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A new study of ranked-choice voting
Choosing Is Complicated

by Ethan Andrews

Thousands of Mainers have already cast the first ranked-choice ballots ever to be used in a U.S. presidential election, but most of what we know about the system is based on the unsubstantiated claims of proponents and opponents. That’s the backdrop against which Jesse Clark, a political science doctoral candidate at MIT, conducted the most comprehensive study of ranked-choice voting ever attempted. He published a draft in September and concluded without reservations that the new system, lauded as a revolutionary and overdue improvement, will be harder, less satisfying, and likely to produce the same results.

The study, titled “Rank Deficiency? Analyzing the Costs and Benefits of Single-Winner Ranked-Choice Voting,” included a simulated election with 1,500 participants, observational data collected from the 2018 midterm election, including a text analysis of Facebook ads, and a survey of 500 Maine voters about their experience of the 2018 midterms, which was the first time Maine, or any state, picked federal legislators by RCV.

“Previous reports and studies on this, they can’t show with any sort of causality that ranked-choice voting is doing one thing or another, or at least they can’t very strongly,” Clark told me in a phone conversation last week. “You can only really do that with experiments. And that’s what I [did].” Clark framed the study around the arguments of proponents and opponents of RCV in Maine. His hypotheses more or less aligned with the criticism put forward by Republicans: voting by ranked-choice would be more confusing, it would take longer, more ballots would be spoiled through errors, voters would be less satisfied with the outcome of the election and more likely to think the system had benefitted the opposing party, and many of the effects above would get worse the more candidates.

It’s not time to try a new hobby? Watercolor, oils, acrylics, drawing? Let us help you get started with advice & all the supplies you need.

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The same results.

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First Peoples’ Sovereignty

On October 12, we will again commemorate Indigenous Peoples’ Day here in Belfast and in the entire state of Maine. I am proud that this date is observed, but also well aware of how arrogant it must seem to offer one day of recognition to the peoples who have been here for over 10,000 years. To whom we owe our debt? We can repay for their care, leadership and guardianship of the lands and waters that were stolen from them, this beautiful place we all call home.

And still the state of Maine continues not to recognize the inherent sovereignty of the tribes, a reaffirmation that all other tribes in the nation have. Since 1980, when the Federal Indian Claims Settlement Act became law, the corresponding state implementation for the tribes have been under state law rather than federal Indian law. This essentially means the state retains the power to deny treaty rights to the tribes and acts as if the tribes are not sovereign at all. The Maine Implementing Act to divide the state, subject to state oversight without representation.

Sovereignty is an inherent right; it is not something that can be bought. The Band of Maliseet, of which I am a member, the Houlton Band of Maliseets have once again been put on hold, which is a disturbing moment that all other tribes in the nation have. Since 1980, when the Federal Indian Claims Settlement Act became law, the corresponding state implementation for the tribes have been under state law rather than federal Indian law. This essentially means the state retains the power to deny treaty rights to the tribes and acts as if the tribes are not sovereign at all. The Maine Implementing Act to divide the state, subject to state oversight without representation. This is a matter of conscience and ideology. We have the incredible privilege to vote for our representatives in the United States, unlike in other places in the world where you can be at the mercy of the state, subject to state oversight without representation.

Presumption of Innocence—

I had recently made in a letter to the editor titled “Vote for Susan Collins’ reelection to the Senate is under severe challenge, and when asked why, voters frequently reply, “She can’t represent me!”

I am searching for a 93-year-old, charming woman from Nobleboro, who can appear in person. Please wear a mask.

To my unknown friend: You cheered me. Shall we honor the people who have helped us through this unprecedented year? I am looking for a 93-year-old, charming woman from Nobleboro, who can appear in person. Please wear a mask.

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Seeking a 93-Year-Old Caller—

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Where Does He Stand?—Farmer Favors Maxmin

in a community where Chloe Maxmin is our senator in neighbors, while creating a thriving future for our children.

a senator who is attuned to the complexities of community is for community resilience. Clearly, Chloe understands theicated Chloe is to her community.

kind of basic and decent reaction is an example of how ded-

chosen Valli Geiger because the ten record concerning the van vandalism reflects discrep-

spent $4,379.03 of her allotted $5,854.00.

items [including] catering, paid staff, an outside consultant and golf tournaments. Valli Geiger is running clean and has spent approximately 10 percent of the budget.

When asked, Mullins cannot state simply whether he sup-

ports specific legislation, whether he would support a LePage candidacy or whether he supports Trump. The writ-
ten record concerning his reaction to vandalism reflects discrep-

ancy between words and action.

The voters of Rockland and Owls Head have a clear choice on November 5th. Take a moment to tell you exactly what she supports, and the walk the talks, the

Let’s Wait for a Better Idea—

This week, the Belfast City Planning Board will again consider the Nordic [Aquafarms] project. Here are some thoughts to consider. I appreciate the efforts of exhaustive research, and I embrace the opportunity to make at least three decisions. First, what are U.S. national values into this very important work of deciding between NAF and AF?

The vibe is that we cannot create in a tank of circulating water with man-

made of the sea and the deep forest and all that they con-

tain. True, wild salmon swim to the sea and back to their river of origin by leaping through rushing water beneath the sun, the moon, the stars, the tides, and the seasons. They are a force of nature, a powerful and mysterious part of nature, bringing parts of the sea back deep to the forest after their life in the sea. They are not fish raised and killed in the factory, every bat who will lose

this project is about NAF making money, and not having the smallest amount of concern about our communities.

We are in a drought, it’s true! We have lived here long enough to know that this is the new normal. All citizens of the world need water to live. The NAF project will not provide sustainable solutions for it. Yes, I know they say they are “growing needed food” but really, do we need this much “salmon?” There are so many other ways we can grow food for us, an aquatic farm, but we also need to understand the old idea of “there is plenty of water” should not guide us now in our water-use decisions. The clean water supply is a limited and want to focus our collective efforts on protecting it; and if we need it and one entity should not use more than its fair share, partic-

ularly for monetary profit. Remember, this project is about NAF making money, and they need our water to do it.

The problem of NAF, wild salmon is swimming to the sea and back to their river of origin. The decision of the Planning Board will decide what will be allowed, giving us a chance to preserve the sacredness of the sea and the forest. The decision of the Planning Board will decide what will be allowed, giving us a chance to preserve the sacredness of the sea and the forest.

4. Our moral compass. What do we value? Freedom, wild

The voters of Rockland and Owls Head have a clear choice on November 5th. Take a moment to tell you exactly what she supports, and the walk the talks of her constituents, checking in with seniors through community service to her constituents, checking in with seniors through

Farmer Favor Maxmin—

As a farmer, I value the importance of grassroots, community connection. I know our farm wouldn’t be here if we went out the restaurants, grocers, home chefs, co-op Extension in Hope and all the other towns and cities in Maine.

All citizens of the world need water to live. The NAF project is about NAF making money, and they need our water to do it.

This is a big deal. The decision of the Planning Board will decide what will be allowed, giving us a chance to preserve the sacredness of the sea and the forest. I call anyone on the Planning Board amoral; they are doing

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contain.
**Why I Support Donald Trump**

Tuesday, October 13, 2020

When it comes to terms and conditions, President Donald Trump has pulled off perhaps the biggest impossible feat and boon to world peace. Sorry, doubters, but President Trump has put Americans first in their safety and first in line for jobs. No longer are our borders porous for the criminal element of drug traffickers, such as those who make their living and companies were returning from offshore locations. Jobs were up and taxes were down for middle and lower income people with whom Donald Trump has done so far.

President Trump promised to renew the worldwide prestige of America through tough negotiations to redo long-standing bilateral and military agreements to make them more favorable for us. Getting NATO to pay its fair share showed that President Trump is a man with an inquisitive mind who is fearless in seeking the best for his country. He met with the North Korean leader Kim Jong Un and averted war. He put the interest of America first through tough negotiations to redo long-standing bilateral and military agreements to make them more favorable for us.

For me, the most impressive aspect of President Trump’s accomplishments has been the way he has treated our health care system. He has worked tirelessly to keep our hospitals open and our health care workers safe. He has also worked hard to ensure that Americans have access to the COVID-19 vaccine.

As the country faces the challenges of the pandemic and the economic downturn, President Trump has demonstrated strong leadership and a commitment to our nation’s well-being. He has been proactive in his approach to addressing these issues, and his actions have helped to protect the health and safety of all Americans.

President Trump has also been a strong advocate for our national defense. He has taken steps to increase our military capabilities and has worked to ensure that our troops are adequately equipped and trained.

In summary, President Trump has been a strong, capable, and patriotic leader who has worked tirelessly to protect the interests of our country and our people. He has demonstrated strong leadership and a commitment to our nation’s well-being, and his actions have helped to improve the lives of Americans.

The COVID-19 pandemic has been a difficult time for our country, but President Trump has shown that he is up to the challenge. He has worked tirelessly to keep our hospitals open and our health care workers safe. He has also worked hard to ensure that Americans have access to the COVID-19 vaccine.

Our president has done so much for us, now it is your turn to do what you can to help. Be sure to vote on November 3 with an early ballot.

John Petersen, Swanville

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**Where Have All the Hay Fields Gone?**

I remember the song “Where Have All the Flowers Gone?” I think it goes something like this:

Well, over the years, I have seen many producing hay, blueberry lands, go to sprawl in home and commercial development.

I used to hike and stay blueberry lands that are no longer there, gone. Economic development might be good for the economy and tax revenue, but it’s tough on the farms that need this land for hay production.

Farms will be buying more hay and produce from Canada and other states.

Nothing makes me happier than to see land reclaimed back to pasture and blueberry lands. This is happening on a small scale.

I remember when Edward C. Cutting, Inc., back in the hay days, was one of the largest landowners in the area. They had a full crew, that all they did was work the land, from timber, blueberries, and hay fields, year-round.

Big farms are dwindling, some downcharging and working hard to hang on.

We need to be more self-sufficient and not depend on others outside means, have some consideration for the farms, especially with this urbanization threat on our truly open spaces.

Kip Bechtou, Union

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**A Proven Keeper**

How many times have you been in a conversation about our reps in D.C. and said something like, “Why can’t we work across the aisle for our benefit?” or perhaps, “Why is it that our political parties are at odds?” Rep. Collins says, “I don’t believe a word he/she says. It’s all B.S.”

Well then, if this is the case, consider the following two guidelines.

First: how about a cool, patient, and honest examination of the long-term impact on America’s future?

Second: how about following the oath of office principle, whereby the reps swear to uphold our U.S. Constitution?

Well, you might think: “that ain’t happenin’, not in Washington.” That’s untrue. “Of us all, it is yeasayers,” not “Washington.”

Are you really considering throwing Senator Collins overboard for not giving in to the self-aggrandizing, self-entitled, and self-centered person he is?

Have you been watching as the results of his refusal to follow his own CDC department guidelines? What is correct, I believe, is that he has an inviolable allegiance to himself and his TV image, and this week has proven that to be the case.

Despite what President Trump says, he only cares about himself and his TV image, and this week has proven that to be the case.

This was all taking place while more in his administration and the public keep testing positive for him. It’s highly likely he knew it to be the case. That was clearly on display at Maine Open Farm Day in 2018 at their farm in Whitefield, where they’ve lived and worked for over 20 years.

With his previous jobs at Maine Farmland Trust and MOF-CA, Collins has shown his ability to talk with people, not at them, and then turn conversations into action. His commitment to Maine’s rural and agricultural communities, especially with this urbanization threat, is more than just another façade. Collins is the only one of the House and Senate leadership who was willing to take the position of Minority Leader for a new term.

I ask you to support Chris on November 3, at the polls or by absentee ballot. Never have our local and national elections been more important.

Joan Jackson, Jefferson

---

**Trump’s Joymide**

Do you remember when President Trump was running for office and was so popular with the people? He promised to make America great again. He promised to bring jobs back to America. He promised to keep our borders secure. He promised to make America the envy of the world.

But let’s be honest, how many of these promises has he kept? The economy is still struggling. Jobs are still hard to come by. The borders are still porous. Crime is still high. America is still not the envy of the world.

It feels like we’ve been waiting for a joyride around Walter Reed hospital for no other reason than to see him look good to a TV audience. That was clearly on display.

Without a doubt, President Trump is a unique character. He is fearless in seeking the best for his country. He met with the North Korean leader Kim Jong Un and averted war.

President Trump has put Americans first in their safety and first in line for jobs. No longer are our borders porous for the criminal element of drug traffickers, such as those who make their living and companies were returning from offshore locations. Jobs were up and taxes were down for middle and lower income people with whom Donald Trump has done so far.

President Trump has demonstrated strong leadership and a commitment to our nation’s well-being. He has been proactive in his approach to addressing these issues, and his actions have helped to protect the health and safety of all Americans.

As the country faces the challenges of the pandemic and the economic downturn, President Trump has shown that he is up to the challenge. He has worked tirelessly to keep our hospitals open and our health care workers safe. He has also worked hard to ensure that Americans have access to the COVID-19 vaccine.

Our president has done so much for us, now it is your turn to do what you can to help. Be sure to vote on November 3 with an early ballot.

Ronald Horvath, Camden
Opening Day for Maine’s Recreational Marijuana Shops — Above, Johnny Lorenz, owner of Sweet Relief in Northport, talks with members of the press on October 9, the opening day for adult-use marijuana sales in Maine. Sweet Relief was one of six adult-use retail shops open on the first day they could legally do business. Inset right, Lorenz, who has operated a medical marijuana caregiver shop on the same Route 1 property since early 2019, made his first recreational sale to Northport selectman Zak Hollingshead, pictured at right, who bought six prerolled joints, and the second to himself. Maine Office of Marijuana Policy reported $94,643.38 in statewide sales of recreational marijuana on opening day, with $9,464.34 collected in sales tax. Photos: Ethan Andrews

Panel About Domestic Violence Online — Midcoast Women, Camden Public Library and New Hope for Women will host a free, moderated, online panel discussion about domestic violence from the perspectives of law and legislation on Tuesday, October 13, 6:30 to 8 p.m. Panel members will include domestic violence survivors, members of the Maine Legislature and advocates from New Hope for Women. Participants will come away with a better understanding of domestic violence and the resources available to survivors and victims of domestic violence. Visit midcoastwomen.org for more information and to register.

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RANKED-CHOICE VOTING
CONTINUED FROM PAGE 1

Everyone reads this paper.

Clean Election Candidate
You can count on me!
VOTE INDEPENDENT!

Tuesday, October 13, 2020

RANKED-CHOICE VOTING

The Free Press

Jeffrey Evangelos
Independent for
State Representative
House District 91
Friendship, Waldoboro,
Washington, West Union

Endorsements say a LOT about a candidate:
- Maine Education Association endorses Evangelos, 100% voting record in support of educators and students.
- Sportsman Alliance of Maine endorses Evangelos, with highest A+ rating for its support of Maine’s outdoor heritage and the Second Amendment.
- Maine Conservation Voters endorses Evangelos, for his A rated voting record.
- AFL-CIO endorses Evangelos for House District 91, praises his support for Maine workers.
- Maine State Employees-SEIU endorses Evangelos, for his support of State workers.
- Equality Maine endorses Evangelos, praising his equal rights for all voting record.

Clean Election Candidate
You can count on me!
VOTE INDEPENDENT!
November 3rd, 2020

Paid for and authorized by Evangelos for Legislature, 1133 Finntown Rd., Warren, ME 04864

Re-elect S.P. Zeigler
for Maine House
worked for you in Augusta
for Rockland City Council

ADAM LACHMAN
Experience that matters
As your city councilor, I will:
- Listen to you, improve transparency
- Create solutions to reduce our tax burden
- Protect our working waterfront & environment
- Promote smart economic growth

Facebook.com/LachmanForRockland
questions? Re Elect 2021: lachman4@gmail.com

Vote Bill Pluecker
for State Representative
Appleton, Hope, Union, Warren

Bills business experience and commitment to hard work have provided strong leadership across party lines, representing our working families and small businesses, but is most respected by his friends in the Legislature, we need him re-elected!

Pen Williamson
Get in touch with me: (207) 273-3044 pluecker4rep@gmail.com
Paid for and authorized by William Pluecker, Paul Meinersmann, Treasurer • 1133 Finntown Rd., Warren, ME 04864

Senator Miramant:
PROVEN
Business Advocate
For Knox County

Authorized and paid for by the candidate, Susan & Greg Dorr, treasurers, 174 Mountain Street, Camden, ME 04843

ANTIOQUES ETCETERA
MUST WEAR MASK
OPEN EVERY DAY
10:00-5:00
207-466-9284
AT 607 MAIN ST., ROCKLAND
A Community Leader Committed to Solutions

“We deserve better from Augusta. I’m running for State Senate to use the broad perspective I’ve gained throughout my career in both the private and non-profit sectors. My mission is to find common sense, bipartisan solutions to the issues facing our communities. I look forward to discussing your concerns and earning your vote.”

GordonPageforSenate.com
@PageForDistrict12

Paid for and authorized by Page for Senate, 523 Ash Point Dr., Owls Head, ME 04854. Dennis Norton, Treasurer.

RANKED-CHOICE VOTING CONTINUED FROM PAGE 6

Ranked-choice and traditional plurality voting are just two of dozens of possible selection systems that the social scientist Kenneth Arrow considered before coming to the conclusion in 1951 that none of them are immune to outcomes that appear to defy common sense. For example, a candidate who would beat every other candidate in individual head-to-head elections, known as the “Condorcet winner,” might lose an election when facing all of them at once. Similarly, a group of diners forced to choose a single entrée might pick salmon over chicken and chicken over beef, but then pick beef over salmon without any of them changing their minds. (Hint: the majority is composed of a different combination of people in each case.)

In the summer of 2010, a group of mathematicians convened in France to elect “the best voting procedure,” and out of some 20 contenders they gave the highest marks to “approval voting,” in which voters mark any of the options they approve of and the one with the most votes wins. Perhaps knowing this at the outset, the group used approval voting to pick the best voting system. Ranked-choice, which they termed “the alter-native vote,” came in second place. Plurality voting, the system Americans have used in every presidential election, was one of three systems that received zero votes.

But in politics, math only goes so far. Experts can demonstrate that some voting systems are inherently fairer than others, but there’s still the matter of voter confidence. Clark said many of the negative effects of ranked-choice voting will improve as we get used to the system. “The best comparison I think of is automatic vote-by-mail out West where you saw voter confidence go down in that first election, and it sprang right back up in the second election. And I think that’s what’s probably going to happen [with ranked-choice in Maine]. Maybe not after a single election, because I don’t think Republicans are going to fare particularly well this year, and they’re the ones that need to be convinced. But you get a Republican year and I think some of those people start to turn around.”

“Long term, it’s just going to be kind of a harder system. People will work it out, but they’ll never totally climb out of the impacts of ranked-choice voting. And system wide, no, it’s not really going to change who gets elected or how they get elected.”

Upgrading Friends House—Mid-Coast Recovery Receives USDA Grant

Mid-Coast Recovery Coalition, located in Rockland, has been awarded a $50,000 Community Facilities Grant from the U.S. Department of Agriculture’s Rural Development program.

Funds will be used to upgrade the organization’s Friends House so that it complies with Americans with Disabilities Act standards and meets local codes.

Established in 2018, Friends House is a recovery residence that supports individuals and families facing opioid addiction. After renovations, it will accommodate upwards of 15 men in residence. The House provides a supportive environment in which residents establish employment and connections to other local resources that assist in their recoveries.

“It is critical for people in early recovery to have a solid foundation to begin their recovery. Without providing safe, sober and supportive housing, most people cannot make progress in their recovery and continue to struggle with complications of their addiction . . . “ house supervisor Iain Kirkham said through a news release.

For more information, visit midcoastrecovery.org.

Mid-Coast Recovery Receives USDA Grant

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Paid for and authorized by Page for Senate, 523 Ash Point Dr., Owls Head, ME 04854. Dennis Norton, Treasurer.
Entrepreneurship

- Mike runs a small business incubator in an old MBNA building. He is opening a new Makerspace in Rockland at the Antiques Marketplace. Mike taught a startup leadership program, and he founded the Lean Startup Challenge.

- Mike is THE affordable housing candidate in 2020. He has 25 years of experience developing hundreds of units of high quality affordable housing and working with HUD. He will lead an effort to bolster MaineHousing and build new affordable housing and renovate existing housing. He will make sure the state supports smart growth for Maine’s downtowns, providing revitalization and beautification that will boost summer tourism and preserve our history.

Historic Preservation

- Mike’s preservation of the Antiques Marketplace is an example of his hands-on approach to making things happen in this district. Mike renovated a historic mill into mixed-income apartments and preserved it for future generations. His ideas include expanding historic tax credits for Maine’s downtowns, providing revitalization and beautification that will boost summer tourism and preserve our history.

Affordable Housing

- Mike runs a small business incubator in an old MBNA building. He is opening a new Makerspace in Rockland at the Antiques Marketplace. Mike taught a startup leadership program, and he founded the Lean Startup Challenge.
Maine Enters Stage 4 of Reopening Plan

Maine will move into Stage 4 of the Plan to Restart Maine’s Economy on Tuesday, October 13, according to an executive order. Stage 4 increases limits on indoor seating to 50% of permitted occupancy, or 100 people — whichever is lower — and maintains public health measures such as enhanced cleaning practices and physical distancing.

The order also requires that more entities — such as private schools and municipal offices — ensure that employees and people in their buildings adhere to the state’s face covering mandate, and expands the scope of enforcement statewide.

The progression into Stage 4 comes as Maine, adjusted to governor’s requirements, social distancing is in place and masks must be worn unless eating the delicious food prepared by the Elks. Again, I want to thank you for bearing with us thru these very difficult times.

We are pleased to offer another selection of fresh estate antiques for your buying pleasure. This auction has more items from a prominent Thomaston estate, the estate of Lawrence Seaver of North Haven, Maine and selected additions from several other Maine homes. Highlights include: 19th c. portrait of the ship “Eddystone” attributed to William How and Yorke 1847-1921; an early brass porthole with a round 9” painting of a Navy ship by Frederick Pasing 1844-1912; large watercolor of fishing boat with seagulls by William Thon 1906-2000; a classic Gus Wilson hen eider decoy from a North Haven collection, signed John Hancock document 1790; advertising items; early American furniture; oriental rugs; collection of early inlaid; good costume and sterling silver jewelry; some early railroad collectibles; oil paint- ings from the prominent Thomaston estate by listed artists; incredible 19th c. walnut dining table with hand carved base and 4 leaves that extend to 10'; several great Victorian furniture pieces; and the list goes on! As you know I will not disappoint you with this fast paced country style auction. Once again, keep in mind that we only have 100 seats in the hall so try to preview and leave bids if you are only interested in a few things. This will help us keep within the guidelines of the State of Maine. Overflow seating is comfortable and easily accessible to bid. Thank you — Bruce

Note: Maine State Regulations on Covid-19 will be in place with masks used when social distancing is not possible.

Tips for Voting Safely

In preparation for administering the General Election on Tuesday, November 3, during the COVID-19 pandemic, Maine Secretary of State Matthew Dunlap has issued updated guidance to ensure that all voters can safely partic- ipate.

Those who choose to vote in-person absentee before Elec- tion Day must wear a face covering. Voters who have requested an absentee ballot by mail will not be issued a second ballot if they seek to vote in-person absentee ahead of Election Day, except in special circumstances. Voters who change their minds about voting with the ballot they have already received are advised to bring their blank bal- lot to their town office to vote in the presence of the clerk or complete their ballot from home and return it via mail or to the municipal clerk or dropbox directly.

Those planning to vote absentee by mail are urged to request a ballot as soon as possible, either directly from a municipal clerk or by visiting maine.gov/sos. Ballots should be returned as soon as possible to allow clerks to take advan- tage of early processing time.

Ballots should be mailed at least seven days before Elec- tion Day. Ballots may also be delivered to a municipal clerk as soon as voters have completed them. Many towns and cities are offering the option to deposit ballots in an official ballot dropbox on city or town hall property. All ballots must be submitted to the municipal clerk no later than 8 p.m. on Election Day.

Polling places will be open on Election Day for in-person voting. Voters should allow additional time to complete the process, as wait times are expected to be longer than usual due to capacity limits, social distancing and sanitiz- ing measures. Some voters may have to wait outside, so all should prepare for the weather.

Voters are strongly encouraged to wear a face covering when visiting the polls, but cannot be turned away on Elec- tion Day for not wearing a face covering. All election work- ers will be required to wear face coverings and use table- top barriers at the check-in tables. Voting booths will be sanitized according to CDC guidelines and pens will be single-use. Candidates and petitioners will be allowed to set up outside and will be required to wear cloth face cov- erings and maintain a six-foot distance from voters.

Per Maine law, voters are advised to refrain from wear- ing face coverings or other clothing and accessories that dis- play the name of a candidate on the ballot. Election workers, poll watchers, petitioners and others stationed at the polling place are not permitted to wear any apparel expressing sup- port or opposition for any candidate or issue on the ballots.

Influencing or attempting to influence any voter’s deci- sion about how to vote, or intimidating a voter, is prohib- ited by federal and state law, and any complaints about such activity should be directed to the election warden at the polling place.

Polling places may be consolidated or moved up to 10 days prior to Election Day; voters are advised to check with their municipality or visit the Maine Voter Information Lookup Service online.

For more information, including the complete guidelines, visit maine.gov/sos/cec/elec, email sos.office@maine.gov or phone 626-8400.
The Free Press

Maine Writers & Publishers —
Maine Chapbook Series Seeks Writers

Author Sigrid Nunez

The Maine Writers & Publishers Alliance invites submissions of works of fiction for the Maine Chapbook Series. MWPA will publish and promote the winning manuscript, and the emerging writer selected will receive $500 and 25 copies of the book. An image by a Maine artist will be selected for the cover, and the artist will receive a $500 prize. The deadline for submissions is October 31.

The Maine Chapbook Series is open to all current Maine residents, including part-time, seasonal residents who own a second home in the state. Only those who have not published a full-length fiction collection may enter; this does not include self-published works.

The judgment will be Sigrid Nunez, who has published seven novels, most recently “What Are You Going Through.” She is also the author of “Sempre Susan: A Memoir of Susan Sontag,” winner of numerous literary awards, and teaches at Boston University.

Visit mainewriters.org/mainechapbook-series for submission details and to enter.

Lincoln Historical’s ‘Objects of the Week’

The three sites maintained by Lincoln County Historical Association are unable to open this summer because of the coronavirus. Seeking new ways to fulfill its mission to collect, preserve and interpret the history of Lincoln County, the group has added a section to the LCHA website to highlight the objects in its collection, called “Objects of the Week.”

Since the beginning of August, nine items have been featured; all are archived. Subscribers are informed about new posts every two weeks; email info@lincolncountyhistory.org to sign up.

The association’s Education Outreach Program is available to private, public, home schools throughout the year. ToNoise Miller at info@lincolncountyhistory.org to learn more.

Lincoln County Historical Association stewards the 1754 Chapman-Hall House of Damariscotta, the 1761 Pownalborough Court House in Dresden, and the 1811 Old Jail and Museum in Wiscasset. For more information about LCHA, visit lincolncountyhistory.org site or the Facebook page for Lincoln County Historical Association Maine.

Cold Comfort Theater Reading in Searsport

Belfast-based Cold Comfort Theater’s “Reading Plays Together” series will present a free reading of Jennifer Lane’s full-length, unpublished play “Harlowe” at Union Hall in Searsport on Wednesday, October 14, at 5:30 p.m. “Reading Plays Together” is dedicated to promoting theater by reading plays in a cold-read, non-performance format without rehearsals, pre-casting or memorization.

In “Harlowe,” a woman loses her sense of touch after suffering a physical trauma. When her sister brings her home to convalesce, she retreats to the bathroom and spends hours in the tub. Jennifer Lane is a California-based writer and teaching artist. Cold Comfort toured Waldo County libraries with a reading of her play “To Fall in Love” in February.

R’id It Out’ Auction

Owls Head Transportation Museum, located at 117 Museum Street, is holding a virtual sale of vehicles, vintage auto parts and collectibles. All proceeds of the Ride It Out Auction will support the museum. Registration and bidding will be open through 8 p.m. Friday, October 23.

Inventory includes a diverse selection of cars, from an Alfa Romeo convertible, an early Porsche 924 and a Honda five-speed project car to classic and antique auto parts are also featured.

‘Last Behind Closed Doors’ Tour of Castle Tucker This Season —

Castle Tucker, 2 Lee Street in Wiscasset, will host the final Behind Closed Doors Tour on Tuesday, October 13, at 10 a.m. Castle Tucker was built in 1807 by Congressman and Judge Silas Lee. In 1858, Captain Richard Tucker Jr., scion of a Wiscasset shipping family, spoke about his new novel “I Am Cuba: Revolution and the Cuban Revolution” at Owls Head.

The museum will have an Alfa Romeo convertible, an early Porsche 924 and a Honda five-speed project car. Collectibles and classic and antique auto parts are also featured.

Last ‘Behind Closed Doors’ Tour of Castle Tucker This Season —

A new exhibit at the Maine Historical Society in Portland, “A Convenient Soldier: The Black Guards of Maine,” is running for a limited engagement in the Showcase Gallery. The show features never-before-exhibited historic photographs and stories of African American Army soldiers, known as “Black Guards,” who were sent to defend Maine railways from terrorist attacks from 1941 to 1945. The gallery installation examines the soldiers’ daily lives as they stood watch during a time when they experienced racial discrimination and segregation.

The judges will be Sigrid Nunez, who has published seven novels, most recently “What Are You Going Through.” She is also the author of “Sempre Susan: A Memoir of Susan Sontag,” winner of numerous literary awards, and teaches at Boston University.

Visit mainewriters.org/mainechapbook-series for submission details and to enter.

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The museum will have an Alfa Romeo convertible, an early Porsche 924 and a Honda five-speed project car. Collectibles and classic and antique auto parts are also featured.

Last ‘Behind Closed Doors’ Tour of Castle Tucker This Season —

The Camden Public Library will host author Matthew Langdon Cost, who will speak about his new novel “I Am Cuba: Fidel Castro and the Cuban Revolution” at 6 p.m. on Thursday, October 22. The program will be held via Zoom platform; email sjpierce@libcamden org to request a link to attend.

In the summer of 1958, 300 revolutionaries, led by 30-year-old lawyer Fidel Castro, turned the tides of war against a military dictatorship in Cuba by defeating 12,000 soldiers in combat. The revolution had begun in 1953 with a botched insurrection in Santiago. When Castro was captured and put on trial, he defended himself in a speech that end- ed, “Condemn me. It does not matter. His- tory will absolve me.”

Cost’s historical novel details society, politics, war and love in Cuba in the 1950s.

For more information about this and other library programs, visit library.camden.org.
River Arts Shows Paintings and Pottery by Chris Covert —

River Arts, located at 36 Elm Street Plaza in Damariscotta, is presenting the work of Maine artist Chris Covert in a solo show in the River Room gallery. “My Painting and Pottery” runs through Wednesday, October 21. Covert, a production potter for 45 years, also creates paintings that draw on memory and reflect the natural world. The gallery is open Wednesday through Saturday, 10 a.m. to 4 p.m. and Sunday, 11 a.m. to 3 p.m. For more information, phone 563-6868. Shown here, a sampling of Covert’s pottery and “Dock at Round Pond.”

River Arts Call for ‘Artist’s Choice’ Show

Juror Nancy Glassman

River Arts, a nonprofit arts center at 36 Elm Street, Damariscotta, is inviting artists to submit work for a juried show, called “Artist’s Choice,” to be held from October 28 through November 28. The deadline for submission is Saturday, October 24, at 4 p.m. The juror will be painter Nancy Glassman, who is represented by Caldwell Gallery in Rockland. The show will include works in all mediums, including but not limited to painting, sculpture, fiber, photography and mixed media, and may be representational or abstract. Artists may enter two pieces with a size limit of 26” (in any direction), including frame, or one piece with a size limit of 48” including frame. There will be no exceptions. Works must be delivered in person and must be gallery-ready and clean — no wet paint will be accepted. Wall pieces should be wired securely with picture wire.

Center for Maine Contemporary Art —

Maine Arts Education Association Biennial Exhibit

The center for Maine Contemporary Art, located at 21 Winter Street in Rockland, will host a professional workshop for Maine art educators in partnership with the Maine Arts Education Association on Saturday, October 17, from 9:30 a.m. to 3:30 p.m. Pre-registration is required and limited to 20 participants: to sign up, visit cmcanow.org. The workshop, “Activating Hybrid Learning with Contemporary Art,” will look at themes and artworks in the CMCA 2020 Biennial exhibit to discover a range of artmaking processes and ideas to enrich curriculum and personal practice. CMCA staff will lead participants through a gallery tour, hands-on activities and informational sessions on concepts and techniques for incorporating contemporary art into classroom rooms, both in-person and online. The event will conclude with a talk by an exhibiting artist. The cost of the workshop is $50. Social distancing will be maintained.

To learn more or to register, email Mia Bogyo at mbogyo@cmcanow.org.

Owls Head Light Christmas Cards Benefit Lighthouse Foundation

Rockport artist Carol Douglas has painted a holiday scene featuring Douglas’s painting “A Christmas at Owls Head Lighthouse” are now available from the foundation. Each set contains 10 Christmas cards and envelopes for a cost of $15 and can be purchased at the Owls Head Lighthouse gift shop or by visiting shoplighthousefoundation.org.

Maine Crafts Association —

Craft Apprentice Program Applications

The Maine Crafts Association and the Maine Arts Commission are accepting applications to the Craft Apprentice Program, an opportunity for Maine-based master craft artists and apprentices to work together from March through September. Applications are due December 9. At least two apprenticeships will be awarded in 2021: pending additional funding, more will be added.

Participants must be at least 18 years old and current Maine residents; apprentices must demonstrate foundational skills in the medium they wish to pursue. The program supports artists working in craft media, which does not include photography, painting or drawing. Master artists and apprentices must apply jointly, providing clear, agreed-upon goals, a basic plan for how goals will be achieved, and a proposed budget for the apprentice’s honorarium. Both must also submit resumes and images of current work.

Both master and apprentice receive honorariums based on a recommended 100 hours of one-on-one training ($3,000 to the master, $1,000 to the apprentice). The honorarium for the master artist covers their time and transmission of expertise; the apprentice’s funds are for supplies and equipment. For eligibility criteria, instructions and the application, visit mainecap.org. For more information, phone Sadie Bliss at 207-6791 or email sadie@mainecrafts.org.

Yes we ARE having The SMILING COW’S 80th Annual 1/2-PRICE SALE!

begins on Saturday, October 17th at 6 a.m.

...THE RULES HAVE CHANGED
1. Masks Absolutely Required
2. Social Distancing
3. Maximum of 10 customers at a time

EVERYTHING IN THE STORE 50% Off!

Check out our website & Facebook
Visit us online at www.smilingcow.com
41 Main St., Camden 236-3351
Notes from Lime City
Lime City Shocker! Mike Mullins Tries to Steal This Column!
by Becca Shaw Glasser
I've just had such a strange experience. Last week I had contacted Mike Mullins, the Republican candidate for Maine’s 2nd District seat, and represented to him that if I could interview him for “Notes from Lime City,” I was curious what a self-described “Progressive Republican” was. What exactly did that mean, and was it even possible right now?

Lately, the candidate and his campaign are everywhere, coming out of the woodwork. In general, Mullins seems to take pains to pump out an image of himself that almost anyone could get behind. He does seem to have an earnest and accurate interest in connecting with people’s common-sense political perspectives. It’s seemingly widespREAD is the enthusiasm for him that you’ll find Mike Mullins signs planted in lawns in such far-off places as Camden and in the middle of the “from away” tropo. I would say that Mullins seems ready everywhere. And why are so many liberal-leaning people taken by him?

Mullins is hard to pin down. I’ve watched locals regularly ask him to clarify various stances and express frustration with his often-inaccurate answers: “I asked you who you support for president and didn’t get a straight answer. You have been rather evasive about your answer! I’m giving up and simply think of you as undecided when the choice seems abundantly clear.”

When I asked Mullins for clarity in June 2016, and if he would vote for him in 2020, he would not say. Not only did he decline the opportunity to specifically express any disagreeable about Trump, but instead, he immediately pivoted to bashing Biden and the Clintons in minutiae detail.

Looking into his campaign findings I found it enlightening that he can claim allegiance to the statesmanship of the Amendment movement. The decision has been viewed as a turning point in America to beware of using certain words related to my heart beat loud and fast, and my hands were trembling making it appear as if I had co-authored it. I started to shake, my palms were sweaty. I could not believe what I was reading. It was as if Mullins was a writer who had commandeered my page, with zero consultation with me or The Free Press, and byline; he stole my name for the title of his column, work hard to get my facts and context cited. Mullins removed the title “Notes from Lime City” and the byline, and leftists think the 2017 GOP tax bill was a huge giveaway to the already-wealthy and mega-corporations, Mullins, though saying he doesn’t agree with it, is almost anyone could get behind. He does seem to have an earnest and accurate interest in connecting with people’s common-sense political perspectives. It’s seemingly widespread is the enthusiasm for him that you’ll find Mike Mullins signs planted in lawns in such far-off places as Camden and in the middle of the “from away” tropo. I would say that Mullins seems ready everywhere. And why are so many liberal-leaning people taken by him?

Instead of its annual fundraising walk in Damariscotta, the American Cancer Society invites the public to celebrate breast cancer survivors and those facing the disease by decorating their car in pink to drive through a cancer awareness event. The parade will begin at Lincoln Academy, located at 81 Academy Hill Road in Newcastle, and conclude at Coast Guard Rivers Conservation Trust’s Round Top Farm on Route 1. There is no fee; participants can register by visiting this website. Attendees must remain in their cars for the duration of the parade.

To donate, email Reven.Oliver@cancer.org or phone (800) 227-2345.

Deadline to order, October 15 —
Beef Stew Supper—Go from Union Church
People’s United Methodist Church, located at 21 Depot Street in Union, will offer a takeoff supper on Friday, October 23. Attendees will include beef stew, biscuits and chocolate fudge cake with chocolate fudge frosting. All food is prepared in a clean and sanitized setting by masked and gloved volunteers.

Tickets are $15 per meal and must be purchased in advance by calling Joyce Grotton at 785-2651. The deadline for ordering is Thursday, October 15. Meals can be picked up at an improvised drive-through at the church between 5 and 6 p.m. Signs at the church will direct the flow of traffic and there will be people to provide guidance. All proceeds will benefit the church.

Saturday, October 24 — Union Masons Plan Benefit Lobster Dinner
Union Masonic Lodge 31, located at 149 Sennebec Road, will hold a lobster dinner on Saturday, October 24, from 4 p.m. to 9 p.m. The event will include lobster, potato salad, macaroni and cheese and a drink. Attendants must remain in their cars for the duration of the parade.

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To donate, email Reven.Oliver@cancer.org or phone (800) 227-2345.
‘The State of Maine’s Loons’ at Merryspring

Nick Lund of Maine Audubon will lead an outdoor presentation titled “The State of Maine’s Loons” at Merryspring Nature Center, located at 30 Conway Road in Camden, on Tuesday, October 20, at noon.

For more than 30 years, Maine Audubon has been engaging communities to help monitor the state’s loon population. Lund will discuss the challenges the birds face and the work being done to protect them.

Lund is a writer focused on birds and science, with regular columns in The Portland Phoenix and in the National Audubon Society magazine; he has also had pieces published by Slate, The Washington Post and other outlets.

The program is part of the Summer Talk series at Merryspring. Participants are asked to wear face coverings and appropriate clothing.

And online—

College Financial Aid Counseling in Rockland

The Maine Educational Opportunity Center will host free individualized sessions about college financial aid at University College at Rockland, 91 Camden Street, and online.

In-person sessions will be held on Mondays, October 26, November 2, 9, and 16, at various times. Online sessions will be offered on various dates at various times, October 9 through 30. Pre-registration is recommended.

MEO-C, funded by the U.S. Department of Education, assists qualified adults in making the transition to a new career and in obtaining relevant educational credentials.

College planning, GED/SAT preparation, referrals, advocacy, career advising, financial aid advising and admissions assistance are all provided at no cost.

To register or for more information, including the full schedule of appointment times, visit meo.c.maine.edu or phone (800) 281-3703.

UMC Names Viehman Executive Director

The board of United Midcoast Charities (UMC) has selected John Viehman as its new executive director. Viehman succeeds UMC’s first executive director, Megan Williams, who recently joined Maine Public as direct marketing and fundraising manager.

Viehman joined the UMC board in 2014 after serving for six years on its communications committee. He was UMC’s board chair and president from 2015 through 2019. During that time, the organization undertook a strategic planning process to develop its explicit vision, mission, values, goals, and supportable work plans. As part of that process, UMC hired Williams, who worked closely with Viehman to create comprehensive policies and procedures.

Viehman has had a long publishing and broadcasting career. In recent years, he has been a sales representative for the Courier Publications and VillageSoup network of news outlets.

Viehman serves on the boards of the Penobscot Bay Regional Chamber of Commerce, the Rockport Library Foundation, and on the Rockport Planning Board. He is a past mentor and Midcoast coordinator for the Maine Center for Entrepreneurs. “Top Gun” business mentoring program and belongs to the West Bay Rotary Club.

Managing Coastal Pollution Webinar

The Senator George J. Mitchell Center for Sustainability Solutions at the University of Maine will host a free, online Solutions at the University of Maine will host a free, online webinar on the topic of managing pollution in the coastal areas of the state. The webinar will take place on Thursday, October 22, from 6:30 to 8 p.m.

The webinar will feature a panel of experts who will discuss the latest research and best practices for managing pollution in coastal areas. The panelists will include scientists, environmental activists, and policymakers.

The webinar is open to anyone interested in learning more about coastal pollution and how to manage it effectively. To register, visit maine.edu/mitchellcenter.

New Ventures Maine Classes and Workshops

New Ventures Maine classes and workshops are available online this fall. Individual appointments are available by video conference or phone. Free classes in October include:

Let’s Talk About Credit, on Thursday, October 15, and Wednesday, October 21; Budgeting Basics, on Tuesday, October 20; Business Success: Pricing Strategies, on Tuesday, October 20; Build Your Savings, on Thursday, October 8, 15, and Wednesday, October 21; and Business Success: Bookkeeping Solutions, on Tuesday, October 27. Visit newventuresmaine.org for more details, including times and locations.

New Ventures’ annual conferences for self-identifying girls and gender-expansive youth in eighth grade through high school to encourage them to consider nontraditional careers — careers in which women are underrepresented — will be offered online in October. Totally Trades workshops will be offered Monday through Friday, October 18-22, in different topics each day, including bridge and highway building; communications and technology trades; automotive trades; public safety careers; and building trades. To register, visit tinysquirrels.com/youthbiz. For more information, phone Suzanne Senechal-Jandreau at 768-9635 or email senechal@maine.edu.

Poetry and Music Celebration for the Bay

Poetry and Music Celebration for the Bay will be held near the lighthouse at Belfast Commons, located at the intersection of Miller and Cross streets, Saturday, October 17, at 11 a.m.

Local poets, including Wheelbarrow School of Poetry members Judy Kader and Tom Moore, will share original works reflecting their love for Penobscot Bay. Live music will be part of the program.

Attendees are asked to wear face coverings and are invited to bring lunch and a chair or blanket.

Donations will be shared by Friends of the Harriet L. Hallsworth, Hartley Conservation Area, P.O. Box 365, Belfast, 04915 and Maine Wabanaki REACH, P.O. Box 221, Stillwater, 04489.

For more information, phone Ethan Hughes at 338-5719 or email aimeemoffittmercer@gmail.com.

What does 5210 stand for?

Answer: 5 or more servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, 0 sugar sweetened beverages — more water & low-fat milk!
UMaine Cooperative Extension — Food Safety Plan for Small Businesses

University of Maine Cooperative Extension will host a webinar for small-scale food producers about compliance with the Food Safety Modernization Act from noon to 1:30 p.m. on Tuesday, October 20.

Intended for entrepreneurs, farm-market managers and directors of shared-use kitchens, the workshop is an opportunity to develop food safety plans with coaching from instructors. Topics include relevant regulations, good manufacturing practices training, required and optional documentation, and safety practices during the COVID-19 pandemic.

UMaine Extension associate professor and food safety specialist Jason Bolton; Extension assistant professor and food scientist Robson Machado; and Cornell University College of Agriculture and Life Sciences assistant professor of food science Abby Snyder will lead the workshop and a roundtable discussion. Participants are encouraged to bring questions.

The webinar is free; a $20 donation to support UMaine Extension 4-H is optional. Visit tinyurl.com/25d5pu2 to register.

For more information or to request a reasonable accommodation, phone Theresa Tilton at 942-733 or (800) 267-1485 (in Maine), or email theresa.tilton@maine.edu.

Agriculture

Maine AgrAbility will host Virtual State Fair

Maine AgrAbility, which provides assistance, education and support to agricultural workers with disabilities, will hold a day-long virtual state fair on Tuesday, October 20, on Facebook and Twitter.

The virtual fair will include videos of clients that showcase the breadth of Maine’s agriculture and solutions to address common limitations faced by agricultural workers related to mental, physical or cognitive health issues. The day will conclude with the video premiere of “Managing Farm Stress” and a discussion led by University of Maine Cooperative Extension human development specialist Leslie Forstadt.

Content will be available on the AgrAbility Virtual State Fair Facebook page and Twitter feed (@AgrAbilityVSF).

For more information or to request a reasonable accommodation, email leslie.carlson@maine.edu or phone 944-1533.

Agriculture

Avoid Exposure to Browntail Moth Hairs During Fall Cleanup

The Maine Center for Disease Control and Prevention, Maine Forest Service and 211 Maine remind the public to take precautions against browntail moth exposure, as fall cleanup activities and dry weather can magnify the health risks posed by the moths’ hairs.

Browntail moth hairs in the environment can get stirred up during fall yardwork. The tiny hairs shed by the caterpillars can cause a skin reaction similar to that of poison ivy. They can also cause trouble breathing and other respiratory problems. Residents of all Maine counties are at some risk of browntail moth hair exposure when mowing, raking, sweeping and engaging in other cleanup activities.

Most people affected by the hairs develop a localized rash that lasts from a few hours to several days. In some individuals, the rash can be severe and last for weeks. There is no specific treatment for the rash or breathing problems caused by browntail moth hairs; treatment focuses on relieving symptoms.

To reduce exposure to browntail moth hairs while working outdoors in infested areas, it is recommended that leaf blowers or lawnmowers not be used on dry days; it is best to do yardwork on wet days, which decreases the likelihood that caterpillar hairs will become airborne. Using precontact poison-ivy wipes can help minimize hairs sticking to exposed skin.

People are advised to cover their face and any exposed skin by wearing: a long-sleeve shirt, long pants, goggles, a respirator/dust mask, a hat and a disposable coverall. If respirators are difficult to find, performing activities in damp conditions with a cloth face covering may reduce the risk of inhaling caterpillar hairs. Securing clothing around the neck, wrists and ankles is recommended, as is taking a cool shower to wash off loose hairs and changing clothes after outdoor activities.

Drying laundry outdoors, where hairs can cling to clothing and bedding, is not advised. Lastly, people should take precautions when working in areas that are sheltered from rain, such as under decks and especially around firewood that has been stored under infested trees.

Go to maine.gov/dhhs/brownmoth for more information, or dial 211.

Agriculture

Wales Park Community Garden Will Offer Plots in Belfast —

The Wales Park Community Garden, located at the corner of Main Street and Lincolnville Avenue in Belfast, will formally open in time for the spring 2021 growing season.

While the garden is still a work in progress, the public is invited to visit. Guidelines and garden plot allocation procedures will be made available by public notice when they are available, as well as being posted on the Wales Park Community Garden Facebook page and the Belfast Parks and Recreation website. The idea for a community garden in Belfast was forwarded last summer by members of the Belfast Garden Club and came to fruition about a year later in Wales Park.

Volunteers created plots for growing vegetables and surrounded the plots with pollinator plants. Shown here, a crew of volunteers.
Planting garlic in early October and harvesting it in early August is pretty standard practice in northern New England. Garlic is one of the easiest vegetables to grow — and one of the most satisfying. Buyingblesched, desiccated super-market garlic can’t compare to having your own supply of fresh, juicy garlic. All it takes to grow good garlic is some healthy seed stock and a bed of rich, well-drained soil with lots of compost mixed in. One other factor that determines how well your garlic will grow is the temperature at which you store your seed garlic. Garlic performs best if the seed stock is exposed to temperatures between 43 and 50 degrees before planting. Storing the stock in a woodshed or similar cold place for a couple of weeks before planting will do the trick. If it begins to get too cold and you have to move your cloves indoors to keep them from freezing, the move will not negate the benefit the cold already had on your stock.

When you’re ready to plant, push cloves in three or four inches deep, about six inches apart. Cloves should be covered, but the soil needn’t be firmed over them. Then cover with six to eight inches of mulch, something fluffy like straw or hay. Winter rain and snow will compact this mulch to half that thickness, or less. Mulch moderates temperature fluctuations, preventing alternate freezing and thawing that can heave cloves out of the ground. It also conserves moisture needed to initiate root growth and controls weeds. Once spring returns, your garlic will be poking shoots up through its cozy blanket of mulch and you should only have to pull a few random weeds throughout the summer. Easy-peasy. But there are other ways to grow garlic than the tradition-al plant-a-clove, harvest-a-head method. Some gardeners choose to grow several harvests of tasty, tender garlic greens while they wait for their full crop. It’s similar to growing green onions. If you plant some seed cloves just an inch deep and closer together or if you’re raising a mature head, you can harvest the green shoots in about six weeks. Pulling the whole plant. Chop it into salads, egg dishes or just about anything you wish to have with garlic flavor. The good thing about har-vesting garlic greens is that there’s no heads to dig or cloves to peel; just pull, wash and eat.

Rather than pulling garlic that you plant for its greens, you can wait until the shoots are about eight inches tall and cut them off just above the ground. You can do this several times over the course of the growing season before letting the plants rest and rejuve-nate the next year, as you would asparagus and rhubarb. If you choose to to grow green garlic in this manner, as a semi- perennial crop, you’ll want to give it a good feeding with bonemeal and organic fertilizer in the fall, as you would when planting spring bulbs, and again in the spring, when you can draw back the mulch and top-dress with compost.

**New Signs Flag Out-of-State Firewood Ban**

The Department of Agriculture, Conservation and Forestry is installing high-visibility road signage with the message “Banned.” The signs are intended to protect against the incur-sion of new pests like Asian longhorned beetle, oak wilt or emerald ash borer, Vermont; Evening Song Farm of Shrewsbury, Vermont; and Nature’s Circle Farm, located in Aroostook County.

The keynote address, “Climate Change, Resilience and the Future of Food,” will be presented by Laura Lengnick, an award-winning soil scientist who has explored agricul-tural sustainability for more than 25 years as a researcher, policymaker, educator, author, consultant and farmer.

Conference registration is $60 per person. MOFGA is also offering a sliding-scale option: attendees can choose to pay $20, $30, $40, $70 or $80. The event is free for MOFGA Journeyperson/Maine Farm Resilience Program participants, BIPOC farmers and veteran farmers.

Visit mofga.org/MOGFA-Events to register and for more information.

**MOFGA Hosts Farmer to boro, Vermont; Evening Song Farm of Shrewsbury, Vermont; and Nature’s Circle Farm, located in Aroostook County.**

The conference will be held virtually on Monday, Wednes-day and Friday, November 2, 4 and 6, featuring presenta-tions by both agricultural service professionals and farm-ers, followed by open discussion to capitalize on the knowl-edge of all in attendance.

Virtual farm tours will feature Footprint Farm of Starks-

**MOFGA Hosts Farmer to**

Registration for the Maine Organic Farmers and Garden-ers Association’s Farmer to Farmer Conference is now open. The conference is open to all farmers. Speakers will include university faculty, Extension educators and other agricultural professionals. Workshop sessions will feature talks by both agricultural service professionals and farm-ers, followed by open discussion to capitalize on the knowl-edge of all in attendance.

**Virtual Tour of School House Farm**

School House Farm, located on Route 1 in Warren, is now protect-ed with a conservation easement held by Georges River Land Trust.

More than a dozen years ago, Bill Beckwith, then-owner of the farm, was determined that his farmland would not be “gobbled up” by development. His widow, Yelena Burdina, and her child Sasha live on the land and sell fresh produce from an 18th-century, one-room schoolhouse on 55 acres along a tidal stretch of the St. George River. The farm was conserved with the support of Beckwith’s three children.

The farm abuts another tract of conserved farmland to the north along Route 1, and several acres of cropland are leased to School House on the adjacent easement property. Together, the adjoining lands create 120 acres of conserved farmland, one-half mile of pro-ected shoreline, and 12 acres of marshland, resilient to rising sea levels, along the St. George River.

For more information, visit georgesriver.org or email anne@georgesriver.org.

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Reimer’s ‘Summering with Vultures’ on Zoom

Mid-Coast Audubon board member and local bird expert and author Don Reimer will speak via Zoom about monitoring a turkey vulture pair raising their chicks from egg through fledged independence at 6 p.m. on Thursday, October 15, via Zoom. Reimer’s illustrated presentation will detail weekly progress at the nest site during the 2020 summer nesting season, with updates from 2020. The free talk will be hosted by the Camden Public Library. To register, email Julia Pierce at j pierce@librarycamden.org.

Maine’s turkey vulture population has expanded significantly since the state’s first nesting pair was discovered in the Camden Hills in 1982. As part of the Maine Bird Atlas update project, Reimer has been documenting nesting birds in Maine for the last three years; he was able to confirm a successful vulture nesting attempt in 2019. A lifelong birder and photographer, Reimer lives in Warren. He is a board member of the Friends of Maine Coastal Islands National Wildlife Refuge in Rockland and has participated in many citizen science projects. His bimonthly column “Birding with Don Reimer” appears in The Free Press. He recently published a collection of his columns and photographs, titled “See Anything Good?”, which is available at donreimerbirder.com.

To view other free programs and field trips hosted by Mid-Coast Audubon, visit midcoastaudubon.org.

Turkey vulture chick
PHOTO: DON REIMER

The mission of the Penobscot River Paddling Trail is to establish and maintain the 100-mile paddling, camping and education trail and to educate the public about the ecology, natural history and current status of the river, as well as about Wabanaki and colonial history.

Cloe Chunn is a former high school and college teacher, an outdoor writer and a Registered Master Naturalist Program, and her book, “Fifty Hikes in the Maine Mountains,” has been a standard hiking guide for decades. Visit belfastgardencubs.org to register for the live Zoom presentation.

Cloe Chunn and her partner, David Thanhauser, at the Mattaseunk Dam put-in on the Penobscot River Paddling Trail.

Free presentation online — Wabanaki Names Along the Penobscot Paddling Trail

The Belfast Garden Club will host a free, illustrated Zoom presentation by naturalist Cloe Chunn about the meanings of several Wabanaki place names along the Penobscot River Paddling Trail from noon to 1 p.m. on Tuesday, October 20. A membership meeting will follow the presentation, also via Zoom.

Chunn, who cofounded the Penobscot River Paddling Trail, will talk about the nonprofit organization and show photos depicting why the Wabanaki, who have lived along the Penobscot for more than 10,000 years, named places along the river as they did.
Determining the relative size of birds can be a tricky element in identifying them. Much of the time, size can be pinned to broad general categories. We might describe a small bird as the size of a sparrow or perhaps a robin. Larger birds can be relegated to being crow-sized and beyond. But size alone can be hard to judge from a distance. And the common names ascribed to certain species are slightly confusing, to say the least.

Let’s review four species of shorebirds with size-related names. These are the greater and lesser yellowlegs and short-billed and long-billed dowitchers. We can start with a comparison of the two species of yellowlegs.

As their name implies, yellowlegs have long, bright-yellow legs that are usually quite noticeable. Both species have a slender body profile and a thin, fairly long, straight bill. They feed actively, pursuing prey in shallow water and bobbing their heads when alarmed. Since these gray-and-white species closely resemble each other, how do we distinguish between them?

Greater yellowlegs measure about 14 inches in height, showing a slightly upturned bill that appears quite longer than the head. This is a subtle, but important feature. The male bills even overlap with long-billed dowitchers (particularly those L-B individuals on the shorter end of the bill spectrum). This all makes relative bill lengths a challenging way to distinguish the two dowitchers, but long-bills actually do have longer legs. And with studied, close-up views, feather color and intricate patterns in the wing feathers help a little.

What are the likely odds on local sightings of these similar migrant species? Short-bills are far more common along the Maine coast in fall, where they appear in tidal mudflats and flooded saltmarshes, such as Wesqueg. Shy Shy bills also tend to migrate in early-to-mid-September. Only limited numbers of long-billed dowitchers are found here in late fall, but most of them follow a southern migration route from Arctic tundra breeding grounds through the interior U.S. These two species are best distinguished by their uniquely different flight calls. And if you occasionally struggle with mystery shorebird identities, please don’t feel alone. You have lots of company out there.

The collection of detailed low-water datapoints and aerial drone images will allow the Fish and Wildlife Service to implement an engineering solution for improving sea-run river herring (alewives) passage to and from the lake to the Gulf of Maine. T.U. is a national nonprofit conservation organization committed to protecting coldwater fish species and maintaining their healthy native habitat.

The Georges River T.U. monthly chapter meetings held at Rockport remain suspended until further notice. For T.U. chapter updates, go to georgeshistory.org or call Steve Hisbreg, vice president, at 832-1166. By the so-called “short-billed” dowitcher’s designation. Dowitchers are stocky, brownish-bodied birds, with lengthy bills and a white rump patch in flight. Their humped body posture and characteristic manner of feeding, using a nibbling sewing-machine-type motion, is somewhat diagnostic of the species. You might consider dowitchers as being nature’s “down-stitchers.”

In truth, the bill of the short-billed dowitcher isn’t really short at all. And bills of females are slightly longer than the males, reducing their inter-sexual competition for food. In some instances, female bills even overlap with long-billed dowitchers (particularly those L-B individuals on the shorter end of the bill spectrum). This all makes relative bill lengths a challenging way to distinguish the two dowitchers, but long-bills actually do have longer legs. And with studied, close-up views, feather color and intricate patterns in the wing feathers help a little.

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At Quantabacook Lake Dam —

T.U. Chapter Assists Efforts for St. George Alewives Passage

The Maine Department of Marine Resources and the U.S. Fish and Wildlife Service conducted an extensive three-dimensional engineering survey at Quantabacook Lake Dam in Scarborough on September 15 as part of a four-year project coordinated by the Georges River Chapter of Trout Unlimited with state and federal agencies and the lake association.

The collection of detailed low-water datapoints and aerial drone images will allow the Fish and Wildlife Service to implement an engineering solution for improving sea-run river herring (alewives) passage to and from the lake to the Gulf of Maine. T.U. is a national nonprofit conservation organization committed to protecting coldwater fish species and maintaining their healthy native habitat.

The Georges River T.U. monthly chapter meetings held in Rockport remain suspended until further notice. For T.U. chapter updates, go to georgeshistory.org or call Steve Hisbreg, vice president, at 832-1166.
CANCER DOESN’T WAIT. NEITHER SHOULD YOU.

IT’S WHY WE’VE BUILT THE LARGEST CANCER CARE NETWORK IN THE STATE.

October is Breast Cancer Awareness Month, and although we’re in the midst of a pandemic, it’s still a good time to schedule a preventive screening. As the second-most common cancer diagnosis among women, Breast Cancer’s effect ripples through families all across Maine. But that’s why at MaineHealth, our network of specialists cares for you just as much as we care for the disease. We’re taking every step possible to ensure the safety of our patients during screenings and preventative care. It’s one of the most effective ways to keep Maine on the right side of health.
Impressed by Gideon—

My late husband drove Representative S. Paige Zeigler to his meetings during his first two election campaigns. Mr. Zeigler was my moral compass and I was very impressed by him. He was a straight-talking, honest politician who believed in putting people first. Zeigler was a humble man who always put the needs of the people above his own. I believe he would have made a great senator.

Zeigler Represents All—

Gordon Page for Senate

Elected Senator for the State Senate for several reasons.

First, Gordon brings to his desire for public service in Augusta a wide range of practical experience in business, nonprofit sectors, as well as a generously high level of involvement as a volunteer for many worthy causes across the state. He is a lifelong learner, serving as head selectman in his community of Owls Head.

Second, Gordon will approach his service in Augusta as he approaches everything he does, as a pragmatic problem solver. He will work across the political aisle to forge solutions that potentially enable everyone to prosper. Such a person is Gordon Page.

Third, and most important, Gordon is a person I know. He knows and likes a lot of people from all corners of our community. I was initially introduced to Gordon about 30 years ago at a large gathering. We talked briefly at that time and we met regularly after that. I knew his name and the substance of our initial conversations. That feeling of connectedness to Gordon has never wavered since Gordon gets to know you, you become part of his community forever. He cares.

I hope you will join me in voting for Gordon Page this fall.

John Bird, Rockland

Chip Curry Knows Maine—

I hope you will support Chip Curry as the next Waldo County senator for the Maine Senate. I have served as mayor or city councilor in Belfast and Lincolnville. I know there is no political candidate in Maine who is more knowledgeable about the issues that affect us all in our homes, schools and businesses. He has a great understanding of the real issues that affect us as citizens and will bring fresh ideas.

We don’t have to wonder about Chip Curry trying to take us back to a broken past. Maine is recovering from a failed agenda.

Please join me in making certain we enjoy a healthy future by voting for Chip Curry for Senate.

Mike Hurley, Belfast

Get to Know Gordon Page—

I first met Gordon Page 33 years ago when our sons played together in Little League. Gordon was a coach and a very good one. We served on the board of directors and we both had been Little League presidents. Our sons were very impressed with his ability to get a job done and that is all you can ask for. He will do the same for your next Maine senator.

Gordon Page will do what he thinks is best for his constituents and you will be as impressed with him as I have been these years.

The next time we met several weeks later, he remembered my name, tratamiento, and the name of my business.

The cancellation of our gathered time together is a disruption of our connections to our communities. That feeling of connectedness to Gordon has never wavered since Gordon gets to know you, you become part of his community forever. He cares.

I hope you will join me in voting for Gordon Page this fall.

John Bird, Rockland

Gordon Page for Senate—

I enthusiastically support Gordon Page’s candidacy for the State Senate for several reasons.

First, Gordon brings to his desire for public service in Augusta a wide range of practical experience in business, nonprofit sectors, as well as a generously high level of involvement as a volunteer for many worthy causes across the state. He is a lifelong learner, serving as head selectman in his community of Owls Head.

Second, Gordon will approach his service in Augusta as he approaches everything he does, as a pragmatic problem solver. He will work across the political aisle to forge solutions that potentially enable everyone to prosper. Such a person is Gordon Page.

Third, and most important, Gordon is a person I know. He knows and likes a lot of people from all corners of our community. I was initially introduced to Gordon about 30 years ago at a large gathering. We talked briefly at that time and we met regularly after that. I knew his name and the substance of our initial conversations. That feeling of connectedness to Gordon has never wavered since Gordon gets to know you, you become part of his community forever. He cares.

I hope you will join me in voting for Gordon Page this fall.

John Bird, Rockland

Chip Curry Knows Maine—

I hope you will support Chip Curry as the next Waldo County senator for the Maine Senate. I have served as mayor or city councilor in Belfast and Lincolnville. I know there is no political candidate in Maine who is more knowledgeable about the issues that affect us all in our homes, schools and businesses. He has a great understanding of the real issues that affect us as citizens and will bring fresh ideas.

We don’t have to wonder about Chip Curry trying to take us back to a broken past. Maine is recovering from a failed agenda.

Please join me in making certain we enjoy a healthy future by voting for Chip Curry for Senate.

Mike Hurley, Belfast
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Camden Opera House —

One-Man Honky-Tonk Travis James Humphrey

The Camden Opera House’s SoundCheck series of safely distanced, 45-seats-only concerts in the auditorium will continue on Friday, October 16, with singer-songwriter Travis James Humphrey. Doors will open at 7 p.m.; the Hallowell-based musician will perform a one-set show beginning at 7:30. Face coverings are required in the building.

Humphrey grew up in Houlton and learned the music trade from his father, Tim Humphrey. He has opened shows for B.B. King, Ricky Skaggs, Roy Clark, Jason Aldean, Entrain, Murali Coryell and others, both as a solo performer and as a backing guitarist.

Concertgoers can expect original songs from his four studio albums as well as covers. For a preview, visit Humphrey’s “Roadhouse Gospel Hour” couch concerts on his Facebook page.

Tickets are $10, and all seats are assigned. Ticket sales, via camdenoperahouse.com and by phoning 236-3154, end at 3:30 p.m. the day of the show. As with all SoundCheck concerts, Humphrey’s show will be streamed live on the opera house’s Facebook page and, soon after, will be available on its YouTube channel. Donations to the Community Arts Fund are appreciated.

October Is History Month at Camden Public Library —

Camden Public Library celebrates History Month in October. In addition to online programs and features on social media, the library has curated a virtual exhibit of vintage photographs and images from the library’s Walsh History Center. Visit librarycamden.org and see the calendar of events for access to the gallery and details about upcoming programs. Shown here, view from the Summit House on Mt. Battie, 1907.

PHOTO COURTESY WALSH HISTORY CENTER

Rockland Public Library Hosts Zoom Concert with Sarah Crosby —

Rockland Public Library will host a free, virtual concert by Sarah Crosby on Thursday, October 22, at 6:30 p.m. Crosby will perform a mix of cover songs, ranging from Otis Redding to the Cranberries, as well as original compositions. Crosby has been singing since she was 2 years old, when she sang with her grandmother in church. She taught herself to play the guitar at age 13 and started playing professionally when in her early 20s. The concert will be held via the Zoom platform. Email pking@rocklandmaine.gov by 4 p.m. on the day of the event to request the link to attend.

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Collins’ Record on Education— As a retired teacher, I greatly respect Senator Susan Collins and the work she has done in Washington to support Maine children and young people from Head Start through high school and college. Our Maine students and schools have benefited greatly from Senator Collins’ advocacy over her many years of service as a member of the Health, Education, Labor and Pensions Committee and as one of the most senior members of the Appropriations Committee. Further, she co-chairs the Senate Education Caucus, a group that organized to serve as a voice for rural educators and school districts in the Senate.

Senator Collins authored the Rural Education Achievement Program (REAP), which helps level the playing field for students in rural school districts with high poverty rates. This program has helped many Maine children over several years. And this past winter, she led the efforts to ensure that REAP and its vital funding continue to provide support for our students, and many of which would have lost program eligibility if the Senate continued to delay funding for the Education Caucus proposed in February. Thank you, Senator Collins. Susan Collins puts our Maine students and educators first. And she has done her best to support the people of Maine. Please join me in supporting her re-election.

Jan Banks, Belfast

Curry Gets Climate Change— In these uncertain times, I get up each morning and ask in what way can I have a positive impact for my community, for my family and for the planet. I am not interested in wasting time or putting importance on things that are not crucial to the future of our planet. When I look at the challenges we face, I believe that climate change will require action and leadership at every level of society, from personal, local, state, national to international.

I support Chip for state senator because I know he understands the importance of addressing climate change and that he will support the actions needed to be effective. He is also committed to making sure that Waldo County, as well as all of Maine, benefits from the good paying jobs that will be created as we tackle this threat.

To continue the work being done every day by the Maine Climate Council will require legislators who are committed to reducing greenhouse gases. This is essential to having a sustained and prosperous future for everyone. Chip’s skill in listening to all ideas and perspectives as he determines what the best action to take is a valuable quality to have in coming up with solutions to any problem. This skill will be needed in order to find a path through the complex balancing of interests and priorities surrounding climate change. This will make him a great advocate for Waldo County and the state of Maine.

Jonathan Fuford, Belfast

Macellan-Ruhl’s Dedicated— It is a privilege to write this letter in support of the election of Sara Macellan-Ruhl as the Rockland City Council. Residents of Rockland and neighbors of Louise for more than 10 years, we have had a close look at Louise as a former council member, former mayor and chair of the Harbor Commission. She has always been a dedicated public servant. She is energetic, passionate, determined and selfless in her concern for the welfare of Rockland. Her choice and that of the council are of the highest regard. Sara has a strong willingness to listen—she has the ability to listen to the views of others and to come up with mutually acceptable solutions to problems—with Rockland and its citizens uppermost in her mind.

Anyone who has walked, jogged or pushed a baby stroller along the Harbor Trail has Louise to thank. It was her persistence which has made the trail possible and turned it into a reality. Louise has been an important voice in guiding the city with respect to many issues, for example, cruise ships, the Lindsey Bridge, Sandy Beach Park, snow pluming and coastal cleanups. Rockland will be well served by electing Louise to the City Council. She has the experience and vision to be an extremely effective member of City Council again.

Thank goodness we have committed citizens such as Louise. We are willing to serve as our public officials.

Ed and Laura Walter, Rockland

Thoughtful and Morally Sound— The more I hear from Chris Hamilton, the more I’m convinced that he will serve as an outstanding leader in District 88. He understands that we are passing fiscal responsibility to our offspring by issuing bonds instead of paying for our current needs. And he’s also focused on the need to improve our struggling economy and help our employees.

Regarding health care, Chris recognizes that the need to improve public health is as critical as ensuring access to care. Please vote for our intelligent, thoughtful and morally responsible candidate, Chris Hamilton.

Tony Marple, Whitefield

Good Policy from Experience— Please vote to re-elect Stanley Paige Zeigler to represent District 96. Pennsylvania is at a crossroad. The time has come to take a common-sense approach to the issues effectively brings people together for the benefit of all Mainers. His reasonable approach to environmental policy grew out of working with the National Science Foundation while at sea. Working with scientists, he saw the need to keep our environment healthy. As a logger in the North Woods, he saw poor forestry management and wants our forests to be well-managed to benefit both the environment and the economy.

Tom Donahue, Montville

Curry Has the Experience— I have known and worked with Chip Curry for over 20 years and I support his election as our next senator to represent Waldo County.

Chip Curry has the experience from working with and around government in many capacities to step seamlessly into the position as our state senator. His experience gives him a solid foundation in handling the difficult and thorny issues we face. I make Waldo County a better place for kids and their families.

I cannot imagine a better candidate to represent all of us in the Maine Senate.

Ray Estabrook, Belfast

Austin Steps Up for Rockland— I met Sarah Austin several years ago and noticed how keenly she paid attention to what makes Rockland tick. She recognized the need to address affordable housing, the impacts of climate change and the need for legal and affordable health care for all Mainers. She is an effective problem solver, working with the National Science Foundation while at sea and while working with scientists, he saw the need to keep our environment healthy. As a logger in the North Woods, he saw poor forestry management and wants our forests to be well-managed to benefit both the environment and the economy. Sarah is not a one-issue candidate. She analyzes values and what matters most. Her careful temperament and demonstrated dedication to Rockland fully qualify her for service on the Rockland City Council. I will celebrate her decision to run this fall with my vote.

Connie Hayes, Rockland

Zeigler Is Capable, Inclusive— We are voting for Paige Zeigler, representing District 96, again this year. Paige has been an excellent representative of this district for two terms and is a valued member of our community. Paige’s experience has taught him the importance of working as a team and taking a common-sense approach to solving problems and promoting our interests.

In particular, we appreciate his dogged attention to three issues that are important to us: preserving our national forest in Waldo County, protecting our rural education programs, and making sure our small communities in diverse places benefit from her background and careful study of Rockland. Sarah is enthusiastic but not impulsive. She does her homework, pays attention to details and perseveres on the long-term vibrancy of Rockland. Her choice in making Rockland her home follows experiences in several large and small communities in diverse places.

In this unusual time, we need good ideas, solid thinking and practical examination of what is possible. Sarah has shown creative solutions where she has lived. She brings broad understanding of what decisions add to a community’s ability to thrive. Sarah is not a one-issue candidate. She analyzes values and what matters most. Her careful temperament and demonstrated dedication to Rockland fully qualify her for service on the Rockland City Council. I will celebrate her decision to run this fall with my vote.

George and Karin Look, Montville

First and Last to Help— I endorse you Louise Macellan Ruhl for Rockland City Council this election.

Most of you know her as an unfailing volunteer and a former city councilor and mayor, as well as a resident of Cargo, who became Harbor Dog one year! What you don’t know, unless you live in the South End, is that she is the first with a pot of soup to aid an ailing neighbor and literally the last, as when residing a trainer for North Woods, he saw poor forestry management and wants our forests to be well-managed to benefit both the environment and the economy. Sarah is not a one-issue candidate. She analyzes values and what matters most. Her careful temperament and demonstrated dedication to Rockland fully qualify her for service on the Rockland City Council. I will celebrate her decision to run this fall with my vote.

You have seen Louise in action — her forward-looking vision and her can-do attitude are what Rockland needs right now.

I therefore recommend that you rank her number one when you vote this year.

Don Johnson, Rockland
FOOTBALL CONTEST

ENTRY FORM

CHECK OFF ONE WINNER OF EACH GAME

WINNER: Person with most correct answers. TIES: In the event of a tie, winner will be chosen by closest score of Monday Night Game.

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

Thursday, Oct. 22

❑ New York at Philadelphia 8:20 pm

Sunday, Oct. 25

❑ Detroit at Atlanta 1:00 pm
❑ Cleveland at Cincinnati 1:00 pm
❑ Pittsburgh at Tennessee 1:00 pm
❑ Los Angeles at Miami 1:00 pm
❑ Carolina at New Orleans 1:00 pm
❑ Buffalo at New York 1:00 pm
❑ Dallas at Washington 1:00 pm
❑ Green Bay at Houston 1:00 pm
❑ Seattle at Arizona 4:05 pm
❑ Kansas City at Denver 4:25 pm
❑ San Francisco at New England 4:25 pm
❑ Tampa Bay at Las Vegas 8:20 pm

Monday, Oct. 26

❑ Chicago at Los Angeles 8:15 pm

Total Points Scored Monday Night Game: 

Name: ________________________________
Address: ______________________________________________________
Phone: ______________________________________________________

If I Win, Make My Gift Certificate Good At: ________________________________

(check any business on this page)

Each week’s winner will receive a $25.00 GIFT CERTIFICATE of any one of the participating businesses on this page. Winner will be chosen by closest score of Monday Night Game. 

With our knowledgeable staff and one-stop shopping, you can get your household projects done fast so you can watch the game.

EATHWORK EXPERTS
Established 1949
190 Pleasant Street, Rockland • 594-4630
GEORGE C. HALL & SONS INC.

Safe Sale
15% off
All in stock safes, cash & carry.
New Shipment Just In!

DAMARISCOTTA HARDWARE
563-3423 • DamariscottaHardware.com • Open 7 Days
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
**Bloating:** excess fullness, distended belly, feeling of pressure, sharp pains or cramping. If you have it, you know it. If it is chronic, it may be bothersome—or worse. Bloating is a symptom, not a medical condition. It can be a symptom of many things. Whole books have been written on the subject. Following is a brief summary of some of the most common digestion-related causes. It is not a comprehensive list of every single cause. This article focuses on food, nutrition, and lifestyle. Diagnostics and medical interventions are not covered here.

**Upper Abdominal Bloating: Stomach**

Gastritis is one cause of bloating. A healthy stomach is at least 65 percent empty two hours after eating and at least 90 percent empty after four hours. For those with gastritis, stomach emptying is delayed, leading to uncomfortable symptoms such as getting full quickly, lack of appetite, reflux, heartburn, nausea, and/or vomiting. Dietary therapies can help, including eating smaller, more frequent meals; proper meal timing and spacing; pre-blending foods; and adjusting the fat and fiber content of meals.

Gas and bloating can be another upper abdominal cause of bloating. It is often associated with acid reflux and is sometimes referred to as acid indigestion. The bloating can feel like you are swallowing up with air in the upper stomach area and often comes on soon after eating. Sometimes there is heartburn, reflux, sore throat, nausea, and/or a sour or metallic taste in the mouth. One aim of dietary management is to prevent your stomach from being either too empty or too full. Eating smaller, more frequent meals; avoiding oversized portions; avoiding high-fat meals; and choosing softer-textured and lower fat meals; avoiding liquids with meals; and sipping beverages slowly.

**Lower abdominal bloating: Intestines**

Constipation-related bloating is a large topic. There are many different causes, including a lack of fiber. Irritable Bowel Syndrome (IBS), Small Intestinal Bacterial Overgrowth (SIBO), slow transit time, pelvic floor dysfunction (PFD), blockage of the colon, and the use of opioid medications. Constipation can refer to difficulty in moving the bowels, a hard-textured stool, or infrequent bowel movements. Bloating results as the colon fills with stool. Often the abdomen can be rock hard. Gas and lower abdominal cramping may occur. Dietary modifications are as varied as the causes. Fiber is great for some, but not all (for some it can make things worse), and tweaking with the type of fiber often can be helpful. If you need more fiber in your diet, do it gradually, and start with adding more fiber to your breakfast. Eating larger, bulkier, more consolidated meals can help to stimulate the colon. Doing a trial FODMAPs elimination diet can be helpful, as can coffee in the morning and certain supplements. Getting to the root cause of your constipation will allow for a more targeted dietary approach.

SIBO is another common cause of bloating. Normally most of our bacteria live in the colon. In SIBO, there is an overgrowth of bacteria in the small intestine, where they do not belong. When food enters the small intestine, the bacteria feast on this food and ferment it, leading to uncomfortable gas and bloating. Some people experience constipation, while others get diarrhea, or a combination. SIBO often leads to consistent bloating and the feeling that, no matter what you eat, you get bloated. Sometimes the bloating gets worse as the day progresses. SIBO should be treated with antibiotics or antimicrobial herbal therapy or, less commonly, an elemental diet. Dietary modification is usually for symptomatic relief. A low-FODMAP diet is a common way to reduce symptoms. Some recommend a low carbohydrate approach as long-term therapy. SIBO relapse is common, so being aware of root causes is important. Carbohydrate intolerance is another common cause of bloating. These include lactose (milk sugar intolerance), a deficiency in the enzyme lactase. Fructose intolerance is another one. Fructose is a sugar naturally found in certain fruits. Avoiding high fructose foods like honey, agave, and high fructose corn syrup. Some of us cannot adequately absorb fructose due to a lack of enough transporters in the small intestine. Sugar alcohol malabsorption occurs because they are not absorbed in the small intestine. Sugar-free foods like gums and candies contain them, but they are also found naturally in some foods like cauliflower, prunes, and avocado. When these unabsorbed carbohydrates enter the colon, the bacteria there feast on them, producing lots of gas, bloating, and sometimes diarrhea. Last, FODMAPs are a type of highly fermentable fiber. Fiber is by its nature indigestible to humans. When they come in contact with the bacteria living in our large (or small) intestines, they again produce lots of gas to varying degree depending on what bacteria you have living inside of you. For some this is not a problem, but for others it can be distressing. Elimination diets can be very helpful here, such as for fructose, lactose, and FODMAPs, to find out if these foods are in issue for you. There are also enzyme supplements that can help with certain foods such as legumes and brassicas (alpha galactosidase) and lactose in dairy (lactase); and there is a newer enzyme on the market designed to help with fructose intolerance (Ispool isomerase).

There are myriad causes of bloating, and they are not mutually exclusive; you can have more than one at a time. Also and importantly, there are many other causes of bloating that go beyond the scope of this article, including Celiac Disease, Pancreatic Insufficiency, gynecological conditions, and cancer, to name a few. It is important to speak with your doctor if rule out potentially serious causes of bloating. In addition, working in conjunction with a knowledgeable dietician who is familiar with these issues can be very helpful. Remember that bloating is not something to be ignored and that there are solutions out there. Do not give up hope or medical relief.

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

**Boothby YMCA Offers STRONG Challenge**

Boothby Region YMCA is holding the free Strong Challenge, Monday, October 19, through Friday, November 27. The Challenge was designed by the Greater Coastal YMCA during the COVID-19 shutdown to keep members engaged and healthy virtually.

Participants commit to getting at least 20 minutes of any kind of active exercise five days a week, as well as eating a healthy and well-balanced diet. All are free; preregistration is required. To sign up, call 301-3950 or visit journeytohealth.coursesstorm.com.

**Upcoming Journey to Health Offerings**

MaineHealth’s Journey to Health program is offering several virtual courses in the coming weeks, as well as a fall fun hike. All are free; preregistration is required. To sign up, call 301-3950 or visit journeytohealth.coursesstorm.com.

**A Break with Guided Meditation** will be held Monday, October 19, from noon to 12:30 p.m. The class will begin with a 20-minute guided meditation, followed by five minutes of silent meditation.

A training in the use of naloxone will be held on Tuesday, October 20, from noon to 1 p.m. Naloxone is a life-saving medication that is used to counter the effects of drugs like heroin and prescription narcotics. Providers from Penobscot Bay Medical Center will teach participants how to use naloxone to save the life of anyone who is experiencing an opioid overdose.

**How to Support Someone Who Is Quitting the Use of Tobacco** will be offered on Tuesday, October 20, from 5 to 6 p.m. Attendees will learn how to help support friends or loved ones and connect them to free resources through the Maine Department of Health and Human Services.

An Alzheimer’s Disease Support Group will be held via the Zoom online platform on Tuesday, October 20, at 6 p.m. The free group provides information and support to area residents who have loved ones coping with Alzheimer’s disease or related dementias. To participate, phone Cheri R. Blouin at 301-6237 or email cblouin@pbmc.org.
Pen Bay Relocates COVID-19 Testing Site

The Acute Respiratory Center, the COVID-19 testing site at Pen Bay Medical Center, has moved to 731 Commercial Street in Rockport.

The ARC is not a walk-in facility; a referral from a primary care provider is required for testing at the center. Those who have COVID-19 symptoms or who have been exposed to someone with COVID-19 should contact their provider and request a referral for testing.

Those who do not have a primary care provider may call 301-4911 and leave a message; calls will be returned within 24 hours in the order in which they have been received.

For more information about COVID-19 testing, visit pbmc.org.

Addressing Maine’s Forest Climate Change

The University of Maine Center for Research on Sustainable Forests is offering a free, interactive webinar series, “Science and Practice: Addressing Forest Climate Change in Maine,” from noon to 1 p.m. the first Wednesday of each month through May.

The Forest Climate Change Initiative and Forest Stewards Guild will convene panels of researchers, scientists and stakeholders to address how climate change is influencing Maine’s forests and forest economy. Topics will include impacts on forest health, recreational use, forest management, biodiversity and pests, and the role of carbon and greenhouse gases. There will be time for questions.

Registration is required; visit foreststewardsguild.org.
The Strand Theatre continues to offer films for streaming from its website. Those who have virtual tickets will have several days to watch the films. Tickets are $15. A documentary, “The Ground Between Us” by Zeppelin Zeerip and Galen Knowles, is streaming through Friday, October 23. The film invites viewers to join the 150-year-old movement to protect America’s public lands, depicting key issues of the public lands debate through the eyes of three families: members of an Indigenous tribe in Alaska, an Oregon family with a long history as loggers, and a family of Utah ranchers. Tickets available at rocklandstrand.com. For more information, email info@rocklandstrand.com or call 594-0070.

Dinner and a Movie with Sierra Club Maine
Sierra Club Maine’s annual celebration will be held online Thursday, November 12, 6 to 7:30 p.m. The event is free of charge but donations to the public donations are encouraged. Registered participants will receive a link to view “Tomorrow,” a documentary film about what people around the world are doing to help fight environmental problems.

Portland Museum of Art’s Films to Stream
Luca Marinelli in a still image from “Martin Eden”
The Portland Museum of Art’s PMA Films at Home has added several selections to its roster of films for streaming. Partnering with exhibitors and distributors, PMA is renting first-run content to the public; a portion of proceeds benefits the museum. Newly available are:

“Aggie,” directed by Catherine Gund. A documentary that explores the nexus of art, race and justice through the story of artist collaborator and philanthropist Agnes “Aggie” Gund’s life. The film opens with Aggie selling Roy Lichtenstein’s “Masterpiece,” for $165 million to start the Art for Justice Fund. Proceeds from the one highest of all artwork ever sold fueled an effort to reform the American criminal justice system and end mass incarceration. Not rated.

“Martin Eden,” directed by Pietro Marcello. Adapted from a 1909 novel by Jack London. Edwin is a self-taught proletarian with artistic aspirations who hopes that his dreams of becoming a writer will help him rise above his station and marry a wealthy young university student. The dissatisfactions of working-class toil and bourgeois success lead to marriage and frustration. He see his wife in a park with another man.

“WEATHERING WITH YOU,” directed by Makoto Shinkai (Kaze Tachinu, Weathering with You) Shinkai’s 2019 film tells the story of a young girl who appears to be able to control the weather; as the abnormal weather continues to rage, their relationship is tested by her supernatural ties to the weather.

Strand Streams New Documentary “The Ground Between Us” — The Strand Theatre continues to offer films for streaming from its website. Those who have virtual tickets will have several days to watch the films. Tickets are $15. A documentary, “The Ground Between Us” by Zeppelin Zeerip and Galen Knowles, is streaming through Friday, October 23. The film invites viewers to join the 150-year-old movement to protect America’s public lands, depicting key issues of the public lands debate through the eyes of three families: members of an Indigenous tribe in Alaska, an Oregon family with a long history as loggers, and a family of Utah ranchers. Tickets available at rocklandstrand.com. For more information, email info@rocklandstrand.com or call 594-0070.

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Virtual gathering will feature a panel discussion focused on the film’s themes: energy, agriculture, education, democracy and economy. Panelists include Amara Ifeji, a fellow at Maine Environmental Champions; Johanna Bozuwa, co-director of the Climate and Energy Program at the Democracy Collaborative; John Brautigam, an attorney and former state representative; Isabel Estevez, senior fellow at The Democracy Collaborative; and Jon Stewart’s directorial debut, a Democratic strategist and filmmaker; the animated film “Konigiri-Kun: the U.S.; hand-animated “Boriya” by French and South Korean filmmakers; and a wondrous time-travel adventure performed on stage with life-size mechanical puppets. Through the play’s production, he continues his own medical journey.

Out Stealing Horses Not Rated/Drama/Dir: Hans Petter Moland (Stellan Skarsgård, Bjørn Floberg, Tobias Santelmann). In a small coastal village in Norway, Ola (Harry Belafonte, Annette Bening, Jimmy Carter) President John F. Kennedy gave young Americans the opportunity to serve their country in a war that some argue was not of their choosing, and since then the country has traveled to more than 140 countries to carry out the mission of international cooperation.

We Are Many Not Rated/Documentary/Dir: Amir Amirani (Sarandon, Mark Rylance, Danny Glover) The Spa
nishing the largest puppet human histo

Tuesday, October 13, 2020
Tuesday, October 13, 2020

CALENDAR OF EVENTS

TOURS

TUESDAY, OCTOBER 13:
➤ "A Solo Canoe Trip on the Penobscot River," a 60-minute tour inspired by birder Don Reimer on his days spent monitoring a turkey vulture pair raising chicks from egg to independence. For a link, email pierce@librarycamden.org.

➤ "Hauset: An Evening of Stories, Poetry & More," starring Rockland Public Library's Jesse Blanchard and Paul Blazek. Tickets are $10. The program will feature a reading of an evening of spooky and strange stories. Tickets are available at belfastmaskers.com. A full menu from Tide's End will be available for each show. Bring a chair and wear a mask.

FRIDAY, OCTOBER 16:
➤ "The Ground Between Us," with tickets on sale now through October 23. The film is about developing tools to help coastal communities deal with the impacts of climate change. Maine Audubon has been engaging communities to help monitor the state's loon population. Lund's presentation will be a celebration of the common loon and the discussion of the challenges they face and the work being done to protect them. Admission is $5, free for Mertaypom members. Bring a chair and wear a mask.

➤ "Indigenous Names along the Penobscot River Paddling Trail," on Zoom at 3 p.m. Belfast Garden Club hosts naturalist from Classic and modern tales of horror. Blanchard and King will present readings from Zone" and other creepy compendiums, plays that pay homage to the "Twilight Zone" and other spooky series. Tickets are $20 per family (for up to 10 people) at camdenoperahouse.com and are available on the Strand Theatre website. For more info, email jganskop@pmm-maine.org.

COMING UP:
➤ "The Maine Eye/Atlantic Theater Project," with a project of Connecting Coastal Places, People and Science," at 3 p.m. on Zoom. The Mitchell Center at the University of Maine hosts the talk about developing tools to help coastal communities deal with the impacts of climate change. Maine Audubon researchers Lauren Ross and Sean Smith will discuss the progress made by scientists and stakeholders to provide better predictions of water quality conditions in Maine estuaries, as well as new flash, flood and drought information, data sources and analytical tools to help coastal managers and fishing communities respond to pollution problems. The talk is free. Register at umaine.edu/mitchellcenter.

TUESDAY, OCTOBER 20:
➤ "The State of Maine’s Loons" at Mertaypom Nature Center in Camden. Land of Maine Audubon leads the outdoor presentation with a focus on the common loon. This very rare bird has a large beak and black and orange coloring. The loon call is one of the most beautiful birds and its echoing calls provide the soundtrack to summer on a Maine lake. For more than 30 years, Maine Audubon has been engaging communities to help monitor the state’s loon population. Lund’s presentation will be a celebration of the common loon and the discussion of the challenges they face and the work being done to protect them. Admission is $5, free for Mertaypom members. Bring a chair and wear a mask.

➤ Lincoln Leater in Damariscotta has announced a January 1 target date for opening Coastal Places, People and Science," at 3 p.m. on Zoom. The Mitchell Center at the University of Maine hosts the talk about developing tools to help coastal communities deal with the impacts of climate change. Maine Audubon researchers Lauren Ross and Sean Smith will discuss the progress made by scientists and stakeholders to provide better predictions of water quality conditions in Maine estuaries, as well as new flash, flood and drought information, data sources and analytical tools to help coastal managers and fishing communities respond to pollution problems. The talk is free. Register at umaine.edu/mitchellcenter.

WEDNESDAY, OCTOBER 14:
➤ Celebrate Wildlife Refuge Week, with Kaite Lyman and Amy Green at 11 a.m. to talk about the work of the refuge and its seabird dwellers. The program is offered on National Wildlife Refuge Week’s "Wildlife Wednesday." Visit Facebook.com/WilsonMuseum for more information. Contact Karen_kewitt@fws.gov, 594-6600.

THURSDAY, OCTOBER 15:
➤ "The Power of Castle Tucker," 2 Lee Street, Wiscasset, at 10 a.m. Peek into its nooks and crannies and see room after room of original furnishings of the Tucker family. Castle Tucker is one of the most complete and authentic 19th-century homes in the country. Admission is $15 for members of Historic New England, $25 for nonmembers. With a maximum of six tourers, to allow for social distancing. Tickets: $25 per family (for up to 10 people) at penobscotmarinemuseum.org. For more info, email g弱点ki@peninmaine.org. A 60-minute tour inspired by birder Don Reimer on his days spent monitoring a turkey vulture pair raising chicks from egg to independence. For a link, email pierce@librarycamden.org.

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Wednesday, October 14:

➤ Creative Art for Children, 9 a.m. to 11 a.m. Meetings on Zoom and project ideas through email from Camden Public Library. Join the creative group for a different project every Wednesday. Email alhand@librarycamden.org to be emailed project ideas and a Zoom meeting link.

➤ Reading Plays Together: “Harlowe,” at 5:30 p.m. in Union Hall, above Searsport Town Office (elevator available). Cold Comfort Theater’s Maggic Guscinksi will lead the group in reading “Harlowe” by Jennifer Lane. All are welcome — no performance or theater experience required. Free and open to the public.

Friday, October 16:

➤ Online Poetry Group with Skidompha Library, Damarscotta, 10 to 11 a.m. Fridays. Share a favorite poem or one of your own, or listen to the words of others. To register, email jameston@skidompha.org.

➤ Explorations: Read-Aloud Group for Adults, 11 a.m. to noon on Camden Public Library, Damariscotta, 10 to 11 a.m. Fridays. Welcome – no performance or theater experience required. Free and open to the public.

COMING UP:

➤ Common Ground Country Fair Online Marketplace, open now through January 8. Shoppers can virtually visit vendors who would normally have been at the Maine Organic Farmers and Gardeners Association fair in Unity, including farmers, crafters, and nonprofit educational groups. fair.mogoda.org.

Tuesday, October 13:

➤ Free Invasive Forest Pest Webinar, to highlight how you can help protect Maine forests from invasive pests that are here now or threaten to arrive, presented by local Soil & Water Conservation District staff at 9 a.m. Register at cumberlandcoed.org/conservation-shop/see-you-see-me-invasive-forest-pest-webinar.

➤ UMaine Extension Food Preservation Webinars in October, at 2:45 p.m. Tuesdays, on a variety of topics, from storing Maine grains and repackaging bulk items to pressure canning and preserving cranberries. Registration is required; a $5 donation per session is optional. Details are at extension.umaine.edu.

Saturday, October 17:

➤ Public “Curbside to Go” Roast Pork Supper in Washington, from 5 to 6:30 p.m. at Mount Oliver Lodge. Roast pork with gravy, mashed potatoes, vegetables, biscuits, dessert, and drink. To minimize contact, payment by check is preferred. Make check to Mount Oliver Lodge. Adults $10, children $5. The lodge is on Route 220, north of the village.

➤ Public Beef Stew Dinner at Rockport Masonic Center, 5 to 6 p.m. Drive-up curbside beef stew dinner, with biscuit, dessert, and bottle of water. By donation. To reserve meals, call Jeff at 691-2270.

➤ Barbecued Chicken To Go in Thomaston, serving at 5 p.m. at American Legion William-Branner Post 37. $12 for a dog or leg; American potato salad, cornbread and dessert. Drive up or walk up. You can also pre-order by posting a request on Post 37’s Facebook page.

Cumberland County

➤ Old-Fashioned Ham and Beans Take-Out Supper in Searsport, 4 p.m. until sold out at Searsport First Congregational Church, 8 Church Street. Dinner includes ham, baked beans, coleslaw, brown bread, and two generous-sized cookies. Suggested donation is $10. Limited meals available, so procurers are recommended: call Phyllis at 536-0223 or Sandra at 548-6530. All proceeds to go toward providing basic necessities for children in RSU 20.

Tuesday, October 20:

➤ Food Safety Plan Development for Small Food Businesses, UMaine Cooperative Extension hosts the workshop for small-scale food producers about compliance with the Food Safety Modernization Act from noon to 1:30 p.m. Intended for small food entrepreneurs, farm market managers and directors of shared-use kitchens. This webinar is an opportunity to develop food safety plans with coaching from instructors. Topics include relevant regulations, good manufacturing practices training required and optional documentation, and safety practices during the COVID-19 pandemic. The webinar is free; a SD donation to support UMaine Extension 4-H is optional. Register on the event webpage to receive the link, or for more information or to request a reasonable accommodation, contact Theresa Tilton, 942-7936; (800) 287-1485 (in Maine); Theresa.tilton@maine.edu.

COMING UP:

➤ Take-Out Supper in Union, at People’s United Methodist Church on Friday, October 23, from 5 to 6 p.m. Homesteade beet stew, biscuit, and chocolate fudge cake. Tickets are $15 per meal and must be purchased in advance by calling Joyce Gorton at 785-2651. The deadline to order a meal is Thursday, October 15.

➤ Union Masons Drive-Through Lobster Dinner, Saturday, October 24, noon to 2 p.m. The event will be at their Lodge, 149 Seminole Road in Union. Dinner will consist of a lobster, potato salad, macaroni and salad, and a drink. Order in advance by calling Gary at 749-8466. Dinners will also be available the day of the event on a first-come, first-served basis. Donations for Lodge improvements will be accepted.

KIDS & PARENTS

Tuesday, October 13:

➤ Chat with Miss Amy of Camden Public Library on Zoom, 10 to 11 a.m. Tuesdays. For a link, email alhand@librarycamden.org.

➤ Facebook Live Story Time with Skidompha Library, Damarscotta, from 10 to 11 a.m. Tuesdays. Librarian Jessie will read books and sing songs on the library’s Facebook page.

➤ Rockin’ Storytime with Miss Katie of Rockland Public Library, on its YouTube channel, Tuesdays at 10:30 a.m. Toddlers and early elementary school kids are invited to the themed storytimes with songs, rhymes, books.

Wednesday, October 14:

➤ Outdoor Story Time, Gis Miss Amy, 10 a.m. Camden Public Library reintroduces in-person story
times and crafts with masks and social distancing. Bring a blanket to sit on to help your children remain in their spaces. For all ages. Weather permitting. Email to register: miderd@librarycamden.org.

THURSDAY, OCTOBER 15:
- Baby Time with Miss Katie of Rockland Public Library, 10:30 a.m. on the library’s YouTube channel.
- Postpartum Support Group, 11 a.m. to 12:30 p.m. at Pen Bay Medical Center. A safe place for new and pregnant mothers and families to talk, listen, support and gain education on postpartum experiences. This is a free group for moms, moms-to-be and family members who want to connect with others for support. Registration is required; call 301-8337. All participants will be contacted by the facilitator of the group for a verbal screening and will need to follow social distancing and masking guidelines. Meeting location will be confirmed during registration.
- Virtual Science Cafes for Teens, in grades 7 to 12, are offered by UMaine Cooperative Extension 4-H from 3:30 to 4:15 p.m. Thursdays. Online sessions will include UMaine scientists discussing their research, how they got involved in their work, and what brought them to Maine. Registration is required for each session on the event webpage.
- Parent Night Returns to OUT Maine, on Zoom, with the first meeting on Thursday, October 15, from 6 to 7 p.m. The monthly info night is for anyone parenting or caring for youth with a diverse sexual orientation, gender identity or gender expression (LGBTQ+). Bring your questions and concerns and build your connections for support. Participation is free and open to the public. Learn more at outmaine.org or call 888-530-6997.

MISCELLANEOUS

TUESDAY, OCTOBER 13:
- Daily Mindfulness Meditation Group, hosted by Skidompha Public Library of Damariscotta, from 10 a.m. to 11 a.m. longtime practitioners and interested newbies are invited to join the online weekly guided meditation. Email jeaton@skidompha.org for a link.
- Online Business Success Series, offered by New Ventures Maine to people who want to get a business idea off the ground or push forward a new strategy for their business. Classes start at noon and registration is required by 11 a.m. at newventuresmaine.org. Take any. They are:
  - Monday, October 12:
    - Online Business Success Series, offered by New Ventures Maine to people who want to get a business idea off the ground or push forward a new strategy for their business. Classes start at noon and registration is required by 11 a.m. at newventuresmaine.org. Take any. They are:
  - Tuesday, October 13:
    - Online Business Success Series, offered by New Ventures Maine to people who want to get a business idea off the ground or push forward a new strategy for their business. Classes start at noon and registration is required by 11 a.m. at newventuresmaine.org. Take any. They are:
  - Wednesday, October 14:
    - Favorite Fall Hike: Harkness Preserve, off Spruce Street in Rockport, from 5 to 5:45 p.m. Join members of the Community Health & Wellness team in this entry to its series of guided (socially distant) hikes of their favorite Coastal Mountains Land Trust trails. Selected hikes will be approximately a mile in length and considered easy, with occasional rough terrain and moderate inclines. Participants should wear appropriate footwear and bring drinking water for the hike. For more information about any of the trails, visit coastalmountains.org. The guided hikes are free but space is limited so registration is required; call 301-3950 or visit journeytohealth.coursestorm.com to register.

THURSDAY, OCTOBER 15:
- Flu Clinics at Waldo County General Hospital, 125 Northport Ave., Belfast, this Thursday from 8 a.m. to noon, and also Thursday, October 22, from 8 a.m. to noon. Drive up, fill out the provided paperwork and the flu vaccine will be administered while you wait in your car. Bring your insurance card. If you do not have insurance, you will be billed a nominal fee. Open to individuals 7 years old and older.
- Knox County Democrats Host Rally for Our Future, on the theme of climate change, at 6:30 p.m. at Shortwell Drive-In, 40 West Street, Rockport. The featured speaker is Ava Baeza, climate activist. Democratic candidates are also on the program, along with the documentary film “Paris to Pittsburgh.” For tickets, go to KnoxMaineDemocrats.org or call 542-7788.

MONDAY, OCTOBER 19:
- Take a Break with Guided Meditation, noon. The virtual class invites you to recharge and relieve stress. Find a quiet spot and sign in for as much of the quick meditation breaks as you want. The class will begin with a 20-minute guided meditation, followed by five minutes of silent meditation. Free. Registration required: journeytohealth.coursestorm.com or 301-3950.
- Public Meeting to Discuss the Flanagan Community Center, in Rockland, on Zoom from 6 to 7 p.m. Tell planners how you’d like to see the Community Center used. Send an email to rocklandparks@gmail.com for a Zoom link.

TUESDAY, OCTOBER 20:
- Virtual Class on Narcolepsy Training, 9 a.m. to 1 p.m. Narcolepsy is a life-saving education that is used to counter the effects of drugs like heroin and prescription narcotics. Join providers from Pen Bay Medical Center to learn how to use naloxone to save the life of anyone who is experiencing an opioid overdose. Free. Register at journeytohealth.coursestorm.com or call 301-3950.
- Alzheimers Disease Support Group, meets at 6 p.m. on Zoom. The group provides information and support to area residents who have loved ones coping with Alzheimer’s disease or related dementias. Free. Those interested in participating should contact Cherri R. Bloxum, LSW, at 301-6237 or cblouin@pbmc.org for a Zoom link.
- How to Support Someone with Quitting Tobacco, 5 to 6 p.m. online. Quitting tobacco is difficult, but having support through the process can make it easier and increase chances of success. Learn how you can help support friends or loved ones and help connect them to free resources through the Maine QuitLink. The class is free but registration is required in order to obtain virtual access. Visit journeytohealth.coursestorm.com or call 301-3950 to register.
- Flu Clinics at Pen Bay Medical Center, 4 Glen Cove Drive, Rockport, are set for Thursdays. Drive up, fill out the provided paperwork, and the flu vaccine will be administered while you wait in your car. Bring your insurance card. If you do not have insurance you will be billed a nominal fee. Open to individuals 7 years old and older.

All Homemade Beef Stew Takeout Dinner
Friday, October 23rd
Pickup 5 - 6pm
Dinner includes Beef Stew, Biscuit & Fabulous Fudge Chocolate Cake with Fudge Frosting.
ALL HOMEMADE!
Tickets are $15 each and must be purchased in advance by Thursday, October 15th
Call Joyce Grotton at 785-2651
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UMaine College of Education and Human Development –
PreK-12 Resources for Educators and Families

The University of Maine College of Education and Human Development has created a website for teachers and parents related to remote learning and other issues raised by COVID-19. PreK-12 Resources for Educators and Families includes links to materials about social-emotional learning, trauma-informed teaching, special education, literacy, and more. Faculty experts and graduate students vetted the resources and provided short descriptions. Topic areas are organized separately for educators and for families, making it easier for users to find the most relevant information.

The website highlights the latest in research and outreach from the College of Education and Human Development and its collaborators, including links to the Beyond Crisis Schooling project and Community Learning for ME. The Beyond Crisis Schooling team analyzed how Maine families were coping during the initial months of the coronavirus pandemic, highlighting examples of innovative responses to school closure. Community Learning for ME is an interactive, hands-on grassroots website to support parents and teachers. Several faculty members in the college have contributed content to the site since it launched in the spring. Visit umaine.edu/edui/.pk-12-resources to view the website. Email coehd@maine.edu for more information or with questions.

Thrift stores and more —
Community Reuse Guide to Reopening

A new guide from the Senator George J. Mitchell Center for Sustainability Solutions at the University of Maine can help community reuse organizations make decisions about how and whether to open during the COVID-19 pandemic. Community reuse organizations include thrift stores, furniture banks, yard sales, secondhand shops, antique stores and swap shops. Many use their profits to fund social services including food pantries and support for local schools and health facilities.

The organizations are often staffed by older volunteers, who are more vulnerable to COVID-19 and may work in small spaces where social distancing could be challenging. The guide compiles state and federal guidance on COVID-19 safety practices and presents case studies focused on how other organizations are proceeding. The guide also describes a range of reopening scenarios.

Visit tinyurl.com/2dx9s56 to view the guide.

Wednesday, October 14 — Justin Hayward of the Moody Blues was born on this date in 1946; he brought us exceptional music. The Moon in Virgo will be awkwardly aspecting Mars in Capricorn from 6:40 a.m. until 11:15 a.m.; you may feel the need to speak rather bluntly before thinking. The Moon will favorably aspect Saturn between 4:45 and 6:45 p.m.; you will favorably aspect Saturn between 4:45 and 6:45 p.m.

Thursday, October 15 — The Moon enters Libra at 1:54 a.m., until early Saturday morning. The Moon in Libra will be awkwardly aspecting Uranus in Taurus from 2:40 until 4:40 p.m. The Moon in Libra wants everything to be fair. Uranus while in Taurus (until April 2026) brings about abrupt occurrences that can be jolting. The Sun in Libra will be in a less stressful aspect with Pluto in Capricorn from 3 p.m.; old governing structures are torn down so new ones can eventually evolve. The Sun is now forming a challenging aspect with Saturn, until Sunday. Delays and obstacles take hold for many.

Friday, October 16 — The Sun remains in a challenging aspect with Saturn until Sunday, causing depression for many. Mercury in Aries is known for unrealistic romantic desires. Venus is aspecting Jupiter and Mars until Monday; you may feel overwhelmed unless you set priorities. Venus is in a challenging aspect to Neptune. Neptune in Libra is known for unrealistic romantic desires. Venus is aspecting Jupiter and Mars until Monday, suggesting romantic energy. The New Moon takes place with the Sun and Moon at 23 degrees of Libra at 2:31 p.m. in an awkward aspect to strict, debilitating Saturn in Capricorn. This sets the pace for the next 29 days.

Saturday, October 17 — The Moon in Scorpio is opposing Uranus from 1:40 until 6 p.m., signaling arguments based on big differences in perceiving reality. Mercury opposite Uranus until Monday is a sure indicator of individualizing blunders. Intuitive flashes of genius can arise.

Sunday, October 18 — An overly emotional phase will occur from 6 until 8 a.m. while the Moon is awkwardly aspecting Mars in Aries retrograde. You tact patience. Realizations will come while the Moon is nicely aspecting Pluto from 6 until 8 a.m. while the Moon is nicely aspecting Pluto from 6 until 8 a.m. You've got to speak rather bluntly before thinking. The Moon will be in a challenging aspect with Jupiter by 7 a.m. with Mars and its indulgent aspect with Jupiter by 7 a.m. with Mars and its indulgent aspect with Jupiter by 7 a.m.

Taking Precautions As Tick Activity Increases

The Maine Center for Disease Control and Prevention warn the public to take precautions against ticks in October and November, when the state typically experiences a second peak in adult deer tick activity.

Deer ticks can carry the germs that cause tickborne diseases such as Lyme disease, anaplasmosis and babesiosis. These germs spread through the bite of an infected deer tick. Deer ticks are most commonly found in wooded, leafy and shrubby areas, including in areas around the yard. This means most Mainers are at risk of tick bites every day.

As of October 5, Maine CDC had recorded 39 cases of Babesiosis, 338 cases of anaplasmosis and 761 cases of Lyme disease this year. Although the number of tickborne disease cases reported is lower so far this year than in recent years, the risk of tickborne disease remains high for humans and pets spending time outdoors.

The most commonly reported symptom of Lyme disease in Maine is a “bull’s-eye” rash. Other common symptoms of tickborne disease include body aches, chills, fever, headache and swollen lymph nodes. Those who experience any of these symptoms after spending time in tick habitat are advised to see a health care professional.

The following strategies can help prevent exposure to ticks and the diseases they may carry:

• Know when you are in tick habitat and use caution;
• Wear an EPA-approved repellent such as DEET, picaridin, IR3535, and oil of lemon eucalyptus on skin and permethrin on clothing;
• Wear light-colored clothing that covers the arms and legs and tuck pants into socks; and
• Perform tick checks daily and after any outdoor activity.

For information and resources about tickborne diseases: maine.gov/dhhs/vectorborne; for frequently asked questions about ticks: maine.gov/dhhs/tickfaq.

For more information about tick identification and testing through the University of Maine Cooperative Extension Tick Lab, visit ticks.umaine.edu.

OPEN ENROLLMENT

MEDICARE & ACA (OBAMACARE)

INQUIRE - SIGN UP - MAKE CHANGES

CALL OR WALK IN

No Charge - 207-230-8186 - No Fees

Medicare: Supplement. PDP 10/15/20 to 12/7/20
ACA Oberall: All plans on or off exchange 11/1/20 to 12/15/20

GENE PIKEN, INS. BROKER

27 WASHINGTON ST., CAMDEN
Researchers Creating Artificial Intelligence Tools to Count Birds

University of Maine researchers are working to create artificial intelligence that will help biologists count and identify birds in thousands of aerial photos when conducting wildlife surveys, to reduce both time spent analyzing images and the margin of error.

Funded in part by a fellowship from the National Science Foundation, the researchers will collaborate to develop machine-learning technology that can pinpoint colonial nesting birds in images that other AI algorithms might miss.

"Each year, hundreds of millions of aerial shots are collected from remote cameras and drones, so the need for an automated method to detect and classify birds is critical," said Geoffrey Michael Rindell, an assistant professor of civil and environmental engineering at UMaine, who will lead the project. "The team's goal is to create an automated method that can be applied to image analysis in the field and in the lab so that biologists can identify and count birds with less effort and error." Rindell's work is part of a larger team project led by Pawan Sinha, a professor of computer science and cognitive science at MIT, who is developing artificial intelligence that will help biologists count and identify birds as they photograph their nests. The new method of surveying could result in additional nesting surveys by providing scientists with a better view of inaccessible areas, such as remote islands with dangerous terrain and rookeries with birds nesting in the canopy tops, and could reduce disturbance to colonies, particularly when eliminating the need to walk around in the habitats, which also could allow for more surveying later in the season.

Shalom
Join us for worship and fellowship Saturday, Sabbath – 10:45 to Noon followed by a vegetarian meal. All are welcome. 132 Camden Street, Rockport.

UMaine —
University of Maine Extension Cooperative Extension's 4-H Learning Centers will provide venues for outdoor learning and experiential STEM and outdoor education lessons for K–12 schools in Maine communities this fall.

One such partnership is between UMaine’s Blueberry Cove 4-H Center and the St. George Municipal School Unit. All St. George sixth-, seventh- and eighth-graders will spend their school day at Blueberry Cove on a rotating basis for the entire school year. Students will engage in out-of-classroom-based science with support from UMaine professionals. In addition, the 4-H Center will provide the technology necessary for students to participate in educational and extracurricular activities that will connect them with expert educators, including UMaine faculty in various disciplines.

At UMaine’s Tanglewood 4-H Center in Lincolnville, staff are working with the Captain Albert W. Stevens School in Belfast to build on an existing, grant-funded STEM mentorship program called 4-H Tech Wizard.

For more information about UMaine, visit umaine.edu
We are seeking an outside sales/marketing representative for our Camden office.

This is a full-time position, 8am - 5pm, Monday - Friday and includes a benefit package.

Great team! Competitive salary plus commission for a bright, motivated person.

We will train the right person, so experience is not necessarily required.

Please send resume and cover letter to: hbrooks@villagecoop.com
No calls or walk-ins please.
Applications are now being taken for the AUGUSTINE FELLOWSHIP.
One bedroom apartments that are conveniently located right downtown, rent is 35% of income and includes: wall to wall carpeting, laundry facilities, community living room, parking and professional Service Coordination on site.

Maximum Income Limits are:
$28,680 for 1 Person
$37,760 for 2 Persons

If interested, please call (207) 986-2743.

TDD/TTY 1-800-545-1833 Ext. 702

Deadline is noon on Wednesday for the following Tuesday issue.

I would like my ad to read

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

_____ Vehicles  Bowling  For Rent  For Sale
_____ Help Wanted  _____ Real Estate  _____ Services  Wanted
_____ Yard Sale  Other

Cost for 1st 20/words/week = $_____
Additional words = $_____
Subtotal = $_____
Times # of weeks ad to run = _______

TOTAL Due = $_____

FREE PRESS CLASSIFIEDS

Al-Anon Meetings

Waldo County
- Mon., noon-1 p.m. First Baptist Church annex, 95 High St., Belfast.
- Wed., 7 p.m. Monroe Community Church basement, 26 West Main St., Monroe.
- Thurs., 7 p.m. First Baptist Church annex, 95 High St., Belfast.

Knox County
- Mon., 7:30 p.m., St. John Episcopal Church, Thomaston.
- Thurs., 7:00 p.m., Our Lady of Good Hope Catholic Church, Camden.
- Sat., 10-11 a.m., Pen Bay United States Building, Rockport.

TDD/TTY 1-800-545-1833 Ext. 702

Visit: freepressonline.com
For the latest on TV – either live or streaming – go to: https://ontvtoday.com/
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Economics Not The Driving Factor on Trade-ins; Rear-Seat Safety Still Lagging Behind

DEAR CAR TALK: My husband and I have an ongoing disagreement about when to sell or trade in our 2016 Toyota Tacoma. I say with the reliability of these trucks, he would be better off financing a new car than keeping the current one. But he pays for new licensing, higher insurance and the depreciation on an older car is cheaper than making payments on a new car. How do I try to get the key points across in your letter? — Virginia

RAV: You’re right, Virginia. If you’re just considering economics, you’re missing a lot of the fun. If you still can’t agree with your husband, then drive it until it’s no longer reliable or no longer serves your needs — or until you’ve received more money on your trade-in for a new truck. Back seat safety makes you happy.

DEAR CAR TALK: I always have been a fan of the Kia Soul’s styling, but I’ve beena bit nervous about how close to the actual rear of the car the back seat is. There’s not a ton of room between the back seat and the rear window. It seems like this car and others like it are putting the rear-seat occupants in a vulnerable position in the event of the car being rear-ended. I have never seen any data on a car’s safety in a rear-end collision. Are there standards? Are modern cars like this safe? Thanks for your help on all these questions. — Steve

RAY: If you get the Soul, Steve, make sure you’re always the one driving. It’s a good question. The National Traffic Highway and Safety Administration rates rear passenger safety but only for side impacts. They simulate someone blowing through a red light at 38 mph and plowing into the side of your car. And for that test, the Kia Soul does well. But they don’t really test rear-end collisions.

It certainly makes intuitive sense that the less mass you have behind you to crumple and absorb the energy of an impact, the more likely the main body of the rear seat passenger, relative to cars with trunks or large cargo areas. So I think it’s fair to be concerned.

But this may make you feel a little better: From what we can find, about 28% of all collisions were rear-end crashes. But, only about 6% of all crash fatalities were from rear-end crashes. That suggests that the rear seat — in general — is a relatively safe place to be.

And with the spread of collision warning sensors and automatic emergency braking, I would imagine the number and severity of rear-end collisions will decrease in the future.

But rear-seat safety is not as good as it should be. Why? Because, in general, car safety is measured by how well the front-seat passengers fare.

It makes some sense that the big safety organizations (NHTSA and the Insurance Institute for Highway Safety) focus on front-seat safety. More people travel in front seats than rear seats.

But the result is that front-seat safety has improved a lot over the past few decades, and rear-seat safety has lagged behind.

So while manufacturers, eager to score well in the published safety ratings, added strategically placed air bags up front, along with seatbelt pre-tensioners (to cinch a person into proper position before a crash) and load limiters (to reduce the force of seatbelt tension during a crash to protect bones from being broken), that stuff hasn’t been universally applied to back seats.

That should change when NHTSA and IIHS start evaluating rear-seat crash results. We’ve been waiting for that for years, and it keeps getting delayed.

Meanwhile, only about a third of vehicles have those crucial safety features in the back (pre-tensioners, load limiters and rear side air bags), and you have to research individual cars to figure out if the car you’re considering has them.

From our research, the companies that seem to be ahead of others in this regard are Nissan, BMW, Ford/Lincoln, Toyota, Lexus, Porsche, Audi and Mercedes.

But check before you buy.

93.3 FM (99.3 Camden) or stream online at wrfr.com. Remember, your local community radio station welcomes you! We’re 90.7-91.9 FM (90.7-91.9 Camden) or stream online at wrfr.com.

© 2020 BY RAY MAGLIOZZI AND DOUG BERMAN

© Puzzles by Poppacom
Allen Employees Support New Health Center With Major Gift

For Allen Insurance and Financial, it is all about the long view. For more than 154 years, the Camden-based company has helped residents and businesses alike weather fires and ice storms, power outages and the occasional hurricane, to say nothing of World War I, the Spanish Flu, the Great Depression, World War II and COVID-19. Along the way it has earned the trust of clients and has come to serve as a model for what a community-focused business could look like.

Now the company has extended its commitment to the community where its employees and customers work and live. Allen has made a major gift to help pay for the 42,000-square-foot Health Center under construction on the campus of Pen Bay Medical Center (PBMC) in Rockport. When completed later this month, the $16 million building will bring under one roof all of the hospital’s primary care practices.

“Businesses that have thrived as long as Allen Insurance and Financial often do so because they focus on long-term value,” said Ann W. Bresnahan, a former trustee of PBMC and current board member of the Pen Bay Waldo Healthcare Foundation. “And keeping their local hospital is an investment in the long-term health of this place we call home. It’s an approach to business and life that has made them a pillar of our community.”

Said Mike Pierce, president and chairperson of Allen Insurance and Financial: “Our priority is to support non-profit organizations that improve the health, well-being and economic vitality of our community. Clearly the Health Center does that.”

Allen serves clients from offices in Camden, Belfast, Rockland, Southwest Harbor, Portland and Waterville. On the insurance side, the company offers comprehensive policy reviews, full claims service and a complete range of products from leading insurance carriers for home, auto, business and marine. On the financial side, Allen provides comprehensive, independent investment management and financial planning services.

Allen’s gift puts it in the good company of other local businesses that have made major gifts in support of the PBMC Health Center, including Camden National Bank, Viking Lumber, O’Hara Corporation and Horch Roofing, among others.

What makes the Allen gift unique is that it is from a company that is 100% employee-owned – and has been since 2017. In that sense, the gift represents the priorities of every member of the Allen team, said Cale Pickford, a producer in the company’s Compass Group.

“We all know how lucky we are to live near a hospital as strong as PBMC,” Pickford said. “We know that our children and parents and grandparents live healthier lives for it.”

Pickford went on to describe the broader impact PBMC has on the community: “Young people that move here speak passionately about what a great place this is to raise a family. And we know that the Midcoast is a destination for many retirees who are so passionate about volunteering their time and talents to make our community a better place to live. Without access to good health care, these folks might choose to live elsewhere. In that sense, PBMC is the glue that holds our community together.”

Kimberly Edgar, a group benefits account manager at Allen, can attest to that. She and her family moved to the Midcoast six and a half years ago for her husband’s work.

“We did our research before making our decision to move here,” Edgar said. “Of course we looked at the local schools. But my husband had a pre-existing condition and so we looked at the quality of the local hospitals, too. We also looked into the quality of pediatricians and if they were accepting new patients.

“PBMC checked all the boxes,” Edgar said.

As it turns out, Allen Insurance and Financial also checked all of Edgar’s boxes.

“I wasn’t looking for a job when we first moved here,” Edgar recalls. “I was already employed and working remotely from home. But then I kept hearing people talk about what an important role Allen plays in the community. I was looking for that kind of company and I just had to apply.”

Indeed, Allen has been supporting its community for more than 150 years.

Founded in 1866 by Wilder W. Perry, the company was sold to its namesake, George Allen, in 1902 and later to J. Hugh Montgomery in 1935. The Montgomery family would run the business for the next 80 plus years.

The company we know today really began to take shape in 1953 when, upon J. Hugh Montgomery’s death, Dave Montgomery took over as president and treasurer. He managed the company for 35 years, the longest tenure of any of the company’s leaders. The pivotal moment came in 1988. That’s the year Montgomery sold some of his stock to the Allen Agency Employee Stock Ownership Plan, or ESOP, which had just been formed. ESOPs are a corporate structure that provides employees with an ownership interest in a company.

By 1994, Allen employees would own 30% of the company, and on Jan. 1, 2017, the Allen Agency ESOP purchased all outstanding shares to make the company 100% employee owned.

Pierce was already serving as the company’s president when the final stock transfers occurred. He said Allen employees had always been engaged in their work but that ownership quickly brought a heightened sense of responsibility.

“Ownership gave us the security and confidence to really commit to the long-term success of the business,” Pierce said. “And it strengthened our commitments to the community. We live here, we own a business here. We’re not going to pull up roots and leave. Becoming a 100% employee-owned business bound us to the community in a way that made us realize that we succeed only if the community succeeds.

It is a spirit that was evident when PBMC Chief Medical Officer Mark Eggena, MD, PhD, attended Allen’s annual all-employee meeting at the Samoset Resort in 2019 to accept Allen’s gift. Dr. Eggena also serves as co-chair of the committee raising money for the Health Center. “There was such a positive energy in the room,” Dr. Eggena said. “They asked really thoughtful questions about what a community-focused business could look like. Kim Edgar, a group benefits account manager at Allen, can attest to that. She and her family moved to the Midcoast six and a half years ago for her husband’s work.

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