Moon position
- 63 Clan leader
- 64 Hardens, as cement
- 67 Monotonous hum
- 68 Acts worried
- 69 Ms. Zellweger
- 71 Ignited
- 73 Alpine region
- 74 Fixed the pilot
- 76 Gentle slope

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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- 77 Defame
- 78 All uncles
- 79 Must
- 80 Civil War side
- 81 Entice
- 82 Phony surfer (hyph.)
- 83 Loggins or Rogers
- 85 German industrial center
- 86 Barely scraping by
- 87 Ale portions
- 89 Sweethearts
- 90 Ms. Streisand
- 91 Jacques, in song
- 94 Empire builder
- 95 Leap in a tutu
- 97 Mademoiselle's school
- 99 Sandburg et al.
- 100 Sioux dwelling
- 101 Pop
- 103 Most sacred
- 104 "H.M.S. Pinafore" lyricist
- 105 Mountain ranges
- 106 Nitpicks
- 107 Thoreau's pond
- 108 Wool coat
- 109 Google rival
- 110 Port near Kyoto
- 112 Queeg's ship
- 114 Norwegian play-

- wright
- 116 Generator part
- 117 — — costs
- 118 Digress
- 120 "La — Bonita" (Madonna song)
- 122 Meir contemporary
- 124 Glittery fabric
- 126 Paramedic's skill
- 128 Cut timber
- 130 Jackie's tycoon
- 132 Burns' " — — Mouse"



Crossword solution on page 33.

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 SUPER SIZE 29.2 oz Assorted

Our Reg. \$5.99
 Comp. \$7.49

4.99

\$25 Oscillating Ceramic Heater
 4 position rotary control. Adjustable thermostat.

\$20 Ceramic Heater

\$10 Licensed Fleece-lined Hats
 Rovie - Looney Tunes - Muppets - Disney & more
 Comp. \$20-\$30

LifeSmart® **\$129**
 4 Element Infrared Quartz Heater
 Comp. \$249

SAVE \$50!
 Our reg. \$199
\$149
 6 Element Infrared Heater End Table
 Comp. \$299

SAVE \$70!
 Our Reg. \$249
\$179
 Infrared Compact Rolling Mantel
 Fully assembled. Energy saving All LED technology. 1,500 watts, 5200 BTU's. Remote control.

Better Winter Coats
 Comp. \$100-\$200

NEW LOW PRICE!

Your Choice **24.99**

Soft Shell Jackets!
 Comp. \$75

NEW ITEM!

\$5 Branded Scrubs
 Unisex styling - tops & bottoms
 Comp. \$15

\$5 Travel Neck Pillows
 Plush or beads
 Comp. \$10

\$5 Mens & Ladies Waterproof Winter Gloves
 3M thinsulate lined

\$5 Mens Better Leather Belts

\$5 Dept. Store Label Ladies Scarves
 Fashion & basic styles!
 Comp. \$25 or more

\$5 Pashminas
 Comp. \$14.99
 Available in most stores

Save 50-66% Framed Art

8"x10"\$2.99 16"x20"\$6.99
 12"x12"\$3.99 22"x28"\$9.99
 8"x20"\$4.99 24"x36"\$14.99

Our Reg. \$13

Shades & Blinds 30% OFF

ALL Pleated, Roman, Vertical, Wood & Magic Blinds
 selection varies by store

1000 Thread Count Cotton Sheet Sets 60/40
 Our Finest Sheet Set on Sale!

ON SALE!
 Our Reg. \$60
 Comp. \$120
 Queen or King **49.99**

Premium 120 Gram Microfiber Sheet Sets

ON SALE!
 Our Reg. \$20-\$25
 Full, Queen or King **19.99**
 Twin **\$14**

\$15 Ladies Famous Maker Jeans
 Lots of styles including figure enhancing models
 Comp. \$42-\$52

\$20 Patriots Hoody
 Comp. \$40

\$10 Patriots Longsleeve Tee
 Comp. \$20

Enviro-Log

6-PACK \$11
 Enviro-Log Fire Log
 5 lbs ea., 3 hour burn

Our Reg. \$25

\$18 41" Outdoor Log Rack
 Holds half face cord of wood

Blankets ON SALE!
 Synthetic Lambswool or Printed Microplush

ON SALE!
 Our Reg. \$15-\$22
 All Sizes **\$15**

Microfleece Sheet Sets ON SALE!
 Our Reg. \$20-\$35
 Twin Full **\$18 \$20**
 Queen King **\$25 \$30**

\$7 Better Knit Tops
 Comp. \$15-\$30

\$3 Hanes® Platinum T-Shirts
 Their softest fabric - best fitting tee
 Comp. \$15

Our Reg. \$20

\$18 4-Shelf Greenhouse
 63"X19"X27"
 Comp. \$50

2.89 36 Cell Seed Starting Greenhouse
 Our Reg. \$3.25

ON SALE! Our Reg. \$15

Your Choice \$10

3 Pc Commerical Duty PVC Rainsuit
 35mm three layer waterproof fabric. Full bib pants. Detachable hood.
 Comp. \$25

Steel Toe Knee High Boots
 Waterproof rubber/PVC
 Comp. \$25

Martex Waterproof Mattress Pads

ON SALE!
 Our Reg. \$20-\$25
 All Sizes **19.99**

Sunbeam Heated Comforters ON SALE!
 Our Reg. \$20-\$25
 Twin Full **\$39 \$49**
 Full/Queen King **\$200 \$220**

\$10 Ladies Better Sweaters
 Comp. \$30-\$70

\$10 Ladies Satin Pajamas
 Notch collar, button front
 Assorted prints
 Comp. \$40

2.50 Our Reg. \$3.00
 22" Snowbrush & Ice Scraper

\$5 6 Pk 48" Fiberglass Driveway Stake

Rainx® Horizon **SAVE 65%**
 Comp. \$18.99

5.99 Wiper Blades
 Applies Rain-X water beading treatment

1.69 Our Reg. \$1.99
 -20F Windshield Washer Fluid

Wellco 100% Leather Oxford
 Made in the USA for the Military
 Our Reg. \$25
14.99
 Comp. \$100

SAVE 50-80%
 Our Reg. \$15
7.50
 Ladies Premium Long Underwear
 Comp. \$18-\$40

AS SEEN ON TV

9.99 The Original 18" Pillow Pets
 Comp. \$29.99

50" x 60" Throws

Synthetic lambswool or Two-tone Sherpa
 Our Reg. \$8-\$13

6.99

Coral Fleece
 Our Reg. \$5-\$6

\$5

Area Rug Closeout!

Paterson Collection - BCF

20"x5'\$8
 3'3"x4'7'\$13
 5'x7'\$30
 8'2"x9'x10"\$65

Comp. \$100

\$20 Famous Label Stylish Winter Fleece Jackets

DIRT DEVIL
 Featherlite Cyclonic Bagless Vacuum
 Comp. \$79
\$39
 Remanufactured

Our Reg. \$14.99

\$12 34 Gal. Wheeled Trash Can

Old Mother Hubbard®

Meaties **Bitz**

Your Choice **2.99** Dog Biscuits & Treats
 20 oz Biscuits or 6 oz Treats
 Comp. \$6.99-\$7.99

Mohawk & Shaw Cut & Bound Rugs

2'x6' Our Reg. \$7\$5.59 **Save 20%!**
 2'x10' Our Reg. \$10\$8
 3'x5' Our Reg. \$12\$9.60
 4'x6' Our Reg. \$18\$14.40
 5'x8' Our Reg. \$30\$24
 6'x9' Our Reg. \$40\$32
 9'x12' Our Reg. \$80-\$95\$64-\$76
 8'x10' w/2'x8' 2 pc. Berber Plush Rug Set Our Reg. \$80\$64

Window Panel Closeout!
 • 54"x84" Thermal
 • 54"x84" Thermal Embroidered
 • 2 Pk Faux Silk with Grommets
 Your Choice **\$10**

42"x63" or 42"x84" Thermal.....\$8

Folding Crates

24"x18"x31" **\$35** 36"x24"x27" **\$55** 42"x28"x31" **\$65**

Puppy Pads

11.99 50 Count 24"x24"
19.99 40 Count Jumbo 27.5"x35".....