Maine’s Fall Foliage Display Is Beginning

The official start of Maine’s fall foliage season was September 15. The 2021 Fall Foliage Report from the Maine Department of Agriculture, Conservation and Forestry shows very little color change throughout most of the state. Forest rangers in northern Maine are reporting a 10% color change, with low leaf drop.

Typically, northern Maine zones six and seven reach peak conditions the last week of September into the first week of October. The rest of the state’s progression of color will start occurring from north to south in mid-October. Coastal Maine typically reaches peak conditions in mid- to late October.

Follow “peak colors” through the season by following along at mainefoliage.com.

PHOTO: ED CARROLL

FOLIAGE REPORT continues page 5
I wrote my doctoral dissertation long ago on the effects the Vietnam War was having on U.S. foreign policy. It was then obvious that the conflict had divided the country and deeply cautious about overseas military intervention. This paradigm was likely to last for some time but end in a new bout of interventionism. I suggested a long delayed cyclical or alternating patterns in history, including the history of U.S. politics. I explored how our foreign policy of a given period becomes rationalized and then wrecks itself. War and terrorism led to a series of showdowns. By early 1968, the Vietnam bog made the U.S. believe that the U.S. must be the new aggressors, and the Cold War led to a paradigm that the U.S. must be drawn back into overseas conflicts. Japan’s 1931 conquest of Manchuria brought Secretary of State Stimson’s “non-intervention” policy, which the U.S. embraced without thought until 1940. As Stimson wrote my doctoral dissertation long ago on the effects the Vietnam War was having on U.S. foreign policy. It was then obvious that the conflict had divided the country and deeply cautious about overseas military intervention. This paradigm was likely to last for some time but end in a new bout of interventionism. I suggested a long delayed cyclical or alternating patterns in history, including the history of U.S. politics. I explored how our foreign policy of a given period becomes rationalized and then wrecks itself. War and terrorism led to a series of showdowns. By early 1968, the Vietnam bog made the U.S. believe that the U.S. must be the new aggressors, and the Cold War led to a paradigm that the U.S. must be drawn back into overseas conflicts. Japan’s 1931 conquest of Manchuria brought Secretary of State Stimson’s “non-intervention” policy, which the U.S. embraced without thought until 1940. As Stimson pointed out, the world had then turned against the U.S. as finished; his son saw Britain as belatedly aroused. The 1940 German Blitzkrieg through France started splitting the Axis and the U.S. yet would not enter the war until 1942. The U.S. was then turned against the U.S. as finished; his son saw Britain as belatedly aroused. The 1940 German Blitzkrieg through France started splitting the Axis and the U.S. yet would not enter the war until 1942. The U.S. was then turned against the U.S. as finished; his son saw Britain as belatedly aroused. The 1940 German Blitzkrieg through France started splitting the Axis and the U.S. yet would not enter the war until 1942. The U.S. was then turned against the U.S. as finished; his son saw Britain as belatedly aroused. The 1940 German Blitzkrieg through France started splitting the Axis and the U.S. yet would not enter the war until 1942. The U.S. was then turned against...
The Free Press

Legislators Write Letter to President Biden
Over New NOAA Regulations
by Sen. David Miramant

The new regulations are part of a three-phase plan that NOAA claims will save 90% of right whales by 2060. The three-phase plan progressively shuts down regions to fishing and further stretches Maine’s lobster industry. NOAA estimates that the final phase will require Maine’s lobster fisherman to reduce their catches of right whales by 5% and 10% in revenue per year. This does not account for what the long-term effects will be on the lobster industry holistically such as gear suppliers, restaurateurs, trap builders and rope manufacturers. The only way to implement the new plan and maintain the lobster industry requires Maine to completely refurbish our lobster practices. It would mandate the conversion from traditional rope fishing to expensive and developmentally ropeless fishing technology. Some estimates indicate that to fully transform Maine’s lobster fleet to ropeless equipment will cost upwards of $500 million dollars. The technology is still in the developmental phase and may not even work properly.

NOAA officials have put hardworking Maine families in a hard spot. I oppose this proposal that puts our coastal communities in jeopardy, risks hardworking Maine families and people’s livelihoods with no endowment for safety for right whales. Environmental groups have opposed the regulations for not addressing the actual problem as well. I identify as an environmentalist and can recognize when a policy doesn’t solve the problem.

As we said in our letter to President Biden, many of us here in the State House believe that “the new regulations threaten the livelihoods of the commercially viable lobster industry and must be reconsidered.” Maimers remain committed to supporting both the viability of the lobster industry and protecting the right whale. We are reaching out to our state delegations, to our state and federal government officials, to our agencies, and our stakeholders to fund a better solution. We’re demanding more from the NOAA. The current regulations required millions of dollars. We’re demanding a solution that incorporates the needs of the people of Maine, take into account all the available resources, and are based in science.

David Miramant represents Maine Senate District 12, which includes most of Knox County.

O P I N I O N S

Extend Comment Period on Dredging Rockland Harbor

About two weeks ago the Maine Bureau of Parks and Lands sent a notice dated September 1 to Rockland city officials about a proposal by Archer’s to dredge a large area of ocean and install a number of new floats for boat docking. The notice, posted by the city on September 14, calls for public comment about impacts of this development — before or on October 1. This is a call on the city council, the town manager’s office, the city harbor and waterfront department, Representative Geiger and Senator Miramant — and on the public — to contact the Maine state authorities and urge an extension of the public comment period for at least a month. Normally this notice is taken to inform the public, publicize the details of the plan, set a public meeting and increase the transparency surrounding this large project.

The proposal comes through shorelines and focuses on submerged properties (Submerged Lands Notice), and it includes the plan proposed for dredging and the new docks. The application was made by SHM Group with Dun & Bradstreet regarding the parent company, SHM, LLC, based in Dallas, with 555 companies, 2,584 employees and about $405 million in annual sales, and its overall parent company is Sun Communities, Inc. of Southfield, Mich., a real estate investment trust with an annual revenue of $3.19 billion.

Judy Ptaszynski, Rockland

Where Was Trump? —

September 11, 2021, was a somber and sadly evocative day, one that I imagine most all Americans noted with sorrow and a memory of terrible loss. It was heartwarming and inspiring to see former presidents and first ladies Clinton, Bush, Obama, along with President Biden and the first family, in attendance at ground zero in New York to mark the moment the 9/11 attacks began. This occasion calls for the sober gravitas, reflection and leadership which our presidents can provide.

I was astonished to note the conspicuous absence of our former President Trump. I checked on this and discovered that he was doing commentary, for money, at a boxing match in a Florida casino rather than supporting Americans by attending any 9/11 commemorative ceremonies. This is dismaying, to say the least, given Trump’s history as a president’s true character, as actions speak louder than his meaningless words.

Any Americans who somehow still support this man should be ashamed and embarrassed.

John Shepard, Union

Thanks for the Laughs —

There is more than one reason to read every page in The Free Press. A letter in the 9-14 issue mentions an earlier letter filled with “words of writers” and excludes me, which I read between another letter saying the president should be impeached.

We have folks writing about local issues like the Camden waterfall, and other writers about Afghanistan and our foreign policy. What’s happening to our people? I don’t know what our neighbors are doing, and how we can participate (if we have the time) in such wide varieties of activities, as well as giving us the reason why it is important to make the changes in visiting policy of our local health care centers.

We moved here from New York City about 15 years ago. I thought we had made the right move because we had lived in that — local. But having The Free Press is such a gift to our lives that we have even decided to pay to have a subscription (even though we don’t have to) to guarantee that it can continue. Thank you for a continuing fine job.

Karen Gleeson, Northport

The Blessing of a Nice Café —

Eva Murray

In a Florida casino rather than supporting Americans by attending any 9/11 commemorative ceremonies.

We took our time finishing breakfast. Of course I didn’t know that in the aftermath of the 9/11 terrorist attacks, we’re not going to get to let you in.” Thus began the reality of COVID for me.

At that moment I was grateful for the invention of the cell phone — for this place to have a phone in the airport café — in which to think and sit still a moment and reconfigure a complicated situation.

We set out to get our first meal in Rockland, and my phone rang. I had the word from the restaurant: “Don’t come. We’re not allowing any visitors at all. If you order, we’ll not be able to serve you to let you in.”

The Blessing of a Nice Café —

Eva Murray, lives and works on Matinicus Island.
Notes from Lime City
by Nathan Kroms Davis & Becca Shaw Glaser

Happy Fall!

**Nate:** Happy fall, Becca! This might be my favorite time of year: cooler weather; fewer mosquitoes and tourists; the promise of wood fires and the autumn harvest. Plus, elections are coming around the corner, which I enjoy as both observer and participant. How are you faring?

**Becca:** Thanks for baiting me, Nate!* Having a uterus (which is, you know, just mildly phenomenal), I’m glad I didn’t have one. S. S. Supreme Court support-
ing a $10,000 anti-abortion bounty. But we in Maine hold responsibility for two-faced Senator Susan Collins, who con-
sideryoungpeople as pawns and the judiciary as a mis-
taken path for a Rockland Aeronautics and Space Administration.

Nate:** We, all being human beings, I’ve been feeling joy to get to wear a sweatshirt, cozy pants, and think about tea, the warmth in the throat it. But fall is a bittersweet time. Leaving the in-and-out mentality of summer and moving toward winter that isn’t the winter we used to have, and now this pandemic still clinging to our skin. How are you really, Nate? You can’t be that unentertaining happy all the time.

**Becca:** Yes, in our text thread you said, “Becca, I dis-
agree strategically and practically.” Which was interesting because I don’t think it’s about anything between. As I said in the text, I think the question put to the community should be clear that it is simply an advisory vote — a straw poll. Becca:** It also think it should have been about giving people as much direct power and participation as possible. Funda-
mentally, it’s obscene that five people make decisions for 7,200 humans (and birds, water, etc.). But I’m nonetheless glad the city council is pursuing ideas to try to intervene in the housing crisis.

**Nate:** I think we disagree on a lot! Examples: The nature and efficacy of markets and competition (I’m avoiding the word ‘capitalism’ because I think it’s a mis-
understanding of how different things by it); space exploration; oceans.

**Becca:** How the hell can anyone opposed onions? Also yep, space exploration aka colonization — the amount of money and time spent on that when there are close to a billion hun-
gry people on earth each day is a sad statement on priorities.

**Nate:** I remember how inspired I was as a child to study technical subjects (in my case, primarily mathematics) because of space exploration, but I wonder how many scien-
tists and engineers wouldn’t have pursued their dreams had they not been so inspired as well. I don’t love space tourism at all, but I can deeply move by the images and discoveries of the cosmos and physical universe that the broader enterprise of space exploration has brought to us. We can take the money and save it for a Rockland Aeronautics and Space Administration.

**Becca:** There are plenty of dreams to be had and dream-
ing to be done — like feeding and housing and nurturing everyone on the planet and still flavorful and the stars are not out exploiting them. So I do not buy your argument. Earth itself is not amazing enough for you??

**Nate:** I admit that Earth is pretty amazing. Unfortunately, we’re not doing a great job caring for it. Though Rockland is advancing with sustainability coordinators, I was surprised you help us at least a little. One of my regs on city council (yes, I do have some regrets!) is that I didn’t push for this posi-
tion. Also, I just think we do not have a sense of where our money should be spent; I often ask City Councilors to do a column where I tell you all my regrets and mistakes?

**Becca:** OK... but how honest are you going to be to be? What about a basic human needs coordinator (which is a sense of where our money should be spent)?

**Nate:** Pretty honest, I think, as long as it’s about my own failures rather than other people’s!* I’d be open to something like a basic human needs coordinator, if we could find an approachable and responsible to success in any way. Becca:** I’ve seen it work amazingly. Do it... but with-
out making property taxes go up.

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Open Letter to Sen. Collins—

Dear Susan,

All else aside, we are both humans, equal among the nearly eighty million of us who you are a politician. I am so that last clause I suppose is debatable. Will you grant that there are nearly eighty Earthlings, you and I among them? This planet our home? Surely these facts you will concede. Nate:** is a Rockland city council and appointed minister of the Universal Life Church. Becca is limping through to the end of landscaping season, muddy, sweaty and thorn-slivered.

*When Nate sent the google doc link to start the column he wrote, “I’m kind of bating you again by being so happy!”

**Note:** Happy mosquitoes, fewer tourists!...
FOLIAGE REPORT
CONTINUED FROM PAGE 1
In a news release, Gale Ross, a fall foliage spokesperson for the department, said, “Maine experienced moderate drought this spring but received a sufficient amount of rainfall the month of July, which brought many portions of the state back to near normal rainfall levels. Aaron Bergdahl, a forest pathologist for the department, anticipates an excellent fall foliage season.”
Visit mainefoliage.com to sign up to receive weekly reports by email. For more information about fall activities and events in Maine, see visitmaine.com.

While Maine’s weekly foliage report graphic clumps the midcoast region into a broad swath, it’s a reasonable guide to the progression of fall colors.

Local Artisans to Celebrate Maine Craft Weekend
Maine Craft Weekend, a statewide tour of craft studios, breweries and businesses scheduled in conjunction with American Craft Week, will be held on Saturday and Sunday, October 2 and 3. Modeled on Maine Maple Sunday and Buy Local Saturday, the self-guided tour features many portions of the state back to near normal rainfall levels. Aaron Bergdahl, a forest pathologist for the department, anticipates an excellent fall foliage season.”

New Hope for Women’s 2021 Pop Up Shop raised $32,000+ to support our work!

Thank you to community members who donated clothing and shopped for hope. It is you who allow us to continue our work in support of those affected by domestic abuse, dating violence and stalking.

A special thanks to the following very generous merchants who donated many new items:

Barefoot In Denim • Black Parrot Bohemian Rose • EILEEN FISHER
Leonards • Maine & Ivy • Stonefish
Theo B. Camisole & Co.
as well as to these fine merchants:


Thanks to these businesses that also contributed to this event:


We look forward to seeing you next year!

Members of the 2021 Pop Up Shop Committee: Cathy Landau-Painter, Chairperson, Patricia Aboud, Susan Hirshberg, Necole Janczura, Joan LeMole, Elizabeth May, Cyndi Ostrowski, Rebekah Paredes, Barrie Pribyl, Susan Schor, Hildy Simmons, and Elisse Walter.
Arlene Magoon and Jed Fiato

Disaster Preparedness Workshop Online

Camden Public Library will host a free online workshop led by representatives from the Mukeait Medical Reserve Corps and the Federal Emergency Management Agency that will introduce concepts from the ready.gov OPEN program on Tuesday, September 28, at 6 p.m. The registration link can be found on the library’s “What’s Happening” events calendar at librarycamden.org.

“From the 9/11 anniversary to tropical storms and wildfires, there has been a lot in the news lately about challenges that arise when areas are hit with emergency situations,” Julia Pierce, programs coordinator at the library, said in a news release. “September is Disaster Preparedness Month—and an ideal time to empower our community with these lessons.”

The presentation will be conducted by Arlene Magoon and Jed Fiato of FEMA Region 1. Participants will learn how to understand risks, mitigate them and establish a communication plan. Individuals, community-based nonprofits, service groups and businesses will benefit from the strategies to be discussed in this introduction to general principles for preparedness.

Poet Dave Morrison Will Read at Rockland Library

Maine poet Dave Morrison will celebrate the release of his new collection of poems with a reading in the Community Room at Rockland Public Library on Thursday, October 28, at 6:30 p.m. “A Murder of Crows Descended, Displacing an Exultation of Larks” is Morrison’s 16th book of poetry.

The in-person event will offer limited seating and attendees will be asked to wear masks. There will be a simultaneous free livestream on Morrison’s Facebook page.

Garden Gathering to Feature Survivor’s View of 9/11, 20 Years Later

Lynn Tierney with her dog, Swish

Owls Head Village Library will host Lynn Tierney, former deputy fire commissioner for the New York City Fire Department, for a talk on “9/11/2001: Twenty Years Later — A Survivor’s View,” as the last Garden Gathering program of the season, on Thursday, September 23, at 4 p.m. The gathering will be hosted at the home of Diane and Stephen Nelson at 86 Lucia Beach Road in Owls Head. The rain date is September 30.

Tierney, a resident of Owls Head, was nearly killed in the collapse of the World Trade Center. Her talk will highlight heroic firefighters who are credited with rescuing 25,000 people on 9/11, and the families who struggled to manage their sorrow and face a new reality. She will also discuss how city and FDNY recovery strategies in the first days and months were often improvised to meet the overwhelming need, and the creativity and sensitivity with which they were carried out.

Simple refreshments will be served; donations are encouraged. Attendees are asked to bring chairs or blankets.

To attend, email owlsheadvillagelibrary@gmail.com; RSVPs are appreciated.

Vose To Host Book Talk by Author Gigi Georges

Vose Library in Union will host a free virtual presentation on Wednesday, September 29, at 7 p.m., with Gigi Georges, author of the recently released nonfiction book “Downeast: Five Maine Girls and the Unseen Story of Rural America.”

Georges followed the lives of five teenage girls living in Washington County in Maine’s far northeast corner, a region marked by a dwindling population, vanishing jobs, and pervasive opioid addiction.

The author turned to narrative nonfiction writing after an extensive career in politics, public service and academia. A former White House special assistant to the president and United States Senate state director, she has taught political science at Boston College and served as program director at the Harvard Kennedy School.

Author to speak in Cushing—

Imagine the Life & Times of Viking Warrior Women

Cushing Public Library will host a free presentation by author Nancy Marie Brown about her book “The Real Valkyrie: The Hidden History of Viking Warrior Women.” Brown has studied Icelandic literature and culture for decades; she contends that much of our perception of the Viking age (roughly A.D. 750–1050) is based on Victorian biases. She draws on science, history and a thorough knowledge of Viking literature to recreate Hervor’s life and times. She has published extensive-ly on the era. Brown lives on a farm in Vermont, where she keeps Icelandic horses and an Icelandic sheepdog.

To register, call Wendy Roberts at 691-0833 or email wrobertsmaine63@gmail.com.

‘Aging in the Right Place’ Forum, Vaccine Clinic

Spectrum Generations’ Lincoln County Regional Center and Inn Along the Way will host a free forum called “Aging in the Right Place” on Thursday, September 23, from 8:30 a.m. to 3 p.m. at Inn Along the Way, located at 741 Main Street in Damariscotta. Lincoln Health will offer free vaccinations at the event.

The forum’s theme will be “The Speed-bumps of Aging: How Do We Welcome the Transitions of Life?” and will address difficulties encountered during the various transitions of aging and how to cope with life changes.

The keynote speaker will be Bremen resident Juanita Roushdy, who will discuss her journey through two retirements and finding the right place to age.

To register, email librarian@voselibrary.org or call 785-4733.

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Licensed Medicare Sales Representative #PR225788
Offices in Rockland, Camden, Belfast, Southwest Harbor and Waterville.

Visit spectrumgenerations.org/aging-in-place-forum to sign up; registration is required. For more information, call Cindy Sullivan at 620-1185 or email csullivan@spectrumgenerations.org.
Learn to press your own apples into cider.

Bring your own apples—

Coastal Rivers to Host Apple Cider Pressing

Coastal Rivers Conservation Trust will host groups of up to six people for making sweet apple cider at Coastal Rivers Salt Bay Farm, located at 10 Belvedere Road in Damariscotta, on Saturday, September 25. Four half-hour slots are available between 1 and 3 p.m. If all slots are filled, Coastal Rivers may schedule a second date. There is no charge.

Attendees should bring their own apples and jugs; Coastal Rivers will supply the old-fashioned cider press, a wash station and instruction.

Registration is required; visit coastalrivers.org/events.

For more information, email info@coastalrivers.org or visit coastalrivers.org.

See pollinators at work in the field at Salt Bay Farm.

Learn Autumn Ecology in Walk at Merryspring

Merryspring Nature Center, located at 30 Conway Road in Camden, will host an autumn ecology nature walk on Saturday, October 2, at 10 a.m. as part of Merryspring’s Free Family Programs series.

Those of all ages are invited to join a guided tour of Merryspring to see fall foliage and learn about the ecology of autumn. Attendees will learn how and why leaves change color, identify trees, look for evidence of animals and learn how they prepare for winter, and watch for other signs of the changing season.

Pre-registration is necessary as space is limited. Phone 236-2239 or email info@merryspring.org. All children must be accompanied by an adult. Participants should wear weather-appropriate clothing and shoes and be prepared to walk for one hour. In the event of heavy rain, the program may be rescheduled.

‘Pollinator Palooza’ for All Ages at Salt Bay Farm

Coastal Rivers Conservation Trust will host a free family program for all ages focused on pollinators at Coastal Rivers Salt Bay Farm, located at 10 Belvedere Road in Damariscotta, on Saturday, September 25, from 10 a.m. to noon.

Naturalists will offer a brief introduction to the world of pollinators and lead a short, gentle hike in the fields to see pollinators at work. Following the hike, participants will make a small craft to take home.

Registration is required; visit coastalrivers.org/events.

For more information, email info@coastalrivers.org or visit coastalrivers.org.
We all have perennial favorites. Ours is you!

The Sketchbook. A builder’s journal Of Mice and Moulding by Jim Bahooosh

There was a time when I lived in the houses I was restoring. The oldest of these was a 1787 center-chimney Cape. I was sitting in our temporary kitchen/living room, reading a book and having a cup of tea when a rat the size of a brown bear strode into the room. Two throwable items were close to hand. A grapefruit and Amelia, our cat. I woke Amelia. She wearily opened one eye, took a casual look, and went back to sleep. I threw the grapefruit and the rat sauntered off. Amelia was a scrap of a cat but tough as can be. She finished off the rat the following day. Not every cat is a great mouser, or ratter, like Amelia, but most houses are an appealing residence for mice. Mice, on the other hand, are fairly inconsiderate houseguests. Keeping them out can be challenging.

Libby Lecture on Water Quality and Economics

Catherine L. Kling will offer the third annual Libby Lecture in Natural Resource Policy at 3 p.m. on Wednesday, September 22, at the University of Maine’s Buchanan Alumni House in Orono. A reception with refreshments will follow the lecture. The event is free and open to the public, and can also be streamed online. Kling’s talk, “Improving Water Quality: Are Economics and the Environment Always at Odds?,” will describe trends in water quality and the benefits and costs of regulations associated with the Clean Water Act.

My current project is a large old house in need of complete restoration. As I move forward with repairs, I do so with the goal of making the house rodent-proof. Mice are looking for one of two things: food, or shelter. If you don’t want mice, you need to not allow access to food, and you need to block their access to the interior. An adult mouse can fit through a hole the size of a dime. A rat can gnaw in through a 1/4” gap. Mice and rats have very flexible rib cages. If they can get their heads through a hole they can flatten their bodies to get by. It’s quite amazing. Let’s use what we know of their behavior to help keep them out. Rodents are impressive gnawers. Their teeth work very well on wood and other organic material. Metal in many forms will create an effective barrier. Any entry points of over 1/8” can be stuffed with steel wool, then caulked over to hold it in place. Holes drilled for plumbing and electric lines are good candidates for treating this way. Larger holes can be backed, prior to patching, with 1/4” hardware cloth.

Squirrels are responsible for the larger exterior holes on my project. Today I was faced with repairing holes about 4” to 6” on a section of soffit and fascia. The boards were fairly easy to get to and in poor shape beyond the gnawed bits, so replacing them made sense. Last week I was dealing with 3” round holes chewed through exterior moulding. The moulding profile is no longer available so repairing it was the way to go. First, slide a scrap of backing wood in through the hole and attach it to the moulding. Next, partially fill the hole with expanding foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Durham’s water putty and Rubber Roofing foam. While the foam is wet, pack in steel wool. Once the foam has cured I like to complete the patch with Dur
Planning to purge relentlessly on a recent fall cleaning spree, I dragged a blobbed folder from the recesses of a desk and hunkered down. Spotted among the treasures wererecipes I’d collected over decades, until the internet made recipe-keeping paperless. Sad but true, these days I refer much more often to laptop files than my recipe or cookbook collection, and it was past time for this file to go — but not, of course, without pecking inside. An hour later I was still paging through recipes clipped from newspapers and magazines, old file cards, handwritten notes, including a recipe for Christmas bread written in my mother’s hand, and ones from cookbooks whose pages had been pressed onto a copier and printed out. In the end, I managed to reduce the file by only a half and had spent several more hours happily remembering the people and places connected with some of the recipes, especially ones that originated on the St. George peninsula, my first Maine home. They brought back good memories, and some have withstood the test of time well enough that I would still use them today.

Several pages were printouts from “Sylvia’s Cakes & Breads,” a cookbook written by the late Sylvia Hocking, the world-famous baker from South Thomaston whose cakes, pies, and breads were enjoyed by locals, Maine coast vacationers, and celebrities for over 30 years and who wrote and published two cookbooks during her retirement years. I must have copied these recipes to use when I interviewed her for The Free Press over 25 years ago, and what struck me when I looked over them was the detailed information Sylvia included that you won’t find anywhere else, as in her pie recipe below. It’s as if she were standing beside you in the kitchen, sharing secrets of her baking expertise. My only reservation is the use of margarine or Crisco, which can probably be swapped out for butter.

**Sylvia’s Three-Berry Pie**

Dough for a double-crust 9-inch deep-dish shell

**Filling:**
Combine 1 1/2 cups each blueberries, raspberries and strawberries.
Mix with 2 Tbsp. flour, 1 cup sugar, 2 Tbsp. lemon juice or orange juice, and 1/2 tsp. cinnamon.

Roll out the bottom crust generously enough to have a good overhang. Sprinkle with about 2 Tbsp. sugar; add the berry mixture and dot all over with about 2 Tbsp. butter or margarine. Roll out top crust, fold in half and fit over the fruit. Be sure to wet the rim of the bottom crust with water to seal the two crusts. Make a nice, thick rim so as not to lose any of the juice while the pie is baking. Using your fingers, spread a 2 Tbsp. butter-flavored Crisco over just the crust (not the rim). Sift a little flour over the Crisco, then brush crust with heavy cream. Last, sprinkle with sugar. Cut 250-425-degree for 20 minutes. Lower temperature to 375 degrees for about 20 more minutes or until you see juice bubbling in the slits you cut for steam. The crust should be nicely browned. There’s nothing worse than an underbaked pie crust!

Note: Baking time is for fresh fruit. If you are using frozen berries, do not thaw. You will need to increase baking time to about an hour, and you may need to cover the top of pie with foil or parchment paper the last 15 minutes of baking time if the rim is getting too brown. Pies need to be watched closely — you don’t just put them in the oven and forget about them. I always say, “You have to watch a pie as closely as you do your children, with tender, loving care.”

Another peninsula institution no longer with us is Great Eastern Mussel Farm, which was in operation from 1978 to 2008, when it was reborn as Pemaquid Mussels Farm. I have a collection of small notecards with some of the recipes that were featured in “The Great Eastern Mussel Cookbook,” authored by then-paninsula residents Cindy McIntyre and Terry Callery — a book much appreciated at a time when mussels were not the mainstream shellfish offering they’ve become today.

**Belgian-Style Mussels**

2 lbs. Great Eastern mussels, rinsed and debearded
1 Tbsp. vegetable oil
1 Tbsp. shallots, chopped fine
1/2 cup leek whites, cut in 1/4-inch rings
1 cup mushrooms, chopped
2 Tbsp. white wine or tarragon vinegar
1/2 cup heavy cream
Dry white wine

In a large pot saute vegetables in oil until limp, be careful not to burn. Add mussels, vinegar and cream. Cover and steam on high for four minutes until mussel shells open. Thin sauce with white wine if desired. Serve two.

Port Clyde Fresh Catch, the country’s first community-supported fishery, or CSF, is still operation out of the tiny town at the tip of the St. George peninsula, although its methods of fish distribution have become much more sophisticated than when it first started. In about 2007 when I was a member, the weekly fish allotment was handed to you in a plastic bag, gutted, but otherwise pretty much intact. Their motto was: “If it were any fresher, it would still be swimming,” and one inhalation of the briny goodness contained within the bag backed up their claim. It was up to you to figure out how to make it pretty, fish that resembled something you’d find in a fish market, and thus I became a self-taught fish filteer — and used the leftover frames as stock base. Or, if the fish was thick enough, I used a cleaver to cut it into steaks and the head and tail went into the stock pot. Along with the fish, the CSF handed out printed sheets of recipes. Here’s one for a simple fish chowder.

**Oven Fish Chowder**

1 lb. haddock, flounder or cod
2 potatoes, cubed
1 tsp. salt
2 whole cloves
3/4 tsp. garlic powder
1/4 cup butter
1 tsp. white pepper
1/2 cup white wine (optional)
1 medium onion, sliced
1 cup hot water (increase by 1/2 cup if not using wine)
2 cups half-and-half

Put everything except cream in a caserole. Cover and bake at 375 degrees for one hour. Heat half-and-half to scalding (bubbles of cream form around edge of saucepan) and add to chowder. Stir to break up fish.

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The Rev. Alfred Johnson family plot

Belfast Cemetery Trustees will hold a tour of Grove Cemetery, located at 21 Belmont Avenue, on Saturday, September 25, at 1 p.m.

The tour will feature student participants in the Belfast Game Loft program “Coming of Age in America,” an in-depth look at historical Maine life using role-play and experiential learning to explore concepts in U.S. history, Maine history and civic involvement.

Forest Bathing Workshop at Hidden Valley Center

Midcoast Conservancy will offer a forest bathing workshop at Hidden Valley Nature Center, located at 131 Egypt Road in Jefferson, on Saturday, October 9, from 9 a.m. to noon.

Forest therapy is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. In Japan, where it originated, it is called “shinrin yoku,” which translates to “forest bathing.” Studies have demonstrated a number of health benefits.

Rockland Public Library—Atlantic White Shark Conservancy Webinar

Rockland Public Library will host a free Zoom presentation by Kristen Kibblehouse of the Atlantic White Shark Conservancy on Thursday, September 30, at 6:30 p.m. The program is recommended for adults. There will be limited seating available to view the program via projector at the library.

Kibblehouse will provide an overview of the work of the conservancy and discuss public perceptions of sharks, the role of white sharks in the marine ecosystem, and how ongoing research into white sharks conducted off the coast of Cape Cod is connected to white shark conservation. She will also describe how the presence of white sharks close to shore has affected the Cape community. A question-and-answer period will follow the talk.

Since 2013, the Atlantic White Shark Conservancy has worked in collaboration with shark-science experts, community partners, public and government officials, researchers and others to augment scientific research, improve and influence factors that affect public safety, and educate people to better understand white sharks and conservation of the species.

For a Zoom link, email elewis@rocklandmaine.gov by 4 p.m. on September 30 and identify the event in the subject line.

Kristen Kibblehouse of the Atlantic White Shark Conservancy
**Webinar Explains Changes in the Field of Ecology**

A series of charts from the presentation shows the trends in usage of various terms in journals of ecology and conservation. (COURTESY CAITLIN MCDONOUGH MACKENZIE)

Merryspring Nature Center in Camden will host a presentation by scientist Caitlin McDonough MacKenzie about how the field of ecology has changed in the last 80 years on Tuesday, September 28, at noon.

MacKenzie’s team of researchers analyzed the full text—over half a billion words—of papers published in 52 ecology and conservation journals to uncover broad trends in the field. MacKenzie used words like climate change, phylogenetics and biodiversity became popular among researchers. She will talk about the rise of terms and concepts like “invasive species” and “ecosystem services,” the fall of “competition” and “predation,” and how online publishing has replaced “unpublished data” with “supplementary materials.”

A visiting assistant professor in environmental studies at Colby College, MacKenzie bases her research in Acadia National Park. She holds a bachelor’s degree in environmental science and public policy from Harvard University, a master’s degree in ecological planning from the University of Vermont, and a doctorate in biology from Boston University. She was a David H. Smith Conservation Research postdoc fellow at the University of Maine’s Climate Change Institute.

**Family Fun Bike Ride at Thorndike Brook Trail**

Coastal Mountains Land Trust and Saco-Sportou Country Sports will hold a family fun bicycle ride for riders of all ages and abilities on Saturday, September 25, from 11 a.m. to 2 p.m. on the Round the Mountain Trail, leaving from the Thorndike Brook Trail Head in Hope.

The event is part of the Coastal Mountains Trails Challenge. Until the end of September, hikers, runners, cyclists or paddlers can log their miles as part of the challenge; every mile logged will lead to $1 being donated from local businesses to support trails.

There will be group rides, snacks will be provided, and the Cold Ties Taco Truck will be on-site.

The Thorndike Brook Trailhead is located at 223 Hope Street from Route 17 (eight miles north of Rockland) or from Gillette Road. The new parking lot is just past the Georges Highland Path (¼ miles from Route 17). The new Round the Mountain Trail can be accessed directly from the parking lot, including a ¼-mile accessible, stone dust path.

Visit coastalmountains.org for more information, or to add miles.

**Climate Change Scenario Planners’ Questionnaire**

The East Coast Climate Change Scenario Planning Core Team, composed of representatives from the New England, Mid-Atlantic, and South Atlantic fishery management councils, the Atlantic States Marine Fisheries Commission and NOAA Fisheries, recently hosted three webinars to introduce the Scenario Planning Initiative. Recreational anglers, NOAA Fisheries, recently hosted three webinars to introduce the Scenario Planning Initiative.

Videos from the introductory webinars can be found by visiting mafmc.org/climate-change-scenario-planning. For more information, email Tom Kerns at tkerns@ascom.org.

**Midcoast Conservancy Protects Land in Newcastle**

Midcoast Conservancy recently purchased a 57-acre addition to its Reverend Joseph Barth Memorial Demonstration and Experimental Forest from Nick and Sandra Fortt Joseph Barth, with his son Nick, founded the Sheepscot Valley Conservation Association in 1966; SVCA subsequently purchased land from Nick and Sandra Barth in 2020.

The property in Newcastle, which is close to Midcoast Conservancy’s Bass Falls Preserve in Alna and Newcastle, adds to protected land that was donated by Roland Barth in 2020. It expands preserved lands along the Sheepscot River, protecting water quality in a river that federally endangered Atlantic salmon call home. The preserve will be accessible to the public for hiking and hunting.

“Conservation work is what I’ve done most of my life, even before SVCA was formed,” Nick Barth said in a news release. “This is an extension of my life’s work protecting and preserving forestland. My father purchased this land in the 1960s, and I’m glad to see the pieces coming together for this land to be ecologically managed forest, well into the future.”

For more information, visit midcoastconservancy.org or call 389-5150.

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**Midcoast Conservancy** Executive Director Pete Nichols

Left to right, Sandra Barth, Nick Barth and Midcoast Conservancy Executive Director Pete Nichols

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**Rockland Area Tides**

September 21 to September 28

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A Trip Down the St. George Peninsula

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

You can also begin your travel down the St. George peninsula by taking Route 73 south out of Rockland. Explore Owls Head, South Thomaston, Spruce Head and Clark Island. At the junction of Routes 73 and 131S, turn left and continue through Tenants Harbor, on to Port Clyde – the end of the peninsula. To return, follow Route 131 back to Route 1 in Thomaston. Take your time — you’ll be glad you did.

We are a collaboration of business & community in St. George. Please visit us at: www.stgeorgebusinessalliance.com
‘Intimate Conversations’ Returns to Lincoln Theater

Talking Art in Maine and Talking Food in Maine, both part of Lincoln Theater’s Intimate Conversations series, will return on upcoming Thursdays with live, on-stage events at the theater in Damariscotta.

Artist Jean Jack and host Jane Dahmen will launch this season’s Talking Art in Maine series on Thursday, September 23, at 7 p.m. Jack studied with Marshall Glazier and Leo Manso at the Art Students League in New York City and her paintings have won many awards. She takes the relationship between landscape and buildings as the initial departure for her formal investigations.

The second season of Talking Food in Maine will kick off with managing editor of Culture magazine, Susan Sherill Axelrod, and host Cherie Scott on Thursday, September 30, at 7 p.m. Axelrod worked as a caterer and restaurant owner before shifting to journalism. She worked at the Portland Press Herald before joining Maine magazine, where she helmed Old Port and Ageless Maine magazines and covered the state’s food, drink and restaurant scene. As a freelancer, she has developed recipes for Lighten Up America, was the founding editor of Eater Maine, and has contributed to Northeast Flavor and Zagat, among other publications.

All Talking Art in Maine and Talking Food in Maine events are offered free and are open to the public. Reservations are recommended but not required; visit lcct.org.

Waldoboro’s Family-Friendly Oktoberfest

Waldoboro’s Oktoberfest will be held on Saturday, October 2, from 11 a.m. to 3 p.m. at Cider Hill Farm, located at 785 Main Street. The rain date is October 3. Admission is free. Those interested in volunteering to help are encouraged to call 832-4484 or 790-0806. Recommended COVID-19 protocols will be observed. Those who wish to view the art are advised to tour the sites once mid-morning and again at the end of the day to see the finished work.

Waterfall Arts to Host ‘Chalk Walk’ in Belfast

Waterfall Arts will host Chalk Walk, a free event, on Saturday, September 25, from 10 a.m. to 5 p.m. along the Belfast Harbor Walk at Heritage Park on Front Street and other sites downtown, including near the footbridge and near the farmers market.

Artists of all abilities over age 16 are invited to reserve a 4’ x 4’ pavement square; squares are available on a first-come, first-served basis and artists must be registered in advance. Those with reserved squares will be provided with a chair, nametag, knee pads, and access to drinking water, chalk and rags.

There will also be a community area where anyone who wishes to may draw. Masks will be worn and distancing will be observed. Those who wish to view the art are advised to tour the sites once mid-morning and again at the end of the day to see the finished work.

Visit waterfallarts.org to sign up, and for more information.

From left, conversationalists Jane Dahmen and Cherie Scott

Waldoboro’s Family-Friendly Oktoberfest to Include Puppets

Waldoboro’s Oktoberfest will be held on Saturday, October 2, from 11 a.m. to 3 p.m. at Cider Hill Farm, located at 785 Main Street. The rain date is October 3. Admission is free. Those interested in volunteering to help are encouraged to call 832-4484 or 790-0806. Recommended COVID-19 protocols will be observed. The family-friendly event will feature games and activities for children and adults, including a puppet show with Sir Douglas and His Puppets, shown.

Visit waterfallarts.org to sign up, and for more information.

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Boothbay Region Art Foundation Call to Artists

“Mermaiden” by Andy Benoit, Best in Show 2019

Boothbay Region Art Foundation is accepting submissions for its exhibit ARTinME 2021, which is open to all full- and part-time Maine residents until October 1. The annual statewide exhibit seeks entries from contemporary artists who work in drawing, painting, printmaking, sculpture and mixed media. Keith Oehmig, director of Wiscasset Bay Gallery, will serve as juror. Individual awards of up to $1,600 will be presented during the opening reception on October 16. Visit boothbayartists.org/about-5 for more information.

Art for Auction on Display at Waldoboro Library

Now on display at the library are more than 70 original works selected by juror Simon van der Ven, through October 16. Seventy-three artists were chosen to participate out of 153 entrants. The show encompasses a range of styles. The gallery is open Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday from 11 a.m. to 3 p.m. For more information, phone 563-6868 or email info@riverartsme.org.

Saltwater Artists Gallery Hosts Two Maine Guest Artists

Local Color Gallery, located at 135 High Street in Belfast, is hosting works by Maine artists Danielle Madore of Peaks Island and Deborah Stevenson of Searsport through Sunday, October 3. Madore is a tattoo artist and writer-illustrator; Stevenson is a painter and collage artist. Visit localcolorgallerymaine.com for more information.

Saltwater Artists Gallery, located at 3056 Bristol Road (Route 130) in New Harbor, features works by a number of local artists. Visit saltwaterartists.com for more information. Shown here, ceramic lamp by Libbey Seigars, “Coastal Trio” sculpture by Cindy Smith, “Wiscasset Schooner” by Betsy Palmer, and “Bird’s Eye View of Pemaquid Light” painting by David Higgins.

Farnsworth to Host Talk on Artist Red Grooms

“Slab City Rendezvous” by Red Grooms, 1964, oil on canvas with wood and cardboard, 56 1⁄2” x 60”, collection of the Farnsworth Art Museum

The Farnsworth Art Museum in Rockland will host an online talk called “Red Grooms. A Maximalist Extraordinaire” by Judith Stein on Thursday, October 21, from 2 to 3 p.m. Multimedia artist Red Grooms (b. 1937) spent his early years in downtown New York and painted and made movies in Maine with a community of creative friends in 1964. Stein is a writer and curator specializing in post–World War II American art. As curator at the Pennsylvania Academy of the Fine Arts in 1985, she organized the first major traveling retrospective of the work of Grooms. She is author of the biography “Eye of the Sixties: Richard Bellamy and the Transformation of Modern Art.” The cost to attend is $10; free to members. Visit farnsworthmuseum.org to register, and for more information.

Photography Exhibit at Maine Art Gallery

The Maine Art Gallery, located at 15 Warren Street in Wiscasset, will feature works by four fine-art photographers in “Our Maine,” the gallery’s final show of the season. A reception will be held on Saturday, September 25, from 4 to 7 p.m. The show continues until October 16. Singer-songwriter Jud Caswell will provide music.

Works by Terry Hire, Jim Nickelson, Lisa Mossel Vietze and Olga Merrill explore Maine through both abstract and representational imagery. The show, originally conceived by Vietze for the Archipelago Gallery in Rockland, has been reimaged for the Maine Art Gallery with new works and nearly the same roster of artists. For more information, visit maineartgallerlywiscasset.org.

‘Artist’s Choice’ Show at River Arts in Damariscotta

Clockwise from left, “Gentle Woman” by Helen M. Farnham, “Summer Street” by Mark Coates, “Dragonfly Fruition” by Bonnie Faulkner River Arts, located at 36 Elm Street Plaza in Damariscotta, is presenting a show called “Artist’s Choice,” featuring a range of works selected by juror Simon van der Ven, through October 16. Seventy-three artists were chosen to participate out of 153 entrants. The show encompasses a range of styles. The gallery is open Tuesday through Saturday from 10 a.m. to 4 p.m. and Sunday from 11 a.m. to 3 p.m. For more information, phone 563-6868 or email info@riverartsme.org.

A photographer’s view of Maine

The annual statewide exhibit ARTON THE COAST, presented by Boothbay Region Art Foundation, features works by a number of artists including: Above, “Mystic Blue” by Olga Merrill and at left, “Pyrotechnic #185” by Jim Nickelson artists Danielle Madore and Olga Merrill explore Maine through both abstract and representational imagery. The show, originally conceived by Vietze for the Archipelago Gallery in Rockland, has been reimagined for the Maine Art Gallery with new works and nearly the same roster of artists. For more information, visit maineartgallerlywiscasset.org.

Above, “Mystic Blue” by Olga Merrill and at left, “Pyrotechnic #185” by Jim Nickelson
On Sears Island
Cyanotype Printing Workshop for Families

Friends of Sears Island will host a cyanotype printing workshop for those ages 12 and up on Sears Island, located off Route 1 just east of Searsport, on Sunday, September 26, from 10 a.m. to noon, with Sandy Cirillo and Ashley Megquier.

Cyanotype is a photographic printing process that uses sunlight and water to create an image. Attendees will collect natural materials such as ferns, leaves, feathers and flowers on the island to use in their prints. Using light-sensitized cyanotype paper, each participant will practice making several blue-and-white prints by exposing the paper to the sun with an assemblage of materials placed on it.

Cirillo has been a fiber and mixed-media artist for over 25 years and is a retired art educator. Megquier is the outreach coordinator for Friends of Sears Island and an artist. A materials fee of $10 per person will be collected at the start of the workshop. Participants must pre-register by emailing outreach@friendsofsearsisland.org. Registration is complete upon receiving a confirmation email.

For more information, visit friendsofsearsisland.org or go to the Friends of Sears Island Facebook page.

Prospective Health Workshop Leaders Sought

Healthy Living for ME, a statewide network of local organizations, health systems and volunteers, is offering trainings for those interested in becoming workshop leaders. Any interested Maine resident may participate, as well as staff and volunteers from community organizations.

Healthy Living for ME offers free and low-cost workshops to help people prevent and manage conditions and improve their overall health and wellness via Zoom, telephone and in-person workshops. Upcoming leader trainings include:

- “Living Well for Better Health,” in-person in Hallowell, September 27–30, from 9 a.m. to 4 p.m.; “Living Well with Chronic Pain,” via Zoom, October 4–7, from 9 a.m. to noon; “Building Better Caregivers,” in-person in Hallowell on October 14, from 9 a.m. to 4 p.m.; and “Living Well with Diabetes,” via Zoom, October 18–21, from 9 a.m. to noon.

Successful completion of the “Living Well for Better Health” leader training is a prerequisite for participation in the “Living Well with Chronic Pain” and “Living Well with Diabetes” trainings.

Healthy Living for ME also offers trainings for “Living Well with HIV,” “Tai Chi for Health and Balance,” “A Matter of Balance,” “Healthy Matters” and more.

To discuss becoming a leader or to register, phone (800) 620-6036 or email info@healthylivingforme.org.

More information about resources and programs is available at healthylivingforme.org.

Belfast Senior College Online Classes Begin

Belfast Senior College will offer online courses via the Zoom platform during the upcoming fall semester. All registrations are to be completed online, and memberships are required for enrollment. Classes begin on Tuesday, September 21. The group’s annual meeting will be held via Zoom on September 30 at noon.

The curriculum includes nine six-week classes: African American Poets; Deepening Diversity Understanding; Orients of the Middle East Conflict; Exploring the Andes; The Department from JFK to Biden; Five Hundred Years of European Art; and Maine Women on the Women of Maine. Three free, one-day Brown Bag Lunch presentations, including Introduction to Driving Safety as You Age and previews of future classes, will also be offered this fall.

View classes and register through belfastseniorcollege.org. Scholarships are available. The annual membership fee, which is valid September 1–August 31, is $25.

Five Town CSD Adult Education Classes

Five Town CSD Adult Education is offering an array of classes with both remote and in-person options. Several additional classes have been added to the fall semester roster, which features classes through the end of February.

Offerings include pickleball instruction; birding; computer tune-up instruction; beginning Tai Chi; mindful yoga; knitting socks; magic lessons; Middle Eastern dance; and more.

Also available are hundreds of online classes, workforce classes, HISET (high school diploma) tutoring and College Transitions tutoring and advising, with meetings held both in person and remotely.

All in-person classes follow state guidelines for COVID-19, including distancing and required masking.

Visit five towns.maineadulted.org for more information, the full schedule and to register, or call 236-7800, option 5.

Service Academy Information Night in Portland

The offices of Maine’s congressional delegation and Maine Maritime Academy will host a military academy seminar on Thursday, September 23, at the Clarion Hotel, located at 1230 Congress Street in Portland, from 6 to 8:30 p.m. Registration is from 5:30 to 6:00.

Students, parents and guidance counselors who are interested in the application process for the United States Military, Naval, Air Force, Merchant Marine and Coast Guard academies, as well as private military colleges, Reserve Officer Training Corps and National Guard Scholar programs are encouraged to attend. Face coverings will be required.

There will be a short presentation by representatives from the various organizations, followed by an opportunity to collect applications and brochures and speak with the individual representatives. Congressional aides from the offices of U.S. Senators Susan Collins and Angus King and Representatives Chellie Pingree and Jared Golden will be available to answer questions regarding the congressional nomination process.

To register, phone Maine Maritime Academy at 236-2207 or email admissions@mma.edu. Pre-registration is not required and walk-ins are welcome.
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The First Congregational Church of Camden, located at 55 Elm Street, will present a free concert by Duo Yumeno as part of the church’s Friends of Music series on Sunday, September 26, at 4 p.m. Koto-shamisen player and singer Yoko Reikano Kimura and cellist Hikaru Tamaki combine traditional Japanese and Western classical music in their performances. Visit camdenucc.org to view the complete 2021 Friends of Music concert schedule. Donations to sustain the Friends of Music program will be accepted at the door, or by visiting camdenucc.org. For more information, phone 236-4821.

Bay Chamber—
Jupiter String Quartet Concert in Rockport

Bay Chamber Concerts will host a concert by the Jupiter String Quartet in the first of a series called Café Concerts, on Saturday, October 9, at 7 p.m. at the Rockport Opera House. Seating is limited and proof of vaccination will be required at the door.

The quartet’s American Prism program will feature string quartets from the last 125 years by Charles Ives, Ruth Crawford Seeger, George Walker, Florence Price, John Adams, Michi Wiancko and Judith Greenstein. Visit baychamber.org to purchase tickets and for more information.

Duo Yumeno in Friends of Music Concert in Camden

The First Congregational Church of Camden, located at 55 Elm Street, will present a free concert by Duo Yumeno as part of the church’s Friends of Music series on Sunday, September 26, at 4 p.m. Koto-shamisen player and singer Yoko Reikano Kimura and cellist Hikaru Tamaki combine traditional Japanese and Western classical music in their performances. Visit camdenucc.org to view the complete 2021 Friends of Music concert schedule. Donations to sustain the Friends of Music program will be accepted at the door, or by visiting camdenucc.org. For more information, phone 236-4821.

Charlie Marie Brings Classic Country to Camden

Camden Opera House, located at 29 Elm Street, will host another concert in its SoundCheck series on Friday, September 24, at 7:30 p.m. Doors will open at 7:00. The show will also be streamed from the opera house stage to its Facebook page; no tickets or RSVP are necessary.


Inspired by the music of Patsy Cline and Loretta Lynn, the singer offers a new take on the classic genre by bridging the gap between Nashville and her native Rhode Island.

Tickets are $10 and advance purchase is encouraged by visiting camdenoperahouse.com or calling 236-3154. The opera house’s choose-your-own ticketing software ensures every-other-row distancing, as well as a couple of seats on either side of each party’s reservation. Wearing a mask in the building is required.

Visit camdenoperahouse.com for the full lineup and to donate to the Community Arts Fund that makes the series possible.

SoundCheck—

Charlie Marie Brings Classic Country to Camden

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Visit camdenoperahouse.com for the full lineup and to donate to the Community Arts Fund that makes the series possible.
ART~FOOD and TRULY UNIQUE RETAIL EXPERIENCES welcome you to Downtown Rockland!
VISTA members volunteering at Morris Farm in Wiscasset

Learn How to Become a Host for VISTA Volunteers

Goodwill Northern New England AmeriCorps is seeking additional VISTA host-site partners in Maine and will host informational meetings both online and in person September 17-November 3. Nonprofits and municipal organizations will learn about Goodwill NNE and AmeriCorps and how to begin the process of becoming a site that hosts volunteers. VISTA members help organizations nationwide to build capacity and serve those in need through capacity-building projects over the course of a yearlong or 10-week summer term. The Goodwill NNE AmeriCorps VISTA Partnership seeks to alleviate poverty in Maine communities both rural and urban. Focus areas for partner agencies may include public health, food security, new Americans, environmental justice, educational support, youth development, housing and more.

To RSVP for one of the upcoming meetings or with questions, email Scott Dupee at scott.dupee@goodwillnne.org or visit forms.gle/sRMxahLPzwhPRy1c9.

 Donation to Come Spring Food Pantry in Union

Marking the donation of proceeds from two Founders Day chicken barbecues, from left: Dale Flint, Edgar Muddy, Frank Nelson, Tristan Gainey, Tracey Spaulding, Sarah Drickery, Jaine Jacobs, Gary Roberts, Bill Lombardi and Joshua Smith. PHOTO: LORRAINE FRANCIS

Although Union Founders Day has been canceled for the last two years due to the pandemic, the Common Market and Union Masonic Lodge 31 continued the traditional Founders Day chicken barbecue, donating $5,500 in proceeds from the meals to the Come Spring Food Pantry. The pantry, in a new location at 27 Common Road, serves the towns of Union, Appleton, Washington, Searsport, Warren, Hope and South Hope. Their motto is “No one turned away.” See the Come Spring Food Pantry Facebook page for more information.

Searsport Broadband Expansion Public Meeting

The Searsport Broadband Advisory Task Force will present a free, public informational meeting on Tuesday, September 21, from 6:30 to 7:30 p.m. at the Searsport Community Building and on Zoom. Conveners will report on the volunteer task force’s progress since it was formed six months ago and present data collected from residents, suggest future actions, answer questions and listen to suggestions. Residents will also hear from people representing the nearby towns of Liberty, Palermo, Montville and Freedom. Those towns, along with Searsport, make up the Southwest Waldo County Broadband Coalition.

For more information, call the Searsport town office at 342-5411. Visit swalodobroadband.org for information about the Southwest Waldo County Broadband Coalition.

Ponder the Labyrinth in Equinox Candlelight Walk

Edgecomb Community Church, United Church of Christ, located at 15 Cross Point Road, will hold an autumn equinox labyrinth walk by candlelight on Wednesday, September 22, at 6:30 p.m., open to all, at the Labyrinth in the Field, located on the church grounds. The walk will be guided by Pastor Kate Pinkham, who will begin the evening with a short introduction. Participants will have time to reflect together after the walk. Donations will be accepted for upkeep of the labyrinth.

The Labyrinth in the Field was created in a Medieval seven-circuit style, based on a 13th-century labyrinth at Chartres Cathedral in France. Unlike a maze with its puzzles and dead ends, labyrinths have only one winding path to the center. They have been used for centuries and in many cultures as a tool for prayer, healing and personal and spiritual growth.

The labyrinth is open from dusk to dawn, seven days a week year-round. Email edgecomb.church@gmail.com for more information, or call 882-4060.

Recovery Rally in Rockland

Coastal Recovery Community Center, Mid-Coast Recovery Coalition and other recovery organizations in Knox County will hold the fourth annual Recovery Rally on Sunday, September 26, from 1 to 3 p.m. at 11 White Street in Rockland. All are welcome.

The aim of the gathering is to celebrate recovery victories, mourn those lost to addiction, and bring attention to and reduce the stigma surrounding substance abuse disorder. Visit the Coastal Recovery Community Center Facebook page or midcoastrecovery.org for more information.

‘Love Light Tree’ Ceremony in Belfast

First Church in Belfast, UCC, located at 8 Court Street, will hold its annual “Love Light Tree” ceremony on Sunday, November 28, at 5 p.m.

The program will include inspirational readings and songs and a reading of the names of area residents who have died. Individuals can have names added to the Love Light list by purchasing an individual “Love Light” for $5 or a “String of Love Lights” for $25. Orders must be received by November 19 to be included in the ceremony.

Order forms are available at the church office and the Belfast Area Chamber of Commerce, located at 14 Main Street. For more information about the program, call the church at 338-2202.

Marcel Lacasse Memorial Golf Tournament

Rockland Rotary Club will hold the Marcel Lacasse Memorial Golf Tournament on Friday, September 24, at the Samoset Resort Golf Club in Rockport. Registration will begin at 8 a.m.; the tourney’s shotgun start will be at 9:00.

The field is limited to 100 players; registration is first-come, first-served. The fee is $150 per player or $500 per team, which includes greens fees, cart, lunch after the tournament and prizes.

Visit facebook.com/RocklandRotary to view the registration form and sponsorship opportunities. To register, mail a check, payable to Rockland Rotary, to Hillary Jackson, Rockland Rotary, P.O. Box 1811, Rockland, 04841.

With questions, phone Kermit Voncannon at 593-6853 or email kvoncannon@aol.com.

Artists 6 BREAK/OUT EXHIBITION

Fridays, Sept. 24, 4-7:00
Saturday, Sept. 25, 10:00am-4:00pm free admission refreshments

Ridge Works Studio
37 Sandy Ridge Lane
Searsport, Maine

Featuring original work by six Maine artists.
New Film by Artist Bo Bartlett at Strand Theatre

Strand Theatre will screen the new film “Things Don’t Stay Fixed” by artist Bo Bartlett on Friday, October 1, at 8 p.m. in conjunction with Rockland’s First Friday Art Walk. A Maine summer resident, Bartlett is known for his documentary film “Snowblind: The Art and Life of Andrew Wyeth.” The film is rated PG-13.

“Things Don’t Stay Fixed” is the story of a worldly photojournalist who returns to the Deep South to stop his daughter’s wedding and, he believes, save her future; he then realizes that he has been stuck in the past. According to a news release, the film, inspired by Southern Gothic literary works by Tennessee Williams and Carson McCullers, “is a surreal and subtle hero’s journey that utilizes powerful dreamlike imagery and psychological archetypes.”

The film is Bartlett’s first feature and was shot in his hometown of Columbus, Georgia. His narrative paintings have been collected by film directors Steve Martin, M. Knight Shyamalan and Denny Hopper as well as museums throughout the country.

Visit rocklandstrand.com, email info@rocklandstrand.com or call 594-0070 for tickets and more information.

Belfast Maskers Postpones and Cancels Shows

Belfast Maskers is postponing scheduled performances of the play “One Flew Over the Cuckoo’s Nest” until the Waldo County COVID-19 case rate declines to a safer level. Ticket purchasers will receive a refund.

The planned December production of “The Best Christmas Pageant Ever” will be postponed until December 2022. Auditions set for Saturday and Sunday, September 25 and 26, are canceled.

American Concert at High Ridge Farm in Montville

Maine-based American band Tiger Saw will mark the release of their new album “Weet & Unlucky,” a collaboration with Arkansas-based country singer Dylan Earl, at High Ridge Farm, located at 117 Choate Road in Montville, on Saturday, September 25, at 7 p.m.; doors open at 6:30.

Dylan Earl will join Tiger Saw for their set and will also play a set of his own original music. Waldo County singer-songwriter Sara Trunzo will open with songs from her new EP that will be released the night before the show.

Tickets, sold on a sliding scale from $10 to $20, will be sold at the door. High Ridge Farm Cider will be available by the glass or bottle.

Online Portuguese Maritime Film Festival

Break the Anchor, an initiative that promotes contemporary urban boat culture inspired by traditional seafaring practices, in collaboration with The Apprenticeshop, will host “Film Festival CineMar: First Exhibition of Portuguese Cinema in Relation to the Sea — Films, Conversations and Workshops” online on Friday, Saturday and Sunday, September 24, 25 and 26, as part of World Maritime Day.

A number of short films will be shown. Donations are encouraged but the event is free, with the support of the Ministry of Foreign Affairs of Portugal.

For more information, visit breaktheanchor.com or email Maria do Ceu Oliveira at mceu@breaktheanchor.com.
continues virtually and at Rockport’s Shortwell Drive-In through Sunday. Details are at portsmouthshortwell.com.

FRIDAY, SEPTEMBER 24:
➤ CineMar Film Festival, 1st Exhibition of Portuguese Cinema in Relation to the Sea, offers free movies, screenings and workshops Friday to Sunday, in collaboration of Break the Anchor and Rockland’s The Apprenticeshop. The festival is geared toward education, addressing different student age groups. Donations to Break the Anchor or The Apprenticeshop are taken but the event is free with support from the Ministry of Foreign Affairs – Portugal Communities. Learn more at breaktheanchor.com.

ARTS
➤ Boothbay Region Art Foundation ARTinME 2021 Open for Entries, to full- and part-time Maine residents. The annual statewide exhibit welcomes entries from contemporary artists who work in drawing, painting, printmaking, sculpture and mixed media. Submissions are due October 1 by midnight. Keith Oehmig, director, Wiscasset Bay Gallery in Wiscasset, will serve as this year’s juror. Individual awards amounting up to $1,600 will be presented during the opening reception on Saturday, October 9, 5 to 7 p.m. A reception for her show, “Cyan: The Blues of Art-Making,” will be held Saturday, September 25, from 2 to 4 p.m.
➤ Talk by Cyanotype Artist Deborah Laughlin, 6 to 7 p.m. via Zoom. Camden Public Library’s Artist of the Month talks about her inspiration, creative process, and how her work continues to evolve. Register at librarycamden.org. A reception for her show, “Cyan: The Blues of Art-Making,” will be held Saturday, September 25, from 2 to 4 p.m.
➤ “Talking Art in Maine: Intimate Conversations,” with host Jake Dalinen and guest Jean Jack, at 7 p.m. at Lincoln Theater, Damariscotta, in the free, one-of-a-kind conversations between Dalinen and notable artists and curators who have made a substantial contribution to the arts in the state of Maine. Jack’s paintings explore the relationship between landscape and buildings. Tickets for this free event may be reserved through the online box office.
➤ “Home: The House as a Mirror” with MJ Viano Crowe, 1 to 5 p.m. on Thursday, September 23, 30 and October 7, at Gamble Education Center on Farnsworth Art Museum’s downtown Rockland campus. Create a multifolding, two-sided accordion book with images and text that investigates your relationship to “home.” $150, 156 members. farnsworthmuseum.org.
➤ Explorations Read-Aloud for Adults, Fridays at 11 a.m. on Camden Public Library’s Facebook page and YouTube channel. Local thespian Joseph Cote will read aloud from the week’s selection of fiction or nonfiction.
➤ “Rahill Maskers Auditions for "The Best Christmas Pageant Ever," are CANCELED.
➤ Sampler Program “my fingers on the canvas...” 3 p.m. at Poulsbo Court House, off Route 218 in Poulsbo. County Historical Association hosts Susan Jerome, collections manager at University of Rhode Island Historic Textile and Costume Collection, for the program on antique samplers. Learn how textile history and technological changes in fabric production influenced the design and execution of samplers during the 19th century. Proper storage of textiles and family samplers will be covered, and LCHA’s collection of historic samplers will be on display. Free and open to all. RSVPs encouraged by emailing lchamaine1954@gmail.com.
➤ Talk by Cyanotype Printing Workshop on Sears Island, from 10 a.m. to noon, with Sandi Cifido and Ashley Maguire. Cyanotype is a photographic printing process that uses sunlight and water to create an image. Workshop attendees will be given time to roam on Sears Island and collect interesting natural materials such as Ferns, leaves, feathers and flowers to use in their prints. Using light-sensitized cyanotype paper, each participant will practice exposing several blue-and-white prints by exposing them to the sun with an assemblage of materials placed on top. This program is for adults and children ages 12 and up. A materials fee of $10 per person will be collected at the start of the workshop. Participants must register by emailing outreach@fawnmuseum.org.
➤ Baltimore Museum of Industry’s birdhouse exhibit will be on display. Free and open to everyone. Register online by early September. For more information, email lchamaine1954@gmail.com.
➤ Symposium “Here’s for the Chef’s Garden,” Hosted by Myer Springs Nature Center, Camden, via Zoom at noon. Denise DePietro will talk about how to grow culinary herbs from around the world. She will cover the classics, as well as more obscure herbs like anise, peppermint, paprika, and other plants, for a chef’s cutting garden. This talk is part of Myer Springs’ “Online Summer Talk series, open to everybody, free of charge.

HOME & GARDEN
➤ Virtual Common Ground Country Fair Content, at the Maine Organic Farmers and Gardeners Association website, mofga.org. See new, free educational content that celebrates the spirit of the fair, and a list of vendors and exhibitors.
➤ Maine Craft Weekend, Friday, September 24 to Sunday, September 26. Maine craft studios, businesses, and events, and an opportunity for the public to explore the life and work of craft artists and craft businesses throughout the state. For a full event directory and interactive maps, head to mainecraftweekend.com.
➤ “Capturing Details with Graphite,” via Zoom on Saturday, October 2, 12, 19 and 26. Whitney River leads the class offered virtually by Rockland’s Farnsworth Art Museum. $144, $120 members. farnsworthmuseum.org.

THURSDAY, SEPTEMBER 23:
➤ UMaine Extension Webinar on Dehydrating and Freezing for Food Preservation, 6 to 7:30 p.m. Learn how to blanch, freeze, and dehydrate food safely. $5. Register at extension.umaine.edu/register/shop.

FRIDAY, SEPTEMBER 24:
➤ Virtual Common Ground Country Fair Content, at the Maine Organic Farmers and Gardeners Association website, mofga.org. See new, free educational content that celebrates the spirit of the fair, and a list of vendors and exhibitors.

SATURDAY, SEPTEMBER 25:
➤ Brooks Trap Mill & Lyman-Morse Concerts Featuring Local Artists
➤ Christmas Pageant Ever,” on Saturday and Sunday, October 2 and 3, at a statewide tour of Maine’s historic churches, businesses, and events, and an opportunity for the public to explore the life and work of craft artists and craft businesses throughout the state. For a full event directory and interactive maps, head to mainecraftweekend.com.
➤ Close-up Conversations between Dahmen and notable guest Jean Jack, at 7 p.m. at Lincoln Theater, Damariscotta, in the free, one-of-a-kind conversations between Dalinen and notable artists and curators who have made a substantial contribution to the arts in the state of Maine. Jack’s paintings explore the relationship between landscape and buildings. Tickets for this free event may be reserved through the online box office.

THE FREE PRESS
THE CATHALIA
THE CATHALIA
and Land for Good, from 7 to 8:30 p.m. It will include resources and best practices for assessing land value and land leases. Three case studies of case studies relevant to maple producers considering a lease agreement. Jason Lilley, UMaine Cooperative Extension, will moderate the meeting. Mike Ghiara, Land for Good Vermont forestland agent, will lead the webinar. $10. Register at extension.umaine.edu register-shop.

COMING UP:
➤ woodland Stewardship Workshop: After the Harvest,” Thursday, September 16, 3:30 to 5 p.m. Join Maine Forest Service and District Forester Alysa Gregory and Waldy County Soil and Water Conservation District Technical Director Alten Mckegue for a walk-and-talk to explore growing concerns around forest management considerations after a recent harvest. Directions to 35 Cates Road, in Jackson: Avoid Underpass Road route (not well maintained) and take Valley Road to Littlefield Road. Cates will be on your right. From Cates, take the second driveway on the right.

FOOD & DRINK
FRIDAY, SEPTEMBER 24:
➤ Belfast Farmers Market, outside Waterfall Arts, 256 High Street, Fridays, 9 a.m. to 4 p.m. rain or shine. SNAP Maine Harvest Bucks accepted.
➤ Union Farmers Market, at a new location, 27 West Main Street, in Searsport. Thursdays, 3 to 6 p.m., through October 8. SNAP, Maine Harvest Bucks accepted.

SATURDAY, SEPTEMBER 25:
➤ Camden Conference on Agriculture, Coastal Rivers Conservation Trust invites groups of all ages and abilities to join in on a walk and explore the regenerative agricultural practices on the Salt Bay Farm, a 700-acre working farm. The event will include an orientation, lunch, and tours. The farm is located at 132 Camden Street, Rockport. For more info, email aldersgaterockland@gmail.com.
➤ Preschool Storytime at Rockland Public Library, 10:30 a.m. Miss Katie reads favorite picture books on the lawn. Bring a hat and blanket.
➤ LGBTQ+ Teen Group, for ages 13 to 17, via Zoom on Wednesdays, 4 to 5 p.m. Hang out, try a workshop, play games and connect with peers. Go to OutMaine.org for details.

WEDNESDAY, SEPTEMBER 22:
➤ Babytime with Miss Katie of Rockland Public Library, 10:30 a.m. Babytime rhymes, fingerplays, and pictures on the lawn. Bring a hat and blanket.
➤ Book Time for Babies with Camden Public Library’s Miss Amy, 10 to 11 a.m. Outdoor story time in the Camden Amphitheatre focused for babies and toddlers on Wednesdays mornings. Bring a blanket. Weather permitting. For more info, email alanda@librarycamden.org.

THURSDAY, SEPTEMBER 23:
➤ Outdoor Story Time with Miss Amy of Camden Public Library, from 10 to 11 a.m. Thursdays and Fridays, geared toward preschoolers. Bring a blanket to sit on. Weather permitting. For more information, call 603-733-3670.
➤ Babytime with Miss Katie of Rockland Public Library, 10:30 a.m. New and familiar nursery rhymes in a storytime for little ones, with lots of songs and one short story at the end.
➤ Virtual Postpartum Support Group, 11 a.m. to 12 p.m. The group will be offered by women who have gone through challenging postpartum experiences or who have been educated in postpartum experiences. It is a safe place for new and pregnant mothers and families to talk, listen, get support and gain education. The group meets second and fourth Thursdays of the month. For more information, call 545-4100. Registration journeytohealthcounseling.com or 381-3950.

SATURDAY, SEPTEMBER 25:
➤ “Pollinator Palooza” at Coastal Rivers Nature Farm, Salt Bay Farm, Rockland. Coastal Rivers Conservation Trust hosts the family program focused on pollinators. Naturalists will offer an introduction to their role in the ecosystem and have hands-on activities for kids and adults. The event is free and open to all, including persons with disabilities. To register, visit coastalrivers.org.
➤ Family Fun Bike Ride, from 11 a.m. to 2 p.m. Riders of all ages and abilities are invited to tour Sidecountry Sports and Coastal Mountains Land Trust to celebrate the Trails Challenge. Bring some snacks for the day and enjoy the trail side picnic at the end of the ride. To join, family groups or individuals, contact admanager@freepressonline.com.

MISCELLANEOUS
➤ Five Town Adult Education offers Fall and Winter Classes Two Ways, with options provided almost daily and virtually, starting soon, with topics ranging from creative writing to knitting socks or making a quilt. As it is an online class, you can attend the class from anywhere in the world. To join an online class, visit www.merryspring.org.

TUESDAY, SEPTEMBER 21:
➤ Eighth Annual Maine Wisdom Summit, 8 a.m. to 4 p.m. An educational and inspirational day, open to all who are interested, and designed for health care providers, social service and behavioral health professionals, legislators, municipal officials, building developers, advocates and researchers. Visit maineadulted.org.
➤ Belfast Senior Center, open to fully vaccinated people 60 and older, Tuesdays from 10 a.m. to 3 p.m. at Belfast Buddhist House. Table games, puzzles, socializing, coffee and lunch at noon. Donations to the Belfast Senior Center are accepted. Join us for a book. Details are at fivetownsmaine.org.
➤ Free Senior Exercise Class at Thomaston Public Library, led by Sandy Hodman, 11 a.m. to 1 p.m. outdoors, Monday through Thursdays in the gym of the Thomaston High School. A wide variety of exercise styles will be offered. To register, call 793-4223.

EDUCATION OFFERS FALL AND WINTER CLASSES
In-Person Classes
In-Person classes for adults ages 18 and above are available. For a complete list of classes, visit the Maine Extension website at extension.maine.edu or call 207-753-4378.

First Congregational Church of Camden is an open and affirming congregation of the United Church of Christ
Maine Association of United Churches of Christ

Join us in Zoom Worship Sundays at 10:30 a.m. Sunday School meets at 9 a.m. To join the Zoom, or for the Zoom Zoom link, call 819-3827.

First Congregational Church of Camden
Open Hearts, Open Minds, Open Doors Sunday Worship 10:30 a.m. ALDERSGATE United Methodist Church
Rte. 17 Across from Chickawaw Lake aldersonergate@kungleland.org

Shalom United Methodist Church

We welcome all to Adas Yeshurun Synagogue
50 Willow Rd, Rockland
Unaffiliated – All inclusive
Fair-scholarship College Tuition: $12,233 or visit www.AdasYashurun.org

Join us for worship and fellowship Saturday, Sabbath – 10:45 to Noon followed by a vegetarian meal. All welcome.
136 Camden Street, Rockport.
**WEDNESDAY, SEPTEMBER 22:**
- **Black Lives Matter Vigil in Rockland:** Wednesdays at Chapman Park (corner of Park and Main, by Walgreen) from noon to 1 p.m. Everyone is invited. Wear a mask. More info at 385-7452 or ummington77@gmail.com.
- **Carver Memorial Library Offers Free Animal Qigong:** on the library’s back lawn in Searsport. Wednesdays at 3 p.m. If there is enough interest, it will continue into October. The Five Animal Qigong Form is a traditional qigong form used throughout China with regional variations; this is the Wudang Mountain form. Free; donations taken.
- **Mid-coast Chapter of Maine Genealogical Society to Meet:** 6:30 p.m. at Rockport Public Library. 215 Main Street, Rockport. All are welcome. For more info, email edgcomb.church@gmail.com or call the office at 882-4060. The event is free to all. The meeting this month is a presentation on “Mid-coast Connections.”
- **Library. Use the main door on Limerock Street** to Meet, 385-7452 or smanning5757@gmail.com. Everyone is invited. Wear a mask. More info at the main door on Limerock Street.
- **Waldo County Republicans General Meeting, 6:30 p.m. at the WCRC office, 230 Searsport Avenue, Rockland.**
- **Anonanur Forma lives in Rockland and can be reached for information:** denyserobinson@gmail.com or 975-5325.
- **6:30 p.m. at Rockport Public Library.** For more information, email denyserobinson@gmail.com.
- **Knox County Homeless Coalition Announces Third Annual One Night Without A** Home event this Sunday, September 26, starting at 6 p.m. at the Rockland High School. For more info, email Knoxchamber@kwcmaine.org.
- **6:30 p.m. at the WCRC office, 230 Searsport Avenue, Rockland.**
- **Thursday, September 23:**
- **Lunch and Learn on Point Road, Cam-** den, on Saturdays from 11 a.m. to 1 p.m. Lunch and Learn on Point Road, Camden. For more info, call 474-2736.
- **Yoga in Camden Amphitheatre, 9:30 to 10:30 a.m.** Join one of our weekly classes or a workshop. For more info, email yogacheck@gmail.com.
- **6:30 p.m. at the WCRC office, 230 Searsport Avenue, Rockland.**
- **Knee Highs Coalition**
- **6:30 p.m. at the WCRC office, 230 Searsport Avenue, Rockland.**
- **Dance and Bake Sale at Broad Cove (corner of Pleasant and Runnels Point roads) on Sundays from 10 a.m. to 4 p.m.**
- **Clothes are $5 a bag.**
- **Tuesday, September 21:**
- **6:30 p.m. at Archie’s, 80 Bay Street, Rockland.**
- **Camaraderie, 215 Main Street, Rockport.**
- **6:30 p.m. at the WCRC office, 230 Searsport Avenue, Rockland.**
- **Anonanur Forma lives in Rockland and can be reached for information:** denyserobinson@gmail.com or 975-5325.
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- **Wednesday, September 22 — The Sun moves into Libra at 2:31 p.m., until October 22. Libra is the star sign of balance, justice, romance, beauty and harmony. Today is the day of equality, the autumn equinox. Mercury is in a complex aspect with Pluto until noon. Suspicions throughout have got your full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charged sexual attractions take place. You’re filled with thoughts and with the full attention. Venus in Scorpio is opposite Uranus in Taurus until tomorrow. Electrically charge...
Football Contest
2021-2022

Celebrating Our 50th Anniversary 2022
We Will Make Your Order Faster than Most Will Take Your Order!

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www.edwardjones.com

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FOOTBALL CONTEST ENTRY FORM

CHECK OFF ONE WINNER OF EACH GAME
WINNER: Person with most correct answers. TIE: The event of a tie; winner will be chosen by closest score of Monday Night Game.
ONLY ONE ENTRY PER HOUSEHOLD, PER WEEK, WILL BE ENTERED IN THE DRAWING.

Thursday, Sept. 30
❑ Jacksonville at Cincinnati 8:20 pm
❑ Washington at Atlanta 1:00 pm
❑ Houston at Buffalo 1:00 pm
❑ Detroit at Chicago 1:00 pm
❑ Indianapolis at Miami 1:00 pm
❑ Cleveland at Minnesota 1:00 pm
❑ NY Giants at New Orleans 1:00 pm
❑ Tennessee at NY Jets 1:00 pm
❑ Kansas City at Philadelphia 1:00 pm
❑ Arizona at Los Angeles 1:00 pm
❑ Seattle at San Francisco 4:05 pm
❑ Baltimore at Denver 4:25 pm
❑ Pittsburgh at Green Bay 4:25 pm
❑ Tampa Bay at New England 8:20 pm

Total Points Scored Monday Night Game: _________

Name: _______________________________________
Address: _____________________________________
____________________________________________________

Phone: ________________________________________

If I Win, Make My Gift Certificate Good At:
____________________________________________________
(s)elect any business on this page)

Drop Off or Mail Entries to:
The FREE PRESS
Fox Tail Run
PO Box 1076
Camden, ME 04843-1076

Entries Must Be Received By
5 pm Thursday, Sept. 30th

All Gift Certificates will be mailed out at the end of each month.

Doug Curtis, Jr.,
AAMS®
Financial Advisor
315 Main Street
Suite 201
Rockland, ME 04841
207-594-9323 Fax 888-264-5812
Toll Free 888-594-9340
doug.curtis@edwardjones.com
www.edwardjones.com

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Each week’s winner will receive a $25.00 Gift Certificate at any one of the participating businesses on this page.
Last week’s winner Paul Calhoun.
HELP WANTED DISPLAY ADS!

Friends of Hog Island Volunteer Coordinator Summer 2022

Be part of a caring summer island community that lives and works at the Hog Island Audubon Camp in Bremen, Maine for the entire summer. Join a fun and creative team of FOHI volunteers during camp sessions.

Position: Volunteer Coordinator

Responsibilities:
- Contribute to a creative and engaging summer camp experience
- Work closely with a small team of FOHI volunteers to deliver a successful camp experience
- Assist in coordinating and delivering camp activities and programs
- Help to create a welcoming and inclusive environment

Qualifications:
- High school diploma or equivalent
- Enthusiasm for marine biology, natural history, or outdoor education
- Strong organizational skills
- Ability to work independently and as part of a team
- Excellent communication and interpersonal skills

Contact: Please send resume and cover letter to: deirdre@fih.org

LUCETTE RESIDENTIAL CARE CENTER
Thomaston, Maine

Now Hiring Full-Time CRMA

For second shift: 2:30pm-10:30pm. This shift will include at least every other weekend (preferably every weekend if it works for applicants). Starting pay is $15.50 per hr.

Also Hiring Part-Time, and per diem CRMAs

Benefits include 60% paid health, paid vacation, meals, work in a homelike atmosphere, paid trainings, generous holidays, and more.

Must have proof of Covid-19 vaccination or have arrangement to have it before Oct 1st.

Stop by for application
61 Main St, Thomaston, ME 04861
or call 207-354-6746 if interested

RENTAL

OWLS HEAD, Directly On The Ocean — 3 BR, 2.5 BA, recently furnished, available now and has lots of amenities. Large, open kitchen/dining combo. LR, BR, BW, deck and sea view, high-speed internet. Contact: 441-7929

WATERMAN BEACH STORAGE
10 x 15 unit, $100 per month, 12 x 20 unit, $140 per month.

South Thomaston, 1-877-936-1326.

FREE PRESS HELP WANTED ADS WORK

SEE ALL OUR LISTINGS AT www.freepressonline.com (CLICK ON THE CLASSIFIEDS LINK) FREE ONE ADS AVAILABLE. MORE HELP WANTED? CALL STEVE DAVIS AT 207-596-0555 FOR MORE INFO.

HELP WANTED DISPLAY ADS WORK

WANTED

LUCY LADY — want your wood cut to your choice of size. Roll them and give me a call, 441-7929 or 993-2802.

LUCY LADY — want your wood cut to your choice of size. Roll them and give me a call, 441-7929 or 993-2802.

ALLIS CHILDS GARAGE TRACTOR, HD 112 or HD 212 restored. Rockport, 937-7052.

EQUIPMENT RENTAL

UNION FARM EQUIPMENT RENTAL 372 Main St. Thomaston. father/son owned, small repair shop. Delivery available, reasonable rates.

FARM & RENTAL

NOW OPEN — N Tree Farm & Landscape

269 West Highway, Rt. 17, in Union. 788-4885.

RENTAL

SENIOR HOUSING — The Homesteads in Casco Bay, t soldiers, veterans, and other service members. We are an equal opportunity employer. We are committed to providing a safe and inclusive environment for all residents. We believe that diversity is a strength, and we welcome people of all ages, abilities, and backgrounds to join our community. We provide a range of housing options, from independent living to assisted living, to meet the needs of our residents. We are dedicated to helping our residents live their best lives, and we are committed to providing the highest quality care and services. We are located in the heart of Casco Bay, with easy access to the ocean and other nearby attractions. Please call 207-782-8323 for more information.

RENTAL

PROFESSIONAL OFFICE SPACE — available now. 2 - 3 days/week, month-to-month. Must be COVID-conscious unit. Clean, spacious, south-facing windows. Furnished. Free, chemical-free space. Heat and electric included. Ample parking. For more information, please call 701-7162.

HELP WANTED DISPLAY ADS CONTINUE NEXT PAGE

Ashwood Waldorf School in Rockport is looking to hire care providers for our early childhood program.

Full and part time positions available.

Excellent qualities for this position are enthusiasm, joy, energy, positivity, and most of all, a love for working with young children.

Please send your letter of interest, resume, and three references to jescough@ashwoodwaldorf.org.
Deadline is WEDNESDAY for the following TUESDAY ISSUE.

Please read: As long as the total price of all your items is $100 or less, it’s FREE (ads must include prices for all items or we cannot run the ad). Market Basket ads run for two weeks. Only one per household per week will be printed. We can only accept ads that are 20 words or less. We cannot accept ads over $100, it’s FREE (ads over half-full, printer broken, I can’t use). Cost for 1st 20 words/week = $5. Additional words = $1. Subtotal = $7. Times 6 = $42. TOTAL Due = $49.

No business, service or yard sale ads accepted. Use the regular classified ad form for these and all other ads which don’t fit the above guidelines — Ads that don’t follow these guidelines cannot be printed!

Dryer, 39"W, latches, good condition, $60. 763-3311.

FREE Press ads have no charge for any number of words or numbers.

1. Fill the form out and mail to: P.O. Box 1076, Camden, ME 04843-1076. 2. Call us at 954-2015. 3. Log on to our website at www.mainefamily.org. 4. Email us at freefamily@mainefamily.org. 5. Use the regular classified ad form for these and all other ads which don’t fit the above guidelines — Ads that don’t follow these guidelines cannot be printed!

FREE Press ads have no charge for any number of words or numbers.

Please at least 24 hours in advance of the deadline for submission - Wednesday at NOON for the following TUESDAY issue.

Run your ad one week for only $6.65/week for 20 words — 20¢ each additional word.
Run your ad for two weeks for only $13.30/week for 20 words — 50¢ each additional word.
Run your ad for three or more weeks for only $5.55/week for 20 words — 10¢ each additional word.

Please print clearly & include your phone number!

DEADLINE IS NOON ON WEDNESDAY FOR THE FOLLOWING TUESDAY ISSUE

If you would like me 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


If you would like me to read:

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

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

Auto Body Repair

Beckett’s Auto Service, Inc.
Serving the Mid Coast Over 36 Years
1181 River Rd.
Saint George, ME 04860
(207) 372-0560

Furniture Restoration

RESTORE THE HIDDEN BEAUTY
• Striping
• Sanding
• Repair
• Total Restoration
Please call or come visit for wood shop today

Lawn & Garden

THE HARLEY COMPANY, INC.
* FALL CLEANUP
• BUSH/FREE HAY • LANDSCAPING • AVOIDING
WHAT CAN WE DO FOR YOU? 594-2471

Clock Repair

Antique & Modern Clock Repair
Thomas R. John, Sr.
Specializing in the repair of weight & spring driven clocks
By Appointment Only
“House Calls”
A Family Trade for Over 100 Years
Established in the Midcoast 1970
207-594-9341 or Cell 207-882-4144
P.O. Box 35, South Thomaston, ME 04858

Cleaning Services

Full Service Residential and Commercial Cleaning,
Rug & Carpet Cleaning,
Floor Care Services, Fire/Smoke,
Water Damage & Mold Remediation Services.
Free Estimates: CALL US TODAY! 596-5555

Tree Service

A-1 WATERMAN’S TREE SERVICE
Free Estimates
Licensed Arborist
FULLY LICENSED
Friendly, Reliable Service
Wallace Waterman
763-1288
592-5504

Auto Repair Service

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What’s Your Reason to Call All Season?
Vinyl Siding & Windows
Standing Seam Metal Roofing
Garages & Additions – And Much More!
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Our 30th Year In Business!

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11 Bay View Square, Rockland
Hours: M-F 8-4 / Sat 8-12

Miscellaneous

Preserve your memories, movies, and music!
WE TRANSFER TO DVD OR CD:
Videotapes, Home Movie Reels, Slides & Photos, LP Records,
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AFFORDABLE COMMERCIAL PRODUCTION & EVENT VIDEOGRAPHY
MATHIESON DIGITAL
Call Craig at 226-7419

Storage

NEW State of the Art Indoor Storage Facility

CLIMATE CONTROL
HEAT AND HUMIDITY
Security Cameras
Key Pad Easy Access
SHEPARD STORAGE 594-2155
5 Locations - 750 Units

Business Service Directory
## CHANNEL LINE-UP

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### WEDNESDAY EVENING

**SEPTEMBER 22, 2021**

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### THURSDAY EVENING

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### FRIDAY EVENING

**SEPTEMBER 24, 2021**

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A World Without Gas Caps Is Here; Jump Starts Can Be More Complicated with Newer Cars

DEAR CAR TALK: In a recent column, you talked about how a vehicle’s emissions system monitors itself for leaks. And that if a gas cap is loose and lets vapors escape, that will turn on the check engine light. Well, neither my 2019 GMC Terrain nor my wife’s 2021 Honda Accord even has a gas cap. And I’m pretty sure they were not stolen! How is that possible? The only downside is that if you need to add emergency fuel, you can’t use a can with a flexible hose, for instance --- you can damage the cap mechanism. So, several companies, like Ford and Honda, include a little plastic spout to use just for that purpose. You can check your owner’s manual to see if your car has one, and where it’s stored.

Think of the world without gas caps like wireless internet, Scott. It’s just means you no longer have a wire to trip over.

Many now have “jump points,” which are standalone, remote terminal ends designed just for jump-starting. If, so, if you either don’t see the battery, see the battery but can’t reach a terminal, or see the battery, but don’t see a plastic cover with a plus sign or the letters “POS” on it, check your owner’s manual for the position of the jump points in the engine.

By the way, every car my late brother Tom owned had the letters POS on it. But in his case, they had periods after each letter.

Anyway, the jump points will usually have a plastic covering and will have that same plus sign or POS designation for the positive terminal. Once you find that, remove the plastic cover and attach your positive cable to that metal post.

The approved order is positive car to positive live car. Then negative live car and negative dead car. Then duck. Actually, we recommend that instead of attaching the final jumper clamp to the negative terminal of the dead car, you attach it to a solid, substantial, bare piece of metal in the engine, like the engine block. That way, when that last connection creates a small spark, it won’t be near the battery.

You will have to check the manual to find out where the jump points are. Anyway, the jump points will usually have a plastic covering and will have that same plus sign or POS designation for the positive terminal. Once you find that, remove the plastic cover and attach your positive cable to that metal post.

The approved order is positive car to positive live car. These capless filler necks have been around for years now, and they seem to work great.

DEAR CAR TALK: We live in Minnesota and have two 2009 cars, which we park on the street. Last winter, the battery failed on one of our cars when the temperature had been below minus 10 degrees for --- while. As sensible Minnesotans do, we have jumper cables in the trunk. A friendly shopkeeper offered to let us jump our car off of hers. White on white --- red failed on one of our cars when the temperature had been below zero. We were able to jump ours by using hers when the temperature was below zero. It’s the starting-loaded flat most juiced that you can’t check the email. It just means you no longer have a wire to trip over.

You used to be able to throw some slot on four plates, and everybody was happy. Now one person is vegan, another is pescatarian, one is lacto-ovo and the fourth one refuses to eat fish. Just like feeding a family of four.

Cars used to have two, easily accessible and clearly marked battery terminals. But now, lots of manufacturers don’t want you getting anywhere near the battery. And some batteries aren’t even under the hood anymore.

Many now have “jump points,” which are standalone, remote terminal ends designed just for jump-starting.

DEAR CAR TALK: I’m pretty sure they were not stolen! How is that possible? Same as Ray.

RAY: Jump-starting is more complicated than it used to be, Sharon. Just like feeding a family of four.

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