A Northern Gardener Confronts

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Car Talk

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A Landscape-Scale Vision

Takes Hold in the Camden Hills

by Marina Schaufler

So with my eyes I traced the line

Of the horizon, thin and fine,

Straight around till I was come

Back to where I’d started from.

And all I saw from where I stood

Was three long mountains and a wood.

— Edna St. Vincent Millay, “Renascence” (1917)

That expanse of undeveloped watershed is highly unusual, notes the company’s president, Richard Knowlton, even by the standards of a rural state. A 2004 study found the median percentage of watershed lands held by utilities nationwide was only 2 percent.

The local drinking source watersheds remain wooded due to the foresight of water company leaders who began buying up available parcels early in the 1900s and maintained that practice for more than a century. Long-term vision and persistence wasn’t confined to the water utility; by 2003, the nonprofit Coastal Mountains Land Trust had identified Ragged and Bald mountains as priorities for land protection.

A CAMDEN HILLS VISION

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VOL. 35 NO. 12

THURSDAY, MARCH 21, 2019

March 24 —

Maine Maple Sunday

MAINE MAPLE PRODUCERS ASSOCIATION PHOTO

This year’s syrup season is off to a fairly slow start because March hasn’t produced ideal sap-running temperatures — 40- to 45-degree daytime highs, followed by overnight temperatures in the mid-20s. Never- theless, this Sunday, March 24, on Maine Maple Sunday — always held on the Fourth Sunday in March — syrup producers across the state will open their sugarhouses to the public. Nearly 100 participating sugarhouses will be hosting different activities, such as tours of the sap lines and demonstrations of sap boiling, as well as tastes of all things maple. Many sugarhouses will be open on both Saturday and Sunday this weekend. For a map and list of participating sugarhouses, go to mainemapleproducers.com.

According to the Maine Maple Producers Association, Somerset County in Maine is the largest maple syrup producing county in the U.S. Maine makes more than 575,000 gallons of syrup annually.

Maine Maple Producers Association’s new website — www.mainemapleproducers.com — has recipes using Maine’s maple syrup, ranging from traditional favorites like old-fashioned baked beans and sugar on snow to elegant maple custard. UMaine Extension offers bulletins and videos on how to tap Maple trees and make syrup — go to epoweb-413.unebanners.com, call 581-3188 or email extension@maine.edu.
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Bay View Collection
Rampant Vaccination Misinformation Poses Real Challenge to Public Health

by Andy O’Brien

For those of us who believe in the power of vaccines to prevent deadly childhood illnesses, it was extremely disturbing to see hundreds of parents flooding into the State House last week to oppose a bill that would eliminate religious and philosophical exemptions from mandatory vaccines for public school children. Even more alarming was listening to a bipartisan group of legislators, including Sen. Dave Miramant of the Maine Republican Party, didn’t miss his chance to blame the outbreak on the anti-vaccination movement. It’s really an indictment of our pro-profit health care system that so many people believe that pharmaceutical companies are supposed to look out for children in the name of profit. And having these vaccination debates can put intense strains on personal relationships because both sides believe that the other is putting children at risk.

In my family, we went through our own personal nightmare six years ago when my 3-year-old nephew Andy was diagnosed with pediatric cancer. With his extremely weakened immune system, even the smallest exposure to an unvaccinated child carrying a preventable disease. He was in isolation at home for 100 days following a stem cell transplant and lost his prior vaccinations through the procedure. His older sister had to be homeschooled and attended a kindergarten Christmas party via Skype to prevent her from being exposed to other children. Dr. John Bancroft — chair of pediatrics at Maine Medical Center and Barbara Bush Childen’s Hospital, where my nephew practically lived for a year — testified last week that if too many unvaccinated children become vectors for disease it can lead to “devastating” effects.

“Thousands of children across Maine are simply too young to receive the series of immunizations for measles, mumps and rubella,” he said. “They are also some of the most vulnerable. In the very young, these diseases frequently result in hospitalization and sometimes disability or death.”

This “herd immunity” standard, which means that a certain percentage of children must be immunized for vaccines to have their maximum effect, is part of the social contract that we have with those who were too young, too sick or poor to receive vaccines. We’ve also had to face this in our own family because my daughter in her buggy on our daily duffs in Achrom Cemetery behind my house in Rockland. We pass the graves of other little girls around the same age — children who grew up in Rockland geography, that (it) is to say, I often ponder this predicament as I push my younger son, who is 2, with my younger daughter, who is 3, in the stroller, wondering when other children’s diseases will be a memories in our collective consciousness. I often ponder this predicament as I push my younger son, who is 2, with my younger daughter, who is 3, in the stroller, wondering when other children’s diseases will be a memories in our collective consciousness. I often ponder this predicament as I push my younger son, who is 2, with my younger daughter, who is 3, in the stroller, wondering when other children’s diseases will be a memories in our collective consciousness. I often ponder this predicament as I push my younger son, who is 2, with my younger daughter, who is 3, in the stroller, wondering when other children’s diseases will be a memories in our collective consciousness. I often ponder this predicament as I push my younger son, who is 2, with my younger daughter, who is 3, in the stroller, wondering when other children’s diseases will be memories in our collective consciousness.
College Scams
by Michael G. Roskin
Cолlege-admissions trickery reflects the shallow trans-
cational mentality surrounding us. It degrades univer-
sities’ prestige and the purpose of higher education. Parents
too often buy into the false promise of elite institutions and
their prestige, sometimes putting their kids on the path of a
professional life they don’t want or need. They will have to work
full time or part time to pay for it. Most of them will struggle or
even drop out. If they don’t, that college is not so elite; it has selectively lowered its standards.

Classroom instruction is not necessarily better at top uni-
versities than at secondary schools. Professors areMature, capable and mature as college graduates of the same high-
school class. They are not necessarily better prepared for the workplace
because of their postsecondary education, but their self-confidence and
attitudes toward themselves are usually better. College is not a be-
tween the ages of 20 and 22. It is not a substitute for a job, nor does it
make you any better at your job. It can, however, provide you with the
critical thinking and problem-solving skills that are necessary for success in any job.

The value of a college education is not measured by the prestige of the institution or the
financial cost of tuition, but rather by the experiences and opportunities that the student
has during their time in college. These can include exposure to diverse cultures and ideas,
the development of critical thinking skills, and opportunities for personal growth and
self-discovery. College is also a time for students to form friendships and build a
sense of community.

Some parents suppose that universities turn lackluster
students into capable and mature adults. They believe
that universities can transform students who are not
motivated or successful in high school into successful
college students. However, this belief is not supported
by evidence. Studies have shown that students who
are already motivated and successful in high school are more likely to
be successful in college as well. Those who are not motivated or successful in high school
are less likely to be successful in college.

Some parents also believe that universities can fix
problems in high school. They think that universities can help students who are
struggling in high school to catch up and become successful. However, this belief is also
not supported by evidence. Studies have shown that students who are struggling in high school are
less likely to be successful in college. Universities do not have the power to fix problems
in high school, and it is important for students to address these issues while they are still
in high school.

In conclusion, while college can provide valuable experiences and opportunities for
students, it is important to set realistic expectations for what college can achieve.
Expectations should be based on evidence and should not be过高．
March 26 at Hutchinson Center in Belfast —

Nordic Aquafarms to Hold Public Meeting About Its Permit Application Filings

Nordic Aquafarms Inc. will hold a public information meeting on Tuesday, March 26, at 6 p.m. at the Hutchinson Center, 80 Belmont Avenue in Belfast. The company will present information from its Site Location of Development Act (SLODA) and Natural Resources Protection Act (NRPA) permit applications, as well as its previously submitted discharge application, and will take public comment.

Nordic Aquafarms plans to submitt the SLODA and NRPA applications to the Maine DEP in April. The company submitted its discharge, or MEPDES, application with the DEP last October. The applications are expected to be considered by the Maine Board of Environmental Protection in the coming months.

Pursuant to Maine DEP rules, formal notice of the meeting has been published in the Bangor Daily News and is being sent to project abutters by certified mail. The notice states that the purpose of the meeting is for Nordic Aquafarms to “inform the public regarding its proposed land-based aquaculture project and its anticipated environmental impacts, along with information about opportunities for public comment on the project.”

Special Town Meeting in Hope March 26

Hope will hold a special Town Meeting on Tuesday, March 26, at 6:30 p.m. at the Hope Elementary School. Residents will vote on the proposed Hope Solar Energy Project and Emergency Fire Truck Repairs.

All voters in Hope are encouraged to attend. For those not yet registered to vote, the registrar will be present to register new voters prior to the meeting.

Rockland Main Street Vying for $25K Prize

Independent We Stand, a national small business movement, kicked off its fourth annual America’s Main Streets’ Small Business Saturday celebration campaign on Tuesday, March 27 at 6 p.m. at the Midcoast Conservancy office (pictured above), 25 Friendship Street in Waldoboro. A TIF is used by municipalities to leverage new property taxes generated by a specific project or projects within a defined geographic district. Any portion of the new tax value, above the base value, may be used to finance public or private projects for a defined period up to 30 years. A TIF captures any new value added to a property in a TIF District into a separate fund meant for economic development while the last assessed value of the property before the TIF is created continues to contribute to the general fund.

The money in the TIF fund is then used for public infrastructure projects. The March 27 meeting opens with a chance for people to chat and enjoy light refreshments. For more information, contact the WBA at info@wal-doroughbusiness.org.

Town planners will present a comprehensive overview of a Tax Increment Financing (TIF) proposal that will be on the Waldoboro June ballot at the next Waldoboro Business Association meeting, on Wednesday, March 27, at 6 p.m. at the Midcoast Conservancy office (pictured above), 25 Friendship Street in Waldoboro. A TIF is used by municipalities to leverage new property taxes generated by a specific project or projects within a defined geographic district. Any portion of the new tax value, above the base value, may be used to finance public or private projects for a defined period up to 30 years. A TIF captures any new value added to a property in a TIF District into a separate fund meant for economic development while the last assessed value of the property before the TIF is created continues to contribute to the general fund.

The money in the TIF fund is then used for public infrastructure projects. The March 27 meeting opens with a chance for people to chat and enjoy light refreshments. For more information, contact the WBA at info@wal-doroughbusiness.org.

Mills Signs Bill to Protect ACA Health Care Provisions

On Tuesday, Governor Janet Mills signed into law a bill that codifies into state law several of the patient protections contained in the Affordable Care Act. The legislation, LD1, sponsored by Senate President Troy Jackson and Speaker of the House Sara Gideon, passed both houses with overwhelming bipartisan support.

In addition to ensuring that people with pre-existing conditions cannot be denied health care coverage, LD 1 “An Act to Protect Health Care Coverage for Maine Families,” also prohibits charging seniors substantially higher rates due to age, bans lifetime and annual caps on coverage, allows young adults up to age 26 to remain on their parents’ insurance, and requires 10 essential health benefits be covered, such as ambulance services, prescription drugs and pediatric care.

“I will not leave critical health care protections for Maine people to the whims of Congress or the Courts. I am proud that our state has taken the important step of strengthening the laws that protect critical coverage for people with pre-existing conditions and other essential health benefits,” said Governor Mills. “From this moment on, Maine people can rest assured that, regardless of whatever happens outside of Maine, they will not be denied coverage here in Maine.”

Initial Yes to Changing Columbus Day to Indigenous Peoples Day

The Maine House of Representatives voted on Tuesday to change the name of Columbus Day to Indigenous Peoples Day. The bill, LD 179, introduced by Rep. Ben Collins, D-Portland, received initial approval by the House of Representatives in an 85-51 vote on Tuesday. The bill will next go to the Senate and will face additional votes.

“Our government must lead on recognizing the positive impacts of Maine’s diverse communities and cultures,” said Rep. Rachel Talbot Ross, D-Portland, an advocate for improving tribal-state relations. “Passing this bill is a chance for the Legislature to prove it understands the vital role Maine’s tribes have played in building our state and nation and the influence they will have on our future.”
Like springtime rivulets, these efforts merged over the past 15 years; that confluence will lead, later this year, to more than 3,100 protected on and around the slopes of the two mountains. At the center of this collage of conserved lands is what local resident and trail runner Emily McDevitt calls “the holy grail,” a new nine-mile trail that will encircle Ragged Mountain and will overlook newly protected forests around Mirror Lake.

“Trees don’t fail”

For public water systems, forested watersheds produce fewer economic gains and simplicity: “the more protection, the less treatment,” which in turn translates to less costly power and fewer chemicals, says Bruce Berger, executive director of the Maine Water Utilities Association. One study found that for every 10 percent increase in forest cover surrounding a water source, treatment and chemical costs decreased approximately 20 percent.

A majority of species lay a fixed number of eggs in each clutch. Domestic chickens, however, are indeterminate layers, the females can’t simply fly around with weighty numbers of eggs onboard. Can you picture a bomber-like female American robin cruising your neighborhood, loaded with a cart full of eggs? Next time you crack open an egg, check some basic design features. Located inside the blunt end of the eggshell, you may notice a thin membrane that serves as a temporary air pocket. This slim air space comes into play at hatch time, providing the strengthening hatchling with its first breath of air before launching its active hatching process. The chick then uses its “egg-tooth” (a small hard nub on the tip of the upper mandible) to poke a rough hole through the shell casing and gradually divide the shell into two separate pieces.

Two different egg-laying schemes bring divergent outcomes for the hatchlings. Altricial eggs are laid by most songbirds. These eggs produce pin-feathered chicks that are essentially dependent on parental feeding and care for about three weeks. Altricial species have two broods during the nesting season. By contrast, precocial eggs yield young that are relatively well developed, feathered and mobile shortly after hatching. Ruffed Grouse and waterfowl chicks are examples of this category.

A number of species lay a fixed number of eggs in each clutch (domestic chickens, however, are indeterminate layers). Two different egg-laying schemes bring divergent outcomes for the hatchlings. Altricial eggs are laid by most songbirds. These eggs produce pin-feathered chicks that are essentially dependent on parental feeding and care for about three weeks. Altricial species have two broods during the nesting season. By contrast, precocial eggs yield young that are relatively well developed, feathered and mobile shortly after hatching. Ruffed Grouse and waterfowl chicks are examples of this category.

Commercial eggs are promoted as a nutritious component of modern dietary cuisine. This fact also led to widespread harvesting of seabird eggs at summer nesting colonies in the late 19th century. “Eggers” followed a prescribed protocol of breaking all eggs that were initially discovered. This practice ensured the freshness of any subsequent eggs laid and greatly reduced venoms, implying that the main function of venom is to subdue prey (of nine species and two sub-species of Maine snakes, none is considered venomous).
Building Resilience

The value these conserved lands hold for the community may grow as the midcoast copes with effects of a changing climate. For Maine Water customers, watershed protection could mitigate impacts of the new weather patterns expected in the Northeast, such as longer droughts interspersed by heavy precipitation events. Faced with a drought in the 1980s, the water company did change operations to ensure an adequate water supply due to a combination of improved conservation habits and technological improvements (like low-flow toilets and such a part of what we provide the larger community is closely bound to the iconic hills. Bald and Ragged mountains are “such a big part of Camden’s culture, and such a part of what we provide the larger community,” says Camden Town Manager Audra Caler-Bell; “these are assets that are really valued economically and culturally by the town.”

Maine’s Climate Future report. Winters have been warming faster than summers, it notes, and winter snow loss along Maine’s southern coast could exceed 40 percent by mid-century relative to the recent climate (1995-2014). As the Camden Snow Bowl’s current business model becomes less viable and the community seeks ways to generate sufficient revenues to cover operating costs, an expanded trail network on Ragged Mountain will open more recreational possibilities. The bleak long-term forecast for coastal ski resorts, Caler-Bell says, has provoked “extensive discussion” at the town level of ways to expand four-season recreation at the Snow Bowl. Much of the year-round appeal of Ragged and Bald mountains lies in their natural diversity. A mix of open summit areas, coniferous forests, established oak woods, streams, ponds and wetlands draws other species, too, including those that have a large natural range. Birds like pileated woodpeckers and wood thrush survive best in settings with extensive intact forests.

The area is “pretty rich in a variety of landforms,” notes Andrew Cutko, director of science at The Nature Conservancy’s Maine office. He did an initial ecological inventory of Bald and Ragged mountains 16 years ago when working for the state and found many different micro-climates, created in response to variations in topography, orientation to the sun and proximity to water.

Ecologists now recognize that these micro-climates, along with connectivity among wildlife habitats, may help species survive as climate change forces them to migrate northward and up slopes. In a recent “climate resilience” mapping exercise, CMLT identified this focus area as being in the top 20 percent among its protected lands. A warming climate could prompt waves of human migration as well, potentially bringing more people to Maine seeking communities with adequate water, less extreme heat and a high quality of life. Maine needs more young people as its population ages, and outdoor recreation — coupled with the cleaner air and water forests afford — could be a lure. Stewart says real estate agents have told him that good trails are an asset valued by younger families, one they rank high alongside good schools.

“The Power in Planning Ahead”

Later this year, when Maine Water executes a second conservation easement covering 500 acres around Grassy Pond, the land trust will have protected more than 3,100 acres in the vicinity of Bald and Ragged mountains — 88 percent of its 2003 goal. And more projects are still in the works. As daunting as those original acreage goals were, the fundraising targets were even more so. Dickerson retired from the land trust in 2015 so can now say with some distance, “What the land trust has been able to raise is stunningly amazing to me.” Its Round the Mountain collaboration is still active, and Stewart expects the costs of that initiative — combined with conservation work around Bald and Ragged — will total more than $10 million. Support has come from many quarters — federal and state grants, foundations, individuals and community groups. McDevitt, who has worked with numerous civic groups over the years, says she has found CMLT “one of the most smart, forward-thinking and resourceful.”

The land trust first formed when development threatened Beech Hill in Rockport, but it soon learned “the power of planning ahead,” Stewart says, rather than simply reacting once valued places were threatened. Many people might see the lands being conserved around Ragged and Bald mountains as not “highly developable,” says Rockport Town Manager Richard Bates, but his time in New Hampshire taught him that even steep lots get sold and developed — with blasting done prior to building. “Sometimes it takes a little vision,” he reflects, citing examples like Boston Common and Central Park. “Fifty or more years from now, people may be happy that someone had the foresight to protect these lands.”
Local Cleaning Service Partners with Nonprofit to Serve Midcoast Women Battling Cancer

OrganClean of Thomaston is partnering with the international nonprofit organization Cleaning for a Reason, benefiting women undergoing cancer treatment. Owners Hillary Thibodeau and Wayne Thibodeau are donating their services to households in the midcoast area battling a cancer diagnosis.

“We think it is important to give back to the community that we both grew up in. By helping women who are facing a diagnosis of cancer, they can focus on their health and healing. A clean space is a healthy space, and this is one small thing we can absolutely do to help,” says Hillary Thibodeau.

Free Program for Families Living with Mental Health Challenges

NAMI Maine (National Alliance on Mental Illness of Maine) will sponsor a free Family-to-Family Education Program for families helping people living with mental health conditions. The 12-week series will be offered in Rockland from 6 to 8:30 p.m. on Tuesdays, beginning April 2.

The course will cover information about schizophrenia, mood disorders (bipolar and major depression), panic disorder, obsessive compulsive disorder, and other major mental health challenges. In addition, the classes will include information on coping skills, medications, listening and communication techniques, problem-solving skills, recovery and rehabilitation, and self-care to help with worry and stress.

“We think it is important to give back to the community that we both grew up in. By helping women who are facing a diagnosis of cancer, they can focus on their health and healing. A clean space is a healthy space, and this is one small thing we can absolutely do to help,” says Hillary Thibodeau.

Washington Rec to Host Spring Retreat Day

The Washington Recreation Committee will host a Spring Retreat Day on Saturday, April 27, from 9 a.m. to 2 p.m. at Evening Star Grange, Old Union Road in Washington.

The day begins with Yoga with Linda Shepard or Introduction to Meditation with Anne Cogger. The retreat includes a 15-minute body work session — choice of chair massage, table massage, Reflexology, Reiki or sound healing — as well as lunch catered by Washington General Store.

The program will include an Introduction to Reiki by Leann Sebrey, and herbalist Kaela van Breevort Reed will present the keynote address, “Garden Weeds for Food, Health, and Well-Being.”

Gently used books and CDs will be for sale; proceeds to benefit the Washington Gibbs Library.

Pre-registration is required; space is limited and registration, which ends on April 12, will be accepted in first-come, first-served order. Participants must be 18 years or older. The cost is $20, checks or money orders only, payable to Washington Recreation Committee. Registration form is available under “News” on the Town of Washington website, www.washingtonmaine.gov. For more information, call Peg Hobbs, 845-2900 (it is a land line, so don’t try to text).
two years ago I found five Earth Grow boxes at a yard sale in Florida. For those unfamiliar with this gardening system, these boxes look like large plastic window boxes but have a plastic screen that fits inside, creating a shelf upon which the soil sits over a water reservoir, and a length of 1 1/2-inch-diameter black plastic pipe through which you can fill the reservoir. At the sale, where "grab it if you think you want it" is the modus operandi, I snapped the boxes up for a dollar a piece and put them away in a shed. Hurricane Irma came along and the shed was crushed by a fallen avocado tree, but the boxes survived until this year, when I was finally ready to plant them.

I have to say right here that growing anything in subtropical southwest Florida is as great a challenge as growing on an island off the coast of Maine, just a different kind of challenge. It doesn’t help that whatever I put in the ground to survive is held for at least eight months, which extend through July and Florida’s hot, rainy summers and drier fall. I’ve learned that there are some plants that need no help; hibiscus, which we grow as Rose of Sharon, different kinds of ferns; spiky aloe; leathery-leaved shrubs like crotons, with oval leaves shot through with neon golds, reds, oranges, greens and purples and different types of purple and green tradescanias; messy ground covers that spread easily, known variously as Moses in the cradle plant, oyster plant and purple heart, and all of them comparable in my mind to the Northern ground cover ajuga, because they root easily and are just as easy to get rid of should they become unruly. I have a shabby jatropha, a problem child from Florida but it can be a tree, shrub or drupe on, pursuing, so I keep ours as a semi-espalier against the wall. All of these plants form a small garden in front of our vintage trailer, and I supplement them with pots of annuals that I buy as cheaply as possible, since they will be given away when I return home. I feel I’ve come to some kind of basic understanding of their cut and caring, and I think shallow-rooted plants like greens and herbs love them, as do peppers. I feel fairly certain that squashes and cucumbers would also do well, but I didn’t have time to start plants from seed and I’m also certain the plants would need some supports behind or around the boxes to grow up, just as the tomatoes do. I think tomatoes, with their deep roots, might be happier in deeper boxes, but my experience, again, is limited. I also think that I haven’t figured out fertilizing needs. The soil I used said it had all the nutrients needed for a season’s growth, but I feel a weak solution of fish-based liquid fertilizer could be applied every two weeks or so as a top-watering. Of one thing I’m certain: Anyone could have a bit of garden if they had a few boxes and the bush beans I planted also struggled with the heat. Despite the heat and sun, the mixed lettuces and Buddleja davidii keep growing with never an indication of bolt-ing. The Salad Bowl type lettuce is the happiest, but the peppers, with deep roots, might be happier in deeper boxes, but I can’t yet tell whether or not it will do as well as the first crop, which continues to thrive. So what do I conclude from my somewhat limited grow-box gardening? I think shallow-rooted plants like greens and herbs love them, as do peppers. I feel fairly certain that squashes and cucumbers would also do well, but I didn’t have time to start plants from seed and I’m also certain the plants would need some supports behind or around the boxes to grow up, just as the tomatoes do. I think tomatoes, with their deep roots, might be happier in deeper boxes, but my experience, again, is limited. I also think that I haven’t figured out fertilizing needs. The soil I used said it had all the nutrients needed for a season’s growth, but I feel a weak solution of fish-based liquid fertilizer could be applied every two weeks or so as a top-watering. Of one thing I’m certain: Anyone could have a bit of garden if they had a few hours of sun and space for a largish window box. It helps if you have a hose, but a fill-up takes about three gallons of water, not an onerous amount to carry in a gallon jug if you don’t have a spigot with an attached hose. So this is three thumbs up for these boxes. As for the northern gardener floundering in the southern climate, it’s a steep learning curve, but I say, “Game on!”
Volunteer Orientation with Coastal Mountains Land Trust

Coastal Mountains Land Trust (CMLT) is hosting two volunteer orientation sessions, one on Wednesday, March 27, from 5:30 to 6:30 p.m. at Belfast Free Library, and the other on Wednesday, April 3, from 5:30 to 6:30 p.m. at CMLT’s office at 101 Mount Bottle Street in Camden.

CMLT is seeking new volunteers to help with a wide range of projects including field work, preserve monitoring, invasive plant control, community outreach, office mailings, and event logistics. At each session, the land trust’s stewardship staff, along with an active volunteer, will provide an overview of the conservation programs as well as a summary of the volunteer positions that the land trust is seeking to fill. Register to attend by calling 236-7091 or emailing polly@coastalmountains.org.

Coastal Mountains Land Trust has worked since 1986 to permanently conserve land to benefit the natural and human communities of the western Penobscot Bay. The land trust has protected over 10,000 acres, offering 45 miles of trails for public recreation.

Cabin Fever Reliever at CLC YMCA March 30

Central Lincoln County YMCA’s Healthy Kids program will host a Cabin Fever Reliever on Saturday, March 30, from 7 to 10 p.m. at the CLC YMCA, on Main Street in Damariscotta. The evening will raise money for the programs of Healthy Kids.

The “Reliever” is for the entire family, and all are welcome to attend sporting their favorite flannels. Adults will be treated to beer by Odd Alewifes Farm Brewery, wine, snacks by King Eider’s, music by Lincoln Academy Jazz Band members, games and a silent and live auction. Free childcare for children under 12 will include indoor camping — sitting around a battery-operated fire pit eating s’mores and playing games.

Tickets are on sale at Bath Savings in Damariscotta and at the Healthy Kids office at 15 Belvedere Road, Damariscotta. Adult tickets are $15 in advance, $20 at the door. Teen tickets are $5, and children 12 and under are admitted free. For more information about Healthy Kids programs or the Cabin Fever Reliever, call 563-1818 or log on to www.healthykidsmaine.org.

Tractor Safety Course Begins March 3 in Union

A tractor safety course will be held on Wednesdays starting April 3 from 6 to 8 p.m. at Union Farm Equipment, 1893 Heald Highway/Route 17, Union. Classes will continue on successive Wednesdays through April 24. A written exam and tractor-driving test will be given Saturday, May 4, at 9 a.m.

The classes are designed for adults and youth at least 14 years of age and are required for 14- and 15-year-olds who plan to operate farm equipment for hire on farms other than their own. Those who successfully complete the written and road tests will be issued a Federal Certificate of Training. The fee is $20 per person; financial assistance is available for students age 18 and under according to need. Register by March 25 online at https://extension.umaine.edu/registration/product/farm-tractor-safety-course-union-maine2019.

Coastal Mountains Land Trust (CMLT) is seeking new volunteers to help with a wide range of projects including field work, preserve monitoring, invasive plant control, community outreach, office mailings, and event logistics. At each session, the land trust’s stewardship staff, along with an active volunteer, will provide an overview of the conservation programs as well as a summary of the volunteer positions that the land trust is seeking to fill. Register to attend by calling 236-7091 or emailing polly@coastalmountains.org.

Coastal Mountains Land Trust has worked since 1986 to permanently conserve land to benefit the natural and human communities of the western Penobscot Bay. The land trust has protected over 10,000 acres, offering 45 miles of trails for public recreation.
At Point Lookout April 4 & 5 — Artists & Makers Conference

The sixth annual Artists & Makers Conference, hosted by Archipelago and the Island Institute, will take place Thursday, April 4, from 2 to 6:30 p.m., and Friday, April 5, from 8:15 a.m. to 5 p.m., at Point Lookout in Northport.

The conference is open to all artists and makers who live and produce work in Maine.

On Thursday, there will be a half-day of workshops with an evening presentation by Robert Shetterly about his "Americans Who Tell the Truth" portraits and narratives. Friday's sessions will offer tips and strategies to help start and grow arts-related businesses in Maine.

Workshop sessions have three themed tracks: foundational for those just starting a business; transformational for those looking to expand their business; and inspirational for those interested in maintaining passion and inspiration in their business. Participants can focus on one track or can mix and match from different ones.

General registration is open through March 29 and costs $25 for Thursday afternoon only, $35 for Friday only, or $45 for both days. Tickets include hors d’oeuvres on Thursday evening and a continental breakfast, lunch, and beverages on Friday. To register or view a complete agenda, visit www.islandinstitute.org/events. For more information, contact Archipelago Director Lisa Mousel Vietze at 596-0701.

Sound/Light Installation & Performance March 22 at Steel House in Rockland

New Wyeth Exhibit Opens at the Farnsworth

Andrew Wyeth, "The Patriot," 1964 tempera on panel — collection of Mr. and Mrs. Nicholas Wyeth. © 2019 ANDREW WYETH/ARTISTS RIGHTS SOCIETY

On Saturday, March 23, Farnsworth Art Museum in Rockland will open an exhibition of works by Andrew Wyeth in the museum’s Wyeth Study Center Gallery. The show, entitled Andrew Wyeth’s World War I, will be on display through Sunday, February 9, 2020.

Originally conceived in 2002 by Andrew Wyeth, the exhibition affords visitors an opportunity to see how a childhood interest in World War I grew into a lifelong source of inspiration. Born in 1917, Andrew Wyeth was too young to remember the war firsthand, but it became real to him through his father N.C. Wyeth’s work. Through his father N.C. Wyeth’s studio, where N.C. painted several large-scale canvases of World War I heroes, young Wyeth was exposed to the war through his father’s work. Andrew Wyeth, “The Patriot,” 1964 tempera on panel — collection of Mr. and Mrs. Nicholas Wyeth.

Andrew Wyeth’s World War I is an exhibition of more than 20 works by the artist. The show consists of oil paintings and watercolors painted by Andrew Wyeth during his time in France and Belgium during World War I, along with drawings that reveal the artist’s perspective as a young man and his inspiration for his later work. The exhibition includes a number of works that have never been exhibited before, as well as works that have been rarely seen in public. The exhibition will run through Sunday, March 31. For more information, visit www.farnsworthmuseum.org.

Art Opening at National Wildlife Refuge Visitor Center —

There will be an opening reception for a collection of nature-inspired art on Saturday, March 30, from 2 to 5 p.m. at Maine Coastal Islands National Wildlife Refuge Visitor Center and Art Gallery, 9 Water Street in Rockland.

"Post-Morphican Dreamwork" is composed of images collected in a dream journal over several years, then made tangible using ethically sourced taxidermy, discarded materials, plaster casting, and clay sculpture. Alexandria Farquhar studies natural history and museum exhibit prep at College of the Atlantic. "Post-Morphican Dreamwork" began as her senior project. St. George Middle School students in grades six, seven and eight will be exhibiting their nature-inspired artwork. Georges River South Town "Art in the Wild" will be held at our annual sampling of Bernard Langlais' artwork from the permanent collection at the Langlais Sculpture Preserve in Cushing. While known for his larger-than-life sculptures, a dozen of which are at the preserve, Langlais also has a large body of work that includes drawings, and paintings in watercolor and oil. Some of the works on display for this show are available on short-term loan for public display as part of the land trust’s Langlais Loan Program. The exhibition will be on display for the month of April. Shown: elephant from the GRLT Langlais Collection; Puffin by Grace Yanz, St. George Middle School.
Notes from Lime City by Becca Shaw Glaser & Nathan Krom Davis

In favor of an ambitious living wage for Rockland

We propose that the Rockland City Council consider a living wage — of at least $15/hour — to take effect soon, perhaps in May.

The people of the state of Maine get it. It was wonderful when we voted for raising the state minimum wage. But it’s not enough. The current minimum wage in Maine is $11.75/hour for tipped workers, and $5.50/hour for non-tip workers. In January 2020, the state minimum wage will go up to $12/hour, with any increases from then on tied to inflation. The federal minimum wage is a paltry $7.25/hour. But do we really want to keep forcing people who are working full-time to try to survive on about $24,000 per year?

While not the only available. Many Rockland businesses have been bringing in record sales for the past few years. The 2018 sales figures from the “Rockland area” (all of Knox County) show Reedon, Rockport, Hope and Appleton) set a stunning record: consumer retail sales totaled nearly $427 million, a 3.3-percent increase from 2017, also an excellent year for local businesses.

Some of that extra money should belong to the workers who labor make these businesses possible. These workers need to live and raise children in this community, along with the wealthier people and the business owners (many of whom do not live in Rockland proper). Many business owners will say that they don’t have enough to pay the workers more, but one wonders, ultimately, what is a business owner’s role in life if it doesn’t give a fighting chance to the people who work for you? When we speak about creating a more equitable society and community, we need to think about ways to spread the resources and money around more among the people who actually make what they say, many of these businesses would be able to find a way to pay workers better, particularly in this time of record sales.

It’s possible there will be less resistance to a living wage than one might anticipate. We’ve been heartened to see that among the downtown Rockland business community, several proudly display a sign saying, “This Business Supports a Living Wage.” Further, it’s possible that if the business owners make it their policy to pay at least $15/hour to all their employees, yet aren’t advertising that fact to the public.

Business owners in Rockland are not clueless: employers can’t find workers, yet, at the same time, there’s the sentiment that we need to bring in more jobs. How can it be that we need more jobs, if local people aren’t filling the jobs that are available? It seems likely that at the heart of the “can’t find enough workers” issue is that often those employers don’t pay enough, offer benefits, provide steady hours, or provide a good working environment.

A higher wage puts more money in people’s pockets for them to pour back into the local economy or to save. Studies from the Economic Policy Institute looking at raises in wages have shown tremendous benefits to local economies, of working people, people that need leaders that will help us understand that a vibrant town needs to create opportunities for every succeeding generation.

Camden’s LED Lighting — Simply Beautiful

I find it sad that you feel the necessity in only your first few months to limit this or create a negative growth atmosphere under the guise of groundwater extraction.

We have left this issue unaddressed for so long that what must act. This is a planetary crisis.

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More Views on the National Public Vote Bill—

I write in response to Nick Lapham’s letter to The Free Press of Saturday, Nov. 23, 2019, and agree with his argument that we should continue to use the Electoral College as is (referred to in the following as “status quo”) and not join the National Popular Vote movement (NPV). I don’t wish to comment directly on whether NPV is a good or bad idea, but simply focus the discussion and invite others interested to join in. First, why this issue? What’s the problem? As Nick says, “it’s not broken, don’t fix it.”

The answer of those supporting NPV — two simple principles:

1. (as we know, unless we are conspiracy theorists) that in our last presidential election between two candidates, A and B, 2.9 billion more Americans voted for B rather than A, and A was declared the winner. A strong majority of Americans as those who support NPV argues that this is not the proper democratic outcome, that obviously the winner of such a contest should be the one that receives the most votes. In my opinion, that is the status quo.

2. Wouldn’t it be nice for all of the Republican voters in California to make their presidential ballots count, that they are not summed up as 0, thrown into the waste basket, so to speak? And wouldn’t it also be nice to do the same for all of the Republican voters in New York? And how about the Democratic voters in Mississippi or Alabama, etc.? Wouldn’t it be nice if there were no blue states, red states, or purple states, that all the ballots in every state count, and all are equally significant? Under the status quo these conditions do not exist. If you read what I am saying, or if you refer to the electoral map of all of these United States varies depending upon which party state, and the state American voter happens to live in. “One person, one vote” does not exist. The status quo would all of the ballot and can null or have no actual impact what state the votes live in (DP2).

The status quo violates DP1 and DP2. NPV removes these two objections to our election process. With this, I assume, Nick and others in the Chanler Principle One, (DP1) and to play fair, and to play nice, that the people of the nation, who are the citizens, who are the taxpayers, who are the workers in our nation, who are the parents, who are the children of all of these United States desire that the American voter should have what is his birthright. What is his birthright? What he has the right to have is to have —?

So why do we adhere to a supposedly democratic system of election which has such glaring intuitive deficiencies? The electoral college? You could say the “improper way to vote” ox is being gored? Those who believe their political party benefits from the current system (Republicans) opt for the status quo. Those who believe their party will benefit from moving to the National Popular Vote (Democrats) support doing so. Obviously, there is no point in argumentation here.

Trump, an Inspiration to Mass Killers—

What a lamentable and outrageous situation we are in when President Trump serves as an inspiration to mass killers of animals (in his avalanche of animal death: a trophy for the president, and con. And then, as Nick did, let’s all tell our senators and representatives what we think. Bill Griffith, Hope

Together, We Are Stronger than Any Drug—

And together, we are healthier as a community.

Together, our community can make huge strides in combatting so many of our problems, not just addiction. The first step is to talk to people about the ages and circumstances who’ve made some decisions they later regret. Who amongst us can say that they never made a regrettable decision? I’ve made plenty of them but have, for the most part, lived to tell the tale.

Unfortunately, some people who have made some unwise decisions experience advice which Jimmy Buffett refers to as “per- manently alone” [S] — meaning their lives “right” again, for themselves, for their families and for their communities.

The single most powerful thing that MCRC can do is to bring us all together, because without everyone being on the same page and all of us working against the addiction that we all live with, lives and addiction set their rights live is very, very sad.

As much as some people with addiction need “treatment,” all need the love and support of everyone in their community. They need to feel accepted, welcomed and even loved. They need good places to live, good jobs to pay their bills, transport to get to work, to the store and to get around town. They need YOU!

What can you do? It does not need to be anything big, expensive, or difficult. You can just offer words of support and to lend a sympathetic ear. You can play a hand of cards or share a cup of coffee. MCRC needs your help in any way you can support people in recovery.

We need to recruit new members of directors; Help keep our website up to date; Help run events like the Pancake Breakfast we had on March 2. We need people to: Cut the grapes, load the truck, sell tickets and help with the table (inland of George and Honora); Have bake sales; Help apply for grants; Help with fundraisers and “friend raisers.” Whatever you can, we need it!

If you want a classic-looking wine for a serious engagement or to serve your guests at a formal event, then you need to design the label, while a pedestrian wine will get almost any old label slapped onto the bottle just to move the product to market and be done with it.

The theory is that a very good wine, recognized by the winemakers who know more about wine than the average schmo, will prompt them to seek out a decent graphic artist to do the label, while a pedestrian wine will get almost any old label slapped onto the bottle just to move the product to market and be done with it.

I apologize in advance if anyone is offended, but I was not disrespecting pedestrian wines. In fact, I thought it was quite clever! I’m just saying that sometimes the graphic art on the label is entirely white like ‘paint; inexplicable, it is really clear wine. Sometimes it takes on shades of red like a red wine, and sometimes it will contain any old label slapped onto the bottle just to move the product to the market and be done with it.

So, about the label: a good place to start if you are new to shopping wines this wine will look for minimalist art. Find a label with no illustrations, a good deal of empty space and a classic but not too ornate typeface that implies that the wine is good. The label is the first thing you see, so it is obvious the label on that bottle is not as important as the one on a bottle presented to a host or hostess before dinner.

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Wine comes in all shades of red but white wine is not actu- ally white like ‘paint; inexplicable, it is really clear wine. Sometimes it takes on shades of red like a red wine, and sometimes it will contain any old label slapped onto the bottle just to move the product to the market and be done with it.

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**ENTERTAINMENT**

**Maine Comedy All Stars at the Lincoln Theater March 28 —** The 2019 tour of the Maine Comedy All Stars will come to the Lincoln Theater in Damariscotta on Thursday, March 28, at 7:30 p.m. James Theberge will host Maine comedians Colby Bardshaw (comedy/fusion), Dennis Fogg (center), and headliner Ian Stuart (right). Bradshaw has performed at New York City’s The Stand and Gotham Comedy Club and was recently the winner of the Empire’s Comedy Winter Classic in Portland. Fogg, who has over 20 years of comedy experience under his belt, was a finalist in the Funniest Comic on the East Coast Contest at Mohoegean and is a regular at Dick Doherty’s Comedy Den in Boston. Stuart has toured the United States and Canada multiple times and has headlined the Wig Theater in Chicago, The Comedy Works in Montreal, Caprock in Lubbock, Texas, and he is the founder of the Portland Maine Comedy Festival. Tickets are $15 for adults, $13 for Lincoln Theater members and $5 for age 18 and under.

**Maine Comedy All Stars at the Lincoln Theater March 30 —** The 2018-2019 Metropolitan Opera’s Live-in-HD season of broadcasts from Lincoln Center to the Strand Theatre in Rockland and Lincoln Theater in Damariscotta continues on Saturday, March 30, at noon with a simulcast of Wagner’s Die Walküre. The Strand will present an encore broadcast on Tuesday, April 9, at noon. Soprano Christine Goerke plays Brünnhilde. Wotan’s willful warrior daughter, who loses her immortality in opera’s most famous act of filial defiance. Tenor Stuart Skelton and soprano Eva-Maria Westbroek play the incestuous twins Siegmund and Sieglinde. Greer Grimsley sings Wotan. Philippe Jordan conducts. The opera, the second in Wagner’s Ring cycle, is sung in German with Met titles in English. For Strand ticket information, call 594-0070, extension 3, or go to www.rocklandstrand.com. For Lincoln Theater information and reservations, go to www.lct.org or call the box office, 563-3424. Photo: Soprano Christine Goerke sings Brünnhilde in Wagner’s Die Walküre. **VINCET PETERS/MET OPERA**

**Fiddle Fever in Belfast —** The Franklin County Fiddlers (FCF), right, and the Belfast Bay Fiddlers will play a free concert at Unitarian Universalist Church of Belfast, 37 Miller Street, on Friday, March 29, at 7 p.m. The Franklin County Fiddlers, directed by Steve Muise, is an extension of the stringed instrument program in the Mt. Blue Regional School District. It is a multi-stylistic fiddle band comprised of nearly 20 volunteer musicians, and the concert is free, with a suggested donation of $10. For more information, call 732-890-3958 or email playitforward-musiccompany@gmail.com. Pictured here, members of the Play It Forward Music Company.

**“Great Movie Songs of the Past” in Belfast March 31 —** The Play It Forward Music Company, LLC will bring its concert “Great Movie Songs of the Past,” a 75-year musical journey to songs of the silver screen, to The First Church in Belfast, on Court Street, on Sunday, March 31, at 3 p.m. The music company, comprised of nearly 20 volunteer musicians, performs in support of local community organizations, and this concert will recognize the Greater Bay Area Ministerium (GBAM) Food Cupboard in Belfast.

**Program of Music and Reflection in Lincolnville Center —** United Christian Church (UCC), 18 Searsmont Road, Route 173, in Lincolnville Center will host a program of music for All for All on last Sunday, March 31, at 4 p.m. The program, led by Reverend Elizabeth Barnum, includes seasonal readings and moments of quiet reflection and features the harmonic voices of HeartSong, a community-based volunteer chorus sharing songs of comfort and peace. The church, originally the town’s meetinghouse, was built in 1821 and is on the Register of Historic Places. It is fully handicapped-accessible. Free-will donations will benefit the church’s music ministry. Pictured at right, Lincolnville Meetinghouse, built in 1821, home of the United Christian Church (UCC),

**Live-in-HD Broadcast of the Met’s Die Walküre at the Strand & Lincoln Theater March 30 —** The 2018-2019 Metropolitan Opera’s Live-in-HD season of broadcasts from Lincoln Center to the Strand Theatre in Rockland and Lincoln Theater in Damariscotta continues on Saturday, March 30, at noon with a simulcast of Wagner’s Die Walküre. The Strand will present an encore broadcast on Tuesday, April 9, at noon. Soprano Christine Goerke plays Brünnhilde. Wotan’s willful warrior daughter, who loses her immortality in opera’s most famous act of filial defiance. Tenor Stuart Skelton and soprano Eva-Maria Westbroek play the incestuous twins Siegmund and Sieglinde. Greer Grimsley sings Wotan. Philippe Jordan conducts. The opera, the second in Wagner’s Ring cycle, is sung in German with Met titles in English. For Strand ticket information, call 594-0070, extension 3, or go to www.rocklandstrand.com. For Lincoln Theater information and reservations, go to www.lct.org or call the box office, 563-3424. Photo: Soprano Christine Goerke sings Brünnhilde in Wagner’s Die Walküre. **VINCET PETERS/MET OPERA**

**Belfast Maskers Present a Second Weekend of Profiles —** Belfast Maskers will give two more performances of Profiles, a new musical play, on Friday and Saturday, March 22 and 23, at 7 p.m. at the basil Brunwell Community Theater, 17 Court Street, in Belfast. The play, featuring Carlton Smith and Maggie Machaek (pictured left to right), follows the story of a celebrated American novelist who withdraws from public view and publishes nothing for 25 years, then unexpectedly grants a series of interviews to an ambitious young journalist. As the two match wits, Profiles explores the interaction of fact and fiction, life and literature. Music direction is by Theo Van Deventer and stage direction by Carlton Smith. Seating is cabaret style. The ticket price of $20 for adults or $15 for teens includes light refreshments. Wine (or alternate beverage), desserts, and tea will be served. Tickets are available at www.belfastmaskers.com. For more information, email info@belfastmaskers.com or call 619-3256. **PHOTO BY ERICA RUBIN FERG**

**Auditions for the new play “A Specific History of Women Pirates” will be held Sunday, March 31, at 1 p.m. at 122 Camden Street, Rockport. The cast requires six or eight adult women who can fight, use swords, and portray bigger-than-life characters. They are all good few men needed with the same qualities as well. The show is directed by Tomm Tomlinson and will feature fight choreography by Angela Bonacasa. Previous stage combat experience is helpful but not required. “A Specific History” is the story of women who led pirate crews and impressed violence on the water. The stage combat presentation will have its opening performance at the Boothbay Harbor Windjammer Days in June and will be presented at several more outdoor events along the midcoast this summer. For more information and scripts, contact Tomm Tomlinson at 975-6517 or mustroos@aol.com.**

**“Gutsy” Women Sought to Portray Pirates**

**The Friends of Music Concert Series, an outreach program of The First Congregational Church of Camden, will present Bobby Jo Valentine (pictured) performing in the church sanctuary, 55 Elm Street, on Sunday, March 24, at 4 p.m. Valentine is a nationally touring singer/songwriter who grew up on the seaside of Northern California. His songs speak of the gentle, everyday life characters. There are a few good men needed with the same qualities as well. The show is directed by Tomm Tomlinson and will feature fight choreography by Angela Bonacasa. Previous stage combat experience is helpful but not required. “A Specific History” is the story of women who led pirate crews and impressed violence on the water. The stage combat presentation will have its opening performance at the Boothbay Harbor Windjammer Days in June and will be presented at several more outdoor events along the midcoast this summer. For more information and scripts, contact Tomm Tomlinson at 975-6517 or mustroos@aol.com.**

**Bobby Jo Valentine at First Congregational Church of Camden —**

**The Friends of Music Concert Series, an outreach program of The First Congregational Church of Camden, will present Bobby Jo Valentine (pictured) performing in the church sanctuary, 55 Elm Street, on Sunday, March 24, at 4 p.m. Valentine is a nationally touring singer/songwriter who grew up on the seaside of Northern California. His songs speak of the gentle, everyday life characters. There are a few good men needed with the same qualities as well. The show is directed by Tomm Tomlinson and will feature fight choreography by Angela Bonacasa. Previous stage combat experience is helpful but not required. “A Specific History” is the story of women who led pirate crews and impressed violence on the water. The stage combat presentation will have its opening performance at the Boothbay Harbor Windjammer Days in June and will be presented at several more outdoor events along the midcoast this summer. For more information and scripts, contact Tomm Tomlinson at 975-6517 or mustroos@aol.com.**

**Noon Music in Lent Series Continues with Vocalist Kathleen Christie —** The Noon Music in Lent series at First Congregational Church in Camden continues on Friday, March 22, with Kathleen Christie (pictured) of Lincolnville, accompanied by Matthew Mainister on the piano. The noon music performance at Philadelphia College of Bible. Noon Music in Lent is a free program performed by the Friends of Music at 12:15 p.m. in the music church starting at noon, followed by a free lunch of homemade soup, bread and fruit in the parish hall. All are welcome. This season free-will offerings will be donated to the Camden Area Food Pantry. The church is handicapped-accessible at the Wood Street entrance.

**The Franklin County Fiddlers (FCF), right, and the Belfast Bay Fiddlers will play a free concert at Unitarian Universalist Church of Belfast, 37 Miller Street, on Friday, March 29, at 7 p.m. The Franklin County Fiddlers, directed by Steve Muise, is an extension of the stringed instrument program in the Mt. Blue Regional School District. It is a multi-stylistic fiddle band comprised of nearly 20 fiddlers as well as flute, cello, piano, guitar, bass, and accordion players. The group has performed throughout Maine as well as in Boston, throughout eastern Canada, in Nashville, New Orleans, and Ireland, as well as at Gov. Janet Mills’ inauguration. The Belfast Bay Fiddlers is a group of amateur musicians who play traditional dance tunes from New England, French and Atlantic Canada, Ireland, Scotland, and more. Their repertoire includes jigs, reels, hornpipes, polkas, and waltzes performed on fiddle, guitar, mandolin, whistle, banjo, bass, piano, and percussion instruments. The group has performed at New Year’s by the Bay, the Maine Celtic Celebration, Arts in the Park, and Harbor Fest, and its weekly Sunday evening jam sessions at Waterfall Arts in Belfast are open to anyone who enjoys playing or listening to traditional music.**

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A Conversation with Authors Susan Conley and Lily King March 28 — Left Bank Books, 109 Church Street in Belfast, invites the public to a discussion with authors Susan Conley (left) and Lily King (right) on Thursday, March 28, at 7 p.m. King will lead a discussion of Conley’s recently released novel “Elsey Come Home,” followed by questions from the audience and a book signing. Conley is also the author of the memoir “The Foremost Good Fortune” and a co-founder of The Telling Room, a nonprofit writing center for young writers (ages 6 to 18) in Portland. Lily King is a novelist whose work includes “The Pleasing Hour,” “The English Teacher,” “Father of the Rain” and “Euphoria.” The program is free, but reservations are suggested. Call 338-9009 or email leftbank@myfairpoint.net.

Author of “A Caravan of Brides” Speaking at Skidompha — Kay Hardy Campbell (pictured) of Jefferson will talk about her debut novel, “A Caravan of Brides: A Novel of Saudi Arabia,” at Skidompha Library’s “Chats with Champions” on Thursday, March 28, at 10 a.m. in the Porter Meeting Hall at the library in Damariscotta. “Usually, when we read about the history of Arabia, it’s about politics, war and oil,” Campbell says. “I wanted to explore how women lived through these years. Now, rapid change is overtaking Saudi society, opening up vistas and opportunities for Saudi women of all ages, regardless if they live in the city or small towns. The pace of change is astonishing, even to Saudi women. My book focuses on the world of Saudi women of the past, exploring how they lived in city, town, and tribe.” Campbell is an Arabic-speaking writer who worked as a freelance journalist while living in Saudi Arabia from 1978 to 1985. Chats with Champions is a free community offering from Skidompha Library. Recordings of many previous Chats are available on Skidompha Library’s YouTube.com page. For more information, visit skidompha.org, or call 563-5513.

Poet/Memoirist Linda Buckmaster at Cushing Library March 24 — Linda Buckmaster, writer and former Belfast Poet Laureate, will read some of her poems and discuss her book, “Space Heart: A Memoir in Stages,” at Cushing Public Library, Cross Road in Cushing, on Sunday, March 24, at 2 p.m. The program is free and open to the public. The daughter of a rocket engineer, in 1962 she underwent surgery to correct a congenital heart defect using materials developed for space flight. “Space Heart” is alternately lyrical and narrative, a hybrid treatment of the early days of the space industry and a personal story. The author moves between poetry and prose, sometimes with the same material. Buckmaster’s poetry, essays and fiction have appeared in over 30 journals. Her essay “ Becoming Memoir” was listed as a Notable Essay in Best American Essays 2013.

Roger Moody to Speak at Rockland Library March 28 — Roger Moody will give an illustrated talk about his book “Logging Towboats and Boom Jumpers: The Story of O.A. Harkness” on Thursday, March 28, at 2 p.m. in Rockland Public Library’s Community Room. From 1903 to 1951, Orris Albert “O.A.” Harkness contributed to the success of the Penobscot Log Driving Company and the Great Northern Paper Company in Maine’s Penobscot River timberlands by utilizing the developing technologies of the times to move logs efficiently to paper mills. His career began with designing and constructing several log boom tow boats and included designing dozens of “boom jumpers.” His responsibilities expanded to include overseeing of a complex 3,000-foot tramway, steam- and gasoline-powered Lombard log haulers, a specialized railroad, sophisticated pulpwood conveyors, andcrawler tractors, all to move harbor-vested logs to and along the waters of the East and West branches of the Penobscot River. Moody’s book includes many photographs of the time as it explores logging in the Penobscot and Allagash watersheds and also contains expansive historical information about logging in the first half of the 20th century. Moody’s own history includes many years of municipal and school management in Maine and service for eight years as a Knox County commissioner. After the talk, books will be available for purchase and signing.

Book News
State Museum

STATE MUSEUM

Shown: Pro-suffrage activists in Portland parade, information, visit www.mainesuffragecentennial.org. For further about the centennial of women’s suffrage and the of organizations that, through 2020, will feature programs Maine’s Suffrage Centennial Collaborative, a group “Road — 100 Years to the Vote” is also a project of will be available through the museum’s website 2020. Related educational programs and events will be on view at the museum through January 25, well as at voting issues that are a part of public debate today. “Women’s Long Road — 100 Years to the Vote” will be on view at the museum through January 25, 2020. Related educational programs and events will be available through the museum’s website at www.mainesuffagemuseum.org. “Women’s Long Road — 100 Years to the Vote” is also a project of Maine’s Suffrage Centennial Collaborative, a group of organizations that, through 2020, will feature programs about the centennial of women’s suffrage and the 19th amendment to the U.S. Constitution. For further information, visit www.mainesuffagemuseum.org. Show: Pro-suffrage activists in Portland parade, ca. 1914. Personal collection: On loan to the Maine State Museum.

Thursday, March 21:

Greater the State of North Penobscot Bay and Belleville Bay,” 6:30 p.m. at Belfast Free Library. A slate of experts will report on their biology, water quality, storm surge, temperature, salinity, acidity, and effects of climate change. Belleville Bay Watershed Coalition hosts the program, which is free and open to everyone.

“The Triple Crown of Hiking” with Zack and Jin Lorchart, 7 p.m. in Appleton Library’s Third Thursday Talk series. They’ll show slides and video of their adventures along the Appalachian, Pacific Crest and Continental Divide trails, along with some of the gear that got them through.

Inherit the Wind at The Theater Project in Brunswick, 14 School Street. The story of the 1925 Scopes “Monkey” Trial is performed this week and next at 7:30 p.m. Thursdays, Fridays & Saturdays, and 2 p.m. Sundays. A Talk Back Session with director Christopher Price will be held Sunday, March 24. Thursday shows are Pay-What-You-Want. Tix are $20 adults; $15 seniors and students; $10 under 13; free under 2 on a lap: TheaterProject.com.

33rd Annual Bangor Bunboat Show, Thursday to Saturday at Cross Insurance Arena. Pay-What-You-Want. Tix are $20 adults; $15 seniors and students; $10 under 13; free under 2 on a lap: TheaterProject.com.

Annual Spring Story Slam at Sweet Tree Arts, 4 Church Street, Hope village. This year’s theme is “Chance,” and people will tell true stories in the style of “The Moth Radio Hour.” Doors open at 6:30 p.m. with desserts and hot drinks. Stories start at 7 p.m. $15 (tix help fund scholarships to the nonprofit arts center). Folk Dance Brunswick, 6:30-9 p.m. People Plus, 35 Union Street, Brunswick. World music and dance. $6. Learn more at FolkDanceBrunswick.org or 207-7577.

Profilo, a Musical Play, at The Bazaar, 7 p.m. Friday and Saturday at Basil Burwell Community Theater, 17 Court Street in Belfast. The Belfast Maskers put on the play about a celebrated novelist who withdraws from public view for 25 years, then grants interviews to an ambitious journalist. Cabaret seating, with wine, tea, and desserts. $20 adults; $15 teens. BelfastMaskers.com.

Saturday, March 23:

Tim Sample at Camden Opera House, 7 p.m. The Maine native delivers his dry Down East humor in a show to benefit Bartlett Woods Retirement Community in Rockland. $18 in advance; $22 at the door.

Sunday, March 24:

Maine Maple Sunday, held the last Sunday of March every year, will star 100 sugarhouses around the state offering ideas for getting trees from forest to mill turned Great Northern Paper Mill into one of the largest in the world. Copies on sale.

Putlock & Presentation: “Upwards,” at Curtas Memorial Library in Brunswick. AMC’s Maine Chapter hosts Laurie Apgar Bunnell, who shares stories and photos from her solo paddle along the Northern Forest Canoe Trail. Potluck at 6 p.m. Talk at 7 p.m.

Exploration and Obsession Into the Heart of Labrador, 1903,” 7 p.m. at Camden Public Library. Joanne Hedou will tell the tale of a man who perished on a canoe expedition to map the uncharted wilds of Labrador and how his widow, Mina Hubbard, made the journey successful in 1905 to vindicate his choices.

Conversation with Susan Conley and Lily King in Belfast, 7 p.m. at Left Bank Books. The nationally acclaimed writers

NOTEWORTHY

Women’s Long Road — 100 Years to the Vote” Opens at Maine State Museum

March 23 — Maine State Museum, 230 State Street in Augusta, will open “Women’s Long Road — 100 Years to the Vote” on Saturday, March 23. There will be free admission all day, from 10 a.m. to 4 p.m., and the Maine Girls Chorus will perform at 11 a.m. Craft activities for children and families will be offered throughout the day. Through the people who lived the struggle, the exhibition tells the story of the 100-year effort to expand voting rights to include women. The exhibit includes historical photographs, artifacts and documents that add dimension to that story, as it played out in newspaper headlines, parades, cartoons, products, and petitions. The exhibit also looks at Maine activists involved in the national movement, as well as at voting issues that are a part of public debate today. “Women’s Long Road — 100 Years to the Vote” will be on view at the museum through January 25, 2020. Related educational programs and events will be available through the museum’s website at www.mainesuffagemuseum.org. “Women’s Long Road — 100 Years to the Vote” is also a project of Maine’s Suffrage Centennial Collaborative, a group of organizations that, through 2020, will feature programs about the centennial of women’s suffrage and the 19th amendment to the U.S. Constitution. For further information, visit www.mainesuffagemuseum.org. Show: Pro-suffrage activists in Portland parade, ca. 1914. Personal collection: On loan to the Maine State Museum.

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COMING UP:

“A Sea Captain’s Life,” Thursday, March 21, at 7 p.m. at Main Street Theatres. Tour de Force production of “A Sea Captain’s Life,” the story of a Boothbay Harbor sailor in the mid-1800s, when the U.S. led the world in ocean trade. Free and open to all.

MUSIC

THURSDAY, MARCH 21:

• Jazz Spaghetti Dinner in Wave Cafe at Camden Hills Regional High School, Rockport, 6 to 7:30 p.m. The Camden-Rockport Middle School and Camden Hills Regional High School jazz bands will serenade diners, and so will the midcoast’s Monday Night Jazz Orchestra (MoJo). $30 ($4 under 10) at the door; proceeds fund the school bands’ trip to the Clark Terry UNH Jazz Festival.

• Folk Duo Simons & Goodwin at Rockland Public Library, 6:30 p.m. Bob Simons and Renee Goodwin play folk, country, rock, jazz and blues in the library’s Reading Room concert series. Free and open to everyone.

• DaPonte String Quartet’s Winter Series II: Through the Looking Glass, featuring Haydn’s String Quartet No. 1 in B flat Major Op. 1 No. 1, “La Chasse”; Shostakovich’s String Quartet No. 8 in C minor Op. 110; and Bartok’s String Quartet No. 4. $15. The foursome wraps up the series at the Jewish Museum in Portland on Thursday at 7:30 p.m., at St. Thomas’ Church in Boothbay Harbor on Saturday at 2 p.m.; and at the Unitarian Universalist Church in Brunswick on Sunday at 2 p.m. Tix are $22–$30 at DaPonte.org; $25 door.

FRIDAY, MARCH 22:

• Noon Music in Lent Continues at St. Thomas’ Episcopal Church, 33 Chestnut Street in Camden. Vocalist Kathleen Christie of Lincolncille, who studied music performance at Philadelphia College of Bible, will be accompanied by Matthew Mannister on piano. Homemade soup, bread and fruit will be served after- ward. An offering for the Camden Area Christian Food Pantry will be taken.

• Red-Hot Jazz Returns to Siddumpha Library in Damariscotta, 7 p.m. Novel Jazz begins its 15th season of bringing live jazz to midcoasters. This concert will deliver classics from the Great American Songbook. $15 adults; $14 seniors; 7 ages 12 to 18; free under 12. • Rumours, The Ultimate Fleetwood Mac Tribute, Friday & Saturday at 7:30 p.m. at Gracie Theatre, 1 College Circle, Bangor: They bring back the band with equipment and costumes of the day and “spot-on characterizations and musical performances.” $25–$39 tix. GracieTheatre.com.

SATURDAY, MARCH 23:

• Tix on Sale for Rick Springfield Show in Union, in the summer concert series at Savage Oakes Vineyard and Winery. The $75 tix for the Friday, August 30, show go on sale at 10 a.m.: SavageOakes.com, 785-2828.

• Chester Street Challenge and Gray Play Saint George River Cafe, in Warren village, from 6–8.


• Caribbean Night at Opera House at Boothbay Harbor, 7 p.m. Pan Fried Steel will offer infectious percussion to lure people of all ages onto the dance floor. Slip
### CALENDAR OF EVENTS

**SUNDAY, MARCH 24:**
- Californian Bobby Jo Valentine in Camden. 4 p.m. The singer-songwriter, whose recent gigs raised $65,000 for fire relief in his home state, performs songs about “everyday spiritual awakenings” in the Friends of Music Concert Series at First Congregational Church of Camden, 55 Elm Street. Donations fund the series.
- Music and Reflection for Lent with HeartSong. 4 p.m. at United Christian Church, 18 Scenic Road (Route 173), Lincolnville. The program will include seasonal readings, moments of reflection and songs of comfort and peace presented by HeartSong, a community-based volunteer chorus.

**THURSDAY, MARCH 28:**
- Monthly Songwriters Session at Camden Public Library, 6 p.m. The supportive group welcomes songwriters at every level.
- Quantum at FOQ Bar & Cafe in Rockland. 7:30 p.m. The duo features Jason Dean on electronics, keyboards, and vocals and Mike Whitehead on bass.

**CONCERTS:**
- Free Fiddling in Belfast, Friday, March 29, 7 p.m., Unitarian Universalist Church of Belfast, 37 Miller Street. The Franklin County Fiddlers and the Belfast Bay Fiddlers will play toe-tapping tunes from America, Canada, the British Isles and beyond in the free concert.
- Mike Twelve and Low Lily Double Bill at Camden Opera House, Friday, March 29, at 7:30 p.m. Mike Twelve—a bluegrass band from Boston—walks the line between original and traditional bluegrass. Low Lily of Vermont puts a modern spin on roots music. Tix are $14 in advance; $16 at the door.
- Anna Webber’s Simple Trio
  - “Idiom.” Friday, March 29, at 7:30 p.m. in Kanubar Auditorium, Staudzinski Recital Hall at Bowdoin College. Brunswiek. Composer, saxophonist and flutist Anna Webber, called “one of the most exciting new arrivals on the New York avant-garde jazz scene” by the Chicago Reader, and her trio perform the new collection. Free.
- Gospel Singer Shannon Malone Tundel, Sunday, March 31, at 10:30 a.m. at Rockland Nazarene Church, 50 Camden Street. An offering will be taken and a pizza will follow.
- Great Movie Songs of the Past,” Sunday, March 31, at 3 p.m. at The First Church in Belfast. The Play It Forward Music Company, made up of volunteers, will perform the silver screen’s most beloved songs from the past 75 years. $10 donation suggested to benefit Greater Aroostook Area Ministers Food Cupboard.

**ONGOING:**
- Tuesday Jams in Thomaston, 8 Hyster Street, at 7 p.m. Folk, country, blues, gospel. FMI: 273-2914.
- Tuesday Jams in Warren, Saint George River Cafe, 310 Main Street, at 6 p.m. and Friday Open Mics, second and fourth Fridays, at 6:30 p.m.
- Saturday Drum Circles at River Arts, Damariscotta, second Saturdays, at 6:30 p.m. FMI: 633-6355.
- Sunday Jams in Rockland, Sail, Power & Steam Museum, 75 Mechanic Street, at 1:30 p.m.

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**TUESDAY - SATURDAY 10 am to 4 pm**

*We are an Outpost Ministry of the First Congregational Church*
Friday, March 22:

• "Rebecca," 6:30 p.m., Friday Night Film Series at Camden Public Library. "Best Picture Oscar Winners" continue in March with Dustin Hoffman and Meryl Streep playing a couple whose child is caught in the middle of their divorce.

Sunday, March 24:

• CatVideoFest in Rockland, 3 p.m., Strand Theatre. The festival of felines features a reel of the latest and greatest cat videos from around the world. It’s offered at multiple venues to help cats in need. For more information, visit CatVideoFest.com.

Monday, March 25:

• History of Manana Island, 3 p.m., The Lincoln Home, Newcastle. Bobbitt, who spent 40 years trying to find where the butterflies land after they fly south for winter. Andy Brand of Coastal Conservation Association will be there to discuss his process. Complimentary admission to the Lincoln Home.

Tuesday, March 26:

• "The Human Element," 7 p.m. at Harbor Theatre, Boothbay Harbor. See a portrait of an artist who spent 50 years trying to find that the memory of his first wife still governs the household and its staff.

Wednesday, March 27:

• "Peyton Place," 3:30 p.m at Camden Public Library. Free screening of the film that took the country by storm in the early 1960s. The film takes place in a small Maine town, and centers on the life of a family and their people from Dutch documentarian Heddy Honigmann. $10; free under 18 or with college ID.

Thursday, March 21:

• "Bathtubs Over Broadway." Documentary about the 95-year-old poet, Richard Kane shows and discusses his work at Portland Public Library. Free screening of the film "Peyton Place," in Boothbay Harbor Theater in Boothbay Harbor.

Friday, March 22:

• "Flight of the Butterflies," 5:30 p.m., Portland Opera House. See a special screening of the film with the butterfly experts who spent 40 years trying to find where the butterflies land after they fly south for winter. Andy Brand of Coastal Conservation Association will be there to discuss his process. Complimentary admission to the Lincoln Home.

Saturday, March 23:


Sunday, March 24:

• Auditions for The Secret Garden with Belfast Maskers, Sunday at 3 p.m. and Monday at 6 p.m. at The Bazz, 17 Court Street in Belfast. Facebook has the details.

Monday, March 25:

• Free Adult Art Classes at Rockland Public Library, 11 a.m. Catinka Knoth leads the free weekly classes – with a focus on drawing in color – that are open to everyone, with all materials provided. This month, it’s all about "March Magic," with March Muses, like Mardi Gras, Celtic designs for St. Patrick’s Day, and Istdated dogated races.

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New on DVD & Blu-ray

Just Released March 19 —

SPIDER-MAN: INTO THE SPIDER-VERSE
PG/Animated Adventure/Dir: Bob Persichetti, Peter Ramsey (Shamil Moore, Jake Johnson, Haliee Steinfield) A fresh vision of a different Spider-Man universe, with a groundbreaking visual style that’s the first of its kind, introduces Brooklyn teen Miles Morales and the limitless possibilities of the Spider-Verse, where more than one can wear the mask.

Recent Releases —

ALPHEA PG-13/Drama/Dir: Albert Hughes (Kodi Smit-McPhee, Naussat Malhe, Leonor Valencia) An epic adventure set in Europe 20,000 years ago. While on his first big hunt, a young man is injured and left for dead. He slowly recovers and is abandoned by his pack. The pair learn to rely on each other and become unlike allies, endangering countless dangers in order to find their way home.

BOHEMIAN RHAPSODY PG-13/Drama/Dir: Bryan Singer (Rami Malek, Lucy Boynton, Gwilym Lee) A foot-stomping celebration of Queen, their music and their legendary lead singer, Freddie Mercury.

CRAZY RICH ASIANS PG-13/Romantic Comedy/Dir: Jon M. Chu (Constance Wu, Henry Golding, Michelle Yeoh) Nick Young (Henry Golding) accompanies his longtime boyfriend Nick Young to his best friend’s wedding in Singapore. Rachel is unprepared to learn that Nick has neglected to mention not only is he the son of one of the country’s wealthiest families, but also one of its most sought-after bachelors. Being on Nick’s arm puts a target on Rachel’s back, draws in, and, worse, Nick’s own disapproving mother taking aim.

FANTASTIC BEASTS: THE CRIMES OF GRINDELWALD PG/Family/Dir: David Yates (Eddie Redmayne, Katherine Waterston, Dan Fogler) The second of five all-J. K. Rowling wizarding adventures finds dark wizard Grindelwald escaping and setting off on a quest of good wizards vs. the world. New Scamander and a group of good wizards are all that stand in the way.

THE FAVOURITE R/Drama/Dir: Yorgos Lamanthinos (Olivia Colman, Emma Stone, Rachel Weisz) Anne Boleyn occupies the throne and her close friend Lady Sarah governs the country in her stead while tending to Anne’s ill health. When a new servant, Agrippa, arrives, she charms her enemies to her. Sarah takes Agrippa under her wing and Agrippa sees a chance at returning to aristocratic roots. As politics become time consuming for Sarah, Agrippa steps in to fill that gap.


THE HATE U GIVE PG-13/Drama/Dir: George Tillman Jr. (Amandla Stenberg, Regina Hall, Russell Hornsby) Starr Carter is constantly switching between two worlds: the poor, mostly black neighborhood where she lives and the rich, mostly white prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses her childhood best friend, Khalil, at the hands of a police officer. Now, facing pressures from all sides of the community, Starr must figure out how to stand up for what’s right.

INCREDIBLES 2 PG-13/Animated Adventure/Dir: Brad Bird (Craig T. Nelson, Holly Hunter, Sarah Vowell) Helen is called on to help bring Supers back to the world while Bob navigates the day-to-day heroics of “normal” life at home as a house-husband, with his kids, who are learning all about their own superpowers. Inevitably these two worlds will collide asIncredible Family values can be re-built.

MARY QUEEN OF SCOTS PG-13/Drama/Dir: Josie Rourke (Saorise Ronan, Margot Robbie, Jack Lowden) Mary Stuart, Queen of France at 16 and widow at 18, defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her throne. But Scotland and England fall under the rule of Elizabeth I. Determined to rule as more than a figurehead, Mary asserts her claim to the English throne, threatening Elizabeth’s sovereignty.

A STAR IS BORN R/Drama/Dir: Bradley Cooper (Lady Gaga, Bradley Cooper, Sam Elliott) Seasoned musician Jackson Maine disaster drug love with singing- aling artist Ally. She has just about given up on her dream to make it big as a singer, until Jackson coaxes her into the spotlight where she makes her mark. As Valky, her personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own demons.

WIDOWS R/Crime Drama/Dir: Steve McQueen (Viola Davis, Michelle Rodriguez, Daniel Kaluuya) Four women of nothing with common in except a debt left behind by their dead husbands’ criminal activities. Set in contemporary Chicago, the Verona, Alice, Linda and Belle take their fate into their own hands and conspire to forge a future on their own terms.
FOOD & DRINK

THURSDAY, MARCH 21:
➤ Come Spring Tea at Robbins House on Union Common, 3-6 p.m. Members of Union Historical Society don period attire to serve hot tea and homebaked goods made from periods recipes. Free to Union resident Lena Grimnell. Proofs from the society’s upcoming cookbook will be on display. The public is welcome at the free tea; donations accepted.

➤ The Poor Farm Brewery in Union Hosts “Silent Oyster,” tap room talks by friends on new, odd and useful topics. From how to raise a sheep that it’s like to work on a super tanker; on Thursday at 6 p.m. through May 30.

➤ “Know Your Noodles” Raffle and Sampler Party at Racha Noodle Bar, Main Street in Damariscotta, to raise funds for Midcoast Maine’s Food Bank. On Tuesday, March 26, from 6 to 8 p.m. The party will feature six sampler-sized selections for $30 with a portion going to the project.

FRIDAY, MARCH 22:
➤ Public Supper to Honor Searsport First Responders, 5 p.m. at the First Congregational Church of Searsport. Lasagna, salad, garlic bread, and ice cream served. Admission by donation.

SATURDAY, MARCH 23:
➤ Free Community Dinner in Belfast, for area residents. At The First Church of Belfast on Saturday, March 30, from 5 to 7 p.m. Enjoy mashed potatoes, salad, garlic bread, and cookies, tour the Family Resource Hub, and get a day’s worth of diapers.

➤ Midcoast Farmers Markets, selling local and organic food and artisan crafts and goods. Belfast (MFFMF), Fridays at 3 p.m., Farmstand Hardware’s greenhouse, 231 Northport Avenue Route 1, Belfast (UFMFM), Saturdays from 9 a.m. to 2 p.m., 18 Spring Street, Damariscotta, Fridays from 9 a.m. to noon at Central Lincoln County YMCA.

THURSDAY, MARCH 28:
➤ “Spring in the Glass” Dinner & Auction in Rockland, 7:30 p.m. at Penobscot Language School, 28 Gay Street. A five-course meal with wine is served at 6 p.m. serving beef or portobello mushroom Wellington and other dishes made by chef Leslie Filion, owner of Earth Candy cafe in Rockland. An auction of hand-painted glass pieces by local artists will follow. $65 tax. penobscot.us, 594-1084.

COMING UP:
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➤ “Farming with Wildlife in Mind,” 3-6 p.m. at Belfast Free Library. Free talk by John Twomey, author of “Retiring To, Not From: Massachusetts Farmer to Maine Lawyer” and his partner operate an off-grid farm in Montville, where they cut all of their own wood and grow most of their food.

WEDNESDAY, MARCH 27:
➤ Seed Starting Basics, 6-7:30 p.m. At UMaine University Center of Belfast, 27 Miller Street. Heron Breen of Feedo Seeds will lead the workshop that starts with choosing seeds, setting pots, and setting them up to transplanting them, and transplanting. Registration is requested, call 338-2532 or register at Belfast Co-op.

COMING UP:
➤ Seed-Starting and Garden-Planning Class at MerrySpring Nature Center, Camden, Saturday, March 30, from 9 a.m. to noon. Maine Master Gardener John Foomer will teach the basics, including garden placement and seed starting indoors. $45 ($35 MerrySpring members) includes two flats of flower veggie seeds. Sign up by March 26. 236-2239, info@meryspring.org.

➤ Woodland Owners’ Short Course, Saturday, March 30, from 9 a.m. to noon at Hidden Valley Nature Center, Jefferson. District Forester Morten Moesewill lead the class for owners of woodlots from small to large and provide a checklist for planning a successful timber harvest. After the class, there will be an optional way to check out sustainable forestry at HVNC.

Registration: MidcoastConservancy.org.

➤ Houseplant Exchange at Camden Public Library, Saturday, March 30, at 2 p.m. Bring a plant, take a plant. Also coming to the library, Sunday, March 31, at 2 p.m., “Toxicity in Wild Mushrooms.” Greg Matley will balance the excitement of enjoying delicious wild mushrooms with the risk of poisoning.

➤ 25th Annual Rural Living Day, at Mount View High School, Thomatake, on Saturday, April 6, from 9 a.m. to 3:30 p.m. Choose between two two-hour workshops on everything from beekeeping to sausage making and enjoy a lunch of locally sourced food. The $30 fee goes toward a scholarship for a Waldo County high school student. extension.uma.edu

HOME & GARDEN

THURSDAY, MARCH 21:
➤ “A Pollinators’ Green Way Station,” 2 p.m. at Farnsworth Museum, Rockland. Landscape designer Irene Brady Barber will explore the mission of the pollinator garden and how it can be embraced by home and professional gardeners and native plant enthusiasts. $15 ($10 museum members).

➤ Free Panel Talk on How to Afford a Home in the Midcoast, 5 p.m. at Central Lincoln County YMCA, Damariscotta. Experts will tell low- to moderate-income midcoasters how to take advantage of affordable financing now or start planning for future ownership. Sign-up requested but not required: 593-7942, planningforfuture.org.

➤ “Bringing Nature Home,” 7 p.m. at Camden Public Library. Learn how to attract birds, butterflies and other native wildlife by planting flowers, shrubs and trees. $10 ($5 library members).

MONDAY, MARCH 25:
➤ Workshop on Hayfield and Pasture Health, offered by UMaine Cooperative Extension at nine locations around the state between now and April 15. The three-hour class covers soil fertility and production, basic hay and baling, and understanding forage quality. $10 per farm. Register online.

TUESDAY, MARCH 26:
➤ Talk on Attracting Beneficial Pollinators in the Garden, noon, at MerrySpring Nature Center, Camden. Entomologist Gary Fish shows how to grow gardens that attract beneficial parasites, predators and pollinators. $5; free for members.

➤ “Farming with Wildlife in Mind,” 3-6 p.m. at Belfast Free Library. Free talk by John Twomey, author of “Retiring To, Not From: Massachusetts Farmer to Maine Lawyer” and his partner operate an off-grid farm in Montville, where they cut all of their own wood and grow most of their food.

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FAIRS & SALES

THURSDAY, MARCH 21:
➤ Thomaston Place Galleries’ Online Discovery Auction, open now through Wednesday, March 27. A few of rare and decorative items with starting bids under $100. ThomastonAuction.com.

FRIDAY, MARCH 22:
➤ Nonprofit Weekend at Maine Sport Outfitters, in Rockport and Camden, from Friday to Sunday. Five percent of sales will be donated to Georges River Land Trust.

(Continued from p. 19)
Swing Dance Party March 29 to Benefit the Maskers’ New Theater — A Swing Dance Party will be held on Friday, March 29, at The Bazz, the Belfast Maskers’ new community theater at 17 Court Street in Belfast. Dancers of all levels and abilities are welcome. The party will begin at 7 p.m. with a lesson given by Katie Tranzillo of Joyful Dancing and will continue with dancing to swing music until 10 p.m. All are welcome, no partners or experience necessary. Admission is $10 for adults, $5 for kids, and free for families. The party is a fundraiser for the Maskers’ Build the Bazz Capital Campaign. Belfast Maskers is a 501(c)(3) nonprofit organization. The goal of the campaign is to attract $500,000 to create a jewel-box theater in downtown Belfast with professional sound and light and raked seating for an audience of 100. For more information about the Belfast Maskers or the Build the Bazz Capital Campaign, email info@belfazzmaskers.com or call 619-3256. Photo by Scott Anthony Smith

Zumba Dance Party March 30

On Saturday, March 30, from 7:30 to 9:30 p.m., St. Thomas’ Episcopal Church, 33 Church Street in Camden, will host an open dance. All proceeds from the door and raffle will benefit Habitat for Humanity and the Knox County Homeless Coalition.

Volunteers to Pack Meals March 23

Nativity Lutheran Church in partnership with The Outreach Program will hold a meal-packing session on Saturday, March 23, from 9 a.m. to 12:15 p.m. at the church, 179 Old County Road, Rockport. Volunteers from the community and the church will package 10,000 normally small, easy-to-prep meals. The meals will then be donated to the Area Interfaith Outreach (AIO) Food Pantry and Child Hunger Backpack Program for distribution to area families and children. AIO (originated by area churches) has been feeding hungry people in Knox County since 1990 and supporting schoolchildren’s weekend food through its Child Hunger Program (backpack food bags and in-school food pantries) since 2016. Nativity Lutheran Church has been a member congregation with AIO since it began and currently houses the Child Hunger Program. The mission of The Outreach Program is to provide safe water, food, medical care and education to children and those in need in the U.S. and abroad.

For more information, see The Outreach Program see OutreachProgram.org or facebook.com/EndHungerNE.

Girl Scout Cookie Sales Under Way

Girl Scouts of Maine’s 2019 Girl Scout Cookie season is well under way, with cookie booths open across the state through the end of the month.

“The Girl Scout Cookie Sale Program is so much more than just selling cookies,” says Joanne Crepeau, CEO of Girl Scouts of Maine. “Girls are learning significant life skills, and just as important, the sale from every box of cookies impacts local communities across Maine. Girls decide how they want to invest their earnings back into their communities.”

Cookie booths can be found at various businesses around the state through the end of March. To find Girl Scouts selling cookies near you, visit www.girlscoutcookies.org or use the official Girl Scout Cookie Finder app.

Free Community Dinner for Families in Belfast

A free community dinner for area families will be held at the First Church of Belfast, 8 Court Street (Spring Street entrance), on Saturday, March 30, from 5 to 7 p.m. Spaghetti and bread, garlic bread and cookies will be served. The dinner is sponsored by The Community Partnerships for Protecting Children.

Annual Turkey Supper at PUMC Church

People’s United Methodist Church, 21 Depot Street in Union, will host its annual Turkey Supper on Friday, April 5, at 6 p.m. Each year the kitchen crew prepares a turkey supper cooked from scratch and an array of home-baked pies. After the meal there will be performances by church and community members. Tickets will be sold at the church on Sundays, March 24 and 31, at approximately 11:30 a.m., immediately following the wor-ship service. Tickets can also be ordered by telephone: call Joyce Grotton at 785-2651. Tickets are $12 each and seating is reserved.

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PHOTO BY SCOTT ANTHONY SMITH

Dancing After dinner, laugh & sing with the PEOPLES UNITED METHODIST CHURCH
Depot St. (Behind Union Post Office)
MISCELLANEOUS

**New Registration Now Available for Annual Isleboro Crossing, the open-water swim that is LifeFlight of Maine’s largest fundraiser, set for this year for August 18.** FMI: IsleboroCrossing.org

**Thursday, March 21:**
- **Edgecomb Community Church to Host Lenten Book Study, 10:30 a.m. to noon, Thursday, March 21-April 18 (there will also be an afternoon session at 1 p.m. on March 21). Each session will focus on the life of Jesus through the Gospel of John and give context to some of the New Testament’s best-known verses. Bring lunch, coffee and dessert provided. To RSVP call 882-4000 and leave a message.
- **Elder Abuse Awareness & Response Workshop, 1-5 p.m., UMaine Machias Campus, Route 3, Belfast. A slate of experts invites community members and service providers to learn about the dynamics of elder abuse and resources that can help people respond to this challenging issue. The free workshop is hosted by New Hope for Women and Elder Abuse Institute of Maine. Register on EventBrite.com.
- **Free “Money Matters” Course in Belfast, at the Adult Ed Learning Center, 5:30 to 7 p.m. Every Thursday, March 21-31: Managing Money Day to Day, March 28: Saving for the Future. April 4: How to Borrow Money Wisely. April 11: Protecting Against Fraud, Sign-up at fmi@frauen.org, 338-3197.

**THE FREE PRESS**
Thursday, March 21, 2019
23
FRIDAY, MARCH 22:

- Test of Waldo County Emergency Alert System, starting around 3 p.m. and lasting 30 minutes. The test will be heard in range of cell towers will test a “text: “This is a test of the Waldo County Emergency Alert System. No action is required.” You can comment afterward, let want: WaldoCounty411.
- Smash Bros, Melee Tournament, at Waldo County Technical Center, Waldo. Registration 5 p.m. Tournament 6 p.m. Pizza made by students in the Culinary Program will be offered. The entry fee and profits from food sales will go to the Tech Center’s SkillsUSA gold medalists, who will attend the national contest in Kentucky this summer.
- Friday, March 22 — Mercury remains in retrograde mood until Thursday, March 28. Friday, Mercury will go retrograde last Friday. My computer “mouse” died, so I went to www.womenofsubstance.us to help.

SATURDAY, MARCH 23:

- Victoria Doucette “Connect with Your State Rep” Event, 11 a.m. to noon at Rockport Diner, 420 West Street. She represents the 89th district which includes Rockport — in the Maine Legislature.
- Lenten Vigil for Darnall at Bath Iron Works, 5 p.m. at the BIW Administration Building, Washington Street and Bath Street, in Bath, from 5 to 9:30 p.m. to protest the building of weapons of mass destruction in Maine. FMI: 763-4062.
- Maine Driving Day, from 9 a.m. to 2 p.m., McLain Building, Rockland. Those who complete the course will get a three-point credit on their driving records, and drivers 55 plus can get an insurance discount. $40 ($25 for drivers 65-plus), 994-7976, rusty.13 maineadulted.com
- SOLO Wilderness First Aid Course, Saturday & Sunday from 9 a.m. to 5 p.m. at a local school. Build your backcountry medical skills with classroom sessions and outdoor practice scenarios, led by Maine Guide Nancy Zane. FMI: 692-1318, NorthStarAdventures19@gmail.com
- Sunday, March 24:
  - Cyber Security for Seniors, 2 p.m. at Camden Public Library. Hugo Heitz-Smith offers the free class on staying safe online, from creating strong passwords to avoiding scams. All ages are welcome.

TUESDAY, MARCH 26:

- NARFE Mid-Coast Chapter 2169 to Meet, 11:45 a.m. at O’Farrell Restaurant. Route 1 in Rockport. For info, contact Joanne Miller of ASK ... for Home Care. All retired and active federal employees, their spouses and friends are welcome. FMI: 954-2466.
- Clean Up Your Credit” Workshop at UMA Rockland, 91 Camden Road, Rockland. Cost is $5. Learn how to reduce debt, get a free credit report, improve your credit score and avoid being ripped off in the free workshop. Registration NewVenturesMaine.org. 593-7942.
- Nordic Airlift Tours to Hold Public Meeting, 6 p.m. at Hutchinson Center, Route 3 in Belfast. The company will present information on their tour, Artistic Development and Natural Resources protection per regulations, and its previously scheduled application, and take questions.
- Info on Getting Your Affairs in Order — With Holly Stover, House District 89, and County Reps, at Camden Public Library, Hugo Heritz-Smith. Learn about making a will so your loved ones can honor your last wishes.
- Town Meeting on Site Location — with the Waldo County Technical Center, and its previously restored 6,000-square-foot building, to re-open Maine vital records. Helen Shaw will lead a discussion on the Waldo County Technical Center, Waldo.
- TUESDAY, MARCH 26: 20% OFF — Idiopathic Quilted Vest and Jacket.
- 20% Off Raincoats and Rainwear.

Wednesday, March 27:

- Coastal Family Hospice Volunteers Training Program, Wednesday, March 27, 3 p.m. at Blue Hill Library. Learn more: 280-0042 or CoastalFamily-HospiceVolunteers@gmail.com.
- Conduit to半岛, March 27, April 10, 4:30 to 5 p.m. Camden Hills Regional High School. This class will explore different styles and techniques of meditation and learn to be more present in your life. You’ll find it refreshing. Tickets for a home practice and tips on that taking practice into everyday life. $30 ($25 for students). 921-3950, JourneyToHealthConscious.com.
- Learn About Volunteerizing with Coastal Mountains Land Trust, in one of two sessions: at Belfast Free Library on Wednesday, March 27, and at CMLT, 101 Mount Batte Street in Camden, on Wednesday, April 3, both at 5:30 p.m. Volunteers are needed for everything from field work to event logistics.
- Talk at Waldoboro Business Association Meeting, 6 p.m. at Midcoast Conservancy, 25 Friendship Street in Waldoboro village. Town planners will present an overview of a Tax Increment Financing proposal that will be on the town’s June 2020 ballot. For info, email info@WaldoboroBusiness.org.
- Autumn Forma lives in Rockland and can be reached at ananurforma@gmail.com.

Thursday, March 28:

- “Hands On! Approaches to Digestive Health,” 10:30 a.m. to noon at Anderson Inn at Quillity Farm in Chestney, St. George. A clinical herbalist with Herbal Medicine Wellness, will describe an approach to digestive health based on a traditional wisdom philosophy. Free and open to adults 50 plus. Registration required. QuarryRill.org, 921-6116.
- Spring Classes at Belfast Senior College, will run from March 28 to May 2, at 4:30 p.m. at Hutchinson Center, Route 3, Belfast, and cover a multitude of topics. Register online at BelfastSeniorCollege.org.

COMING UP:

- Learn How to Be a Weather Spotter, at one of two free sessions on Saturday, March 23 at the FMI: 594-2466. At Camden, 10:30 a.m. to noon at the Anderson Inn at Quilton Farm, Chestney, St. George. You’re invited to learn how to report conditions to The National Weather Service. Registration: 994-20% O.
- “Commercial Drone School,” at UMA Rockland, Camden. Thursdays, and Fridays, March 26, May 9, from 4 to 6:45 p.m. The 300 course prepares students to pass the FAA Knowledge Exam for Remote Pilot Operators. Call 280-0042 or go online.
- “Quilted City Tours,” at Camden, Wednesday, March 27, April 10, 4:30 to 5 p.m. Camden Hills Regional High School. This class will explore different styles and techniques of meditation and learn to be more present in your life. You’ll find it refreshing. Tickets for a home practice and tips on that taking practice into everyday life. $30 ($25 for students). 921-3950, JourneyToHealthConscious.com.
**Market Basket Rules**

**Deadline is 4 P.M. Mondays**

PLEASE READ. As long as the total price of ALL items added together costs $100 or less, you may add those items to this form. Ads must include prices for all items. You cannot run the ad if Market Basket ads run for more than two weeks. Only one per household, per week will be printed. We will accept ads that are 20 words or less. We cannot accept ads over the phone — we do accept faxes. (596-6698). Market Basket ads must be reviewed by management. For inclusion in that week’s issue, NO BUSINESS, SERVICE or YARD SALE ADS are accepted. Use the regular classified ad form for these and all other ads which do not fit the above guidelines — ads that don’t follow these guidelines cannot be printed!

**Fruit, Veggies & Produce**

Fruit and vegetable items, including tree fruits and vegetables, must be fresh. Please include size and price. 

**Odds & Ends**

**Furniture**

Furniture must be in good condition. Please include dimensions, and include a picture if possible. If you are unable to provide a picture, please include a detailed description of the item. 

**Bedrooms**

Please include dimensions and condition. Include a picture if possible. If you are unable to provide a picture, please include a detailed description of the item. 

**Appliances**

Please include dimensions and condition. Include a picture if possible. If you are unable to provide a picture, please include a detailed description of the item. 

**Miscellaneous**

Please include dimensions and condition. Include a picture if possible. If you are unable to provide a picture, please include a detailed description of the item. 

**Sales & Specials**

Please include dimensions and condition. Include a picture if possible. If you are unable to provide a picture, please include a detailed description of the item. 

Please note that Market Basket does not accept ads for items that are not in good condition or that are not suitable for sale.

**Market Basket Ad Deadline is 4 P.M. on Mondays**

**Price ($100 or under) **

**Telephone No.**

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**The Free Press MB, 8 No. Main Street, Suite 101, Rockland, ME 04841. Sorry, we CANNOT take Market Basket ads by phone or e-mail, but you can fax your ad to 596-6698. Do NOT copy this form and then fax it — copies from newsprint don’t fax well, and we can’t read them — write your ad on a white sheet of paper and fax that — remember to include your phone number. **

**Only one ad per week per person.** 

**NO BUSINESS, SERVICE or YARD SALE ADS accepted. Use the regular classified ad form for these and all other ads which do not fit the above guidelines — ads that don’t follow these guidelines cannot be printed!**

**Information Sessions on Keeping Your Degree Programs at URock**

Faculty from some of UMA Rockland’s most popular academic programs will offer one-hour informal Q&A program sessions with interested and continuing students.

“This is a great way to hear about course requirements, potential jobs and career fields, meet faculty and address questions directly to them,” said Deborah Meehan, UMA Rockland’s director.

The lineup of sessions is as follows: Social Sciences and Behavioral Sciences on Monday, March 25, noon to 1 p.m.; Computer Information Systems and Cybersecurity on Monday, March 25, 4 to 5 p.m.; Business and Management on Tuesday, March 26, 4 to 5 p.m.; Aviation and Commercial Drone Training on Thursday, March 28, 2:30 to 3:45 p.m.; and Education and Teacher Certification on Wednesday, April 3, noon to 1 p.m.

All are free and open to the public. UMA Rockland Center staff will be on hand to discuss support services, the admission process and financial aid. Preregistration is encouraged by calling UMA Rockland at 596-6906.

**Info Session on Getting One’s Affairs in Order**

Jefferson Public Library will hold an evening of information on Tuesday, March 26, at 6 p.m. about getting one’s affairs in order. Many people die without wills and without their paperwork in order, which leaves their families stressed and frustrated. The program will offer information about how to make arrangements and plans but will not include legal advice.

The library is located in the Jefferson Village School, 48 Washington Road; phone number is 549-7041. If school is closed due to weather, the event will be rescheduled. For more information, call 338-3197, or email dpendleton@rsa71.org.

**Spring Classes at Five Town Adult Ed**

Five Town Community School District Adult and Community Education has the following classes starting soon:

- **February 25:** Ikebana, can be practiced as a contemplative art. Workshop participants will create flower arrangements and experience Ikebana as a creative and meditative dance. The suggested donation for the day is $105-$125, which includes the cost of flowers. To register or for more information, contact Cynthia at rocklandshibana@gmail.com or 594-1694.

- **March 3:** Grow Your Own Organic Garden, one night, April 3.

- **March 13:** The Art of Ikebana: The Flower Arranging System, 8:30 a.m. to 4:30 p.m., at 16 School Street Rockland. The workshop, which is limited to 10 participants, is open to the public by donation. For more information, call 593-7942 or register online at newventuresmaine.org.

- **March 31:** For Sale: Ikebana: Ikebana, can be practiced as a contemplative art. Workshop participants will create flower arrangements and experience Ikebana as a creative and meditative dance. The suggested donation for the day is $105-$125, which includes the cost of flowers. To register or for more information, contact Cynthia at rocklandshibana@gmail.com or 594-1694.

- **April 11:** Protecting Against Fraud

- **April 17:** Cybersecurity on Monday, March 25, 4 to 5 p.m.; Business and Management on Tuesday, March 26, 4 to 5 p.m.; Aviation and Commercial Drone Training on Thursday, March 28, 2:30 to 3:45 p.m.; and Education and Teacher Certification on Wednesday, April 3, noon to 1 p.m.

- **April 27:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **April 29:** Computer Information Systems and Cybersecurity on Monday, March 25, 4 to 5 p.m.

- **April 9:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **April 17:** Cybersecurity on Monday, March 25, 4 to 5 p.m.; Business and Management on Tuesday, March 26, 4 to 5 p.m.; Aviation and Commercial Drone Training on Thursday, March 28, 2:30 to 3:45 p.m.; and Education and Teacher Certification on Wednesday, April 3, noon to 1 p.m.

**Market Basket Rules**

Money Matters at Core of Belfast Adult Ed

Money Matters, a free financial literacy course, is under way at Belfast Adult Education (BAE). It will be co-facilitated by financial experts from Bangor Savings Bank and Bank of America, who are offering their services at no cost.

The Money Matters curriculum is designed to teach the nuts and bolts of money management to help people meet their financial goals and needs.

The course, which meets on Thursdays from 5:30 to 7:30 p.m. at the BAE Learning Center, 68 Lions Way in Belfast, begins March 21 and continues for three weeks. 

The starting point for all MECO participants is this free workshop, which introduces people to educational opportunities in general and MECO services in particular. The workshop, which lasts about one to two hours, outlines the four steps in the application process: admissions, financial aid, career options and study skills. Those interested may complete the required preregistration by calling 338-8000.

The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **January 5:** The Art of Ikebana: Ikebana, can be practiced as a contemplative art. Workshop participants will create flower arrangements and experience Ikebana as a creative and meditative dance. The suggested donation for the day is $105-$125, which includes the cost of flowers. To register or for more information, contact Cynthia at rocklandshibana@gmail.com or 594-1694.

- **February 2:** Ikebana, can be practiced as a contemplative art. Workshop participants will create flower arrangements and experience Ikebana as a creative and meditative dance. The suggested donation for the day is $105-$125, which includes the cost of flowers. To register or for more information, contact Cynthia at rocklandshibana@gmail.com or 594-1694.

- **March 2:** Ikebana, can be practiced as a contemplative art. Workshop participants will create flower arrangements and experience Ikebana as a creative and meditative dance. The suggested donation for the day is $105-$125, which includes the cost of flowers. To register or for more information, contact Cynthia at rocklandshibana@gmail.com or 594-1694.

- **April 9:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **April 17:** Cybersecurity on Monday, March 25, 4 to 5 p.m.; Business and Management on Tuesday, March 26, 4 to 5 p.m.; Aviation and Commercial Drone Training on Thursday, March 28, 2:30 to 3:45 p.m.; and Education and Teacher Certification on Wednesday, April 3, noon to 1 p.m.

- **April 25:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **May 3:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **May 10:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **May 17:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.

- **May 24:** The first class, taught by Donna Vix. The second class, taught by Donna Vix.
Run your ad ONE WEEK for only $6.65/week for 20 words — 20¢ each additional word.
Run your ad for TWO WEEKS for only $.63/week for 20 words — 15¢ each additional word.
Run your ad for THREE or more WEEKS for only $5.55/week for 20 words — 10¢ each additional word.
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- Name ____________
- Town _____________________
- State _____________
- Zip ______________
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or, enclose payment and bring to mail to:
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Warren, ME 04860

The Town of Hope is accepting bids for accounting services. Bids must be submitted by Friday, March 29, 2019 at 11:59 a.m. Bid details may be obtained at the Hope Town Office or online at www.hopemaine.org

Earn While You Learn!
Pen Bay Medical Center, the Mid-Coast School of Technology and the State of Maine are accepting applications for the next CNA Apprentices Program starting April 2019.

This is an earn while you learn opportunity — apprenticeship will be paid for your time in the program. Tuition and fees will also be covered by the program. Upon completion, those successful will be offered a position at either Quary Hill or the Knox Center.

To be considered for this special opportunity, please contact: Heidi Nolan at the Mid-Coast School of Technology at 207-594-7725 or hnnolan@mcst8.org. Please note, spaces are limited and the deadline for applying is March 29th.
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<th>Time</th>
<th>Channel</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>WMTW</td>
<td>The Today Show</td>
</tr>
<tr>
<td>7:30</td>
<td>WMTW</td>
<td>The Ellen DeGeneres Show</td>
</tr>
<tr>
<td>8:00</td>
<td>WMTW</td>
<td>Fosse/Verdon: The Musical Event of a Lifetime</td>
</tr>
<tr>
<td>9:00</td>
<td>WMTW</td>
<td>This Is Us</td>
</tr>
<tr>
<td>9:30</td>
<td>WMTW</td>
<td>The Resident</td>
</tr>
<tr>
<td>10:00</td>
<td>WMTW</td>
<td>The Big Bang Theory</td>
</tr>
<tr>
<td>10:30</td>
<td>WMTW</td>
<td>NCIS: Los Angeles</td>
</tr>
<tr>
<td>11:00</td>
<td>WMTW</td>
<td>Emergence</td>
</tr>
<tr>
<td>11:30</td>
<td>WMTW</td>
<td>Whiskey Cavalier</td>
</tr>
<tr>
<td>12:00</td>
<td>WMTW</td>
<td>The Bachelor (N) (DVS)</td>
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<tr>
<td>12:30</td>
<td>WMTW</td>
<td>The Bachelor (N) (DVS)</td>
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FRIDAY EVENING MARCH 22, 2019

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SUNDAY EVENING MARCH 24, 2019

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</table>
DEAR CAR TALK: When my mother drives her car, the alarm goes off and the theft deterrent light comes on. That way, if they haven’t, they’re most likely to know how the system works in your car, and where to start looking. And brace yourself, because it’s not likely to be a simple short in a wire, and may even require a new computer.

In the meantime, tell your mother to stop wearing a ski mask when she gets into her car. That may be confusing if they haven’t, they’re most likely to know how the system works in your car, and where to start looking. And brace yourself, because it’s not likely to be a simple short in a wire, and may even require a new computer.

DEAR CAR TALK: I have a 2014 Hyundai Tucson that I bought brand new. It now has 92,000 miles on it. When I went in for my last oil change, I was told there was no oil in the engine. There are no oil spots underneath my car. What should I do? Thank you. — Maureen

RAY: It sounds like there’s a problem with the theft deterrent system, also known as the immobilizer. It’s activating while the car is being driven for some reason. And when the immobilizer is activated, it’s putting the car into what’s called “limp home mode.”

Generally, “limp home mode” is engaged by the car’s computer when there’s a danger that driving the car at normal speed will do serious damage to the engine or catalytic converter. It prevents the car from going more than a few miles an hour; enough to let you “limp” off the next exit ramp, or home if it’s nearby.

That means your dealer is your best bet here. The deal- ership is most likely to have seen this problem before. And if they haven’t, they’re most likely to know how the system works in your car, and where to start looking. And brace yourself, because it’s not likely to be a simple short in a wire, and may even require a new computer.

In the meantime, tell your mother to stop wearing a ski mask when she gets into her car. That may be confusing things. Good luck.
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