SAINT GEORGE WATERFRONT - BEAUTIFUL HOME ON 5+ ACRES

Enjoy nearly daily arrival of osprey & bald eagles from this 2004, 3BR/3BA home on 5.2 private acres in a well-established neighborhood of fine homes. Open floor plan, custom cherry cabinetry, radiant heat in the great room's wood fireplace. 5000 sq. ft. finished living space includes a 520 sq. ft. multi-purpose room with tile floor. Expansive deck w/ year-round salt water views from the large, eat-in kitchen, dining room/home office, living room, sun room/happy room, and all three bedrooms. Wonderful, spacious master suite with sitting area. Well-established neighborhood.

$679,500

SAINT GEORGE LOTS

Seal Harbor Road
2.3 acres $49,900

Howard’s Head Road
2 acres $79,000

Waterfront, Glenmere Road
1.62 acres $175,000

Seavey’s Cove Waterfront
+.5 acres $185,000

ST GEORGE HOME & COTTAGE WITH VIEWS & ACCESS

Charming 8 bedroom/7 bath, harbor view, expanded 1886 Cape with legal living room w/wood fireplace. Formal dining room, floor to ceiling windows. Detached 2 car garage w/loft. Large, light-filled studio. Occasional ocean views. Abundant water access.

$425,000

SAINT GEORGE WATERFRONT - BEAUTIFUL HOME ON 5+ ACRES

Enjoy nearly daily arrival of osprey & bald eagles from this 2004, 3BR/3BA home on 5.2 private acres in a well-established neighborhood of fine homes. Open floor plan, custom cherry cabinetry, radiant heat in the great room's wood fireplace. 5000 sq. ft. finished living space includes a 520 sq. ft. multi-purpose room with tile floor. Expansive deck w/ year-round salt water views from the large, eat-in kitchen, dining room/home office, living room, sun room/happy room, and all three bedrooms. Wonderful, spacious master suite with sitting area. Well-established neighborhood.

$679,500

OWLS HEAD WATERFRONT - SPECTACULAR HOME

Shingle-style cottage in the Bellevue Street seaside community w/gorgeous Mussel Ridge Channel views. 1989 construction w/elegant updates between 2010-15, including a John Hansen & Leslie Curtis designed 12’x19’ ocean-view library with built-ins, 2nd floor ocean views, chef’s kitchen, new appliances, fabulous spa-like master bath w/pebble tile floor w/radiant heat, 2nd floor office/privacy plus new, 1st floor bath w/white tile floor & multiple offices over garage.

$740,000

New Listing – Saint George Waterfront

The Free Press
Thursday, July 20, 2017

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Stgeorge-realty.com

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KAREN RIZKALLA
BROKER

GEORGE RIZKALLA
ASSOCIATE BROKER

IRENE RIZKALLA
DESIGNATED BROKER

SAINT GEORGE - This home has been completely renovated, inside & out. Handsome wood floors, some are original. Freshly painted walls & ceilings plus beautiful new woodwork. Great wood doors, new windows, new kitchen & appliances. New mud room with handsome half wall sitting bench. Nice home with a great yard. Window seat with wonderful views of Seavey Cove...

SOLD - SAINT GEORGE

SAINT GEORGE HOME & COTTAGE WITH VIEWS & ACCESS

Clamming, 8 bedroom/7 bath, harbor view, expanded 1886 Cape w/legally living room w/wood fireplace. Formal dining room, floor to ceiling windows. Detached 2 car garage w/loft. Large, light-filled studio. Occasional ocean views. Abundant water access.

$425,000

NEW LISTING - SAINT GEORGE WATERFRONT

Wonderful, 2700 sq. ft., 3 BR/3BA, energy-efficient home on 5.40 acres set with 1st floor master suite, fabulous perennial gardens, mature landscaping, stone walls, greenhouses, extra garage/barn for workshop, front porch and large back deck to enjoy the 400 ft. of frontage on a salt water cove.

$470,000

SAINT GEORGE - Wonderful, 5 acre corner lot w/225 ft. of Seavey Cove frontage. This large parcel of waterfront land has a beautiful point of ledge visible from River Road. Plenty of room for your main home and cottage. Very special and waiting for your ideas to make this place your home.

$185,000

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SAINT GEORGE LOTS

Seal Harbor Road
2.3 acres $49,900

Howard’s Head Road
2 acres $79,000

Waterfront, Glenmere Road
1.62 acres $175,000

Seavey’s Cove Waterfront
+.5 acres $185,000

Midcoast Maine Home Inventory Is Low - Buyers Are Shopping - May We Sell Your Home?

Dodge Mountain - Rockland - Panoramic Ocean Views - Five Minutes From Downtown Rockland

Five minutes from Downtown Rockland but feels like a world away! Year-round, three-bedroom Cape w/dramatic ocean & island views to North Haven, Vinalhaven, Owls Head peninsula, Rockland and Owl’s Head lighthouses plus the twinkling city lights of Rockland. Fabulous views from the large, open kitchen, dining room/home office, living room, sun room/happy room, and all three bedrooms. Wonderful, spacious master suite w/ sitting area. Well-established neighborhood.

$449,000

Rackliff Island Waterfront Home & Barn

Wonderful, 5 acre corner lot with 233 ft. of Seavey Cove frontage. This large parcel of waterfront land has a beautiful point of ledge visible from River Road. Plenty of room for your main home and cottage. Very special and waiting for your ideas to make this place your home.

$185,000

5 Acre Waterfront Lot

5 ACRE WATERFRONT LOT

SAINT GEORGE LOT

5 ACRE WATERFRONT LOT
From Magnitsky to Liu Xiaobo

by Michael G. Rosen

To honor Nobel Peace Prize winner Liu Xiaobo, who died last week, we should follow the Magnitsky Act that sanctions Russia with an equivalent for China. Neither would rectify the respective wrongs but would signal that the world notices they kill critics. If President Trump is serious about “Western civilization,” he might start here.

It is not for nothing, as the Soviets liked to say, that “imag-

er” is a Russian word. In ancient mythology, the imagine is a master of deceit. Although beaten to death in a Moscow prison in 2009, he pointed to the U.S. investigation of Russian interference in the 2016 election.

Sergei Magnitsky was a Russian lawyer representing a major U.S. investment group, Hermitage Fund Management, which in 2007 was accused, as usual, of tax fraud and seized with $270 million in their accounts, which they accused Krem-

lin interests, such as Exxon, survive in Russia.

Magnitsky, fighting the seizure, uncovered a massive tax fraud whereby Russian oligarchs and officials got a $230 million refund on Hermitage’s taxes. For going public, Mag-

nitsky was arrested in 2008 but never brought to trial. Impris-
ned on trumped-up tax evasion and denied medical care, he died at age 37. Clearly, the Kremlin wished no trial.

Hermitage CEO Bill Browder, once the largest American investor in Russia, lobbied Washington to awake Magnitsky and “reform the kleptocratic Chekists.” Browder’s grandfather was Earl Browder, head of the U.S. Communist Party, 1934-45. He preached a very moderate line — “Communism is just twen-
ty-years away,” he said — that discredited both his image and his account in “First Person” vividly recalls the moment

when, as a former Chekist.

nosis of power.”

Congress overwhelmingly passed and President Obama signed the Magnitsky Act, which sanctioned 18 Russian crooks, not letting them visit or bank in the U.S. and freezing their assets. A furious Putin, in retaliation, for-

bade U.S. adoptions of Russian orphans, which were run-
nin at the time. The situation in Russia’s 2014 Ukraine invasion, the number sanctioned grew to 44.

“Adoptions” became code for “sanctions.” The Kremlin doesn’t do adoptions, but, as we discussed two years ago, getting ill-gotten billions out of Russia is the lifeblood of the Putin regime. He wants Magnitsky ended, and Trump has nothing to lose by saying Putin’s provision, as if Trump is trying to uphold his end of a secret bargain.

Which brings us to the June 2016 meeting at Trump Tower

to don Trump’s KGB headquar-

ners help illuminate this moment when Russia has ceased any pretense to be a democracy. Rather, the Magnitsky Act

by Susan B. Glasser, special to The Washington Post

Russia’s President Vladimir Putin and his confidants deal
dreadedly in the dark arts of kompromot, the not-at-all-

use of damaging information, real or faked, against other

ennies. It’s straight out of the KGB playbook in which com-

plicity is the signal tragedy of his era. “I got the

right to decide the fate of thousands of Americans. Hey, Trump, wanna get tough?

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Circulation, Parker Wadsworth, Rob McKee, Mark Redfern, Vickie Jones, Bill Payson, Wayne Tibbetts.

Features release, Robin Anderson

The collapse of the Moscow center was a trauma for Putin, and he went out of his way to associate it with the Magnitsky Act’s 2012 passing. A few years later is the Magnitsky Act’s 10th anniversary, Putin wrote a state(denouncing) the “American witch hunt,” a reminder that Russia’s efforts to cooperate with the U.S. – notably the Magnitsky Act – in the past have been met with resistance or rejection.

For the synapses of the magnates, that is the point. For Putin, that is the trauma. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnitsky Act was a victory for the U.S. for publishing the names of 18 Russian oligarchs and officials. The Magnit...
Gubernatorial candidates Adam Cote (left) and Jim Mayhew

Former Village Soup owner Richard Anderson also kicked in some money to the campaign.

As for the real estate sector, the Cote campaign has received substantial contributions from developers, including Greg Boulus of the Portland-based Boulus Company and Tom Landry, founder of Benchmark Residential & Investment Real Estate in Portland. Cote has also attracted donations from a few academics, including the eminent Colby College political scientist Peter S. Szelenyi and retired UMaine political science professor Sandy Maisel and retired UMaine public administration professor Jon Lunt Dresser of Bangor — are receiving public campaign finance reports, providing a glimpse of where the top candidates are getting their support from. Sanford attorney Democrat Betsy Sweet of Hallowell, Democrat Patrick Civilization’s role will have to traverse some of that same terrain, he said. “Sustainability, accountability and that digital journalism sites are moving away from in some money to the campaign.

Whether it’s money, or jobs, or all the craziness going on in the world, everyone has a stake in this. And if we honor "Welcome to Portland," Mayhew said. "You’ve got movie theaters that took it up a notch, with better seats, better food. They reinvented themselves, and they’re working," he said. "They made a deal with the State Department, and now they are in the process of building a new theater or a drive-in."

More than 74 percent of Mary Mayhew’s financial support has come from Maine, with 64 percent in maximum $1,600 donations, and nearly half coming from the “gold coast” towns of Cape Elizabeth, Falmouth, Yarmouth and Cumberland.

Maine Health Care Association President Steve Michaud and his wife have donated heavily to Mayhew’s campaign despite the MHA’s strong opposition to Mayhew’s most recent DHHS budget that would have eliminated health care coverage for 25,000 low-income people. Also supporting Mayhew are Joanne and William Boeschenstein, Mayhew’s campaign manager who also served as Mayhew’s operating officer, and separate state Reps. Anne Peoples of West- and Jim Boyle have announced their candidacy for governor — including lob-

In the health care industry, Boston pharmaceutical executive Monsieur Adam Cote, who is considered to be a centrist Democrat, is receiving donations from a variety of sources, but he is receiving few large donations. The Cote campaign has received contributions from people in 25 states along with Puerto Rico and Washington DC, with about 70 percent of the total dollars from Maine. One notable Cote donor includes former U.S. Ambassador to New York who served as Assistant Secretary of State and Ambassador to Indonesia and Bolivia during the Clinton administration.

Other declared candidates for governor — including lob-

"Welcome to Portland," Mayhew said. "You’ve got movie theaters that took it up a notch, with better seats, better food. They reinvented themselves, and they’re working," he said. "They made a deal with the State Department, and now they are in the process of building a new theater or a drive-in."

Two More Democrats Announce Run for Governor

By Andy O’Brien

Former Democratic House Speaker Mark Eves and former State Senator Jim Boyle of Gorham both announced their candidacy for governor last week. At a backyard barbecue at his home in Gorham last week, Eves declared his candidacy before a crowd of about 150 supporters.

“The stresses Maine families are under every day — whether it’s money, or jobs, or all the craziness going on in the world, everyone has a stake in this. And if we honor...
Next Weatherize Rockland Sign-Up Deadline Is July 26

Deadline for signing up for the next round of home energy efficiency advice and assistance by Weatherize Rockland, a program of the City of Rockland’s Energy Committee, is Wednesday, July 26.

The Weatherize Rockland initiative is designed to make information on options to lower energy use and to improve comfort in homes readily available to Rockland residents. Any resident of a single family home, or the owner of a rental property with up to four units, can get a free Home Energy Audit through Weatherize Rockland.

For the consult, staff from Penobscot Home Performance, the contractor for Weatherize Rockland, inspect basements, crawl spaces, attics and heat and cold distribution systems, and use a thermal imaging camera to evaluate wall insulation. Penobscot provides the homeowner with an estimate for proven, cost-effective options to lower energy usage. Penobscot staff will also address any problems like gaps or condensation or moisture insulation that need to be addressed before proceeding.

A discount is given by Penobscot Home Performance on all home energy projects done by Weatherize Rockland. Furthermore, the Rockland Energy Committee and Penobscot staff will work with the homeowner to identify all of the efficiency Maine rebates for which a project would qualify.

To sign up, go to www.WeatherizeRocklandMoSignup.

For more information, e-mail Info@WeatherizeRockland.Me, search for “Weatherize Rockland” on Facebook, or leave a message at the City Manager’s Office at 593-0635 and a member of the Energy Committee will call back.

Call for Performers for Union Fair Talent Show

Performers of all kinds are invited to apply to take part in the Union Fair Talent Show, slated for Tuesday, August 22. There are two categories, for ages up to 16 and for age 17 and a first, second and third prize will be awarded in each category.

Application deadline is August 12. Performances can include singing, juggling, playing a musical instrument, comedy and/or dancing. All performances must be acceptable for all ages. Only 25 applications will be accepted. Performers who have previously won first place in the show may not participate. The Union Fair/Maine Wild Blueberry Festival reserves the right to accept or reject any and all applications.

Audition of accepted applicants will start on Saturday, August 12 at 12:00 p.m. Those who audition will be notified by the Festival committee as to whether or not they will participate. The final winner in each category will return on Tuesday, August 22. They will perform that evening starting at 7 p.m., and then six will be chosen to perform again that evening. The first place winner in each category will receive $300, second place $100 and third place $50.

For more information, call 712-1314 or e-mail blackhat057@gmail.com. For more information, call 712-1314 or e-mail blackhat057@gmail.com.

Phil Crossman to Speak on Island Living July 26 at Island Institute

On Wednesday, July 26, at 10:30 a.m., Vinalhaven resi- dent and author Phil Crossman will discuss the “unavoidable intimacy of living on an island” as part of the Island Institute’s Summer Lecture Series, held in the fourth floor community room at the Island Institute, 386 Main Street in Rockland. The one-hour program is free and open to the public.

The Island Institute’s Summer Lecture Series takes place on Wednesdays through August 9. All events are free and open to the public, and coffee and muffins will be provided. Future presentations include a panel discussion on women’s views and voices on the islands on August 2, and a talk by the Island Institute Community Energy team on island energy challenges and solutions on August 9.

Central Lincoln Y “Tee Up for Kids” Golf Tourney August 18

Central Lincoln County (CLC) YMCA’s “Tee Up for Kids” Golf Tournament will be held, in partnership with Wawenock Golf Club, on Friday, August 18, from 4:30 to 9 p.m. Both golfers and sponsors will be contributing to the CLC 2017 Annual Fund, enabling the Y to continue its mission of improving quality of life for all through youth development, healthy living and social responsibility.

Registration, $75 per player, $300 per foursome, includes a nine-hole round, cart and social. Cost for non-golfer social only is $20. For more information or to register, call 563-9622 or go to clcymca.org. For information on sponsorship opportunities, call Joe Clark at 563-9622 or e-mail jclark@clcymca.org.
Slaid Cleaves to Perform Songs from New Album at Darnows Barn — Singer-songwriter Slaid Cleaves’ Maine fans will be among the first to hear a live performance of songs from his new album, ‘Ghost on the Car Radio,’ released on June 23. Damariscotta River Association (DRA) is hosting an intimate, one-night acoustic show with Cleaves, pictured, in the Darnows Barn, known for its excellent acoustics, at DRA’s Rollin’ Top Farm on Friday, July 28, at 8 p.m. Cleaves enjoyed an enthusiastic following here in his home state of Maine long before he relocated to Austin in the early 1990s. The new album, according to Rolling Stone magazine, is “another collection of songs that reinforce Cleaves’ reputation as a master storyteller, one influenced not by the shine of pop-culture but by the dirt of the dirt.” The concert supports DRA’s work in conservation and education. For tickets, visit www.damariscottariver.org.

Windham Ensemble plus Guest Pianist in July 29 Concert in Rockport — Windermere Ensemble, Maho Hisakawa on flute and Nathan Hillman on violin, will present “Expanding Horizons,” a concert at 7 p.m. on Saturday, July 29, on the second floor of Union Hall in Rockport. The program will include “Histoire du Tango” by Astor Piazzolla and “Romanian Folk Dances” by Bela Bartók, plus the premiere of Hillman’s Tio for Flute, Viola and Piano, written this year, for which they will be joined by pianist Patricia Stowell, Ph.D. For more information, visit www.windermereensemble.org.

Brad Terry & Peter Herman to Play Jazz at Damariscotta Art Gallery July 23 — River Arts, 241 Route 1 in Damariscotta, will present jazz clarinetist Brad Terry and guitarist Peter Herman on Sunday, July 23, at 7 p.m. in the main gallery. The duo will play standards by Geri Allen, Jerome Kern, Duke Ellington, and others, with minimal amplification. Terry has played with the likes of Dizzy Gillespie, Doc Cheatham and Steve Grover, and his best known album is “The Living Room Tapes,” featuring his earlier work with legendary guitarist Lenny Breau. Tickets are $10 at the door. For more information, call River Arts at 563-1507 or e-mail info@riverartsme.org.

Traditional Music on Fiddle & Piano at Little Brown Church in Round Pond on July 26 — The Little Brown Church, on Route 32 in Round Pond village, will present fiddler Alden Robinson and pianist Neil Pearlman on Wednesday, July 26, at 7:30 p.m., performing an evening of music from Ireland, Scotland, Canada and Maine; doors will open at 7 p.m. and the music starts at 7:30. Pearlman and Robinson began playing together while on staff at Maine Fiddle Camp in Montville. Pearlman grew up in the family band Highland Soles and has performed with Natalie MacMaster, Alasdair Fraser and Natalie Haas, among others. Robinson gravitated towards Irish traditional music in college, studying fiddle in Cork, Ireland, and performs regularly throughout the U.S. with the Maine-based band The Press Gang. Admission is by suggested donation of $12 for adults; children admitted free. People are advised to bring cushions as the pews are “pretty hard.” A portion of Little Brown Church concert series proceeds supports upkeep of the church. For more information, call 837-0636 or e-mail alden.robinson@gmail.com.

Songwriters Sessions to Continue through Summer at Camden Library — Camden Public Library’s Songwriters Sessions, offering a supportive environment for songwriters at all levels, will continue “due to popular demand” through the summer and into the fall, in the second-floor meeting room at 6 p.m. on the last Thursday of the month (July 27, August 31, September 28, October 26, November 30 and December 28). Librarian Ken Gross, pictured second from left with some of the 2016 participants, says, “We are looking forward to a good time, sharing our writing and music. We are also hoping for some cross-pollination, and getting some harmony and instrumental support for each other. In the past we have had all kinds of styles, from traditional to singer-songwriter to rockabilly, novelty songs, hymns and blues. We are hoping to see some new songwriters and hear some new songs!” For more information, call Ken Gross at the library, 236-3440.

**ENTERTAINMENT**

**MID-KNIGHT AUTO NEW INVENTORY ARRIVES!**

2009 Toyota Matrix ..........................$6,995
2007 Nissan Sentra On Sale ...............$5,400
2006 Toyota Highlander .................$9,995

For more information, call 484-1015, or e-mail sales@midnightauto.com.
**ENTERTAINMENT**

**Summer Theater Camp Production of Rent: School Edition in Belfast**

Midcoast Actors’ Studio (MAS)’s Summer Musical Theater Senior Camp will present Rent: School Edition at 7 p.m. on Friday, July 21, and at 3 and at 7 p.m. on Saturday, July 22, at the Troy Howard Stage, 173 Lincolnville Avenue in Belfast.

Rent: School Edition is the high school version of the Pulitzer- and Tony-winning rock opera by Jonathan Larson, which loosely adapts Puccini’s opera La Bohème into a story of struggling young artists in New York City’s East Village in the early 1990s, under the shadow of AIDS. The show deals with homelessness, drug addiction, love, sexuality, disease and death; the school edition eliminates some coarse language and some public displays of affection.

The cast includes Phoebe Norman as Roger, Maci Burgess as Mark, Taylor Yeaton as Mimi, Piper Sewell as Collins, Sofia Barnard as Angel, Elaine Landry as Maureen, Robyn Walden-Spencer as Joanne and Mercedez Whitmore as Benny, with ensemble members Grayson Koelbl, Matt Yost, Madison Hunter, who teaches music in AOS 93 (Nobleboro). Tickets, $5, will be on sale at the door. For more information, e-mail midcoastactors@gmail.com or visit “Midcoast Actors’ Studio Summer Musical Theater Camp” on Facebook.

**“Center,” 12th Annual Women’s Works Dance Performance in Northport July 28-30**

Women’s Works will present “Center,” an evening of contemporary dance, at 7 p.m. on Friday and Saturday, July 28 and 29, and at 2 p.m. on Sunday, July 30, at the Blue Goose Center, 1184 Route 1, Northport.

Women’s Works, now in its 12th year, is produced by Shana Bloomstein and focuses on the female experience, presenting female artists from a range of age and aesthetic backgrounds in contemporary dance that challenges societal norms and media-based definitions and expectations. This year’s program, performed in the round, will include choreography and performances by Shana Bloomstein, Kyung-sun Baek, Jenny Cobuzzi, Hanna DeHoff, Suzanne Dunavent-White, Molly Gawler, Katienia Keller, Jesse Phillips-Fein, Joan Proudnick, Lisa Newcomb, Caitlin Schick, Kristi Williamson and Peter Zanz, with music by Elise Gawler, Maisie Newell and Antoine Vieira.

Tickets are available at the door or in advance for $15 at Bella Books in Belfast, Zoots in Camden, The Grasshopper Shop in Rockland, or at www.womensworksdance.com for $17 (due to fees).

**Leapin’ Lizards, Sandy! Curtain Goes Up July 27 on Maskers Production of Annie**

The Belfast Maskers will present the family musical Annie at United Farmers’ Market of Maine, 18 Spring Street in Belfast, at 7 p.m. on Thursday, Friday and Saturday, July 27, 28 and 29 and August 3, 4 and 5, and at 2 p.m. on Sunday, July 30 and August 6. The show, based on the classic comic strip about a redheaded orphan girl on a mission to find her parents in 1930s New York City, stars Eric Sanders as Oliver Warbucks and Mirabelle Kutsy-Dunbin as Little Orphan Annie. Judi Erickson directs, music direction is by John Cameron, set design is by Gary Hite and choreography is by Anne Hallie. Tickets are $15 for adults, $10 for children up to age 12. For more information or to reserve tickets, visit www.belfastmaskers.com or call 563-9123; tickets will also be sold at the door.

**B’way & Songbook Hits with Boothbay Opera House’s Own Kevin Kiley July 27**

The Opera House in Boothbay Harbor will present Kevin Kiley on piano, along with a troupe of vocalists, for an evening of Broadway hits, American standards and lesser-known gems on Thursday, July 27. Doors for seating open at 7 p.m. and the show starts at 7:30; refreshments will be available for sale.

Kiley, dubbed by the Opera House’s Cathy Sherrill “the wizard in the booth, the man behind the curtain,” is the theater’s technical director; “during most performances he is tucked in the lighting booth above the audience … he keeps the house running, and transforms [it] into a winter wonderland during the holiday season.”

**“Arts on the Hill: Shakespeare” July 29 on Beech Hill, at no charge**

Coastal Mountains Land Trust (CMLT) invites people to bring a picnic lunch and enjoy “Arts on the Hill: Shakespeare,” presented at Beech Nut Lodge atop Beech Hill in Rockport by performers of the Camden Shakespeare Festival on Saturday, July 29, from 11 a.m. to 1 p.m., free and open to all ages.

For this second installment of CMLT’s “Arts on the Hill” series, the actors of the professional nonprofit theater company will present short excerpts from Romeo and Juliet (the balcony scene) and Much Ado About Nothing. Refreshments and a reception will follow the performance. Guests are asked to leave dogs at home.

Coastal Mountains Land Trust works to permanently conserve land to benefit the natural and human communities of western Penobscot Bay. Beech Hill Preserve is a 295-acre property managed for the complementary purposes of maintaining its scenic beauty, historic value, Grassland bird habitat and organic blueberry production.
Arts in Waldoboro
July 28 at Medomak
Free Music Night

Arts on July 23
Jazz do Mundo and friends on Sunday, July 23, from 2 to 4:30 p.m., performing both classic and Latin-flavored jazz, swing and blues. Snacks and drinks will be available.

For more information, call Ray Faria at 542-9730 or visit medomakarts.org.

Catie Curtis Concert July 28 to Benefit Georgetown Historical Society — Catie Curtis, pictured, and the musicians of the Georgetown “Catie-on-the-Cove” singer-songwriter retreat will give a concert on Friday, July 28, at 7 p.m. at Georgetown Historical Society (GHS), 20 Bay Point Road in Georgetown. Concert proceeds help fund GHS activities. Curtis is a 20-plus-year veteran of the singer-songwriter folk scene. For more information or to reserve tickets, contact GHS at 371-9200 or email georgetownhistorical@gmail.com.

Free Music Night
July 28 at Medomak Arts in Waldoboro

Medomak Arts, 13 Friendship Street in downtown Waldoboro, will host a Live Music Night, with featured performer Mark Barbour, on Friday, July 28, from 6 to 8 p.m. Snacks and beverages will be available.

For more information, call 832-4774 or visit medomakarts.org.

Jazz do Mundo and Friends at Medomak Arts on July 23

Medomak Arts, 13 Friendship Street in Waldoboro village, will present Jazz do Mundo and friends on Sunday, July 23, from 2 to 4:30 p.m., performing both classic and Latin-flavored jazz, swing and blues. Snacks and drinks will be available.

For more information, call Ray Faria at 542-9730 or visit medomakarts.org.

The Steep Canyon Rangers

The group formed in Chapel Hill, North Carolina, 15 years ago. For their 10th studio album, they returned to Echo Mountain Recording to cut their collection, “Radios,” recorded over 12 days in winter 2015 with producer Jerry Douglas sitting in on Dobro. Their Opera House show will showcase selections from “Radio” as well as from their bluegrass repertoire. Tickets, $30 in advance, $35 on day of show, are available through the Opera House box office, 86 Townsend Avenue; by calling 633-5159; or at boothbayoperahouse.com.

**Two Band Concerts Slated at Sail, Power & Steam Museum —**

Sail, Power & Steam Museum, 75 Mechanic Street in Rockland, will host two free band concerts under its tent; people are invited to bring picnic meals. On Friday, July 21, from 4 to 6 p.m., the Breakers Jazz Band (pictured at left), under the direction of Marlene Hall, will perform in styles ranging from classic big band to contemporary. On Wednesday, July 26, at 7 p.m., Paul Maybery will conduct the Yankee Brass Band (at right), an authentic 19th-century-style ensemble of musicians from across the U.S.A., performing on antique instruments. For more information, call 701-7627 or visit www.sailpowersteammuseum.org.
**ENTERTAINMENT**

**Vonsattel, Palmer & Koranyi in Andrew Wolf Concert plus Café Night Program**

Awards winning pianist Gilles Vonsattel, clarinetist Todd Palmer and cellist Jakob Koranyi will be the performers in both “B+B,” Bay Chamber’s 2017 Andrew Wolf Memorial Concert, on Thursday, July 20, at 7:30 p.m. in Rockport Opera House, and in “Musical Mélange,” a Bay Chamber Café Nights program on Friday, July 21, at 8:30 p.m. in Union Hall in Rockport.


The eclectic Café Nights program will include Ligeti’s Solo Cello Sonata, Poulenc’s Sonata for Clarinet and Piano, Debussy’s “L’isle joyeuse,” Svante Henrysson’s Off Post for Cello and Clarinet, and Carl Maria von Weber’s Le Grand Trio (arr. Palmer) after the Grand Duo Concertant Op. 48.

Admission to “B+B” is $60, $10 for those under age 25. Admission to “Musical Mélange” is $45 and $10. For tickets, go to www.baychamberconcerts.org.

**At Rock City: By the Bay Jazz Trio on July 21, Willie Off the Pickle Boat on July 22**

Rock City Café, 316 Main Street in Rockland, will present By the Bay Jazz Trio on Friday, July 21, and Willy Off the Pickle Boat on Saturday, July 22, both shows from 7 to 9 p.m. By the Bay performs works from the “golden age of American song,” plus Latin rhythm standards; the trio consists of Dennis Gurgul on percussion, Shaun Bolduc on bass and Dick White on guitar, who will be joined by vocalist Cindy Millar. Willy Off the Pickle Boat — Teddy Casey, David Butler and Josh Carpenter — will serve up their distinctive flavor of Americana. Coffee, cocktails and food are available until closing; for more information, call 594-4123 or check Facebook.

**Aldrich & DaPonte Concerts in Rockport, East Boothbay**

Mezzo-soprano Kate Aldrich and DaPonte String Quartet will perform “Innerscapes,” a program of pieces by Respighi and Barber, at five venues between August 1 and 7.

Aldrich, a midcoast native who has become an international opera star, and the quartet will perform Respighi’s Quartetto D’Eidici and two pieces for quartet and mezzo soprano: Samuel Barber’s “Dover Beach,” Op. 3 and Respighi’s “Il Tramonto.” Performance dates are:

- Tuesday, August 1, 7:30 p.m. at Rockport Opera House, 6 Central Street; tickets $30
- Wednesday, August 2, 7:30 p.m. at Bigelow Laboratory for Ocean Sciences, 60 Bigelow Drive in East Boothbay; tickets $30
- Thursday, August 3, 7 p.m., at Wells Reserve at Laudholm, 342 Laudholm Farm Road in Wells; for tickets and information, call 646-4521.
- Friday, August 4, 7 p.m. at Alma Meetinghouse, 1789 Alma Road; tickets $30
- Monday, August 7, 7:30 p.m. at Unitarian Church, 15 Pleasant Street in Brunswick; tickets $30
- Aldrich, who grew up in Damariscotta, has made a name for herself around the world performing major roles in the Met, La Scala and other great houses, along with such greats as, most recently, Plácido Domingo.

Tickets to all performances of “Innerscapes” except that in Wells are available at www.DaPonte.org and at Gulf of Maine Books, Brunswick; Longfellow Books, Portland; and Sherman’s Books in Damariscotta, Camden and Boothbay Harbor. For more information, call 529-4555.

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207.236.4311 AllenIF.com/financial Offices in Rockland, Camden, Belfast, Southwest Harbor, Waterville and Portland.
The Maine Maritime Museum Parade of Sail will take place in Camden Harbor Saturday, July 29, at 10 a.m. as part of the second annual Camden Classics Cup. Saturday-night fireworks over the harbor will cap off the regatta weekend.

Forty Classic & Vintage Boats Set to Compete in Camden Classics Cup, July 27-29

Parade of sail, fireworks & dance party, too — The second annual Camden Classics Cup (CCC) regatta takes place in Camden next weekend, Thursday to Saturday, July 27 to 29. Forty classic, vintage, and Spirit of Tradition boats, coming from far and wide, will compete in two days of racing followed by post-race celebrations.

Some new additions this year include a one-design class of Sparkman & Stephens–designed Dolphin 24s, a small boat fleet spearheaded by Alec Brainerd of Artisan Boatworks, and the Camden Classics Cup Youth Regatta, for racers age 12 to 17, racing 420s on Friday, July 28.

Special events for the public include the Maine Maritime Parade of Sail, at 10 a.m. on Saturday, July 29. The fleet of participants, which includes all CCC race boats, committee boats and support boats, will parade through Camden Harbor along the waterfront in full dress. The parade of sail can be viewed from the town landing, or from the docks of Lyman-Morse at Wayfarer, or anywhere along the inner harbor. Broadcasting from the town landing, Camden harbormaster Steve Pixley and TV personality Erin Ovalle will provide commentary about each yacht.

Tickets for the public Saturday night dance party, with the Jason Spooner Band at the Camden Yacht Club, are still available; call 236-4378. Tickets, $60, include open bar, food and dancing. The regatta will be capped off with fireworks over Curtis Island at 9:30 p.m. on Saturday.

The CCC regatta, presented by Lyman-Morse Boatbuilding in conjunction with the Camden Yacht Club, is a fundraiser for LifeFlight of Maine.

For more information and a complete schedule, go to www.camdenclassicscup.com.

Media Literacy Teaching Tour Comes to Belfast July 26

Colonial Theatre in Belfast will present “Thinking Clearly About Media: Learning Tools to Navigate Through This Age of Information Overload” on Wednesday, July 26, from 2 to 3:30 p.m., free and open to all over age 16. The session examines critical thinking skills that can be used to evaluate and rate news reports, fake news, misleading ads, entertainment and social media content.

The program is presented by Arresting Knowledge, a project of the nonprofit Artists for Literacy. This will be the final stop of the East Coast leg of the program’s national tour, which started on July 4 at Stanford University. The program will be broadcast live on Facebook.com/ArrestingKnowledge.

To sign up to attend, go to ArrestingKnowledge.com.
William Wegman Artist Talk, Reception in Rockland on July 25

William Wegman, accompanied by his Weimaraners, will take a walk on his art on Tuesday, July 25, at 5:30 p.m. at the Strand Theatre in Rockland, as part of Center for Maine Contemporary Art (CMCA)’s Tuesday Talk series.

Immediately after the talk, a reception for the artist will take place at CMCA, 21 Winter Street in Rockland, where the exhibition “William Wegman: Reel to Real,” featuring his early videos and related drawings, is on view through October 22. Wegman created a series of short videos in the early 1970s while teaching in California. In that period he also acquired his first Weimaraner, Man Ray, who became the first of a line of active canine participants in Wegman’s work. Wegman, with homes and studios in both New York and Rangeley, continues to make videos, photographs, paintings and drawings.

Advance tickets for the talk, available at www.rocklandstrand.com, are $15, $10 for CMCA and Strand members; tickets are $20 on day of event. For more information, call 701-5005 or visit cmcanow.org.

Uncanny Portraits by Seth Haverkamp at Haynes Galleries —

Haynes Galleries, 91 Main Street in Thomaston, is presenting “The Magical & Mystical Paintings of Seth Haverkamp” through September 9. Haverkamp’s colorful and vivid portraits and figure paintings, frequently of family and friends, capture drama, emotion, and often more than a hint of mystery. Haverkamp says that he just tries to paint what is beautiful and what he finds interesting. Through the summer Haynes Galleries is also presenting “Homage to the Art of the Sea,” with marine paintings by Joseph McGurl, William R. Davis, Donald Demers and Marc Dalessio, and “Harvey Peterson’s Whimsical Folk Art Figures & Maine Monoprints.” For more information, visit haynesgalleries.com or call 615-430-8147.

Shown here, “Essie’s Cranes” by Seth Haverkamp, information, visit haynesgalleries.com or call 615-430-8147. Whimsical Folk Art Figures & Maine Monoprints.” For more information, visit haynesgalleries.com or call 615-430-8147.

Paintings by Belva Ann Prycel at Pemaquid Watershed Assoc. —

Pemaquid Watershed Association, 584 Main Street in Damariscotta, is currently displaying “Images and Visions,” an exhibit of nearly 40 oil paintings depicting Maine’s changing light and seasons by local artist Belva Ann Prycel, who also has written and illustrated three memoirs of life on the coast.

The exhibit continues through August 11. Shown here, Prycel’s “Autumn Marsh and Woodlands.”

Public Invited to Meet Artists of Co-op Saltwater Gallery at Reception July 23 —

Saltwater Artists Gallery, 3056 Bristol Road (Route 130) in New Harbor, invites the public to meet 25 of the artists who exhibit in the gallery at a reception from 3 to 5 p.m. on Sunday, July 23. The co-op gallery shows the work of 28 artists in all; among its six new members is Betsy Palmer of Nobleboro, one of whose watercolors is shown below. Gallery members show works in oil, acrylic, watercolor, photography, prints, glass, pottery, wood, brass and fabric.

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“Joseph Fiore and His Art” at Vose Library July 26 — On Wednesday, July 26, at 7 p.m., Anna Witholt Abadlo of Maine Farmland Trust (MFT) will present “Joseph Fiore and His Art” at Vose Library in Union. Abadlo will show a short film by Richard Kane, “Joseph Fiore: The Nature of the Artist,” and talk about Fiore’s art, his connection to MFT, the distribution of his Rock Paintings to Maine non-profits, and the recent establishment of the Fiore Art Center and artist residency program in Jefferson. Shown is Fiore’s “Rook with Pictograph,” circa 1985, oil on paper.

Parent Gallery to Celebrate 16th Anniversary During July 28 Art Walk — The Parent Gallery, 92 Main Street in Belfast, will be celebrating 16 years in business during the Fourth Friday Art Walk on July 28, from 5:30 to 8 p.m.; refreshments will be served. On display will be new oil paintings by Louise Parent, new black-and-white photographs by Neal Parent, rock and glass art by Nicole Peak, jewelry by Dan Bennett and water-colors of Maine by Marvin Jacobson. In honor of the 16th anniversary, that night only Neal and Joanne will be offering 15 percent off the price of their work.

Belfast Art Walk, Including Food Tastings, on July 28 — Belfast’s Fourth Friday Art Walk, presented by Belfast Creative Coalition (BCC), will take place on July 28, with 15 different downtown galleries and studios open to visitors from 5:30 to 8 p.m. Art Walk maps will be available at the BCC booth at the corner of Main and Main streets. This summer’s Art Walks will include Farnum to Gallery Food Tastings, coordinated by Maine Farmland Trust, with locally made foods that can be sampled at selected venues. For more information, visit belfastcreativecoalition.org or see Facebook. Pictured here, a short film by Richard Kane, “Joseph Fiore: The Nature of the Artist,” and talk about Fiore’s art, his connection to MFT, the distribution of his Rock Paintings to Maine non-profits, and the recent establishment of the Fiore Art Center and artist residency program in Jefferson. Shown is Fiore’s “Rook with Pictograph,” circa 1985, oil on paper.

Call for Comic Book-Inspired Art for “POW!” — Harlow Gallery in Hallowell invites artists working in the comic book industry and artists inspired by comic book art and themes to submit work to be considered for “POW!,” a juried art show that will be on view September 8 through October 21. Deadline for e-mail submissions is August 1 by 11 p.m. Submissions are welcome from artists, penellers, inkers and letterers, including original pages, panels, splash pages and cover art. Fan art and fine art inspired by comic books are welcome, as are all media, including sculpture, photography, fine art and fine crafts. High-quality printouts of digital art may be submitted, but reproductions of original art are not eligible. For more information, call 622-3815 or visit harlowgallery.org/pow. ARTWORK BY TYSON PEASE

Art on the Coast

ART ON THE COAST

Islesboro Opening on July 27 for Show by Cooney & Cole-Jolliffe — Dark Harbor Studio, in the Williams Brothers Building, 509 Pendleton Point Road on Islesboro, will open an exhibition of new work by Susan A. Cooney and Peigi Cole-Jolliffe with an artists’ reception from 5 to 7 p.m. on Thursday, July 27. The show will continue through August 7; gallery hours are 11 a.m. to 5 p.m., Thursday through Sunday. For more information, call 734-0905. Shown here, “Mark Island Lighthouse” by Susan A. Cooney, graphite on paper.

Marimbas, Craft Show, Plein Air Artists at Wiscasset Art Walk — A marimba band, a juried craft show in an historic barn, and artists painting outdoors throughout Wiscasset Village will be highlights of the Wiscasset Art Walk on Thursday, July 27, from 5 to 8 p.m. The Maine Marimba Ensemble will perform traditional and contemporary Zimbabwian music on handcrafted marimbas on Middle Street, which will be partially closed to vehicles. The craft show (open from 11 a.m. to 7 p.m.) will be held in the barn and on the lawn at the Nickels-Sortwell House, located at the corner of Main and Federal streets. Crafts for sale will include quilts, reproduction furniture, jewelry, ceramics, fishing lures, handmade dolls, soft sculptures and wooden stools. During the evening, artists who are taking part in a five-day plein air painting event sponsored by the Maine Art Gallery will set up their easels to capture village scenes and river views. Visit Maine Art Gallery on Facebook for “weit art” exhibit and sale details. Artist Roberta Goschke, pictured here, will be among the artists painting en plein air during the Art Walk, and her work will be exhibited and offered for sale at the Maine Art Gallery. PHOTO BY DAMIAN J. LONSDORF

Opening Reception for “The Garden Show” July 28 at Kefauver Gallery — Kefauver Studio & Gallery, 144 Bristol Road in Damariscotta, will open “The Garden Show,” featuring works by 28 guest artists, with a reception on Friday, July 28, from 4:30 to 6:30 p.m.; refreshments will be served. Seven of the guest artists are new to the gallery: oil painters Midge Coleman, Kim Hetherington and Carol Wolfe, watercolorists Kathy Lane and Cindy Spencer, photographer David Ripley and mixed-media artist Lola Tang. Other artists in the show are acrylic artists Dale Dakpkins and DiTa Ondeck, photographers Judy Bernier, Steve Dunn, Michael Fillyaw, Claudia Noyes Griffiths and Jim Nyce, oil painters Marcia Brandwein, Julie Cyr, Judah Fisher, Hannah Ineson, Sally Loughridge, Brooke Pacy and Marnie Sinclair, watercolorists Jan Kilburn and Elizabeth Palmer, pastel artists Pattie Leavitt and Nancy Lovley, printmaker Deborah Kozeck, mixed-media artist Gil Barclay and gouache painter Judy Nixom. The show will continue through August 13. For more information, call 226-0974 or visit www.kefauverstudio.com. Shown here, “Daisies,” photograph by David Ripley.

Call for Comic Book-Inspired Art for “POW!” — Harlow Gallery in Hallowell invites artists working in the comic book industry and artists inspired by comic book art and themes to submit work to be considered for “POW!,” a juried art show that will be on view September 8 through October 21. Deadline for e-mail submissions is August 1 by 11 p.m. Submissions are welcome from artists, penellers, inkers and letterers, including original pages, panels, splash pages and cover art. Fan art and fine art inspired by comic books are welcome, as are all media, including sculpture, photography, fine art and fine crafts. High-quality printouts of digital art may be submitted, but reproductions of original art are not eligible. For more information, call 622-3815 or visit harlowgallery.org/pow. ARTWORK BY TYSON PEASE

Watercolors by Rachel Feero Oakes at Washington Library — Gibbs Library, 40 Old Union Road in Washington, is displaying artwork by Rachel Feero-Oakes, a resident of Washington. The exhibit includes watercolors of birds, flowers and landscapes, and illustrations for a current children’s book project. The exhibit will continue through September 5. For more information, visit gibbslibrary.org.

Pope Memorial Humane Society’s Art Wall — Pope Memorial Humane Society of Knox County, 25 Butternilk Lane in Thomaston, is showing its second exhibition of artwork in its lobby, the whimsical work pictured here of artist Gil Cotas. Gil Cotas work will be on display until the middle of August. A portion of the proceeds from any art sold will go towards supporting the shelter. Artists interested in possibly having a showing of their work are welcome to leave their contact information with a staff member at the shelter, and a PMHS representative will be in touch. The shelter is open between 11 a.m. and 5 p.m., Monday through Saturday, closed on Sundays. Humane Society of Knox County provides animal support services to Rockland, Thomaston, Warren, Owls Head, St. George, Port Clyde, Martinsville, Tenants Harbor, South Thomaston, Spruce Head, Union, Appleton, Cushing, Matinicus, North Haven, Vinalhaven, Stockton Springs and Morrill.
“Land & Sea” Summer Show at Maine Farmland Trust Gallery

Maine Farmland Trust Gallery, 97 Main Street in Belfast, is showing “Land and Sea: Summer Stable Show 2017” through September 15. On Friday, July 28, three of the show’s participating artists — Julie Crane, Maryjane Viano Crowe, Terry Hire and Lou Schellenberg — will give artist talks starting at 5 p.m., followed by a public reception during the Belfast Fourth Friday Art Walk from 5:30 to 8:00.

The group show includes works that celebrate Maine’s coastal landscape and fishing culture, including prints by Julie Crane, oils by Lou Schellenberg, abstracts by Kathryn Shagas, photographs by Terry Hire, pastels by Jude Valentine, paintings by Robin Rier, Bjorn Runquist, Sharon Yates and Leslie Bowman, and paper cutting by Maryjane Viano Crowe. The show also includes paintings by Leslie Anderson, Julie Cyn, Leslie Harris, Sheep Jones, Christopher O’Connor and Amy Peters Wood. Giclee prints by Dale Haepchen, paintings on silk by Heléna Melone and photography by Jim Nyce.

Maine Farmland Trust is a statewide nonprofit that works to protect farmland, support farmers and advance farming. Maine Farmland Trust created its gallery to celebrate agriculture through art, and to inspire and inform the public about farming in Maine. The gallery is open Monday through Friday from 9 a.m. to 4 p.m. For more information, visit www.mainefarmlandtrust.org.

Next Damariscotta-Newcastle ArtWalk on July 21

The next Damariscotta-Newcastle (Twin Villages) Art-Walk will take place on Friday, July 21, from 4 to 7 p.m., with galleries, studios, craft stores and restaurants open for shopping and browsing. Participating venues will be marked with a yellow flag, and shown on poster maps in stores throughout the Twin Villages and on brochures. July participants include The Lincoln Home, Newcastle Realty, Gifts at 136, Damariscotta River Grill, Legacy Prop.

Talk with Local Artist Follows Wiscasset Art Walk — Doublet Design, located on Wiscasset’s Creamery Pier, will host the second in a series of SHED Talks at Dusk on Thursday, July 27, at 8:30 p.m., following the Wiscasset Art Walk. Local ceramic artist Juliette Walker will exhibit and discuss her work with the public. Walker uses the medium of clay to create socially based art that takes form as events, installations and interactions. She is currently the administrative assistant at Watershed Center for the Ceramic Arts in Newcastle. The SHED serves as the workshop and gallery for Doublet Design. Weather permitting, the SHED Talk will be held outside, with images projected onto the wall of the workshop.

“Riff Raff” to Open at Granite Gallery with Reception July 28

Granite Gallery, 68 Main Street in Tenants Harbor, will open “Riff Raff: Reimagined Art from Unexpected Places,” a show of work by Otty Merrill, Helene Farrar and Ruth Sack, with a reception from 5 to 8 p.m. on Friday, July 28.

Merrill, who lives in Tenants Harbor, Farrar, who lives in Hallowell, and Sack, from Cheshire, Connecticut, are members of New England Wax, an organization of artists who work in encaustics. The exhibit of affordable pieces, ranging from paintings to amusing “collages in three dimensions,” will continue through August 2. For more information, e-mail otymerrill@gmail.com.

“Twin Villages ArtWalk” on Facebook — For more information, visit www.mainefarmlandtrust.org.

Sports Art in Show at Skidompha Library — Sports art by Leslie Woods of Montville is on display at Skidompha Library in Damariscotta during July and August. The 19 acrylic paintings depict nine sports and include all of Woods’s new work. Woods will show a different group of paintings during the second month of the show. Twenty percent of every sale at the Skidompha show will be donated to the library.Shown is "Paw with Sticks."
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16 Thursday, July 20, 2017 THE FREE PRESS
Classes on Economical Cooking from Scratch & Little Kids’ Intro to the Kitchen

The Friends of Rockland Public Library are accepting donations for their third annual tag sale, to be held on Saturday, August 19, under a tent on the Union Street side of the library. The Friends are looking for gently used household items, furniture, clothing, etc. All proceeds from the sale benefit the library, and tax deduction receipts are available.

Donated items should not be brought to the library. Volunteers will pick up donations at your home; call to schedule a pickup time between July 29 and August 13. Call Rebecca Albright at 973-3946 or e-mail becalbright@roadrunner.com, or call Jeanie Schaden at 593-7112.

Washington Community Auction to Benefit Nonprofits July 29

The third annual Washington Community Auction will take place Saturday, July 29, at the Washington Fire Station, 42 Old Union Road, with preview and silent auction starting at 4 p.m. and live auction at 6:00. Auction proceeds benefit Evening Star Grange, Gibbs Library, Hill & Gully Snowmobile Club, Ladies Guild, Minnie Weaver Scholarship, Prescott Memorial Parent Teacher Group, Village Church, Washington Community Scholarship, Washington Fire Department, Washington Historical Society and West Washington Cemetery Association.

To preview items before auction day, visit “Washington Community Auction: July 29, 2017” on Facebook.

Flea Market Saturday at Bremen Church

Bremen Union Church, 523 Waldoboro Road (Route 32) in Bremen, will host a flea market from 8 a.m. to 1:30 p.m. on Saturday, July 22, on the church lawn, or inside in case of rain. Plenty of off-street parking is available. Seller tables are still available at $10 each; call Ruthie Poland at 529-9326.

The Ukes Rock band from Rockland and beyond will play a lawn concert from 6 to 7 p.m. on Wednesday, July 26, rain or shine at Rockport Masonic Center, 361 Main Street in Rockport, just up from the Simonton Corner four-way stop signs. Bring a lawn chair, blanket and kids.

The Ukes Rock band from Rockland and beyond will play a lawn concert from 6 to 7 p.m. on Wednesday, July 26, rain or shine at Rockport Masonic Center, 361 Main Street in Rockport, just up from the Simonton Corner four-way stop signs. Bring a lawn chair, blanket and kids.

For more information, call Chief Pat Scribner at 342-2129 or 505-5152.

Auction and Yard & Bake Sale to Benefit Morrill Fire Dept.

Morrill Fire Department and Auxiliary will host an auction, a bake sale and a yard sale on Saturday, August 5, at Morrill Fire Department. The bake sale and yard sale begin at 8 a.m. The auction starts at 10:00. Hot dogs and drinks will be for sale all day.

For pickup of items being donated to the auction, call Chief Pat Scribner at 342-2129 or 505-5152.

WEB STORE

Classes on Economical Cooking from Scratch & Little Kids’ Intro to the Kitchen

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To preview items before auction day, visit “Washington Community Auction: July 29, 2017” on Facebook.
Midcoast Climate Change Discussion Series at Thomaston Library

Thomaston Public Library will introduce “Climate Change on the Midcoast,” a three-part discussion series, with a meeting on Monday, July 24, from 5:30 to 6:30 p.m., free and open to the public; refreshments will be served.

The series, being presented by libraries around the country and funded by a PLACE grant, will make use of books, videos, and information from NOAA. The July 24 session will introduce the books — “The Perfect Storm” by Sebastian Junger, “Zeitoun” by Dave Eggers, and “Isaac’s Storm” by Erik Larson. For more information, call 354-2453.

Belfast Library Talk July 27 on Preserving Life Stories

Belfast Free Library will present “Tell Your Life Story,” a program with Eddie Adelman on memoir writing and oral histories, on Thursday, July 27, at 6:30 p.m. Adelman, a writer, storyteller and personal historian, will offer tips and tricks for those who wish to try putting the tips into practice.

“Preserving life stories provides a window into history and is a vital connection for family members and future descend- dants,” says Adelman. “And anyone can do it. It’s more about desire and passion than a stuffy set of academic rules.”

Following the talk, there will be a 30-minute mini-workshop for those who wish to try putting the tips into practice.

Seating is limited and early arrival is recommended. For more information, visit www.belfastlibrary.org.

Renny Stackpole to Discuss and Sign New Book on 19th-Century Seafaring Family of Thomaston —

Penobscot Marine Museum (PMM) will host PMM Director Emeritus Renny Stackpole for a talk on his research for his latest book, “The Gillchrest Papers,” on Thursday, July 27, at 7 p.m. at the museum’s Visitor Center, 2 Church Street in Searsport, free and open to the public. Stackpole discovered in his attic the family papers and business papers of the Gillchrests, a Thomaston seafaring family who built, managed and sailed ships to distant ports around the world in the mid-1800s. Copies of “The Gillchrest Papers” will be available for purchase. For more information, go to www.penobscotmarinemuseum.org or call the Visitor Center at 548-0334.

At Left Bank Books July 28 —

Author of Memoir About Her Life as a Foreign Correspondent

Lynda Schuster

Left Bank Books, 109 Church Street in Belfast, will host Lynda Schuster, former foreign correspondent for the Wall Street Journal and Christian Science Monitor, on Friday, July 27, at 7 p.m. for a celebration, free and open to the public, of her book “Dirty Wars and Polished Silver: The Life and Times of a War Correspondent Tumed Ambassatrix.” In the book, which is being released July 18, she recounts her life abroad as a foreign correspondent in war-torn countries and, later, as the wife of a U.S. ambassador.

Schuster grew up in Detroit but left it for a quest for self-discovery, becoming a correspondent covering conflicts in countries from Lebanon to Honduras, where her first husband, a fellow reporter, was killed only 10 months after their wedding. After her second marriage, to an American diplomat, she still found herself involved in the violence of war. Her travels ultimately led to her finding herself, unexpectedly, more or less back where she started: “wiser, saner, more resolved. And with all her limbs intact.”

Seating is limited and reservations are recommended; call 338-9009 or e-mail leftbank@myfairpoint.net. Those unable to attend may call to reserve copies of “Dirty Wars” and have Schuster sign them if desired.

Author Bill Roorbach at Ocean View Grange July 25 —

The final program in Jackson Memorial Library’s 10th anniversary Summer Literary Series features author and Maine resident Bill Roorbach on Tuesday, July 25, at Ocean View Grange, 435 Port Clyde Road in Martinville, beginning with a reception at 5:30 p.m. Roorbach has published fiction and nonfiction works including “Big Bend,” which won the Flannery O’Connor Award for Short Fiction and the O. Henry Prize for Short Stories. He will read from his new book of short stories, “The Girl of the Lake.” Roorbach has taught at the University of Maine at Farmington, Ohio State University and Colby College. He was awarded the William H.P. Jenks Chair of Contemporary American Letters at the College of the Holy Cross in Worcester, Massachusetts. In 2009 he returned to Maine and devoted himself to full-time writing.

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Cam-Rock Historical to Have Its Own Exhibit at Annual Antiques Show July 22-23 —

Brenda Barrett (pictured), president of Camden-Rockport Historical Society, plans for the society to have a special table at the organization’s Antiques Show and Sale at Cramden Hills Regional High School this Saturday and Sunday, July 22 and 23. The table will showcase examples from the society’s collection of historic quilts, antique clothing and vintage publications, plus information about the society and books for sale. Some 40 dealers from 12 states will be exhibiting at the show, open from 10 a.m. to 4 p.m. on Saturday, 11 a.m. to 4 p.m. on Sunday; lunch and snacks will be available for purchase. PHOTO BY LAURALEE CLAYTON

Requests for more information and updates, visit www.friendsofsearsisland.org or call Ashley at 975-3878.

Lani’s Pick...

Marinated Flank Steak
Chicken Breast
Great on the Grill

In Good Company

Lunch Daily 11am-5pm

For Eat In or Take Out

www.shawswharf.com

On July 23rd we will be hosting a fundraiser for New Hope for Women, a local non-profit supporting women affected by domestic violence. Please come meet their representative and support a good cause!

“Common Medicinal Plants for the Family Medicine Cabinet” Walk on Sears Island July 22 — Friends of Sears Island will host “Common Medicinal Plants for the Family Medicine Cabinet,” a walk on the island led by clinical herbalists Steve Byers (pictured at left) and Gretchen Heilman-Piper on Saturday, July 22, from 10 a.m. to noon, free and open to the public. Dosage, time of harvest, and proper identification will be discussed, as well as plant conservation and sustainable harvest. Sears Island is on Sears Island Road, off Route 1 just east of Searsport. Participants should park along causeway at end of road and meet at kiosk near island gate by 10 a.m. Bring water, a snack and insect repellent, and wear footwear appropriate for woods and beach and clothing to protect against ticks and weather. Children are welcome but leave pets at home. In event of steady rain, the program will be cancelled. For more information and updates, visit www.friendsofsearsisland.org or call Ashley at 975-3878.

11 a.m. to 4 p.m. on Sunday; lunch and snacks will be available for purchase. PHOTO BY LAURALEE CLAYTON

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While idly scratching bites, I had time to think about the current movement to provide wildlife habitat in urban and suburban settings, and whether it could counter the constant encroachment of humans in the natural world. The general consensus, according to groups like the National Wildlife Federation and the Audubon Society is “Every little bit helps.” Looking around me at nothing but miles of uninterrupted woods, I thought that it’s not necessarily what we do in our yards that encourages the birds, bees and butterflies, but what we don’t do.

In our mowed, manicured yards, we leave them some messy places, places that aren’t mowed or cultivated. We see this every autumn when we drive to South Dakota through the breadbasket of the Midwest. There used to be all kinds of wild game birds, songbirds and butterflies, but in these days they have no habitat left. Grain crops are planted from fence line to fence line, with no hedgerows left for the birds and butterflies to roost in.

In suburban areas and towns, the lack of habitat is repeated. Most American yards contain more grass than anything else, which has very little value for wildlife. In drought years, the need for less grass to water is obvious, but in wet summers, like this one, we tend to forget this fact. We also overlook the cookie-cutter approach to landscaping, where—by whether you’re in Maine, Ohio or California, use of the same few species of grasses and foundation plantings makes up a nation of grass was once a nation of forests, prairie wetlands and even desert. Now it’s carpeted by sterile green lawns.

In addition, WCAP’s full-time certified housing and finance counselors, including Bjorn Steube1, is available to assist clients who need to deal with mortgage foreclosure, foreclosure mitigation or diversion, and property tax foreclosure mitigation. Individual assistance is also offered to create householder budgets, repair or build credit, and prepare to buy a home. All Waldo County residents are eligible for these free or low-cost services. For more information or to make an appointment, call Steue1 at 338-6809, extension 515.

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Craft Co-op Opens in Meduncook Lodge in Friendship

Friendship Village Co-op, a new crafts cooperative, has opened in Meduncook Lodge, 11 Main Street in Friendship. The shop will sell photography, jams and pickles, fiber products, pillows and aprons, crocheted items, pottery and jewelry. It is open seven days a week, 10 a.m. to 4 p.m. Monday through Saturday, and 11:00 to 4:00 on Sunday.

Two-Day Artificial Insemination Workshop at Aldermere Farm in Rockport — Aldermere Farm, 70 Russell Avenue in Rockport, will host a two-day Artificial Insemination (AI) workshop for both novice and experienced cattle farmers, on Friday and Saturday, August 4 and 5, from 8:30 a.m. to 4 p.m. each day. The workshop will be led by Betty Getty, a 38-year veteran of the cattle industry. The workshop is being offered as a service to the community and is being held at the generosity of Supplies Unlimited. Both food for immediate snacking and food to prepare at home will be supplied.

The workshop is open to both adults and youth. For more information, contact Betty Getty at 289-2739 or e-mail jalbury@mcht.org. Aldermere Farm is a preserve of Maine Coast Heritage Trust.

Camden Rotary Awards $10K Grant to Mid-Coast Recovery Coalition — Camden Rotary Club has awarded a $10,000 grant to Mid-Coast Recovery Coalition to support its efforts to help Knox County families break the cycle of addiction. The award was presented at a meeting of the Mid-Coast Recovery Coalition. The grant is being used to hire a recovery coordinator and to support educational and community outreach programs. Camden Rotary President Barry Timms said that the club is proud to support the work of the Mid-Coast Recovery Coalition.

Relevance of World War I Monuments Subject of July 27 Talk in Tenants Harbor -- Jackson Memorial Library in Tenants Harbor will present “Why World War I is Still Relevant 100 Years Later: Understanding Commemoration and the Role of the American Battle Monuments Commission in Ensuring the Legacy of Those Who Fought It,” a talk by Michael Knapp, on Thursday, July 27, at 4 p.m. in the library’s Community Room.

The talk will be held in the library’s Community Room and is open to the public. Light refreshments will be served.


URock Stands Ready to Help People Pay for College and Plan for a New Career

University College at Rockland, an off-campus center of the University of Maine System, is ready to provide support and personal assistance to anyone interested in preparing for a new career. URock offers over 100 university degree programs and certificates, both online and at the center, close to home.

Ninety percent of URock students qualify for financial assistance. Partnering with Maine Educational Opportunity Centers (MEOC), URock hosts free financial aid workshops every Monday from 9 a.m. to 3 p.m.; appointments are encouraged. Teri Morse, MEOC representative, will help any interested student file the FAFSA (Free Application for Federal Student Aid online).

The FAFSA collects information used in determining a student’s eligibility for financial aid, which is based on several factors including family income, assets, size of household, and number of family members in college. Financial aid is awarded based on financial need and the cost of attending college.

At University College at Rockland, people can take courses, pursue degrees, and receive all the support they need to earn a degree close to home and on schedules that fit their family and work lives. Courses are taught by faculty on-site, online or via two-way videoconferencing. Academic advising, tutoring, study skills workshops, computer access, library services and student activities are available to help support individual student success. For more information and appointments for assistance, visit www.learn.main.edu/rockland or call 596-6906.

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URock student Veronica Odone

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A Trip Down the St. George Peninsula

One of Maine’s loveliest drives awaits you when you turn off Route 1 onto Route 131 South (at the Montpelier Mansion). Enjoy approximately 15 miles of grand views – fields rolling down to the tidal portion of the St. George River — the charming village of Tenants Harbor — Port Clyde, departure point for Monhegan Island and home to the ever-so-photogenic Marshall Point Lighthouse & Museum. Heading back up Route 131, take Route 73 through Clark Island, Spruce Head and Owls Head for more of the best Maine has to offer. (Don’t miss the reversing falls in South Thomaston and the spectacular Owls Head Lighthouse.)

You can also begin your travel down the St. George peninsula by taking Route 73 south out of Rockland. Explore Owls Head, South Thomaston, reversing falls in South Thomaston and the spectacular Owls Head Lighthouse. You can also begin your travel down the St. George peninsula by taking Route 73 south out of Rockland. Explore Owls Head, South Thomaston, reversing falls in South Thomaston and the spectacular Owls Head Lighthouse.

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The Free Press
Thursday, July 20, 2017
Free Tours in Waldo County to Highlight Forest Stewardship

Waldo County Soil & Water Conservation District and Maine Forest Service are cosponsoring a series of field tours, free and open to the public, to highlight forest stewardship and conservation practices used by private landowners. The approximately two-hour tours are open to landowners, foresters, loggers and others, and will often include the forester and/or harvester working with the landowner.

The first three tours will be:

- **Thursday, July 27, 3 to 5 p.m. —** Villageaside Farm, Freedom. Farm owners Prentice Grassi and Polly Shyka have undertaken small-scale thinning, improvement cuts, wildlife habitat measures and access improvements. Forester Rob Nelson will describe the purposes, planning and implementation of several projects. Meet at the farm on Route 137 (1/4 mile west of Freedom village).

- **Thursday, August 24, 3 to 5 p.m. —** Jon Robbins Woodlot, Searsmont. Landowner, licensed forester and professional Jon Robbins will show his approach to light commercial thinning, particularly of white pine stands, and treatments initiated in younger stands, and discuss planning, silviculture and equipment, and markets for various products. Meet at the property on Moody Mountain Road, about 710 mile east of the intersection with Route 131.

- **Thursday, September 28, 3 to 5 p.m. —** John Farm, Thorneike. Landowners Travis and Kate Johnson will talk about management of their 400-acre farm and its comput- erized timber inventory tracking system, and show the ver- satile log trailer. Meet at the farm on Works Road, about 2.5 miles west of Route 7 (Valley Road), just over the Thorneike/Jackson town line.

Tours will involve walking in the woods and will take place rain or shine; dress accordingly. Parking is limited and carpooling is recommended.

For more information, contact Waldo County Soil & Water Conservation District Technical Director Alka McAuliffe at 338-1964 or Midcoast District Forester Morten Mowilde at 441-2895.

**July 29 Tour to Spotlight Wildlife Habitat on Farmland**

Midcoast Conservancy will present a Wildlife Habitat Tour at Moors Farm from 2 to 4 p.m. on Saturday, July 29. Owners John Twomey and Leigh Norcott will discuss creation, maintenance and improvement of habitat for wild creatures who make their homes on the farm in fields, brushy areas and woodlands. If time permits, the dis- cussion will extend to management of apple trees, oak trees and ponds for the benefit of wildlife.

“Twomey, who spent 37 years as a professor at Universi- ty of Massachusetts Dartmouth, acquired the farm in 1978. His partner Leigh Norcott is a former elementary school teacher. Twomey’s book ‘Returning To, Not From: From Massachusetts Professor to Maine Farmer’ was published in 2016 and includes detailed information on growing and preserving food as well as on the creation and protection of wildlife habitat.

To register for the tour and for more details, call 389-5150 or go to www.midcoastconservancy.org/events/wildlife-habitat-tour.

**Racers ran, hiked, biked, paddleboarded and kayaked — 2nd Annual Adventure Race Raises $2,500 for Midcoast Conservancy**

The second annual Maine Summer Adventure Race, held on June 24, attracted 127 competitors from 11 states and one foreign country, and raised over $2,500 for Midcoast Conservancy.

Adventure racing combines trail running or trekking, road and mountain biking, sea kayaking and orienteering, with teams of two to four people trying to reach as many check- points as possible within the race time limit. This year’s race had both a three-hour beginner- and family-friendly chal- lenge and a 10-hour course.

“This year’s event had over 50 percent more participants than the inaugural edition of the race in 2016, and we’re really happy to see the sport of adventure racing grow in Maine,” says Cliff White, race co-director and captain of Strong Machine Adventure Racing, a Portland-based adven- ture race team that designed the courses for both races.

The three-hour race, with 41 entrants, featured hiking on trails at Hidden Valley Nature Center in Jefferson, punctu- ated by optional challenges including fat-tire biking and stand-up paddleboarding. Overall winner was two-person team the Maine Coon Cats, Elizabeth Farrell and Samuel Mathies. Family division winner was Team Flying Ninjas, Mark Weiman and his sons Caleb and Ben Weiman. The open division was won by Gabe Cheney, Adam Nelson, Lane Wiggin and Pete Winter of B/172 IN (MTN).

The 10-hour race had 86 entrants, including racers from Maryland, Pennsylvania, Illinois and Israel. The race began with a 13-mile sea kayak leg out of Boothbay Harbor and up the Sheepscot River, followed by an 8-mile hike on the River-Link Trail to Edgecomb, an optional orienteering loop in Dodge Point Preserve, and a bike ride through Damariscotta Mills to Hidden Valley. First place overall and in the coed division was Team Untamed New England, composed of Tracey Cote, Dave Lamb, Jeff Woods and Joe Brautigam, who “cleared the course” — found all 25 mandatory and optional checkpoints and finished in a time of 8:31, almost an hour and a half under the race’s 10-hour time limit. Team Untamed New England also won $400 and qualified to take part in the U.S. Adventure Racing Association’s National Cham- pionship, to take place in Pennsylvania this September.

Finishing 10 minutes behind Untamed New England in second place overall and in the coed division, and also clear- ing the course, was Rootstock Racing: Abby Perkiss, Brent Freedland and Tameda Awuan. Third place overall and first place in the open division was GOALS ARA, Glen and Craig Lewis.

For more information on the race, go to MaineSummer- AR.com or see “Maine Summer Adventure Race” on Face- book. For more information on Midcoast Conservancy, go to www.mcdcoastconservancy.org.

**Farm Service Agency County Committee Nominations Due August 1**

Maine farmers and ranchers have until August 1 to nom- inate eligible candidates to serve on local Farm Service Agency (FSA) county committees. All nominees must sign nomination form FSA-660A, and all nomination forms for the 2017 election must be postmarked or received in the local FSA county office by August 1.

County committees are made up of farmers and ranchers elected by other producers in their communities to guide the delivery of farm programs at the local level, meeting once a month or as needed to make decisions on disaster and con- 

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Darling Center Scientist to Speak on Marine Resilience at “Chats with Champions”

Dr. Heather Leslie, director of UMaine’s Darling Marine Center in Walpole

Skidompha Public Library in Damariscotta will present Dr. Heather Leslie speaking on marine resilience on Tuesday, July 25, at 10 a.m. in the library’s Porter Meeting Hall. The program, part of Skidompha’s “Chats with Champions” series, is free and open to the public.

Leslie, an international leader in marine conservation science, is director of the University of Maine’s Darling Marine Center in Walpole and is Libra Associate Professor in UMaine’s School of Marine Sciences. She conducts research on the ecology, policy and management of coastal ecosystems.

She will draw on her work in both Maine and Mexico to describe the emerging science of resilience and describe its influence on how people understand and steward coastal and marine ecosystems, and will also preview elements of strategic plans under development for the Darling Center. She lives in Newcastle. “Chats with Champions” is sponsored by Sherman’s Maine Coast Book Shop. People are reminded to allow time for parking. For more information, call 563-5513.

Weather Service relies on spotters to report actual local conditions on the ground. Meteorologist John Jensenius, from the NWS Regional Office in Gray, Maine, will describe how to identify storms, estimate wind speed and measure rain and snow, and report local conditions to the Weather Service.

The talk is free and open to the public, but registration is requested at tinyurl.com/87uxsmw. Seventy-five percent of Maine’s oyster harvest comes from the Damariscotta River. Why is the estuary so productive? Is it changing? How is the estuary linked to changes occurring in the Gulf of Maine? Those are some of the questions Dr. Brady will answer in his talk. He will also discuss how the knowledge of Damariscotta River can be applied to aquaculture in other estuaries along the coast. Brady is an environmental scientist and faculty member at UMaine’s School of Marine Sciences, studying the effects of agriculture and aquaculture on marine environments. He is an assistant director of research for Maine Sea Grant and is part of the Sustainable Ecological Aquaculture Network (SEANET) project.

Weather Spotter Training Rescheduled for July 26

Belfast Free Library will host a training session from 5:30 to 7:30 p.m. on Wednesday, July 26, for people interested in becoming National Weather Service (NWS) Skywarn spotters; the program, rescheduled from an earlier date, is free and open to the public.

In spite of technology like satellites and radar, the National Weather Service relies on spotters to report actual local conditions on the ground. Meteorologist John Jensenius, from the NWS Regional Office in Gray, Maine, will describe how to identify storms, estimate wind speed and measure rain and snow, and report local conditions to the Weather Service.

For more information on the training, call 338-3884, extension 25.

Yoga on the Beach with Missy Hatch on Friday, July 28, from 10 to 11:15 a.m., free and open to the public. Hatch, who has been teaching yoga since 1989, will lead “a lighthearted exploration of movement and stretching, taking advantage of whatever the natural world has to offer for support.” The class, “for anyone able to walk on the beach,” will be geared for adults but attentive children are also welcome.

The island is reached by Sears Island Road off Route 1 just east of Searsport; park along the causeway at the end of the road and meet at the kiosk near the island gate by 10:00. Wear comfortable clothing, bring a beach towel and water; leave pets at home. For more information and updates in event of inclement weather, check “Friends of Sears Island.org” on Facebook or call Ashley at 975-3878.

Coast Guard Updates Electronic Chart Policy

The U.S. Coast Guard announced on July 18 an update to its navigation guidance for the use of electronic charts in lieu of paper charts and publications. Mariners are not required to use electronic charts or electronic charting systems. The updated guidance offers a voluntary alternative means to comply with U.S. chart and publication carriage requirements.

Rockland Area Tides

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Talk on Damariscotta River’s Changing Estuarine Environment — Dr. Damian Brady (pictured) will present “One If by Land, Two If by Sea: Understanding How Maine Estuaries Are Changing” on Friday, July 21, in Brooker Hall at University of Maine’s Darling Marine Center in Walpole beginning at 10:30 a.m. The talk is free and open to the public, but registration is requested at tinyurl.com/87uxsmw. Seventy-five percent of Maine’s oyster harvest comes from the Damariscotta River. Why is the estuary so productive? Is it changing? How is the estuary linked to changes occurring in the Gulf of Maine? Those are some of the questions Dr. Brady will answer in his talk. He will also discuss how the knowledge of Damariscotta River can be applied to aquaculture in other estuaries along the coast. Brady is an environmental scientist and faculty member at UMaine’s School of Marine Sciences, studying the effects of agriculture and aquaculture on marine environments. He is an assistant director of research for Maine Sea Grant and is part of the Sustainable Ecological Aquaculture Network (SEANET) project.

Talk on Links Between Gulf of Maine Fish and Seabirds

Project Puffin Visitor Center, 311 Main Street in Rockland, will present “Decline of Forage Fish in the Gulf of Maine: a story told by seabirds.” Project Puffin partners with the Maine Audubon, the Maine Wildlife Conservation Institute, the UMaine Marine Sciences Center, and the University of Maine’s Darling Marine Center. To view the NVIC, go to www.uscg.mil/hq/cg5/nvic/pdf/NVIC_01-16_electronic_charts_and_publications.pdf.
Bring $329 or $259 To Rockland Ford Drive Home YOUR NEW FORD!

**Merryspring Program July 25 on Herbs to Promote Peaceful Sleep** — Merryspring Nature Center will present “Plants for Peaceful Sleep,” an outdoor presentation by gardener and herbalist Denise DeSpirito at noon on Tuesday, July 25. DeSpirito will describe some basic sleep-enhancing preparations that can be made from several plants in Merryspring’s garden. She will also discuss plants that can promote dreaming and plants that can be used as a stimulating alternative to morning coffee. DeSpirito is the gardens manager at Merryspring and has grown herbs and flowers at Avena Botanicals and Farmacy Herbs in Rhode Island. Participants should dress for the weather and wear sturdy shoes. Admission is $5, free for Merryspring members. Merryspring is located at the end of Conway Road, just off Route 1 in Camden behind Hannaford Shopping Plaza. For more information, e-mail info@merryspring.org or call 236-2239.

**Donors to Donkey Rescue Invited to Farm Animal Sanctuary Celebration**

**July 29**

Betty, one of the rescued donkeys at Peace Ridge Animal Sanctuary, 1111 Littlefield Road in Brooks, a nonprofit that is home to over 250 farm animals rescued from abuse and neglect, will hold a celebration on Saturday, July 29, at 5 p.m. to express appreciation to donors to its Donkey Rescue program. Peace Ridge relies on donations to cover the costs of rescuing, housing, rehabilitating, feeding and providing veterinary care for its animals. Two donors have provided a grant for building a donkey barn, and another donor has offered a $10,000 matching grant opportunity, to help feed the donkeys and other hay-eating animals. Anyone who donates $50 or more per person before July 29 will double its impact through the matching grant, and will also be invited to attend the Donkey Rescue celebration, which will include wine and hors d’oeuvres, meeting other supporters and touring the property. Children accompanied by an adult are welcome at no charge. Space is limited and reservations are required. Names will be added to the event list as donations are received.

To donate by credit card and for more information, go to www.peaceridge sanctuary.org. Checks and money orders made out to Peace Ridge Sanctuary may be mailed to 1111 Littlefield Road, Brooks, ME 04021.

Peace Ridge holds public open houses free of charge from noon to 4 p.m. on the last Sunday of each month; upcoming dates are July 30, August 27, September 24 and October 29. For more information, call 326-9507 or e-mail daniella@peaceridgesanctuary.org.

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Seldom Seen Specimens at Open Garden on July 28

Belfast Garden Club’s Open Garden Days 2017 will continue at Tuva Bakery. Greg Larsen’s home and business at 17 Tuva Trail in Lincolnville Center, from 10 a.m. to 4 p.m. on Friday, July 28, rain or shine.

Larsen, influenced by four years of living across the street from the Brooklyn Botanic Garden, has spent 20-plus years turning his shady property into what he thinks of as “a paintbox,” taking advantage of the terrain to compose intermingled trees and shrubs with strong structures, unusual glplings of trees and shrubs with strong structures, unusual e maple next to a purple sand cherry, and Japanese parrato and Korean fir. At the bottom of the hill, a large deck overlooks flowering water lilies in a pond just big enough for a cool dip on a hot day, while across the way, a ring of land has been cleared to let the eye roam.

Larsen welcomes everyone to bring a picnic to enjoy on the deck, and to step inside the house to check out both the bakery, with its huge mixers and professional ovens, and his collection of art from places ranging from Cuba to Bali.

Request for donations of $5 per person will go toward Belfast Garden Club’s civic beautification programs, school arships for local youth and other endeavors. For more information including driving directions, visit BelfastGardenClub.org or call Marie Stickler at 338-5099.

Brae Maple Farm Invites Visitors to Open Farm Day July 23 —

Brae Maple Farm, a MOFGA-certified organic vegetable and herb farm at 233 North Union Road in Union owned and operated by Andrea and Allan Smith, is also the host site for Master Gardener Volunteers with University of Maine Cooperative Extension. The public is invited to visit the farm and demonstration gardens on Open Farm Day, Sunday, July 23, from 10 a.m. to 3 p.m. Brae Maple Farm provides land and support for more than 20 Master Gardeners and their volunteer projects. Their largest focus is using multiple organic methods for growing vegetables, all of which are donated to local food pantries and soup kitchens. Educational projects include an early 20th-century period garden, a medicine-wheel garden honoring Native American traditions, a three-sisters garden in which corn, pole beans and squash are inter-planted, and a “dyeing and drying” garden featuring flowers grown for textiles and dried arrangements. Family activities on Open Farm Day include making fairies, drawing and farm/nature-based projects, finding fairy houses and voting for the best scarecrow. There will be demonstrations of wool-spinning and twiggy fence making and information on honeybees and pollinators. Home-made refreshments will be served. Music will be performed by Playin’ Possum. Photo: Guests will meet the farm’s donkeys — Chester, Lilac and Cristabelle — and Knox-Lincoln Beekeepers will have observation hives and information on honeybees.

Second Broods—

Birding with Don Reimer

As a matter of curious interest, I hang an old lobster bait bag in a maple tree in my front yard each spring, holding an offering of nest-building materials for arriving spring birds. Birds can select from several choices — cut-up pieces of wooden yarn, lengths of string and twine or clumps of deer hair. Deer hair has a hollow core structure that enhances its insulating properties.

The bag gets a few takers in spring, including occasional gray squirrels that whisk the fibrous bonanza to nearby nest sites. Besides materials provided by nature, some bird’s nests incorporate a miscellaneous array of man-made materials, such as scraps of paper, bread wrappers or random strips of plastic. Once I discovered a sparrow nest as a bag of gray-sized cowbird chick. Before depositing her eggs in a host nest, the female Brown-Headed Cowbird does her homework to pin-point the location of active nests. Waiting until the nest is momentarily left unattended, she moves in quickly to drop an egg. Like domestic laying hens, cowbirds are indeterminate layers, meaning, in their particular case, they have a production capacity of up to 60 eggs during a single nesting season.

Chickadee getting nest materials

Robin with chicks

On July 1 a chickadee visited my bait bag, tugging beaks full of deer hair through the mesh. The bird made several trips, delivering materials to a nest box out back. In recent days, I’ve noticed fledgling chickadees soliciting sunflower seed from their parents. One unique individual with an all-white tail is a standout. Like many other songbirds, the chickadees are re-nesting to attempt a second brood.

Through mid-June I watched a pair of American Robins laboring to fledge their four offspring. As the nestlings grew rapidly and nest space became limited, two nestlings were forced to sit on a ledge outside the nest. That duo was first to vacate the premises, with their siblings exiting a couple days later. What about the vacated nest? Was it re-used for a subsequent brood? No, in this case. The bag gets a few takers in spring, including occasional gray squirrels that whisk the fibrous bonanza to nearby nest sites. Besides materials provided by nature, some bird’s nests incorporate a miscellaneous array of man-made materials, such as scraps of paper, bread wrappers or random strips of plastic. Once I discovered a sparrow nest as a bag of gray-sized cowbird chick. Before depositing her eggs in a host nest, the female Brown-Headed Cowbird does her homework to pin-point the location of active nests. Waiting until the nest is momentarily left unattended, she moves in quickly to drop an egg. Like domestic laying hens, cowbirds are indeterminate layers, meaning, in their particular case, they have a production capacity of up to 60 eggs during a single nesting season.

The habit of rehabbing and repurposing used nests varies widely between species. Robins, for example, will usually build new, but may construct another nest upon the old foundation. Other species may salvage and recycle materials from prior nests. I spotted a Cedar Waxwing transferring grassy materials, such as scraps of paper, bread wrappers or random strips of plastic. Once I discovered a sparrow nest as a bag of gray-sized cowbird chick. Before depositing her eggs in a host nest, the female Brown-Headed Cowbird does her homework to pin-point the location of active nests. Waiting until the nest is momentarily left unattended, she moves in quickly to drop an egg. Like domestic laying hens, cowbirds are indeterminate layers, meaning, in their particular case, they have a production capacity of up to 60 eggs during a single nesting season.

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is well worth reading. And I’m looking forward to activist and author Masha Gessen’s new book “The Future Is History: How Totalitarianism Reclaimed Russia,” out this fall. My husband, Peter Baker, and I produced our account in 2005, “Kremlin Rising,” which chronicled Putin’s rapid ascent to power — and swift dismantling of the fledgling democratic institutions he inherited. After the Trump Jr. email revelation, I turned back to our book and found on Page 52 the story of how kompromat arguably brought Putin to the presidency.

In 1999, an obscure Putin was embattled President Boris Yeltsin’s new head of the FSB, the domestic successor to the KGB, when he found himself embroiled in a kompromat war. Yeltsin allies were trying to take out a prosecutor-general who was poking around too closely in Yeltsin family business. They released a tape of Yeltsin’s head chief cavorting with scantily clad prostitutes, Putin obligingly stepped forward at a key moment to authenticate the footage.

Putin’s loyalty didn’t just help dispose of the prosecutor. It also confirmed Yeltsin’s view of the FSB head as a man he could trust. Within nine months, Yeltsin would name Putin president of Russia in his stead — and here Putin is today, still confounding the West 17 years later.

“Putin is playing chicken with Russia,” Hill and Gaddy wrote, and it is an observation as relevant now as ever. “He is daring the population to call his bluff.”

So why is Putin still in power? Why do Russians put up with the corruption and the uncertainty, the ever more constricted public space, and the epic disregard for them by the nation’s smug, oil-fueled elites?

In “Nothing Is True and Everything Is Possible,” Peter Pomerantsev captures as well as anyone the money-steel cynicism and manufactured media echo chamber of Moscow under Putin. “Everything is PR has become the favorite phrase of the new Russia,” Pomerantsev writes. His entertaining memoir recounting his adventures in the dark heart of the propaganda machine helps shed light on why Putin’s gilded, image-conscious Moscow seems so appealing to America’s TV-obsessed new president and his clan.

But Moscow and St. Petersburg are most decidedly not Putin’s Russia. To get outside the cosmopolitan, corrupt capitals and into the rest of the country, you will find no better describing the vast craziness of the post-Soviet realities than “Secondhand Time,” an oral history by Nobel Prize winner Svetlana Alexievich.

It is the single best guide I have found to Putin’s subjects, a beautiful, heartbreakingly true portrait of who people hoped for something better out of the Soviet breakup, but in the classic words of 1990s Russian Prime Minister Viktor Chernomyrdin, it “turned out as always.”

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Meredith Lyon has joined the Masterman Agency. Her new office is at 91 Camden Street, Suite 308, Rockland. She can also be reached at 207-596-0002, or 207-542-5717.

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By Andy O’Brien

Earlier this spring, Camden Hills Regional High School senior Alex Jurek turned 18 years old. As he watched his friends getting ready to graduate, he began to dream of finally leaving home and heading off to a big city like Boston for new adventures. But because Alex has an intellectual disability and cerebral palsy, he will remain in high school for another year while his parents agonize over where he will go when he eventually graduates.

“It really sucks for Alex,” said his mother, Hillary Steinau. “He’s a little butterfly that wants to fly the nest and it’s really heartbreaking that he’s stuck at home a lot of the time.”

Ideally, Steinau says, he would be happiest in a community environment with neuro-typical people, rather than just other individuals with disabilities, where he can continue to grow and thrive. But right now it doesn’t look as though he’ll have any other option but to stay at home. Alex is one of 351 Maine students with intellectual and developmental disabilities (IDD) who will need community-based services to help them maintain independence when they graduate in the next one to three years, according to a study by the Maine Department of Health and Human Services.

For Alex, those services include someone always nearby and assisting him with daily living skills like dressing, bathing, shopping and meal planning. But with 1,550 Mainers already on the wait list, it could be years before Alex is able to leave home and find a supportive community of his peers in a place like a group home.

And for his parents, the thought of his eventual graduation is a constant source of anxiety. As his mother pointed out, caring for an adult with disabilities can consume a family’s life. Her husband, Mirek Jurek, is a design director at a magazine and Steinau works as a freelance graphic designer, but she wonders whether she will have to eventually quit her job to care for Alex full-time.

“She’s a big guy overall and it’s hard living with an intellectually disabled young man,” she said. “We don’t get a break, there’s no end and it’s grueling. It’s like having a toddler all the time.”

No End in Sight for the Wait List

For several years, Gov. Paul LePage and Democrats have fought constantly over how to fund community-based services and eliminate the waiting lists of people with physical disabilities like cerebral palsy, multiple sclerosis, and traumatic brain or spinal cord injuries; intellectual or developmental disabilities such as Down syndrome and autism; and mental illness. And the reason for the lack of movement on the issue is because the 24/7 services are extremely expensive, with an annual cost of about $105,402 per person per year, according to DHHS. To fully fund the program would cost the state roughly $40 million a year. For his part, the governor has promised to fully fund the services, but it would involve diverting money from anti-poverty programs and health care for low-income families, which Democrats oppose.

And while nursing home care is considered a federal entitlement, community-based care for people with IDD is option- al. States can apply for a special Medicaid waiver, known as Section 21 in Maine, to cover those services, but the federal government only pays a fraction of the cost and the rest has to be made up by the state. As a way to control costs, states like Maine have created a mind-numbingly complicated system for administering the services by creating multiple categories of eligibility and levels of need. For instance, most

Alex Jurek with his parents Hillary Steinau and Mirek Jurek. PHOTO COURTESY HILLARY STEINAU

**Mainers with Disabilities Still Languishing on Wait Lists**

continues page 31
of the people on the waiting list are considered Priority 2 or 3, which means they are not in immediate danger and in need of adult protective services. However, Priority 2 individuals could still be at risk of being abused and often have parents who are over 60 years of age and have difficulty properly caring for their adult family member.

Maine Coalition for Housing and Quality Services Executive Director Cullen Ryan, who advocates for the rights of people with disabilities, says he often hears of people with I/DD whose negative behaviors start to escalate after aging out of special education and losing their community supports.

“I’ve witnessed families who will say, ‘My son or daughter will probably only need between 20 and 40 hours of support services to be successful out there,’” said Ryan. “But then because they waited so long on the waiting list, the young person develops a new pattern of behavior through extended crisis and now that person requires closer to 24/7 support in order to make it. The regression ends up becoming permanent because the person learns a new set of behaviors about what they need to do to get their needs met and it’s hard to unlearn that.”

As a result, Ryan says it actually ends up costing more not to provide support services as the needs increase.

“For the family, they begin to lose trust in the system that their son or daughter is going to be cared for [by] after they die,” he added.

However, the recently passed state budget does offer some good news for people with I/DD, because it nearly doubles the number of MaineCare hours, from 22.75 to 40, for day “Section 29” services like employment and home supports. It will also likely help a lot of parents who otherwise might be forced to quit their jobs to care for their adult children.

“What doubling the cap on that waiver means is that more people will be able to get what they need just to live a good life, and some of them hopefully will not ever need the Section 21 waiver,” said Rachel Dyer, associate director of the Maine Developmental Disabilities Council. “The Section 21 waiver,” said Ryan, “will navigate together,” he wrote in a statement. “We must unite and reject that cuts will take away the dignity and independence of people with disabilities. This is the civil rights fight of our time, and we will remain vigilant to protect all that has been built to ensure the inclusion and equality of people with intellectual and developmental disabilities in our society.”

Meanwhile, the Legislature’s Appropriations Committee voted last week to carry over LD 323, which would fully fund the Section 21 wait list, until next year. Whether the Legislature will find the money in the near future remains to be seen, but in the meantime, 1,550 Mainers like Alex have recommended to Chairman Alexander that the Senate Developmental Disabilities Council. “The Section 29 increase is likely to have a pretty significant impact on the quality of life for both the individuals and the families.” However, the LePage administration has said that it could take up to eight months to complete the rule change and increase the level of support services. As usual, the Department of Health and Human Services didn’t answer a request for clarification from The Free Press, but Ryan said the time line is unacceptable.

“Why would you possibly do that when you have put this in the budget?” he said. “You’ve said this is important to do and you’ve heard from thousands of families who completely agree with you. The Legislature has supported this unanimously, the governor has supported it, so why then would you drag your feet in terms of getting it out there as efficiently as possible? People’s lives are in the balance.”

The Zombie Republican Health Care Bill

Disabilities advocates are also celebrating the news that the US Senate does not have enough votes to pass the Senate Republican health insurance reform bill, dubbed the “Better Care Reconciliation Act,” which advocates say could have eviscerated services for people with disabilities. Both the House and Senate versions of the bill included provisions to cut hundreds of billions of dollars from the Medicaid program by turning it into block grants and capping spending. With limited resources, states like Maine would be forced to keep Medicaid spending under the capped amount or face penalties, which would likely result in more children and adults losing services. However, Peter Berns of the national disability rights group The Arc said his members would still remain vigilant in Senate Majority Leader McConnell is also considering a measure to simply repeal the Affordable Care Act without a replacement, which would cause 32 million people to lose health care coverage, according to the Congressional Budget Office.

“This is going to be a long road, but one that people with disabilities, their family members, support staff, and friends will navigate together,” he wrote in a statement. “We must unite and reject that cuts will take away the dignity and independence of people with disabilities. This is the civil rights fight of our time, and we will remain vigilant to protect all that has been built to ensure the inclusion and equality of people with intellectual and developmental disabilities in our society.”

Meanwhile, the Legislature’s Appropriations Committee voted last week to carry over LD 121, which would fully fund the Section 21 wait list, until next year. Whether the Legislature will find the money in the near future remains to be seen, but in the meantime, 1,550 Mainers like Alex continue to wait in limbo. And part of the problem, said her mother, is that families just don’t have enough political power to effect change.

“Everyone just quietly deals with it,” she said. “You don’t air the grievances out in public too much. But there are so many people struggling behind closed doors and that’s probably why this damn wait list isn’t getting funded — it’s out of sight, out of mind.”

When it’s time to schedule a mammogram or you’re facing a possible cancer diagnosis, you want the most state-of-the-art, personalized care – close to home.

With the opening of the state’s premier, nationally certified imaging center, state-of-the-art 3D mammography, ultrasound, bone density and needle biopsies are available in our beautiful boutique imaging suite. Choose the WCWG Center for Women’s Imaging for fewer unnecessary callbacks, greater accuracy and less stress.

Better, earlier, breast cancer detection and greater peace of mind.

TO YOUR HEALTH

Waldo County General Hospital is proud to announce the opening of the Center for Women’s Imaging

2D/3D Mammography | Breast MRI | Breast Ultrasound
Private Atmosphere | En Suite Registration

207-338-2500 | wcgghospital.org/press-imaging
118 Northport Avenue, Belfast, ME 04915

Please call your insurance provider for coverage details, an imaging order from your healthcare provider is required.
Take Precautions Against Mosquito-Borne Diseases

In response to a confirmed case of Jamestown Canyon virus in the state, Maine Center for Disease Control and Prevention (Maine CDC) wants to raise awareness about arboviral diseases, including Eastern equine encephalitis (EEE) and West Nile virus (WNV), which are serious infections that are transmitted by the bite of an infected mosquito. Although rare, the diseases have potentially severe and even fatal consequences for those who contract them.

Jamestown Canyon virus is a relatively rare disease that can be carried by different kinds of mosquitoes, including species that are present here in Maine. The case involved a mature adult from Kennebec County who had symptom onset in early June. The case required hospitalization, but the individual is now recovering at home.

Arboviral illnesses cause fever and flu-like symptoms and can lead to encephalitis or meningitis. Jamestown Canyon, as well as the two more well known diseases, West Nile virus and Eastern equine encephalitis, are viruses transmitted through the bite of an infected mosquito. They cannot be transmitted from human to human or from animal to human.

“This case reminds us all that mosquitoes are more than a nuisance, but they can also carry disease,” says State Epidemiologist Dr. Siri Bennett. “Prevention is key if Mainers are going to protect themselves from mosquito-borne diseases.”

Steps Mainers can take to protect themselves from mosquito bites include:

- Wear long sleeves and long pants.
- Use an EPA-approved repellent on skin and clothes — always follow the instructions on the label.
- Take extra precautions at dusk and dawn.
- Use screens on your windows and doors.
- Drain or empty out standing water where you live, work, and play.

Mosquitoes are most active and the risk of being bitten by one is highest from dusk to dawn and when temperatures are above 50°F (even more so above 60°).

The mosquitoes that carry EEE and WNV pick it up from infected wild birds. The virus replicates in birds, which act as natural reservoirs for the disease. Maine tests for EEE and WNV starting by Kasey Smith, founder of EterNav, on Sunday, July 30, through the summer months.

Another significant contributor to the high omega-6 content in modern diets is industrial seed oils such as canola, which were more depleted, resulting in less saturated fat. The year-round grain-heavy feedlot of beef used to be high in feedlots and fed grain instead of wild foods. Roughly 99 percent of all beef consumed in the U.S. is feedlot beef, according to some estimates. The quality of this meat is generally inferior to wild meat, as explained below.

Fat

Game animals, due to their natural diets, have more mono- and polyunsaturated fatty acids (MUFAs and PUFAs) than animal fat from grain-fed beef. (Though fatty acids are more abundant in red meat than in fats from white meats, the saturated fat content of wild game was likely higher during only a few months of the year when food was plentiful; the rest of the year, during times of less food, their fat stores were depleted, resulting in low satiety fat. The year-round grain-heavy feedlot of beef used to be high in feedlots and fed grain instead of wild foods. Roughly 99 percent of all beef consumed in the U.S. is feedlot beef, according to some estimates. The quality of this meat is generally inferior to wild meat, as explained below.

Carbohydrates

There was very little cereals grain consumption until the advent of agriculture roughly 10 to 11,000 years ago. Wild grains would have been small and difficult to harvest, and especially difficult to digest without grinding or cooking the unprocessed seed. While some believe that our genes have adapted to grain consumption, refined grains became possible during the Industrial Revolution 150 to 200 years ago with the advent of mechanized rolling mills and automated sifting devices. These processes removed the bran and germ, leaving behind the mostly starchy interior of the grain. This part is mostly devoid of nutrients, but it is important to look back at our ancestors and think about what they ate. Could it be the ideal diet? There are many differences in terms of carbohydrate, protein and fat content, as well as the types of foods that were consumed back then compared to now. While we continue to search for the “perfect health diet,” and wait for more needed research to be done, it may be wise to look at our ancestors for some guidance and, most importantly, to keep an open mind.

The information provided in this article is intended for general use only and is not to be used in place of medical advice from a licensed health professional.

Ellis Ross RDN, LDN is a registered dietitian and lifestyle nutritionist in midcoast Maine. She does nutrition counseling in a private practice focusing on whole, real foods. Have a nutrition question you would like to get answered? Please send questions for future article topics as well as general comments and questions. Send an email to elissarossnutrition@gmail.com or call 338-1655.

Nourishing Nutrition – The Ancestral Diet and Health

by Ellis Ross, RDN, LDN

It is no secret that “diseases of civilization” plague the modern, Westernized world. More than one-third (37.9 percent) of all American adults are overweight. This totals over 70 percent of the population. Some of the many obesity-related health conditions include high blood pressure, Type 2 diabetes, certain types of cancer and cardiovascular disease, which is leading the cause of all deaths in the U.S. What is interesting about these threats to public health is they are all at least partially attributable to diet.

There is an interesting and growing theory that the environmental changes brought about by the advent of agriculture and animal husbandry roughly 10,000 years ago, as well as the Industrial Revolution only a couple of centuries ago, have played a key role in bringing about these negative changes to our health. The theory concludes that these large-scale changes occurred too recently in our evolutionary history for our genetic makeup to have had time to adjust. Hence, we see the modern-day disease epidemic. While much more research needs to be done, the hunter-gatherer ancestral-type diet warrants a closer look as we seek searching for the ideal diet.

Were they actually healthier?

Several studies have shown that those in nonindustrial populations, including hunter-gatherer populations, have better cholesterol levels and aerobic fitness and lower rates of diabetes. One study of hunter-gatherers living in modern lifestyle in Australia showed great improvements in their fat and carbohydrate metabolism when they were returned to their previous hunter-gatherer lifestyle. Anchorage, Alaska, is home to the Anchorage Nutrition Research Institute.

Protein

While it is difficult to know exactly how much protein our ancestors ate, studies indicate it is no more than what we consume today (19 to 35 percent of total calories versus 15 percent). A higher-protein diet can help with weight loss, and there is increasing evidence that it can have a protective effect on heart health. Animal flesh from wild animals represent the bulk of our ancestors’ protein intake. This included both larger game as well as smaller animals like birds and lizards, as well as fish and seafood in coastal communities. Because wild animals forage on wild foods, the meat was usually very lean, with levels of saturated fat varying through the seasons depending on food availability. This is in sharp contrast to most animals of today, which spend most of their intake in feedlots and fed grain instead of wild foods. Roughly 99 percent of all beef consumed in the U.S. is feedlot beef, according to some estimates. The quality of this meat is generally inferior to wild meat, as explained below.

Fat

Another significant contributor to the high omega-6 content in modern diets is industrial seed oils such as canola, cottonseed, soybean and corn, which are naturally high in this type of fat. These vegetable oils have not been around long enough to be found in the diets of our early hunter-gatherers, as explained below. While an ancestral diet is clearly not for everyone, it is interesting to look back at our ancestors and to consider what they ate. Could it be the ideal diet? There are many differences in terms of carbohydrate, protein and fat content, as well as the types of foods that were consumed back then compared to now. While we continue to search for the “perfect health diet,” and wait for more needed research to be done, it may be wise to look to our ancestors for some guidance and, most importantly, to keep an open mind.

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Positively Influencing Behavior

Could you please write about behavior? I’m forever trying to get my kids to behave well but it seems I’m never successful. Any guidance would be helpful.

 Especially on the daily reminders of parenting struggles. Certainly, not because I enjoy seeing parents, or their children, in distress; but rather, because it reinforces the universal challenge we all face in doing the most important job of all. Children don’t arrive with instructions, providing the “how to” on effective techniques to quell meltdowns; simple steps for getting your child to sleep; how to talk to them so they’ll listen, or how to remove the pain when they have physical, emotional, or mental setbacks.

Connection, or parenting from the “inside out,” is a for­
gen language to most parents. The tendency is to react to the behavior, assuming punishment, or logical consequences, will effectively stop whatever is unacceptable. The problem with that approach is that we haven’t addressed the emotions driving the behavior. The emotions may bring immedi­
ate results, yet depending on the intensity and breadth of the emotions, it’s likely the behavior will manifest somewhere else — prompting an extension of neglect, or deflect­
ed somewhere else or towards someone else.

Connection and problem-solving require you to change your perceptions of parenting. By exploring a better way to reach your children, versus the traditional methods of parenting. It asks you to commit to identifying what triggers you, changing your perceptions by controlling your respective triggers and urgent arguments to reframe their assumptions about their children to diminish their reactions, promoting an envi­
ronment of support, balance, and understanding. It requires being aware that children want to be successful, that no child is happy being manipulative or out of control. Mak­ing a connection with your children is the only way to influ­
ence them positively, shifting the behavior.

Connective communication is a skill that takes consider­able practice, determination and focus. As with any new skill, it requires time and patience to integrate it into our lives. When someone feels heard and understood will help soften the intensity; how­
ever, the behavior will continue to become more inap­propriate when they haven’t “tuned into” what’s fueling this.

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ever, the behavior will continue to become more inap­propriate when they haven’t “tuned into” what’s fueling this.
Watts Hall Community Players

Thanks Volunteers—
Volunteers in the greater Thomaston area once again pulled together to put on a musical during two weekends at Watts Hall from June 23 to 25 and July 21 to 23. Directed by Tracey Doering and Andrew Lloyd Weber and Tim Rice, with a cast of over 40 people, could not have been produced without the efforts of many.

Our business sponsors Epifanes Yacht Coatings, Walmart, and Churchman’s Bakery helped support the production. Thanks also to Home Depot and Lowe’s. Dick Cease worked tirelessly on lighting, and to Larry and Geroge Holmbom Post 116 of Monson. The public is welcome to attend. For further information, contact Estella Bennett at 876-3073 or embweb@myfairpoint.net.

In August of 2015, the Monson Historical Society was contacted by a University of Maine student who was writing a thesis on Hermits of Maine. Apparently the Monson/Ellsworth/Onawa area of Piscataquis County contained two of them. This was the beginning of a fact-finding journey for several members of the Historical Society. One of the men, known locally as “Hank the Hermit,” was particularly interesting to NHS member Estella Bennett because her father was one of only three people who attended Hank’s funeral. Census records found that Hank was born to a family in Belfast, the only child of Horace and Vivica Perkins. His name was Ralph Albert Perkins. At a young age the family of three moved to Massachusetts where Ralph’s father was foreman in a paper mill in Chelmsford. Ralph himself worked in the shoe factory in his late teens. At age 20 Ralph lost his father in a tragic train accident. In 1917, at the age of 30, Ralph enlisted in the Army. After returning from WWII he moved to Chesuncook, Maine to work in a woods camp for Great Northern. Thereon the paper trail ends as he moved further into the woods of the Elliotsville area and became known to all as “Hank the Hermit.”

After interviews with several people in the Monson area who remembered Hank, the consensus was he was a large man in stature, bearded and friendly on his own terms. He was known to enjoy the company of the quarry workers in his later years but rarely ventured into Monson. Hank became a hero for one family. In April of 1948, he was at his cabin near South Pond when he heard cries for help. Two men and a boy were out fishing in a canoe that had been capsized. The boy was swept away by the rush of water in the time he took to attract attention. The man, his stepson, arrived on the scene Bob Zimmerman had drowned. Clifford Douglass had made it to shore but Charles Douglass was still clinging to the canoe. Hank found a nearby tethered canoe, broke the chain and rescued Charles. With that he built a fire for the two men and returned to his cabin.

Many stories of Hank survive and one known photo. Hank died in his sleep October 27, 1962, and was buried in Belfast. He was the next to his family. It was discovered by the Monson Historical Society that he did not have a headstone. They applied for and received a stone from the Veterans’ Administration in the fall of 2014 for his grave.

This spring Estella Bennett found Ralph aka Hank had relatives in Belfast. The family knew very little about him other than his given name and a brief mention of him in the obituary for his father, filed in the family Bible.

A ceremony will be held for Ralph on Sunday, July 30, at 2 p.m. in Belfast at Grove Cemetery, 98 Waldo Avenue. A WWII veteran will be honored by the Jerry W. Dobbin American Legion Post 157 of Stockton Springs and the Towne-Holmbom Post 116 of Monson. The public is welcome to attend. For further information, contact Estella Bennett at 876-3073 or embweb@myfairpoint.net.

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). Email letters to copyleft@freepressonline.com or mail them to The Free Press, 9 North Main St., Suite 101, Rockland, ME 04841.

Ken Donoghue, Camden

LETTERS

Memorial for Hermit—
Hank the Hermit... was a hero of people who struggled to meet their basic needs and were often the first to suffer from unjust discrimination. Hank was a hero of all who struggled to protect the environment. His influence was up for grabs in the 1860s, the dawn of America’s industrial revolution. In those times, protected areas were established to preserve the world. What remains of the world wild and natural was up for grabs in the 1860s, the dawn of America’s industrial revolution. In those times, protected areas were established to preserve the world. The world we know and love today is the result of an ongoing effort to conserve and preserve the world around us. Hank the Hermit was a hero of the fight to protect the world. He voluntarily designed, purchased and installed new sound equipment which, in prior years, had to be borrowed from other theater or school groups. Taylor Stenger’s help in installing and operation of this new equipment was invaluable. Urusa Kruse-Vauciennne was the producer. Sarah Penney acted as assistant director and stage manager. Daryl Hahn was the program director and Sean Freaming the music director. Emily Jenkins was the choreographer. Mary Lou Steger was the house manager. Jana Goddard headed up an able group of ticket sellers. Ben and Mary Anderson Griffin gathered props. Shelly Gugger directed a team of eight to create the costumes.

— Roberta Carmichael, Julie Stockpile, Arlene Woodward, Davene Fathy, Emily Curran, Juanita Mahon, Ann Robeson and Nancy Trotter. Together, they helped support the production. Thanks also to Home Depot and Lowe’s. Dick Cease worked tirelessly on lighting, and to Larry and George Holmbom Post 116 of Monson. The public is welcome to attend. For further information, contact Estella Bennett at 876-3073 or embweb@myfairpoint.net.

What Would Thoreau Say Now—
In years past, this festival has required around 800 volunteers to pull off a flawless festival, said American Folk Festival Executive Director Heather McCarthy. “This year, we are expecting to need more than that, based on about 25 percent of the volunteers we need. We’re asking this community to perhaps try volunteering if they haven’t done it before and then revisit volunteering if they enjoy it before. It’s incredibly rewarding and fun, and the spirit of all volunteers creates a festival that is earning praise around the world.”

Praise for the American Folk Festival recently came in via Conde Nast Traveller’s “Best Festivals Around the World,” including the three-day festival on the prestigious list alongside other big name events like Lollapalooza in Chicago, Pukkelpop in Belgium, and the Helsinki Festival in Finland and Burning Man in Nevada.

“Thoreau was a hero of people who struggled to meet their basic needs and were often the first to suffer from unjust discrimination,” said McCarthy. “Hank the Hermit was a hero of all who struggled to protect the environment. His influence was up for grabs in the 1860s, the dawn of America’s industrial revolution. In those times, protected areas were established to preserve the world.”

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Ken Donoghue, Camden

American Folk Festival Needs Volunteers—
The American Folk Festival on the Bangor Waterfront has announced an immediate need for volunteers to orchestrate a successful 2017 festival.

“In years past, this festival has required around 800 volunteers to pull off a flawless festival,” said American Folk Festival Executive Director Heather McCarthy. “This year, we are expecting to need more than that, based on about 25 percent of the volunteers we need.”

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George Mitchell in Damariscotta—

Recently I was in Damariscotta, where I attended a question-and-answer session, organized by Lincoln County Indivisible, with Senator George Mitchell. His answers were very interesting and compelling. Here are my memories of some of the things he said.

He said that the response we need now is political action concluded from elections, not conferences, in November 2018. These elections will be a deciding point in the Trump presidency. People should register to vote and vote. Mitchell will support sensible nonpartisan laws that benefit all the people.

Many Republicans are uncomfortable with what is going on and they are fearful of alienating their base. They need to change. The change has begun. We are never sure that people standing for election-re-election know that Trump is a liability. Early polls in 2018 will shape the election. The President is a reference to a group of people. Congress has one Republican representative, Bruce Poliquin, who is up for re-election in 2018. People know they are voting for things that are not.

The current attempts by the Republican Party to repeal and replace the Affordable Care Act will take us back to darker days and remove many millions of Americans from health care that has been available to them and will be particularly devastating to the elderly, rural and low-income residents. To attempt to carry out a completely partisan maneuver that adversely affects so many people is doomed to failure.

As a member of the Advisory Board of the Coastal Recovery Community Center, I would like to address a rumor that it has been the Democratic Party, since the Civil War, who want than by what big money wants?" Of the thousands he has addressed he says that only two people have raised their hands, and one was the wife of a Congressman.

Money has become a major factor in elections. The Citizens United ruling by the High Court allows obscene amounts to be spent by rich people and corporations to get favorable results. The President in Kentucky saw some $50,000,000, an all-time record, poured into that contest.

The answer is simple. Nothing. Absolutely nothing. When we declared our political separation from the only government we had known and fought for, the most powerful nation on earth for eight long years — the longest conflict on American soil — it had nothing to do with the price of a red hot food item, the price of a bus ticket, or a bus ticket or price, or scaring the bejusus out of our fellow creatures. The irrelevance of these activities to the Fourth's rightful focus deserves our attention, but far more important is how they obscure — indeed, almost totally replace — the significance of our nation's historic struggle for a government that required the consent of the governed, and that seeks equality for all its citizens (a goal, among others, not yet achieved). We learn nothing from our collective past if we don't know it, and, in fact, have substituted self-indulgence for it.

Parties and holiday sales are fine in their place, but it's not what the Fourth is about. We are linked to our past and can benefit from its pitfalls and successes, but only if we know them and share that knowledge with our children.

I say, let's all get in step and help Putin Make America Great Again. And please, don't smooth it over by saying "he's in a better place" or "I'm not going to complain or even pretend to be con-

LETTERS

The National Party, Shopping and Noise Day (Formerly the Fourth of July) —

I like to call things what they are, not what they're inten-

ded to conceal or cast in a positive light to perhaps make a more favorable impression. When a business says that prices are "on the rise," it means they're going to go up. When I write the phrase “free with” appears in print, I know it’s not free. When a car is "pre-owned," I don't wonder how it could be. I know it has been driven. Let's be both direct and honest.

I would have to say to the voters, "We have been working for you all the while, not just when we need your votes." Senator Mitch McConnell, who is the Majority Leader, and McConnell was asked his audiences, "Who thinks that elected representatives are driven more by what the voters want than by what big money wants?" Of the thousands he has addressed he says that only two people have raised their hands, and one was the wife of a Congressman. Mitchell will support sensible nonpartisan laws that benefit all the people.

The current attempts by the Republican Party to repeal and replace the Affordable Care Act will take us back to darker days and remove many millions of Americans from health care that has been available to them and will be particularly devastating to the elderly, rural and low-income residents. To attempt to carry out a completely partisan maneuver that adversely affects so many people is doomed to failure.

Early in 2018,...
“Be Good to Yourself at the SPA”

Includes Local Pickup of New Dishwasher

SUMMER IN MAINE!

Country Inn Day SPA

DISHWASHERS INSTALLED

“Be Good to Yourself at the SPA”

DISHWASHERS INSTALLED

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THURSDAY, JULY 20:

• Free Talk by Author of “The Great Mars Hill Bank Robbery,” 6:30 p.m., Rockland Library. Ron Chase tells the true story of the 1881 robbery, which robbed a Maine bank of $11,000 and then spent his way across Europe and North Africa, hanging out money to needy people, before he was caught. Books on sale.

• Author Christina Baker Kline at Camden Public Library, 7 p.m. The author of 2013’s “Orphan Train” looks at stories of survival in her latest novel, “A Piece of the World,” based on the woman who appears in Andrew Wyeth’s 1948 masterpiece “Christina’s World.” Followed by Q&A and signing.

FRIDAY, JULY 21:

• Theater Camp at Maine State Music Theatre, on Bowdoin college campus, Brunswick, through Aug. 5. Schedule: msmt.org.

MONDAY, JULY 24:

• On a Ship with Virginia and the Popham Colony in Phyship, 4 p.m., The Lincoln Home, New Castle. Free talk by Orman Hines, president of Maine’s First Ship Heritage Organization, Maine Archaeological Society.

• Summer in Maine!“Decline of Forage Fish in the Gulf of Maine,” 7-8:30 p.m., Belfast Free Library. Karen Alexander talks about forage fish, which eat plankton and which get eaten by larger fish, marine mammals and seabirds. She’s the director of the ocean climate change program at UMaine’s Darling Marine Center in Walpole, Maine. The author and Vinalhaven resident will tell them what we mean for rebuilding seabird populations on Maine islands.

• Free Talk by Phil Crossman on Island Time,” 6:30 p.m., Belfast Free Library. She will discuss her writing and multimedia career. Free Talk by Phil Crossman on Island Time,” 6:30 p.m., Belfast Free Library. She will discuss her writing and multimedia career. Free Talk by Phil Crossman on Island Time,” 6:30 p.m., Belfast Free Library. She will discuss her writing and multimedia career. Free Talk by Phil Crossman on Island Time,” 6:30 p.m., Belfast Free Library. She will discuss her writing and multimedia career. Free Talk by Phil Crossman on Island Time,” 6:30 p.m., Belfast Free Library. She will discuss her writing and multimedia career.
**CALENDAR OF EVENTS**

**Memorial Library, Tenants Harbor. Talk**

- **Talk by author of “The Gilchrist Papers.”** 7 p.m., Pencobscot Marine Museum, Woodland. Free talk by Penny Stackpole on the book he wrote after finding letters and business papers of the Gilchrist family, which built and sailed ships to ports around the world in the 1800s.

- **Two Weekends of Annie in Belfast.** The Belfast Maskers put on the family musical at United Farmers Market of Maine, 18 Spring St., at 7 p.m. Thursday, Friday & Saturday, July 27, 28 & 29 and Aug. 3 & 4, $2 with 2 p.m. matinees on Thursday, July 30 and Aug. 5. $15 adults/$10 under 13 at door or Belfastmaskers.com. 5:30-7:30 p.m.

**2nd Annual Camden Classics Cup:** Thursday-Saturday, July 27-29. Public events include harborview viewing of the Maine Maritime Museum Parade of Sail at 5:30 p.m. Friday, a pancake breakfast at waterfront Sail, Power & Steam Museum at 7 a.m. Saturday, a 90-minute workshop for those who want to tell their personal war stories. A 9:30 a.m. workshop is offered for people trying to tell their war stories as well. Limited seating. Cost: $25.

**Tell Your Life Story,** 6:30-10 p.m. Friday, July 28 at Cider Hill Farm, off Route 1, Freeport. Details: tellyourlifestory.org or 207-945-7100.

- **Talk by Author of "The Gilchrist Papers."** 7 p.m., Pencobscot Marine Museum, Woodland. Free talk by Penny Stackpole on the book he wrote after finding letters and business papers of the Gilchrist family, which built and sailed ships to ports around the world in the 1800s.

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**COMING UP:**

- **Folk Dance Brunswick, Fri., July 28, 6:30-9 p.m. at People Plus, 35 Union St., Brunswick. World music & dance. All welcome. $5 donation. FMI: 207-729-5777, folkdanceatb Brunswick.org.

- **Talk by author of "Dirty Wars and Soldiery Silvered,"** 7 p.m., Thursday, July 30 at The Wyldy Schuster on her tall-tall about being a Wall Street Journal writer & then the writer of a U.S. diplomat. Leave your letter/blog at myfriendpoint.net, 336-9009.

- **Sunsweat Sundays and Cousins:** 7 p.m., July 28 & 29 at Elizabeth Ann, Fri., July 28 & 29, 6-15 p.m. Depart from Montagu Boat Line dock in Port Clyde, $15 adults/$7/12 under 12. Benefits charities supported by Naomi Chapter 25, Order of the Eastern Star, St. George. Reservations required. 372-0510.

- **27th Annual Penobscot Bay Gam, Fri. & Sat., July 28 & 29 at Town Landing. The host venue is Sail, Power & Steam Museum in the south end of Rockland Harbor. Friday features a shoreside potluck. Dock and Moira Benzel of SV Equinox will give a talk about the boating lifestyle at 6:30 a.m. Saturday. 11 a.m. Saturday. FMI: Spica.org.

**MUSIC**

**THURSDAY, JULY 20:**

- **Gyro Caravan in Belfast Summer Nights, 5:30-7:30 p.m. on Belfast Common. Sam Ladd and Brice Sinclair open for the mainstage-style gyro jazz band. Bring chairs, picnics, kids, dancing feet, and not the dog. FMI: 322-7121.

- **Graham Nash in Union, 7:30 p.m. in Savage Oakes Vineyard and Winery’s Summer Concert Series. $56 for festival-style admission. Bring a lawn chair or blanket. FMI: 526-1888.


- **Classical Trio in Formal Concert and at Café Night in Rockport, pianist Gilles Vonsattel, clarinetist Todd Fulmer and cellist Jakob Kuroyan play Beethoven and Brahms at 7 p.m. on Thursday, July 27th in Rockport Opera House. $60/$10 under 25. The trio plays pieces by Debussy, Ligeti, Poulenc and others at a Café Night at 8:30 p.m. FMI: 566-2110. Tix: bchambermusicconcerts.org.

**FRIDAY, JULY 21:**

- **Marlène Hall & Breakers Jazz Band Outdoors in Rockland, 4-6 p.m. They play a free concert of big band and contemporary tunes under the tent at the waterfront Sail, Power & Steam Museum on Mechanic Street. Bring a picnic.**

- **The Mannheim & Sassafras Stomp in Belfast, 7 p.m. Free Range Music Series & Waterfall Arts put it on at The Crosby Center. 96 Church St. $15/free under 6. FMI: freerangemusciseries.com.

- **By the Bay Jazz Trio at Rock City Cafe, Rockland, 7-9 p.m. Works from the Broadway classics, folk song and Latin rhythm standards. Cindy Milner sings. FMI: Payne’s Porcini Concert at Rockville Community Chapel, Rockport. 7 p.m. The Hynd family plays everything from folk rock to bluegrass. $5 donation goes toward chapel’s heating system.

- **Bar Harbor Music Festival at Belfast Harbor with Christopher Johnson, 7 p.m., The First Church of Belfast, at 57 Main St. He plays Chopin and American music. Johnson gives a free lecture anddemo appropriate for young musicians at 4 p.m. Darling’s Ice Cream for a Cause will be collecting donations for ice cream on Church Street 5:30-7:30 p.m. to help Belfast Stagehouse fund the Bar Harbor Music Festival at Belfast series, which wraps up on 4 p.m. with Sunday with The Ardella Trio at Belfast Free Library. Violinist Janey Coo, cellist Jennifer DeVore and pianist Jihee Hong Parks play pieces by Haydn, Beethoven and Mendelssohn. $20 for either concert: thebelfaststagehouse.org or Left Bank Books.

**SATURDAY, JULY 22:**

- **Willy Off the Pickle Boat at Rock City Cafe, Rockland, 7-9 p.m. Teddy Casey, David Butler and Josh Carpenter play American.

- **Hit-Maker Jim Messina at Opera House at Boothbay Harbor, 7:30 p.m. From a houseful of suits musicians he has worked with (like the Eagles) to originals. $35 tix: boothbayoperahouse.com. $40 door.

**SUNDAY, JULY 23:**

- **Jazz du Monde and Friends at Waldoboro Village, 2-4:30 p.m. Classic and Latin-flavored jazz, swing and blues. Refreshments available. FMI: medomakarts.org.

- **Folk-Inspired Classical Music at Bayside Community Hall, 8:13 Shore Road, Northport, at 4 p.m. Bar Harbor Music Festival musicians Allison Kiger and Christopher Ladd step to play “Towards the Sea” by Toru Takemitsu and John Kussack’s “Monogame Suite.” $20 tix at Blair Agency or the door.

**MONDAY, JULY 24:**

- **Elvis Costello & The Imposters at Thompson’s Point, outdoor waterfront Portland venue, doors 6 p.m./show 7 p.m. All ages. Seated. $75 advance/$80 show at OA Lawn, $45 advance/$50 show day FMI: thompsonpointmaine.com.

- **Professor Louie in Rockland, 7-9 p.m. Monday Night Blues at Time Out Pub $15 cover.

**ACUPUNCTURE & CHINESE HERBS**

18 Harbor St.
Belfast, Maine 04915
(207) 338-4454

Serving Our Community Since 1993
TUESDAY, JULY 25:
• “Morning Music Concert” at Zoot Coffee in Camden, 9:30 a.m. Free performance by cellist Christopher Costanza.
• “Baroque & Beyond” Chamber Music Concerts, by Maine Friends of Music ensemble: at Basilica of Saints Peter and Paul in Lewiston at 7:30 p.m. Tuesday, July 25; at Knox Museum’s Montepelier in Thomaston at 6:30 p.m. Wednesday, July 26; at Schooner Cove in Damariscotta at 7 p.m. Thursday, July 27; and at Union Church in South Bristol at 3 p.m. Sunday, July 30. $12 at Montpelier; donations accepted at others.

WEDNESDAY, JULY 26:
• Yankee Brass Band Playing Free Outdoors Concert in Rockland, 7 p.m. Paul Maybery conducts the 19th-century-style ensemble under Sail, Power & Steam Museum’s tent on the waterfront. FMI: sailpowersteammuseum.org.
• Free Lawn Concert with Ukule Band Rock Band, 6 p.m. Rockport Masonic Center, 361 Main St, near Simonton Corner. Pass the hat for the musicians; refreshments for sale & raffle. FMI: 691-2270.
• Fiddler Alden Robinson and Pianist Neil Pearlman in Round Pond, 7:30 p.m. at The Little Brown Church, Route 2. They play music from Ireland, Scotland, Canada, Maine. Bring a cushion for the hard pews. $12 donation. Kids free.

THURSDAY, JULY 27:
• Long Gone Daddy in Belfast Summer Nights, 5:30-7:30 p.m. at Steamboat Landing. Bring chairs, picnic baskets, kids, dancing feet, but no dogs. FMI: 322-7123.
• Songwriters Session at Camden Stage, 8 p.m. Hear the music that meets last Thursdays of the month offers a supportive environment for songwriters at all levels. All welcome.
• Pianist and Boothbay Harbor Opera House “Wizard” Kevin Kiley, 7:30 p.m. The theater’s technical director, who is also a pianist of note, plays Broadway hits and American standards with vocalists Phil Zipkin Day, Lynee Mcgee, Jennifer MeClod, John Adams. $20 advance/$25 door; boothbayoperahouse.org.
• Fleet Foxes at Thompson’s Point, outdoor waterfront Portland venue, doors 6 p.m./show 7 p.m. All ages. $46 advance/$51 show day. FMI: thompsonspointmaine.com.

COMING UP:
• Free Live Music Night at Medomak Arts in Waldoboro, Fri., July 28, from 6-8 p.m. This month’s featured performer is folk singer/guitarist Mark Harbour. Refreshments available.
• An Evening with Slaed Chives,” Fri., July 28, 8 p.m. Damariscotta River Association’s Barrows Barn at Round Top Farm, Damariscotta. “William Faulkner with faded jeans and a worn six-string.” $30 tix: damariscottariver.org. $40.
• Steep Canyon Rangers at Boothby Harbor Opera House, Fri., July 28, 7:30 p.m. The Grammy winner plays tunes from their 2015 “Radio” and others. $30 advance/$35 door. And Sat., July 29, 7-9 p.m., Irish-American supergroup Cherish the Ladies. $25 advance/$30 door; boothbayoperahouse.org.
• “Expanding Horizons” Concert at Union Hall in Rockport, Sat., July 29, 7 p.m. The Windfern Ensemble, Maho Haskinna on flute and Nathan Hillman on viola, play “Historie de Tango” by Astor Piazzolla, “Romanian Folk Dance” by Bartok, and the premiere of Hillman’s Trio for Flute, Viola and Piano, for which they will be joined by pianist Patricia Stowell. FMI: windfernensemble.com.
• The Secret Sisters Coming to the Strand in Rockland, Fri., Aug. 25, at 7 p.m. Laura and Lydia Rogers blend country, roots, and rock. $20 advance $15 at rocklandstrand.com. $25 show day.

NEW PRICE!
Rare Harts Neck location — opportunity to own a farm property, this is a must see. EXCLUSIVE! Barns are simply TREMENDOUS! Location lends itself well to retail applications. If you want a farm property, this is a must see. Warren $179,900.

Banda Magda Romps on Strand Stage August 12 — The Strand Theatre in Rockland will present Banda Magda on Saturday, August 12, at 7:30 p.m. Greek-born composer-singer-accordionist Magda Giannikou (Kronos Quartet, Louis CK) leads the cosmopolitan group, with members from Argentina, Japan, Colombia and the U.S.A., in effervescent renditions of tunes ranging from samba to French chansons, to Greek folk songs, combining South American rhythms with jazz improvisation and audience participation. The group, founded in 2010 in New York, has toured across five continents and appeared at venues like the Kathmandu Jazz Festival and the Kennedy Center. The Strand lobby and balcony bars will be open to age 21 and up. Tickets are $20 in advance, $25 at the door. For more information, visit www.rocklandstrand.com or call 594-0070, extension 3.

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**CALENDAR OF EVENTS**

“Love and Death,” 7 p.m. Friday Night Films at Belfast Free Library. Woody Allen and Diane Keaton play unlikely lovers in czarist Russia.

**SATURDAY, JULY 22:**
- “Homey,” 8 p.m., Strand Theatre, Rockland. Screening of a 35mm archive print to mark the classic animated Disney film’s 70th anniversary. $5.

**MONDAY, JULY 24:**
- “The Big Sleep,” 8:30 p.m. Monday Night Movies in Camden Library’s Amphitheatre. Bring a blanket or lawn chair and snacks for the film noir flick starring Bogart and Bacall. Free.

**THURSDAY, JULY 27:**
- NT Live: “Angels in America: Part II,” 7 p.m., Strand Theatre, Rockland. David Rockwell will discuss moderated by Barry Schwabsky. One-day symposium featuring a panel discussion moderated by Barry Schwabsky. RSVP to symposium: iaca@mea.edu.
- Talk on Reading a Paint Tube Label, 5:15 p.m., Thursday Tours at Appleton Library. 2016 Sonnebee Road. Maine Master Naturalist Andrea Lani teaches how to make a journal using a range of drawing techniques that hone observation skills and silence the inner critic.
- “Intro to Nature Journaling,” 6:30-7:30 p.m., Thursday Tours Talks at Appleton Library. 2016 Sonnebee Road. Maine Master Naturalist Andrea Lani teaches how to make a journal using a range of drawing techniques that hone observation skills and silence the inner critic.

**FRIDAY, JULY 21:**
- “Camera Settings and Light for Lifestyle and Still Life Photography,” 10 a.m. -2 p.m. at Rockland’s Art Loft. Karen Olson leads it. $60. FMI: artloftrockland.org.
- Twin Villages ArtWalk in Damariscotta & Newcastle, 4-7 p.m. Free self-guided tour of galleries, gift shops, nonprofits and restaurants. With five art tents at Damariscotta River Distribution. Events include: • The Lincoln Home, 22 River Road, Newcastle. Reception for a show of Maine scenes by Wisconsin artist Virginia Forrest. • Reception for Pam Cabalas at Arts in the Barn Show, 8-10 p.m. at Cushing Historical Society, 17 Hathorne Point Road. The Friendship artist’s plein air images and music by Marianna Filippi. The exhibit hangs all weekend. • Paint Night: “Summer Beach” at Rockland’s Art Loft, 6-8 p.m. Angela Andersen gives step-by-step instructions to help you transform a canvas. Snacks served. BYO beer or wine. $35. Reserve: artloftrockland.org.

**SATURDAY, JULY 22:**
- “Getting Started with Lightroom” 10 a.m. noon at Rockland’s Art Loft. Karen Olson teaches how to use software that is an affordable option for hobby photographers and aspiring artists. $35. FMI: artloftrockland.org.
- Maine Artist and Author Showcase at Red Barn Marketplace & Bakery, off Route 1 in Lincolnville, 10 a.m.-2 p.m. You’re invited to sample jams, salsa and sauces, browse fine art, and meet authors Barbara Lawrence (“Ben’s Story,” “Islands of Time”) and K. Stephens (“The Ghost Trap”), who will be signing books.
- Mixed Media Collage Workshop at Waterfall Arts in Belfast, 10 a.m.-3 p.m. Artists Karen Gelardi and Anna Hepler lead an exploration of woodblock printing and collage, in conjunction with their exhibit, “Seesaw.” $65 includes materials. FMI: waterfallarts.org, 330-2222.
- George Mason Open Studio at His “Yellow Church,” 123 Bertolli Hill Road. Nobleboro, 10 a.m.-4 p.m. See new works by the founder of Watershed Center for Ceramic Arts in Edgecomb and recipient of three National Endowment for the Arts awards. FMI: georgemasonart.com.
- “Chinese Traditional Painting: Fish,” 1-3:30 p.m., Art Loft, Rockland. Nanlei Wang leads it with an eye toward how to control the application of water when using brushes on rice paper. $35. FMI: artloftrockland.org.

**SUNDAY, JULY 23:**
- Meet the Artists of Saltwater Artists Gallery in New Harbor, Route 130, from 3-5 p.m. Meet 25 of the gallery’s artists at the reception & see works in every genre.

**THURSDAY, JULY 20:**

**ART**

**THURSDAY, JULY 20:**

**FRIDAY, JULY 21:**

**SATURDAY, JULY 22:**

**SUNDAY, JULY 23:**

**MONDAY, JULY 24:**

**TUESDAY, JULY 25:**

**WEDNESDAY, JULY 26:**

**THURSDAY, JULY 27:**

**FRIDAY, JULY 28:**

**SATURDAY, JULY 29:**

**SUNDAY, JULY 30:**
THURSDAY, JULY 25:

- “William Wegman and His Weimaraners” at the Strand Theatre, Rockland. 3:30 p.m. Slide talk by the artist, who brings along the dogs he is known for photographing. His show “Reel to Real” is at Rockland’s Center for Maine Contemporary Art through Oct. 22. $15 advance tix/$10 for Strand & CMCA members: rocklandstrand.com. $20 door.

WEDNESDAY, JULY 26:

- “Art at the Grill” Reception, 4-5:30 p.m. at Damariscotta River Grill. For Kimberly Skillin Traina, Susan Tilton Pecora and Doug Houle, whose works capture summer in Maine. Light hors d’oeuvres. Show runs July 24-Sept. 11.

- Talk on “Joseph Fiore and His Art,” 7 p.m. at Vose Library, Union. Anna Withit Abaldo of Maine Farmland Trust shows a short film by Richard Kane, “Joseph Fiore: The Nature of the Artist,” and then talks about Fiore’s art, his connection to MFT, and Doug Houle, whose works capture summer in Maine. Light hors d’oeuvres. Show runs July 24-Sept. 11.

- Reception to Open Show by Susan Cooney and Peigi Cole.

- Reception for “The Garden Show” at Kenefur Studio & Gallery, Damariscotta, Fri., July 28, 4:30-6:30 p.m. Works by 28 artists in mediums ranging from oils to mixed media to photography. Through Aug. 13.

- Reception to Open Two Shows at Waterfall Arts in Belfast, Fri., July 28, 5-8 p.m. “Interiors” in the Clifford Gallery, and “An Eclectic Mix: Works from the Art Department” in the Corridor Gallery. Light refreshments.

- Belfast Fourth Friday Art Walk, Fri., July 28. With street performers and gallery receptions from 5:30-8 p.m. Art Walk maps are available at Belfast Creative Coalition’s booth at High and Miller Street. From Farm to Gallery Food Tastings, coordinated by Maine Farmland Trust. FMI: Belfastcreativecoalition.org


ONGOING:


- Monhegan Museum, 4-6 p.m. “Reckoning with Nature: Andrew Winter at Monhegan Island,” through Sept. 30.


- “Pollination Services & Community Partnerships,” 5-30 p.m., 5-8 p.m., 7-10 p.m. at Eagle Cove, Cundy’s Harbor (former tractor shop), Saturdays, 10 a.m.-noon.

- Healthy Lincoln County Summer Meals Program, mid-summer sites are now serving free meals to kids 18 and under. No registration required, no questions asked. Sites: healthylincolncounty.org

THURSDAY, JULY 20:

- Buffet Summer Salad Luncheon in Camden, 11 a.m.-1 p.m. at First United Methodist Church. Church serves fruit, rice, jellied and garden salads, plus turkey, rolls, cold beverages – timed to coincide with Camden Garden Club’s annual Camden House & Garden Tour. $12 adults/$6 under 12.

- Buffalo Barbecue Fund-Raiser, 5 p.m., Hope Corner Fire Station, Chicken, cole slaw, salad, pickles, roll, dessert & drink. $10.

THURSDAY, JULY 25:


- People’s United Methodist Church. Casseroles, salads, baked beans, yeast rolls, beverages, pies. $8 adults/$4 under 13.

- Free 2-Part Plant-Based Cooking Class, Second Congregational Church, Warren, 9 a.m.-1 p.m., Wednesdays, July 26 & Aug. 2. Learn how easy and healthy it is to eat more plants and fewer animals. Registration required: 921-3950 or journeytohealth.coursestorm.com.

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Saturday, July 22:
- One-Day Lawn Sale at Home of Kate Beston Barnes in Appleton, Route 90, Rockport. With 40 dealers from 12 states. Market Basket lunch on sale. $7 admission; $6 with Free Press ad.
- Camp-Rock Historical Society’s 37th Annual Antiques Show & Sale, Saturday & Sunday, at Camden Hills Regional High School, Route 90, Rockport. With 40 dealers from 12 states. Market Basket lunch on sale. $7 admission; $6 with Free Press ad. Call (207) 236-6123 or visit www.midcoasthabitat.org for locations and details.
- Japanese stewartia and other unusual specimens. Pack a picnic to eat next to the pond. FMI: belfastgardenclub.org.

Sunday, July 23:
- Useful Clothing Sale at Broad Cove Pond. $5. FMI: belfastgardenclub.org.
- One-Day Lawn Sale at Home of Kate Beston Barnes in Appleton, Route 90, Rockport. With 40 dealers from 12 states. Market Basket lunch on sale. $7 admission; $6 with Free Press ad.

Monday, July 24:
- Creative Writing Day Camp at Creative Writing Day Camp at Children’s House Montessori in Camden, from Monday-Friday, 9 a.m.-1 p.m. For kids 10-13. FMI: writingshed.org.
- Treehouse-Building Day Camp at Riley School in Rockport, Monday-Friday, 8:30 a.m.-3:30 p.m. It is led by Heritage Timbers Wrights. FMI: 596-6403 or summeratriley@gmail.com.
- “Vacation Adventure Bible School: Going Fishing,” Monday-Friday, 5-8 p.m. Belfast United Methodist Church, 23 Mill Lane. Light supper, games, crafts, singing. FMI: 538-9075.

Tuesday, July 25:
- Author of “Hope for Someday” at Stockton Springs Community Library, 9:30-11:30 a.m. Vincent Ewald will share his story about two shelter puppies who find a new home. With snack and activity. All welcome.
- Free Children’s Drawing Class, 4-5 p.m. Tuesdays at Rockland Library. Catriona Knott leads Let’s Draw Together! for kids 6 and up (under 11 with an adult). Materials provided. This week: Marine mammals.

Wednesday, July 26:
- Bakes in the Wood at the Gregory Hik- ing Trail, 2 Sawyer’s Island Road, Booth- bay, 10-11 a.m. Parents and caregivers are invited to bring bugs, spiders and extra siblings on the short, slow hike with a “Ter- rific Trees” theme. The free hike includes a healthy snack. No need to sign up. Meet at the trailhead parking lot. FMI: bbtot.org.
- Solar-Powered Gadget Building at Peters Public Library, 7 p.m. Talk by Children’s Librarian Ben Odgern on solar power and then helps kids 8-12 build gadgets that run on the sun. Sign-up required: bod- green@peterspublic.lib.me.us or 226-3642.
- Registration for Central Lincoln County YMCA 2017 Football League, 6-7 p.m. at Y’s Child Care, R. Sandell Drive, Nobleboro. For kids in grades 1-8. $108/880 Y members, FMI: clycma.org.
- Watershed School Open House and Ice Cream Social, 6-7:30 p.m. 32 Wash- ington Street, Rockport. Free admission. For kids 10-13. FMI: writingshed.org.

Thursday, July 27:
- 5-Week Hypnobirthing Class in Rock- port, 6:30-9 p.m. Thursdays, July 20- Aug. 17, at a Ben Physicians Building. Learn techniques for birthing through guided imagery, visualization and special breath- ing. $125 for mom & partner. Sign-up: pen- nyswids@comcast.net or 236-4821.
- “Mad Science: Engineering a Better World,” 6-30 p.m., Liberty School. Kids will step into the shoes of an engineer and learn how to design things to make the world a better place.
- Open House at Children’s House Montessori in Camden, 10 a.m.-noon. Tours, refreshments, open classrooms at the 58 Elm St. school for kids 18 months-12 years. FMI: camdenmontessori.org.
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**New on DVD & Blu-ray**

**Just Released July 18 — **

**KONG: SKULL ISLAND** PG-13/Action/Dir: Jordan Vogt-Roberts (Tom Hiddleston, Samuel L. Jackson, Brie Larson) Once again set out for a remote island in search of the unknown and once again they find a giant monster: KONG.

**Recent Releases —**

**FATE OF THE FURIOUS** PG-13/Action/Dir: F. Gary Gray (Vin Diesel, Jason Statham, Dwanye Johnson) A woman seeks justice in a family of high-profile thieves. Can his gang of hard-driving friends get him out of this latest mess? The only solution is to drive a bunch of cars really fast all over the place.

**FIST FIGHT** R/Comedy/Dir: Richie Keen (Ice Cube, Charlie Day, Tracy Morgan) One teacher gets another teacher fired. As a result, the fired teacher challenges the principal and has him fired to a bigger school.

**GET OUT** R/Horror/Dir: Jordan Peele (Daniel Kaluuya, Allison Williams, Bradley Whitford) A young black man goes with his white girlfriend to meet her family. What they discover is that her family is up to some very evil deeds and they are the next victims.

**HIDDEN FIGURES** PG/Drama/Dir: Theodore Melfi (Taraji P. Henson, Octavia Spencer, Janelle Moné) As the United States races against to put a man in space, NASA found untapped talent in a group of African-American female mathematicians who served as the brains behind one of the greatest operations in U.S. history, the momentous launch of astronaut John Glenn into orbit.

**JULY 26 Talk by Camden-Based Maker of Documentaries on Nature and the Oceans — Camden Yacht Club will present "Filming the Sea: Past and Future," an illustrated talk by David Conover, on Wednesday, July 26, from 7 to 8:30 p.m., free and open to the public as part of the club's Sunset Seminar Series. Conover, who lives in Camden, is founder and executive director of Compass Light, a film and video company that over the last 25 years has made over 600 productions, many exploring people's relationship to the ocean and the outdoors, including the "Sunrise Earth" series on Discovery. In the course of making the films, Conover has traveled to some of the most extreme coasts on earth, from the Aleutians to the Galápagos. His talk will also include discussion of the Conservation Media Group, a nonprofit that he founded three years ago to focus on sanctuaries for marine life and on the latest research, reducing ocean plastic and transitioning to a low-carbon future. Though the talk is free of charge, donations at the door will be accepted, to benefit the nonprofit Camden Area Youth Seamount Program (CAYSP). For more information, call 236-7033 or visit camdenycachtclub.org.

**BABY DRIVER** R/Comedy/Dir: Edgar Wright (Ansel Elgort, Jon Bernthal, Jon Hamm) A talented young getaway driver relies on the beat of his personal soundtrack to be the best in the game. When he meets the girl of his dreams, Baby has the chance to ditch his criminal life and make a clean getaway. But after being coerced into working for a crime boss, he must face the music when a doomed heist threatens his life, love and freedom.

**BIG SICK** R/Comedy/Dir: Michael Showalter (Kumail Nanjiani, Zoe Kazan, Holly Hunter) The true story of a Pakistani-born aspiring comedian Kumail, who connects with grad student Emily after one of his standup sets. However, what they thought would be just a one-night stand blossoms into the real thing when Emily learns that the future that is expected of Kumail by his traditional Muslim parents and a mysterious illness that besets Emily, forcing everyone to work together.

**CARS 3** (Animated Family/Dir: Brian Fee (Owen Wilson, Cristela Alonzo, Chris Cooper) Legendary Lightning McQueen is suddenly pushed out of the spotlight to start his career over in Redwood City. But he is determined to prove that age is just a number and that he can still outsprint the young race technician with her own plan to win, helping to become a villain. The two get together to try one last heist. Minions abound for fans of the tiny yellow sidekicks.

**DESPICABLE ME 3** PG-13/Drama/Animation/Dir: Pierre Coffin (John C. Reilly, Steve Carell, Shrek) Jerry, one of the flotilla of nay and civilian vessels willing to brave German fire to rescue them.

**GIRLS TRIP** R/Comedy/Dir: Malcolm D. Lee (Regina Hall, Queen Latifah, Jada Pinkett Smith) When four lifelong friends travel to New Orleans for the annual Essence Festival, their错 are as old as the women's and there's enough dancing, drinking, brawling and romancing to make the Big Easy blush.

**PARK CAN WAIT** PG/Romantic Comedy/Dir: Eleanor Coppola (Diane Lane, Alec Baldwin, Arnaud Viard) Anne is at a crossroads in her life. Long married to a successfully driven but inattentive movie producer, she finds herself taking a car trip from Cannes to Paris with a business associate driven but inattentive movie producer, she finds herself taking a car trip from Cannes to Paris with a business associate. As a result, the fired teacher challenges the principal and has him fired to a bigger school.

**SPIDER-MAN: HOMECOMING** PG-13/Action/Dir: Jon Watts (Tobey Maguire, Andrew Garfield, Emma Stone, Zendaya) Peter Parker/Spider-Man begins to navigate his new-adult life, driven but inattentive movie producer, she finds herself taking a car trip from Cannes to Paris with a business associate.

**WISH UPON** PG-13/Horror/Dir: John R. Leonetti (Joey King, Ryan Piers Williams, Sofia Black-D'Elia) A teenage girl sucks Dom into the shady dealings of terrorism.

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Thursday, July 20, 2017

**THURSDAY, JULY 20:**

- **Alzheimer’s Disease Support Group**, 10-11:30 a.m. at Lighthouse Cove. Meet to discuss support and information for people who have loved ones with Alzheimer’s disease. FMI: 921-6237.
- **“Declutter Your Life” Class**, 5:30-6 p.m. at Stockton Springs Town Office. Meet to learn about decluttering your space and your mind. Free. You must register: 921-3950 or journetohealth.coursestorm.com.
- **“Caregiving 101”,** 1:30 p.m., Spectrum Generations, 521 Main St., Damariscotta. Learn how to cut through red tape, avoid penalties and figure out costs. Call for an appointment: 563-1363.
- **“Career Essentials of College Planning” Workshops in Rockland**, for learners at all levels. FMI: midcoastrec.org. For career planning and study skills. At University College Rockland on Rockland. In UMaine Hutchinson Center in Belfast on Tuesday. Both locations offer workshops at 9 a.m. and noon. FMI: maine.edu, 800-281-7303.
- **“Fiber 101” Talk on Fiber Optic Broadband**, 5-7 p.m., Watts Hall, 174 Main St., Thomaston. Pizza and discussion put on by LCI Fiber Optic Networks.
- **Yoga Flow Thursdays at CMCA**, 5:30-6:30 p.m. through August in the courtyard or galleries of Center for Maine Contemporary Art in Rockland. Yoga Spalding leads vinyasa-style classes for all levels. Bring a mat. Drop-ins okay. By donation.

**FRIDAY, JULY 21:**

- **Wildlife Walk & Talk in Boothbay Harbor**, 10-11:30 a.m. at Lobster Cove. Meet to discuss support and information for people who have loved ones with Alzheimer’s disease. FMI: 921-6237.
- **Pool Sign-Up Rally at Midcoast Family YMCA**, 1-3 p.m. at 20 Sears Island Road, off Route 1 just east of Sears Island Road, rain or shine. BYO clothes and other useful items for those in need. A cookout will be held at 4 p.m. to thank all for their participation and to learn about the curriculum offered by Mainentine Insect Ecology Francis Drummond. Join us for a guided blueberry barren and explore the link between pollinators and blueberries. FMI: george@midcoastrec.org, 594-5166.
- **Day of Joy at Gathering at Water of Life Church in Newcastle at Midcoast Family YMCA.** Meet to discuss support and information for people who have loved ones with Alzheimer’s disease. FMI: george@midcoastrec.org, 594-5166.

**SATURDAY, JULY 22:**

- **Walk to Find Plants for the Family Medicine Cabinet on Sears Island**, 10 a.m.-noon. Free walk led by herbolists Steve Byers & Gretchen Heilman Piper. Park along thecauseway at the end of Sears Island Road, off Route 1 just east of Boothbay. Meet at the kiosk near the island gate. Rain cancels. FMI: 975-3878 or friendssearsisland.org.
- **Open House and4 Tour of Baths at Quarry Hill in Camden**, 10 a.m.-3 p.m. Tour cottages available to buy or rent, meet with tenants and residents and price information. FMI: 207-272-8174 or journetohealth.coursestorm.com.
- **Neighborhood Missions Weekend at Thomaston Assembly of God Church, 14 Rostbury St., Sar., & Sar. Meet for food and music and a roomful of free food, clothes and other useful items for those in need. A cookout will be held at 4 p.m. Sat. FMI: 545-6671 or thomaston.ag@gmail.com.
Friday, July 21 — With Mars in fixed-up Leo until Septem-ber 5, you're apt to be in a passionate mood. Mars in Leo gifts us with confidence and promote and take pride in our ef-forts. It's an extremely energized phase we're in. Venus at 19 degrees in Virgo will become more mature and stable. You'll be a stretch. Try something different artistically. The Moon in Cancer is opposite Pluto in Capricorn from 6:50 until 8:50 a.m. You'll have some insight that's past the post is resolved. A bit of luck wouldn't seem to get one's attention! The Sun leaves emotionally sensitive Cancer, entering confident, courageous, self-conscious Leo at 1:16 a.m., and remains here until Venus. During this phase you're apt to be more outgoing, sociable and spontaneous. Venus is still opposite Saturn. You're key to whether you'll get the gift you want or the one you need. Perhaps being more like Leo. Going out dancing or singing, or going to a concert might do it.

Thursday, July 20 — The Moon takes place with the Sun and Moon (close to Mars also in early degrees of Leo) at 1 degree of Leo at 5:46 a.m. You ought to feel zapped by a huge amount of physical and energetic inspiration. You could proclaim your artistic or handsome side blazed. It is interesting to see how our president utilizes this energy. He was born with Leo Rising and Mars right there in Leo too. Maybe he has a special way to bring out his power. The problems we bring to his power now, in initiating some new form of governance that would make him more “famous” in the future? Anyway for the rest of us regular people, this New Moon will ignite creative forces and bring out new ideas that could bring huge financial success, if that is you’re clever and well organized. Leo people and those born with Leo Rising ought to be feeling energetic and creative right now. In order to truly match the Rising Sign, it changes as every 4 months! Birth time is important in calculating a natal chart. From a chart forward, so a person gets the optimal combinations found, calculated. Astrologers depend on nurses jotting down birth times. Parents are too busy to think about looking at a clock! Monday, July 24 — Venus is opposing Saturn until 3 p.m. Hopefully you’ve learned something about yourself and the person you call beloved during this phase. Saturn wants us to be more realistic and mature. Venus has put out there. It’s not about changing the other, that’s their responsibility. Took me many years to realize that. The Venus/Saturn connection brings us to the point where emotions increase creativity and intuition. From 3 until 5 p.m. your concentration is good while the Moon is nicely aspecting Saturn. An ideal time for socializing is from 3:30 to 5:30 p.m. when the Moon is in Gemini in the West.

Tuesday, July 25 — Venus is in a fine aspect with Uranus, known to bring new sexual/romantic relationships. This is a fine time to meet new people. It’s a great time for buying a home or a car that art that is original, unique, and that makes a statement of who you are. This aspect lasts until Sunday. The Sun is con- junctions, igniting confidence, courage and self-esteem. It’s still before the Full Moon on August 7, which will be a lunar eclipse. It’s the perfect time for launching a new business or a project that you want to become successful.

Wednesday, July 26 — The Sun is conjunct Mars in Leo until midnight. With Mars in Leo, important, significant events will take place. This aspect will gift you with plenty of energy to use up. It’s a great time to begin a new project or present a project or a proposal for ap-proval. Luck is with you. From 11:30 a.m. until 1:30 p.m. you will be tuned into the Full-Capricorn Moon. In addition to fullness of the moon, bring good, sensible ideas that are not clouded by emo-tions. From 7 until 9 p.m. the Moon in Virgo will be in a challenging opposition with Uranus. It’s a time for self-awareness and self-doubt. “This too shall pass.”

Thursday, July 27 — Venus is still aspecting Uranus; hopefully you’ve met some interesting, unusual people who are not going to bow down and become more en- lightened. This aspect is with us until 8 a.m. on Sunday. From 6:30 to 9:30 p.m. the Moon in Libra will be aspecting both the Sun and Mars (sexually) igniting confidence, courage and affectionate, loving, expressive phase.

Annamaria Living in Rockland and can be reached for personal ad or business ad, call person at 594-2565. Visit www.AstrologyWithAnanur.com.
Interim Development & Communications Manager

Georges River Land Trust is seeking an interim individual with development experience to assist with event planning, communications particularly with donors and members, marketing of events, maintaining the member and donor database. Hours are flexible. Please respond with a résumé to info@GRLT.org.

LEGAL ASSISTANT/Paralegal

Well established residential construction firm with small office staff is seeking applicants for part-time position. Successful applicant will be energetic and self-motivated with strong communication, organizational, typing skills and experience. Ability to multi-task and familiarity with HR liaison will be important. Compensation and benefits will be commensurate with abilities. Please forward resume and current references to jsimmons@coldenton.com.

FREE PRESS ADS WORK!

HELP WANTED - All Positions

Do you love remodeling and working on homes of all ages? New Leaf Construction is now hiring all positions to help expand our growing company. Typical laborers start at $14, typical carpenters at $18, and typical foreman start at $22. Call or email Erin today and keep your career moving in a positive direction! Valid driver’s license and reliable transportation is a must. 207-596-5588 or erin@NLCmaine.com.

Executive Director Job Opening

The Belfast Area Chamber of Commerce is seeking an Executive Director. This position is the leader of the Chamber, establishing and operationalizing the organization’s strategic plan and vision. Reporting to the Board of Directors, the Executive Director is responsible for the management, activation and execution of all areas of need for the Chamber. The Executive Director also has overall strategic and operational responsibility of the Chamber staff, programs, and execution of its mission as well as development and recruiting new members. The position also oversees day to day operations in the Chamber office. This candidate must possess the ability to lead and inspire employees and work directly with the Board of Directors, members, volunteers, and local agencies. The candidate must organize and self-starter with experience in recruiting, planning, delegating, and program development. Experience managing a budget and maintaining positive relationships with members and all individuals involved with carrying out our goals.

Salary/Benefits: To be determined based on experience, education and other determining factors.

Qualifications: Must have at least two years' experience in management, supervision, and supervision of volunteers. Strong written and verbal communication skills. Must be able to work well in a fast-paced environment. 

To Apply: Send cover letter, resume, and three references to: director@camdenmontessori.org

Residential Staff DSP/CRMA

Expanding agency dedicated to supporting disabled adults is seeking to interview experienced staff with DSP and other pertinent certifications to work either a “unique extended shift” – 56 Hour position with paid overnight asleep in our assisted living facility in Belfast, Maine, or to work a three-day week which is also full time. Positions are (A) Come in Thursday at 6am and leave Saturday at 2pm (56 hours) annual salary of $29,900. (B) Thursday, Friday and Saturday 7a-3p (39 hours) hourly rate of $10.00. Both positions include a generous benefits package. Interested applicants, please contact BFLI Belfast office for an application @ 207-338-0889.

Director of Food Services

St. George School is a community-centered K-8 public school located in picturesque Mid-Coast Maine. We are committed to academic excellence, community engagement, Expeditionary Learning, and teachers working in teams to innovate, educate, and develop as professionals. We are looking for a Director of Food Services. The primary focus of this position will be to provide each school child with food of high nutritional quality in an atmosphere of cleanliness, cheerfulness, and personal caring.

PERFORMANCE RESPONSIBILITIES:

1. Free and Reduced application approvals
2. Updating Free and Reduced eligibility list
3. Maintaining point of service database
4. Prepare menus following State Department of Education standards
5. Order food for the school
6. Communicate with kitchen staff
7. Approve time cards
8. Visit kitchen and troubleshoot problems
9. Supervision & Evaluation of Food Service staff

This is an 8 to 10 hour per week, school year position. EOE Application available at stgeorgemsu.org Please submit application to: St. George Municipal School Unit Attn: Scott Vaitones, Business Manager St. George School PO Box 153 Tenants Harbor, ME 04860 svaitones@stgeorgemsu.org
CLASSIFIEDS/HELP WANTED

HELP WANTED

ON THE ROAD — Service Technicians, full time, service and repairing of trailers, snow-gloves and vehicle acc. Offering dental, vision and disability. Must be familiar with axles, brakes, hubs, bearings, etc. experience with snow-gloves and spreaders preferred. Fabri- cation experience required. Must have a valid state driving license. Call 207-883-8508. (7/20)

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GREEN’S TREE SERVICE
Phone: 207-542-9164
“Let’s Clean!”
Free Estimates
Licensed & Insured
Owner: Peter G. Green
439 Potts Road
Cloudland, ME 04844

Rental

ROCKLAND — Thorneide Apartments, Studio, 1 bedroom rental, has rental space available. Call 207-542-9164.

SEASONAL

SLEBSOJO — Beach vacation on a beautiful island in the summer, weekly rental, 2 Bedroom, 1 bedroom rental, has rental space available. Call 207-542-9164.

COMMERCIAL

ENCON — The Thompson Community Center, South Union Rd., Rte. 1, has rental space available. Call 207-542-9164.

TREEkeePERs LLC

Available Maine Arborist License, clean and trustworthy, committed to quality and safety. Currently seeking a Conscientious, responsible, committed, professional Tree Climber who has a minimum of four years aerial experience. Must be familiar with advanced level tree climber with experience. Must be familiar with axles, brakes, hubs, bearings, insurance. Must be familiar with servicing and repairing of trailers, snow-gloves, salt spreaders, etc. "Reasonable and Reliable" — TREE CLIMBER/ARBORIST

Sales

REAL ESTATE

WASHINGTON — Home For Sale: 2 Br. $80,000. 10 acres right off Rt. 203, 30 x 50 workshop. 1st floor, 3-1/2 lake shore. 2nd floor, 1-1/2 lake shore. Call: 607-542-9164.

SWAN LAKE — For Sale: 1 Br. $110,000. 11 acres with ocean views. 3,000 sq. ft. 895-500-6959.

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<th>Business Category</th>
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<tr>
<td>Accounting</td>
<td>Jodie M. Heal CPA, MAFFM President 619.2564 <a href="www.healaccountingsolutions.com">641 St. George Road, South Thomaston</a></td>
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### CHANNEL LINE-UP

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<tr>
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<td>WTVCTV</td>
<td>Insane Pools</td>
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<td>10</td>
<td>MPBS – WCBB</td>
</tr>
<tr>
<td>8:00</td>
<td>11</td>
<td>PEG – Education</td>
</tr>
<tr>
<td>8:30</td>
<td>12</td>
<td>WB – WPTX</td>
</tr>
<tr>
<td>9:00</td>
<td>13</td>
<td>CBS – WGMT</td>
</tr>
<tr>
<td>9:30</td>
<td>14</td>
<td>QVC</td>
</tr>
<tr>
<td>10:00</td>
<td>15</td>
<td>HSN</td>
</tr>
<tr>
<td>10:30</td>
<td>16</td>
<td>BTNCH</td>
</tr>
<tr>
<td>11:00</td>
<td>17</td>
<td>Shop NBC</td>
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### FRIDAY EVENING JULY 21, 2017

<table>
<thead>
<tr>
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<tr>
<td>7:00</td>
<td>2</td>
<td>KNXV – Fox</td>
</tr>
<tr>
<td>7:30</td>
<td>3</td>
<td>UPN – WPMI</td>
</tr>
<tr>
<td>8:00</td>
<td>4</td>
<td>CW – WABF</td>
</tr>
<tr>
<td>8:30</td>
<td>5</td>
<td>CBS – WABF</td>
</tr>
<tr>
<td>9:00</td>
<td>6</td>
<td>NBC – WSBH</td>
</tr>
<tr>
<td>9:30</td>
<td>7</td>
<td>PEG – Public</td>
</tr>
<tr>
<td>10:00</td>
<td>8</td>
<td>ABC – WSBT</td>
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### SATURDAY EVENING JULY 22, 2017

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<thead>
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<th>Time</th>
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<td>KNXV – Fox</td>
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<tr>
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<td>3</td>
<td>UPN – WPMI</td>
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<tr>
<td>8:00</td>
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<td>7</td>
<td>PEG – Public</td>
</tr>
<tr>
<td>10:00</td>
<td>8</td>
<td>ABC – WSBT</td>
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### SUNDAY EVENING JULY 23, 2017

<table>
<thead>
<tr>
<th>Time</th>
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<td>7:00</td>
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<td>KNXV – Fox</td>
</tr>
<tr>
<td>7:30</td>
<td>3</td>
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</tr>
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<td>8:00</td>
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<tr>
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<td>7</td>
<td>PEG – Public</td>
</tr>
<tr>
<td>10:00</td>
<td>8</td>
<td>ABC – WSBT</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Date</th>
<th>Show/Event</th>
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</thead>
<tbody>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>Bones &quot;The Brother in HardballMatthews All In With Chris Rachel Maddow The Last Word The 11th Hour Rachel Maddow</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>Football International Champions Cup 2017 International Champions Cup 30 for 30 SportCtr SportsCenter (N)</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>Midcoast Today Democracy Now! Journal Colour in Your Life VStv Resumes at 6am</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>Guy's Games Dessert Games (N) Texas Texas Diners Diners Diners Diners Texas Texas</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>The Jury Speaks The Jury Speaks The Jury Speaks Snapped</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>Mod Fam Mod Fam WWE Monday Night RAW (N) (In Stereo Live)</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>SC Feat. CFL Football: Ottawa Redblacks at Toronto Argonauts. (N) NFL Live</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>&quot;Happy Gilmore&quot; Standing &quot;Leave Behind&quot;</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>&quot;When in Rome&quot; Preacher The Saint Loaded &quot;Leon's Whose Best of Boston Movie:</td>
</tr>
<tr>
<td>Monday, Jul 24, 2017</td>
<td>&quot;When in Rome&quot; Preacher The Saint Loaded &quot;Leon's Whose Best of Boston Movie:</td>
</tr>
</tbody>
</table>
Car's Start-Up Problem May Be Just a Loose Connection; With Tire Pressure, Too High Is Better Than Too Low

DEAR CAR TALK: Our 2007 Mazda CX-7 recently had its steering pump lock up and turn out the belt. The belt and pump were replaced, but a week later, the car is starting strangely. When we turn the key, there is a loud and fast clicking sound from the driver's side under the hood, and the engine doesn't even attempt to turn over. After a few tries (about 20 seconds), the starter motor engages, turn over the engine, and the car starts right up. However, while we drive, various warning lights flicker on and off, such as a tire pressure warning light and air-bag lights. What is happening that causes the clicking sound? Is it the starter solenoid failing to actuate the starter motor? Or is it something in the electrical system, and my mechanic didn't do a thorough diagnosis?

RAY: When you hear a rapid clicking noise, Benjamin, it's usually because the starter motor isn't getting enough current from the battery. You're hearing the starter motor's solenoid trying to engage but failing to do so.

So, it could be a failing battery; it could be a bad alternator that wasn't properly recharging the battery; or it could be something as simple as a bad connection at the battery. You need to take it back to these guys and have them do a complete test of your charging system. That would include testing the alternator output and load-testing the battery.

Could it be related to steering pump failure? It's possible. If the belt got really chewed up, some debris could have gotten into the alternator and caused it to fail. But it also could be coincidence. If the battery is on the edge of failing, that could just be due to old age.

Or the whole thing could be explained by your mechanic's failure to tighten the battery terminal. If he removed the negative terminal from the battery to disconnect the power before doing the repair, and then forgot to retighten it, that would explain everything.

A loose connection would explain why the starter can't get enough juice sometimes, but then eventually starts right up. It would explain why lights on your dashboard are coming on and off— as you drive around, the terminal clamp jostles around as you go over bumps.

And best of all, it would cost nothing to fix. Unless you count the price of a wrong connection, which every mechanic will experience. So ask him to check that first, Benjamin.

DEAR CAR TALK: My 2017 Toyota Tacoma calls for 33 pounds of air in all four tires. Where I live, during certain times of year, temperatures can range from a high in the 70s to a low in the 20s and back to a high in the 50s, all within two or three days. This makes tire pressure difficult to maintain. My question is: What are the safe high and low limits for tire pressure? I know if I go with 35 psi, I will have a softer ride and better gas mileage. If I go with 29 psi, I will have a softer ride and worse gas mileage. But for safety, when do I need to actually adjust it, in either direction? — Gary

RAY: It's always better to go too high than too low with tire pressure, Gary (to a point).

As you say, tire pressure changes along with the outside temperature. For every change of 10 degrees in the outside temperature, tire pressure changes about 1 psi. So if you fill your tires to 33 psi when it's 75 degrees out, and it drops to 25 degrees at night, your tires will be at 28 psi. That's too low. I've been told that tire pressure monitoring systems warn you when your tire pressure drops by about 10 percent. For you, 10 percent would be a little less than 30 psi. Low tire pressure always is more dangerous than high tire pressure. When tires are deflated, more rubber touches the ground, the tires heat up and you're in danger of a blowout. If you remember the Firestone/Ford Explorer fiasco, the aggravating factors that led to many of those blown tires exploding were heat (high road temperatures) and low tire pressure.

Higher pressure generally is not dangerous, as long as you stay well below the “maximum inflation pressure.” That number is listed on each sidewall and is much higher than your “recommended tire pressure” of 33 psi, Gary. So, in case I'm wrong, I recommend that you put 35 or 36 psi in the tires and just leave it there. You won’t notice any difference in tire wear, handling or braking.

And even if the temperature drops 50 degrees, you'll still have 30 psi or more, which should keep your “low pressure” warning light turned off.

And if the temperature goes in the other direction, no harm will be done. As you say, at worst you'll end up with better fuel economy and a slightly firmer butt massage while you drive around, Gary.

Got a question about cars? Write to Car Talk in care of The Free Press, 8 N. Main Street, Suite 101, Rockland, ME 04841 or via email by visiting www.cartalk.com.

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Crossword solution on page 42.

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 42.
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