Awash: Midcoast Towns Face the Prospect of Rising Seas
by Marina Schaufler

Downtown Vinalhaven sits on a mix of quarried rocks subject to erosion and vulnerable to inundation. When a selectman raised concerns in 2015 about “the inevitability of sea-level rise,” the board acknowledged, “We have to start talking about this; we have to form a committee,” recalls Vinalhaven Town Manager Andrew Dorr.

Dorr turned for help to the school, where students working on a climate cur -

This road on Vinalhaven floods more than a dozen times a year (shown here during a high tide on Feb. 21, 2019). PHOTO: ANDREW DORR/TOWN OF VINALHAVEN

AWASH IN RISING SEAS (continued page 8)

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Mid-Coast Optical
“Holding Up the Sky” — PAGE 23

No View
No Room with the Sky”

from Patrisha McLean
Postcard from Iceland
— SEE PAGE 11

The weather horizontally — from Offshore — PAGE 4

Shades down on the great American landscape — No Room with No View — SEE PAGE 23

Shipping News — PAGE 7

from Offshore
Eye on Augusta horizontally — The weather
Upcoming hearings — Eye on Augusta — Upcoming hearings —

10 she logged a flurry of new posts with the hashtag “paypublicservants.” A handful of other Twitter users from other parts of the county chimed in as part of a “Twitter town hall” on a subject that Paradis said she came to feel strongly about after she was elected.

“I didn’t affect my decision to run, the salary, per se,” she said, speaking the day before the town hall. “I was thinking about the schedule and responsibilities. I was not entirely sure about the pay, but I figured I would find a way to make it work.”

In Belfast, the mayor gets a stipend of $2,500 a year. The rate was increased in 2017 from $1,200. Paradis said she regular -ly works 15 to 20 hours a week. The regis -tered nurse started school part-time to become a nurse practitioner after she was elected, which left less time to earn money. And as a woman, she said, that time was at least statistically less valuable than it would be for a man doing the same juggling act.

“That first couple semesters, I took out $15,000 in student loans that I may have avoided if I wasn’t elected,” she said.

The Twitter town hall wasn’t well received on the Facebook page “You Know You Love Belfast if…” a magnet for debate about city politics where several councilors regularly post their opinions. A post by Councilor Neal Harkness about the town hall drew 150 comments and

TwITTER TOWN HALL
continues page 6
Sexual Assault Awareness Month Focuses on Prevention

Despite the increased public dialogue around sexual assault, many people are deeply uncomfortable talking about sex—let alone sexual assault. In response, the organizers of April’s Sexual Assault Awareness Month are taking it up a notch by adopting the theme “I Ask.”

By addressing the need to obtain consent, and offering guidelines for ways to ask for it that are less awkward than you might think, the national awareness campaign hopes to get us all talking about sex in a way that reduces sexual assault.

Locally, several organizations have embraced the theme, including LincolnHealth, Pen Bay Medical Center and Waldo County General Hospital. “Sexual abuse is a serious public health issue,” says Mark Fourre, MD, president of Pen Bay Medical Center and Waldo County General Hospital. “We have an amazing team of nurses specifically trained and certified to help sexual assault survivors who come into our emergency departments. “However, it would be far better to prevent sexual assault than to have to treat patients after it has happened. It is good preventative medicine to create awareness and help people understand how to ask for consent and accept ‘no’ as an answer.”

Nationally, 1 in 3 women and 1 in 6 men have suffered some form of sexual violence, according to the Centers for Disease Control.

Unfortunately, sexual assault happens, and it is a time that is frightening, confusing and full of emotions.

We are here to help. A core group of nurses have been specially trained and certified to work with sexual assault survivors when they come to the emergency departments at LincolnHealth, Pen Bay Medical Center (PBMC) and Waldo County General Hospital (WCGH).

“Sexual assault can be traumatic and life-changing” says Mary Ann Ordel, a registered nurse at WCGH and coordinator of the Sexual Assault Forensic Examiner (SAFE) program that serves all three hospitals. “It’s important that survivors know that they are supported. As forensic nurse examiners, we work hard to make sure that sexual assault survivors who come to the emergency department know they are in a truly safe and non-judgmental place.”

As an emergency physician, Mark Fourre, MD, president of PBMC and WCGH, cared for many survivors of sexual assault. “Our SAFE nurses are an integral part of the healthcare team and set the stage for recovery,” Dr. Fourre says. “Our staff are prepared to help in this critical moment and are committed to supporting the patient in any way we can.”

To be sure, much of a SAFE nurse’s focus is on medical matters. With the patient’s consent, they typically perform a full physical exam, diagnose and treat any injuries, and offer preventative treatment for sexually transmitted infections. They may also perform medical forensic exams, collecting evidence that may later be used in court.

With empathy and compassion, they also help sexual assault survivors take the first steps toward emotional and psychological healing by working to restore a patient’s sense of control over their life.

“We make sure the patient knows that they decide what happens every step of the way,” says Julie LeBlanc, RN, a SAFE-certified nurse who works in the emergency department at PBMC. “Normally, we might perform a head-to-toe medical exam. We might collect evidence. But if the patient objects at any point, we stop. We offer to call the police, but if they don’t want us to, we don’t. It is critical to what we do as SAFE nurses that we respect the patient’s sense of control over what happens to them.”

Says Deb Prescott, RN, a SAFE-certified nurse at LincolnHealth: “We gently work to build trust from the time they arrive. It requires patience and knowledge of how the brain works under the stress of sexual trauma. My goal is to listen, validate and support my patient during what is perhaps the worst experience of their life.”

There are currently five SAFE-certified nurses serving LincolnHealth, Pen Bay Medical Center and Waldo County General Hospital. The goal is to grow that number to 15 over the next few years to ensure 24/7 coverage at all three hospitals.

“We hope no one ever needs these services,” says Dr. Fourre. “But if you or someone you know is sexually assaulted, the SAFE nurses in our emergency departments are here to help.”

Local advocates believe those numbers hold true for Knox and Waldo counties.

The efforts by LincolnHealth, Pen Bay Medical Center and Waldo County General Hospital to support Sexual Assault Awareness Month are part of the hospitals’ larger mission of working to make our communities among the healthiest in America, Fourre said.

At SASSMM (Sexual Assault Support Services of Midcoast Maine), the “I Ask” effort will be driven in large part through education programs in the community and in local schools.

“We teach young people how to set physical and emotional boundaries, how to understand and ask for consent, and what healthy relationships and communication really look like,” says SASSMM Executive Director Ariana Clements. “We also teach how to critically analyze media messages that objectify people, and how to recognize and combat gender stereotypes and accepted social norms.”

Coastal Hospitals Create SAFE Space for Sexual Assault Survivors

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Fully occupied 4-unit rental in the heart of Rockland’s South End. Close to harbor, shopping, employment & cultural opportunities, enhancing the rent-ability. Solid rental history with relatively recent improvements including windows, roofing, heat & utility systems.

Rockland $375,000

Circa 1900 re-purposed over time as salon, antique shop w/apt. above & now awaits new owner seeking downtown presence. Public parking + site has deeded parking for employees/tenants. Possible duplex conversion, storefront, food service or offices. Recent roof, heat system & other upgrades.

Rockland $252,466

Well-maintained duplex with solid rental history. Each unit features 2 BR, full BA & kitchen with appliances. Separate heat & electrical systems. Convertible to single-family home, or explore commercial/retail opportunities.

Thomaston $174,000

Strategically located – highly visible corner, commercial retail zone – this centuries-old bldg. was fire station, restaurant, Am. Legion & now antique shop. Full basement w/systems, utilities & storage. 1st fl. open retail space, BA & kitchenette; 2nd fl. wood floors (was community dance center).

Thomaston $223,716

Coastal village convenience store offers food service & essentials to island peninsula. Sale includes real estate & fixed equipment for nearly turn-key transition for new owner. Four 1 BR apts. on 2nd floor w/coin-operated laundry ctr. for stable cash flow. 7 detached storage units.

South Thomaston $289,300

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Recall, just a few days ago as you read this, our delightful little spring snowstorm. As I write, it is Monday morning, looks like full-on January again. I feel sorry for the skiers, we who have another round of this Tuesday night. I had supposed that we wouldn't get the snow here. Safely Out to Sea, but we're all nicely Currier and Ives for the moment, which does def the odds. I'm not even grouching.

Everybody's an expert, when you start in talking about weather, but out here pretty much everybody is. I am always surprised to hear how much mainland people count on the "weather folks on TV and radio concern themselves with the weather." They seem to have a quick-like of the entire state of Maine, marine, aviation, mountaintop and spot forecast sites and a weather station of their own.

Recently we helpful committee members, all being experts in meteorology just like the rest of the general public, got into an exercised discussion of forecasting at the Maine Public Community Advisory Board meeting. That, by the way, is a few of us random citizens who get together and compare notes with the public broadcasting station managers about how long the opera is, and Downs- ton Abbey, and whatever happened to Car Talk, and all that Peter Paul and Mary stuff during pledge week, and Brit Coms, and why it is always Poldark, and Downton Abbey, and does anybody use the online services, and Downton Abbey again. It is a meeting of the weather, the radio, and how relevant any forecast is to the random Maine listener is actually standing, and Lou McNally. Of course, the concerns that concern mostly with the weather vertically — how much of what might fall might oil up the sky. Here, we're generally most interested horizontally, in the how hard it is to get from one place to another. The things that are, after a little bit of experience, you get so you can.

We want to know that it isn't going to be "flat." That's the important word. Flat means you can see, and has a certain sand, on our short trip. Flat means it isn't foggy, and it isn't raining or snowing hard enough to obstruct visibility, and the airstrip itself is not a skating rink.

"Boiled owl shit." That's an Albert Bunkerism and refers to an impenetrable fog, a common experience here which Albert Bunker referred to as "it's a supertight of sou'west." That is all. From that, I was expected to extrapolate anything else I might wish to know about temperatures, precipitation, fog, or whether to wear your woolly sweaters. The things that are, after a little bit of experience, you get so you can.

"Squirrely" has nothing to do with the furry critters thatransack your bird feeders. We actually do not have any squirrels here. At least none of the species that a lobsterman might encounter, whatever.

"Telephone tower," as in "I can't see the telephone tower." One of the most of us will be forced out. I'd like to ask you to show a little mercy.

The 100-foot tower that supports the phone company is typically offered by somebody standing flat-footed when going any distance by small boat on a rough day, as riding down a flight of steps on a bicycle. It can make the landing approach feel like and turbulence common to the end of certain airstrips, rels on Matinicus (and don't get any bright ideas). That pre- ransack your bird feeders. We actually do not have any squir- ers. The weather folks on TV and radio concern themselves with the weather. They seem to have a quick-like of the entire state of Maine, marine, aviation, mountaintop and spot forecast sites and a weather station of their own.

Dear Commissioner Retting and Deputy Commissioner Whitmer,

I write to express my concern regarding the late number of tax audits that occur in two of Maine's most disfavored counties. I urge you to refocus the IRS's efforts to increase the number of audits that occur in counties with the highest number of tax returns, and away from disproportionately auditing lower-income households.

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Molly Molasses (Marie Pelagie Nicola), left, Penobscot, circa 1865. Courtesy Bangor Historical Society. She is wearing a trade silver brooch and wampum necklace, both of which are in the collections of the Maine State Museum and will be displayed with this photograph in the holding Up the Sky exhibit, March 24 through April 21 (Penobscot-Passamaquoddy circa 1901. Collections of Maine Historical Society.

Storry Basket, 2012, inset right, by David Moses Bridges, Passamaquoddy, from the Abbe Museum collections, Bar Harbor, Maine

Maine Historical Society (MHS) will launch “Holding Up the Sky,” a new exhibit in its Portland gallery from April 2 to February 1 that honors and celebrates the First People of Maine — the Wabanaki, encompassing the Abenaki, Maliseet, Micmac, Passamaquoddy, and Penobscot people.

“We believe that it is essential to explore, honor, and help tell the stories of the First People of Maine, and that it is a privilege to put on a future that draws on the strength of all Maine people.”

The exhibition is built around the voices and perspectives of living Wabanaki people and is being developed in collaboration with a team of advisors, including Lisa Brooks (Abenaki), James Francis (Penobscot), Suzanne Greenlaw (Maliseet), Dianna Aucella (Abenaki-Passamaquoddy), Robert Grubbs (Abenaki), and Donald Sotomayor (Passamaquoddy). The advisors have guided the Indigenous interpretation of content and artwork.

Spring Job Fair in Rockland April 17

Rockland Main Street will host its annual spring regional job fair on Wednesday, April 17, from 3:30 to 6 p.m. at School South, 30 Broadway in Rockland.

According to Rwanda Pattengill, employed people director of Rockland Main Street, there are more jobs available than workers to fill them. “It’s truly a job hunter’s market,” said Page, noting that area businesses and organizations have been understaffed for the past few years.

This year the organizers expect that 60 or more companies will work together in a team format with more than 700 full and part-time jobs open.

Prospective employers who attend the event will be able to complete applications on-site, discuss their resume with prospective employers and receive on-the-spot interviews. The Spring Hiring Fair is free to job seekers of all ages.


Spring Job Fair in Rockland April 17

The exhibit will explore Wabanaki philosophies of leadership and obligation and will consider thousands of years of life in “Maine” places prior to the arrival of Europeans, and the complex relationships that have evolved since Euro

In addition to items from Maine Historical Society collections and newly commissioned pieces by Wabanaki artists, the exhibition will feature artifacts loaned by many individuals and organizations, including: Abbe Museum, Hudson Museum, Passamaquoddy Cultural Heritage Museum, Peabody Museum of Archaeology and Ethnology, Maine State Museum, Nova Scotia Museum, and Bangor Historical Society.

DOT Commissioner on Islesboro to Answer for Ferry Fares

Maine Department of Transportation Commissioner Bruce Van Natta will be on hand on Saturday, April 13, from 2 to 4 p.m. at G. H. Kinnicutt Center for a public information meeting about a proposed increase in the cost of ferry tickets.

Van Natta has said the proposal, which would add up to 20 percent to the cost of a ticket to Islesboro, is subject to change, according to reporting by The Republican Journal. That’s likely to be small consolation for island residents, who saw their ferry rates more than double last year when April 19 in Damariscotta – Rep. Maxmin to Discuss “An Act to Establish a Green New Deal for Maine”

On Friday, April 19, Lincoln County Indivisible is hosting a public hearing in Belfast about a proposed rate change on Wednesday, April 24, at 10 a.m. at University of Maine Hutchinson Center.

Maine Ferry Service, which operates under Maine DOT, attempted to fill a budget shortfall by leveling fares among islands in Penobscot and Blue Hill bays. Islesboro, with the shortest ferry trip, was hit the hardest, the Journal reported.

In addition to Islesboro the meeting, Maine DOT will hold a public hearing in Belfast about the proposed rate change on Wednesday, April 24, at 10 a.m. at University of Maine Hutchinson Center.

Maine GOP’s Tax Day Uprising in Augusta

The Maine GOP, Maine Heritage Policy Center, Maine First Project, Maine People Before Politics, Free Maine Campaign, Cumberland County Republican Committee, York County Republican Committee, Maine Patriots and Southern Maine Patriots are hosting “A Tax Day Uprising” at noon on Monday, April 15, at the Capitol Building in Augusta. Recent statistics from the National Tax Foundation rank Maine among the most heavily taxed states in the U.S., including New York, New Jersey, Connecticut and California, all of which have much higher incomes.

Among the speakers will be Jake Posik of Maine Heritage Policy Center, Louie Preston of Former Sons, Lee Van Eenennaam of Main People Before Politics, former U.S. Congressman Bruce Poliquin, and Maine GOP Vice Chair Nick Isgrò.

For more information, contact Jack Wibby, communications director, Maine Taxpayers United, at 657-7737 or jack.wibby@myotmail.com.
The evening, sponsored by Tidewater Telecom, begins with an overview of proposed legislation relating toружное оружие. Attendees are encouraged to meet with their legislators to discuss the legislation and to protect the public from harm due to firearms. Attendees are also encouraged to record interviews with witnesses and suspects in custody.

Eliminating Toxics in Food Packaging

The Environment and Natural Resources Committee will take testimony on LD 1433, sponsored by Rep. Jessica Fay (D-Raymond), which would prohibit the sale of food packaging containing phthalates, perfluoralkyl and polyfluoralkyl substances, or PFAS. PFAS are chemicals used to make plastics more flexible and harder to break. They are found in household products like vinyl flooring, adhesives and non-stick coatings.

Researchers at Columbia University’s Mailman School of Public Health have linked exposure to phthalates to asthma, low IQs and a range of other health conditions. PFAS are also found in food packaging, which researchers believe is contributing to the reduction in the effectiveness of vaccines, as well as to the development of reproductive and developmental, liver and kidney, and immuno- logical effects as well as tumors in laboratory animals, according to the author who presented the bill. LD 1433 would provide an exemption from the prohibitions for food and beverage manufacturers with annual sales of less than $1 million.

Increasing Eligibility for Head Start

On April 17, Rep. Jay McCreight (D-Harpswell) will present LD 1417, which would provide an additional $225.5 million for the Head Start program and increase eligibility for the program by allowing children who live in areas designated as “high poverty” by the U.S. Department of Education to qualify for Head Start.

PHOTO OF
Post-Paper-Mill Ventures Get $1.5 Million in Grants

Two companies looking to pick up the pieces of Maine’s shattered paper industry and make use of the wood that once fueled it have been awarded grants totaling $1.5 million from Maine Technology Institute’s Emerging Technology Challenge for Maine’s Forest Resources.

GO Lab, Inc., a building products manufacturer in Belfast, will receive $750,000 for a new wood-fiber insulation production facility at the former UPM paper mill in Madison. The nontoxic, recyclable product will be aimed at the market for environmentally preferred building materials. The facility is expected to consume 180,000 tons of softwood chips annually, create 100 jobs and generate approximately $70 million in annual revenue, according to MTI.

Another $750,000 award will go to Biofine Developments Northeast to develop the first large-scale bio-refinery in Bucksport. The plant will convert woody biomass to a chemical intermediate, levulinic acid, to produce a completely renewable heating oil substitute. Biofine will work with consultants Treadwell Franklin-Sewall and the University of Maine at Orono for technical operations.

The goal of MTI’s Emerging Technology Challenge for Maine’s Forest Resources is to help diversify and build more resilience into Maine’s forest industry. Responders to the challenge were asked to make a strong case for their business, the merits of their technology, economic benefits to Maine, and geographic fit. Both GO Lab and Biofine must put up a one-to-one match to the challenge grant, consistent with all MTI awards.

MTI estimates that Maine’s forest industry contributes $8.5 billion annually to the state’s economy, with the potential to grow to $12 billion by 2025.
Damariscotta began considering flood resiliency even before Vinalhaven and became what Maine Coastal Program Planner Matthew Nixon calls a “shining example” of taking a strategic approach. During work in 2012 to update its comprehensive plan, the town invited a speaker to address storm-surge impacts at a community forum. That event “set the groundwork for moving ahead,” says Lutkus, with the high turnout alone “a major endorsement [for taking action] even without a formal vote.” The town formed a waterfront committee and subsequently received a coastal community planning grant (to determine means to minimize downtown flooding in significant storms) and a shore and harbor planning grant (to help define engineering and design options for the parking lot area). Both grants were funded by NOAA through the Maine Coastal Program. Since 2012, MCP has awarded coastal communities more than $500,000 in federal funds for storm-hazard resiliency (with typical awards ranging from $20,000 to $80,000). Each grant requires a cash match, Dzenis notes, but municipalities can contribute in-kind.

The Damariscotta studies outlined two options, Lutkus says: Each private business downtown could undertake floodproofing measures independently, or the town could take a communal approach — building a sea wall on the harbor side of its parking lot and making drainage improvements, which might remove some downtown structures from the flood zone (potentially producing insurance savings). The community chose the collective approach and raised more than $1 million in private contributions, enough to change its downtown from a flood-prone area to a new dry improvement system. However, an additional $1.4 million was needed to elevate the parking lot and construct a sea wall.

Coming Up Short

Federal funding for projects like this ended in the 1990s, Lutkus says. One of the biggest impediments, he says, is the Federal Emergency Management Administration, which won’t fund projects without a history of flood damage. Towels like Damariscotta that try to take preventive action are not eligible, he says.

“There’s really not a lot of resources and no single go-to library of grant opportunities out there,” acknowledges EMA Director Sisk, although some related state funding is available. “It’s rare for a community to find the funds that it needs to do the work,” Faunce says. “This is an area that needs more focus.”

Not all have been able to persuade their citizenry to pay additional monies for adaptive measures.” And even when towns can secure philanthropic gifts from seasonal residents, Faunce says, donors tend to prefer visible projects with immediate payback, rather than ones that “protect the community against something in the future.”

For Damariscotta, says Lutkus, “it’s been very frustrating not being able to leverage the money it raised; if there was a stone I left unturned [in the quest for funds], I’d be sure to do it next time. I mean, look at the fact that we have more than $1 million on drainage and surface improvements to the parking lot, elevating it up to 12 inches in places, but not accomplishing the 3-foot sea wall commended in planning studies. It is, Arnold acknowledges, “kind of a tragic story.”

Arnold hopes that the economics of inaction will start becoming clear to more people soon. The Island Institute is working with a team of consultants to assess economic risks of sea-level rise in rural coastal regions and to calculate the economic impacts at a community level. Arnold anticipates that calculating potential revenue losses or shifts in the tax burden as inundated property is taken off tax rolls might motivate more communities to consider preventive action.

A bill proposed by Rep. Lydia Blume (D-York) in the current legislative session would create a new Coastal Risks and Hazards Commission to recommend state actions to address risks associated with sea-level rise. If the bill is adopted, the commission would submit its first report in 2022.
The “Grayson” storm in January 2018, which coincided with king tides, left much of Damariscotta’s municipal parking lot under more than a foot of water. PHOTO: MATTHEW LUTKUS

The DART team viewed Vinalhaven’s sea-level-rise challenges in the context of a downtown master plan that included business development and workforce housing. “Looking at it more holistically,” Dor says, “left us with fantastic concepts and offered ways to consider — over time — embracing and channeling seawater.

The DART team takes an expansive view, notes team leader Wayne Feiden, a director of planning and sustainability at Northampton, Massachusetts, asking, “How do we thrive in light of climate change instead of just past survival?” The process only works, he says, when a community is ready to get engaged.

Over the last year, Belfast has demonstrated its willingness to get engaged. A new committee charged with anticipating climate change issues started by considering sea-level-rise impacts. The committee’s vice chairman, Jonathan Beal, says the group wants to use citizen scientists to establish a clear understanding of local tidal movements — the closest tidal gauge now is Bar Harbor — and to closely track changing meteorological and ocean conditions. The city is getting valuable guidance, he says, from the University of Maine, Gulf of Maine Research Institute and Maine Center for Coastal Fisheries. It also plans to engage high school students in research and educational projects like marking the project-documented storm surge line throughout the community (see the HighWaterLine listing under Resources at right).

With storms becoming more frequent and intense — Belfast experienced damage at five waterfront settings early in 2018, Beal says — the committee is eager to learn more about the potential use of living shorelines, which are ecological means of stabilizing eroding areas. “We want to be part of that exploration,” he says.

Beal says communities increasingly recognize that state and local decisions are being made every day, and “they’re all opportunities.” Nicholas Battista, senior policy officer at the Island Institute, agrees, seeing sea-level-rise planning as “incredibly worthwhile because it helps towns make smarter investments.” He commends the “real leadership” shown by towns like Vinalhaven, Damariscotta and Belfast in realizing themselves for action when more funds become available.

Battista hopes that day is not far off, saying, “From where I sit, it’s wicked exciting to see their work leading into one of the governor’s top priorities and getting high-level attention.” He is incredibly optimistic that communities will have the support they need over the long term.

EMDA Director Sisk shares Battista’s optimism that the new administration in Augusta “will really grab this and promote forward thinking” — the kind that extends decades into the future. Taking sea-level-rise impacts into account, he says, “is one of those visionary things.”

Resources


Knox County Emergency Management Agency provides support to municipalities with GIS mapping to assess flooding vulnerability and with documenting storm-related infrastructure damage: 207-594-5155

Lincoln County Regional Planning Commission has past coastal planning studies on its website (lcrcp.org).

The Island Institute’s “Shore Up Maine” program (www.islandinstitute.org/program/climate-impacts) provides technical assistance grants and a fact sheet on “Sea Level Rise and Coastal Flooding.” Its economic analysis — due out by fall 2019 — will include a report, a symposium, and a tool towns can use to estimate their financial risk.

Vinalhaven’s DART Team report is online at www.townofvinalhaven.org/downtown-revitalization-committee/pages/vinalhaven-downtown-d-art-project. Belfast Climate Commission’s first report is online at www.cityofbelfast.org/DocumentCenter/View/2331.

HighWaterLine (highwaterline.org) engages communities in public art and data projects to help visualize sea-level-rise impacts.

Island considering deep wells to replace seasonal water supply — On Monhegan, Climate Change Tastes Salty

by Ethan Andrews

Washed-out roads are almost certainly going to be an inconvenience that comes with sea-level rise. But what if the saltwater that washed out was the only thing between the ocean and your drinking water supply? That’s a scenario that officials on Monhegan, an island 10 miles from the mainland, have started taking seriously.

Most year-round residents on Monhegan have private wells into bedrock, but the town water supply that supports the island’s ballooning summer population comes from a series of wells in a low-lying marsh on the southwest side of the island a stone’s throw from the sea.

The U.S. Environmental Protection Agency designated it as a “sole source aquifer” in 1988. Islesboro, North Haven and Vinalhaven have the same designation and are the only others in the state. But Ryan Gordon, a hydrologist with Maine Geological Survey, said the type of aquifer on Monhegan’s is the same as the one in Islesboro, it’s just closer to the ocean.

“Almost like a pond that’s filled in, and there’s a little outlet that goes to the ocean,” he said. The outlet is a culvert under Main Street. “As sea level rises, it’s in danger of stopping water up into that wetland source and contaminating their drinking water.”

Monhegan’s Water Department created an interactive map to simulate sea-level-rise rise, starting with the highest astronomical tide and flooding it in increments — 1.2 feet, 1.6 feet, and so on (see “Resources,” left). At 3.9 feet, Monhegan’s marsh would be low-lying enough to flood.

Peter Slovinsky, a coastal geologist at Maine Geological Survey who worked on the simulations, said, at that level, there wouldn’t be a connection to the sea yet. But the simulation doesn’t account for waves.

“Six feet of sea-level rise, or a storm surge on top of a high tide,” he said, “and you could potentially have a breach of the road which could bring saltwater into their drinking water supply.”

Slovinsky was part of a tour organized by the Island Institute last fall at which a geologist from the University of Rhode Island and shared notes on coastal conditions and climate change with representatives of Monhegan Water Company, Lincoln County Regional Planning Commission, Maine Department of Environmental Protection, Island Institute, Maine Sea Grant, Mid-Coast Regional Planning Commission, and the National Oceanic and Atmospheric Administration.

Andrew Dalrymple, manager of the Monhegan Island Water Supply, was also on the tour. Speaking on April 10, he said the problem isn’t imminent, but the water company is already planning to stay ahead of it — if not for the possibility of getting swamped by seawater, then for drought.

The town aquifer exists entirely due to rainwater that finds its way downhill through adjacent meadows to the marsh. The most recent study of the aquifer, in the 1990s, found a capacity of 1.3 million gallons. The same study found that demand in the summer was double that.

“We rely heavily on the recharge rate,” Dalrymple said, “and in recent years that rainwater has been less dependable. Right now the meadow is flooded with the snow melt, but in the middle of the summer we have dry spells. The water company has to address that.”

Monhegan is trying to stay ahead of the problem. The town got a $30,000 Maine Shore and Harbor Grant last year and another $10,000 from Island Institute and Island Institute, Maine Sea Grant, Mid-Coast Regional Planning Commission and the National Oceanic and Atmospheric Administration.

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Discuss Capturing Ice: "Melt Down" Artists to Reflect on a Work of Visual Art

Lindquist will discuss the creative activity of written reflection on a work of visual art, known as ekphrastic writing, and share her poem series “Goldien” alongside images of the paintings themselves. The fee is $10. For more information or to register, visit www.farnsworthmuseum.org.

Rug Hooking Workshop April 19 at the Farnsworth — On Friday, April 19, Farnsworth Art Museum will host a rug hooking basics workshop taught by Gabrielle Wicklow at the Gamble Education Center, at the corner of Union and Grace streets in Rockland, from 9 a.m. to noon. During the workshop, participating students, utilizing the traditional craft of rug hooking, will learn basic techniques and complete a wearable flower pin made from wood and yarn on a linen foundation. The workshop is open to all including beginners. Wicklow designed and taught needlepoint for more than 25 years before discovering rug hooking. She is a member of the National Guild of Pearl McGown Hook Crafters, the Green Mountain Rug Hooking Guild, and the Association of Traditional Hooking Artists. The fee for the workshop is $42 and $36 for Farnsworth members, plus a $25 materials fee payable to the instructor. For more information or to register, visit www.farnsworthmuseum.org. Shown here, hooked pin by Gabrielle Wicklow.

“Melt Down” Artists to Discuss Capturing Ice

Center for Maine Contemporary Art (CMCA), 21 Winter Street in Rockland, is offering a lecture series in conjunction with the exhibition “Melt Down: Ten Artists Respond to Climate Change in the Arctic and Antarctic.” The first in the series takes place on Sunday, April 14, at 3 p.m., with a panel discussion with artists John Eade, Ella Hudson, Jan Piribeck, and DM Witman, moderated by exhibition curator Bruce Brown. The event is free to CMCA members, others by admission. Participants are invited to stay for refreshments and further discussion. “Melt Down” will be on view at CMCA through June 9.

Trash-to-art exhibit planned — Appleton Library Seeks Art from the Wastebin

Appleton Library is seeking submissions for “Recycled — From the Wastebin to the Wall,” an exhibit that will feature art that incorporates things that would otherwise be thrown away: found objects, packaging and re-purposed materials. Completed works can be sculpture, bas relief or two-dimensional, collage, mobiles and fiber art. All works must be exhibit-ready, be freestanding or hang on the wall, and able to fit through the library door. The submission deadline is 5 p.m. on Friday, April 26. The exhibit will be installed May 10 and 11. To submit art for consideration, send clear images from different angles and include dimensions and materials used, a brief description of your process or intention and your address to julie@appletonlibrary.org. There is a maximum of three works per artist, with submission preference given to residents of Appleton and surrounding areas. For more information, contact Julie Sells at appletonlibrary@gmail.com or 785-5656.

Art Opening at Medomak Arts — On Saturday, April 20, from 5 to 7 p.m., a new display of artwork will open at Medomak Arts, a nonprofit art and gallery center at 13 Friendship Street in downtown Waldoboro. The theme is “Flowers” and many local artists will be showing work that reflects the transitional season of mud before the spring bloom. Light refreshments will be available.

Saturday, April 20 • 10 am

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- 126.00 (Twenty Dollar Bill) Series 1880, Fr #373, Rosecrans | Huston
- 1936 Gettysburg Commemorative
- 1861 Great Britain Error Coin, Rare Error “Haip” Penny
- 1938 Washburn Commemorative
- 1933 Grant with Star Commemorative
- PMG Graded, 1910 1st: 1922 Co c Certicate
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The Free Press
**Art at Georgetown Historical Society — Show & Concert by Artist in Residence at Dahlov Ipcar’s Home**

Artist Kat Logan has been living and creating artwork at Robinhood Farm in Georgetown, home of the late artist Dahlov Ipcar, since September 2018 and will be celebrating her residency with an art show, concert and brief talk about her time there on Tuesday, April 16, from 5:30 to 8 p.m. at the Georgetown Historical Society, 20 Bay Point Road. The historical society has a history of appreciating and supporting the artwork of Dahlov Ipcar and her family, the Zorachs, and approached Logan about holding a show there. Charlie Ipcar, Dahlov’s son, and Jud Caswell will join Logan for a concert, which will begin at 6 p.m. All are welcome. The artwork on view will be for sale and continue on exhibit through May.

Logan, who recently lived in Friendship and was the owner of the gallery/studio Maine Coast Artist Gallery, had an art studio in Bath in 2000 and the art store Maine Street Art in Brunswick throughout 2008. She also is a musician and has performed throughout New England over the last 30 years.

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**Arts + Culture Celebration at State House April 22**

Maine Arts Commission will hold Arts + Culture Day at the Maine State House in Augusta on Monday, April 22. The public is invited to the Maine State House Hall of Flags from 9 to 11:30 a.m. to celebrate Maine’s cultural sector and to help increase awareness of the arts in Maine.

The morning opens with an assembly of artists and arts organizations gathering around informational tables. Food and beverages will be provided. Opening remarks and presentations will begin at 10 a.m. The program will include performances by the Pineland Fiddlers, musicians from the Bangor Symphony Orchestra, readings by Maine Poet Laureate Stuart Kestenbaum.

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The day’s program will include performances by the Pineland Fiddlers, above, as well as musicians from Bangor Symphony Orchestra, and readings by Maine Poet Laureate Stuart Kestenbaum.

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Staff members from New England Foundation for the Arts (NEFA) will be conducting a professional development workshop in the Maine State Library at 12:30 p.m. The workshop will include a live demo of NEFA’s online directory, CreativeGround, highlighting its value as a professional tool, search/exploration engine, and tie-ins with NEFA’s grants programs. The workshop is free, but tickets are limited to 20 attendees.

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**Postcard from Iceland**

My friend and I each harbored bad news when we joined up at the Portland bus station for the tour of our trip to Iceland to celebrate both birthdays.

Mine was the looming country-wide workers’ strike, which would have us arriving in Reykjavík at 5 a.m. with no way to get to our hotel, and no sheets or towels in the room.

Her's was more serious: WOW airlines, which we were flying, seemed to be teetering on collapse, with passengers stranded for upwards of 17 hours in airports and on tarmacs.

My first thought was to just call it quits.

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The constant snapping of photos on the Northern Lights Discovery tour turned me off taking any of my own, so no photos of the volcanos or geysers or glaciers. But here, the result of much sleuthing, is the essential ingredient for Reynjísgrípi’s licorice cappuccino: this crushed-up candy sprinkled on top of the foam. I have five bags.

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I remembered my friend Alex saying about this geothermal spa, but I feared it would be a tourist trap that I got to 10 years too late.

I walked over to the sign for Reynjísgrípi 8 p.m. flight. The round-trip price was surprisingly reasonable. As wearable as it was to buy a second ticket for the same trip, this was our best option.

WOW’s gate was next to ours, and we watched its departure time change from 7 p.m. to 9 p.m. and then, just as we were bounding the Iceland Air jet to the runway.

Smiling flight attendants, a million stars in the sky and a document that said “I am a valid ticket holder to Iceland” made for a comfortable and fast five-hour flight.

In Keflavík, the airport, the flight information boards showed CANCELED next to all WOW flights. The airline was kaput. If we hadn’t quickly switched gears, we would not have made it in so far with the ensuing chaos who knows how we would have gotten home.

On the door of our hotel was a sign that the workers’ strike was canceled. Let the birthday fun begin!

In downtown Reykjavík, the hills were studded with blocks of primary-colored wooden buildings and startlingly tall and beautiful blue-eyed, blonde young men and women. As we walked past the small spot, I passed up the puffin and whale on the menu for a scrumptious cod and ladyfish mashup from a corner coffee shop off of Laugavegur Street — where there was a turntable, a stack of albums fronted by Fleetwood Mac’s “Rumour” and a handwritten “Fish and Chips” sign that was "Feel free to DJ. Peace and light" — I joked by the licorice cappuccino. The thick white foam was speckled with what looked like tiny black rocks, and the intense licorice taste with a sweetness tempered by a bit of kick had me thinking, “Where have you been all my life?”

The next morning we were greeted in the hotel lobby by the big smile and strong handshake of Martina, our bus driver and guide for the three-night GJ Travel tour of the southeast that would take us to waterfalls, the second tallest geyser in the world, the Thingvellir national park, and the Blue Lagoon.

The title of our Northern Lights Discovery tour turned me off taking any of my own, so no photos of the volcanos or geysers or glaciers. But here, the result of much sleuthing, is the essential ingredient for Reynjísgrípi’s licorice cappuccino: this crushed-up candy sprinkled on top of the foam. I have five bags.

---

I woke up to a winter wonderland and at 6 a.m. walked through the foot of snow to the public pool — the biggest in the country with no trees, was the only building material available. I spoke to a stack of albums fronted by Fleetwood Mac’s “Rumour” and a handwritten “Fish and Chips” sign that would have stopped at if I had been on my own.

But I would have missed so much, and there was something reassuring about not having to make decisions. Martina pre- packed for us each day. We took a horse tour of the southeast that would take us to waterfalls, the second tallest geyser in the world, the Thingvellir national park, and the Blue Lagoon.

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I have heard in many cities the saying that if you don’t like the weather wait an hour, but nowhere is this as true as in Iceland: On the first day I could not believe how captured the lights I saw as white as red and green.

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**The Free Press**

Thursday, April 11, 2019

11
Sea Smoke Shop

Saturday, April 20: Celebrate All Day With Us!
• Giveaways
• Raffles • Sales

• American Glass
• Vintage Items
• High Quality Accessories
• Affordable Prices
• Items for the New & Experienced Customer
• More Than a Decade of Industry Experience
• We Love to Support Independent Artists

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Thursday, April 18, 4-6 pm
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THE FREE PRESS
Two Talks on April 16 at Chats with Champions

Abdi Nor Iftin, author of “Call Me American” and one of the Chats with Champions speakers on April 16, will speak at 5:30 p.m. in Damariscotta.

Skidompha Library in Damariscotta will host two Chats with Champions programs on Thursday, April 16, in the library’s Porter Meeting Hall. The first, at 10 a.m., will feature a talk by Mac Smith, author of “Maine in the Titanic.” At 5:30 p.m., Abdi Nor Iftin, author of “Call Me American,” will discuss his book.

The New York-bound Titanic left England on its maiden voyage on April 11, 1912, struck an iceberg three days later, and sank. Over 1,500 of the 2,224 people on board died, making it the worst peacetime naval disaster in history. Smith’s book focuses on Mainer’s who were involved in the tragedy. “Call Me American” is the true story of the author as a boy living in war-torn Somalia who escapes to America — first by way of the movies and, years later, through a miraculous green-card lottery. Iftin now lives in Freeport, where he works as an interpreter for Somalis who have immigrated to the state.

Parts of his story have been told on “BBC Travel,” “The World” and “This American Life.” Chats with Champions are free. Recordings of many previous Chats are available on Skidompha Library’s YouTube page. For more information, call 563-5513 or visit www_skidompha.org.

Earth Day Fair April 22

Rockland Public Library will host an Earth Day Fair on the library’s front lawn from 2 to 6 p.m. on Earth Day, Thursday, April 22. Representatives from local and national environmental and earth-centered organizations — including Maine Audubon Society, EcoMaine, Friends of Maine Coast Islands, Friends of the Weakrag, Georges River Land Trust, Great Old Broads for Wilderness, Maine Coastal Observing Alliance, Midcoast Conservancy, Rockland Parks and Rec Committee, Friends of Rockland Public Library, and Sierra Club Maine — will provide information about their groups and ways to help the Earth. Volunteers from Project Puffin Visitors Center in Rockland will be in the “Children of All Ages” tent, where people can take courses, pursue degrees, and serve and books will be available for purchase.

Spring Course Offerings at MCST Adult Ed

Mid-Coast School of Technology Adult Ed in Rockland is offering a dozen spring courses for a range of interests. Computer Essentials (Advanced) covers MS Word, Excel 2016 and common database entry and begins on Monday, April 12. QuickBooks (Beyond Basics) moves minimal QB basics and hands-on application.

Aid/AED on Saturday, April 27. April 26. One can earn a two-year certificate for CPR/1st Aided Residential Medication Assistant course begins Friday, April 26. Over 1,500 of the 2,224 people on board the Titanic left England on its maiden voyage on April 11, 1912, struck an iceberg three days later, and sank. Over 1,500 of the 2,224 people on board died, making it the worst peacetime naval disaster in history. Smith’s book focuses on Mainer’s who were involved in the tragedy. “Call Me American” is the true story of the author as a boy living in war-torn Somalia who escapes to America — first by way of the movies and, years later, through a miraculous green-card lottery. Iftin now lives in Freeport, where he works as an interpreter for Somalis who have immigrated to the state.

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Aid/AED on Saturday, April 27. April 26. One can earn a two-year certificate for CPR/1st Aided Residential Medication Assistant course begins Friday, April 26. Over 1,500 of the 2,224 people on board the Titanic left England on its maiden voyage on April 11, 1912, struck an iceberg three days later, and sank. Over 1,500 of the 2,224 people on board died, making it the worst peacetime naval disaster in history. Smith’s book focuses on Mainer’s who were involved in the tragedy. “Call Me American” is the true story of the author as a boy living in war-torn Somalia who escapes to America — first by way of the movies and, years later, through a miraculous green-card lottery. Iftin now lives in Freeport, where he works as an interpreter for Somalis who have immigrated to the state.

Parts of his story have been told on “BBC Travel,” “The World” and “This American Life.” Chats with Champions are free. Recordings of many previous Chats are available on Skidompha Library’s YouTube page. For more information, call 563-5513 or visit www.skidompha.org.

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Registration Opens for Summer & Fall Courses at UMA Rockland

Registration for summer and fall semesters is open at UMA Rockland Center and continues until the semesters begin. No payment is due at this time.

The most popular academic degree programs locally include pre-nursing, business administration, education and teacher certification, justice studies, computer information systems, cybersecurity, medical laboratory technology, health, and human services, and liberal arts. Current and new students may choose from hundreds of courses that lead to the completion of full associate’s or bachelor’s degrees. Classes are taught face-to-face, online, through interactive television and videoconference.

Free academic advising is available with professional staff at the Center. There are many scholarship opportunities available for first-time students as well as for those with more than 30 college credits returning to complete a bachelor’s degree. UMA Rockland Center, on the fourth floor of the Rockland Breakwater Building, is an off-campus center where people can take courses, pursue degrees, and receive all the support they need to earn a degree. Course schedules are available at www.uma.edu/rockland. More information is available by calling 596-6906.

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E-Waste, Prescription Drug Disposal & Shredding in Rockport on April 20

West Bay Rotary’s annual e-Waste collection and fundraiser will be Saturday, April 20, from 9 a.m. to 2 p.m. in the parking lot of the old Rockport Elementary School, at the intersection of Routes 1 and 90. In addition to accepting electronic waste, club volunteers will once again provide secure document shredding with an on-site shredding truck sponsored by First National Bank and offer prescription drug disposal with the help of local police. Coastal Opportunities will be collecting gently used clothing during the event.

There is no cost to participate, but this is an important fundraiser for West Bay Rotary and contributions are welcome. Proceeds will benefit charities and nonprofit organizations. For more information, visit www.WestBay-RotaryofMaine.org.

Trout Stocking Sale Under Way

Knox-Lincoln Soil & Water Conservation District (KLSWCD) is sponsoring its annual trout stocking sale for home or farm ponds. Two sizes are offered — 5- to 6-inch rainbow trout and 7- to 9-inch brook trout, as well as oxygen bags that hold up to 50 fish. Minimum order is $50.

To be eligible to order, one must have a current stocking permit from the Maine Department of Inland Fisheries and Wildlife (IF&W). Permit applications must be on file with KLSWCD before May 15. Allow two weeks for IF&W to process an application. Permit applications and trout order forms are available at www.knox-lincoln.org/trout-sale/ or contact KLSWCD to receive one by mail.

The trout sale pre-order deadline is Wednesday, May 8, with pickup at 11:45 a.m. on Wednesday, May 15, at the District Office, 893 West Street (Route 90) in Rockport.

For more information, visit the website, call 596-2040, or email rebecca@knox-lincoln.org.

Crocuses Cometh in Camden —

The crocuses are coming full force despite spring snow... mimicking Easter eggs.

PHOTO BY DEANNA HARTEL, LINCOLNVILLE

Annual TLC Day in the Camden Amphitheatre April 20 —

Dave Jackson (pictured) will lead the annual TLC Day in the Camden Public Library Amphitheatre and Harbor Park on April 20, from 9 a.m. to noon in preparation for Earth Day 2019. “Volunteers are needed!” says Jackson, director of the library’s parks. He adds, “Bring rakes and other hand tools, and a good pair of work gloves, and be prepared to pitch in. We can spruce up the park and amphitheatre in no time.” Call Cayla Miller at Camden Public Library, 236-3440, with any questions.

Belfast Farmers’ Market Moves to Its Outdoor Spot Starting April 12 —

Belfast Farmers’ Market is moving to its outdoor location, in the yard at Waterfall Arts, 256 High Street in Belfast, on Friday, April 12, where it will take place from 9 a.m. to 1 p.m. every Friday, rain or shine, through October. With a membership of 30 area food producers, the market offers fresh produce, mushrooms, meats, cheeses, seafood, diary and baked goods, as well as value-added foodstuffs such as fermented foods, honey, maple syrup, jams and preserves, select farm crafts, cut flowers, seedlings, perennials and locally raised nursery plants and crops made to order.

Five new members have joined this season: Asma’good from Rockport with wild fermented salami; Müller’s Fruit Farm from Thordikke; Meadowstown Farm, under new ownership in Swanville, with grass-fed beef and lamb; ME Water Buffalo Co. from Appleton, returning with cheese and meat after a year off; and Wild Blueberry Hill Farm from Harborside, offering Chinese dumplings and soup and frozen blueberries. The market participates in the Maine Harvest Bucks nutrition incentive program, offering those with limited incomes a means of extending their food budgets. EBT and SNAP are accepted market-wide for qualified purchases. Information about these programs may be found at the main table at the entrance to the market. The market, which began in 1980, moves between Waterfall Arts from spring through fall and Aubuchon Hardware greenhouse during the winter months. Live music is offered during the summer season. Visit belfastfarmersmarket.org for more information.

Class on Cultivating Plants Indoors for the Spring Garden —

Merryspring Nature Center in Camden will host a hands-on class on cultivating plants indoors for the spring garden on Saturday, April 20, at 9 a.m. Participants must sign up (with payment) by Tuesday, April 16. Maine Master Gardener John Fromer teaches this “next step” workshop for gardeners who are ready to learn proper cultivation methods. Participants will learn when and how to transplant seedlings, how to root bulbs, corms and tubers, and how to propagate cuttings into full plants — and will then practice their skills on a dahlia and lily to divide and take home. Cost of the class is $30 ($25 for Merryspring members), which includes all materials. To sign up, contact info@merryspring.org or call 236-2239.

PHOTO COURTESY OF NORM’S FARMS

Final Bath Antique Sale of the Season April 14 —

Bath Antique Sale will host the final show of its 2018-19 season on Sunday, April 14, from 10 a.m. to 2 p.m. at Bath Middle School, 6 Old Brunswick Avenue exit off Route 1; look for the yellow signs once you turn off Route 1. Admission is $5, free to those under the age of 25 and $4 to holders of Bath Sale cards or the advertisement from this publication. There is a cafe on the premises. For more information, contact Paul Fuller at 832-7798 or paulfullercaratunk@gmail.com. Shown here, ours at the Bath Antique Sale in March.

PHOTO BY GEORGE JONES
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In the historical timing of plant and animal phenology is one of the most sensitive indicators of the local effects of global climate change. Farmers, gardeners, fishermen and many others have been recording their observations of seasonal phenology changes for centuries. A patchwork of records exists in notebooks and logbooks, ledgers and bills of sale. Matching historical observations with more recent ones has allowed climate scientists to identify shifts in long-term phenology trends that closely match with more recent ones has allowed climate scientists to identify shifts in long-term phenology trends that closely match with more recent trends. Phenology records can help scientists fill in gaps and get a more complete picture of the local effects of global climate change. They also help ecologists understand the timing of events such as when birds make their nests in the spring, when berries ripen in the summer, or when leaves change color in the autumn. To more fully understand the seasonal turns, a record then made available to collaborating scientists.

Brethisel will draw on interviews with farmers and crop advisers that she is conducting as part of a joint project between University of Maine and University of Vermont aimed at better understanding how climate change fits within growers’ whole-farm management perspective. Admission is $5, with free admission for members of Merryspring. The nature center is located at the end of Conway Way, just off Route 1 near the Rockport/Camden line. For more information, call 236-2239, or email info@merryspring.org.

In addition to birds and plants, insects are a key missing link in the story of the ecological responses to climate change. While there is not as much collected journal observation on insects, scientists have found data describing butterfly phenology, a group known to be sensitive to temperature, by reading labels in museum collections, where there is historical information on when the insects were actively flying. Today, many butterfly clubs post pictures and dates of appearance to their club websites. Combining past museum collections with modern sightings is currently providing a method to examine the effects of climate change on this group of natural turners, a record then made available to scientists.

Talk on Detecting and Preventing Rodents in Older Homes April 18

In a talk at Watts Hall in Thomaston on Thursday, April 18 at 7 p.m., Jesse Richards, owner of Central Exterminat- ing Services, Inc., will discuss the dangers of rodent infestations, what to look for when purchasing or restoring an old home, how to identify and address rodent infestation, especially in older homes, and preventative practices. The talk is the second in a series presented by the Historic Thomaston Research Group. All are welcome.

Climate Change & Maine Farms – Dr. Sonja Brethisel (pictured), a postdoctoral research associate at University of Maine, will speak about how climate change is affecting Maine farms at Merryspring Nature Center in Camden on Tuesday, April 16, at noon. Brethisel will discuss how Maine’s climate is changing, the challenges and opportunities the changes will likely bring for growers, and what farmers are doing to adapt.

brethisel@maine.edu www.merryspring.org

Bleeker & Greer

For more information, call 236-2239, or email info@merryspring.org.
Oldest Woman to Row Across an Ocean Speaking in Belfast —

The Come Boating! Adventure Series, free and open to all, continues at Belfast Free Library on Tuesday, April 16, with a presentation at 6:30 p.m. by Suzanne Pinto, the Guinness World Book Record holder for being the oldest woman, at age 59, to row across an ocean. In 2011, Pinto was in a 39-foot boat with 14 people (10 men and four women), who made two teams of six rowers and the coxswain. They rowed 4,000 miles across the Atlantic Ocean from the Canary Islands to Barbados. They were trying to go for a record of under 33 days, but did it in 42 and so were still able to join “Club 60,” for those who crossed in under 60 days. They left on February 1 and arrived on March 15 — the crossing has to be done in the late winter and early spring in order to avoid hurricanes and nor’easters.

Pictured here, Suzanne Pinto and crew on the Britannia III on their journey across the Atlantic, 2011.

Talk on the Langlais Sculpture Preserve at NWR Visitor Center —

In a talk at the Maine Coastal Islands National Wildlife Refuge Visitor Center, 9 Water Street in Rockland, on Wednesday, April 17, at 6:30 p.m., Cynthia Trone, Georges River Land Trust youth program coordinator, and Annette Naegel, director of conservation, will tell how the Langlais Sculpture Preserve came to be. The home of Bernard and Helen Langlais, including artist’s studios, sculpture collection and 90 acres of preserved land, the Langlais Preserve is a living tribute to their creative legacy. It is one of the gems in the land trust’s portfolio of preserved properties and offers unique opportunities for all ages and interests in the midcoast community. An exhibit from the Langlais collection will also be available for viewing. Shown: Students of the Leaps of Imagination program at the Langlais Preserve.

Wooden Work Boats of the Atlantic —

On Wednesday, April 17, at 6 p.m., Patrick DiLalla will be at The Apprenticeshop, 655 Main Street in Rockland, speaking about wooden work boats of the Atlantic. DiLalla, who has made three trips around the Atlantic trade loop, will discuss how the styles of boats vary depending on the job they are being built to do, as well as the many design features that tie them together. The lecture is free and open to the public, with a suggested donation of $10. For more information, visit www.apprenticeshop.org or call 594-1800.

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THE FREE PRESS
OUTDOORS

American’s Cup team member Merritt Carey grew up spending summers in Tenants Harbor, where her first job was delivering freshly cooked lobster to cruising boats in the harbor. “My father had given me a 13-foot Boston Whaler when I was about 9, but he made sure I was going to earn some money with it. So I began working for Mrs. Miller, who ran Cod End, a fish market which also served cooked lobsters. Each evening I would go out and take orders from boats in the harbor, come back in and give my orders to Mrs. Miller. She would cook them up, and I would deliver them. We did lobsters, steamers, mussels, all in waxed brown paper bags; they would still be steaming hot when I delivered them. I had a lot of happy customers and I made a lot of money. It was probably the best job I ever had!”

I had a lot of happy customers and I made a lot of money. They would still be steaming hot when I delivered them. I had a lot of happy customers and I made a lot of money. It was probably the best job I ever had!"

Carey attended Brown University, and then, facing a dis- mally slow job market and with itchy feet, jumped aboard a sailboat headed to Antigua. She wound up sailing on the second all-female team to compete in the Whitbread Around the World Race (now the Volvo Ocean Race) and was then selected to be a member of the first all-female America’s Cup team.

Following her sailing adventures, she landed in New Zealand, enrolled in law school, then returned to Maine and finished her law degree at University of Maine School of Law. She practiced law for a few years and then started a consulting practice, which increasingly involved fisheries and rural economic development.


Mrs. Miller’s sons, for a piece she was writing for the Maine Lobster Marketing Cooperative (MLMC), Carey learned there was a possibility of the Miller family wharf at Cod End (where she had worked as a girl) being sold. “I knew enough about rural economic development to know a locally owned wharf would be better for the community, and knew the Millers well enough to have a conversation.” One thing led to another, and, with other local fishermen in the area, and Luke Holden from Luke’s Lobster, they formed the Tenants Harbor Fisherman’s Co-op, a vertically integrated co-op that works collaboratively with its downstream partners, Cape Seafood and Luke’s Lobster. “My work with the co-op is in many ways the same thing I did all those years ago with Mrs. Miller — delivering lobster directly from the fisherman to consumers; it’s just scaled up a bit.”

Program on Coyotes in Maine at Belfast Free Library — Carnival biologist Geri Vistean will show a film she produced about the future Coyote Center in Maine on Thursday, April 18, at 6:30 p.m. at Belfast Free Library. Vistean’s focus is on the role carnivores have in maintaining the biodiversity of the planet. A discussion will follow the program, which is free and open to all and hosted by Belfast Bay Watershed Coalition.

Trail Work, a Train Ride & a Hike to Celebrate Earth Day — Midcoast Conservancy and Wiscasset Waterville and Farmington Railway will host a day of service and fun on Friday, April 19, from 9.30 a.m. to 3 p.m. Participants will spruce up the Trout Brook Preserve in Alna, take a WW&F train ride through the woods, then hike at Trout Brook. In the morning, those who want to give back a little extra in the spirit of Earth Day will be picking up trash and freshening up the trail and surrounding trailhead from 9:30 to 11:30 a.m. At noon, the WW&F steam locomotive train will take people from the Sheepscot Station through the woods, over the newly finished trestle bridge, and back to Trout Brook. Those interested in hiking will take to the trails for a 2.5-mile hike on easy-to-moderate terrain. Anyone wanting to do just the hike can meet the group at Trout Brook. In the morning, those who want to give back a little extra in the spirit of Earth Day will be picking up trash and freshening up the trail and surrounding trailhead from 9:30 to 11:30 a.m. At noon, the WW&F steam locomotive train will take people from the Sheepscot Station through the woods, over the newly finished trestle bridge, and back to Trout Brook. Those interested in hiking will take to the trails for a 2.5-mile hike on easy-to-moderate terrain. Anyone wanting to do just the hike can meet the group at Trout Brook.

At Camden Library April 18 — Romantic Antics of the American Woodcock

Birdie Mike Shannon presents “Romantic Antics: The Sky Dance of the American Woodcock” at Camden Public Library on Thursday, April 18, at 7 p.m., hosted by Midcoast Audubon. One of the great opening acts of spring is the sky dance of the American Woodcock, a migrant/resident bird of bogs and young woodlands. His aerial courtship technique, bizarre and mysterious, places him in the forefront of strange suitors. Mike Shannon is a biologist and naturalist, author, photographer, and a lifetime birdwatcher. Retired from Unity College, where he taught ornithology and ecological education, Shannon is a former director of the Audubon Ecology Camp in Maine (Hog Island). He will be the naturalist on board the schooner Mary Day in June.

April 20 in Belfast — Cloe Chunn on the Making of a Naturalist

On Saturday, April 20, at 3 p.m. at the Old Professor’s Bookshop, 99 Main Street in Belfast, Cloe Chunn will talk about her journey from being a high school and college teacher to becoming a Registered Maine Guide, co-founder and instructor in the Maine Master Naturalist Program and director of Vose Library on Thursday, April 18, at 6:30 p.m. The public is invited and everyone is asked to bring a dish.

The featured speaker will be David Trahan, executive director of the Sportsman’s Alliance of Maine (SAM) and a veteran of Maine politics. He will address current legislative issues relevant to those who hunt, fish, shoot and use Maine’s outdoors, as well as offer an update on SAM’s youth programs and facilities upgrades to the SAM property. There will be a 50/50 raffle for a $100 Cabela’s gift card. For more information, call Vic McCallum at 975-4447.

Marion Gray (pictured) will be the next presenter in the Armchair Adventure Series at Vose Library, 392 Common Road in Union, on Wednesday, April 17, at 6:30 p.m. In “Trekking the Matterhorn Region of Switzerland, One Step at a Time,” the Waterville-based and Registered Maine Guide will share stories and photographs of her hut-to-hut hiking trip in the Matterhorn region of the Swiss Alps in July 2018. Snacks and conversation will follow her presentation in the main lobby.

April 18 potluck at Beaver Lodge — Knox Fish & Game to Host SAM Director

Knox County Fish & Game will start the 2019 season at Beaver Lodge, on Alfred Lake in Hope, with a potluck supper on Thursday, April 18, at 6:30 p.m. The public is invited and everyone is asked to bring a dish.

The featured speaker will be David Trahan, executive director of the Sportsman’s Alliance of Maine (SAM) and a veteran of Maine politics. He will address current legislative issues relevant to those who hunt, fish, shoot and use Maine’s outdoors, as well as offer an update on SAM’s youth programs and facilities upgrades to the SAM property. There will be a 50/50 raffle for a $100 Cabela’s gift card. For more information, call Vic McCallum at 975-4447.

Rockland Area Tides

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Call Maine Coast Animal Rescue (through Blake Veterinary Hospital) 789-5700

LES PAUL — At about 4 months old, this beautiful white-and-black hound mix was found roaming around South Carolina. He is still adjusting from that experience, plus the long trip up to Maine. He LOVES other dogs, but is quite shy yet with humans. If you are willing to be patient and loving and to encourage his inner happy puppy to come out, we believe he will blossom into an amazing companion.

Les Paul is sponsored by:

WHITE — Siamese, if you please! Well, mostly anyway. She is a beautiful, elegant grand dame with gorgeous (and sometimes slightly crossed) blue eyes and a luxurious fur coat. She loves people but is particular about the cat company she keeps, so we think she would do best as an only cat. Currently residing at Camden National Bank in Thomaston — go pay her a visit!

White is sponsored by:

ARTIE came to us after being rescued in New York. He is about 1-1/2 years old, probably a Lab/shepherd cross. He has an amazing chocolate coat and deep brown eyes to match. A very handsome fellow with a sweet disposition. He gets along very well with other dogs and is waiting patiently for a permanent address!

Artie is sponsored by:

PI is a sweet older girl who isn’t afraid to tell you how she feels! She is extremely friendly and would be a great family cat.

PI is sponsored by:

BARN CATS — We have many wonderful feral or semi-feral cats who are looking for jobs as mousers. If you’re looking for a hard worker, come over to PAWS!

Barn Cats are sponsored by:

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

LICORICE — a 2-1/2-year-old spaniel/pit cross, is playful and energetic. She can sit up on her hind legs and walk around like a circus dog! With her adorable ears, tan freckles and happy outlook, she could make a very agreeable companion, especially on a road trip because she LOVES car rides. Certain that she can fulfill all your needs, Licorice wants to be the only dog in your household!

Licorice is sponsored by:

ROXANNE is a two-year-old cattle dog mix. She is approximately 40 pounds.

Roxanne is sponsored by:

STORMY wants to be in your lap 24/7. She is happy to lie on your papers or your laptop and help you with your work!

Stormy is sponsored by:

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Barn Cats are sponsored by:
**Judith Hatch Orono Kids & Families First**

**Benign Neglect**

We’re struggling with our two kids and I’m not sure why. My husband and I are both professionals, providing solid financial security, a beautiful home, stability, and a great education. We would appreciate your help with the following problem for the next 30 years. I just don’t understand why they’re having problems in school and at home. Our oldest, 8, is acting out frequently. We’ve observed some plugging of behavior at home, especially in the mornings. The other one, my four-year-old, is wonderful. I don’t characterize him as being bad. My son’s behavior is terrible, bedtime has become really stressful, and we’ve both exhausted our resources doing the best we can. With the teachers, social worker, and doctor, I’m not sure how we’re supposed to proceed. For more information, call 329-2691 or email judycurtis@camdenontomoggis.org.

**Children’s Program April 19 at Rockland Public Library**

“Colonial Man” brings a small museum to the Com- munity Room of Rockland Public Library on Friday, April 19, at 11 a.m. As Connecticut’s “Colonial Man,” Sam Ladley will describe local colonial life, discuss Native American history, and show crafts and activities.

The program is appropriate for fourth-graders and up.

**School Vacation Activities at Thomaston Library**

Thomaston Public Library has fun stuff planned for the week of school vacation, with programs starting each day at 1 p.m. Parents are encouraged to bring their children who are between 5 and 12 years old to participate. Some of the activities are open to kids of all ages, but children under the age of 7 should have a parent or guardian present with them during the program. Most of the activities will take about one hour, except for the movie on April 17, which will be about 1½ hours.

- On Tuesday, April 16, participants will create a simple Lego competition, with the Japanese art of paper folding. On Wednesday, April 17, the movie “Magadascar” will be shown. There will be a Lego competition on Thursday, April 18, at 11 a.m., which will build submarines to keep a Legoperson safe and dry on an underwater mission. Game Day, Friday, April 19, will include board games and music.

For more information, call Landry Lane in Rockland, which is off of Route 17, right across from Lake Chickawaukie Park. For more information, call 603-801-6382 or email kidsandfamiliesfirst@gmail.com.

**Easter Egg Hunt at Aldergate Church**

Easter Egg Hunt at Aldergate Church, 95 High Street in Belfast. It meets from 5:30 p.m. to 7:30 p.m. A light meal will be served and childcare will be available. Everything is free. Registration is required. To register or learn about the class, call Helen Rogers at 930-9453 or 338-6675; or email brugers@brmaine.org.

**Montessori School Now Accepting Enrollment**

Children’s House Montessori School, 58 Elm Street in downtown Rockland, will host a free parenting class on Thursday, April 18, during which kids will build submarines to keep a Legoperson safe and dry on an underwater mission. Game Day, Friday, April 19, will include board games and music.

For more information, call Janna Swift at 542-9693.

**Free Parenting Class Offered in Rockland**

Knox County Child Abuse Prevention Council will offer a free parenting class to help parents and caretakers of children ages 5 and under with many of the challenges of parenting. The class will help parents learn how to build stronger bonds with their children, learn how their child’s brain is developing and how to encourage the positive behavior.

In collaboration with RSU 13, Active Parenting First Five Years will meet Thursdays from April 25 through May 16 at 1 p.m. at the Knox County Child Abuse Prevention Center, 58 Elm Street in downtown Rockland, during which kids will build submarines to keep a Legoperson safe and dry on an underwater mission. A light meal will be served and childcare is available. Everything is free. Registration is required. To register or learn about the class, call Helen Rogers at 930-9453 or 338-6675; or email brugers@brmaine.org.

**Midcoast Summer Tennis Camps in Rockport**

Accepting Enrollment for ages 11 to 18, who are looking to improve their stroke technique, strategy, and tactical skills. It will also be held on Camden Hills’ outdoor tennis courts. For more information, call Janna Swift at 542-9693.

**Christian Active Parenting Classes**

Waldo County Child Abuse Prevention Council is offering a Christian Active Parenting class for parents and caretakers of children ages 5 to 12 that focuses on encouraging, communication and nonviolent discipline, while incorporating scripture and Christian family scenarios.

For more information, call Helen Rogers at 338-6675 or email brugers@brmaine.org. The program is supported through Department of Health & Human Services and Maine Children’s Trust.

** Activities at Thomaston Library**

Community Partnerships for Protecting Children conducts a monthly parenting class to help parents and caretakers of children ages 5 and under with many of the challenges of parenting. The class will help parents learn how to build stronger bonds with their children, learn how their child’s brain is developing and how to encourage the positive behavior.

For more information, call Janna Swift at 542-9693.

**Spring Family Fun at Aldergate Church**

Aldergate United Methodist Church will host its annual Easter Egg Hunt, rain or shine, on Saturday, April 20, at 10 a.m. Children 12 and younger are invited to find Easter eggs filled with treats, and they are welcome to bring their dogs along. In addition to Easter eggs, children may also find small bags of pet treats, donated by Loyal Biscuit, that will then be delivered to Pope Memorial Humane Society.

For more information, call or email the church office at 906-751 or aldergateprokland@gmail.com.
Volunteer Shortage Could Cause Hope Library to Close—

Libraries are changing. Books are only part of what they offer. Now, a library offers internet connection for its patrons, as well as e-books, audio books, DVDs, CDs, classes, and programs of all sorts, spaces for kids to create art as well as electronic devices. I am a volunteer at the Hope Library, and I remember a patron there telling me he sees libraries as gateways to information to stay relevant. We have no paid librarian, as we have no regular income from the town or any other source. This library started in 1990 with simple donations of books kept on makeshift shelves. We have a small computer in the library and a Building, along with tons of books and a good way to find out what is going on. However, we have no volunteer services. One of the main reasons that we have a volunteer shortage is that volunteers are not aware of what the library is all about. If we don’t find more volunteers, the library will close. We have three volunteer librarians at the library 12 hours a week, and we are looking to find more.

For a remarkable discussion of libraries’ importance in the public good of students, visit the Maine State Board of Education and the Legislature’s Education and Cultural Affairs Committee, just as public district schools are. In addition, they are regulated by the Maine Charter School Commission (the public charter schooling authority) and by the most demanding controllers of all, their pupils’ parents and guardians. No child goes to one charter school without a parent’s permission.

Response to Andy O’Brien’s response:

Charter school proponents like to call them “public charter schools” to make them sound more politically palatable, but this is misleading, and legal precedent shows that they are not the same. In fact, in a number of cases, charter schools have used the courts to successfully skirt transparency laws and other regulations that apply to public schools. In 2010, a federal court in Arizona ruled that charter schools can be state actors for some purposes but not all. Charter schools are also notoriously anti-union and managed by the man who is a self-absorbed, egotistical narcissist who is why he admires the dictators of Russia and North Korea. He is not the only state where virtual schools have encountered problems. In 2009, the Stanford CREDO study’s negative results on virtual schools have been repeated. Chartter schools are also notoriously anti-union and managed by the most demanding controllers of all, their pupils’ parents and guardians. No child goes to one charter school without a parent’s permission (in case we need to contact you). Email us at info@freepressonline.com or mail them to The Free Press, 8 North Main Street, Suite 101, Rockland, ME 04841.

What’s Fit to Publish—

I’m having some difficulty understanding why The Free Press would see fit to publish such a disturbing article as that by Susan Reitman (April 4), other than to remind us of an ugly truth: the American people can hope that it’s more, and should really be needed, to thoroughly reject those who promote that sort of hate.

Edward Becker, Waldoboro
The Service’s focus on EITC audits is counterproductive. According to the National Taxpayer Advocate, EITC overpayments are accounted for just six percent of gross individual tax returns. By contrast, individuals who unde- 
report business income are responsible for 51.9 percent of such noncompliance. The IRS should refocus its audit activ- ities on the individuals who owe the most in unpaid Federal taxes.

The frequency of audits in Piscataquis and Washington counties is unacceptable. It causes severe hardship for those who can afford it the least. As you know, when a taxpayer comes under audit, the Service may withhold his or her refund until the audit concludes. By auditing taxpayers who claim the EITC more frequently, the IRS will reduce refunds from people who depend on those funds to make ends meet. While wealthier families likely have the financial reserves to weather such a finan- cial hardship, many people in Washington and Piscataquis counties do not.

Additionally, families claiming the EITC often do not have the resources to obtain professional representation during an audit. In Maine, low-income families who come under audit have recourse to just one free legal clinic. I am deeply concerned about the financial well-being of my state’s most vulnerable citizens. Recently, I expressed my concern to them for Commissioner Rettig when I urged him in a letter dated March 14, 2019, to reorient the Bangor, Maine, taxpayer service center immediately.

Now, I call on you to reform the IRS’s audit selection pro- cedure and remedy that procedure’s disproportionate focus on EITC claimants. I also ask that you answer the follow- ing questions by April 15:

1. What steps will the IRS take to ensure that it audits tax- 
payers more uniformly across the Federal tax gap?
2. During the past five years for which data is available, how many Maine taxpayers had their refunds withheld as a result of EITC audits?
3. How will the Service plan to provide sufficient legal representation to low-income Maine citizens who come under audit?

Future Council Action Could Re-create a Housing Problem—

In the 1970s the biggest housing problem in midcoast Maine was overcrowdedness, not the issues of the lack of ade- quate housing and low-income housing. Planning, in order to address the issue of overgrown dwellings, municipalities often adopted minimum floor area or square footage standards for new houses in their Zoning Ordinances and/or Building Codes or Ordinances. Over the years, because of these size standards, the issue of overcrowded- ness has largely been addressed.

On January 14, 2019, the Rockland City Council voted 3 to 1 to approve Ordinance Amendment #48. According to the Rockland Code Enforcement Office, the amendment eliminat- ed the minimum floor area standards for the construction of houses in five urban and rural residential zones. In addition, in order to permit the building of very small and tiny houses in each of these residential zones, the Council in lieu of minimum floor area standards allowed houses to be built to any size as long as they meet the Maine Uniform Building and Energy Code which the State requires the City to enforce. The Uni- form Code sets minimum floor space of less than 200 square feet (20 x 20), and under the provisions for “Tiny Houses” a house may even be less than 200 square feet (10 x 20). However, on April 1, 2019, the Council reversed itself on Amendment #48 and voted to rescind the amendment. Regardless, it is expected that the Council will, at some point in a couple of months or years, revisit the intent of the amendment in another proposal.

In summary, the Council, by repealing minimum floor area requirements and by permitting very small and tiny houses, may inadvertently re-create a housing problem that has, for the most part, been resolved, that is, overcrowdedness.

As a closing commentary, a potential alternative use for tiny and very small houses is not for affordability but for long-term, low-income housing for seniors. By creating an area that is attainable to the high demand for longer-term summer rentals.

Dear People of the Great State of Maine—

Hello! I am a third grade student in northern Virginia. Our class is reading a book about the Maine woods, and I have chosen your state and am excited to learn more about Maine.

Some of the information that we get for our projects is being shared on our class’s website, but the best information is from the people who live in this state. This is why I am writing to you. I am hoping that you would be willing to send me some items — postcards, maps, pictures, souvenirs, general infor- mation or stories. For example, what would be useful to help me learn more about the best things in your state. You can mail items to the address below. I really appreciate your help!

Sincerely,
Zoy

Mrs. Robinson’s Class, The Langley School, 1411 Balls Hill Road, McLean, VA 22101

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Community Contradance

The public is invited to a Community Contradance on Fri-
day, April 12, from 6:30 to 8 p.m. at Damascotta Baptist Church, at
the corner of Bristol Road and Main Street in Damascotta.

The dance is the last of the season in a series initiated by local musicians and Lincoln Academy students as a
fundraiser for the Friends of Music Education at Great Salt
Bay School. Suggested donations are $5, $5 for students, with a
$15 maximum for families.

The evening will begin with a family dance where easy
dances will be taught. The music will be performed by the Oys-
ter Creek Fiddlers & Friends. Local musicians are welcome to
sit in. Snacks are provided and donations are always welcome.

Thomaston American Legion Installs Officers; Baked Bean Supper

On April 4, the American Legion Williams-Brazier Post 37
installed new officers for the upcoming fiscal year. Led by
Commander William Demmons, the officers include Finance
Officer Jon Grout, First Vice Jeremy Miller, Second Vice
Dawn Wright, Service Officer Jeff Wright, Adjuntant Kent
Woodward, and Post Historian George Robinson, Jr.

The post will host a homemade baked bean supper on Sat-
urday, April 13, from 5 to 7 p.m. at the Post hall, 37 Watts
Lane, in Thomaston. The supper is open to the public; the
cost is $8 adults, $5 children.

Lincoln County Democrats to Meet April 18

Lincoln County Democratic Committee’s (LCDC) next
monthly meeting — on Thursday, April 18, at 6:30 p.m. in
the Community Room at the Newcastle Fire Station, 86 Riv-
er Road in Newcastle — features the theme “State of the
State Party,” with guests Kathleen Marra, chair of the Dem-
ocratic State Committee, and Lisa Roberts, executive direc-
tor of the Maine Democratic Party.

LCDC meets on the third Thursday of each month through
November at 6:30 p.m. at the Newcastle Fire Station. All
Democrats and progressive independent or unenrolled vot-
ers are welcome to attend any committee meeting. Regis-
tered Democrats in Lincoln County are invited to join LCDC
as voting members. For more information about the com-
mittee, go to lincolncountydemocrats.com or contact Chris
Johnson, LCDC chair, at 632-4066 or chair@lincolncoun-
tydemocrats.com.

Misty Blues at Time Out Pub April 15 —

The weekly Monday night blues series in the upstairs music
room of Time Out Pub, 275 Main Street in Rockland, continues
on April 15 with the Misty Blues band (pictured) playing a set
from 7 to 10 p.m. show. Admission will be $15 at the door, which opens
at 6 p.m. Band founder and lead singer Gina Coleman entered
the music scene as the lead singer of the folk/rock group Cole-
Connection, but when she was cast as a gospel singer in the
Williamsstown Theatre Festival production of A Raisin in the
Sun, she steered towards the blues — with encouragement from
actors Rubin Santiago-Hudson, Mandy Patinkin and
Gwyneth Paltrow. With Cole-Connection guitarist Jason Web-
ster and bassist Bill Patruin on board, Misty Blues was born.
The band pays homage to the early blues and also per-
forms classic rock and folk tunes infused with the blues. Time Out Pub’s weekly Monday series continues with Peter
“HiFi” Ward Band on April 22 ($10), and Harper on April 29 ($15). Shows are subject to change. For more information, visit
northeastbluesfestival.com and click on the Time Out Blues link or call 596-605.
CALENDAR OF EVENTS

Please Take Note
Listings should be emailed to community@freepressonline.com or mailed to The Free Press, 8 North Main Street, Rockland, ME 04841 by noon Friday before the Thursday publication date. Include your name, address and phone number.

NOTEWORTHY

THURSDAY, APRIL 11:
➤ “A Tour of Early Egypt,” 7:30 p.m. at Farnsworth Art Museum, Rockland. Follow the path Victorian travelers took 150 years ago along the Nile, with Bernard Fishman, director of Maine State Museum and owner of a vast collection of 19th-century Egyptian photographs. $15 admission ($10 members).
➤ Potluck & Program: “No Bridges, No Mission,” at Westsawkeagw Historical Society, South Thomaston. Potluck at 6 p.m. Talk at 7 p.m. by Cipperly Good, curator at Farnsworth Art Museum, Rockland. She reads from her new book during National Poetry Month. The Hope resident’s poems have appeared in numerous journals and been read on NPR’s “The Writer’s Almanac.”

MONDAY, APRIL 15:
➤ Patriots’ Day, held the third Monday in April, the public holiday in Maine and Massachusetts commemorates the battles of Lexington and Concord, fought near Boston in 1775.
➤ Tax Day Uprising in Augusta, noon, Capitol Building. Speakers protesting the fact that Mainers are among the most heavily taxed people in the U.S. will include Maine’s GOP tax chair; reps from Maine Taxpayers United, Maine Heritage Policy Center, Maine People Before Politics, Maine First Project, and the Free Press newspaper; and former U.S. Congressman Bruce Poliquin.

TUESDAY, APRIL 16:
➤ “Call Me American” at Skidompha Library, Damariscotta, in a 5:30 p.m. Chat with Champion program. Author Abdi Nor Iftin talks about his boyhood in war-torn Somalia, and how he escaped to America, first by watching movies, and then through a miraculous green card lottery. He lives in Freepoint.
➤ Solar Energy Forum in Waldoboro, 6 to 8 p.m., Medomak Valley High School Auditorium. The public is invited to the forum, with four talks on the potential for solar to become a large-scale energy resource in Maine. Hosted by Waldoboro Renewable Energy Subcommittee.

SATURDAY, APRIL 13:
➤ “Mainers on the Titanic” Author in Tenants Harbor, 11 a.m. at Jackson Memorial Library. Mac Smith shares tales from his book about Maine passengers on the ill-fated ship. The Navy veteran of the First Gulf War and former reporter for Bar Harbor Times will also speak at Skidompha Library in Damariscotta at 10 a.m. Tuesday, April 16, and at Rockport Public Library at 6:30 p.m. Wednesday, April 17.

SUNDAY, APRIL 14:
➤ Launch of “Say What You Can” by Pelt Elizabeth Tibbetts, 2 p.m., Camden Public Library. She reads from her new book during National Poetry Month. The Hope resident’s poems have appeared in numerous journals and been read on NPR’s “The Writer’s Almanac.”

THURSDAY, APRIL 11:
➤ Talk on Wooden Work Boats, 6 p.m. at The Apprenticeshop, Rockland. Patrick DiLalla will describe boats found along the Atlantic shore, and tell how they’re built with unique features for different jobs. $10 suggested donation.
➤ “Trekking the Matterhorn Region of Switzerland, One Step at a Time,” 6:30 p.m. at Vose Library, Union. Warren resident and Registered Maine Guide Marion Gray shares stories and photos of her hut-to-hut hike in the Swiss Alps.

THURSDAY, APRIL 18:
➤ “AMC Photo & Presentation: “Wyoming Wilderness Backpacking,”” at Curtis Memorial Library, Brunswick. Bring a dish to share and a cup and utensils for the 6 p.m. potluck. At 7 p.m. take a photo journey into one of the country’s treasured public lands, the Gros Vertewer Wilderness.

SPRING HIRING FAIR

Wednesday, April 17th
3:30 – 6:00 PM
South School, 30 Broadway, Rockland

Supporting Sponsors:

Planning Partners:

Bahchamberconcerts.org

(207) 236-2823

The Free Press
Thursday, April 11, 2019
**April Vacation Camp at Rileys**
April 15-19, 2019

A fun-filled week of both indoor and outdoor exploration for children ages 5-12, culminating in a talent show open to the public April 19.

**Music**

**Friday, April 12:**
- Noon Music in Lent Wraps Up at St. Thomas' Episcopal Church. Mike Noble and Todd Slusren perform. Songs in German written for voice and piano performed by Old Deerfield. $5. FMI: 236-1914.
- Judy Castrand in Round Pond at Harper's Wood, 7 p.m. The one-man folk festival with a James Taylor feel brings along his guitar and wide-ranging repertoire, jazz to rock. $12 suggested donation. FMI: 236-1914.
- Kathy Martin with Bill Cosby, 7:30 p.m. The country singer and winner of two Grammys and four CMA Awards brings tunes from her new album, "Pretty Bird," accompanied by his band. $29.50-348 or fred@casbah.net.
- Early Bird Jam in Newcastle, 3 p.m. Director Celia Jones and the ensemble will share the music and long history of the kantele, a lap harp that is an important symbol of Finnish culture. All are welcome.
- Jim Loney to Perform at Medomak, Friday, April 19, at 7 p.m. He'll play folk, blues and original tunes. Refreshments served afterward. Donations to Camden Friends of Finnish Culture. All are welcome.

**Thursday, April 18:**
- Ale House String Band at Rockland Public Library, 6-8 p.m. Reading Room Concert. Oren Robinson, Brian Dunn and April Reed-Cox meld classical theory and technique with the traditional folk, and do some on-the-spot improvising. Free and open to everyone.

**Upcoming:**
- Halycon String Quartet to Play in Damariscotta, Friday, April 19, at 1 p.m., Schooner Cove Retirement Community’s library. Violinist Josie Davis, Sophie Davis and Colins Wheatley and cellist Young Lee play everything from classical chamber music to traditional folk tunes. Free and open to the public.
- Jim Loney to Perform at Medomak Arts, 13 Friendship Street, Waldoboro, on Friday, April 19, at 6 p.m. He'll play folk, blues and original tunes. Refreshments provided: beer and wine available for a donation to the non-profit arts center.
- Dean Stevens in House Concert at Belfast Cohousing & Ecovillage, Friday, April 19, at 9:30 p.m. Portland band The Moosetones will offer Americana, folk-rock revival, emotive rock Saturday, April 20, at 8 p.m. $10-$20 suggested donation. For reservations and more information call The Free Press at 700-0421 or email deanstevens19.bitly/deanstevens19. $10-$20 suggested donation at the door.

**FILM**

**Thursday, April 11:**
- National Theatre Rebroadcast: I’m Not Running, 2 p.m. at Rockland’s Strand Theatre. David Hare's explosive play about a doctor whose political career forces her to make an agonizing decision. $12 general admission.
- Morningstar Sessions at Camden Public Library, last Thursdays, 6 p.m. Newcomers welcome.

**2019 HOLY WEEK SCHEDULE**

**CHRISM MASS:**
- Tuesday, April 16, 2019
  - 5:45pm Cathedral of the Immaculate Conception Portland, ME

**HOLY THURSDAY, April 18, 2019**
- 6:30pm St. Bernard, Rockland Followed by Adoration until 10pm 9:45pm Closing Prayer
- 6:30pm Our Lady of Good Hope, Camden Followed by Adoration until 10pm 9:45pm Closing Prayer

**GOOD FRIDAY, April 19, 2019**
- 6:30pm Good Friday Service at St. Bernard
- 6:30pm Good Friday Social at Our Lady of Good Hope
- 6:30pm Good Friday SVC, St. Francis of Assisi

**EASTER VIGIL, Saturday, April 20, 2019**
- 8:00pm St. Francis, Belfast

**EASTER SUNDAY, April 21, 2019**
- 8:00am St. Bernard, Rockland
- 9:30am St. Francis of Assisi, Belfast
- 11:00am Our Lady of Good Hope, Camden
- 11:00am St. Bernard, Rockland
- 2:00pm Maine State Prison

**CALENDAR OF EVENTS**

**SUNDAY, APRIL 14: 10am**
- “I Wonder What It Was” in Print? Catch Us Online!
- Noon Music in Lent Wraps Up at St. Thomas’ Episcopal Church. Mike Noble and Todd Slusren perform. Songs in German written for voice and piano performed by Old Deerfield. $5. FMI: 236-1914.
- Judy Castrand in Round Pond at Harper’s Wood, 7 p.m. The one-man folk festival with a James Taylor feel brings along his guitar and wide-ranging repertoire, jazz to rock. $12 suggested donation. FMI: 236-1914.
- Kathy Martin with Bill Cosby, 7:30 p.m. The country singer and winner of two Grammys and four CMA Awards brings tunes from her new album, “Pretty Bird,” accompanied by his band. $29.50-348 or fred@casbah.net.
- Early Bird Jam in Newcastle, 3 p.m. Director Celia Jones and the ensemble will share the music and long history of the kantele, a lap harp that is an important symbol of Finnish culture. All are welcome.

**THURSDAY, APRIL 18: 1pm**
- Kantele Ensemble at The Lincoln Home, Newcastle, 3 p.m. Director Celia Jones and the ensemble will share the music and long history of the kantele, a lap harp that is an important symbol of Finnish culture. All are welcome.

**TUESDAY, APRIL 16: 6pm**
- Free Concert with Multinational Communities of the Pacific Coast rainforests of Columbia and Ecuador. Free.

**SUNDAY, APRIL 13:**
- Scottish piping workshop in Hope, at Sweet Tree Arts, from 9 a.m. to 5 p.m., capped by a concert for participants and their friends. $75. One of the workshop leaders, Callum Armstrong, will play a show open to the public Sunday at 7 p.m. $15 tx. SweetTreeArts.org
- Free Concert with Multinational Communities of the Pacific Coast rainforests of Columbia and Ecuador. Free.

**FILM**

**Thursday, April 11:**
- National Theatre Rebroadcast: I’m Not Running, 2 p.m. at Rockland’s Strand Theatre. David Hare’s explosive play about a doctor whose political career forces her to make an agonizing decision. $12 general admission.
- Morningstar Sessions at Camden Public Library, last Thursdays, 6 p.m. Newcomers welcome.
CALENDAR OF EVENTS

“Health Care: We Can Fix It,” 6:30 p.m. at Belfast Free Library. Screening of the short version of a discussion about how to fix the broken health care system. Hosted by Maine AllCare’s Waldo County chapter. Free.

FRIDAY, APRIL 12 – THURSDAY, APRIL 18

FRIDAY, APRIL 12:

“San Francisco,” 6:30 p.m., FRIDAY NIGHT FILMS at Thomaston Public Library (in the Academy building). April’s flicks star Clark Gable. In this Academy Award-winning musical, he is a nightclub owner who hires a down-on-her-luck singer (Jeanette Macdonald).

“Marjorie Prime,” 7 p.m., FRIDAY Flix at Belfast Free Library. April’s “Future Imperfect!” films continue with the story of a daughter who hires someone to play the husband of elderly Marjorie, to comfort her as she enters the early stages of Alzheimer’s. But... does it?

SATURDAY, APRIL 13

All Eight Harry Potter Flicks at Flagship Cinemas, starting April 13, with free admission. From first, “Harry Potter and the Sorcerer’s Stone” to last, “The Deathly Hallows – Part 2,” they’re all shown at 10 a.m., except for “The Order of the Phoenix” on May 11, which starts at 9 a.m. The full lineup is on the theater’s website: kct.org.

SUNDAY, APRIL 14:

“Equal Means Equal,” 2 p.m. in Belfast Free Library. The half-hour film will be followed by a discussion of efforts to pass an Equal Rights Amendment to the Maine Constitution. Free and open to all. Pictured on the outside, but whose meth addiction threatens to tear apart his family. Followed by a panel discussion. $15.

WEDNESDAY, APRIL 17:

“Officer Involved,” 7 p.m. at Lincolnville Community Library. Free screening of a documentary made by a police officer who spoke to 100 others about what they went through after a shooting. Kate Braestrup, bestselling author and chaplain for the Maine Warden Service, will lead a discussion afterward.

Space Expert at Screenings of “Apollo 11” at Lincoln Theater, Damariscotta. Derek Webber will lead a Q&A after a 2 p.m. and 7 p.m. screenings of the movie about the first moon landing. The Damariscotta resident has launched satellites, been a guide at National Air and Space Museum in Washington, D.C., written books on space exploration, and met the crew of the Apollo 11 mission. The film will be screened sans Webber on Thursday, April 18, at 2 p.m. and 7 p.m.

THURSDAY, APRIL 18:

“Mongy Python’s Life of Brian,” 7 p.m., Strand Theatre, Rockland. The scathing comedy takes on religion and politics with a scathing comedy. And dances with the daffodils.

COMING UP:

International F1 Flying Film Festival at Strand Theatre in Rockland, Thursday, April 25, at 7 p.m. Presented by Patagonia and hosted by George River Land Trust, IFF consists of shorts and feature films from all corners of the globe. 12 adults; $8 students. A Spinner Fall Festival, a lucky duck off at 5 p.m. with $35 tix that include festival admission, reserved seating, appetizers, door prizes and more. Tix are at FlyFilmFest.com and at Maine State Outfitters in Rockport.

THURSDAY, APRIL 11:

Book Lovers Discussion at Carver Memorial Library, Searsport. 3 to 5 p.m. Enthusie with fellow bookworms and find out what’s new in the book world.

Susan Taylor Poetry Reading, 4 p.m. at Rockport Public Library. The second reading in April by members of Rockland Poets’ Corner features Taylor, who was inspired to write poetry after the death of her mother from Alzheimer’s disease and by her own aging process.

Food for Thought…

Who can resist re-reading Wordsworth’s poem “I Wandered Lonely as a Cloud” (1807) at springtime? We can’t. Here’s the last verse:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye.
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

SATURDAY, APRIL 13:

Author Fair at Rockland Public Library, 10 a.m. to 2 p.m. Ten midcoast authors will set up booths and offer their books for sale. There will be mini talks: 10:30 a.m., “Small Moments in a Long Journey” by Laurie Appell-Chandler; 11 a.m., “What New Risk Would You Like To Take?” by Dani McAlister; 11:30 a.m., Barbara Kent Lawrence on her process; 12:30 p.m., Tom Jamrog on surprises on his Continental Trail journey; 1 p.m., “How a Novel Is Plotted in 10 Minutes or Less” by Gin Mackey. Refreshments, door prizes and free admission.

“Inventing New Poetic Forms” Workshop, 10 a.m. to 2 p.m. at the Farnsworth’s Gamble Education Center, Rockland. Kathleen Ellis will help poets at any level expand their style by meshing poetry with photos, memory, culture and current events. $56 ($48 members).

Illustrator Chris Van Dusen at Owl and Turtle Bookshop Cafe, Camden, 2 to 4 p.m. He’ll be signing “A Piglet Named Mercy.” To reserve a copy, call 230-7335.

“Magical Thinking” in Unity, 4:30 to 6 p.m., Unity College Center for the Arts. The South Portland artist’s paintings and sculptures will be on view at April 20. His work has hung at Portland Museum of Art and Pulse Art Fair in Miami.

Reception to Open Lincoln Academy Student Art Exhibit, 5 to 7 p.m. at River Arts, 241 Route 1 in Damariscotta. Everyone’s invited to see the show, now in its 10th year, of art by more than 45 students. It runs to April 26.

“Kotli Comes Home” at Rockland Public Library, lower level. The show of photographs by iconic Maine lensman Kosti Rychotkous hangs through July.

FRIDAY, APRIL 12:

“‘Holding Up the Sky’ Opens at Maine Historical Society, in Portland. The exhibition explores the culture of the First People of Maine and their 13,000 years on the land, through artifacts loaned by museums and other contributors and newly commissioned pieces by Wabanaki artists. It runs to Feb. 1, 2020.

SATURDAY, APRIL 13:

Author and chaplain for the Maine Warden Service, will lead a discussion afterward. Kate Braestrup, bestselling

FRIDAY, APRIL 12:

~ chocolate carrots and bunnies
~ vintage Easter and springtime postcards
~ a wide selection of Easter cards
~ bunny stickers & nodders
~ Easter and spring ornaments
~ fuzzy chicks & bunnies
~ and EASTER BOOKS galore!

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国旗Cinemas.com, 594-2100.

“San Francisco,” 6:30 p.m. at Thomaston Public Library (in the Academy building). April’s flicks star Clark Gable. In this Academy Award-winning musical, he is a nightclub owner who hires a down-on-her-luck singer (Jeanette Macdonald).

“Marjorie Prime,” 7 p.m., FRIDAY Flix at Belfast Free Library. April’s “Future Imperfect!” films continue with the story of a daughter who hires someone to play the husband of elderly Marjorie, to comfort her as she enters the early stages of Alzheimer’s. But... does it?

Saturday, September 10 at 10 AM
DAVID McCULLOUGH
21 EAST MAIN STREET, SEARSPORT, ME 04974
Tel. 207-338-9009
www.leftbankbooks.com
"Life of Brian" Screening Celebrates Its 40th Anniversary — “Monty Python’s Life of Brian” will be presented as a special screening at 2 p.m. and 7 p.m. at the Strand Theatre in Rockland. Re-released for its 40th anniversary, in standard definition and mono-sound, the 1979 film delivers a scathing satire of religion, politics, and historical depiction of all things biblical. Highly controversial upon its original release and banned in several countries, the film is frequently lauded as one of the greatest comedy features of all time. As Monty Python member Terry Gilliam says, “It rips bare and makes you laugh at the world we’ve created for ourselves.” Set in 33 A.D. Judea, where exasperated Romans and everything from ex-lepers, Pontius Pilate and the art of Cleese, Terry Gilliam, Eric Idle, Terry Jones and Michael entire Monty Python ensemble (Graham Chapman, John series of absurd circumstances, providing opportunity for the would-be messiah who rises to prominence as a result of a original release and banned in several countries, the film is

Kate Braestrup to Host Screening of “Officer Involved” on April 17

On Wednesday, April 17, at 7 p.m at Lincolnville Community Library, a local screening of the documentary, Kate Braestrup’s film, Officer Involved will be presented. Officer Involved, followed by a discussion of the film, is a collaboration of University of Maine School of Law and the Maine Justice Academy.

Space Expert to Join Discussions at Lincoln Theater Screening of “Apollo 11” 4/18

The Community Library, Kate Braestrup will host a free screening of the Apollo 11 mission, and is currently seeking international Space Expert to Join Discussions at Lincoln Theater Screening of “Apollo 11” 4/18

New on DVD & Blu-ray

Just Released April 9 —

THE MULE R/Drama/Dir: Clint Eastwood (Clint Eastwood, Bradley Cooper, Taissa Farmiga) Earl Stone is 90 years old, broke and alone when he is offered a job that simply requires him to drive. Unbeknownst to Earl, he’s just signed on as a drug courier for a Mexican cartel. Soon, he hits the radar of DEA agent Colin Bates. And even as Earl’s money problems and health problems come to a boil, the part starts to haunt him. It’s uncertain if he’ll have time to right those wrongs before law enforcement or the cartel catches him.

Recent Releases —

SPIDER-MAN INTO THE SPIDER-VERSE PG-13/R/Animation/Dir: Bob Persichetti, Peter Ramsey (Shameik Moore, Jake Johnson, Hailee Steinfeld) A fresh vision of a different Spider-Man universe, with a ground-breaking use of 2D and 3D animation. It’s one of kind, defies pressure to remake. Instead, she returns to her native Scotland to reclaim her throne. But Scotland and England fall under the rule of Elizabeth I. Determined to rule as more than a figurehead, Mary asserts her claim to the English throne, threatening Elizabeth’s sovereignty.

SUPERNATURAL — SEASON 15

This documentary will host a free screening, followed by a discussion of the film. At the Strand Theatre in Rockland, the screening will be presented by the U.S. National and Space Museum in Washington, D.C., has met the crew of the Apollo 11 mission, and is currently seeking international Space Expert to Join Discussions at Lincoln Theater Screening of “Apollo 11” 4/18

LIBERTY GRAPHICS

Butler Store

Diversity is our strength.

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CALENDAR OF EVENTS

SUNDAY, APRIL 14:
- "Intro to Figure Painting," 10 a.m. to noon at Fort Western, Augusta. Resident artist Justin Kenney reveals tips and tricks for painting the human form accurately. For all levels. Drop in for $20; free for members.
- Reception to Open Nancy Glassman Show, 11:15 a.m. to 1:15 p.m., Sanctuary Gallery at Rockland Congregational Church, 180 Limerock Street. Her oils, watercolors, and works on paper reflect the nuances of nature will be on display to May 12.
- Panel Talk with "Melt Down" Artists, 3 p.m. at Rockland's Center for Maine Contemporary Art, 21 Water Street. Four artists working in "Melt Down: Ten Artists Respond to Climate Change" will be on hand and artist Robert Kingbird will discuss their art. Included with admission. "Melt Down" is on view to June 9.

MONDAY, APRIL 15:
- "Bread Crumbs" by Anna Quindlen, 2:30 p.m. at Rockland Public Library, 117 Main Street. She'll show kids in grades 4-8 and "fuzzy wuzzy" nightlights. $10 donation requested by April 11.
- "Melt Down: Ten Artists Respond to Climate Change," 1-4 p.m. at Rockland Center for Maine Contemporary Art, 21 Water Street. Four artists will be on hand and artist Robert Kingbird will discuss their art. Included with admission. "Melt Down" is on view to June 9.

TUESDAY, APRIL 16:
- Intergenerational Book Club at Thomaston Public Library, meets at 2:30 p.m. On Tuesday, the group's book is "Longbourn" by Jo Baker, a sequel to "Pride and Prejudice." The May book is "Maid: Stories of Women Who Cleaned Up America." Drop in for a free conversation about characters and scenes. The third, on April 29, looks at staging and composition. $5 donation. Reservations are required by April 11.
- "Painting Textures and Layers," 1 to 3 p.m. at Rockland Art Loft. Karen Olson imparts the skill of layering across a variety of mediums: acrylic painting, collage, mixed media and photography. $75, plus $15 for materials, which will be incorporated. No experience needed. Drop in for $20; free for members.

THURSDAY, APRIL 18:
- "Introduction to Gouache," 6 to 8 p.m. at Rockland's Art Loft. Kim Nicoll introduces the medium that is a little bit like watercolor, a little bit like acrylic paints. Drop in for $20; free for members.

COMING UP:
- Rug Hooking Basics Workshop in Rockland, Friday, April 19, from 9 a.m. to noon at Farnsworth Art Museum's Garmirian Education Center. Gabrielle Rockland teaches the class that imparts the basics as you make a flower pin from wool and felt on a linen foundation. $42 ($36 Farnsworth members), plus $25 materials fee.
- "Digging for Gold: Responding to Art Through Poetry," Friday, April 19, 2- p.m. at Farnsworth Art Museum, Rockland. Kristen Lindquist will discuss her poems inspired by the luminous paintings of the 17th-century Dutch and Flemish Golden Age, which produced Rembrandt and Vermeer. $10 admission.
- Group "Flowers" Show at Medomak Arts in Waldoboro, 13 Friendship Street, from 5 to 7 p.m. on Saturday, April 20. Local artists show their high-heat blooms. Refreshments served.

EXHIBITS:

FOOD & DRINK

THURSDAY, APRIL 11:
- Dine for a Cause at Hartstone Inn in Damariscotta, June 19. resident artist Justin Kenney reveals tips and tricks for painting the human form accurately. For all levels. Drop in for $20; free for members.

SATURDAY, APRIL 13:
- "Bread Crumbs" by Anna Quindlen, 2:30 p.m. at Rockland Public Library, 117 Main Street. She'll show kids in grades 4-8 and "fuzzy wuzzy" nightlights. $10 donation requested by April 11.
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SUNDAY, APRIL 14:
- Easter Sunday Pancake Breakfast, 8 to 10 a.m. at Redman Hall, 153 Main Street, Belfast. Everyone’s invited.

COMING UP:
- TEA at Thomson "Melt Down: Ten Artists Respond to Climate Change," 1-4 p.m. at Rockland Center for Maine Contemporary Art, 21 Water Street. Four artists working in "Melt Down: Ten Artists Respond to Climate Change" will be on hand and artist Robert Kingbird will discuss their art. Included with admission. "Melt Down" is on view to June 9.
The Free Press

CALENDAR OF EVENTS

THURSDAY, APRIL 11:
- Talk on How Climate Change Is Affecting Maine Farms, noon, Merryspring Nature Center, Camden. Camden Farmer Sonja Borshell will share what she’s learned from farmers and crop advisors during interviews conducted for a joint project of University of Maine and University of Vermont. Merryspring’s Spring Talks are $5; free for members.
- Talk on Eco-Gardening at Belfast Free Library, 2 p.m., biologist Alena Vladyka describes creating a native bird habitat in a 500-square-foot garden held by Belfast Garden Club.
- Orchard Expert Speaking at Bath Senior Center, 43 Forest Street in Bath, at 6 p.m. Bath Garden Club hosts Bob Currier of Maine Orchard Society. He’ll discuss how to identify types of orchids, how to care for them, and which are best for indoor gardening. All are welcome.
- Talk on Permaculture for the Home Gardener, 7 p.m., Belfast Ecovillage and Cohousing. Community building Jesse Lalbe-Watson of Midcoast Permaculture Design in Rockland describes how anyone can use this design system and several techniques to grow food and support healthy ecosystems. Free.

THURSDAY, APRIL 18:
- Tour Herring Gut Learning Center, in Port Clyde. See the recirculating aquaponics system for aquatic plants and animals. Warren Field and Garden Club invites everyone to the free tour at 10 a.m. at Second Congregational Church, 252 Main Street in Warren, for coffee,光环: bringing lunch. FMI: 594-4113.
- Talk on Keeping Rodents Out of Older Homes, 7 p.m., at Wans Hall, Thomaston. Jesse Rich of Coastal Exterminating Services on the dangers of infestations — and how to fix or prevent them. Historic Thomaston Research Group hosts the public talk.

COMING UP:
- Class on Cultivating Plants Indoors, Saturday, April 20, 9 a.m. at Merryspring Nature Center, Camden. Maine Master Gardener John Fowler teaches when and how to transplant seedlings; how to root bulbs, corms and tubers; and how to propag- ate cuttings into full plants. Practice on a dahlia and lily to divide and take home. This Level 1 class is for 30 MNC members. Sign up by April 16: info@merryspring.org, 236-2239.
- Tractor Safety Course for Kids, five Mondays, starting April 22, 5 to 7 p.m. at Ingraham’s Equipment. $20 includes a manual. Sign up at extension.umaine.edu.
- Chainsaw Safety Course, at Hidden Valley Nature Center, Jefferson, Saturday and Sunday, April 27 and 28. Designed for newbies and who take a refresher course to stay sharp and safe. $130 Midcoast Conservancy members; $150 nonmembers. Also at Hidden Valley, Timber Frame Course, Thursday to Sunday, May 2 to 5. Eight students will build a simple timber frame and learn the basics of sustainable forestry and small operation. $450 for Midcoast Conservation and MOPGA members; $500 for everybody else. Details are at MidcoastConservancy.org.

FAIRS & SALES

SUNDAY, APRIL 14:
- Bath Antique Sale, 10 a.m. to 2 p.m., at Bath Middle School, 6 Old Brunswick Road. Last sale of the season, with over 40 dealers of antiques and collectibles and a cafe with seating. Admission is $5; $4 with a free under 25.

COMING UP:
- 2019 Coin Auction at Thomaston Place Auction Galleries, Thomaston, on Saturday, April 20, at 10 a.m. Over 1000 lots of rare coins, commemoratives and currency sourced from private collections and Maine estates. The gallery will be open for previews on Friday, April 19, from 9 a.m. to 5 p.m.
- Earth Day Fair at Rockland Public Library, on the front lawn, Monday, April 22, from 2 to 6 p.m. Local and national groups display to the public, and audubon to Great Old Broads for Wildness will provide info and tell the public how to help the planet. Project Perlin Visitor Center volunteers will run the “Children of All Ages” tent, with crafts and stories.

KIDS & PARENTS

THURSDAY, APRIL 11:
- National Unicorn Day at Rockland Public Library, 3-4 p.m. Kids of all ages are invited to come to the library dressed as their favorite color and join Miss Katie and the Creative Art Crew for mythical stones and crafts.
- Workshop for Teens on Succulent Planting, ages 11 to 17, at Belfast Free Library from 4 to 5:30 p.m. The program is free, but you must register on the children’s floor or by emailing Klara@Belfastlibrary.org.

SATURDAY, APRIL 13:
- Anah Shriners’ Annual Spring Pre-Screening Clinics, offered around Maine headquarters of the World Health Organization at Midcoast Conservancy’s General Hospital’s Conference Room and on the ground floor. Learn about benefits, breast care, milk storage and going back to work. Call 505-4140 to register.

MONDAY, APRIL 15:
- ArtLab April Vacation Week, for kids of all ages, at CMC, Center for Maine Contemporary Art, Rockland, Monday to Thursday, April 15 to 18, from 2 to 4 p.m. The workshops are art, and kids can attend any and all.
- Riley Days Vacation Camp, for kids ages 5-12, at The Riley School, Rockport, Monday to Friday, April 15 to 19, from 9 a.m. to 4 p.m. Kids will have the option of taking part in storytelling, music, art, drama, field games, gardening and more.

TUESDAY, APRIL 16:
- 4H-STEM Science Fun at Gibbs Library, Washington, for kids 7-12. Free sessions led by Kathryn Jensen of UMaine Cooperative Extension from 10:30 a.m. to noon. Tuesdays through May 28 (except May 7).
- Free Children’s Drawing Class at Rockland Public Library, 4-5 p.m. Tuesday. Children may bring their own art materials. Bring lunch. Scholarships available. This week: “Let’s Draw April Awakening”! with a focus on trees. Ears, buttons, hearts and cars.
- Vacation Week at Thomaston Public Library, with fun activities at 1 p.m., kids under 7 should be with an adult. Tuesday, April 16: origami. Wednesday, April 17: Lego. Thursday, April 18: “Draw Together” series for kids 6-plus (under 11 with an adult). Adults invited to collect art with kids. All materials provided. This week: “Let’s Draw April Awakening!” with a focus on trees, ears, buttons, hearts and cars.
- Riley Days Vacation Camp, for kids ages 5-12, at The Riley School, Rockport, Monday to Friday, April 15 to 19, from 9 a.m. to 4 p.m. Kids will have the option of taking part in storytelling, music, art, drama, field games, gardening and more.

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Local radio station welcomes you! We’re volunteer-powered, and we’re in to hear your friends on the air at 53.3 FM (99.3 Camden) or stream online at wrfr.fm. Remember, WRFR is your community radio station. See how you can become involved. Call WRFR at 954-0721 or visit wrfr.org for more information.

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in planting, spraying, baking and fiber arts and explore forest and field on the 50-acre farm. $190, 165 members.

**WEDNESDAY, APRIL 17:**
- Community Training by Child Abuse Prevention
- Waldoboro Public Library
- Belfast Family Resource Hub in The First Church, 8 Court Street in Belfast. Helen Rogers of Broader Family & Community Services gives the free training for education, health, and social service providers. For more info, call 542-9693.

**Library Workshop for Beginners at Hope Library:**
- Hope Library offers its for the entire family during Vaca...

**Coming Up:**
- Living History for Kids at Rockland Public Library, Friday, April 19, 11 a.m. Gathered Valley takes on a different personality to intro sqlalchemy and cats at Pope Memorial Humane Society of Knox County in Thomaston. Shoshana Lipsky and Samantha Newman will discuss the science that supports what we know about this timeless aspect of the human experience.
- **Just for kids:**
  - Nature Trail Program, Saturday, April 20, from 10:30 a.m. to noon at Vose Library in Union. Doreen Learning and Robin Huntley explain an exploration along the library’s nature trail. All ages welcome. Stop by the library or call 785-4733 to register.
- Earth Day Planting at Searsport Island, Monday, April 22, from 4 to 5:30 p.m. Kids 6-12 (with an adult) are invited to create seed-filled eggs and bags of pet nibbles that will be delivered to the dogs and cats at Pope Memorial Humane Society of Knox County in Thomaston.
- **For Kids:**
  - Nature Trail Program, Saturday, April 20, from 10:30 a.m. to noon at Vose Library in Union. Doreen Learning and Robin Huntley explain an exploration along the library’s nature trail. All ages welcome. Stop by the library or call 785-4733 to register.
  - Story Time on Saturdays at 10 a.m. at Skidompha Library, Damariscotta.
  - Toddler Time on Mondays at 10 a.m.
  - Toddler Time on Tuesdays at 10 a.m.
  - Toddler Time on Wednesdays at 10 a.m.
  - Toddler Time on Thursdays at 10 a.m.
  - Toddler Time on Fridays at 10 a.m.
  - Story Time on Saturdays at 10 a.m.
  - Story Time on Wednesdays at 10 a.m.
  - Toddler Time on Mondays at 10 a.m.
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**Friday, April 12 —** Jupiter at 24 degrees of Sagittarius has been in a favorable (30 degree) minor aspect to Pluto at 23 degrees of Capricorn since February 23. This aspect remains with us until May 24, and it will activate again from October 10 to 21. It brings a cry for honesty and integrity and brings cosmic rewards to those who seek to be transparent.

**Friday, April 13 —** The Sun remains in a playful, upbeat mood. The Sun will remain conjunct at 29 degrees of Aries close to Uranus in very early degrees at 6:30 p.m. The Full Moon takes place tomorrow morning at 7:12 a.m. in Libra will be clashing with Saturn in Capricorn, stirring up unexpected to occur suddenly. The Sun will remain conjunct at 29 degrees of Aries close to Uranus in very early degrees at 6:30 p.m.

**Saturday, April 14 —** Venus in a challenging aspect to Jupiter is still taking place without the blessings, now, of Saturn and Pluto. Be aware that this is an aspect of overindulging. You’re tempted to spend too much on gift giving and then your spending spree later on. The Moon in Virgo will be nicely aspected Uranus from 7:45 until 9:45 p.m. Your intuitive intelligence will be clear as can be. With the Moon in Virgo, there’s a tendency to analyze your intuition. Don’t. Between 9:30 and 11:30 p.m. the Moon will be in a complicated aspect with Mars in Gemini. Your mind will be moving rapidly, jumping from one topic to another. It would be calming to write out your thoughts. Get those repetitious thoughts, which are like a broken record, out of your mind.

**Sunday, April 15 —** Venus in a challenging aspect to Jupiter is still taking place without the blessings, now, of Saturn and Pluto. Be aware that this is an aspect of overindulging. You’re tempted to spend too much on gift giving and then your spending spree later on. The Moon in Virgo will be nicely aspected Uranus from 7:45 until 9:45 p.m. Your intuitive intelligence will be clear as can be. With the Moon in Virgo, there’s a tendency to analyze your intuition. Don’t. Between 9:30 and 11:30 p.m. the Moon will be in a complicated aspect with Mars in Gemini. Your mind will be moving rapidly, jumping from one topic to another. It would be calming to write out your thoughts. Get those repetitious thoughts, which are like a broken record, out of your mind.
**FREE PRESS HELP WANTED DISPLAY ADS**

**WANTED**

- **CARPET CLEANER** - High school graduate, must have previous experience. Good pay plus tips. Contact: Box 261, Tenants Harbor, ME 04860. (4/25)


- **CONSTRUCTION WORKER** - Must be willing to work outside and must have construction experience. Please call 207-236-6855. (4/25)

- **CUT, SPLIT AND DELIVER FIREWOOD** - 4,000 miles, asking $600. 236-4417. (4/25)

- **DOMESTIC assistant** - Full-time, Seeking a domestic assistant who can prepare meals, assist in household tasks and provide general care to a senior. Must have references. Contact: townmanager@union.maine.gov. (4/25)

- **DRIVER** - Must have clean driving record and excellent customer service skills. Competitively paid. Contact: tnelsen@oharacorporation.com. (4/25)

- **DRIVER/LABORER** - Full-time, year-round position with full benefits including health insurance and 401K. Must have CDL, be dependable and have reliable transportation. Must be able to work days, nights and weekends. Contact: bill@swansislandcompany.com. (4/25)

- **FULL-TIME LABORER** - Requires involving lifting, moving and some climbing. Must be able to work outside. Contact: 207-868-4000. (4/25)


- **FUTON CREATOR** - Must be willing to work outside and must have construction experience. Please call 207-236-6855. (4/25)

- **INFLATABLE PERSONAL WATERCRAFT OPERATOR** - Full-time, part-time and seasonal positions available in our Commercial division with full benefits including health insurance and 401K. Contact: tnelsen@oharacorporation.com. (4/25)


- **JANITOR** - Full-time, Experience working in a fast-paced environment required. Contact: 207-236-6855. (4/25)


- **MANAGER** - Full-time, Experience working in a fast-paced environment required. Contact: 207-236-6855. (4/25)


**HELP WANTED DISPLAY ADS**

**NOW HIRING**

- **COOK** - Full Time / Part Time
- **CUT, SPLIT AND DELIVER FIREWOOD** - 4,000 miles, asking $600. 236-4417. (4/25)
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**END HELP WANTED DISPLAY ADS**
FREE PRESS ADS WORK!  

FREE PRESS ADS WORK!  

Deadline is 4 p.m. Mondays.  

Please run your ad ONE WEEK for only $6.65/week for 20 words — 20¢ each additional word.  

Run your ad for TWO WEEKS for only $13.30/week for 20 words — 15¢ each additional word.  

Run your ad for THREE or more weeks for only $5.55/week for 20 words — 10¢ each additional word. (Please print clearly & include your phone number!) DEADLINES IS MONDAY at 4 p.m.  

I would like my ad to read:  

Please run my classified ad ______ times and list it under:  

______ Vehicles  ____ Boating  ____ For Rent  ____ For Sale  

______ Help Wanted  ____ Real Estate  ____ Services  ____ Wanted  

______ Yard Sale  ____ Other  

Name  

Address  

Town  

State  

Zip  

Cost for 1st 20 words/week = $10.00  

Additional words = $15.00/week  

Subtotal = $10.00  

Times # of weeks ad to run  

TOTAL Due = $10.00  

If paying by credit card:  

JUST CALL IN YOUR AD COPY — 596-6696  

Or, enclose payment and bring or mail to:  

FREE Press Classifieds  

8 No. Main Street, Suite 101, Rockland ME 04841  

Textual content extracted from the image:
move towards personal growth and the patterns and impacts of abuse, and in a safe environment, learn about violence. Receive emotional support from women affected by domestic or dating violence. New Hope for Women offers an ongoing support group for women, 1-800-522-3304.

CRISIS LINE
Maine’s Statewide Toll-Free Crisis Line
1-800-568-1112
The Maine Department of Mental Health, Mental Retardation and Substance Abuse Services’ 24-hour crisis line links to the center in Maine near you.

SMART RECOVERY — Non-religious, no steps, scientifically proven program for recovery from substance addictions. Fri., 4:30 p.m., Coastal Recovery Community Center (CRC), 24 Lincoln St. (old Lincoln School), Suite 103, Rockland. FMI: 093-3807, Bruce.

NARCOTICS ANONYMOUS
for meeting updates and other locations, call 1-800-974-0642 or visit www.naanoma.org.

- Second Chance, Mon., 6:30-7:30 p.m., First Congregational Church, 55 Spring St.
- Men, 6:30 p.m., Coastal Recovery Community Center (CRC), 24 Lincoln St. (old Lincoln School), Suite 103, Rockland. FMI: 093-3807, Bruce.
- New Alternatives, Tues., 6-8 p.m., St. Peter's Episcopal Church, 11 White St., Rockland.
- Second Chance, Thurs., 4:30-7:30 p.m., United Methodist Church, 23 Mill Lane, Rockland.
- NJOA, Tues., 6:30-7:30 p.m., People United Methodist Church, 3 Chapel St., South Thomaston. Every Tuesday, dinner meeting, 5:30-6:15 p.m.; arrive, come as you wish. All welcome.

NARCOTICS ANONYMOUS (continued)
- Spiritual Warrior Group, Wed., 7:30-8 p.m., Miles Memorial Hospital, 3rd floor conference room, Rm. 10 (Meridal Rd.) Damariscotta.
- 12 Steps to Recovery, Wed., 6:30-7:30 p.m., St. Peter's Episcopal Church, 11 White St., Rockland.
- Second Chance, Thurs., 4:30-7:30 p.m., United Methodist Church, 23 Mill Lane, Rockland.
- Living Free, Fri., 7:30-9 p.m., Miles Memorial Hospital, 3rd floor conference room, Rm. 10 (Meridal Rd.) Damariscotta.
- New Alternatives, Fri., 6:30-7:30 p.m., St. Peter’s Episcopal Church, 11 White St., Rockland.

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<tr>
<th>Time</th>
<th>Channel</th>
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<tr>
<td>7:00</td>
<td>CBS 13</td>
<td>Criminal Minds</td>
<td>&quot;A&quot; Season: Taraji P. Henson, Mathew St. John, Chi McBride, Gina Torres</td>
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<td>8:00</td>
<td>Fox23</td>
<td>Modern Family</td>
<td>Jason Segel, Ty Burrell, Ariel Winter, Nolan North</td>
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<tr>
<td>9:00</td>
<td>NBC4</td>
<td>Chicago P.D.</td>
<td>Jon Seda, Missy Peregrym, Jesse Lee Soffer</td>
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<td>10:00</td>
<td>News Channel</td>
<td>Last Man</td>
<td>&quot;P.O.G.&quot; Season: Stephen Moyer, Jon Polito, Grayson Russell</td>
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<td>11:00</td>
<td>WMTW</td>
<td>The Tonight Show</td>
<td>Jimmy Kimmel</td>
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<td>12:00</td>
<td>CBS 13</td>
<td>The Price is Right</td>
<td>(1975) Roy Scheider, Robert Shaw. A quiz show about consumer prices.</td>
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</tbody>
</table>
It's Time for a New Car; Original Pires Tires Might Be the Answer

DEAR CAR TALK: I have a 1994 Geo Prizm that has been reliable for four years. It was in a wreck before I got the car, so I have new brake rotors and cracked windshield. I think that's all I need to fix the front axles, which will be $788. I also know I should get my windshield replaced, which will probably cost around $320. Should I just get another car? — Joy

RAY: Sorry, another car is a little too much in such an in-between situation, but not in automotive circumstances. The answer is, yes, it’s time to get another car — and has been for a while.

The price for the axles is high to me — unless it’s for more than just axles. And the price for the windshield sounds low — unless you plan to install it yourself with mucilage. But regrettably, I'd be the lousy at putting any serious money into this particular car.

Let's say, just for the sake of argument, you put $1,000 into new axles and the windshield. You'll still be driving a 25-year-old wreck with air bags.

At the absolute minimum — with so many enormous SUVs on the road these days — you should be driving a car with working air bags. And I'd prefer to see you in something a little more substantial than this Geo Prizm, too. Ideally, you'd also like to have antilock brakes and stability control, two very effective safety features.

I can tell you a får’s peculiar friend, Joy. And I admire that. But not when it compromises your safety. So I'm going to suggest you move up to something from at least the second Bush administration.

If you can get something that's 10 years newer, you'll be able to take a big leap in safety and, if you choose carefully, reliability.

If you have a mechanic you trust, ask him to keep his eye out for something reliable that another customer is getting rid of. If he's available, ask him to look for the car over the years, so much the better. He'll know exactly what's wrong with it, what needs to be fixed, and what you need to keep an eye on and be prepared to fix later.

If you don't know your latest mechanic can work on it. And you might get really lucky and get something with electric windows and a working radio, Joy. We hope so.

DEAR CAR TALK: I have a 2012 Prius V and was getting approximately 50-51 mpg. At 47,000 miles I had the tires replaced, which compared to your old set.

If you go to tirerack.com, enter your car's information and then search under “Original Equipment,” you can find out what you need to keep an eye on and be prepared to fix later.

What I'm wondering is whether your dealership gave you a tire with higher rolling resistance than your originals. If you got a standard Yokohama tire, because that's what the dealer had in stock, it could be a tire that would be fine when replacing a similar tire on a Camry, but could noticeably reduce your Prius.

Twenty percent is a big drop in mileage, but I suppose it's possible, if they're also a bit underinflated compared to your old set.

Joy, your name stands in such stark contrast to your terrible public shamings they give people who know their mileage down to the second decimal place, use special, low-rolling-resistance tires. Low-rolling-resistance tires have specially formulated rubber that resists rolling friction, and therefore, increases mileage.

The downside is that you give up a bit of traction (which relies on friction). But since most Prius V drivers aren't running out for joy rides on twisty mountain roads, pushing 96 g of lateral acceleration while yelling “Yee haw!” most of them happily take the mileage over the traction.

Let's say, just for the sake of argument, you put $1,000 into new tires and gotten better with time. If this was true, my mileage should have been lower when I have a standard Yokohama tire, because that's what the dealer had in stock, it could be a tire that would be fine when replacing a similar tire on a Camry, but could noticeably reduce your Prius.

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Sudoku solution on page 32.
<table>
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<tr>
<th>Model 2015 FORD FOCUS SE</th>
<th>Model 2017 FORD FIESTA SE</th>
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<td>1.6L, 5-Spd. Manual</td>
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<td>Bluetooth</td>
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<td>Bluetooth</td>
<td>SYNC</td>
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<tr>
<td>SYNC</td>
<td>Entertainment System</td>
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<tr>
<td>Tilt/Telescopic</td>
<td>Cruise</td>
</tr>
<tr>
<td>Steering Wheel</td>
<td>Keyless Entry</td>
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2016 KIA SOUL +
- Heated Leather Seats
- 2.0L, 6-Spd. Auto.
- Bluetooth
- Cruise
- Keyless Entry

2014 KIA OPTIMA LX
- 2.0L, 6-Spd. Auto.
- Bluetooth

2017 HYUNDAI ELANTRA GT
- 1.6L, 5-Spd. Manual
- FWD
- Bluetooth
- Cruise
- Keyless Entry

2016 FORD FUSION SE
- Bluetooth
- SiriusXM
- Entertainment System
- Cruise

2016 FORD TRANSIT CONNECT WAGON
- 2.5L, 6-Spd. Auto.
- Bluetooth

2016 FORD ESCAPE SE
- 1.6L, 6-Spd. Auto.
- Cruise
- Heated Leather Seats
- w/Select-Shift

2018 FORD ECOSPORT TITANIUM
- 2.0L, 6-Spd. Auto.
- Bluetooth
- Rear Camera
- Keyless Entry
- Sync

2018 DODGE GRAND CARAVAN SE
- 3.6L, 6-Spd. Auto.
- Bluetooth
- Rear Camera
- Third Row Seat

2018 FORD TAURUS LIMITED
- 3.5L, 6-Spd. Auto.
- Keyless Entry
- Bluetooth

2016 FORD EDGE SE
- 2.0L, 6-Spd. Auto.
- Bluetooth

2016 GMC TERRAIN SLT
- 2.0L, 6-Spd. Auto.
- Cruise
- Keyless Entry
- Heated Seats
- Bluetooth

2016 LINCOLN MKZ
- 2.0L, 6-Spd. Auto.
- Bluetooth

2019 JEEP CHEROKEE LATITUDE PLUS
- 2.4L, 6-Spd. Auto.
- Keyless Entry

2018 MUSTANG CONVERTIBLE
- 2.3L, 6-Spd. Manual
- w/Select-Shift

2018 TOYOTA TACOMA SR
- 2.7L, 4-Cyl. Auto.
- 4WD
- Rear Camera
- Tow Hitch/Tow Package
- Bluetooth

2017 CHEVROLET SILVERADO 1500
- 5.3L, 8-Cyl. Auto.
- 4WD
- Rear Camera
- Bluetooth

2018 CHEVROLET COLORADO
- 2.5L, 6-Spd. Auto.
- Bluetooth

2016 FORD EXPLORER XLT
- 2.3L, 6-Spd. Auto.
- 4WD
- Rear Camera
- Heated Leather Seats

2018 NISSAN FRONTIER PRO-4X
- 4.0L, 6-Spd. Auto.
- 4WD
- Rear Camera
- Heated Leather Seats

NO DOC FEES, NO HIDDEN COSTS... NONE!