Week 2 —
On the Campaign Trail with Coronavirus
by Ethan Andrews
In any other year, in the months before a state primary, The Free Press would be covering candidate forums and making other efforts to shed light on the differences between our neighbors who are competing for seats in the Maine Legislature, detailing policy positions, goals and personalities. There’s still time for that, but these interviews start with the assumption that, whether it was true or false all along, this year everyone’s in the same boat. Call it the primary before the primary, or getting out the vote when you can’t leave your house. Chris Hamilton, 59, D-Whitefield Candidate for House District 88 (Chelsea, Jefferson, Whitefield and part of Nobleboro) Hamilton is a farmer, small-business owner and fundraiser for non-profit organizations, including LifeEighth and Maine Farmland Trust.

I f the coronavirus wasn’t here, I would be out — like, now — knocking on doors and getting to know my neighbors, me introducing myself and listening to them. Local elections are about who you know, and getting to know people? In Maine, we’re really lucky. People can say — I can say, myself — I never vote for somebody if I haven’t met them, like, in person. Well in this particular case, we aren’t able to do that. So what I have is sticks of letters here that I’m sending to people, introducing myself to them. My campaign plan normally would be spending the time going out knocking on doors, standing at the recycling station, going to town meetings, that kind of thing. Instead, now it will be social media. I’ll probably do five different mailings in my primary. And lawn signs will be more important. I’m running as a Clean Elections candidate. On the Democratic side, I think that’s fairly common. On the Republican side, less so. What it means is that you need to get 60 CORONAVIRUS CAMPAIGNS

From the Owner —
A Message to Readers of The Free Press
by Reade Brower
Dear readers of The Free Press. As the owner and founder, I wanted to reach out.
First, I wanted to let you know how the coronavirus (COVID-19) is affecting our workers and our papers.
Second, I want you to understand how we see our job and ask for your support and ideas so we can be a team. There is not much I am certain of in our world right now, but the one thing I know is we need to stay together in this battle. Physical separation is one thing; emotionally, we need to come together like never before in our lifetime, as generations before us came together after the bombing of Pearl Harbor.
Third, I want to give assurance that we will be here to do our part, not only in ending this pandemic, but working with our business community to put things back together after COVID-19 is under control. We will work with our government and state in whatever capacity needed. We’re all Mainers, and though we weren’t all born here, we have all inherited the Maine trait of perseverance that will guide us as we rebuild our economy.

Let’s start with how we see our job. Mainstream media is here to sort out what is happening and to vet the information to present you, with as little bias as humanly possible. Unlike social media, what you’ll read here is not “off the cuff,” but goes through a process that is meant to codify the story in a way we can trust. We are the watchdog, and for that reason, we have detractors who want to discredit us and READE BROWER continue page 4
Live in Peace :LIP: Reade

In keeping the public aware of what is happening, including helping OCMV spearhead the “People TO People FUND”. We repeat, helping OCMV spearhead the “People TO People FUND”. An increase in need brings a dramatic increase in need and the newspapers need to do their part. Four years ago, Martha and I set out to achieve a way to give back by establishing a charity to help others in our already supportive community. Often times, these providers are forced to turn people away until they become homeless, jobless, or confronted with a serious health crisis due to their funding restrictions. OCMV provides an outlet for these providers to turn to, to help people before they reach a crisis point.

Our organization provides more than gap funding to prevent a temporary barrier turning into a financial, self-confidence, or well-being crisis. We provide an alternative for people to use their skills, abilities, and knowledge to personally overcome a barrier blocking their families from financial, self-confidence, or well-being crisis when no other resources are available. These barriers include youth aspirations, senior independent living, well-being, transportation, and employment/skill development. In return, recipients pass the good deed forward through self-selected volunteerism.

We serve — OCMV was established in 2016, after listening to social service providers that identified gaps and needs for helping people in our Midcoast. Often times, these providers are forced to turn people away until they become homeless, jobless, or confronted with a serious health crisis due to their funding restrictions. OCMV provides an outlet for these providers to turn to, to help people before they reach a crisis point.

OCMV provides a vital service for an underserved/forgotten demographic. The demographic we serve is hardworking individuals or families living paycheck to paycheck. As more individuals/families live paycheck to paycheck, it becomes financially and emotionally challenging to be proactive and resolve a temporary barrier before it becomes a crisis. Our organization provides more than gap funding to prevent a temporary barrier turning into a financial, self-confidence, or well-being crisis. We provide an alternative for people to use their skills, abilities, and knowledge to personally overcome a barrier blocking their potential versus giving a “handout”, empowering them through their self-selective volunteering.

Process of helping — OCMV currently collaborates with roughly 11 community partner agencies and 70 businesses in Knox County to pull resources together. Our community partners agencies are responsible for screening and submitting applications for individuals to OCMV. The OCMV “People TO People FUND” committee reviews an application within a few hours and determines if OCMV can provide a solution. If a solution is achievable, OCMV works with its local business partners to resolve the problem as quickly as possible. NO RED TAPE, swift action is how we operate.

Funding for OCMV — derives from a combination of individual and business donations, grants and co-hosting 4 healthy, family-friendly events that challenge people to try new things including: The Ragged Mountain Scuttle, Frost Heave Fondo, Megunticook Race Festival, and the Midcoast 5kRace Series. All OCMV’s operational costs are covered by Reade and Martha Brower until a for profit business venture can create enough revenue to cover OCMV’s operational expenses. All donor dollars go 100% to fund goods and services to individuals through the “People to People FUND”. For more information visit onecommunitymanyvoices.org.

Reade in this letter stated, “— there is not much I am certain of in our world right now, but the one thing I know is we need to stay together in this battle, and we want to do this together: physical separation is one thing, emotionally we need to come together like no time in our lifetime, as did generations before us during World War II after the bombing of Pearl Harbor.”

Upon further reflection, and discussion with Reade, The Free Press, Rockland Courier-Gazette, and Knox & Waldo County Village Soup online employees are proud to be joining forces with Reade’s charity “One Community Many Voices”. By bringing our skills and networks together, we will create a stronger alliance in assisting our fellow neighbors in Knox and Waldo Counties in these times of need and for what lies ahead of us. Readers, please consider making a donation to “One Community Many Voices” People TO People FUND. In the weeks, months, and years ahead you will continue to hear how “One Community Many Voices”, via its People TO People FUND is providing solutions while helping our neighbors. Thank you for your generosity and continuous support.

Sincerely, Audrey Lovering, Executive Director and Co-Founder of OCMV

PASSING THE GOOD DEED FORWARD: WHAT WE DO

Our mantra — One Community Many Voices (OCMV) is a Rockland based 501c3 charity founded by Reade and Martha Brower in partnership with Audrey Lovering. OCMV provides proactive funding solutions to prevent a temporary barrier turning into a financial, self-confidence, or well-being crisis when no other resources are available. These barriers include youth aspirations, senior independent living, well-being, transportation, and employment/skill development. In return, recipients pass the good deed forward through self-selected volunteerism.

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People to People Fund

The impact of COVID-19 has heightened the demand and need of families and individuals. We all can play a role in working together to help those impacted by the coronavirus. By making a donation to OCMV, we can assist more families and individuals in need. 100% of the money OCMV raises through donations goes directly into the “People TO People FUND”. Donations can be made online at ocmv.org or mailed to One Community Many Voices, 8 North Main St, Suite 301, Rockland, ME 04841.

LETTER FROM READE

Dear Readers,

Four years ago, Martha and I set out to achieve a way to give back by establishing a charity to help others in our already supportive community. I have been hesitant to use the papers as a vehicle to seek donations for OCMV because it is important that OCMV thrive on its’ own volition. However, now these uncertain times bring a dramatic increase in need and the newspapers need to do their part in keeping the public aware of what is happening, including helping OCMV spearhead the “People TO People FUND”. Any monetary donations from readers in our community will be greatly appreciated. Thank you for your generosity.

Live in Peace :LIP: Reade

PEOPLE TO PEOPLE FUND
March 30th, 2020
Dear Readers,

On March 26, 2020 Reade Brower, owner of The Free Press, Rockland Courier-Gazette, and Knox & Waldo County Village Soup online, published a letter in his papers and on-line. The purpose of his letter was to provide readers with a better understanding of the impact the coronavirus (COVID-19) is affecting our workers and papers, how we see our job and ask for your support and ideas so we can be a team during these uncertain times, and as a businesses owner publically stated what he is doing for his employees to make sure they can financially continue to support their families.

Reade in this letter stated, “— there is not much I am certain of in our world right now, but the one thing I know is we need to stay together in this battle, and we want to do this together: physical separation is one thing, emotionally we need to come together like no time in our lifetime, as did generations before us during World War II after the bombing of Pearl Harbor.”

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Sincerely, Audrey Lovering, Executive Director and Co-Founder of OCMV

Thank you for your generosity and continuous support.

One Community Many Voices (OCMV) weekly newsletter keeping people connected to their community and the new “People TO People FUND”
WALDO COUNTY PARTNERS

OCMV is excited to be able to expand its work into Waldo County. We are currently seeking nonprofit partners that focus on senior independent living, health and well-being, youth aspirations, or job and skill development in Waldo County. A community partner to OCMV would be responsible for screening and submitting applications for individuals applying to OCMV. If your organization is interested in learning more - send an email to info@onecommunitymanyvoices.org.

KEEP IN THE KNOW

For more information visit onecommunitymanyvoices.org. If you would like to know what is going on with OCMV sign up for our bi-monthly newsletter by sending an email to info@onecommunitymanyvoices.org.

WHERE PEOPLE CAN TURN TO FOR ASSISTANCE

Throughout the Midcoast, municipal and county employees, nonprofit organizations, and neighbors are providing various services and information to assist the public with their specific needs. Do not hesitate to reach out to these entities during these times of need.

Resource Guide — The City of Rockland has a detailed resource guide available on its website created by a team of volunteers led by Becca Shaw Glaser and Angela McIntyre. The resource guide is a living document that will be updated as new info becomes available.

It is linked to the Rockland City’s COVID-19 webpage at https://rocklandmaine.gov/covid-19/. This 20 page Rockland, local, state, and national resource guide offers assistance of how to navigate this pandemic. It provides up-to-date information for many organizations who have changed their services due to COVID-19 (the new coronavirus).

Local COVID-19 Facebook Groups — Currently there are 6 Facebook groups that are offering some type of assistance to Midcoast neighbors. This includes:

- Coping During Quarantine — “Our hope is that we can use this group to share tips, tricks, and activities that can help to manage feelings of stress and anxiety and promote self-care.”
- Five Town Samaritans (Covid-19) — Provides connection resources to 5-towns residents (Camden-Rockport-Lincolnville-Hope-Appleton) who require assistance during the COVID-19 outbreak and quarantine. A neighborly way to offer help to community members who may not have the resources in their networks to get important help and support outside of official sources.
- Midcoast Care Collective — Mobilizing collective response to needs in the Midcoast Community. Ask for help, offer help.
- Crowdsourcing needs for food and resources, virtual educational resources, opportunities for online social connection, mental physical/emotional/spiritual health support, and updated information on various community organizations.
- Midcoast Maine Helpers — Crowdsourcing for local needs and support, such as childcare, food, toilet paper, diapers, mental health, rides, money, etc.
- Maine Coronavirus Community Assistance. Community aid related to the Coronavirus response.
- Suddenly Homeschooling Support Group. For families with children, homeschoolers, and educators affected by the COVID-19 virus school closures.

EXAMPLES OF HOW WE HELP

OCMV provides solutions through its People to People Fund for all the necessities that federal and state funding does not permit social service agencies to allocate funding to. Examples of solutions OCMV funds include: covering the cost for car repairs to keep families mobile and employed, purchasing new school clothes for kids living at the Hospitality House, buying a refurbished laptop so a single mom of two kids who is working 3 jobs could earn her GED online and begin taking online courses for a better employment opportunity.

This week, we received a call to assist an 85 year old woman afraid to venture out to her neighborhood laundry mat yet didn’t have enough money cover the costs of dry cleaning due to COVID-19.

WE WANT TO HEAR FROM YOU

Last week, a reader named Jim from Camden reached out to the Free Press with a note. Jim is 74 and, he writes that his is a person of modest means but also a person with modest needs. Jim wanted to investigate donating his stimulus check to a good cause and had identified a few regional and state-wide charities. Jim, a long-time fan of Andy O’Brien asked if Andy or someone from our staff might be interested in perhaps explore starting a movement - Jim felt there were others of modest means and modest needs who might consider donating their stimulus checks to help others.

If our “People TO People FUND” fits the criteria, leave us a note with your donation that says “I’m with Jim”.

Where people can turn to for assistance.

Examples of how we help.

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Examples of how we help.
The coronavirus outbreak offers several lessons, but for me the biggest is the stubborn human inability to handle change. Few people are rational or flexible; we like familiar systems and routines. This is why the virus succeeded in catching up with reality delayed, in spurs and often too late.

Consider a few historical cases. On Dec. 10, 1939, Stalin sent a decree ordering all Jews to move to special “residential areas.” Initially, Stalin claimed to be proclaiming COVID “contained.” Spring-breakers in Florida – good an epidemiologist as he is an economist, in February he had disbanded it. The biodefense team might have alerted them, but John Bolton was very angry at the low-flying planes that disturbed his sleep. Stalin refused to believe him; he smelled a British trick to pull him into the war. The ship money was caught upshort and suffered staggering losses.

In 2001, private flight schools alerted FBI field offices that a package containing lessons but did not wish to learn how to take off or land. The field offices immediately forwarded this to Washington. Which did nothing. Terrorism was not an FBI priority. Oblucry is built into humans. Which brings us to today’s big lag.

Researchers think that “Patient Zero,” the first COVID-19 victim, reported symptoms in November 2019 in Wuhan, China. The infection spread in bats and showed up with his symptoms. In December, Li Weining, a young ophthalmologist, noticed the cluster that resembled the 2002 SARS epidemic and reported it online to colleagues. Li reported to the WHO on January 3 to prevent his warming; it disturbed stability. He contracted the virus from a patient January 7 and died a month later.

Beijing admitted the problem and on January 23 ordered Wuhan locked down — about seven weeks too late — but by then it was spreading nation-wide and internationally. Subsequently, most Chinese cities locked down, and the epidemic has recently started to ease. We haven’t done any better. Washington intelligence and health officials started running projections in January and issued forecasts. Is our science is up to the challenge? The biodoteam might have alerted them, but John Bolton had disband it.

Even if Washington had started urging social-distancing in early February — when it could have halted the epidemic — few would have obeyed. There weren’t enough cases to make Americans take COVID-19 seriously. News coverage of infections and deaths finally shattered complacency.

I was a little slow, too. On February 25, we dined out (51st anniversary in a crowded restaurant. By the first week of March, my wife worried and stopped going out, but I did, for two medical appointments. By the second week, my wife and I learned of a nearby case. For the second week of March, my wife worried and stopped going out, but I did, for two medical appointments. By the second week, my wife worried and stopped going out, but I did, for two medical appointments. By the second week, my wife worried and stopped going out, but I did, for two medical appointments.

Many urge President Trump to lead, but he sloughed off responsibility to the states. (I wish New York Governor Cuomo had not ignored the signs.) In March, Congress declared that a malaria medication works persuaded a worried retired kingmaker to provide a loan. Dr. Fauci warns and tries to steer Trump, who keeps minimizing costs. The best thing we can do is to mail a check to MCH Meals on Wheels at 236 Main Street.

We deeply appreciate the many offers to help with meals and supplies, but we are warning up operations to ramp up MCH Meals on Wheels we’ve experienced in recent days. For the moment, the easiest, effective, direct way you can help is to donate to our campaign for the use of RCV to our presidential elections; beginning this November.

Now comes the Maine Republican Party with a people’s veto campaign to repeal last year’s RCV-for-president bill. The Maine Ethics Commission recently reported the party has already spent $250,000 in dark money on paid signature gatherers for its referendum. If enough valid signatures can be collected, RCV will be on the ballot. For voters, it means an opportunity for us to cast the vote we want for president. Discussing the people’s veto campaign and the battle for ranked-choice voting and releasing the people’s veto petition to the candidates we like least. The RCV-for-president bill must be protected because it ensures that none of Maine’s Electoral College votes can go to a candidate who is opposed by a majority of the electorate. When often more than two presidential candidates are running, RCV makes the freedom to vote for the candidate we like best without worrying that we will help elect the candidate we like least. Maine, the first state to enact ranked-choice voting (RCV), please sign!

We want more voice and choice in elections, not less. We are tired of plurality politicians who thwart the will of the people. Please decline to sign petitions to repeal ranked-choice voting, ask your friends and family to also decline. For information, visit rcvmaine.com.

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Vice President Kamala Harris is doing a very good job of connecting the dots pointing to an attack. We haven’t done any better. Washington intelligence and health officials started running projections in January and issued forecasts. Is our science is up to the challenge? The biodeteor team might have alerted them, but John Bolton had disband it.

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Unseasonal Symbiosis

Whether you’ve lived in the midcoast for a year or from your computer, April is a time of emergence between summer residents and the year-round economy. It may not be the end of May, but to turn our backs on returning seasonal residents is a mistake.

While Knox County and much of the country struggles with a forced new reality and closes businesses — be they medical, legal, retail, or fitness — and schools remain shuttered through April and likely beyond, it’s hard to blame people flocking to seasonal homes for a new call for caution in a sea of global chaos. Similarly, people returning from extended trips are a reminder that parts of the country and world to Maine can’t be cast as pariahs.

What we can and must do to stem community spread in the early phase of what may prove to be a long-term problem is to get our language into high gear and replace it with a forthright sense of honesty, urgency, and compassion. An overarching principle that will flicker on ahead of season in the coming days and weeks, know the people inside need help. Doing so now protects us all. Help them help the greater community by giving seasonal neighbors lists of businesses delivering fresh food and essential items and assisting people in doing the same. We can limit exposure to retail workers bringing curbside orders to waiting vehicles. However you can, help them stay in place for two weeks and lessen the chances of introducing microorganisms being transferred hand to hand. The current Centers for Disease Control (CDC) guidelines for reporting known cases is creating a false sense of security in Knox County, and elsewhere. The first case, tallied just a week ago, was quickly changed to reflect as NYC, the man’s residence listed on his driver’s license. This, according to excellent reporting by Steve Betts of theCourier-Gazette, is the prescribed accounting of all COVID-19 cases to avoid double counting. The fact he had a home in Hope became irrelevant to national statistics.

At the same time, residents have reason to demand more accurate local reporting of known cases.

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Contested State Primary Races in Four Midcoast Districts
by Efran Andrews

In addition to a three-way Democratic race to determine who will challenge U.S. Sen. Susan Collins, and a three-way Republican race in Maine’s 2nd Congressional District to pick a challenger to U.S. Rep. Jared Golden, the June primary election will include state races in four midcoast districts.

Senate District 11

Open seat. Three Democrats — Glenn “Chop” Curry of Belfast, Charles Pattavina of Winterport and Robyn Stanwick of Belfast — are seeking their party’s nomination for the seat held by Sen. Erin Herbick, who declined to seek re-election after she was hired as city manager of Belfast. The winner will face Duncan Milan, R-Liberty, in the November 3 general election.

House District 88

Open seat. Two Democrats and two Republicans are seeking their party’s nominations for the seat held by Rep. Chloé Maxmin, D-Nobleboro, who is challenging in state Senate District 13.

Democrats — Christopher Hamilton of Whitefield vs. Wayne Farrin of Jefferson

Republicans — Elizabeth Doyle of Whitefield vs. Michael Lemelin of Chelsea

The winner will face each other in the November 3 general election.

House District 90

Open seat. Three Democrats — Lydia Crafts of Newcassel, David Levesque of Damariscotta and Wendy Pieh of Bremen — are competing for their party’s nomination for the seat held by Rep. Mick Devin, who has reached his term limit. The winner will face Merle Parise, R-Newcastle, in the November 3 general election.

House District 134

Incumbent Democrat, Rep. Genevieve McDonald of Stonington, faces a primary challenge from Julie Marie Eaton of Deer Isle. No Republican candidate registered to run in House District 134.

Wendy Pieh, 72, D-Bremen

Candidate for House District 90

Pieh raises North American cashmere goats with her husband at Springtime Farm. She served in the Maine Legislature from 1996 to 2000 and from 2006 to 2010 and currently serves on the Board of Selectmen in Bremen.

It’s really a mess. You know, my signature, for all the times I’ve run — I’ve served four terms — I always knocked on doors, and I could always connect directly with people. And so this is much harder to have to do virtually. I’m working on that. I’ve got a Facebook page out now that I hadn’t had, and I’m working on a website that’s geared not toward our farm but toward the campaign. But it’s hard. It’s very different.

I’m trying to get used to more social media than I have done in the past and I have a friend putting up a webpage that’s oriented to the campaign. I’m wanting to try to connect with people as much as I can that way and then directly with phone calls [or] maybe targeted mailing. Now I’m getting [estimates] on mailings and getting signs made, that kind of thing that can help me for June 9, although now I’m hearing maybe it’ll be delayed or we may all do absentee voting, which I guess 40 percent of the people did in this last election anyway. It’s a concern to be stuck in your house, whether it be campaigning or not, you know, doing social distancing and Shelter at Home. I don’t know how you find it, but I don’t find it very easy. I’m a private person. So, if I find it hard, I don’t know what it’s like for other people.

We had two or three options existing in with people and seeing how they’re doing and what’s concentrating in real estate, business and estate planning.

Charles Pattavina of Winterport and Robyn Stanwick of Belfast...they’re probably not going to vote, especially in a primary.

We had a couple of candidate forums before everything got shut down. We did a thing at the Bremen Library, the three of us, where we had a moderator asking us questions, and we answered those in front of a live audience.

And then just recently, we met at LCTV and did a taping of a show. But they’ve ended that now as well, because it’s hard, when you’re going to stay in front of a camera, to be six feet apart.

I guess we’re seeing it on some of the news channels where they try to do it on one end of the desk [and the other]. But there were concerns about having a small studio, which makes it extremely hard, and now I’m left with saying, How do I introduce myself? It’s a question.

If people meet me, I’m sure that I have a good chance of getting a vote. But if I can’t even be in front of them, what do I do? So that’s what I’ve been wrestling with and trying to figure out creative ways to communicate with folks. It’s a concern to be stuck in your house, whether it be campaigning or not, you know, doing social distancing and Shelter at Home. I don’t know how you find it, but I don’t find it very easy. I’m a private person. So, if I find it hard, I don’t know what it’s like for other people.

Do they have technology; do they have Wi-Fi access? Just student and seeing if they’re all set up and what’s the reality of their situation. Are they trying to do classes and have three kids under foot right now, and how do they do that? Do they have technology; do they have Wi-Fi access? Just saying, How do I introduce myself? It’s a question.

There are exceptions funding we used to knock on doors and get $5, or we used to go to a meeting and get $5, or we used to hold a gathering, and we’re not doing that now. So it’s been really interesting to try and solicit it online. And they didn’t extend the [deadline to qualify], although it would have been a good idea.

Chip Curry, 50, D-Belfast

Candidate for Senate District 11 (Waldo County)

Curry is an advisor at UMA Rockland Center, where he works with students in Waldo, Knox and Lincoln counties.

It’s mostly adult students that I serve, so everyone’s gone online. Actually, throughout the day, my work is very similar to what I’m doing at night [campaigning]. It’s calling students and seeing if they’re all set up and what’s the reality of their situation. Are they trying to do classes and have three kids under foot right now, and how do they do that? Do they have technology; do they have WiFi access? Just saying, How do I introduce myself? It’s a question.

Interviews were condensed and edited for clarity.

The Free Press
Consider the Kilt

For the Men—

by Dan Kirchoff

Eleven years ago when I got married, my wife, buried in the details of what she wanted to wear at our wedding, asked me what kind of tuxedo I wanted to rent for the big day. My first thought was, “Yuk. A friggin’ tux? Really?” My mental image of the typical rented groom’s tux just wasn’t doing it for me. But it begged the question. What did I want to wear for our wedding?

In my case, it was a kilt.

No, I’m not Scottish or Irish, although I do have some Scots and Irish blood in my family — but certainly not enough to embolden me to wear a kilt with a family tartan. So why a kilt? I had met my wife at the monthly Belfast Flying Shoes Contradance series, where some years earlier I’d seen a man in what was called a utility kilt. This is a kilt with pockets (traditional kilts have none), and they’re available in a number of colors and patterns (including camouflage). I liked the idea, and so bought one for myself, black, and got some knee socks to wear with it, and the

For the Star of the Show—

Wedding Dress Fitting Guide

Because fashion preferences were once ornate and dependent on precise fits, ready-to-wear clothing really did not become widely available until the early 20th century. Such attire is now available in just about any retail store.

Because ready-to-wear clothing is so readily available, the average person may be unfamiliar with custom-made or tailored items. In fact, a couple’s wedding may be the only instance in their lives when they require the services of a seamstress or tailor.

Fittings are a part of wedding planning, and here’s how brides-to-be can navigate the process of finding and being fitted for a dress.

• Try on sample gowns. The first step is to make your rounds to various gown shops and try on the samples they have available. Most sample sizes will not be the size you wear every day, so expect them to be ill-fitting. Do not be discouraged. Once a gown is chosen, the dress shop will take your measurements and order the gown according to the manufacturer’s sizing guide. Again, this can be shocking, since the size will likely be larger than what you wear in street clothes. Some

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shops will also order a little larger to allow for adequate tailoring.

- Schedule the first fitting. The first fitting should be anywhere from eight to 12 weeks before the wedding date, according to experts at WeddingWire, an online wedding information provider. This is the time it takes to complete most standard alterations. Complex customizations can take even longer. Brides should also budget a minimum of $500 for alterations, which may or may not be included in the price of the dress.

-Bring shoes and undergarments. Remember to bring along the exact shoes and undergarments you will wear with your gown. A change in shoes or bra/corset can result in the alterations fitting poorly the next time. Bring these items along to all subsequent fittings.

- Speak up. Martha Stewart Weddings suggests speaking up at fittings if anything is uncomfortable or needs tweaking. Seamstresses are masters at their craft, but only if they understand the desires of the bride.

- Check the details. The second fitting is designed to check that all issues from the first fitting have been addressed, the gown is comfortable and you can move freely. At the last fitting, ask the maid of honor to come along so that she understands how to baste or help you handle complicated straps or closures.

Open communication with a seamstress and bridal shop can ensure brides-to-be get a dress that fits like a glove.

**Did You Know? — Why Is June Traditional for Weddings?**

Since Ancient Roman times, June has been a popular month for couples to tie the knot. The month’s namesake, the goddess Juno, was said to be the protector of women in every aspect, but most notably in regard to marriage and childbirth. Therefore, it made sense to get married and take the first step toward creating a family in June. For practical reasons, June also has been a prime month for marriage because the month is neither especially hot nor especially cold in many areas of the world. While dressed in formalwear — whether having an outdoor wedding or an indoor one — one does not want to be overheated or uncomfortably cold.

While June is still a popular month to get married, the wedding resource The Knot indicates that autumn, in particular the months of September and October, has overtaken summer as the most popular wedding season. Warmer-than-average temperatures in autumn over the last few years as well as a dazzling display of natural color help make the fall a popular time for nuptials. Interestingly enough, perhaps due to a slightly cooler climate, a 2015 survey from WeddingBells found August to be the most popular month to get married in Canada, and that 67 percent of weddings in Canada that year occurred between June and September.

**Consider the Kilt**

When you are imagining your ideal midcoast Maine wedding do you picture the rocky coast, lobster boats in the harbor, and pure salt water breezes? Look no further than the picturesque East Wind Inn in beautiful Tenants Harbor!

Contact the Inn at:
info@eastwindinn.com
or Call 207-372-6366

**The Free Press Wedding Guide**

**WEDDING DRESS FITTING CONTINUED FROM PAGE 7**

**Continued from Page 7**

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Various Ways to Preserve Wedding Memories

Couples’ wedding days are momentous occasions, and couples want their memories of the day they tied the knot to endure long after the final guest has departed. Weddings can be amazing, but they only last a few hours. Memories can be forever if they are effectively documented. The following are some ways for couples to permanently memorialize their wedding days.

- **Dry the bouquet.** Wedding bouquets can be freeze-dried and/or chemically preserved so that the colors, textures and volume of the blooms can appear just as vibrant as they were on the wedding day. After preservation, the bouquet can be displayed in a vase or in a specially prepared shadow box with other mementos.

- **Create a custom locket.** Brides can wear a piece of their wedding gown day after day with a custom necklace or locket. All they need to do is trim a small piece of the lace or other embellishment from the gown and enclose it in the locket. Jewelry designers also may be able to convert a section of the gown pattern into metal through a casting process.

- **Have guests sign the label.** Purchase a special bottle of wine or champagne and ask guests to sign the label or the bottle itself. Store the bottle until a special occasion, such as a memorable anniversary, and then toast to a happy marriage.

- **Make a cake replica.** Ask an artist to make a miniature replica of the wedding cake out of pottery. Put the clay cake out for display or ask for it to be made small enough to serve as a Christmas tree ornament.

- **Teddy bear transformation:** Have tuxedo fabric or wedding gown material turned into a keepsake teddy bear. Bow-man Bears produces such bears, which can be passed down to future generations.

- **Create bouquet jewelry.** Encapsulate favorite wedding flowers into a resin pendant, bracelet or earrings.

- **Frame the invitation.** Display the wedding invitation in a beautiful frame with custom matting.

- **Visit the site.** On their anniversaries, couples can visit their ceremony site or have brunch or dinner at the venue where the reception took place. Take an “after” picture to display with the “before” shot from the wedding day.

- **Make an invitation ornament.** Cut the wedding invitation into strips and place it inside of a hollow glass ornament. Seal the top and hang with a ribbon.

- **Design a greeting card scrapbook.** Turn all of those special handwritten messages and well-wishes into a scrapbook so that memories can be revisited time and again.

The planning may take months and the wedding mere hours, but well-documented wedding day memories can last forever.
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Making the important decision to get married can fill couples with joy and excitement as they imagine spending the rest of their lives together. Naturally, brides- and grooms-to-be are anxious to share the good news with others and include family and friends in the festivities. One way couples exemptify inclusion is by asking their closest acquaintances to be part of their wedding parties.

Being asked to serve as a bridesmaid or groomsman is an honor. Some couples may be tempted to ask every friend, sibling or cousin they have to be in their wedding parties, and some do. In fact, ancient Roman law required 10 witnesses to be part of the wedding ceremony. However, the larger the wedding party, the more people couples have to coordinate and the more personalities they must manage.

While large wedding parties are in style, there isn’t any one-size-fits-all formula to decide which size party is right for a particular situation. Trends vary based on geography and culture. These tips can help couples decide on the size of their wedding parties.

- **Match it to scope and style.** Wedding planners may use a standard ratio for a proportion of guests to wedding party members. That ratio is one pair of wedding attendants for every 50 guests. This creates a balanced feel where the more people in attendance, the larger the wedding party and vice versa.
- **Consider your expenses.** Wedding party members may be asked to spend considerable amounts of money to be in the wedding, but the couple will have certain expenses tied to the wedding party as well. These can include limousines to ferry people between the ceremony and reception, photography costs to arrange and photograph large wedding parties, the cost of bouquets and bouquets, attendants’ gifts, as well as extra mouths to feed at the rehearsal dinner. Small wedding parties can be easier on couples’ budgets.
- **Know your expectations.** Couples should discuss what they expect from their wedding parties. Do couples want their loved ones to be very hands-on or waiting in the wings? For those who want a lot of input from their wedding parties, asking distant friends or family to be included may be impractical.
- **Select reliable, easygoing people.** Wedding party members should be people couples can rely on, and it only helps if wedding party members are not prone to overreacting. Choosing a wedding party with people you trust and get along with.
- **Wedding party sizes are up to the couple, but bigger isn’t always better.**

**Did You Know? — Where Did “Tied the Knot” Come From?**

Should a person hear that a couple “tied the knot,” it’s immediately known that they got married. But just when and where does the term “tying the knot” come from? The phrase “tying the knot” is steeped in tradition, though the origins of the phrase remain open for debate. One origin story states that tying the knot can be traced back to the Roman empire, when brides wore girdles that were tied in knots, and the groom had to eventually untie those knots to consummate the marriage. Tying the knot also may be traced to the custom of handfasting. The marriage contract was established between a bride and a groom by joining their hands together and tying them.

Although accounts vary as to whether the hands were tied only during the ceremony or later, this is believed to be an ancient Renaissance or Celtic tradition. Others speculate that the phrase traces its origins to Hindu weddings in which brides and grooms tied a necklace of flowers as part of wedding tradition. Yet another theory suggests that the phrase can be traced back to the knotted string that supported beds prior to the use of metal springs. Therefore, in order to make a marriage bed, couples first needed to tie the knot. Knots also represent a difficult-to-break bond, which is why they have long been associated with marriage. In one unity tradition, couples may braid or knot together three strands, with one representing the bride, one symbolizing the groom and the third representing God as they join together in faith. Similarly, the phrase “getting hitched” is associated with knot-tying as well. The saying implies that two people are being tied together just like a horse is tied, or hitched, to a wagon.
Where’s the Mayor?—

I have been checking the city [of Belfast] website daily for several weeks now and have seen no direct communication re the COVID-19 situation from [Mayor] Eric Sanders. In this time of questionable leadership in our country, I would have expected him to be giving the citizens of Belfast regular and direct updates on how the situation is evolving here. For instance, grocery shopping. While other communities are arranging for grocery pickup and things like that, there is no information from Hammond about such a plan. Wouldn’t the mayor be a good source of information about that?

And let’s add Walgreens to that, even though they send out emails and phone messages about their pickup facility. Again, the mayor could help to pass that information on. By driving around, one can learn what is open and what is not open, but one shouldn’t have to drive around to find this out.

And of course, what’s happening with our medical facilities? Given what has been perceived as questionable communication on the part of the City Council and its leadership in the past two years, I hope [the mayor gets this message]. Right now he seems to just be an absentee in this situation.

Cecile Greider, Belfast

Thanking Maine’s Leaders—

The coronavirus pandemic is here and it’s disrupting our lives and economy in ways we’ve never seen before. We’re worried that doctors and nurses treating coronavirus patients in Maine may run short of even basic equipment like surgical masks and respirators to treat patients safely. Many families are worried about just getting by for the next month much less next year, and we’re afraid that many local businesses will run out of money and be forced to close. In this time of questionable leadership in our country, I would have expected him to be giving the citizens of Belfast regular and direct updates on how the situation is evolving here.

In this time of unprecedented uncertainty, community is more important than ever. Luckily, the good people of our great state have always been known for being caring neighbors. And in our line of work, you never take a helping hand for granted.

We wanted to say how grateful we are to our community and business leaders for your support, dedication and donations. We see the daily sacrifices you’re making, from closing schools and businesses to sending employees home, and we stand with you in every challenging decision.

MaineHealth

For more information and updates, please visit MaineHealth.org/COVID-19
From the president of Pen Bay Medical Center and Waldo County General Hospital

COVID-19, Midcoast Hospitals and You

by Mark Foure, MD

As Maine continues to grapple with the increase in COVID-19 cases, we at Pen Bay Medical Center (PBMC) and Waldo County General Hospital (WCGH) continue to prepare for what health experts tell us will be the worst of the pandemic. Drawing on the experience of Cheryl Liechty, MD, an infectious disease specialist and epidemiologist who worked for the U.S. Centers for Disease Control (CDC) and who successfully led PBMC’s response to the H1N1 flu pandemic in 2009, our team has taken a number of actions to strengthen our ability to meet this challenge. We have:

- Established testing stations outside of the main hospital buildings. This allows patients who need non-emergency evaluation for COVID-19 to be seen in a safe environment, and it protects patients and staff throughout the hospital and takes pressure off the Emergency Department.
- To be tested, people must first contact their primary care provider, who will then make an appointment for testing, if appropriate. These sites accept referrals from our own clinicians and private practice offices across our catchment area.
- Significantly increased the number of negative pressure rooms at both hospitals with even more to be operational soon. These rooms control airflow to prevent cross-contamination of other areas in the hospital.
- Adjusted the Emergency Department workflows at both hospitals for rapid triage and segregation of acute respiratory patients from other patients. This includes construction to reconfigure the waiting rooms.
- Cross-trained medical staff who do not normally work in an acute setting to ensure there are enough people placed to respond to an increase in COVID-19 cases.
- Adopted CDC guidelines for keeping our care team members safe. At this time we have adequate supplies of personal protective equipment, but we anticipate that we will face supply chain challenges in the future and are working on solutions.
- Adopted a new visitation policy that restricts who can enter the hospital and our long-term care facilities at the Knox Center and Quarry Hill. While disruptive, these measures will help keep our facility and those inside safe.
- Expanded our testing capacity in primary care practices, with specialty practices to follow. This will allow us to continue to serve the health care needs of non-COVID-19 patients in a safe way.
- Because of the number of other efforts so many dedicated people at PBMC and WCGH, I can report that we are prepared to meet this challenge.

And yet, as we watch dramatic escalations in COVID-19 cases elsewhere in the country, especially in the New York metropolitan area, we have reason to be hopeful that our experience will be different. The basis for that has to do with the physical and human geography of where we live: Maine is not a densely populated state, and we are not a transportation hub — two key factors in how fast and wide an infectious disease spreads. Moreover, our community has embraced social distancing measures early on and extended those measures this week by closing all “non-essential” businesses for 14 days.

We are already seeing the results of this, with a significant decrease in the spread of the disease, but it will not eliminate it. The goal is to “flatten the curve” — that is, spread the cases of COVID-19 out over time so they do not hit the hospital all at once and overwhelm our ability to respond. In the coming weeks, we will undoubtedly see a large number of COVID-19 cases in our community. There will also be days when the number of cases changes so little we may not even see “good news” days lull us out of our vigilant state. As long as COVID-19 is active — and until we have a vaccine — the best way to protect your family, your community and your self is to rigorously practice social distancing and good hand hygiene.

I also want to encourage you to stay informed with the most up-to-date information about COVID-19 by regularly visiting the website of the U.S. Centers for Disease Control at cdc.gov, the Maine Center for Disease Control at www.maine.gov/cdph/meccdc; as well as the hospitals’ websites at pbmc.org and wcgh.org.

Here at PBMC and WCGH, we know there are more than 100,000 people in the midcoast region relying on us to care for them if they become infected. Over the past several weeks, dozens of our care team members have stepped up to do whatever it takes to prepare to take care of our COVID-19 patients, understanding that this may put them at some risk. Many have accepted reassignment and stepped into different roles to help where they are needed most. Their courage and honor should inspire us all. It is hard to overstate how proud I am to lead a care team that is so fully committed to its community.

I also know that you, in turn, have inspired our care team members. The messages of gratitude and encouragement that many of you have posted on social media have meant so much to them and to those working on the front lines.

_**Mark Foure is president of Pen Bay Medical Center and Waldo County General Hospital._

From the Maine Insurance Superintendent—

**Health Insurance for Those Unemployed**

Maine Insurance Superintendent Eric Cioppa, in a news release, encourages those who have recently lost employment to consider their health insurance coverage options as soon as possible. Cioppa reminds the public that individuals and families have 60 days from the day they lose their coverage to apply for a new policy.

Cioppa suggested that the best place to start is by visiting healthcare.gov, which may provide more affordable options than an employer’s COBRA plan. Depending on household size and household income, individuals and families may qualify for subsidized private insurance or free or low-cost coverage through MaineCare. Completing a Marketplace application will provide individuals and families with information about what type of coverage they qualify for.

In instances with applying for coverage is available from Consumers for Affordable Health Care at (800) 965-7476. More information is available at maine.gov/covid-19/coronavirus.

Maine residents with questions about insurance can obtain information and assistance from the Maine Bureau of Insurance by visiting maine.gov/insurance, calling (800) 300-5000 (TTY, call Maine Relay 711) or by emailing insurance.pfr@maine.gov. Information about MaineCare can be found by visiting www.covermaine.gov/eligibility.

Still delivering

**MCH Meals on Wheels Serving Knox County**

MCH Meals on Wheels is currently preparing and delivering meals throughout Knox County. They have received many offers to help with meal preparation and delivery and want to let the public know that the most effective way to help is to donate. The best way to donate is to mail a check to MCH Meals on Wheels, 46 Summer Street, Rockland, ME 04841, or by visiting mchinc.org and selecting the MCH Meals on Wheels check option.

CDC guidelines suggest that MCH not undertake in-home visits to deliver meals, and they will continue to serve meal recipients and rely on current, trained volunteers. They are taking heightened precautions to protect recipients, volunteers and kitchen staff.

For more information, phone Liz Schuh at 596-6477 or email lizschuh@mchinc.org.
Maine Department of Labor —

Tips for Filing Unemployment Claims

The Maine Department of Labor urges those filing unemployment insurance (UI) claims and calling the department with questions to do so online. The unemployment insurance program is experiencing high volumes of claims and questions. Commissioner Laura Fortman said in a news release that the unemployment insurance webpage had more than 90,000 views on March 20, up from 1,400 a week before.

To help those facing the unemployment system, the department offers the following tips and links:

- Those who are unsure if they will be eligible for unemployment are encouraged to apply. MDOL will review applications and make a case-by-case determination about eligibility. To apply, visit reemployemaine.maine.gov. After filing a claim, claimants must continue to file on a weekly basis. The customary waiting week has been waived as a result of new legislation; disregard any indications of a waiting week when filing. The system is being updated to reflect the new changes.
- MDOL has waived the work-search requirement through May 14.
- The new measures are not intended to provide sick leave or short-term disability payments.
- The UI system allows two attempts to enter a password correctly; after a third time an account will be locked. Those who are unsure of their password (or have already tried twice) should use the “Forgot Password” link. A new temporary password will be generated and sent to the email address on file in the account. CareerCenter staff can help those who are locked out due to an incorrect password to reset it; visit mainecareercenter.gov.
- Those who live in Maine and work in a different state should apply for unemployment benefits in the state where their employer is located.
- The department recommends filing a claim on a computer rather than by using a cellphone.
- People without access to a computer or the internet may call (800) 593-7660 between 8 a.m. and 12:15 p.m. Monday through Friday. For help simply filing a claim or resetting an account password, call a CareerCenter: the number in Rockland is 596-2600. The phone queue fills quickly; the department encourages people to keep trying.
- Unemployment filing is free of charge; individuals should never be asked to pay a fee to file a claim.

 reusable bags a health concern —

Plastic Bag Ban

Across the state and the country, many retailers and grocers are following new recommendations to avoid using reusable bags during the COVID-19 outbreak in an effort to avoid the spread of the virus.

The Maine Department of Environmental Protection recently issued a notice about statewide prohibitions against single-use carry-out bags by certain retailers, including grocery stores, which were scheduled to take effect April 20: “In light of the concerns about the use of multi-use bags during the current COVID-19 public health crisis [and] the Legislature’s response to those concerns . . . the Department will not be enforcing the statewide restrictions on the use of single-use bags . . . until January 15, 2021. As of March 17, 2020, State law preempts municipal regulation of single-use bags; no local ordinance requiring a fee for, or otherwise restricting the use of, single-use bags is in effect.”

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Owls Head, South Thomaston and Thomaston —

Transfer Facility Open with Reduced Crew

The transfer facility that serves Owls Head, South Thomaston and Thomaston remains open to the public. The facility will temporarily reduce its crew by half to reduce exposures in light of the pandemic; a backup crew will be available should any employees become ill.

Staff will not be able to assist those who use the facility; users will need to handle the material they bring in. Staff will offer direction and run the machinery.

All buildings will be closed to the public. For attention, users may knock on a door or window or sound their vehicle horn.

The solid waste corporation’s board will hold meetings on their regular schedule via video communication. Any one who wishes to conduct urgent business with the board may email ohst367@gmail.com.

July 15 —

State Income Tax Filing Deadline Extended

Gov. Janet Mills and Commissioner of the Department of Administrative and Financial Services Commissioner Kirsten Figueroa announced that the state will extend the deadline for Maine income tax payments from April 15 to July 15 in alignment with the federal government’s recent extension of the federal tax filing deadline.

This includes any final and estimated Maine income tax payments due by April 15. Any failure-to-pay penalties and interest will be abated for the period of April 16 through July 15. Sales tax and payroll payments will continue as normal.

The extended filing deadline for Maine income tax returns is automatically tied to any federal extension. This includes Form 1040 (Maine Individual Income Tax Return), Form 1041 (Maine Income Tax Return for Estates and Trusts), and Form 1120ME (Maine Corporate Income Tax Return).

For more information and with questions, phone Maine Revenue Services at 626-8475 or visit maine.gov/revenue.
Finding Our Voices Banners Shine Light on Domestic Violence —

Finding Our Voices has created a banner campaign to raise awareness of domestic violence in the midcoast. Starting April 2 and continuing through May, the group will mount banners in the street-facing windows of local businesses in Camden, Rockport and Rockland. The banners will feature domestic abuse survivors’ stories and New Hope for Women’s support helpline. Thirty-five establishments are participating, displaying 20 different banners. During this period of stress, when people are staying home due to the coronavirus, Finding Our Voices wants to let victims know they are not alone and that help is available. To speak with someone at New Hope for Women, call (800) 522-3304.

Big Brothers Big Sisters — Midoast Bowl for Kids’ Sake Postponed

Big Brothers Big Sisters of Mid-Maine’s Midoast Bowl for Kids’ Sake events, previously scheduled for April in Belfast, Waldoboro and Rockport, have been postponed. Bowling events originally planned for April 2 through 11 will be held in May and June:

- Thursday, May 28, from 1 to 6 p.m., at ALLPlaY Family Entertainment Center in Belfast;
- Saturday, May 30, from 10 a.m. to 3 p.m., at ALLPlaY Family Entertainment Center in Belfast;
- Saturday, June 6, from 9 a.m. to 3 p.m., at Oakland Park Lanes in Rockport;
- Thursday, June 18, from 2 to 7 p.m., at Samma’s Family Entertainment Center in Waldoboro.

Bowl for Kids’ Sake events celebrate community support of the Big Brothers Big Sisters Big Mentoring matches in the midcoast. For more information or for help registering teams, call Mike Slevinsky at 592-4616 or email mae@bbbsmaine.org.

Catholic Churches Offer Online Programming

The Roman Catholic Diocese of Portland has listed Maine parishes offering special programming and events during the COVID-19 crisis. Information can be found by visiting portlanddiocese.org.

In the midcoast, St. Brendan the Navigator Parish in Camden is livestreaming and archiving weekend masses. For more information, visit stbrendanparish.net.

From Adas Yoshuron Synagogue — Easter Community Meal Offered by Take-Out

Adas Yoshuron Synagogue will provide its annual Easter Day Community Dinner at St. Peter’s Church on Easter Sunday, April 12, at 1 p.m. Instead of serving a sit-down meal, they will be distributing a home-cooked take-out meal for pickup at St. Peter’s, located at 11 White Street in Rockland.

When waiting in line to pick up a meal, attendees are requested to maintain six feet of distance between themselves and others to comply with health recommendations. For more information, contact Adas Yoshuron by phone at 594-4523 or email info@adasyoshuron.org.

Nomination Papers Due in Thomaston

The deadline is Friday, April 10, for those who wish to submit completed nomination papers for seats on the Select Board and Board of Assessors in Thomaston. There are two three-year Select Board seats to be decided and one three-year seat on the Board of Assessors.

Candidates must gather no fewer than 25 and no more than 100 signatures.

For more information, call 354-6107.

Midcoast Maine Community Action

Midcoast Maine Community Action’s offices and classrooms are closed to the public until at least April 27. The organization is working to provide resources through the following programs for residents of northern Cumberland, Sagadahoc and Lincoln counties, and WIC in Waldo County:

Head Start and Early Head Start

Despite the necessary closure of classrooms, administrators and staff have been sharing resources and creating new infrastructure. They are producing videos of teachers and staff reading books to children; creating classroom web pages so teachers can have daily contact with families; and continuing to provide food through their own programs or assisting school district staff in doing so. Those who wish to contact the office can email hirecruitment@mmcacorp.org or call 442-7963.

Emergency Services

MMCA is providing services to families that qualify for heating assistance, emergency utility support, rent and security-deposit assistance. In some locations, staff can assist clients with obtaining essential items for daily living. Staff also help to coordinate housing assistance for homeless, at-risk individuals and families by providing referrals and access to emergency funds. They also provide counseling referrals, advocacy, budgeting assistance and daily living emergency services. Those who need services may phone Missy Kettel at 442-7963 or email melissa.kettell@mmcacorp.org.

Family Development Case Management

Crisissa Lindsey can provide information about resources during this time and is also available to provide case management services. Phone 442-7963 or email Crissia.lindsey@mmcacorp.org.

Families CAN!

Staff intend to continue offering enrichment opportunities to parents, caregivers and educators about topics affecting families with children from birth through the teen years. They are exploring ways to provide parent support using video technology and social media. Check the Families CAN! Facebook page for up-to-date information.

For hunger relief —

Good Shepherd Teams with L.L.Bean Workers

Good Shepherd Food Bank, Maine’s largest hunger-relief organization, and L.L. Bean, one of the state’s largest companies, are working together to support food banks during the current health crisis. Good Shepherd is changing its food distribution model in response to the necessity for social distancing due to COVID-19.

Food pantries across the state have moved to packing food boxes that can be distributed by scheduled appointments or through drive-up service. Good Shepherd Food Bank is responding by pre-packing boxes for distribution at the pantries, with the goal of packing 10,000 boxes weekly.

L.L. Bean fulfillment teams are working to pack boxes of shelf-stable foods for distribution to food pantries. Good Shepherd Food Bank is changing its food distribution model in response to the necessity for social distancing due to COVID-19.

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H owl, howl, howl, howl, howl. What is there to write of Rockland this week that cannot be written of so many other places? I am sick with grief and rage at this world we exist in. What is there to write of a world that has dulled our sense to suffering. But see how lazily and breezily I write “we” and “our”: what I mean is “I” and “my”. Do I really write this in a house that could easily shelter the people who now inhabit it, in this time of great need? I do. Do I bear some responsibility for the bodily safety and economic survival of thousands of people, a great proportion of whom have lost their means of sustenance? I do.

Only in times of great duress have I understood Homer: “Sing, O Muse, of the rage of Achilles.” Such an annihilating rage is generally beyond me. Lately, though, that’s been changing. The material prosperity of the United States is unmatched in the world. There is enough for everyone, full ruin? How can such a phenomenon as the “working poor” exist? How can drivers (including me!) keep blithely driving their cars as if that choice were benign?

Awards Local Grants
University of Maine System's NetworkMaine is offering to enable “guest” Wi-Fi networks for the 140 schools that have wireless networks provided through the Maine Learning Technology Initiative. The move would create open-access WiFi hotspots at many schools wishing to participate may have the opportunity to build something else, something new worlds are built, not born, and we may now gird ourselves for toil, vigilance, and affliction. Let's ask ourselves why and whether things must be as they were and are. Let's redeem ourselves to compassion, fairness, generosity and opportunity. Let's see what we can build.

At public schools —
UMaine “Guest” Wi-Fi Networks Offered
University of Maine System’s NetworkMaine is offering to enable “guest” Wi-Fi networks for the 140 schools that have wireless networks provided through the Maine Learning Technology Initiative. The effort has been dubbed Study-from-Car as a play on the phrase “work from home.”

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Study-from-Car hotspots can be enabled remotely. Additional details can be found by visiting networkmaine.net. Representatives from schools wishing to participate may phone 581-3587 or email noc@maine.edu.

By Nathan Krons Davis
Carl Solomon! I'm with you in Rockland where you're madder than I am. I'm with you in Rockland where you must feel very strange. —Allen Ginsberg, “Howl”

Howl, howl, howl, howl, howl, howl, howl, howl, howl, howl. —William Shakespeare, King Lear

H owl and economic survival of thousands of people, a great transition to remote learning, many schools have identified their students, limiting the ability of those students to participate in online learning opportunities.

The move would create open-access WiFi hotspots at schools where the signal extends outside the building. Positioning equipment near exterior walls and windows could further boost the signal. Study-from-car hotspots can be enabled remotely. Additional details can be found by visiting networkmaine.net.

Representatives from schools wishing to participate may phone 581-3587 or email noc@maine.edu. Right before the COVID-19 crisis heated up in Maine, I proposed on City Council that we start to explore what a local living wage policy could look like. It remains to be seen whether my timing was opportune, and whether a new world is being born. But a living wage isn’t enough. Apropos of liberal social policy, William Buckley used to say, “Don’t immanitize the eschaton!” (i.e., Don’t hasten the apocalypse). But, at the moment, I’m ready for it.

Except that I’m not really, and I only think and write this way when I’m feeling down, just as you might be feeling down too. New worlds are built, not born, and we may now have the opportunity to build something else, something less encumbered by received wisdom and precedent. Let’s gird ourselves for toil, vigilance, and affliction. Let's ask ourselves why and whether things must be as they were and are. Let's redeem ourselves to compassion, fairness, generosity and opportunity. Let’s see what we can build.

COVID-19 Emergency Fund — Community Foundation Awards Local Grants The Maine Community Foundation has awarded nearly $500,000 in grants to assist COVID-19 response efforts across the state. The foundation’s COVID-19 Emergency Response Fund (COVID-19 Fund) supports community-based organizations working with the viral outbreak and its consequences. Local nonprofit organizations that received grants are Waldo County Homeless Coalition in Rockport: $15,000; and Knox County Homeless Coalition in Rockport: $4,400.

Funding for the grants came from an unrestricted fund at the foundation, a fund dedicated to food security, and additional contributions from donor-advised funds. The grants were awarded proactively and not through an application process.

If ever there was a time to help our vulnerable neighbors, this is it,” said Steve Rowe, Maine Community Foundation president and CEO, in a news release. “There are many ways to help. You can give directly to nonprofit organizations responding to human hardships in your community. You can also donate to the COVID-19 Emergency Response Fund at the Maine Community Foundation and at your local United Way organization.

Donations to the foundation’s COVID-19 Emergency Response Fund can be made by visiting mainecf.org.

We’re in this until we win this. Today, tomorrow and together.

WE'RE IN THIS UNTIL WE WIN THIS. TODAY, TOMORROW AND TOGETHER.

Here at MaineHealth, we’re preparing ourselves for the once-unthinkable reality that we may be caring for people with COVID-19 for the foreseeable future.

One bright spot is the overwhelming support our communities have shown.

If you would like to donate supplies such as N95 masks, surgical masks, gowns, gloves, or protective eye gear, please visit MaineHealth.org/donate and complete the form.

We appreciate your continued understanding, support and commitment to keeping our communities healthy and thriving.

It's our strength together that will get us through these tough times.

MaineHealth
**CMCA Exhibits Viewable Online**

Center for Maine Contemporary Art is offering virtual tours of a number of exhibitions, including the current one, Skirt the Line, which features the work of five contemporary women painters; Meghan Brady, Inka Essenhigh, Tracy Miller, Anne Neely and Hannah Secord Wade.

Educators are invited to schedule a virtual Look Inside tour with downloadable lesson plans and suggested activities; those interested may email Mia Bogyo at mbogyo@cmcanow.org.

**Watershed Center update — Arts Center Cancels Summer Programs**

Watershed Center for the Ceramic Arts in Newcastle has canceled its 2020 summer residency and workshop sessions and the Salad Days fundraiser. Summer session organizers and workshop leaders hope to reschedule sessions for 2021.

Given the developing nature of the pandemic, the Watershed Center’s board of trustees stated in a news release that it anticipates that plans may be in flux for the next couple of months. The arts center will share updates regarding alternative programming regularly via email, Instagram and Facebook. No decision has been made yet; registrations remain open. The trustees will continue working with the 2020 summer session organizers and workshop leaders to reschedule their sessions for 2021.

**Bay Chamber Deadlines Extended**

**Pemaquid Art Gallery in Lighthouse Park, Bristol, planned to hold jurying for artists wishing to apply for membership for the 2020 season on April 4. Because of uncertainty regarding the pandemic, the gallery has postponed jurying until further notice.**

For more information, email gallery president Bob Vaughan at rvaughan@tidewater.net.

**Watershed Center for the Ceramic Arts in Newcastle has canceled its 2020 summer residency and workshop sessions and the Salad Days fundraiser.** Summer session organizers and workshop leaders hope to reschedule sessions for 2021.

Given the developing nature of the pandemic, the Watershed Center’s board of trustees stated in a news release that it anticipates that plans may be in flux for the next couple of months. The arts center will share updates regarding alternative programming regularly via email, Instagram and Facebook. No decision has been made yet; registrations remain open. The trustees will continue working with the 2020 summer session organizers and workshop leaders to reschedule their sessions for 2021.

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**For more information and submission guidelines, visit cmcanow.org.**

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**Bay Chamber Deadlines Extended**

The deadline for submissions to CMCA’s 2020 biennial exhibition is Friday, April 3; the exhibit will open in November and run through February 2021. The open, juried competition is for artists at any stage of their career who have a strong connection to the state of Maine. Art in all media is accepted; for review; there is no submission fee. For more information, email gallery president Bob Vaughan at rvaughan@tidewater.net.

**Watershed Center for the Ceramic Arts in Newcastle has canceled its 2020 summer residency and workshop sessions and the Salad Days fundraiser. Summer session organizers and workshop leaders hope to reschedule sessions for 2021.**

Given the developing nature of the pandemic, the Watershed Center’s board of trustees stated in a news release that it anticipates that plans may be in flux for the next couple of months. The arts center will share updates regarding alternative programming regularly via email, Instagram and Facebook. No decision has been made yet; registrations remain open. The trustees will continue working with the 2020 summer session organizers and workshop leaders to reschedule their sessions for 2021.

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**Oceanside Art Club Fundraiser Continues**

Oceanside High School’s Art Club is holding an online fundraiser to support a trip to visit galleries and museums. The benefit launched on March 6 at Rock City Coffee and will conclude on Friday, April 3. The auction features gift certificates from local businesses and original works of art. To bid, visit bit.ly/OHSArtAuction.
Matters of Resilience —

Birding with Don Reimer

Given the world’s current viral calamities, most folks are staying at home these days, when possible. For me, this has meant some additional time watching bird activity outside my big front window. In a single afternoon, I witnessed two instances of nature’s amazing resiliency that might help us to weather our present difficulties.

Several energetic chickadees traded positions in my sunflower feeder tray, snatching and transporting black oil seeds back to nearby cover. I noticed one chickadee with slightly slower and more cumbersome movements. His body also indicated a minimal forward lean. The cues of the situation soon came to light: the chickadee’s entire left leg was missing. The otherwise healthy-looking bird grabbed seeds, carrying them aloft for cracking. Normally, chickadees hold seed casings between their toes to open them. Somehow ly lost consciousness. I had seen the predictable outcomes of such stiff window strikes before. Feeling that the end was inevitable, I waited a half hour before going outside to dispose of the lifeless form. Instead I found the bedraggled goldfinch standing up, but acting confused and flightless. I placed the finch inside a towelled-cardboard box, where it would stay warm and dry for the night.

When I approached the box the next morning, I heard scratchy wingbeats issuing from within. Opening the box on my front lawn, the emaciated finch burst forth, zapping to a near treepod. He was the sole goldfinch in the whole neighborhood. Soon he started vocalizing, in apparent effort to relocate his separated flock members. In less than an hour, the noisy assembly had rejoined him. Hopefully, the finch had forgotten about the dreadful overnight stint in my basement.

Are there human parallels to draw from these instructive experiences with nature? Think of the chickadee. His resilience is obviously paying dividends. He has developed some creative ways to accommodate and overcome his physical challenges. He stores his food and does not waste it. Being a non-migratory species, the chickadee will spend his migration period sitting upside down to forage the undersides of leaf and limb surfaces. They are also known for their considerable foot strength. For over a minute, the bird clung to the seed tray, suspended by a single leg as he foraged at a leaking sap nodule. Hanging upside down was possibly a simpler task for him than standing upright. Perching on a branch is essential to birds’ lives. As such, birds’ legs and feet are endowed with flexor tendons that lock automatically when they perch on a limb or go to sleep. This involuntary reflex keeps the toes closed tightly until the bird straightens its leg again.

Later that afternoon, an American goldfinch collided sharply with my window, sending him spiraling toward the ground. The initial prognosis appeared grim, as the male goldfinch fluttered in labored motions and progressively negative outcomes for each of us. Stay safe and healthy out there!

On the Water

March 19

BBC Reef, a 529-foot general cargo ship, arrived in Searsport from Marín, Spain, and delivered 66 wind turbine tower sections for the Weaver Wind development in Hancock County. It sailed March 22 for Skagen, Denmark.

March 20

Damia Desgagnés, a 442-foot asphalt and bitumen tanker, arrived in Searsport from Saint John, N.B., and delivered 85,000 tons of asphalt. It sailed March 21, returning to Saint John.

March 24

Konya, a 666-foot bulk carrier, arrived in Searsport from Patache, Chile, and delivered roughly 50,000 tons of road salt. It sailed March 28 for Norfolk, Virginia.

March 27

Damia Desgagnés returned to Searsport from Saint John and delivered 77,000 tons of asphalt.

March 28

Great Eastern, a 600-foot Irving Oil tanker, arrived in Searsport from Saint John, N.B., and delivered 51,000 barrels of gasoline, No. 2 heating oil and diesel. On March 29, it continued to Buckport and delivered 90,000 barrels of No. 2 heating oil. It sailed March 30, returning to Saint John.

Expected Arrivals

April 2 — Meredith C. Reinauer to Buckport, delivering 100,000 barrels of kerosene and 40,000 barrels of No. 2 heating oil.

April 9 — Tanja, to Searsport from Vila do Conde, Brazil, via Portland, delivering kaolin clay slurry (used to make glossy finish on paper).

Shipping news is compiled by Ethan Andrews using automatic identification system (AIS) data from marinetraffic.com, local sources and direct observation at ports. It appears in The Free Press every other week.

Hike on the Belfast Rail Trail —

Belfast Bay Watershed Coalition will host its last winter birdwatch from the Belfast footbridge on Saturday, April 11, from 8 to 10 a.m., rain or shine. Ron Harrell and Gary Gulezian will set up a spotting scope for better viewing. Harbor bird watches will resume in the fall when winter migrants begin to come down from the Arctic.

O U T D O O R S

Bird Watching from the Belfast Footbridge April 11 —
Open Hearts, Open Minds, Open Doors

University of Maine Cooperative Extension’s Expanded Food and Nutrition Education Program has launched a new video series featuring recipes that are nutritious and easy to prepare at home. The “Mainely Dish” series spotlights a new recipe each Monday with a brief video and clear instructions, available at extension.umaine.edu/food-health/cheer. The series begins with oatmeal packs, a make-ahead meal with several variations, including cinnamon-raisin and cocoa. Videos will be archived and available for easy access online.

Home Gardening Chats Series Online

University of Maine Cooperative Extension is offering a series of free, one-hour online home gardening discussions. The first was held on March 30; additional sessions are scheduled for Mondays at 9 a.m., Wednesdays at noon and Thursdays at 6 p.m. through April 23.

Called “Garden Chats: Growing Resilience from the Ground Up,” the conversations will provide an opportunity for gardeners and UMaine Extension experts to share and discuss gardening tips and address questions. Topics will include pruning, seed starting, soil preparation and garden management.

More information, including the schedule of topics and instructions for joining the Zoom sessions, is available at extension.umaine.edu/gardening/gardening/garden-chats. To request a reasonable accommodation, or with questions, phone Caragh Fitzgerald at 622-7546 or email cfitzgerald@maine.edu.

UMaine Extension — Dairy Farms Seek Short-Term Workers

Maine dairy farmers are in urgent need of help with routine chores. Dairy cows need to be fed and milked daily, and there are multiple other essential tasks. In response to the COVID-19 outbreak, University of Maine Cooperative Extension and the Maine Organic Farmers and Gardeners Association will help farmers locate potential short-term workers.

The Waldo County Extension office is compiling a list of people with some experience on dairy farms, especially milkers. For more information or to participate, call 342-5971.

Mori's Farm News and Summer Plans

The Morris Farm, located at 156 Gardner Road in Wiscasset, is closed to the public to protect staff, residents and volunteers from COVID-19. Events, classes and meetings through April 30 have been rescheduled or put on hold. Summer Farm Camp will not be held this year.

The Farm Store is also closed to the public; fresh eggs are still available in the lobby self-service area. Community garden plots are now available: 10-foot by 20-foot plots can be rented for $45 for the season.

Morris Farm provides on-site water, tilled soil and garden tools. To rent a plot, or with questions, call 822-4080 or email info@morrisfarm.org.

The Master Gardner program has begun planning for the season with the intention to break ground by the end of April. Every year, a group of six to eight Master Gardeners produces vegetables on the farm that are donated to area food pantries. Those interested in participating can email Lori Bryant at redvettelbry@gmail.com.

The Morris Farm has several summer events planned. Tickets, $25, are now available for a concert in the barn with Gordon Bok on Saturday, July 11. To order, visit morrisfarm.org. If the situation warrants, refunds will be provided.

Craft Fair and Open Farm Day are also planned. The double event will be held on Sunday, July 26. New farmers Codie and Jesse will introduce their venture, Boschi Farm, and provide activities for children. Signups for crafters will begin soon.

The public is invited to hike Morris Farm’s trails and paths while practicing social distancing; leashed dogs are also welcome.

Residential Real Estate Sales, Values Increase

Maine single-family existing home values increased in February, as did the number of sales, which increased by 5.75 percent compared to February 2019. According to the Maine Listings, 16 counties of the 81 counties listed sold 1,306 homes sold reached $216,900 — an uptick of 8.45 percent compared to February 2019. The MSP indicates that half of the homes were sold for more and half sold for less. Nationwide, sales of single-family existing homes are up 7.3 percent, comparing February 2020 to February 2019.

The National Association of Realtors reports that the national MSP jumped 8.1 percent to $272,400. Regionally, sales across the Northeast increased 2.9 percent, and the regional MSP rose 8.2 percent to $295,400. On a “rolling quarter” basis — comparing sales for the three-month period ending February, Knox County sales increased from 99 in 2018–’19 to 109 in 2019–’20, an increase of 10.1 percent. The Knox County MSP decreased from $235,000 to $225,000 — a drop of 4.2 percent.

Rolling quarter sales in Waldo County, from 77 in 2018–’19 to 90 units in 2019–’20, an increase of 16.8 percent. MSP fell from $180,000 in 2018–’19 to $164,000 in 2019–’20, a decrease of 8.8 percent.

Below are two charts showing statistics for Maine and nationwide. The first chart lists statistics for the month of February 2019 and 2020 only, statewide. The second chart compares the number of existing, single-family homes sold (units) and volume (MSP) during the rolling quarter of December through February, of this year and last year.

Maine Real Estate Stats —

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<th>County</th>
<th># Units Sold 2019</th>
<th># Units Sold 2020</th>
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<th>Change</th>
<th>MSP 2019</th>
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Source: Maine Real Estate Information System, Inc. (d/b/a Maine Listings). Note: Maine Listings, a subsidiary of the Maine Association of REALTORS, is a statewide Multiple Listing Service with over 4,700 licensees inputting active and sold property listing data.
There was a time when Florida didn’t seem that distant from Maine. A three-hour flight or a three-day drive and you’d exchange the sleet and freezing rain or driving snow of New England with the screw barks of pelicans and tropic birds and flowers. But with coronavirus travel restrictions and sheltering in place the new normal, Maine and my family and friends seem a distant as the other side of the moon.

For the past seven years or so we have headed south to spend the winter months in a small Florida community on an island surrounded by Everglades National Park, reachable by a causeway that arches out from Everglades City. Over these years it’s become more and more an oasis of paradise in many ways, although a paradise not without its indications of who has headed north. By the end of April we are among the two or three winter visitors who remain, park-owned trailers and homes, along with a handful of customers and clients. The market on Vinalhaven takes phone and email orders and drops off or leaves them out for pickup. The yarn shop that my daughter once owned in Port Clyde has put together the small bathroom cabinet that was shipped to me now is prized by many for retaining the ambiance of Old Florida — sort of like Key West, pre-Jimmy Buffett. It’s parrot in the key ways, although a part but not without its drawbacks. Hurricane Irma decimated the area three years ago and it took two years for us and others to clean up and rebuild. Many businesses never reopened and those that did were reduced in size and services. Temperatures even in March are in the 90s, with matching humidity. It’s a 20-mile drive to medical services or a large supermarket, although a small local market and a couple of gas and convenience stores supply daily necessities, and there are three bait-and-tackle shops for the real necessities like lures and monofilament.

Daily life here is both simpler and more complicated than back home, though, in many ways from is life on Vinalhaven, the St. George peninsula or in rural Vermont, areas that have been home for me since I became an adult. One key aspect to this place empires out at the beginning of spring as snowbirds return north to plant their gardens and celebrate Easter with their families. The Canadian contingent, first to arrive in late October, leaves first because of visa and other regulations. Others follow over the weeks, with storm shutters and covered boats indications of who has headed north. By the end of April we are among the two or three winter visitors who remain, but a stream of day fishermen, RV campers and renters of park-owned trailers and homes, along with a handful of year-round residents, usually box new seedlings being lined up in front of sunny windows, a grandson reading with a dog curled beside him. I take comfort from an image of my 7-year-old grand-daughter, taken from behind as she stands barefoot, wearing her white karate uniform, hair neatly pulled into French braids. Her tiny shoulders are pulled back, posture ramrod straight as she directs all her attention to a small screen where she and her friends are participating in their weekly karate class virtually via Zoom. Her focus is on the intensity for the distance it must travel, just as our positive thoughts and best hopes must be for those we love and miss during these difficult times.

Sometimes it seems like the self-imposed isolation isn’t all bad. We aren’t always in a huge rush to get things done. Fishing rods get oiled and rigged with new line. I finally put together the small bathroom cabinet that was shipped to us a week ago. The dog gets a much-needed trim and treat. When we head out into the bay, it’s just us under a bowl of sky, bobbing in an endless sea. Fishermen love this place but a stream of day fishermen, RV campers and renters of park-owned trailers and homes, along with a handful of year-round residents, usually box new seedlings being lined up in front of sunny windows, a grandson reading with a dog curled beside him. I take comfort from an image of my 7-year-old grand-daughter, taken from behind as she stands barefoot, wearing her white karate uniform, hair neatly pulled into French braids. Her tiny shoulders are pulled back, posture ramrod straight as she directs all her attention to a small screen where she and her friends are participating in their weekly karate class virtually via Zoom. Her focus is on the intensity for the distance it must travel, just as our positive thoughts and best hopes must be for those we love and miss during these difficult times.
Bicycle Coalition Offers Online Safety Basics

Bicycle Coalition of Maine (BCM) has suggestions to help prevent wipeouts and cabin fever and stay active. BCM foresees that, in the absence of a typical school day, more children will be outside playing for a greater number of hours each day. Families can help students meet physical education requirements — 30 minutes of physical education each day.

Exercise, fresh air and sunshine are important to maintain the physical and mental health of all people, particularly those who are less mobile. BMC advises precautions while confronting the challenges associated with COVID-19. The change does not open any body of water to ice fishing due to COVID-19, many seasonal posting and fence breaks out. Devastating social satire. Awarded the Venice International Film Festival; it has also sparked claims that it could inspire violence.

Tips from state agencies— Enjoying Outdoor Recreation Safely

The Maine Department of Inland Fisheries and Wildlife and the Department and Agriculture, Conservation and Forestry offer suggestions for how to enjoy the outdoors responsibly while observing a stay-at-home emergency.

• Visit a lesser-known spot and explore places close to home. Those who are exhibiting symptoms related to COVID-19 should not visit parks. Those who are exhibiting symptoms related to COVID-19 should not visit parks.
• Be prepared for limited access to public restrooms.
• Visit a lesser-known spot and explore places close to home.
• Be prepared for limited access to public restrooms.
• Visit a lesser-known spot and explore places close to home.
• Be prepared for limited access to public restrooms.

For help finding additional information on biking or staying active, email info@bikemaine.org. The site also offers help planning a ride, in the interactive map section labeled “Where to Ride.”

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Tips from state agencies— Enjoying Outdoor Recreation Safely

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Enjoying Outdoor Recreational Fishing

The change does not open any body of water to ice fishing due to COVID-19, many seasonal posting and fence breaks out. Devastating social satire. Awarded the Venice International Film Festival; it has also sparked claims that it could inspire violence.

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**Uncategorized**

**KIDS & PARENTS**

- Camden Public Library’s Young Adult Programs, like Girls Who Code and YA Book Club.
- Visit The Free Press’s Facebook Page for highlights on how to contact our managing editor to contribute your thoughts on life during this pandemic.

**NOTEWORTHY**

**TUESDAY, MARCH 31**

- **Governor Janet Mills’ Executive Order**, which went into effect at 6 p.m. on March 18 and bands gatherings and face-to-face contact, has been expanded and extended to April 8. The order closes all nonsential businesses with public-facing spaces, bans gatherings of more than 10 people and calls for social distancing and other safeguards at businesses that remain open. See www.mainegov.gov/COVID19/Executive ORDER at maine.gov.

**RESOURCES**

- We offer a Calendar of Events that is, for the fall show at Center for Maine Contemporary Art, in Rockland. For gallery info, go to CMCNow.org.
- **MCMA 2020 Biennial Exhibition Taking Online Applications**, with an April 3 deadline for the fall show at Center for Maine Contemporary Art, in Rockland. For gallery info, go to CMCNow.org.
- **Museum** in an online Zoom meeting on Friday, April 3, at 3 p.m. They will answer questions about who they are and how they can help writers create and publish a book. Email info@adasyoshurong.org to register.
- **Take a Virtual Tour of a World-Class Museum** including the Louvre, Guggenheim Museum, Metropolitan Museum of Art. Their websites are now offering the free tours.
- **Waterwheel Center for Ceramic Arts** has canceled the Soup Bowl Supper that was scheduled for April 2.
- **Waterfall Arts in Belfast** has closed its galleries and office at Waterfall Arts until April 27. All events, workshops, yoga and drop-in and open studios are suspended for now. Staff will reach out to already-registered students to process refunds or communicate rescheduled dates. If you are receiving private lessons from studio tenants, please contact them directly for any schedule changes or cancellations.

**HOME & GARDEN**

- **Conservation District Extends Plant Sale Deadline**, Knox-Lincoln Soil & Water Conservation District’s Annual Plant Sale will be limited to pre-ordered orders only with scheduled curb-side pick-up at Union Fork Farm. Pre-order for pre-customers—the there will be no public cash-and-carry sale this year. To accommodate those who were planning to shop cash-and-carry, KLSWC is extending the pre-order deadline to Friday, April 30. To order, go to www.knolinc.org; to make a credit card payment, visit www.ckcares.org.
- **Adas Yoshuron Synagogue’s Annual East Day Community Dinner Will Still Be Held**. It’s a free meal to all school-aged children, from noon to 2 p.m. (or, if necessary, until 4 p.m.) and leave a message. To order an East Day Community Dinner, call 338-5575 on Friday, from 8 a.m. to 2 p.m., or Saturday 2 to 4 p.m., and leave a message. To order an East Day Community Dinner, please contact contact info@adasyoshurong.org. For more information, visit Adas Yoshuron in person at 23 Mill Lane, Rockland, and at info@adasyoshurong.org.
- **The Game Loft in Belfast is giving free grab-and-go lunch boxes to all school-aged children**, regardless of Game Loft membership. From noon to 2 p.m. seven days a week at 78A Main Street, above All About Games, through the green door.
- **Central Lincoln YMCA** distributes meals to children up to age 18 from Healthy Lincoln County every Monday, Wednesday, Friday and Saturday from 11 a.m. to noon, while school is closed, for pick-up from the YMCA parking lot.
- To order a WIC meal, visit www.cdc.gov and search for information on buying items with an orange WIC label next to the price. According to the Department of Health and Human Services, WIC can’t switch to another brand or kind of food. If a store runs out of WIC-approved options, they will go home empty-handed. "WICpeople.

** FOOD & DRINK**

- **Belfast Farmers’ Market** has moved its to its outside location at Waterfall Arts and will be open Fridays, 9 a.m. to 1 p.m. “With public health a top priority during the COVID-19 outbreak, the market has transitioned away from a social gathering hub to a place to efficiently pick-up necessities from local food merchants.” Belfast Farmers’ Market has details.
- **Free Community Take-Out Supper at First United Methodist Church**. The church will distribute meals to children up to age 18 from noon to 2 p.m. on Tuesday, Thursday, and Saturday. The meal will be posted to CMCA’s Facebook page and website. A list of materials to be used in the workshop will be posted periodically, and a WIC Symbol beside the price, get something a store runs out of WIC-approved options, they will go home empty-handed. "WICpeople.
- **P.E. with Joe on YouTube** is a series of lively daily workouts designed just for kids.
- **Tips About Coronavirus** are offered on the CDC’s website: cdc.gov/coronavirus/2019-ncov/community/ schools-childcare/talking-with-children.html

**MISCELLANEOUS**

- **St. Margaret’s Episcopal Church in Belfast will stream Sunday morning worship services** and other programming via Zoom at http://zoom.us/j/247917909. For information on how to log in before the service, see St. Margaret’s Facebook page or go to smmargaret-belfast.org. While all church buildings are remaining closed, St. Margaret’s will stream its abbreviated homily and prayer service Sunday mornings at 9 a.m. and a service of Compline Mondays through Saturdays at 8 p.m. The office is closed, but the church administrator can be reached at the answering machine. The office can be reached at the answering machine. The office can be reached at 238-4212 in person from 9 a.m. to noon on Tuesdays, Wednesdays and Fridays.
- **Update from Morris Farm in Wiscasset**. events, classes, and meetings through April 30 have been canceled. For information, Morris Farm staff is receiving phone messages and emails and responding. The Farm Store is closed to the public, but the farm is still providing fresh eggs in the lobby self-serve area. People are invited to hike the farm’s trails and participate in the social distancing. Leashed dogs are welcome.

We’re working on these great upcoming shows.

**Jazz in June**

Happening Pocket Moxie family show

Folk singers Tom Rush

Gospel sensations the Campbell Brothers

Illustrist Lynn Dillies

Irish superstars Lúnasa

A MaineteaMusicBluegrass concert and more...

www.camdenoperahouse.com
Box Office: (207) 236-3154

**Camden Opera House**
This past week, COVID-19 has begun to overwhelm some health departments. The economy is seizing up. It seems to be a sacred, and that our species is only one small part of the greater whole.

COVID and Climate Change

We live in challenging and frightening times. It appears that as things get more intense, there is some time that one needs to slow down and consider the larger picture.

Venus remains in a fine aspect through any who were born March 9 to 11, July 11 to 13, or November 11 to 13, of any year. At 1:11 p.m. Venus will be at 2 degrees of Aries, and this aspect to an aspect between the Moon in Cancer and Venus in Taurus. From 1:45 until 3:45 p.m. the Moon will be opposite the Sun at 18 degrees of Aries. This day is all about relating and asking questions. Mars and Uranus are still in aspecting Venus and Mars. Your thoughts are focused on how to handle pandemics, there is a critical lesson we need to learn that I fear we may not.

The same is true for Pisces. Dishonesty with regard to facts, and failure of Congress to live up to its responsibilities are driving us towards a disastrous level of global warming. We already know from the science that if global warming is not rein in global warming. The political class (Republican, Democrat and Independent) is living in a perfect world, and they are not recognizing the potential in this frightening pandemic for us to grow stable inwardly. Mercury is in a favorable aspect to Venus and Mars. This will bring about confusion and misunderstandings. Venus remains in a fine aspect with Saturn and balances in our political system. An unconstrained presidency has driven the national bus into a wall.

As a nation, we will recover from COVID-19, although thousands of us who might have [recovered] may not live to see that day. There will be other pandemics for which we are already, hopefully, learning from this one so that nothing like this ever happens again. But beyond figuring out how to handle pandemics, there is a critical lesson we need to learn that I fear we may not.

We have an opportunity for deep cultural change, to truly grasp that as much as we value individual freedom in democratic societies, we have to also be responsible to the Whole, or all life on this earth, if we want a healthy society and a liveable planet as our home. I need to quarantine myself not merely for self-protection, but for the health of my whole community. I need to understand that if my neighbor needs funds will return us to some sort of pre–climate change normalcy. There will not be a global-warming vaccine. If we do not rapidly modify the ways in which we inhabit this planet, there will be massive disruptions that will not end.

To stave off the worst of the economic damage from COVID-19, Congress is enacting a $2 trillion stimulus package. We must not spend this money and rack up this debt simply to get us back to where we were before the coronavirus struck.

The enforced global economic slowdown is already resulting in a measurable reduction in the emission of climate-warming gases. In parts of China it is over 25 percent. We already know from the science that if global warming is not checked it will, over the decades, be more devastating than the coronavirus, but we have failed to act in any meaningful way.

Climate change is irreversible; no amount of bailing-out funds will return us to some sort of pre–climate change normalcy. There will not be a global-warming vaccine. If we do not rapidly modify the ways in which we inhabit this planet, there will be massive disruptions that will not end.

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Why ‘HERE TO STAY’?
“Shop local” — in today’s economy it’s more important than ever that we recognize the small, independent businesses that have kept our communities alive. They are the backbone of our towns, and they remain steadfast in their commitment to serve us. They have shown us what it means to be a part of a large neighborhood, to contribute to the good of many. Once again we salute the people whose perseverance and determination have kept the meaning of community alive for generations.

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**Barns:** 320 hay, gas station Attendant Covers, from Canfield Supperette. $20. Your unique next-year’s Halloween costume. 200-1185

**Round Balecloth, green pat-
ten, reversible, 72” across, $15

**New shower curtain ties and

**Rental**

**Rental**

**THE LUPINE HOUSE**

- Adequate, furnished 1850s farm-

- house for rent in Lincolnville, ME, on quiet dead end road. Great for families and all

- ride bikes. Walk to Norton Pond, and Lincolnville Great School. Three bedrooms, two baths, on four and a half rolling acres. Wood floors throughout, brand new appliances, and large private backdrop with a view of the woods, stream, and ocean. Sleep-

- ers, and goats, and the call of the loon. Ten minutes to the beach. Ten minutes to the beach. Ten

- minutes to town. Ten minutes to town. Ten minutes to Lincoln.

**ROCKPORT — Stupendous

- space available on Route 1 in Rockport. Approx. 3,000 sq. ft., 12-ft. ceiling, open plan, beautiful natural light, wood floor, private entrance, kitchenette and bathroom. Per-

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**EVERGREEN SELF STOR-

- age — 611 Ocean Ave, Rockport. Priced

- to sell, 10 x 15 unit, $80

- 10 x 20 unit, $100

- 10 x 25 unit, $125

- South Thomaston, 975-1326. **(RM)**

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Please print legibly — ads cannot be run if we cannot read them.

If we can’t read it, we can’t run it.
Applications are now being taken for the KNOX HOTEL APARTMENTS 192 Main St. Thomaston

One bedroom apartments that are conveniently located right downtown, rent is 30% of income and includes, wall to wall carpeting, laundry facilities, community living room, parking and conveniently located service Co-op on site.

Maximum Income Limits are:

- $37-340 for 1 Person
- $31-440 for 2 Persons

If interested, please call: Sherry 594-2743

TO/DY 1-800-545-1833 Ext. 702

---

**SELF HELP AND SUPPORT**

**MIDCOAST DEPRESSION AND BIPOLAR SUPPORT ALLIANCE**

Peer Run Support Groups Open to Anyone Living with Mental Issues, Diagnoses or Mood Disorders.

Meet Thursday, 7:30-8 p.m. at the First Universalist Church in Rockland, corner of 345 Broadway and County Street. Parking and entrance are at the back of the church. FMI: 208-4854 and 505-2653.

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**SEX AND LOVE ADDICTS ANONYMOS**

FMI: Free Press online advertisement, or to go to the 211 Maine Web site (click on 211 directory then keyword: Rockland). From the patterns and impacts of abuse, and ending violence. Receive emotional support and accountability. FMI: New Hope for Women, 1-800-222-3394.

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**PROSTATE CANCER SUPPORT GROUP**

New Prostate Cancer Networking Support Group, second Monday of the month, 5:30-7:30 p.m., Rockland Room, Annex Center, 31 White Street, Rockland. FMI: sharronkie@maine. 1-800-222-3394.

---

**REFUGEE RECOVERY**

A non-theistic, Buddhist-inspired approach to recovery from addiction. Wed., 6:30-7:30 p.m., 311 Maine Web site (click on 211 directory then keyword: Rockland). FMI: rrrrockland@gmail .com.

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**ONGOING SOCIAL AND SUPPORT GROUP**

- Lesbians - 45s, coupled or single, living in the Camden/Rockland area. FMI: 431-6249 or e-mail mypebbles@midcoast.com.

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**AL-ANON MEETINGS**

Waldo County: Annual Membership meeting, Jan. 3-4 p.m., First Baptist Church annex, 95 High St., Rockland.

- Church, 11 White St., Rockland.
- Church, 11 White St., Rockland.
- United Methodist Church, 13 Chapel St., South Thomaston.

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**FMI: NARCOTICS ANONYMOUS**

New Beginnings, Thurs., 6:30-7:30 p.m., St. Peter's Episcopal Church, 11 White St., Rockland.

- Church, 11 White St., Rockland.
- United Methodist Church, 13 Chapel St., South Thomaston.

Every Third Saturday, dinner meeting, 5:30-6:30 p.m., no kids, come with a salad and entrée. All are welcome.

---

**FRIENDS & FAMILY TOGETHER**

- Support group for family & friends of people with substance use disorders. Thurs., 4:00 p.m., Coastal Recovery Community Center (CRC), 24 Lincoln Street (old Lincoln School), Ste 103, Rockland. FMI: 592-5504.

---

**FREE PRESS ADS WORK!**

IF PAYING BY CREDIT CARD:

JUST CALL IN YOUR AD COPY — 596-6696

Or, enclose payment and:

Mail to: P.O. Box 1076, Camden ME 04843-1076

Or: Bring to: 6 Virginia Avenue, 2nd floor, Camden

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**DEADLINE IS NOON ON WEDNESDAY FOR THE FOLLOWING TUESDAY ISSUE**

I would like my ad to read:

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

- Vehicles
- Boating
- For Rent
- For Sale
- Help Wanted
- Real Estate
- Services
- Wanted
- Yard Sale
- Other

Name ____________________________
Address ____________________________
Town ____________________________
State ____________________________
Zip ____________________________
Phone ____________________________

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

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**THE FREE PRESS**

Tuesday, March 31, 2020 27
### CHANNEL LINE-UP

**Knox County**

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<thead>
<tr>
<th>Channel</th>
<th>Program</th>
<th>Time</th>
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**Channel Guide**

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**TV Guide**

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<td>Monday Evening</td>
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Not the Lubricant Honda Was Looking For; Ahead of His Time with Hair Dryer

DEAR CAR TALK: I own a 2014 Honda Accord LX, and it has been a very good car. So good that I am thinking about buying a new Accord. At least I was thinking about a new Accord until I started seeing stories about the engine oil being diluted by gasoline. This does not sound like a good situation, but I am wondering how bad it really is. I would love to hear your take on this. Thanks! — Joseph

RAY: While Honda’s engineering is generally excellent, they seem to have stumbled with their 1.5-liter turbo engine. Joseph, there’s a number of complaints about gasoline diluting the oil. That’s not a good situation. Gasoline is not nearly as good a lubricant as oil is, so this has the potential to ruin your car to smell like the gas station. At least I was thinking about a new Accord, but I am wondering how bad it really is. I would need at least a pair of them. So you’re talking about 200 amps at 12 volts. That’s a pretty significant load on the battery. It wouldn’t kill the battery in 10 or 15 minutes, but if your battery was old or marginal, and it was a cold day (which it obviously would be), you could weaken it to the point that it’d have trouble starting the car. And wouldn’t that stink? Of course, once the car is running, you could pull 200 amps from the alternator and the battery combined, and that wouldn’t be a problem. So it could be a way to get some heat right away, but to start the car, but before the engine is producing usable heat.

The larger issue is that heating the air is the least efficient way to keep the driver warm. Take a simple sedan. Say it has about 20 cubic feet of interior volume. You’re taking up about 4 of those cubic feet, and yet you’re wasting a ton of energy heating up the other 16 cubic feet to 70 degrees. In contrast, radiant heating (seat heaters, steering wheel heaters, rear window defroster) use far less power, and deliver the heat precisely where it’s needed: to your tushes and key surrounding areas.

But here’s the good news, Raymond. Your idea actually makes more sense for electric cars, which are getting more popular every day. Here’s why. Electric cars do not have internal combustion engines, which give off heat. So they already use electric heating elements to heat up the cabin. And on a cold day, with a simple remote control, you could run the heating element while the car is still plugged into its charger. That would preheat the cabin without eating into the car’s battery reserve and driving range.

So it’s a great idea, Raymond. You were just 35 years ahead of your time and working on the wrong propulsion technology.

Sung by Ray Magliozzi and Doug Beeman
Updates from Camden Public Library

Children’s Librarian Amy Hand

Camden Public Library will remain closed to the public into April, in alignment with the updated mandate issued by Gov. Janet Mills. Library staff are working on projects both at the library and from their homes to help the community stay connected to library resources and services.

The library’s website, librarycamden.org, and Facebook page have continued throughout, with program offerings. The website’s homepage provides quick links to the free film-streaming service Kanopy, access to thousands of e-books and audiobooks from Cloud Library, and links to online resources from free Broadway performances to children’s art classes.

The library’s Facebook page features several activities for both children and adults. Children’s librarian Miss Amy offers stories and crafts on the page every weekday. Mondays at 11 a.m., Miss Julia will read aloud from books about Maine’s history; and on Fridays at 11 a.m., she will read aloud selections from a variety of adult fiction and nonfiction books. Librarian Miss Amy offers stories and crafts on the page every weekday. Mondays at 11 a.m., Miss Julia will read aloud from books about Maine’s history; and on Fridays at 11 a.m., she will read aloud selections from a variety of adult fiction and nonfiction books.

Along with more than 200 Maine libraries, Skidompha Library in Damariscotta has temporarily closed in an effort to slow the spread of COVID-19. Maine State Library, the archives, and the museum are closed until at least April 15. Skidompha will not charge late fees as long as library materials are returned. Maine State Library has extended all due dates to April 15.

Interlibrary loan deliveries have been suspended until further notice and the “Request” button in the online catalog has been removed. Previous holds are not being canceled; the library will resume requests and honor holds when it is possible.

Thomaston Public Library Updates

Thomaston Public Library will be closed at least until April 3, and programs are canceled while schools are closed. The library will reopen as soon as it is safe to do so per the guidelines and recommendations of Maine State Library and Maine CDC.

Maine State Library is awaiting guidelines from CDC for sanitizing books and other library materials. The current situation suggests that books should be quarantined for at least three days. Until CDC can provide guidelines, the State Library is strongly discouraging libraries from providing pickup or delivery services. They will also suspend inter-library loan services until the end of the month.

Rockland Public Library Updates

Rockland Public Library is currently closed to the public but many library resources are available online.

Two of the best ways to stay engaged are by visiting the library’s website at rocklandmaine.gov and the library’s social media pages. The website provides easy access to CloudLibrary, a platform for checking out e-books and digital audiobooks with a library card. Patrons can access research tools and databases via the website, as well as archived Rockland newspapers. Send questions via email to refdesk@rocklandmaine.gov.

The library is sharing information on its Facebook page; some updates can also be found on the website, which also includes information from other Rockland departments, city government, state government and RSU 13. The website presents options for local unemployment information from Maine Department of Labor, and links to multiple free online resources for children and adults.

Staff members are presenting virtual story times, tutorials and book reviews most days using Facebook and YouTube. Those who do not have internet access are invited to call 594-0310 with questions, or simply to hear a friendly voice.

BMV emergency rules update — Waivers for Expiring Vehicle Registrations, Inspections & More

Secretary of State Matthew Dunlap closed all Bureau of Motor Vehicles (BMV) offices on March 17 to aid in preventing the spread of COVID-19 among staff and the public, and the closure will remain in effect until further notice.

The Maine Legislature has now waived enforcement of all motorized vehicle, watercraft and trailer registration and inspection requirements. Motor vehicle and trailer registrants, including all temporary registrations and any fuel-use permits, will expire during the state of emergency, will be extended up to 30 days after the state of emergency is terminated. Inspections that expire during this period are also extended.

Dunlap is granting permission for trucks with a temporary registration plate to continue to operate even without a permit. The extended grace period for the duration of the state’s declared state of emergency and an additional 30 days thereafter.

The Federal Motor Carrier Safety Administration has granted a waiver applicable to interstate and intrastate commercial driver’s license (CDL) and commercial learner’s permit (CLP) holders and to other interstate drivers operating commercial motor vehicles. FMCSA grants, until June 30, a waiver from renewal of medical certificates and licenses for those whose CDL or CLP expires March 1 or later. It does not apply to those whose license or medical certificate expired before March 1, or those who are suspended or have had their license withdrawn.

President Trump announced on March 23 that he will be advising the Department of Homeland Security to extend the enforcement deadline for Real ID compliance due to BMV closures and reduced services nationwide. Real ID requirements were set to go into effect on October 1; the new deadline has yet to be announced. The Secretary of State does not need to take action regarding these measures. Many BMV services are available by visiting maine.gov/bmv, but not all transactions can be completed online, depending on individual situations. During the emergency closure, residents will not be able to obtain Real ID credentials, first-time credentials or new registrations.

The library’s young adult programs, like Girls Who Code and YA Book Club, will be conducted over meeting platforms Skype and Zoom, respectively. Email Miss Lorraine at lmurray@librarycamden.org for more details.