Searching for a Lost Norse Settlement at Ducktrap

Dennis Cerrotti with a standing stone he found near Ducktrap Harbor above, stained with a red dye typical of Norse monuments. PHOTO BY ETHAN ANDREWS

Native American trading site in Brooklin remains the only accepted pre-Columbian Norse artifact found in what is now the United States. On a recent walk through the woods with Cerrotti, it was easy to see why. The ground was covered in a thick mat of leaves. When the leaves are on the trees, he said, there isn’t much visibility through the forest. Until about 150 years ago,

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Nordic Aquafarms — Opponents Say, ‘No Trespassing’ on Contested Tidal Land

by Ethan Andrews

A recent visit by state officials to Belfast to size up the proposed Nordic Aquafarms site included a low-tide walk along a wide stretch of intertidal flats, the ownership of which is subject to two lawsuits. The visit has not yet been noted in public record, and it seems to confirm what opponents of the proposed salmon farm have been saying: the property has been marked with No Trespassing notices at the Nordic Aquafarms office in Belfast on behalf of Jeffrey Mabee and Judith Grace, who forbid Nordic’s personnel from placing stakes in the flats to mark the location of the pipeline.

Bernacki believes opponents have the only proof of ownership, and while police aren’t intervening now, he believes they would prevent work from beginning until the courts have delivered a ruling.

A survey from October of a stretch of Belfast coastline commissioned by opponents of the proposed Nordic Aquafarms salmon farm shows the southernmost Belfast property owners, Jeffrey Mabee and Judith Grace, owning an area of tidal land that extends more than two lots to the north.
International Year of the Periodic Table

O n November 14, the United Nations General Assembly proclaimed 2019 the International Year of the Periodic Table of Chemical Elements. The United Nations General Assembly declared the Year of the Periodic Table for the following reasons:

1. The Periodic Table is one of the most significant intellectual achievements of the 20th century, representing a fundamental principle of modern chemistry.
2. The Periodic Table is a powerful educational tool, helping children to understand the world around them.
3. The Periodic Table is a key tool in scientific research, allowing scientists to predict the properties of new elements.
4. The Periodic Table is a symbol of the power of collaboration, bringing together chemists from around the world.

International Year of the Periodic Table

Contact the author by sending email to
sadowski@tideewater.net. He already knows that bummer is what to do with a dead chemist. © 2019 TOM SADOWSKI

On Nordic Aquafarms

Nordic proposes building a massive fossil fuel-dependent salmon farm in Penobscot Bay, despite the fact that vast quantities of fresh water, would pollute both air and bay, and would have a huge carbon footprint. The proposed enterprise epitomizes the economic activity we are driven to do our best to protect the brink of a climate catastrophe. City Council support for such a project is both irresponsible and hypocritical.

Barium is long promoted itself as environmentally enriching, clean. By a strange coincidence, the same Barium was proclaimed by the United Nations General Assembly during its 74th plenary meeting on "A New parody of the historic "barium" meeting that is attended by all participants. At first I over the moon because I thought that the word "barium" was "barium parade" but then I realized we are all still here on earth. It is the parade that took back those sci-fi shows.

On Nordic’s Submerged Lands Lease Setback

Rule 7 (b) (10), my favorite Submerged Lands Program rule, states that the applicant for a submerged lands lease must not be engaged in the transportation of oil or natural gas for the purposes of processing, handling or storage.

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Propelling Rockland Toward a Promising Future

Who doesn’t remember the adage, “Caminen by the sea, Rockland by the smell”? Rockland was a town that visitors passed through just as quickly as they left. Nowadays, it seemed like everyone was building towards major points featured plywood windows. The source of this olfactory pollution? A company called SeaPro that rendered fish oil, which employed a number of people and contributed to the town’s tax base.

The year was 1988 when the Rockland City Council had the courage to vote, against the advice of many interested citizens, to ban the plant from its borders. The rationale was that this could mean that the company might have to close if mitigation efforts proved to be too costly. SeaPro ended up closing its plants in the fall of that year.

It was then that the Farnsworth began to flourish after languishing for 40 years. Galleries began to appear, restaurants opened, artists moved in, and the town became a popular tourist destination. This renaissance began thanks to the brave vision of Rockland’s City Council.

Fast forward to 2015 when Energy Management proposed a green initiative to avoid a900 idling diesel trucks? They can dump grey water as an environmental threat. It is not so the Democrats are much better, but for some Republicans, that is a moral dilemma in their attempts to defend the indefensible. With her tepid responses and prevarications, our own Senator, Susan Collins, is getting sucked deeper into the partisan muck.

It was then that the Farnsworth began to flourish after languishing for 40 years. Galleries began to appear, restaurants opened, artists moved in, and the town became a popular tourist destination. This renaissance began thanks to the brave vision of Rockland’s City Council.

In his three years on the council, Ed Glaser has worked tirelessly to establish sound and coherent policy in the myriad issues that face the city, such as energy conservation, tirelessly to establish sound and coherent policy in the myriad issues that face the city, such as energy conservation, the separation of powers, the media, and any other long standing pillar of our democracy that gets in Trump’s way. Given his inaction in the face of Trump’s assault on the rule of law, it is hard not to conclude that the Republican Party has misplaced its moral compass.

This is not to say the Democrats are much better, but for some Republicans, that is a moral dilemma in their attempts to defend the indefensible. With her tepid responses and prevarications, our own Senator, Susan Collins, is getting sucked deeper into the partisan muck.

Another household still had access to the old pre-phone company internet service provider that first experimented with serving Matinicus some 20 years ago, being the sort of community network with no guarantees of service. It was a long shot, but the phone company would not turn it down.

Now in 2019 we are faced with another environmental crossroads. Should Rockland welcome those gigantic cruise ships that are planning to dock at the Rockland Breakwater? Among countless other polluters, Problem: during the 1990s the New York Times ran an article about the use of homing pigeons to deliver messages.

Recently, I read about a study that showed that a homing pigeon’s navigation abilities were enhanced when they were exposed to homing pigeons. Oh, wait — that last one wasn’t a joke. We actually had a homing pigeon here.

For two weeks the bird vacationed on Matinicus, sticking to the north end discovered an errant pigeon at her house, actually had a homing pigeon here. When I called the company’s generator and battery system had taken over power distribution at any cost, regardless of truth or honor, and irresponsible behavior from the very beginning of his run for the presidency.

Adding to the leadership of our country acts in a manner that is the overwhelming majority of the Republican Party to remain silent and disapprove of the nation’s moral compass. Remarks such as “human scum” cannot underpin our society. Remarks such as “human scum” cannot underpin our society. Remarks such as “human scum” cannot underpin our society. Remarks such as “human scum” cannot underpin our society.

Our telephone and internet is transmitted over a considerable stretch of water as a microwave signal. There is no physical cable connecting this island. The voice and data signals are transmitted over a microwave link between the island and the mainland. The signals are then sent to a computer on the mainland.

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The towers that now stand in a smattering of locations around the island are the last vestiges of the old telephone system. The new system is a much more reliable and faster service for the island’s residents.

On Civility

At the recent candidate panel discussion in Belfast on October 21, the question of civility toward candidates, including Fuller being the only exception, was a major concern. The candidate panelists, particularly the former mayor of Belfast, the current mayor of Belfast, and the former mayor of Belfast, were sharply critical of the way in which candidates and their supporters conducted themselves during this campaign.

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Thanksgiving Pie Sale by Edgecomb Church

Edgecomb Community Church will hold a Thanksgiving pie sale at Ames True Value Hardware and Supply, 447 Bath Road (Route 1), Wiscasset, Wednesday, November 27, from 9 a.m. to noon — or as long as pies are available. Regular nine-inch pies will sell for $15 each; smaller pies, suitable for an individual, will be sold for $7. Those who would like to preorder pies may phone Marjorie DiVece at 882-6338 and leave a message by Saturday, November 23. All proceeds will benefit the church’s mission charity efforts.

Republican candidates forum in Thomaston

Tuesday, November 5, 2019

The group Thomaston Random Acts of Kindness will hold a complimentary community Thanksgiving dinner at The Federated Church in Thomaston, 8 Hyler Street, at noon, November 28; doors will open at 11 a.m. All are welcome.

The traditional dinner will include roast turkey, stuffing, gravy, potatoes, squash, onions, peas, cranberry sauce, and homemade desserts. Those who would like to attend and are encouraged to call the Thomaston Town Office at 354-6107 by Wednesday, November 20; reservations, while not required, will aid planning.

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Walton County Republicans — ‘Thankful for America’ Potluck in Freedom

Walton County Republicans will host Thankful for America, a free potluck dinner, Thursday, November 14, at 6 p.m. at Freedom Congregational Church, 55 Pleasant Street. All are welcome; attendees may bring a dish to share if they wish.

Eric Breakey, candidate for the U.S. House of Representatives in Walton County’s Second District, will attend. John Terry, will sing patriotic songs, and there will be a silent auction and 50/50 raffle.

For more information, phone Joan Peterson at 338-2705 or 992-3172.

Student-led forum at CHRHS — Democratic Senate Candidates Forum

Maine Teen Advocacy Coalition and Knox County Democrats will hold a free, student-led forum featuring all current Maine Democratic Party candidates for U.S. Senate — Sara Gideon, Bre Kidman and Betsy Sweet — at Strom Auditorium, Camden Hills Regional High School, 25 Keelson Drive, Rockport, on Saturday, November 23, from 1:30 to 3 p.m.; doors will open at 1 p.m. Refreshments will be served and there will be an opportunity to meet the candidates following the forum, which will be designed and moderated entirely by Knox County teen candidates.

For more information, email eleanor.greer20@fivetowns.net or phone 390-5280.

For prospective mentors — Restorative Justice Project Introduction

Restorative Justice Project will host a light supper and presentation for those interested in becoming a Restorative Justice mentor on Monday, November 18, 5:30 to 8 p.m., at St. Margaret’s Episcopal Church, 95 Court Street, Belfast. Mentor training will take place Mondays, November 25 and December 2 at 6:30 from 15 to 8:30. To register for the presentation, email waldovolunteers@rjmisdcoast.org.

In Wiscasset — Snow Ball Coming in December

Wiscasset Holiday MarketFest and the Wiscasset Area Community Building at 37 Main Street will host Snow Ball on Saturday, December 8, from 7 p.m. to 11 p.m., with refreshments. Tickets, which include dinner, dancing to music by Salty Dogs, and a cash bar, are available at The Maine economy, the Friends of the Decoy Museum and the Wiscasset Area Community Building.

For more information, visit wiscassetholidaymarketfest.com.

Presentation in Belfast predictable, steadily rising price on carbon, with all fees collected minus administrative costs returned to households as a monthly energy dividend. In 20 years, studies show, such a system could reduce carbon emissions to 50 percent of 1990 levels while adding 2.8 million jobs to the American economy.

Make Shift Coffee House in Searsport

A Make Shift Coffee House discussion, the second of a three-part series, will be held for residents of Waldo County on Wednesday, November 6, from 6:30 to 8:30 p.m. at the Searsport Town Library, located in the Searsport Community Building at 37 Main Street. "How Do Labels Work for You?" will be the theme for the free event, which will include conversation, music and refreshments. The next discussion will be held in Searsport on December 4. Make Shift Coffee House is a forum where people holding a range of political views come together in a relaxed atmosphere to discuss diverse issues and listen to and seek to understand each other’s opinions and perspectives.

For more information, email Cathy Roberts at peacep-reserves@gmail.com or visit makeshiftcoffeehouse.com.

Author Jeff Shula Will Tell Tales by the Fire in Searsport — Carver Memorial Library, 12 Union Street, Searsport, will host author Jeff Shula, who will read from and discuss his book “Fireside Chats: Conversations” on Wednesday, November 6, at 6:30 p.m. beside the library’s fireplace. The book features photos by Peggy McKenna and interviews with older Waldo County residents whose lives spanned most of the 20th century. Almost 30 years ago, photographer McKenna and staff writer Shula, both working for Belfast’s Waldo Independent newspaper, produced a series of interviews and photos for the paper called “Fireside Chats.” When Peggy McKenna died in 2014, her photographs and negatives were donated to Penobscot Marine Museum in Searsport, where they have been cataloged and placed into archival storage.

Citizens’ Climate Lobby Presentation in Belfast

The Belfast chapter of Citizens’ Climate Lobby will host a sliding show about the Energy Innovation and Carbon Dividend Act (HR 763) by Steve Ouilette and Paul Robie on Thursday, November 7, at 6 p.m. at Belfast Free Library. Refreshments will be served. Volunteers from Maine will be going to Washington, D.C., to lobby representatives for a solution to the climate crisis. HR 763 provides for a national, revenue-neutral, carbon fee-and-dividend system that would place a predictable, steadily rising price on carbon, with all fees collected minus administrative costs returned to households as a monthly energy dividend. In 20 years, studies show, such a system could reduce carbon emissions to 50 percent of 1990 levels while adding 2.8 million jobs to the American economy.

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In Camden —
Free Veterans Day Film at Opera House

Camden Opera House (COH) will screen Peter Jackson’s ‘They Shall Not Grow Old’ on Monday, November 11, at 7 p.m.; doors will open at 6:30. The showing is part of the COH Community Thank You film series. Admission is free and open to all; donations are welcome.

The documentary features colorized and sound-enhanced images from World War I. Using state-of-the-art technology and materials from the BBC and Imperial War Museum, Oscar-winning filmmaker Jackson allows the story of the Great War to be told by the men who were there. For more information, visit camdenoperahouse.com/communityfund.

In Thomaston —
American Legion to Mark Veterans Day

Williams-Brazier Post 37 of the American Legion, 37 Watts Lane, Thomaston, will celebrate the 100th anniversary of the first Armistice Day in 1919 — now Veterans Day — at 11 a.m. on Monday, November 11. Mid-Coast Community Band will provide music and refreshments will be served; all are welcome to attend.

Post Commander William Demmons will open the celebration, followed by the posting of the colors, the national anthem, laying of a memorial wreath and the playing of ‘Taps.’ Peter Scheff will provide opening and closing prayers. Ray Lewis, commander of American Legion District 6, will speak about the American Legion.

Local historians Hank Lunn and David Salin will give short presentations, as will others.

Veterans Appreciation Supper in Owls Head

The Knox County Republican Committee will hold a veterans appreciation supper at Owls Head Community Center, 224 Ash Point Drive. Monday, November 11, from 5 to 7 p.m. The meal will be free of charge for veterans and their families; the public is welcome for a small fee. Net proceeds will benefit a veterans charity.

The evening will include music, presentations and door prizes for veterans; the menu will feature home-baked beans, macaroni and cheese, smoked ham, biscuits, coleslaw, vegetables and a variety of desserts.

For veterans in Warren —
‘Thank You for Your Service’ Dinner

Warren Historical Society will host a free meatloaf dinner for all veterans living in Warren Saturday, November 9, from 4:30 to 6:30 p.m. at the Masonic Hall, 105 Camden Road (Route 90), Warren. Donations will be accepted from attendees who are not veterans.

To make reservations or for more information, call Jan Macdonald at 273-3154.

In Belfast —
St. Margaret’s Annual English Tea

St. Margaret’s Episcopal Church, 95 Court Street, Belfast, will host an English tea featuring scenes, tea sandwiches, mince tarts and sweets on Saturday, November 16, from 11 a.m. to 2 p.m. in the parish hall.

In addition, there will be a bake sale, jewelry and white elephant tables, and a silent auction.

Admission is $12 for adults, $10 for children age 12 and under.

Jefferson Area Food Pantry Schedule

Jefferson Area Community Food Pantry at St. Giles’ Episcopal Church, 72 Gardiner Road, will be open from 4 to 5:30 p.m. on Wednesday, November 13, Monday, November 25, and Wednesday, December 11.

For more information, call 315-1134.

In Camden —
Union Historical Society Hosts Presentation About South Union

Union Historical Society will host a presentation at the Old Town House, 126 Town House Road, on Wednesday, November 6. A brief annual meeting at 7 p.m. will precede the program. Linda McAllister and Sybil Wentworth, who grew up in South Union, will present an extended photo collection featuring the area — they have updated and expanded the slideshow they presented to the society 27 years ago. South Union once had a school (shown), a post office and a railroad stop.

For more information, call 785-5444.

1861 to 1900 —
Vintage Rockland Newspapers Online

Rockland Historical Society recently digitized and uploaded issues of the Rockland Gazette and Courier-Gazette covering a period from 1861 to 1900. The society has captured high-resolution images from reels of microfilm from the 1950s and later; those interested in local history are encouraged to contribute.

The Rockland newspaper collection can be found at digitmaine.com/rockland. Maine State Library is digitizing thousands of pages of historic Maine newspapers; for more information, visit maine.gov or call 207-287-5392.

At Belfast Free Library —
Alternatives to Violence Workshop

Alternatives to Violence Project Maine will present a free workshop at Belfast Free Library, “Ready for a Life Change?,” on Monday, November 18, from 6 to 8 p.m., offering potential ways to change hostility and destructiveness into cooperation and community. Refreshments will be served; reservations are suggested.

Thruston Brothers Casket Factory. Refreshments will be served for full days (8:30 a.m. to 5 p.m.) and some evening programs. For more information and to register, call Arlene at 790-0221 or email daylily.627@yahoo.com.

Fall Meditation Retreat at Rockland Shambhala

Rockland Shambhala will host Fall Weekthun, a meditation retreat for new and experienced meditators led by Rachel Nixon, Thursday, November 7, through Thursday, November 14, at 14 School Street. Rockland. The program is open to the public by donation. Participation in the full week is encouraged; partial participation is welcome. Pre-registration is required.

Weekthun will open with a public talk from 6 to 8 p.m. on November 7. November 9 through 14, participants can plan for full days (8:30 a.m. to 5 p.m.) and some evening programs.

For more information and to register, visit rocklandshambhala@gmail.com or call 594-1694.

Kirstin Vekasi on Censorship in China at Camden Public Library —

The Camden Conference will host a talk by Kirstin Vekasi, Ph.D., assistant professor of political science at the University of Maine, “Beyond the Great Firewall: Censorship and Politics in Contemporary China,” on Tuesday, November 19, 7 p.m., at Camden Public Library. The Chinese government has a sophisticated censorship regime, where they directly control or manage the information their citizens can access. Vekasi will explore how information is censored in China and implications of censorship for the continued rule of the Chinese Communist Party and China’s foreign relations. For more information, visit camdenconference.org or call 236-1034.

832-6898 or visit broadbaychurch.org. Shown here, Marc Leblond, job superintendent.
Camden Hills Actors Will Fly in Fall Musical

Perry Fertig of Flying by Foy recently spent two days installing flying equipment and training student actors and crew to make Mary and Bert fly in the upcoming production of Mary Poppins at Camden Hills Regional High School.

Flying by Foy is the world’s most widely respected theatrical flying service. With support from Youth Arts, an all-volunteer organization that provides resources to enrich arts education in the school district, Fertig explained basic Foy equipment design and demonstrated its operation. Students were exposed to everything from theatrical rigging techniques to aerial choreography.

Mary Poppins performances will take place at 7 p.m. on Fridays, November 8 and 15; Saturdays, November 9 and 16; and at 2 p.m. Sundays, November 10 and 17. Tickets are available online at stromtickets.com.

Ashwood Waldorf School Offers Tour —

Ashwood Waldorf School will offer a free tour on Wednesday, November 20, from 8:15 to 10:30 a.m. Attendees will have an opportunity to observe classes in session, from early elementary grades through middle school. After the tour there will be time for questions and conversation with the school director. Spaces are limited; registration is required by Tuesday, November 19. To sign up, email info@ashwoodwaldorf.org or phone 236-8021. All are welcome.

Pine Tree Society Holiday Card Features Work by Cushing Artist —

Cushing artist Marieluise Hutchinson’s paintings have been featured on Pine Tree Society holiday cards seven times. This year, the society will offer a limited-edition re-release featuring her 2008 painting of a Wiscasset village winter scene. All proceeds from annual holiday card sales support Pine Tree Society’s programs for Maine children and adults with disabilities. Cards can be ordered online at pinetreesociety.org or by calling 386-5915.

PeachaKucha Night at Camden Opera House —

PeachaKucha Midcoast will host an evening of visual storytelling Friday, November 8, at 7 p.m. at Camden Opera House, 29 Elm Street; a reception will follow. Doors will open at 6:30; tickets, $5 (cash), will be available at the door. PechaKucha (Japanese for “chit chat” and a registered trademark of PechaKucha, Inc.) features eight individuals who each share their work, ideas and creative process in a slideshow of 20 images for 20 seconds each. Presenting will be contemporary artist Kathleen Florence; painter and violin maker Linden Frederick; artist Lesia Sochor, who will present about the connection between women and sewing; filmmaker Emily Davis with Nature and Psyche Project; Lisa Kushner and Linda St. Peter of the Belfast chapter of Grandmothers for Reproductive Rights; blogger Jennifer O’Connell speaking about her travels in Finland; sculptor Daphne Pulsifer; and Chris Battaglia of Village Canoe, a floating artist residency. The emcee will be Scott Sell.

Making Birch-Bark Ornaments at Wildlife Refuge Visitor Center —

Maine Coastal Islands National Wildlife Refuge Visitor Center, 9 Water Street, Rockland, will host a workshop on Monday, November 11, from 9 a.m. to noon, led by artist Sandi Cirillo, for those ages 8 to adult. Participants will learn to make holiday ornaments using birch bark. Reservations are required by Friday, November 8. Materials are provided with a $15 donation. To register, call 594-0600, extension 5, or email info@mainecoastislands.org.

Community Weaving Project on Display in Wiscasset —

Wiscasset Art Walk, held on the last Thursday of the month in June, July, August and September, hosted a community weaving project this season. The result, a wall-size woven tapestry, is now on view at Wiscasset Community Center, 242 Gardiner Road. More than 100 people participated in creating the piece. The tapestry will be displayed throughout the community in the coming months at sites including Wiscasset Public Library, Wiscasset Congregational Church and Wiscasset Middle High School. Additional locations will be announced as they are added. For more information, visit wiscassetartwalk.org or email ludroby@verizon.net.

‘Funny HaHa’ at Waterfall Arts —

Giggles & Dessert: An All Ages Art Happening

Waterfall Arts, 256 High Street, Belfast, will present Funny HaHa: An All Ages Art Happening on Saturday, November 16, from 6 to 8 p.m. The event will feature activities for all ages, including “paint your own gown,” silly drawing games, monster mask making, joke telling by children ages 3 to 10, and a junior house band. All children must be accompanied by an adult. Sweet treats will be available for purchase. The event is free; donations are welcome. All proceeds support Waterfall Arts’ youth and family outreach programs.

Children who wish to tell jokes onstage should sign up at 6:00; space is limited. Those with talents to share, such as ventriloquism, dance moves, impressions, or others, may email Bridget Matros at bridge@waterfallarts.org.

~ Celebrating Our 25th Year ~

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### Mattresses & Appliances

#### BLACK FRIDAY SALE - ALL MONTH LONG!

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**COOKING**

| Range & Microwave      | $699 | $699 (ON-LINE REBATE) |
| Counter Depth Refrigerator | $1,599 | |

**KITCHEN PACKAGES**

- **Bosch**
  - Super Quiet Stainless Steel Interior Dishwasher
  - $699!

- **Frigidaire**
  - Range & Microwave
  - $699!
  - Range
  - $999!

- **Kenmore**
  - $349!

#### DISHWASHERS

<table>
<thead>
<tr>
<th>Bosch</th>
<th>$449!</th>
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<tr>
<td>Speed Queen</td>
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<td>Counter Depth French Door Refrigerator</td>
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#### REFRIGERATORS

| French Door Refrigerator | $1,199 |
| Counter Depth French Door Refrigerator | $1,599 |
| Full Depth French Door | $1,199 |

#### LAUNDRY REBATES

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#### KITCHEN REBATES

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‘A Night with Janis Joplin’
One Night Only in Damariscotta —
Lincoln Theater, 2 Theater Street, Damariscotta, will show “A Night with Janis Joplin,” a high-definition “capture” of a performance from the third national tour of the Tony Award–nominated Broadway production, on Sunday, November 10, at 7 p.m.
Mary Bridget Davies (shown) stars as the legendary ‘60s rock and blues singer. Commissioned by the Joplin estate, the musical also tracks several of Joplin’s musical influences, including Bessie Smith, Aretha Franklin, Nina Simone, Etta James, and others. Tickets are $15 for adults, $13 for Lincoln Theater members, and $5 for youth ages 18 and under.
For more information, visit lctt.org or call 563-3424 during office hours — Tuesday through Thursday from 10 a.m. to 1 p.m.

Puccini’s Madama Butterfly Live in HD at Strand Theatre —
Metropolitan Opera’s Live in HD season of broadcasts from Lincoln Center to Strand Theatre, 345 Main Street, Rockland, continues on Saturday, November 9, at 1 p.m. with a simulcast of Puccini’s Madama Butterfly. An encore broadcast will be presented on Tuesday, November 19, at 1 p.m. Staged by Anthony Minghella, the production features soprano Hui He in the title role as a young Japanese geisha who clings to the belief that her arrangement with a visiting American naval officer is a loving and permanent marriage. Estimated run time is just over three hours, including two intermissions. Tickets are $27 for adults, $15 for students age 18 and under and college students with ID, and can be purchased by visiting rocklandstrand.com or calling 594-0070. Encore performance tickets, available the day of the show, are $23 for adults, $20 for Strand members, $5 for students age 18 and under and college students with ID. For more information, email info@rocklandstrand.com.

ART ON THE COAST
Fiber and Clay at River Arts — “Nature’s Beauty in Fiber and Clay,” a new show featuring handcrafted tableware and fiber arts, will run until November 22 in the West Gallery at River Arts, 241 Route 1, Damariscotta. Cathie Stebbins Peterson of Freeport is a fiber artist who creates two-dimensional “woolscapes” and wearable and functional pieces knit from wool she dyes and spins. Potter Libbey Seigars creates earthenware that reflects the influence of her studies and apprenticeship in Vermont and Japan. For more information, call 563-1507 or visit riverartsme.org.

Shalimar’s Studio of Oriental Dance
407 Main St., Rockland • Info: 973-3317 • Classes with Patti Luchetti
Starts 9/23  Middle Eastern Dance-I: MON, 7-8:30PM at MVHS;
Starts 9/26  Middle Eastern Dance-I: THURS, 7-8:30 PM at CHRHS;
In Association with MaineAdultEd.org

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In Association with MaineAdultEd.org

BALANCE • STAMINA • STRETCH • FORM
In the Studio: Daniel Anselmi

Daniel Anselmi’s work couldn’t be further from a living room. He grew up in Laguna Beach, California, about five blocks from the annual “Pageant of the Masters” where, every summer since 1932, fabulous living tableaux of famous paintings from Velazquez to Monet and Homer feature a cast of local residents and artists, and astonish thousands nightly. Hard to know the far-reaching effects of such an annual spectacle, but we can safely say that a lively and absorbing community arts scene sends ripples through the future in mysteriously unexpected ways.

Daniel Anselmi’s work couldn’t be further from a living tableau, but it ripples to the viewer through its own mysterious route. Anselmi studied two years of art history in college and then, in his 20s, began a 15-year career about as circuitous of art as you can imagine — behind a desk as a retirement pension counselor for the huge conglomerate ADP. Artists do take labyrinthine routes! Gauguin started as a stockbroker; the poet Wallace Stevens was a lifelong insurance agent.

That desk finally ejected Anselmi to Honolulu with a decisive experience — five uninterrupted weeks alone with his art and no interference from the minutiae of daily life. “It was my lighthulk,” he says, “where I could ask myself, Who am I? What do I do? Those five weeks made me serious in my own and others’ eyes.” Well, what does Anselmi do? He says, “My work is based in both Modernism and Abstract Expressionism — in that it is not representational but enjoys innovations of color and shape; ABEx in its welcome of spontaneity, accident, and expression. With a workbench of various-sized scissors and a limited color palette, he explores an ever-changing vocabulary of painted and cut-paper shapes, collaged as if each piece were a brushstroke, partly random, partly recycled, textured, or paint-splattered that create an intimate aesthetic conversation, both random and intentional. The excitement of this process reveals itself in elegant rhythms of shape and line, overlapping, interpenetrating. In and out of space and across the surface plane, a grid structure is never far from sight, though it easily disappears and then just whispers, intertwined amidst a complex tangle.

The aesthetic is classical and spare but spontaneous and rich besides. Each carefully allowed color — most often earth or flesh tones with accents of contrasting hues or gestures — states itself with clarity and finds its location for the viewer’s eye. There is a lovely sense of invention, exploration, and a feeling of possibility.

Anselmi says, “The works are all untitled. I do not want any references to interfere with or assist the viewer.” The pleasures of rhythm and organization, intention, permission, and play are within these artworks. You are on your own here, dear viewer! Somehow, you might sense your imagination opening to the wonder of endlessness of making and looking.

Anselmi’s studio is on the second floor at 75 Main St., Belfast. To schedule a visit, email: danielanselmi@earthlink.net, or visit danielanselmi.com.

Harold II, 18” x 10”, oil on linen panel.

MFA Thesis Exhibition Opens at Maine Media Workshops + College — Maine Media Workshops + College will host an opening reception for the Master of Fine Arts thesis exhibition of photographer Susan Teare on Thursday, November 7, from 5 to 8 p.m. in the Pascal Hall gallery at 86 Pascal Avenue, Rockport. The exhibition “Stirring Embers” will be on display through November 12; regular gallery hours are 11 a.m. to 5 p.m.

Artist’s Reception for Obrianna Cornelius at Camden Library — Camden Public Library will host a reception to open an exhibit of works by artist and illustrator Obrianna Cornelius on Saturday, November 9, from 3 to 5 p.m. A collection of her watercolor landscapes will be on display in the Picker Room Gallery during November. Cornelius studied art at Pencosha Christian College and cites master watercolorists “such as Homer, Wyeth, and Turner” as her teachers. For more information, visit librarycamden.org. Shown here, “The Island at Peace.”

Friedland Photos at Miles Memorial — Local photographer Dan Friedland’s work will be on display in a show called “From Here and Away” in Miles Memorial Hospital’s Hall Gallery, 35 Miles Street, Damariscotta, through November 22.

The self-taught photographer creates images of a variety of subjects; some are easily recognizable, others require some explanation. All of the pieces have been printed on glass and are designed to hang without additional framing. All proceeds from sales of the photos, after expenses and rental expenses, car repairs, textbooks, nursing equipment and medical expenses.

Adult Art Workshops at Rockland Library in November — Catina Knoth will offer free drawing classes focused on drawing in color at Rockland Public Library at 11 a.m. on Mondays, November 18 and 25. Students will draw woodland animals, wild turkeys and Native American motifs; materials will be provided. For more information, visit catinaknocks.com or call the library at 594-0310. Shown here, artwork by Catina Knoth.

Paintings by Stephen Busch at Rising Tide in Damariscotta — Works by South Bristol painter Stephen Busch will be on view in November at Rising Tide Co-op, 323 Main Street, Damariscotta. Busch has been painting since 1973. He has had many solo exhibitions and participated in juried and group exhibitions. Shown here, “Tide Rips at Newcastle Bridge,” 8” x 10”, oil on linen panel.
**Wreath Sale to Benefit Bremen Library**

The Bremen Library will have its annual Christmas wreath sale Saturday, November 16, from 9 a.m. to noon at the Bremen Townhouse, next to the Bremen Firehouse on Route 32, and at the CLC YMCA Holiday Bazaar & Craft Show in Damariscotta from 10 a.m. to 4 p.m. All profits from the sale will benefit the Bremen Library.

Each balsam wreath is uniquely handcrafted by volunteers with a variety of embellishments that include all-weather bows and a selection of natural decorations such as pine cones, seed pods, lichen, birch bark, dried flowers, and seashells. Wreaths are suitable for indoor or outdoor use. Decorated wreaths are priced from $25 to $40, depending on bows and decorations. Undecorated wreaths are $13, and wreaths decorated only with plain velvet bows are $16. Volunteers will be on hand at both locations to assist buyers in selecting a wreath.

Boxes for shipping will be available for purchase at the sales. Orders to be shipped must be placed by November 16. Order forms are available at the Bremen Library and can be requested by email at bremen@bremen.lib.me.us. For more information, call 209-5572.

**Camden Garden Club Prepares for the Holidays**

Camden Garden Club members began a tradition of filling lampost baskets downtown with seasonal evergreens in 1950. In mid-November the greenery is delivered to American Legion Hall in Camden, where garden club members and helpers embellish each wreath with a bow and string of white lights. Those interested in helping with wreath assembly may email camdengardenclub100@gmail.com.

\[\text{Photo: Roger Rittmaster}\]
Fire Extinguisher Training

South Thomaston Fire Chief Brian Calderwood will offer a public demonstration on the use of a fire extinguisher Thursday, November 7, at 5:30 p.m. at People’s United Methodist Church, 13 Chapel Street, South Thomaston.

Calderwood will discuss various types of fire extinguishers and which are appropriate for residential or commercial use. The fire department has a portable device that creates a blaze.

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Judith Hatch Orme
Kids & Families First

Parent Question: Are My Kids Just Crybabies?

Q: My kids have shown too much anxiety at different ages, which keeps coming up again at different times in various situations. They’re pretty young (7, 5, 3, with my youngest only 19 months). I wish I understood what’s going on, because I really lose my patience. My husband thinks our kids are crybabies. I know I should try to help them get through whatever’s bothering them, but it seems so overwhelming. I’d love some information.

A: Thank you for your question, as I’m sure many parents can relate. It sounds like you’re having some real challenges, wanting to support each of your children with his/her anxiety, which is a good starting place.

Most of us will likely recall a time when our 8- or 9-month-old baby was anxious when a stranger approached. Sudden, clinging behavior indicates your infant is holding tightly for comfort from his/her parent. This is the introduction to “stranger anxiety.” Later on, toddler fears become more difficult to understand.

Fear is normal, an important part of young children’s healthy development. Anxiety brings up dependency needs, usually appearing at times of developmental transitions. Whether, as parents, as well as other caregivers, support our child’s need to experience fear as a normal reaction to stressful, unfamiliar situations, our child is better able to adapt to new circumstances.

In later development, the topic of anxiety is age 3 to 6. Children will encounter new fears, especially as they learn about aggression — their own and others’. Children tend to experience aggressive feelings during this stage, while also becoming more fearful of the aggressive feelings in other people. At the root of this anxiety is your child wrestling with new ideas about aggression and his/her anxiety, which is a good starting place.

My husband thinks our kids are crybabies. I know I should...
By Elisa Ross, RDN, LD

If you answer yes to many of the following questions, you may have gastroparesis: Do you get full early in a meal? Does food often seem to just sit there, almost like a brick in your stomach? Is your belly often visibly distended? Do you feel better in the morning, but then have a belly that continues to bloat throughout the day? Does your appetite wane as the day goes on? If you think this may describe you, there is still good news—a lot can be done with diet and lifestyle to manage symptoms.

Gastroparesis is a motility disorder of the stomach, literally translated to “to go against the stomach’s natural flow.” It affects two to four percent of the population and is more common in women. A healthy stomach is a key player in the body’s ability to turn food into nutrients that fuel our bodies. A normal stomach grinds food into smaller particles (similar to a blender), combines it with acid and digestive juices, and propels the liquefied food into the small intestine, where further digestion and nutrient absorption take place. The stomach should empty at least ninety percent of a meal’s volume after four hours. In gastroparesis, this process is impaired to various degrees. Food stays in the stomach much longer than normal, leading to the uncomfortable symptoms below.

Symptoms

Gastroparesis is characterized by early satiety or a sensation of fullness early in a meal, decreased appetite, nausea, vomiting, bloating or distention, heartburn, regurgitation, and abdominal pain. Pain can occur as meal contents stay in the stomach for longer than they should. Complications from gastroparesis can be serious, and sometimes even life threatening: it can lead to ulcers, lung infections and dehydration, or the inability to keep food or fluids down. Early satiety and nausea can also lead to unintentional weight loss and/or malnutrition. Early symptoms of gastroparesis can also predispose one to SIBO, Small Intestinal Bacterial Overgrowth, as food sits in the stomach longer and lingers in the intestines. Poor sugar control can also occur. Symptoms range in severity and can significantly affect quality of life, including one’s physical, emotional, and mental health.

Causes

The cause of gastroparesis is not always known and subcategories are labeled as such. Other causes include a trolled diabetes (Type 1 and Type 2); certain surgeries if the vagus nerve— a major digestive nerve system — was injured; neuromuscular diseases; autoimmune conditions; and conditions that affect blood sugar control and diabetes. Symptoms range from mild to severe, and treatment varies from diet and lifestyle to medications and surgery. Garten, a chronic pain and functional gastrointestinal nurse, says that her patients often have had gastroparesis for years before being diagnosed. She notes, “It can take years and several specialists to get a diagnosis.”

Diet

Gastroparesis is managed with diet and lifestyle. As you can see, there is more at play here than just what you eat. Here are some basic guidelines for managing gastroparesis.

• Eat smaller meals
• Avoid refined carbohydrates
• Manage portions
• Space meals

Meals

Meal volume and timing are also important. The smaller the meal, the more the stomach needs to work to empty it. Smaller meals allow more room in the stomach for “blending” to occur, improving digestion and emptying. But, the smaller the meal, the more meals one needs to have to get all nutrients in. Allowing four hours in between meals is ideal, though not always feasible. Weight status is an important consideration here. Last, being sedentary is best avoided. Light physical activity improves stomach motility and helps to speed up gastric emptying. Going for a short walk after a meal or even walking around the house is a pleasant way to get in this activity, and has other benefits as well. These are just some examples of how symptoms can be managed with diet and lifestyle. As you can see, there is much that can be done, and that is in your control. If you are struggling with gastroparesis, know that there is more hope out there than you may realize. Seeking support from peers or a health care provider that specializes in gastroparesis can be a helpful way to get in touch with others who may be able to give you more targeted direction based on your particular needs and preferences.

If you and your care provider have other nutrition questions answered, send them to the email below.

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

Elisa Ross, RDN, LD, is the registered dietitian nutritionist and a board member of the Maine Farmacy Association. Ross was born and raised in New Hampshire and currently lives in midcoast Maine. She helps clients improve their health and well-being through the use of whole foods and lifestyle changes. She welcomes requests for future article topics as well as general comments and questions. Visit her website at elissarossnutrition.com, or send an email to elissa.rossnutrition@gmail.com or call 338-1655.

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Maine Coast Heritage Trust Offers Paid Farm Apprenticeships—
Maine Coast Heritage Trust offers three paid farm apprenticeships at Aldermere Farm in Rockport for individuals interested in pursuing a career in farming. The positions may last from six months to two years; apprentices receive a monthly stipend, benefits, shared housing, training and supervision. An apprentice can choose to specialize in managing a vegetable farm, cattle management or farm operations. Those who wish to apply may send a Cover letter and resume with three references to aldermere@mcht.org. Shown here, 2018 Aldermere Farm apprentice Samuel Plank.

Home Energy Forum in Newcastle

St. Andrew’s Episcopal Church, 11 Glidden Street, New- castle, will hold a free, public, home energy forum Sat- urday, November 16, 9:30 a.m. to 12:30 p.m., to inform home- owners about energy-saving options and possible upgrades. Home weatherization and heating upgrades can reduce year- long energy bills by 35 percent or more. Forum leaders will be Larry Prichett, who chaired Rock- land’s energy committee for seven years, and Stephen Ward, who served as Maine’s public advocate for utility consumers from 1986 to 2007. To gauge what kinds of projects are of interest to resi- dents and what barriers to home energy upgrades people have encountered, St. Andrew’s has gathered data using an online survey. To participate in the survey, the results of which will be used to focus the discussion, visit forms.gle/7KJHvwcnmbfhkPfX7. For more information, contact Steve Ward at stevew@ tidewater.net or 563-4819; or Larry Prichett at larry.prichett @ outlook.com or 594-8800.

UMaine Extension, Belfast— Produce Safety Course for Growers

The University of Maine Cooperative Extension will hold a Produce Safety Alliance grower training course at the Wal- do County UMaine Extension office, 992 Waterville Road, Belfast, from 8:15 a.m. to 5:15 p.m. on Friday, December 6, online registration must be completed by December 2. The $25 fee includes a training manual and lunch.

The course provides a foundation for fruit and vegetable growers in food-safety best practices; coordinated manage- ment information; information about Food Safety Modern- ization Act requirements; and details about Produce Safety Rule requirements. There will be time for questions and discus- sion; participants will be encouraged to share experiences and ask questions.

For more information or to request a reasonable accommo- dation, call Theresa Tilton at 942-7396 or email theresa.tilton@ maine.edu. To register, visit extension.umaine.edu.
Michael Hurley for Belfast
City Council

My name is Michael Hurley and I am running for the Belfast City Council. I’ve been a resident of Belfast for 41 years. I am one of five brothers and one sister. I was born in Germany in 1950 where my American father and mother were working after WWII. I come from a turbulent upbringing. My mother quickly and wisely separated from my father with five young kids in tow and worked four jobs at a time from early to late. We received food stamps and donated foods. I was told at a young age that if I wanted something more than the basics of shelter and food to get a job and I’ve been working ever since.

I’m a failed homesteader who came into Belfast from the woods of Maine to make a living. We moved upstairs over what is now Chace’s Daily and opened my first real business, The Belfast Café on the corner of Main and High.

Belfast was a struggling town though I was too young and welcoming of it to recognize just how challenged we were. At the time there were about 40 empty stores in downtown Belfast. Much of the town was a wreck after many years of low wages and a city government suffering from austerity and changing times.

There was an unemployment rate of almost 18 percent and it was about to get worse. In quick succession we lost the chicken farming and processing industry. The shoe manufacturing industry was later to be followed out of town by the sardine packing and the railroad. Times were tough and many adults and children of Belfast headed south to make a living.

But in the ashes we came together. I came of age fighting alongside my neighbors to improve Belfast step by step, recreating and reimagining who and what we could become. None of it came easy. There were many voices demanding that we take different directions just like today. But we had good examples from across America that said to us: make your town a better town, where people want to live, and it will turn around. Ever since I’ve been committed to working for the city and the people who gave me my hometown for life.

We’ve seen enormous changes in the last 40 years. We are going to see more. People everywhere love Belfast. We are recognized as a real town and not just a stop for visitors. I love and know Belfast’s diverse people but I have a special place in my heart for the working people of Belfast. We’ve seen enormous changes in the last 40 years. We are going to see more. People everywhere love Belfast. We are recognized as a real town and not just a stop for visitors. I love and know Belfast’s diverse people but I have a special place in my heart for the working people of Belfast.

Brenda Bonneville for Councilor of Ward Three

The upcoming election for mayor of Belfast, councilor from Ward 3, and councilor from Ward 4 will determine the city’s direction for the next two years. Two of the positions are uncontested: Ward 3 (and all of Belfast) will choose between two candidates, Brenda Bonneville and Sophia Ridgely Fuller.

The Ward 3 contest is about many things, but there are several things it is not about. It is not about Nordic Aquafarms (the fish farm project), as the council has already given its stamp of approval and the project’s destiny now lies with lawyers and scientists who must ultimately decide its fate. It is not about saving the environment, as Belfast is already taking steps to promote solar energy, clean up polluted properties (Brownfields Assessment program), eliminate plastic bags and styrofoam containers, and convene a Climate Crisis Committee. And it is not about which candidate knows the most about city government.

Neither has been a city councilor before; both have much to learn. Their votes on the council will depend on enormous amounts of new knowledge that emerge and evolve over time.

The problems facing Belfast now, the ones we must do something about, involve our tax base, infrastructure repair, diversity of new jobs, and affordable housing. It will take a functioning city council, working as a team and open to new ideas, to move government forward over the next two years.

We will need a representative who can work with other councilors, welcome input from both her friends and opponents, and commit herself to solving the hard issues facing our community. I know that Brenda Bonneville has these qualities. She has demonstrated them in her capacity as another, merchant, director, engaged citizen, and community leader. To know her is to know of her honesty, intelligence, warmth, and humility. Change is inevitable, change is hard. That is why it is so important to hand the wheel of city government to people I know and trust, people who know both how to apply the brakes and press the accelerator, who have the courage to take our community where it needs to go. That is why I am voting for Brenda Bonneville for councillor of Ward 3 on November 5, and encourage you to do the same.

David Loxterkamp, M.D., Belfast

Brenda Bonneville for Belfast City Council

As election day approaches and Belfast prepares to begin a new chapter in its history, we ought to reflect on the lessons of the last few years. City government is about what should be done, and what can be done, for the city and the community. The role of city councilors should not be to further their own interests or to crusade for a particular political agenda. It is to serve the people to the best of their abilities.

There is much that needs to be done to keep Belfast the wonderful place we all love, and to ensure a bright future. We need to address housing, infrastructure, economic development, and ways to better meet the needs of our most vulnerable citizens. To do so, we need to fill the open councilor position in Ward 3 with someone who asks for that position out of a desire to truly serve the city and help improve it for everyone who lives here. There has been too much distraction, too many obstructions, too much heat and too little vision going. See you at the Oceanside, 400 Broadway, Rockland, November 5, and I urge everyone who wants to see Belfast move forward to join me.

David Loxterkamp, M.D., Belfast

Keep the Momentum Going in RSU 13

Last night [Wednesday, October 30] I attended one of the community conversations on Envisioning the RSU 13 Schools of our Future. What a refreshing and engaging event it was. Superintendent John McDonald and Curriculum Director Stefanly Tribou shared the deep collaborative work between teachers, school board, administrators and community to bring us a new strategic approach for 21st century education, education to reach every child, developing the whole child cognitively, socially, and emotionally.

Collaboration is a key word. This team has worked together developing a coherent and unified curriculum process for learning. They have set out what needs to be done and are doing it, helping children learn and grow confident in their knowledge, while also giving teachers what they need to build on skills for each developmental age throughout the school’s system.

Another key is community participation. We were asked to contribute ideas, feedback and participation in helping them to consider how the community as a whole might become more engaged in supporting students’ learning. What can schools do to support the social and emotional growth of students, and why is it important?

...
Turkey Bike Ride to Benefit Food Pantry

Meadow Brook in St. George

Opening of Two New St. George Preserves

World Wildlife Fund Conservation Biologist to Speak in Union

Turkey Bike Ride to Benefit Food Pantry

Oak Point Farm Events in Boothbay Harbor

High AM High PM Low AM Low PM

Tuesday 5:30 5:42 11:24 ---
Wednesday 6:26 6:39 12:00 12:23
Thursday 7:16 7:32 12:53 1:17
Friday 8:03 8:20 1:41 2:05
Saturday 8:45 9:04 2:25 2:49
Sunday 9:23 9:45 3:04 3:30
Monday 9:57 10:22 3:41 4:08
Tuesday 10:28 10:57 4:17 4:46

O U T D O O R S

The family-friendly event is open to all; those under age 18 must be accompanied by an adult. All participants must wear a helmet and sign a waiver. Registration is free — riders should bring at least $25 to cover the cost of a frozen turkey. A rain/snow date has been set for Sunday, November 16.

For more information and to register, visit maineboyscouts.org or call 236-7120.

Oak Point Farm Events in Boothbay Harbor

Boothbay Region Land Trust will hold free events in November at Oak Point Farm, 60 Samoset Road, Boothbay Harbor.

“Babes in the Woods,” a free nature program for children ages 2 to 5 with their families or caregivers, will be offered on Wednesday, November 6, from 10 to 11 a.m., with an emphasis on sensory exploration of ecological themes; the morning will likely include a short, easy walk. The group will meet at the kiosk near the parking area; the group will then walk to the shore for apple cider and treats. The trail is an easy .3 mile and suitable for all ages.

The opening of Meadow Brook Preserve on Turkey Cove Road will begin at 3 p.m. The trail is an easy .7-mile loop and is also suitable for all ages. Due to limited parking, participants will carpool from Bamford Preserve to Meadow Brook. Friendly, leashed dogs are welcome; the event will be held “light rain” or shine. For more information, call 594-5166.

For additional activities and more information, visit georgesriver.org or phone 594-5166.

NATIONAL WEATHER SERVICE

O N T H E  W A T E R


The Free Press

Tuesday, November 5, 2019

17

Rockland Area Tides

November 5 to November 12

American Glass • Papers • Vaporizers • IV:XX Gear • Vintage Items

SEA SMOKE > Proud Sponsor of Tides & Weather Forecast

Tuesday Night A 30 percent chance of showers before 10p.m. Cloudy, then gradually becoming partly cloudy, with a low around 39. Southwest wind around 10 mph becoming west after midnight.

Wednesday Sunny, with a high near 44. West wind 10 to 15 mph, with gusts as high as 25 mph.

Wednesday Night Partly cloudy, with a low around 33.

Thursday Partly sunny, with a high near 48.

Thursday Night A 40 percent chance of snow. Mostly cloudy, with a low around 27.

Friday A 60 percent chance of snow. Mostly sunny, with a high near 36.

Friday Night Mostly clear, with a low around 21.

Saturday Sunny, with a high near 36.

Saturday Night Partly cloudy, with a low around 23.
Is It Safe to Sail?
Go/No-Go Explained

The Apprenticeshop, 655 Main Street, Rockland, will offer a free presentation by Christophe Matson, Go/No-Go: Managing Risk in Open Boat Cruising with Aeronautical Decision Making, Wednesday, November 13, at 6 p.m. The talk is free and open to the public; a $10 donation is suggested. Matson will explain how to apply risk-management techniques from the aviation industry to identify, assess and mitigate risk on boats. A sailor since childhood, he is a pilot for a major U.S. airline and a certificated flight instructor.

For more information, visit apprenticeshop.org or call 594-1800.

Community Yoga Opens in Unity

Arlene and Kari Huva have moved their yoga studio, formerly Troy House Yoga, to 195 Depot Street in Unity. Now called Community Yoga, the center offers different styles of yoga classes for beginners and longtime practitioners as well as massage and workshop. New Community Yoga students can participate in two weeks of unlimited yoga classes for $20.

For more information, visit unitycommunityyoga.com, or phone 416-2501.

Free Presentations on Invasive Forest Pests

Hilde Ellis of Knox-Lincoln Soil & Water Conservation District (SWCD) will give two presentations about invasive forest pests in November: at Bremen Library, 204 Waldoboro Road, on Wednesday, November 13; and at Hope Library, 443 Camden Road, on Thursday, November 14. Both programs will be held from noon to 1:30 p.m. and participants are welcome to bring a lunch.

Using slides and specimens, Ellis will help landowners learn to identify current and potential invasive forest pests and their host species, understand the threats to forests and woodlands posed by these pests, and learn how to limit their spread and how to report suspected pest sightings or damage to trees that may be a result of pest infestations.

All participants will receive an information packet with helpful information about pest species that are already in Maine, including emerald ash borer, brown marmor and hemlock woolly adelgid, as well as potential pests such as Asian longhorned beetle and spotted lanternfly.

‘High Arctic Adventures’ Redux in Rockland — Friends of Maine Coastal Islands National Wildlife Refuge will host a repeat presentation by polar bear specialist, naturalist and Arctic guide Rupert Pilkington on Thursday, November 7, at 6:30 p.m. at Maine Coastal Islands NWR Visitor Center, 9 Water Street. Rockland. Pilkington and trip participants will present a visual tour of their recent trips to Svalbard, Norway’s High Arctic archipelago, and discuss the state of wildlife near the Arctic Circle. For more information, call 594-0600, extension 5, or visit mainecoastislands.org.

PHOTO: CARL SHERWOOD

NOTICE OF SALE OF TIME-SHARE ESTATES UNDER TITLE 33, SECTION 595 OF THE MAINE REVISED STATUTES ANNOTATED

By virtue of the project instrument of the Samoset Resort Timeshare Estates located on Warren Street, Rockport, Maine and Title 33, section 595 establishing a lien for failure to pay assessments on the time-share estates held by the time-share owners listed below, the time-share estates will be sold at Public auction at the Samoset Resort, commencing at 10:00 a.m. Saturday November 16, 2019.

1. Property of Barbara S. Cook of Moncton, New Brunswick, Canada, Time-share Estate Unit A06, Week 1, Building I, Apartment Number 606; for deed reference see Knox County Registry of Deeds, Book 2569, Page 178.

2. Property of Dr. Kathleen Martin & Richard Beaudet of Hartford, Maine, Time-share Estate Unit A11, Week 1, Building I, Apartment Number 610; for deed reference see Knox County Registry of Deeds, Book 3472, Page 200.

3. Property of Sharon Frejillo of Orland, Maine, Time-share Estate Unit A18, Week 1, Building I, Apartment Number 622; for deed reference see Knox County Registry of Deeds, Book 1015, Page 32.

4. Property of the Joshua Cabral of Hyde Park, Massachusetts, Time-share Estate Unit B04, Week 8, Building I, Apartment Number 621; for deed reference see Knox County Registry of Deeds, Book 5149, Page 277.


6. Property of the Kenneth Markel & Elizabeth Salay-Weinar of Great Barrington, Massachusetts, Time-share Estate Unit B04, Week 5, Building II, Apartment Number 721; for deed reference see Knox County Registry of Deeds, Book 4020, Page 286.


10. Property of Kenneth Markel & Elizabeth Salay-Weinar of Great Barrington, Massachusetts, Time-share Estate Unit B04, Week 6, Building III, Apartment Number 813; for deed reference see Knox County Registry of Deeds, Book 4020, Page 286.


12. Property of Marlene L. Doughty Cohn of Rockport, Maine, Time-share Estate Unit C01, Week 5, Building III, Apartment Number 901; for deed reference see Knox County Registry of Deeds, Book 4614, Page 329.

13. Property of Larry Goodman & Betty Jo Goodman of Bingham, Maine, Time-share Estate Unit C02, Week 2, Building III, Apartment Number 805; for deed reference see Knox County Registry of Deeds, Book 5122, Page 305.

14. Property of Jacques J. Bertrand & Lynn M.M. Bertrand of Moncton, New Brunswick, Canada, Time-share Estate Unit D01, Week 9, Building III, Apartment Number 901; for deed reference see Knox County Registry of Deeds, Book 4884, Page 93.

15. Property of Chris M. Beal & Rebecca L. Beal of Brunswick, Maine, Time-share Estate Unit D03, Week 1, Building III, Apartment Number 820; for deed reference see Knox County Registry of Deeds, Book 5180, Page 200.


TERMS OF SALE:
This sale shall be by public auction with opening bidding, sale of each individual property to the highest bidder. The successful bidder must tender the full amount of the prevailing bid in cash or by check from a State of Maine Bank to Samoset Timeshare Estates at the conclusion of the sale.

Signed: Tiffany Chabot
Managing Agent
Samoset Resort Timeshares Estates
Association of Unit Owners
After a lifetime of working in and around boats, Cabot’s shoulders were beginning to deteriorate. Knowing he wasn’t done building boats, or playing hockey, he entrusted Pen Bay Medical Center with surgery on both his shoulders. With rehabilitative therapy following his surgery, Cabot has worked his way back to the water — and the ice rink.

Compassionate care. Coordinated care. Through MaineHealth you are connected to better.
Make Your Thanksgiving Feast LOCAL & Natural

We Make It Easy At

Under New Ownership - Still Family-Owned!

FRESH OFF THE FARM
LOCAL & NATURAL FOOD MARKET
ROUTE 1 • ROCKPORT • 236-3260

Now Taking Pre-Orders for Fresh Turkeys
Local-NON GMO-Free Range

Order Early
For Best Size Selection.

Fresh Bakery Items
Pre-Order Your Bakery Selections To Ensure Availability!

Amy’s Pies - Homemade Deep-dish Pies
Back 40 - Assorted Fresh Bread
Lil Lads - Pies, Tarts & Breads
Hootin’ Gluten Free Bakery
B + T Baked Goods
Brazen Breads
Mason’s Creations - Breads, Pumpkin Rolls, Chocolate Rolls, Assorted Pastries

All Of Our Bakers Will Take “Special Orders” for the Holiday!

Have Gluten Free or Other Special Dietary Needs?
We Have Everything You Need For Your Holiday Feast!

Gluten Free Mixes, Flours, Pastas, Breads & Cookies. Dairy Free Milks, Cheeses & Ice Cream.

Let Us Help Make Your Holidays Sparkle for All!

Wreaths Will Be Available November 9th
Remember Us For Fresh Maine Wreaths, Roping & Maine Grown Christmas Trees!

We Ship Wreaths!
The Perfect Gift From Maine!

Celebrating 32 Years of Healthy Living!

Open
Mon. - Sat. 8am - 7pm
Sunday 9 - 5:30

Thanksgiving Shopping List

Note To Self:
Buy LOCAL & ORGANIC

Go To Fresh Off The Farm

✓ Fresh Turkey – Maine Raised
✓ Organic Stuffing Mix
✓ Organic Maine Potatoes
✓ Organic Sweet Potatoes
✓ Organic Squash & Pumpkin – Maine Grown
✓ Fresh Chestnuts
✓ Organic Cranberry Sauce
✓ Fresh Cranberries – Maine Grown
✓ Organic Local Milk & Cream
✓ Locally Made Goat Cheeses
✓ Locally Made Yogurts, Kefirs & Cheeses
✓ Organic Whipping Cream
✓ Organic Pie Shells
✓ Organic Flour & Baking Supplies
✓ Organic Bulk Spices – GREAT Prices!
✓ Organic Nuts & Dried Fruit
✓ Fresh Bread – Locally Made
✓ AMY’S PIE! [Yummy!] – Locally Made
✓ Organic Rock City Coffee – Maine Roasted
✓ Local Beer & Wine
✓ Organic Chips & Snacks

WOW! That’s ALL At Fresh Off The Farm!

One Stop Shopping!!

...And Most Holiday Favorites Are On Sale!

Local-NON GMO-Free Range

Local Beer & Wine

Under New Ownership - Still Family-Owned!

Fresh Off The Farm LOCAL & NATURAL FOOD MARKET
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Fresh Bakery Items
Pre-Order Your Bakery Selections To Ensure Availability!

Amy’s Pies - Homemade Deep-dish Pies
Back 40 - Assorted Fresh Bread
Lil Lads - Pies, Tarts & Breads
Hootin’ Gluten Free Bakery
B + T Baked Goods
Brazen Breads
Mason’s Creations - Breads, Pumpkin Rolls, Chocolate Rolls, Assorted Pastries

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...And Most Holiday Favorites Are On Sale!
The Media Revolution: Changing the World
Community Events Series
Events listed here are open to the public and free unless otherwise noted.

- **Thursday, November 7:** Rockland Public Library, 6:30-8 p.m., “Crossing to the Dark Side: Why I turned my back on objective journalism,” a talk by Tom Fiedler
- **Sunday, November 10:** Cushing Public Library, 1-3 p.m., “Poets Face Change,” an afternoon of poetry with Ellen Goldsmith and others
- **Tuesday, November 12:** Belfast Free Library, 6:30-8 p.m., “The Changing Media Landscape: A 21st Century Student Perspective,” a panel of Belfast Area High School students moderated by Matt Storin
- **Sunday, November 17:** Rockland Public Library, 6:30-8 p.m., “Beyond the Great Firewall,” a talk by Kristin Vakasi
- **Tuesday, November 19:** Camden Public Library, 7-8:30 p.m., “Ten Reasons for the Decline of the Evening News,” a talk by Peter Imber
- **Tuesday, December 10:** Belfast Free Library, 6:30-8 p.m., “The Demise of the Local Newspaper,” a talk by Tom Groening and Jay Davis
- **Tuesday, December 17:** Camden Public Library, 7-8:30 p.m., “The Inner Life of Newspapers,” a talk by Matt Storin
- **Tuesday, January 7:** Belfast Free Library, 6:30-8 p.m., “The Role of Nonprofit Journalism,” a talk by Dan Dinsmore

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

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**African Music and Dance at Strand Theatre November 8** — Strand Theatre, 345 Main Street, Rockland, will present “Mother Kofi: The Tale of an African Princess,” a production of African music and dance by Alphonso Horne (shown), on Friday, November 8, at 7:30 p.m. The show will feature dancers from Rockland’s Studio Red. Admission is “pay-what-you-can,” with suggested ticket prices ranging from $20 to free — cost should not be a barrier to attending. “Mother Kofi” is a tribute to the life of Ghanaian princess, activist and prophetess Laura Adorkor Kofi, who worked with Marcus Garvey in the early 20th century and then established the African Universal Church. She was assassinated while addressing a large crowd in Miami in 1928. Horne has performed with leading jazz musicians including Wynton Marsalis and as part of the PBS special “Lady Gaga and Tony Bennett.” For more information, visit rocklandstrand.com or call 594-0070, extension 3.
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Old Maine Yankee Recipe
★ Small-Batch Doughnuts to go!
★ Windy City Coffee to go

Wed.-Fri. 7am-Noon • Sat. & Sun. 8am-Noon
225 Northport Ave., Belfast 207-218-1251

Mural Panel Unveiling at Rockland Public Library — Arts in Action and Rockland Public Library will unveil new mural panels created by Winter Adams, a first-year student at Oceanside High School, at 10:30 a.m. on Saturday, November 16. Adams created the panels for the library’s hallway mural with the support of library staff as an independent project last spring. Arts in Action’s mural program is hosted at the Flanagan Community Building/YMCA and led by artist Alexis Iammartino. Arts in Action is a program of Rockland After-School Alliance (RASA) and supported by RSU 13 Adult & Community Education.

Laying Down the Blues Laws at Time Out Pub —

The weekly Monday Night Blues series in the upstairs music room at Time Out Pub, 275 Main Street, Rockland, will feature the Willie J. Laws Band at 7 p.m. on November 11. The doors will open at 6 p.m.; admission is $15 at the door. Willie J. Laws developed his “funky blues” guitar and vocal sound influenced by Texas blues and R&B. Tex-Mex Tejano Conjunto, Louisiana zydeco, and country. He and his group have performed as house band at Margaritaville in New Orleans and at House of Blues in both Las Vegas and New Orleans. For more information, visit northatlanticbluesfest.com or the Facebook page. PHOTO: ERIC A. SMITH

Song Arts Academy. She has been a nominated act at the Rockland Public Library — Mural Panel Unveiling at Rockland Public Library —

Holly Clough in Warren

Pop music singer-songwriter Holly Clough will perform at Saint George River Cafe, 310 Main Street, Warren, Friday, November 29, from 6 to 8 p.m. All ages are welcome; there is no cover charge. Clough was born and raised in Rockland. She has appeared on stages along the East Coast, recorded in Nashville and received placement in the BMI Song Arts Academy. She has been a nominated act at the New England Music Awards in Foxboro, Massachusetts. For more information, visit hollyclough.com.

Singer-Songwriter Holly Clough in Warren

The Only Doughnut

East Wind Inn

Tenants Harbor, Maine

Winter Dining at
The Quarry Tavern

Friday, Saturday, Sunday
5 p.m. ~ 8:30 p.m.

Live music every Saturday,
825 Prime Rib Every Sunday

21 Mechanic St.,
just down the hill from the Post Office

Ham & Eggs all styles $6.99

English Sandwich ham, egg & cheese all styles $4.99

2 Eggs all style & Coffee $4.99

Lobster Dinner all fresh meat & California Market Price

Shrimp Scampi white sauce $16.99

Beef Tenderloin Tip Dinner
Plum or Teriyaki all styles & Ocean $15.99

Homemade Seafood Pot Pies $13.99

“Cod” Fish n’ Chips all fresh from California $12.99

Teriyaki Grilled Chicken on a Caesar Salad $9.99

DESSERT

Pumpkin Pie $3.49

Pudding $1.99

All-You-Can-Eat Seafood 7 Days a Week

Just Like a Buffet, But We Serve You

606 main st. rockland
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Breakfast Lunch Dinner & A Week

Open 7 Days a Week

WINTER DINING AT THE QUARRY TOWN

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Submissions to the Calendar of Events must be made by noon Wednesday before the Tuesday publication day. Send them, along with your contact information, to calendar@freepressonline.com or The Free Press, 8 North Main Street, Rockland, ME 04841.

**CALENDAR OF EVENTS**

**TUESDAY, NOVEMBER 5:**
- **Photographer Gary Freeburg to Speak in Rockland**, 6:30 p.m. at Rockland harbormaster’s office, 271 South Main Street. Free talk by Freeburg, who has worked with AmeriCares and other luminaries, and whose photographs foyer to Alaska’s wilderness was captured for George C. Johnson’s film “An Artist’s Journey to the Valley of Ten Thousand Smokes: The Photography of Gary Freeburg.” Bring canned food for the AHD Food Pantry.

**WEDNESDAY, NOVEMBER 6:**
- **Make Shift Coffee House at Searsmont Community Building**, 6:30 to 8:30 p.m. The forum invites people to gather in a relaxed atmosphere to discuss political issues in a respectful manner. “How Do Labels Work for You?” will be the theme of the free event, which will include music and refreshments. Make Shift Coffee House will be held in Searsmont on December 4.

**THURSDAY, NOVEMBER 7:**
- **All Toys All Toys**, Nov. 1–Nov. 27. Our Annual Toy Sale! Nov. 1–Nov. 27. **ALL TOYS 25-50% OFF**. Free Gift Wrapping. Open Every Day in Downtown Rockland & Searsport.

**FRIDAY, NOVEMBER 8:**
- **Adoption Day at the Camden Rockport Middle School**, Camden, at 2 p.m. With a presentation of colors, species by veterans, students reading thank-you cards, and a band and chorus performance. All are welcome—arrive between 1:40 and 1:55 p.m.
- **Photo Program on South Union**, 7 p.m. at Union Historical Society’s Old Town House, 128 Town House Road. See South Union’s former school, post office, and railroad stop at Thurston Brothers Casket Factory from the collections of Linda McAllister and Sybil Wentworth, who grew up in South Union. A brief concert will precede the program.
- **Three Penny Opera at Camden Opera House**, 7 p.m. Eight performers share their work with 20 images, which they talk about for 20 seconds each. With a violin maker, travel blogger, artisans, and others. Admission is $5 at the door. Acceptance follows.
- **Upstream Watch Public Meeting”, 6:30 p.m. at United Farmers Market, 18 Spring Street, Rockland. The group introduces itself and leads a discussion about the debate over a proposed land-based fish farm next to Penobscot Bay. For more on the group: UpstreamWatch.org.
- **“Crossing to the Dark Side: Why I Turned My Back on Objective Journalism,” 6:30 p.m. at Rockland Public Library. The Camden Conference presents Tom Fletcher, who will explain why after nearly 40 years as a political reporter and editor, he thinks objective journalism is no longer enough to confront a crisis facing the nation. Free.
- **“High Arctic Adventures,” 6:30 p.m. at the Visitor Center of Maine Coastal Islands National Wildlife Refuge, 9 Water Street, Rockland. Polar bear specialist and Arctic guide Rupert Pilkington and trip leaders present a visual tour of their recent adventures in Norway’s High Arctic, where ringed seals and polar bears are a daily report on the state of wildlife near the Arctic Circle.
- **“Between War & Here” Veterans Day Tour “The Blue Hill at Bangor”**. At 7 p.m. Thursday and in Brunswick at First Congregational Church at 7 p.m. Friday. The show pairs memories of war reporters Neil Conan and Anne Garrels with Leah, Scott and classical music by Ensemble Galilei. Details: EFmusic.com.

**SATURDAY, NOVEMBER 9:**
- **Working on the Water,” 1 p.m. at Salt Power & Steam Museum, Rockland. Folk singer Gordon Bock hosts the 10th annual event—featuring seven solo and two female mariners sharing their experiences through song, poetry and stories. Family-friendly. $5.
- **Addiction Speaks in Fastai, at Basil Burwell Community Theater.** The drama from The Addiction Speaks Company weaves stories of Mainers affected by the opioid crisis with music, movement and choreography, reimagining, “The Threepenny Opera” in a way that speaks to the present. Performances at 7:30 p.m. Saturday and 2 p.m. Sunday. Suggested donation of $15. Tickets at 218-1144 and the door.

**Sunday, November 10:**
- **The Threepenny Opera at Rockport Opera House**, this weekend and next. Fridays and Saturdays at 7 p.m. An Everyman Repertory Theatre cast of 11 and Bay Chamber Concerts band perform the opera “by and for beggars,” with a sharp political perspective and the sound of 1920s Berlin dance bands. $20 adults, $10 students. EverymanRep.org, 236-0173.
- **Mary Poppins at Camden Hills Regional High School, Rockport**, this weekend and next, at 7 p.m. and Saturdays and Sundays at 2 p.m. Young thespians and musicians put on the show about an irrepressible, magical nanny. Advance reserved seats are $15; general admission is $12 adults, $8 seniors and students. At the door, reserved seats $18, general admission $14 adults, $10 seniors and students. Tix: StreakTickets.com, 236-7800, school office after final bell.

**The Flus**

**CDC: Vaccinations are the best way to avoid getting sick.**

Influenza Season Arrives in Maine

Maine Center for Disease Control and Prevention has begun receiving reports of seasonal influenza, commonly called the flu. The exact timing of flu seasons can vary, but activity often begins to increase in October. Most years, flu activity peaks between December and February, although activity can last as late as May.

“It’s time for anyone 6 months old or older to get a flu shot,” Maine CDC Director Nirav D. Shah said in a news release from the agency. “Getting vaccinated is the best way to prevent getting sick with the flu. A flu shot is especially important for older people, pregnant women, and others with conditions that put them at greater risk of severe complications from the flu.

Flu viruses spread when infected people cough, sneeze, or talk. Flu usually comes on suddenly. People who have the flu often feel some or all of the following symptoms: fever or chills, sore throat, cough, runny or stuffy nose, muscle or body aches, headaches, and fatigue. The most effective way to keep from catching and spreading the flu is to get vaccinated every flu season. A flu shot from the previous season will not carry over its effectiveness to the current season.

The flu vaccine can also reduce the severity of the illness, doctors’ visits, and missed work and school due to the flu. Studies show that the flu vaccine saves children’s lives, prevents serious problems associated with chronic lung disease, diabetes and heart disease, and prevents influenza-related hospitalization among working-age people, older adults, and pregnant women.

Influenza antiviral drugs can be a second line of defense for people who get sick with the flu. Many studies have found that in addition to lessening the duration and severity of symptoms, antiviral drugs can prevent flu complications. Talk with a health care provider about what type is most appropriate for you.

Mainers can take simple steps to reduce the spread of the illness by following the “No Flu 4 You” guidelines to help stay healthy: Wash your hands, cover your cough, stay home when you’re sick and, again, get vaccinated.

For more information on influenza, visit maine.gov/cdcs.
Sunday Worship 10:30am.

The Episcopal Church welcomes you!
Sunday Services
Holy Communion
9:30 and 10:00am
Thanksgiving and Sunday School 9:15am
1 Church Street 767-9966 www.staugustineepiscopal.org

Open Hearts, Open Minds, Open Doors
Sunday Worship 10:30am.

Sunday, November 10:
- Remembrance for Veterans Day in Waldoboro, 10:45 a.m. on the grounds of Waldoborough Historical Society near the Revere bell, which will be tolled in memory of the November 11, 1918, armistice and in honor of all veterans. The public is invited to bell toll.
- Veterans Day, a federal holiday to thank all veterans, living and deceased, who have served the United States of America in war and peace. It’s always held November 11, regardless of the day of the week it falls on.
- Veterans Day Celebration in Thomaston, 11 a.m. at William Patzer Post 37 of the American Legion, 37 Watts Lane. With posting of colors, playing the national anthem and taps, laying of a memorial wreath, and short presentations by local history lovers.
- “What the Conservation Community Missed in the Last Twenty Years. It’s Not What You Think,” 7 p.m. at Flatbread Co., Route 1, Rockport. Master Maine Guide Don Kloines gives the free public talk at a meeting of Georges River Trout Unlimited. He guides clients on fishing, canoeing and hunting trips.

Tuesday, November 12:
- “The Changing Media Landscape: A 21st-Century History” talk, 6:30 p.m. at Belfast Free Library. Camden Conference hosts the free program with Belfast Area High School juniors and seniors, who report on their study of student and faculty behavior about the news. Matt Storrin, Camden Conference president and former Boston Globe editor, will moderate.
- COMING UP:
  - “Conservation 101” with World Wildlife Fund Expert, Wednesday, November 13, 6:30 p.m. at Union Town Office. WWF’s U.S. director of conservation planning, John Morrison, talks about the framework he uses in his work with conservation planners around the world. Free.
  - Some Assembly Required, Thursday, November 14, 7 p.m. in Wessaweskeag Historical Society’s meeting room behind South Thomson Library. Ted Mahler talks about the 26-year history of the BEST Robotics contest, designed to attract young students in engineering. Everyone is invited to the society’s meeting at 3:30 p.m., potluck at 6 p.m. and Mahler’s program at 7 p.m.
  - “Interactions Among Plants and Insects: The Conservation of Beavers,” Thursday, November 14, at 7 p.m. at Camden Public Library. Maine Master Naturalist Roger Bateman discusses insects and plants and why their survival matters.

Friday, November 15:
- Opera Night: The Metropolitan Opera at the Maine State Pier, 6:30 to 10 p.m. Fifty-five Maine residents will attend for free in an effort to introduce the opera to the public.

Saturday, November 16:
- Sunday Jams in Rockland, 7:00 p.m. at George River Cafe, 310 Main Street, at 7 p.m. Folk, country, blues, guitar accompaniment, from traditional New England to Maritime, Celtic, Quebec and Scandinavian $10 admission. Free tickets at the box office.
- Tickets are $23 adults, $20 Strand members, $15 students.
- Performing are Matrixx Moms, a four-piece funk band that became one of the most popular bands in Portland.
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List Of Events
CALENDAR OF EVENTS

The Free Press
207-594-2202
davidwells@freepressonline.com

Stella Maris House
148 Broadway, Rockland
Accepting Applications for 1 Bedroom & Studio Apartments. Housing for Elderly 62 years & older or Disabled 18 years & older.

Community Services & Activities Are Close By for Senior Citizens. Rent is 30% of income and includes Heat, electric, water, sewer & parking. Maximum Income Limits are $22,950 for a Person, $26,200 for 2 Persons
Interested, Please Call
207-594-2202

Rental Opportunities

Stella Maris House
40 Main St., Rockland

A weekly feature in THE FREE PRESS
Contact Glenn Billington: glenn@freepressonline.com

The Free Press
Tuesday, November 5, 2019

Red Bank Senior Citizens’ Building
102 Main Street, Rockland

MUSIC
THURSDAY, NOVEMBER 7:
- Will Brown and Friends in Camden Library Coffeehouse Show, 7 p.m. Brown is joined by Fred LaPorte and Rick Fitzsimmons for fiddle tunes with guitar accompaniment, from traditional New England to Maritime, Celtic, Quebec and Scandinavian $10 admission. Free tickets at the box office.
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FRIDAY, NOVEMBER 8:

➢ “The Grand Budapest Hotel,” 7 p.m. in Bellfast Free Library’s Friday Night Film series. November’s Wes Anderson films continue with the story of an end-of-year celebration thrown by the concierge and the lobby boy at an elegant hotel in Eastern Europe in the 1930s. Free.

SATURDAY, NOVEMBER 9:

➢ “Mountaintop,” 8 p.m. at Rockland’s Strand Theatre. Bridget Davies stars as Joplin in the film that leads the Camden Conference workshop “Poets Face Change,” to January 25.

COMING UP:

➢ “Your Life, Your Deep Emotions, Your Riveting Fiction” Workshop, 6 p.m. at Rockport Public Library. Art supplies provided. Participants will use them to express their own ideas and metaphors in well-known art and how to make Birch Bark Ornaments in November 8, 2019.

TUESDAY, NOVEMBER 5:

➢ “Protect Your Estate” 9:00 AM - 2:00 PM, On the weaving of works of fiction and greater self-awareness.

➢ Thomaston Public Library Mystery Book Club, meets at 11 a.m. to discuss the D.CI Vera Stanhope series by Ann Cleeves. The first book in the series is “The Crow Trap,” but club members are welcome to read any in the series. The club meets the first Thursday of every month. December’s book will be decided at November’s meeting.

SATURDAY, NOVEMBER 9:

➢ “Poets Face Change,” 7 p.m. at Cashing Public Library. Ellen Geddes leads the Camden Conference workshop that will let people respond to poems by Matthew Arnold, W. S. Auden, Naomi Shihab Nye and U.S. Poet Laureate Joy HARJO.

City of Rockland
Fall Leaf and Brush Pick-Up 2019

The Public Services Department will begin collecting leaves and brush beginning this week and will continue until it is complete or until snow covers the ground. Pick-up times will be 7 AM to 3 PM on weekdays.

Leaves should be raked into piles along the edge of the sidewalk/street and should be covered with a tarp or weighted material, but PLEASE DO NOT BAG THEM. Garden debris and brush will also be taken away if placed separately along the edge of the property. Keeping the leaf piles and brush piles separate helps us to properly process more efficiently. Please remember not to block any sidewalks or roadways.

If you have any questions, please call Rockland Public Services at 207-594-0520.

City of Rockland
Transportation Museum
Ignite Your Imagination!

Open Daily 10-5 • Free admission for ages 17 and under! www.olshead.org

Penbay Estate Planning Law Center
Protect Your Estate Workshop
Free to the Public

Learn how to protect your home from nursing home costs. Also learn about wills, healthcare powers of attorney, estate planning, trusts and more. Call us at:

236-4888
66 Elm Street, Camden
penbaylaw.com

Participate in the Upcoming Oceanside Project Graduation 2020

HOLIDAY CRAFT FAIR
Place: Oceanside High School Gymnasium, 400 Broadway, Rockland
Saturday, December 7
9:00 AM – 2:00 PM

For table rental call 542-5117 between 8 AM - 2 PM Suggested donation for admission is $2.00

Bean Supper
November 9, 2019 • 5 to 7 p.m.
Ocean View Grange
Route 131, Port Clyde Road, Port Clyde

VETERANS FREE

Adults $8.00 • Children $4.00, under 5 Free
Beans, brown bread, cole slaw, ham, hot dogs, pork roast and more
Call 372-8629 or 691-5735

- Classic Film Club Presents “The Thin Man,” 7 p.m. Thursday and 2 p.m. Friday, Rockland Theatre, $8 adults, $6 children and under for Classic Film Club members.

- The Bolshoi Ballet in Cinema: November 14, at 6:30 p.m. Everyone’s invited to the free screening of the animated film for all ages about a retired dancer who is learning to use a raw and unfiltered look at the process of Neil Young and Crazy Horse making “Horizon” at Rockland’s Strand Theatre. A raw and unfiltered look at the process of Neil Young and Crazy Horse making “Horizon” at Rockland’s Strand Theatre.

- Thanksgiving Weekend at Rockland’s Strand Theatre. A raw and unfiltered look at the process of Neil Young and Crazy Horse making “Horizon” at Rockland’s Strand Theatre.

- Flagship Cinemas, Thomaston. Flagship Cinemas will feature a number of short films focused on the environment, 5:00 to 7:00 p.m., at the door or MidcoastConservancy.org.

- HARBOR THEATER, Boothbay Harbor. “Slap Happy” at Rockport Public Library. Art supplies provided. Participants will use them to express their own ideas and metaphors in well-known art and how to make Birch Bark Ornaments in November 8, 2019.

- “Hear and Now,” by delving into the process of Neil Young and Crazy Horse making “Horizon” at Rockland’s Strand Theatre.

- “Slap Happy” at Rockport Public Library. Art supplies provided. Participants will use them to express their own ideas and metaphors in well-known art and how to make Birch Bark Ornaments in November 8, 2019.

- “Madama Butterfly” from 3 to 5 p.m. at Hutchinson Center, Route 3, Damariscotta. The self-taught lensman’s photos printed on glass hang in the hospital’s Hall Gallery to November 22.


- “Western Europe in the 1930s. Free.

- First feature, “Hear and Now,” by delving into the process of Neil Young and Crazy Horse making “Horizon” at Rockland’s Strand Theatre.

- COMING UP:

➢ Rockland’s Strand Theatre, 594-0970. 7 p.m. at Rockland’s Strand Theatre. A raw and unfiltered look at the process of Neil Young and Crazy Horse making “Horizon” at Rockland’s Strand Theatre.


➢ “Jonah and Jon” at Farnsworth Art Museum, 100 Water Street, Rockland.

➢ “Ivy” 117 MUSEUM STREET, OWLS HEAD

➢ Cornelia at Camden Public Library, 323 Main Street, Damariscotta.

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- Four Movements,” a documentary with colorized and sound-enhanced footage, at Camden Opera House. Peter Jackson’s


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- “Slap Happy” at Rockport Public Library. Art supplies provided. Participants will use them to express their own ideas and metaphors in well-known art and how to make Birch Bark Ornaments in November 8, 2019.


New on DVD & Blu-ray

The AMERICAN LEGION Memorial Post 30

Function Hall for Rent
91 Pearl Street, Camden
Includes: 2 floors with kitchen available.
Parking for up to 50 vehicles.
Proceeds go to assist local veterans.

Byline: THE FREE PRESS

MOVIE NEWS

‘Grand Budapest’ in Belfast Friday Flix

Belfast Free Library’s Friday Night Flix will present four films by director Wes Anderson in November, plus a bonus holiday feature. All showings in this free film series will begin at 7 p.m. in the library’s Abbatt Room at 106 High Street.

In an era of special-effects blockbusters, Wes Anderson is one of the few American directors to forge a successful career while exhibiting a style all his own. On November 8 the feature will be “The Grand Budapest Hotel” (2014, rated R, 1 hour 59 minutes). Set in the 1930s in a fictional Eastern European country, it tells the story of the odd friendship between the concierge and lobby boy in an elegant hotel. Ralph Fiennes stars in a cast that features many of Anderson’s regular performers, including Bill Murray, Tilda Swinton, Jason Schwartzman and others. “The Grand Budapest Hotel” was nominated for nine Academy Awards, including Best Picture and Best Director.

One night only at the Strand—Neil Young and Crazy Horse Documentary

Strand Theatre, 345 Main Street, Rockland, will present one showing of the new documentary “Mountaintop,” on Saturday, November 9, at 8 p.m. Directed by Daryl Hannah and Neil Young, “Mountaintop” is a raw and unfiltered look at the career while exhibiting a style all his own.

Up on the Strand—Neil Young and Crazy Horse Documentary

Rockland Public Library, 80 Union Street, will present a 10th anniversary screening of “Up” (PG, 2009, 1 hour 36 minutes) on Thursday, November 14, at 6:30 p.m. free and open to the public.

“Up,” a film for all ages, tells the story of retired balloon salesman Carl Fredricksen, who is part rascal, part dreamer and ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Along the way, he meets an 8-year-old Wilderness Explorer who has never ventured beyond his back yard, is in the wrong place at the wrong time and Carl’s front porch.

“The Free Press”

The American Legion

Memorial Post 30

Phone: 207-236-3310
207-691-2270

Function Hall for Rent
91 Pearl Street, Camden
Includes: 2 floors with kitchen available.
Parking for up to 50 vehicles.
Proceeds go to assist local veterans.

ABOMINABLE PG/Animation/Dir: Jill Culton, Todd Wilderman (Chloe Bennet, Eddie Izzard, Tenzing Norgay Travers) A teenager encounters a young Yeti, whom she dubbs “Everest,” on the roof of her apartment building, prompting a trek across Asia on a quest to reunite the magical creature with his family.

THE ADDAMS FAMILY PG/Animation, Comedy/Dir: Greg Tiernan, Conrad Vernon (Charles Addams, Michael R. Thompson, Chloë Grace Moretz) An animated version of Charles Addams’s series of cartoons about a happy, ghoul-family who have tickled the public since the cartoon’s inception in the New Yorker in 1938.

ARCTIC DOGS PG/Animation/Dir: Aaron Woodley (Anjelica Huston, Alec Baldwin, James Franco) Swiftly is a small arctic fox who longs to run with the big dogs who deliver mail via sled for the Arctic Loop. He stumbles onto a plot to melt polar icecaps and — wait for it — saves the day. Widely panned.

DOWNTOWN ABBEY Drama/Dir: Michael Engler (Matthew Goode, Maggie Smith, Michelle Dockery) The addictive television series jumps to the big screen with much of the original cast. The wealthy Crawley family, owner of a large estate in the English countryside in the early 20th century, receive a visit from the King and Queen that unleashes scandal, romance and intrigue, leaving the future of their property, Downton, hanging in the balance.

FANTASTIC BEASTS: THE CRIMES OF GRINDELWALD PG-13/Crime, Drama/Dir: David Yezerski (Kenneth Branagh, Dame Judi Dench, Ian McKellen) A portrait of William Shakespeare during the last three years of his life as he leaves London and returns to his family in Stratford-upon-Avon.

THE ART OF SELF DEFENSE R/Comedy, Drama/Dir: Riley Stearns (Jesse Eisenberg, Alessandro Nivola, Imogen Poots) Lonely, meek Casey signs up for karate classes after being mugged and gets a gory lesson in toxic masculinity including his.

FIRST BWEET FUTURE PG/Animation/Dir: Stuart Hughes (Nick Park, James Bobin, Simon Niblett) A cute animated adventure about Albert, a talking penguin, who embarks on a quest to reunite his parents.

FANTASTIC FUNGI Documentary/Dir: Phoenix Theron (Paul Stamets, Brie Larson, Michael Pollan) Spectacular time-lapse photography reveals the wondrous networking activities of fungi, which have been connecting trees for millions of years, distributing nutrients and soil for billions of years. The film describes mushrooms’ role in developing the human brain during the Stone Age and their role in healing — both physical (through medicinal properties) and consciousness-altering properties have been shown to alleviate PTSD and depression.

GEMINI MAN PG-13/Action, Drama/Dir: Ang Lee (Will Smith, Mary Elizabeth Winstead, Clive Owen) A skilled assassin working for an intelligence agency decides to retire but is pulled back into the action after colleagues start being murdered. His chief adversary turns out to be a younger clone of himself. Special effects are out of this world.

JOKER R/Crime, Drama/Dir: Todd Phillips (Joaquin Phoenix, Robert De Niro, Zazie Beetz) A new story plunges the psyche of the arch villain known from Batman comics and films. Clown Arthur Fleck, who aspires without success to be a stand-up comic, becomes a killer who terrorizes Gotham. The film won top prize at Venice International Film Festival; it has also sparked claims that it could inspire vio-


LAST CHRISTMAS PG-13/Comedy, Romance/Dir: Paul Feig (Emilia Clarke, Henry Golding, Emma Thompson) Kate, a cynical Londoner, grumpily works as an elf in a year-round Christmas shop while yearning to become a singer. She meets Tom, who seems too good to be true, and with his help begins to find some Christmas spirit. The soundtrack features songs by George Michael, writer in Emma Thompson said of the film “it’s like being hugged.”

MALFEICENT: MISTRESS OF EVIL PG/Adventure/Dir: Joachim Rønning (Angelina Jolie, Elle Fanning, Michelle Pfeiffer) Sequel to 2014’s Malificent and her goddaughter Aurora find themselves on opposite sides of an impending war, threatening their bond.

TERMINATOR: DARK FATE R/Action, Adventure/Dir: Tim Miller (Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis) More than two decades have passed since Sarah Connor prevented Judgment Day, changed the future, and rewrote the fate of the human race. Danis Rams is living a simple life in Mexico City with her brother and father when a highly advanced and deadly new Terminator — a Rev-9 travels back through time to hunt and kill her as her survival is the key to the future.在一起的两个战士。格拉斯助一个强大的新长官的的到来，与工程大师康纳。作为Re-v9破坏和毁灭，和自己的人在她的。对Dana，他们三个面对来自X-300来自Sarah的痛苦，可能是他们的最后希望。

ZOMBIE DUNGEON: DOUBLE TAP R/Action, Comedy/Dir: Ruben Fleischer (Woody Harrelson, Jesse Eisenberg, Emma Stone) NPR called this movie a “long-unawaited, highly unappetizing sequel” to the 2009 zombie apoca-

lypse favorite. Lotcha loves, lotcha gots as the original crew confronts the legends of new kinds of zombies that have evolved since the first film.
what’s happening in Maine agriculture, are experts in their fields will discuss "Future,"
TUESDAY, NOVEMBER 12: Rockport Opera House. Rockport Garden group on third Thursdays) and invites people to bring their knitting, mending or socializing.

FOOD & DRINK
TUESDAY, NOVEMBER 5: Community Produce Project, an AIO Co-op in Camden Hills Regional High Hunger program, moves its distribution service to St. Peter’s Episcopal Church, from 5 to 7 p.m. To move the meal into its regular home in December.

Souper Supper at Evening Star Grange, Washington, 4:30 to 6:30 p.m. More than 10 soups, stews, chilis and chowders, with vegetarian varieties.

TUESDAY, NOVEMBER 6: "Swally’s On a Roll" Congregational Church, 55 Elm Street, on Wednesday to March 25 (but no lunch November 27, December 25 or January 1, or when school is cancelled). The meals in the church feature a choice of two homemade soups (one vegetarian), bread, dessert and tea or coffee. "Swally’s On a Roll" is being offered, along with a bake sale, jewel-

WEDNESDAY, NOVEMBER 6: Thanksgiving Day meal at St. Stephen’s Episcopal Church, 4:30 to 6 p.m. A meatloaf dinner in Warren, "Thank You for Your Service" Veterans Appreciation Supper in Searsport. The group meets every Thursday from 3:30 to 5 p.m. (with a burger group on third Thursdays) and invites people to bring their knitting, mending or to socialize.

WEDNESDAY, NOVEMBER 6: "New Plant Varieties: So How Do We Know What’s New?" at Unity College Center for the Arts, "N. C. Wyeth: New Perspectives," to be continued from page 25

TUESDAY, NOVEMBER 5: "Thank You for Your Service" Meatloaf Dinner in Warren, from 4:30 to 6:30 p.m. At Masonic Hall, 105 Camden Road, 236-4821. With a 50-50 raffle, drawn at 1 p.m. 6. With a 50-50 raffle, drawn at 1 p.m. The meal is free for veterans. More info: 372-8629.

SATURDAY, NOVEMBER 9: "Gift Worthy" Book Sale in Camden Public Library, from 9 a.m. to 3 p.m. 27 Airport Road, Belfast, ME 207.594.0070, 207-323-2030 Cell

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However, you're happy and don't care. Mars remains in a positive aspect with Saturn. Watch your thoughts. If they slip into fear-related emotions, it’s off. However, you're happy and don’t care.

This Full Moon will increase your psychic awareness. It’s a good time to connect with guides and other non-physical entities. If you’ve been using guidance from your spirit guides, this Full Moon will help you tune to the energy and messages from these beings.

Sunday, November 10 — This is an intellectually stimulating day because Mercury is making some spectacular aspects. Mercury is in a positive aspect to Jupiter, bringing in awareness and insight. This is a powerful day for understanding and learning.

Mercury is still in a positive aspect with Saturn and Neptune. Your intuition is sharp. Be quiet with what you know. Here is the time to act on your ideas and express your uniqueness. This will last until Wednesday. You might be feeling attuned between 5 and 7 a.m. while the Moon is opposite rowdy Mars. Thoughts will come and go that activate anger. Between 7 and 9 a.m. you’ve come to your senses and have adopted a philosophical attitude about your earlier emotions. That is because the Moon is now in a positive aspect to Jupiter. From 12 midnight until 2 a.m. Thursday the Moon will be conjunct Uranus. Flashes of genius come to your mind, offering you new ideas and bringing about excitement.

Monday, November 11 — This is what’s known as “an 11-11 day.” It’s a great time to be a writer. The words flow like prayer being uttered all over the world. Join in. 11:11 a.m. and 11:11 p.m. are also good times to send out prayers for world peace. The Sun will be in a positive aspect to Mercury until 5 p.m. Thursday.

Taking time off to be alone with your thoughts is healthy today. The energy of tomorrow’s Full Moon is catching up with us, making this an emotionally eventful day. Hopefully you will see the Full Moon, with the Sun in Scorpio directly opposite the Moon in Taurus. Mars remains in a positive aspect with Jupiter until Tuesday afternoon. You should have plenty of energy to accomplish all your goals for today. Try not to overdo. Mercury is still in a positive aspect with Saturn and Neptune until Wednesday. Instilling the urge to write and do some public speaking. Between 11:15 p.m. and 1:15 a.m. when the Moon is in Pisces, will be in a challenging aspect to Jupiter. Your intuitive burst is off. However, you’re happy and don’t care.

Friday, November 8 – 2 p.m. to 6 p.m. at Belk Library. All materials will be provided.

Chuck Talley: Tales of an African Prince Revised Edition @ Rockport Strand Theatre. Featuring African music and dance by the African Ensemble from Rockport’s Studio Red performing a tribute to Ghanaian princess and activist Laure Adebayor. This is a wonderful way to pay-what-you-can in the Strand’s Family Series programming for all ages.

SUNDAY, NOVEMBER 10:

• Camden Snow Bowl Programs Friday, 2 to 4 p.m. at the lodge. Snow Bowl gambling is for participants 18 and abilities. Coaches and instructors will be on hand to discuss teams and programs and will have papers for those who want to get open for Ski School and winter racing. Ragged Mountain Ski Club organizers will be on hand and kids can join. Season packages and equipment lease packages are also available.

COMING UP:

• Lincoln Academy Open House, Wednesday, November 13, at 6:30 p.m. in the Academic Dining Commons. A student from the school, at 81 Academy Hill, Newcastle invites prospective students and their families for a tour, and meet with student guides, and an academics and clubs fair in the gym. Student living in towns with secondary-school choice can attend Lincoln Academy for free.

• “Just for Kids!” Yoga Course in Northport, Thursday, November 14 from December 12, from 3:30 to 4:15 p.m. at Edna Strong Library. Join in. The event will move in and out of yoga poses and explore stories that teach about happiness, anger, love, and much more. $20. Family discounts and scholarships available. Registration: 301-3950, JourneyToHealthCounsel.com.

• Chris Van Dusen to Read from His Latest Book Around a Bonfire, Saturday, November 16, from 8 to 9 p.m. at Camden Snow Bowl. The Camden-Rockport Middle School Fund will feature Van Dusen reading from “If I Built a School.” Activities will include live music, food for sale, an “If I Built a 5’6” bar, auction and sale of prints and t-shirts with artwork from Van Dusen’s book.

• “Funny HaHa: An All Ages Art Happening,” at Waterfall Arts, Belfast, on Saturday, November 16 from 6 to 8 p.m. The event will feature activities for all ages, including live music and a “funny-facts” open group, and a chance to see “I Built a School.” Activities will include live music, food for sale, an “If I Built a 5’6” bar, auction and sale of prints and t-shirts with artwork from Van Dusen’s book.

• “Fluffy HaHa: An All Ages Art Happening,” at Waterfall Arts, Belfast, on Saturday, November 16 from 6 to 8 p.m. The event will feature activities for all ages, including live music and a “funny-facts” open group, and a chance to see “I Built a School.” Activities will include live music, food for sale, an “If I Built a 5’6” bar, auction and sale of prints and t-shirts with artwork from Van Dusen’s book.

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**THURSDAY, NOVEMBER 7:**
- Public Speaking Seminar in Belfast, 8 a.m. to 3:30 p.m. at Hutchinson Center, Route 3. Tom Dowd, a Distinguished Toastmaster, leads the course. $150. Registration: Michelle.Patten@maine.edu, 338-8002.
- “Straight Talk About Surrogate Decision Making,” 10:30 a.m. to noon at Anderson Inn, Quarry Hill. Camden. Legal Services for the Elderly attorney Donna Culley demystifies the process of naming surrogate health care decision makers. Free and open to adults 50 plus. Registration required: QuarryHill.org, 301-6116.
- Free “What Is Energy Medicine and How Can it Help Me?” Class, 3:30 p.m. at Camden Whole Health, 91 Elm Street, Camden. Paula Apro of Mariposa Energy Therapy offers the 1.5-hour class that gives an overview of energy medicine.
- Fire Extinguisher Training in South Thomaston, 5:30 p.m. at People’s United Methodist Church, 13 Chapel Street. South Thomaston Fire Chief Brian Calderwood offers the demo and discusses various types of extinguishers and which are appropriate for residential and commercial use. He’ll bring a portable device that creates a fire and let attendees practice extinguishing it.
- Citizens’ Climate Lobby Program on Energy Innovation and Carbon Dividends Act, 6 p.m. at Belfast Free Library. Steve Ouillette and Paul Robie on HR 763, intended to reduce carbon emissions and add jobs to the American economy. Will bring a portable device that creates a fire and let attendees practice extinguishing it.

**FRIDAY, NOVEMBER 8:**
- Ground-Breaking at Broad Bay Congregational UCC, 941 Main Street, Rockport. Public ceremony launches one of the church’s renovation project. Refreshments served.
- Free Business Basics Workshop at Vinalhaven Town Office, 10:30 a.m. to 1:30 p.m. Open to entrepreneurs and people thinking about starting their own business, those in the start-up phase, and established business owners who want a refresher. Lunch served. Registration required: jenn.dobransky@maine.edu, 301-1664.
- 2nd Annual One Night Without a Home in Camden, from 6 p.m. Friday to 6 a.m. Saturday. Knox County Homeless Coalition hosts the event in which people sleep on Camden’s village green. Individuals and teams are invited to participate and seek sponsors. For info: crowdfun.com/frigthen19.

**SUNDAY, NOVEMBER 10:**
- Talk by Bre Kiddman, Candidate for U.S. Senate, 1 p.m. at Varney Community Building, 24 Veterans Highway (Route 7), Brooks. A meeting of Waldo County Democratic Committee will follow.
- Opening of Two New St. George Preserves, with all ages invited to meet at Bamford Preserve, 103 Long Cove Road, at 1 p.m. for a short walk on an easy trail to the shore for apple cider and treats for all ages. Meadow Brook Preserve on Turkey Cove Road officially opens at 1 p.m. Due to limited parking, people will carpool from Bamford Preserve. Friendly, leashed dogs are welcome. Details: GeorgesRiverLandTrust.org, 594-5166.
- New Rabbi at Adas Yoshuron Synagogue, 50 Willow Street, Rockland. Rabbi Lily Solochek will be installed as spiritual leader in a ceremony from 4 to 6 p.m. Solochek will also be joining the Midcoast Interfaith Clergy Alliance.

**TUESDAY, NOVEMBER 12:**
- Leer Y Charlar at Camden Public Library, 1 p.m. The Spanish-language reading and conversation group meets on second and fourth Tuesdays monthly and welcomes new members.
- Waldo County Area Prostate Cancer Fellowship Group, 6:30 p.m. at 22 Durham Street in Belfast. Men are invited to join the new group for support, discussion, questions and fellowship. All are welcome, from the newly diagnosed to those in post-treatment. FMI: 338-8372.
- “Opening of Two New St. George Preserves” Course in Rockport, Tuesdays, November 12 to December 17, from 10:30 to 11:30 a.m. at Nativity Lutheran Church, 179 Old County Road. Gain inner strength, stronger muscles and better balance of mind and body. $30. Registration: 301-3950, JourneyToHealth.CourseStorm.com.

**COMING UP:**
- “The Conversation,” Wednesday, November 13, 11 a.m. to 12:30 p.m. at Anderson Inn, Quarry Hill, 30 Communi- ty Drive, Camden. The free class will help attendees consider what is most important so they can gain confidence with starting end-of-life care conversations. Registration required: 301-3950, JourneyToHealth.CourseStorm.com.
- Knox County Retired Educators to Meet, Wednesday, November 13, at 11:30 a.m. at Offshore Restaurant in Rockport. The group will order off the menu at noon. Anyone who has retired from a position in education (bus driver to superintendent) is invited. FMI: 594-4397.
- “Restorative Yoga” Course in St. George, Wednesdays, November 13 to December 18 (no class November 27), from 4:15 to 5:30 p.m. at 47 Main Street Studio. The gentle class is designed to help people stretch and strengthen muscles, gain flexibility, improve balance, reduce stress, improve joint mobility and relax. Appropriate for all levels. S26. Registration required: 301-3950, JourneyToHealth.CourseStorm.com.
- “Thankful for America” Polkott Party, Thursday, November 14, from 6:30 p.m. at Freedom Church. Waldo County Republi- cans Committee hold it, with table seating by town and info on the 2020 election cycle’s caucus, primary, convention and general election. FMI: 789-5811.

**ONGOING:**
- Lung Health Support Group, last Tuesdays, noon to 1 p.m. Pen Bay Med- ical Center in Memorial Room, Rockport.
- Genealogy Club, first Tuesdays, 5:30 to 6:30 p.m., Stockton Springs Library.
- Wellness Checks, Mondays and Thursdays, 1 to 3 p.m., Camden District Nursing office at Quarry Hill. 921-6272.

Visit FreePressOnline.com for more ongoing events.
HELP WANTED CONTINUED FROM PREVIOUS PAGE

Crisis Line
Maine’s Statewide Toll-Free Suicide Prevention
1-800-582-1112

New Prostate Cancer Networking/ Support Group
North Country Associates
207-533-5553

Rolling Pins
$20.
530 Limerick St., Rockland.
FMI: 1-866-786-0758.

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**CHANNEL LINE-UP**

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<th>Channel</th>
<th>Network</th>
<th>Days</th>
<th>Local News</th>
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**WEDNESDAY EVENING NOVEMBER 6, 2019**

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<td>Expedition Un.</td>
<td>John Potter, David Gaither</td>
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<td>8:00</td>
<td>WMTW</td>
<td>Guy's Games</td>
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<td>WMTW</td>
<td>Housewives/NJ</td>
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<td>10:00</td>
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<td>Q Gallery</td>
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<td>WMTW</td>
<td>O Gallery</td>
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<tr>
<td>12:00</td>
<td>WMTW</td>
<td>All Elite Wrestling</td>
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<td>1:00</td>
<td>WMTW</td>
<td>The Big Bang Theory</td>
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<td>2:00</td>
<td>WMTW</td>
<td>Shark Tank</td>
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<td>3:00</td>
<td>WMTW</td>
<td>E. B. OutFront</td>
<td>Anderson Cooper, Cuomo Prime Time</td>
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**WMTW – Channel Line-Up**

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**NEWS**

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**LOCAL ACCESS**

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**FOR MORE INFORMATION, VISIT:**

https://ontvtoday.com/
Dear Car Talk: My newly acquired 2018 Nissan Rogue was vandalized. Late at night, after returning to my car in a parking lot, we discovered a spilt smell and odor around the car. Then we noticed gas was coming out from under our car. A tow was ordered, and the fire department dispatched. There was gas everywhere! I was questioned: "Did you run over a potato?" I hadn’t. After the gas had stopped seeping, the car was towed to a mechanic. The mechanic called the next morning and said, “Someone crawled underneath your car and made a hole in your tank!" Wow! Now, six weeks later, my car has yet to be repaired. Though at a reputable repair shop, a gas tank for such a new car is just not available! It’s been back-ordered for six weeks. I wait patiently each week for an update. The mechanic (which they duly provide), and the last communication was that “the tank is now on its way from Tennessee!” This has been an aggravating not-to-mention inconvenient ordeal. I had the car barely four months when this happened. Have you heard of this? I’ve been told that because it’s such a new car, Nissan would not just have gas tanks sitting around for replacement. Does that sound legit? Please provide any thoughts on this senseless crime. — Rita

Dear Car Talk: I have an ’87 4Runner that I bought new. Yes, that makes me older than dirt. But my love is still true. When I push the truck into reverse, the backup light doesn’t come on. I had a mechanic fixing something else who said he could fix it for about $400. I think he said it had something to do with the mechanism in the shifter. After the repair, it was a white since then, and he’s not around now. Any ideas how I could figure this out myself? Thanks. — Paul

Dear Car Talk: Well, lucky for you, Paul. I’m old enough to be dirt’s father, so I’ve worked on plenty of 1987 4Runners. But whether it’s going to cost you $400 or $400 depends on what type of transmission you have. If your 4Runner has a stick shift, there’s a $40 switch that controls the backup lights. You can find one online and it’s a piece of cake to replace. It just screws into the outside of the transmission. If it’s an automatic transmission, the switch is also easy to replace since it bolts to the outside of the transmission, but, unfortunately, it’s a lot more expensive. On automat- ics, the backup light switch is built into the neutral safety switch — which prevents you from starting the truck unless the transmission is safely in park or neutral.

Before you replace the neutral safety switch, it’s a good idea to check the wiring. You’d hate to replace the whole switch only to find out you had a broken wire somewhere. But if the wiring is good, it’s almost certainly the switch. Don’t even bother shopping for a new one. The price will give you palpitations. It gave me heart palpitations, and I don’t even own a 4Runner.

So, my advice would be to spend some time looking for a used one. To your local automotive recycling centers (or junkyards), and look online, at places like eBay. If you’re lucky, you can find one for a few hundred bucks. Or, for four bucks, you could Velcro two plastic flash lights to either side of the rear quarter panel. Before you back up, get out and turn them both on. Just giving you options, Paul. Good luck.
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WINNER: Person with most correct answers • TIES: In the event of a tie, winner will be chosen by closest score of Monday Night Game.

ONLY ONE ENTRY PER HOUSEHOLD, PER WEEK, WILL BE ENTERED IN THE DRAWING.

Thursday, Nov. 14
• Pittsburgh at Cleveland □ 8:20 pm

Sunday, Nov. 17
• Atlanta at Carolina □ 1:00 pm
• Buffalo at Miami □ 1:00 pm
• Dallas at Detroit □ 1:00 pm
• Denver at Minnesota □ 1:00 pm
• Houston at Baltimore □ 1:00 pm
• Jacksonville at Indianapolis □ 1:00 pm
• New Orleans at Tampa Bay □ 1:00 pm
• NY Jets at Washington □ 1:00 pm
• Arizona at San Francisco □ 4:05 pm
• Cincinnati at Oakland □ 4:25 pm
• New England at Philadelphia □ 4:25 pm
• Chicago at LA Rams □ 8:20 pm

Monday, Nov. 18
• Kansas City at LA Chargers □ 8:15 pm

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____________________________________________________
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