



the
WAVE
fall 2014

Midcoast Maine

Evolving music scene

Heart of eating

Writers and their new
books

Working guys and
what they do

Killer happy hours



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Riding the Wave

Hey, where did summer go? Who cares. It's time for Maine's secret high season: Labor Day through the start of the holidays, and the mix of events, customs and routines that change as we move through the fall equinox to Columbus Day and Thanksgiving.

The frenzy has quieted, but we are still harvesting the bounty of the warmer months. Apples and grapes bow the branches low; still, we keep swimming in lakes, ponds and oceans. Better yet, we are back in the woods — hiking, exploring and camping, sans bugs.

As the cold air moves in, our steps quicken just a little, and the scent of woodsmoke rises. The Atlantic bristles with whitecaps as the winds shift around to the north. Soon enough, a dusting of snow will settle on the windshield.

In Maine, we ride the wave of seasons, loving each of them for their distinct characteristics. And we appreciate the spaces between the seasons, those bridges between the warm and cold, the surprises between what the calendar and Mother Nature dictate.

These are also the waves of our lives. School, work, play. Running businesses, debating government, cultivating farms and gardens, building neighborhoods, celebrating and mourning.

The Wave is a publication of Penobscot Bay Pilot and PenBayPilot.com. It is a guide to life on the Midcoast, September through the beginning of December. There is no shortage of activities, as you will see in these pages.

Enjoy riding the *Wave* with us. We had fun reflecting on what makes the Midcoast tick, and hope you do, too.

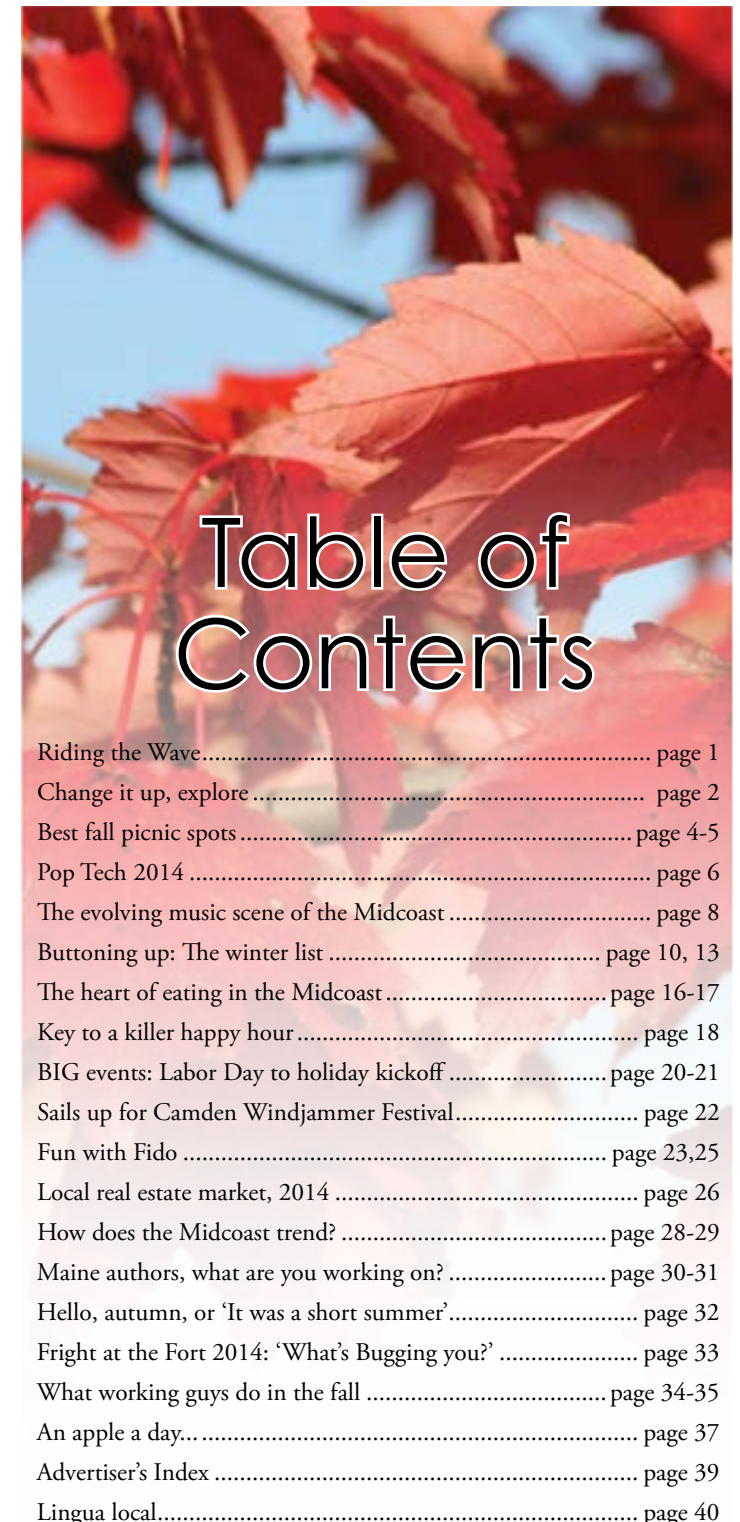
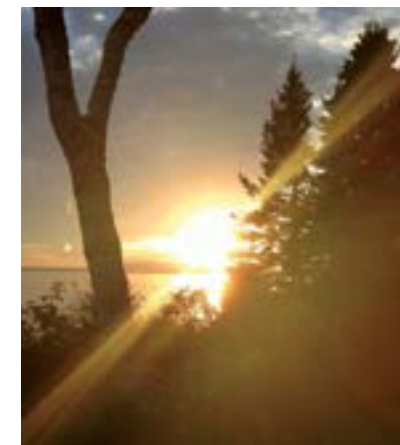


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Change it up, explore

Maine's larger Midcoast region extends from the bottom of Lincoln County through Wiscasset and Boothbay to Knox County, with Port Clyde, Rockland, Camden, Belfast, and all the way to the Waldo-Hancock Bridge, which crosses the Penobscot River to Verona Island.

Carrying us right through it all is Route 1, that famous federal highway that runs from For Kent to Key West.

Over the past 20 years, the Midcoast has become a place to be — where artists and writers, sailors and adventurers flock to, and where young families from across the country are choosing live.

The reasons are apparent: Safe, healthy, good public education, strong communities, and a creative culture that thrives on being outdoors.

There is much to do up and down the coast, and people think nothing about driving from Camden to Boothbay for a concert, a meal or to explore the Botanical Gardens, museums and galleries. Likewise, folks from Wiscasset travel to Belfast for art, festivals, contra dances and just to visit friends and family. They stop along the way in Rockland, Rockport and Camden for fine dining, to ski and hike, to visit the Farnsworth and lighthouses, on foot or by schooner.

Meanwhile, workers are back and forth between the towns, getting to the job site for carpentry, painting and landscaping.

This is a mobile region, and there is much to see and learn, just by getting out of the box.

Locals, when you get your visitors from outa-state, take them someplace new beyond your familiar paths. And visitors, have a blast traveling to all the nooks and crannies the Midcoast has to offer. You are not going to be disappointed.

Keep current with the local news and what businesses are doing at PenBayPilot.com, your community Internet website. We will have the latest and details there. Connect with us.



The back of Ragged Mountain, in Rockport.

Photo by Lynda Clancy



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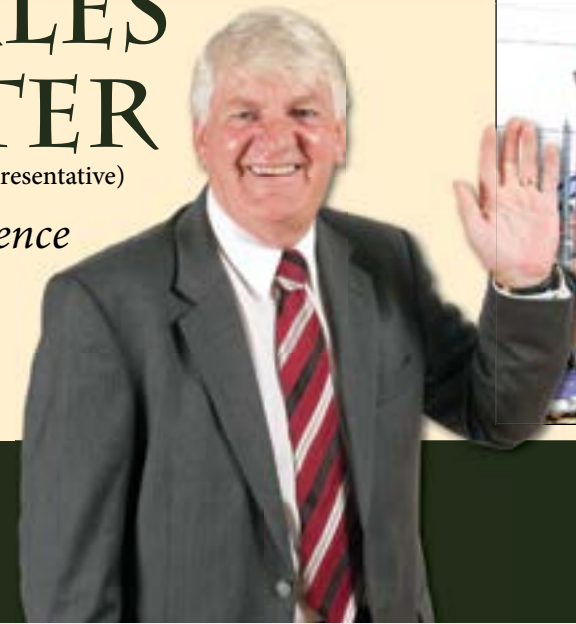
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Best fall picnic spots

By Kay Stephens

Though summer may be over, that's no reason to get a case of the sads. For locals and the savvy traveling crowd, fall is the time to chill, to roam the best parts of Maine with few crowds and still plenty of good warm weather ahead. For many, the fall picnic is the best way to get out and enjoy the simplest things out of life. The following is a round-up of some of the best public picnic spots to hang by the ocean, hike up a mountain, watch hawks over meadows, tromp through the woods or just settle in by a fog-bound picnic table and dig into the good stuff.

Moose Point State Park

Route 1, Searsport
 Fee: \$2 Maine residents/\$3 out-of-state residents
 Terrain: Drive in; easy walk to picnic area.

This hidden gem of a park with ocean views is never crowded, even in high summer. Beside the parking lot, an expanse of grassy land overlooks the area where the Penobscot River mingles with the Atlantic Ocean tides and has a walkway down to the rocky beach. Picnic tables there are well spaced out and great for bigger parties, but the forest's picnic tables dotted in and among the Spruce Trail are even more secluded and perfect for the couples who prefer more solitude. The easy, well-maintained walking trail provides endless views of the ocean along the shady shoreline and winds around to a point with amazing views, perfect

for those who want to get away from it all, take their picnic blanket and virtually have the spot to themselves.

Camden Hills State Park

280 Belfast Road, Camden
 Fee: \$3 entry fee
 Terrain: Drive in; easy walk to picnic area.
parksandlands.com

It's a cool, wooded trek down large stepping stones to get down to the shoreline, but a very short walk. Once on the Shoreline Trail, picnickers have their choice of uncrowded and comfortably spaced spots complete with a picnic table and grill. Each spot looks over cliff drop view the ocean with a dramatic sounds of waves crashing up against the rocks. Parking is never a problem and flush toilets are available.

Walker Park

Sea Street, Rockport
 Terrain: Drive-in; very short walk to picnic area
 Fee: Free

This small harbor park is well known to the locals, but has no street signs, so it remains relatively hidden. This is a perfect little spot to watch the sailboats and view the foliage. This is also a very easy car-to-picnic table site, especially for those who have children. Keep an eye on them on the playground right next to the picnic spots while still enjoying some

peace and quiet. Two picnic tables are covered by a small roof, while one remains open to the elements. The most secluded spot is the covered picnic table at the top of the park's small hill. There is also a fire pit.

Beech Hill Preserve

Beech Hill Road
 Terrain: Moderate hike to the top; bring backpack for picnic.
 Fee: Free
coastalmountains.org

This is another off-the-beaten path excellent picnic spot up a bald hilltop surrounded by MOFGA-certified organic blueberries, which people are only encouraged to pick before the cordoned off areas. This extraordinary property is managed by Coastal Mountain Land Trust and is well worth the hike. The top of Beech Hill is offering 360-degree view of the Camden Hills and Penobscot Bay. This hike is not too steep and very pleasant. Beech Hill's stone house at the top offers a covered porch with cool breezes. A Port-a-Potty is at the top. This is perfect for people who like to backpack their picnic and the best spots are in back and the side of the stone house on the grassy areas with mountain views. All during the fall, they will offer Open Houses where visitors can tour the stone house and learn about the property's history and wildlife.

Owls Head State Park

Lighthouse Road, Owls Head
 Phone: 207-541-4014
 Terrain: Drive in; easy walk to picnic area.
 Fee: Free



Photo by Holly S. Edwards

The key to this tantalizing spot is not to settle down at the first picnic spot you see—at the parking lot overlooking the ocean. Instead, follow the trail to the lighthouse and veer left at the large sign. A serene walk down the wooded path leads to a wall of hedges populated with beach roses. The picknicker is then treated to a private view of a rocky beach with a gorgeous view of a lighthouse and a cliff, if the weather is clear. Though, when it is foggy, one is treated to the low eerie sounds of the foghorn while unpacking a picnic lunch. A picnic table and grill is available, but the rocky beach affords more space to spread out and at the far end of the beach is a bench in a secluded area for those who want to go super-spare.



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PopTech 2014

Rebellion. Leadership, courage and the instincts to grow, adapt and persevere

We like the theme of this year's PopTech conference, that annual congregation of thinkers, artists, hipsters and wanna-be hipsters to downtown Camden in late October. Nothing grandiose or ethereal.

It's "Rebellion."

This seems to fit the times. Break out your leather jackets (it will be late fall for PopTech, Oct. 22-24, so you might want the coat, anyway).

The action takes place in the Camden Opera House. Seats go for a premium for the weekend: \$2,000 will get in to all PopTech activities, lots of workshops, food, parties and conversation. Oh, the networking.

Don't have the spare cash? Fear not. PopTech streams the talks, and if you are in downtown Camden, you can slip into any of the offsite viewing rooms where they have live TVs broadcasting from the Opera House stage.


PopTech, based in Camden and Brooklyn, N.Y., is a nonprofit that describes itself as a global community of innovators, working together to expand the edge of change. It runs a fellowship program, holds labs, springs initiatives and stages its annual conference. It can be a little pretentious and a lot cool, depending on your frame of mind and who is speaking. But it is worth checking out, and this year's conference — the 18th so far — sounds intriguing.

"Every October in our hometown of Camden, we bring together 600 diverse thinkers and doers from around the world to share ideas and projects that are shaping the future," the organization says at its website, poptech.org. The PopTech conference, a gathering for "real thinkers" (WIRED), marks your entry into the extensive PopTech community — a mix of highly motivated and curious speakers, PopTech Fellows, and other participants."


Under the Rebellion theme....

"Rebels across the ages have changed the world but depleted their souls. 'On Being' host Krista Tippett will lead a cross-generational dialogue on spiritual technologies — inner disciplines to ground outer life that matters. She'll speak with Solutions Journalism Network co-founder Courtney Martin, and Parker Palmer, the Quaker elder and author of 'Let Your Life Speak' and 'Healing the Heart of Democracy.'"

"PopTech and NPR will host a Big Idea session with NPR's Joe Palca talking with Bryan Shaw, Maria Oden, and Adam Steltzner on what drives them to do such work as developing a cancer early detection system using everyday cameras, creating low-cost, highly effective solutions for rural hospitals, and exploring the surface of Mars."



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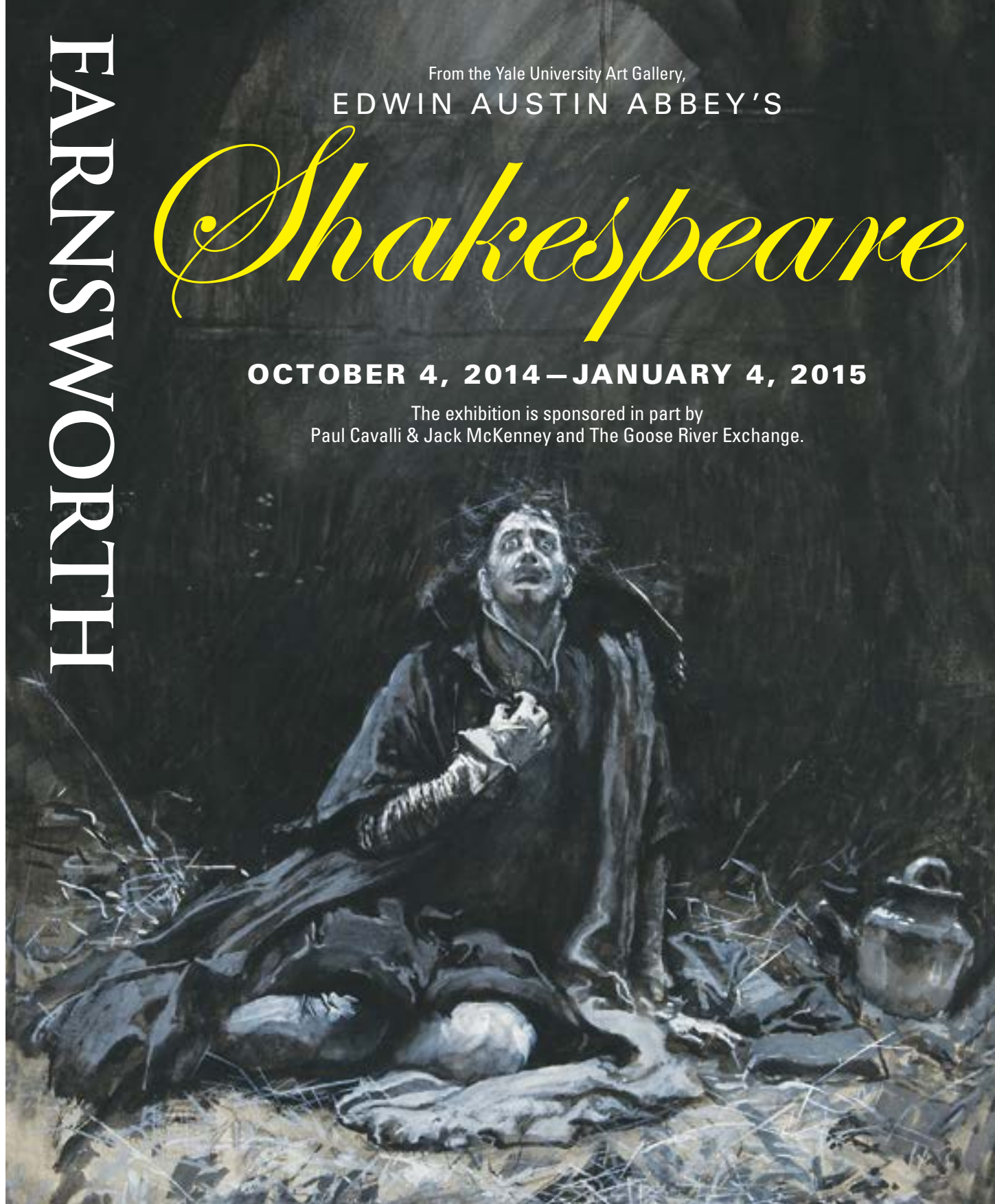
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The evolving music scene of Midcoast Maine

Rockland is the ground floor when it comes to attracting quality indie acts

By Kay Stephens

Not one knows how the spark turned into a fire or who has necessarily been behind it, but Midcoast has undergone a musical renaissance in the last five years. Even though it is still small and concentrated, it has not yet reached a tipping point. Those who go out to the bars, restaurants and venues to support these musicians now are the ones who can say later, "I knew them when."

Will Neils, a music promoter and organizer of Necessary Music Productions, grew up in Appleton and has always been a fixture in the Midcoast music scene. He has been responsible for booking bands to the Speakeasy in Rockland, as well as organizing independent shows at the Camden Opera House.

"I think right now in Knox County, Rockland is the definitely only place where live music is going on consistently," he said. "Billy's Tavern got the scene initially rolling in Thomaston for awhile, bringing in different types of live entertainment. Rockland's got four or five open mic events a week and those open mics become incubators for musicians to work with one another. They become spaces for musicians who might not have been in a band to get exposed to other musicians and start jamming and start a band. I feel like the open mics are a minor league training ground to create the space for musicians to step up to more consistent performances. Camden used to have more live music when Gilbert's Pub was open, but there isn't much there now. The Smokestack sometimes has live music. Above that, you've got to go to Belfast, which unfortunately doesn't have much in the way of performance venues. Waterfall Arts and Three Tides sometimes puts on live shows, but mostly the music that goes on in Belfast is municipally sponsored. They had the Free Range Music Festival, but the organizers found that it was challenging to keep that going year after year sustainably."

What's the sound?

Rockland has always had blues bands. The old rock and roll cover bands have always been around, too. And from a generational standpoint, these bands will always have their place. But young people, no matter what generation, have always been the lightning rods and the tastemakers for what shapes the music scene in a community.

From national touring bands to small, local indie start-ups, Neils sees a growing demand for different musicians and bands than he saw 10 years—even five years ago.

"I think there's a little bit more of an interest in locally produced urban music whether it's got a hip hop vibe or electronic vibe," he said. "I've also seen a lot of young people interested in old-timey music—rugged string bands and really hot, good bluegrass. Neither of these genres would have

been embedded in the framework of Rockland's music scene a decade ago."

Jessica Fossett, 25, is the perfect demographic for Midcoast's evolving music scene. She grew up in the area going to watch punk shows at Watts Hall and has also seen a resurgence of new music in the area, cataloguing her favorite weekly picks in her own blog, Lemonade Lowdown, as well as for the Pilot's weekend column, the underCurrent.

Asked why she gravitates toward certain picks in her blog and column she said: "I really like country alternative Americana, which is kind of the 'in' music these days. It's cool to see the variety other venues are offering for people who really go out for music, not just to go out to a bar. What I love is to watch a band start from nothing and grow, making an album and a name for themselves."

Stay tuned to PenBayPilot.com's weekend column, the underCurrent, to find out where some of these bands mentioned (and more!) will be playing in the area this fall.

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—Hans & Jen, Brooks



Photo by Lynda Clancy

Buttoning up: The winter list

*Winter is icumen in,
 Lhude sing Goddamm,
 Raineth drop and staineth slop,
 And how the wind doth ramm!* — Ezra Pound

By Lynda Clancy

Comes the time to take the screens off (after the last of the Lady Bugs come swarming through, sometime around the first week of October), wash the windows, and turn thoughts to the piercing cold of January.

There are chores to do in anticipation of winter, and no matter how modern one's home is, preparation for the bitter temperatures is mandatory. Woe to those who a) do not get their wood in close to the back door, and b) do not seal up the gaping cracks around windows and doors. That's rudimentary.

Even during the years when oil and electricity was cheap, frugal Mainers got ready for winter. For many with old farmhouses, that meant banking the foundation (stacking bales of hay around the sides of the house) and taping plastic over drafty windows. Some shut off the upstairs and moved into the kitchen next to the cookstove for the coldest of the months.

It has changed for most folk, but plenty of plastic still gets sold.

"There are two levels of buttoning up," said Kathleen Meil, marketing

continued on page 13

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continued from page 10

Houses take a battering every winter, and ice dams are a big culprit. Those pretty icicles are a safety hazard that can cause serious leaks and damage roofs and gutters. Attic insulation and air sealing are the keys to keeping your roof cool and preventing the melting and freezing cycle that leads to ice dams.

and customer relations manager for Evergreen Home Performance, a group of energy advisors based in Rockland and Portland.

A comprehensive home energy audit will identify where your house is wasting energy and help you plan improvements that help your whole house – not just your heating system – function at a higher level.

The first level is the tacking and taping by the homeowner.

That is “low investment and low payback,” said Meil. “There are an awful lot of basements completely uninsulated. Banking doesn’t block air filtration like spray foam.”

The second level is to call in the energy consultants, a growing business in a state with

fluctuating weather patterns and a housing stock primarily built with clapboards and old glass windows.

“This time of year, we’re all thinking about how to button up and prepare our homes for winter,” said Meil. “Most homeowners can

Heating system maintenance

Heating contractors recommend annual tune-ups to clear a year’s worth of gunk from the furnace or boiler. The service technician will replace air filters, oil filters, and nozzles; clean the heat exchanger; determine if the chimney needs to be professionally cleaned (or if any birds need to be evicted!); adjust the burner; and test combustion safety.

This maintenance is a good investment that can shave 3 to 8 percent off heating bills and help avoid costly crises in the dead of winter.

It takes more than just a boiler or a furnace to heat a home effectively,

though. The whole system includes pipes or ducts that distribute heat throughout the home; thermostats that control when the burner fires; and whole-house insulation that keeps the heat where it is needed.

Make sure the pipes or ducts that deliver heat to the living space are well insulated.

Install programmable thermostats and schedule setbacks of 8 degrees at night and while people are out of the house all day.

Ask service providers about optimizing the boiler or furnace’s performance. The

average system is oversized and inefficient, and a new one could cut your fuel bill dramatically.

Not ready for that? Install smaller nozzles that limit the amount of oil entering the burner and adjusting temperatures and flow from pumps or fans can make the current system more efficient and still provide enough heat for the coldest day of the year.

Seek a home performance evaluation from a qualified energy auditor (find a list online at www.EfficiencyMaine.com).

— Kathleen Meil



Photo by Lynda Clancy

tackle basic DIY projects, like installing programmable thermostats, weatherstripping doors or putting plastic over leaky windows, which will make small, noticeable differences in their comfort and energy costs.”

The bigger changes are more complicated, but with whole-house air sealing and insulation, heating costs can be reduced by 25 percent.

After last winter, which had residents going back into the woods for more firewood, and paying for fuel bills into the summer, the impetus for intensive buttoning up is under way this fall.

The state of Maine helps somewhat: Certified home performance contractors work to ensure that improvements are done right, and help homeowners qualify for up to \$1,500 incentives from Efficiency Maine. That agency maintains a list of qualified energy advisors. Find them at efficiencymaine.com.

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Why is the food so good here?

The heart of eating in the Midcoast

By Holly S. Edwards

There are two undeniable truths — among myriad others — and they are that people love food and people love Maine.

Food offers nourishment and comfort, and it also serves as a gift, a thank-you or a welcome, and even as a way to say "sorry."

It is life and it is enjoyment, whether it's biting into your favorite greasy spoon's seven-napkin cheeseburger or savoring the complex flavors of an otherwise simple bowl of corn chowder at a five-star bistro.

Maine is where life should be lived if one is seeking peace and quiet, night skies filled with stars and opportunities to explore the woods, back roads and the ocean. It offers entrepreneurs the chance to live where they work and work where they live. It has mountains and shorelines, beaches and islands to explore, and rural farmland and blueberry barrens that both provide economic opportunities.

And then there is the ubiquitous Maine lobster, prized for its sweet meat and plenty of it. For locals and visitors alike, the experience of buying a half-dozen just-caught "bugs" right off a lobster boat serves to heighten the anticipation of what's to come.

So why does food play such an important part of the Maine experience?

For Midcoast chef Brian Hill, the answer is short and sweet: "Food just tastes better here."

And he said it's because of the terroir, or environment, in which it grows and is harvested.

"When I prepare dishes here that I have made in New York, Los Angeles or New Orleans, they taste different here on the seacoast — better!" said Hill.

Hill said it's also a combination of the ingredients and intimate

venues that allow for more care in preparation and dining, but ultimately it really is "just the place."

"It's our little piece of sea, air and turf that make things taste better," said Hill.

Price and value are as important to diners living and visiting the Midcoast as quality. There are price points that every diner is looking for, and while full meals at some of the more expensive (and high-quality) restaurants may be out of range for some, there is always a way for a foodie to work a meal at an awesome bistro into their budget.



Photo by Holly S. Edwards

Happy hours used to be found only in the bars catering to those seeking pretzels and chips, but now happy hours have extended to some of the finer restaurants. That means not only are the beverages discounted, but small plates of everything from pizzas with beets and goat cheese to sautéed kale and pine nuts can be had for a song.

"Some people might be more into volume, over quality, and they find those places here," said Jane Lafleur, of Camden.

Lafleur said that one of the endearing reasons locals like to eat out is because they know the chefs, the waitstaff, the people making their martinis and even the dishwashers. And not because locals eat out a lot.

It's because we live in the same neighborhoods, shop at the same markets, carpool with same families whose young adults are working their first jobs and invite each other into our homes for holiday picnics and dinner parties.

"They are our friends, our neighbors and our kids," said Lafleur. "The food choices are incredible for foodies, and as an empty nester and a foodie, I appreciate the many choices we have. I save up my calories all day and all week to go out to dinner on a weekend."

Unique places, waterfronts, good food and historic architecture combine to offer comforting and exciting meal experiences for foodies, as well as those who just like to eat and/or try something different in a new place.

By all means, make a bucket list and try out the variety of restaurants up and down the Midcoast. And of course, bon appetit!



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Some of the best sips and bites around for afternoon fun ...

Key to a killer Happy Hour

By Kay Stephens

The key to a killer Happy Hour in the Midcoast simply comes down how much effort a restaurant/bar owner has put into it. That simple. Summer afternoons in the Midcoast belong to the travelers and working folks who start to feel a little thirsty around 3 p.m., whereas fall afternoons (when the sun starts to set at 4 p.m) belong entirely to the locals who want a place to gather, see friends and unwind from the short day into a long night.

Pen Bay Pilot has worked tirelessly to assemble every notable Happy Hour offering in the Midcoast (and yes, it was hard work doing all of that sampling) into a guide that is easily accessible for the person who instantly wants to know, "where should we go today?" From upscale chic inns to hotspots with an urban feel to the local neighborhood taverns, every establishment in our list "Guide to Midcoast's Happy Hours" has a list of their specials, days and times offered and even notes on the mood of each space.

The most killer Happy Hours have multiple drink and food specials for the right price. That is, if an import draft is normally \$4 to \$6, the best bars and restaurants don't just take 50 cents off the price; they lower it down a dollar or two. With cocktails, a savvy restaurateur/bar owner knows that a good pour for a modest price is more than appreciated. It communicates two things. 1) The owner cares about his or her clientele well beyond the

summer months, and 2), it gives people a sense of community and loyalty to frequent the same establishments over and over.

As for food, the establishments in the Midcoast that get the killer Happy Hour label are the ones that offer interesting, varied bites and snacks on a budget. The Whitehall Inn, for example, has been making a notable effort to offer free seafood bites of catering quality on certain days, while Cappy's Chowder House offers "Cappy Hour" with free popcorn and crockpot wings. Delish!

The best part about Happy Hour in the Midcoast is the varied settings to enjoy a beverage and a bite from Belfast, all the way down to Wiscasset. Depending on the patron's mood, size of the party and day of the week, one can sit on a deck overlooking the ocean sipping a \$4 cocktail, or play a game of pool, darts and cards in a backroom with a discounted draft. The happiest hour of the day can be found in a tiny, intimate bar with only four or five seats, in a historic converted train station, in a barn or an authentic Maine tavern with nautical decorations from the local fishermen. Maine's magic quality isn't just in the spectacular scenery; it's the genuine friendliness of its people to welcome, include and engage. Happy Hour is always about making friends and coming together for a few short hours to enjoy the day's end. Cheers to that!

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BIG events: Labor Day to Holiday kickoff

By Holly S. Edwards

The tourist season doesn't wind down in the Midcoast after school starts, and locals and visitors alike have myriad options for things to do from Labor Day through the first weekend in December. Here are some of the bigger annual events. For a complete list, visit the calendar on PenBayPilot.com.

Aug. 29 to Sept. 7

Harbor Fest (Boothbay Harbor)

A festival to support local business and small community lifestyle, including a harbor crawl, chili chowder challenge, art on the waterfront, treasure hunt, 5K and half marathon, live music marathon, golf tournament, fashion show, brews 'n blues and more. FMI: www.boothbayharborfest.com.

for guided tours of keeper's houses and light towers. FMI: www.lighthouseaday.com.

Sept. 18

Clawdown (East Boothbay)

Third annual chef's "Lobster Bite" competition. Local chefs put their best lobster bite down on the plate. The public samples entries and votes to determine People's Choice award winner while a select panel decides the Judge's Choice award winner. FMI: www.boothbayharbor.com.

Sept. 19-21

Common Ground Country Fair (Unity)

Celebrating rural living with the Maine Organic Farmers and Gardeners Association. Agricultural demonstrations, exhibits and vendor tents covering a wide variety of topics covering everything from health, healing, farming and homesteading to social/political action, fiber,

activities. FMI: www.owlshead.org.

Oct. 10-11

Fling into Fall (Searsport)

Celebrate fall at the annual fair, including concerts, hayrides, a scarecrow contest, craft and food vendors, an antique car show, public suppers and more. FMI: www.searsportme.net.

Oct. 10-13

Pumpkinfest & Regatta (Damariscotta)

Giant pumpkin plant giveaway, Pumpkinboat Regatta, pumpkin hurl/catapult, Pumpkinfest Parade, pumpkin derby, pumpkin dessert and pie eating contests, pumpkin drop, pumpkin hunt, YMCA Zombie Run, kid's activities, free matinees, street food, music, pumpkin pancake breakfast and more. FMI: www.damariscottapumpkinfest.com.

and doers from around the world to share ideas and project that are shaping the future. FMI: www.poptech.org/rebellion.

Nov. 22

26th annual Early Bird Sale Event (Boothbay Harbor)

Pajama Contest, Bed Race, music, door prizes galore and more.

Nov. 27

Mt. Battie Star Lighting (Camden)

For 15 minutes before 4 p.m. (sunset) the Mt. Battie Auto Road will be open to the public to view the first lighting of the Mt. Battie Christmas Star. A great way to take a break between your Thanksgiving meal and dessert.

Nov. 29-Dec. 1

Festival of Lights Celebration (Rockland)

Santa arrives by Coast Guard boat, gingerbread house display downtown,



Maine Open Lighthouse Day



Camden Windjammer Festival



Damariscotta Pumpkin Festival & Regatta



Belfast's Holidays on the Harbor

Aug. 30 to Sept. 1

Camden Windjammer Festival

Camden Public Landing is the place to be for Labor Day weekend with the schooner fleet arriving Friday, family activities all weekend, build-a-boat contest, lobster crate races, maritime heritage fair, sea dog show, pirates, schooner open houses, schooner crew talent show and fireworks. FMI: www.camdenwindjammerfestival.com.

Sept. 14

11th annual Maine Weinerfest (Belfast)

Steamboat Landing on Belfast's waterfront, to enjoy little dogs that think big! Watch or participate in the Long Dog Derby, The Grand Parade and the Earthdog events. \$2 admission, under 10 and dogs, free. FMI: www.friendsofbelfastparks.com.

5th annual Maine Open Lighthouse Day

More than 20 lighthouses across the state will be open for visitors

energy and shelter. FMI: www.mofga.org.

Sept. 26-29

Camden International Film Festival (Camden)

CIFF is uniquely intimate event to experience the very best in international documentary film. Expect to see films that blur the line between fact and fiction, films that inspire, inform and entertain. FMI: www.camdenfilmfest.org

Sept. 29

Fall Festival (Lincolntonville)

Route 1, Lincolntonville Beach, parade, rides, food and fun.

Oct. 5-6

Foreign Auto Festival and Antique Aeroplane Show

Owls Head Transportation Museum hosts a salute to globalization with vintage vehicles from around the world. Volkswagen is the featured marque, with vehicle domes, Model T rides, biplane rides and family

Oct. 11-12

Fall Foliage Festival (Boothbay)

At Boothbay Railway Village with craft vendors, food and entertainment. Rides on the narrow gauge steam train and a display of more than 55 antique automobiles. FMI: www.boothbay.org.

Oct. 17-19

10th annual Belfast Poetry Festival: A Poem to Behold (Belfast)

Festival, performances, workshops, art collaborations, panels and readings at various venues around Belfast. FMI: www.belfastpoetry.com.

Oct. 23-25

PopTech Conference (Camden)

PopTech 2014 is celebrating the rebellious possibilities that "drive us ever forward." A conference that brings together 600 diverse thinkers

lobster trap tree lighting, horse-drawn carriage rides and a big parade. FMI: www.rocklandmainstreet.com.

Dec. 5-7

Christmas by the Sea (Camden, Lincolntonville, Rockport)

Local businesses hold open houses, Santa makes grand entrances in each of the three communities - one by fire engine and two by boat - and he also is the special guest in the Friday night parade through downtown Camden. Bonfires, tree lightings, caroling, holiday plays, craft markets, fireworks and more. FMI: www.maindreamvacation.com.

Dec. 6

An Old Fashioned Christmas (Belfast)

Early bird sales, tree lighting, free matinees, caroling, craft shows, photos with Santa and more. FMI: www.ourtownbelfast.com.

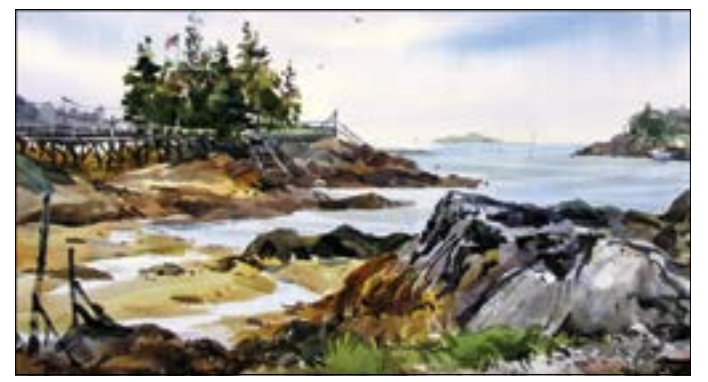
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Sails up for Camden Windjammer Festival

Labor Day weekend, Aug. 29-31, the 2014 Camden Windjammer Festival celebrates Maine's maritime heritage and the majestic windjammers that ply the coast. The event kicks off Friday at noon with a parade of schooners sailing into one of the country's most scenic harbors followed by a schooner crew talent show and fireworks.

All three days feature the Maritime Heritage Fair with exhibits of maritime skills, activities and information about boats, sailing and other maritime-related endeavors. Saturday's highlight is the Lobster Crate Race, a chance for the fleet of foot to cross a string of lobster crates — without taking a swim. In the Build-A-Boat Contest, teams create and build a boat that floats (hopefully) and compete on the water in a race. There's a Pancake Breakfast and a Chowder Challenge and the Sea Dog show returns this year to take over Harbor Park, when man's best friends are invited to compete in a variety of entertaining contests.

Sunday features the colorful attack on Camden by the Pirates of the Dark Rose, with their swords out and cannons ablaze... all in good fun. Children are encouraged to don pirate attire, get a little pirate training and help in the effort to save Camden from the clutches of the evildoers. Sunday night, Camden Harbormaster Steve Pixley is hosting a Dance Party under the tent on the public landing, with D.J. Terry Frank. It's free and the theme is *Pirates of the Caribbean*, so dig up your boots, your puffy shirts, ruffled blouses and big gold hoop earrings and dance the night away.

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Fun with Fido

State rules: Pets must be leashed in the state parks. That applies to a wide swath of local hiking paths in the area, with Camden Hills State Park spreading across the region. Off the record? Keep your dogs heeled, leash them when other dogs are on the approach, and for heaven's sakes, observe protocol: Leash if anyone you meet along the path is apprehensive about dogs. That's just common courtesy.

In fact, the Midcoast is incredibly dog-friendly. But there are rules and even more important, there are social mores. Follow them and you will be golden. If you — and yes, the responsibility falls entirely on the pet owner, not the pet — are sensitive to others, we will all get along.

This means pick up your dog waste. Carry plastic bags with you, and then deposit the waste in identified cans. Do not throw your bags into the woods. Animal waste is not just a public nuisance, it is a health threat.

One more *major* safety precaution: Hunting season begins in October for bird, grey squirrel and raccoon. Bear hunting begins at the end of August; deer season, Nov. 1. What this all means is that you get a piece of hunter-orange on your dog. Vest, collar, bandana. Put on some hunter-orange yourself.

Mainers are serious about hunting. Many locals don't take to the woods, in general, through November so as to keep clear of deer hunting.

Hunter orange is fashion de rigueur.



Photo by Lynda Clancy

The Midcoast has loads of town-owned and state hiking trails. And then there are the land trusts with public access. Signs are everywhere, and some places are more strict than others when it comes to dogs. If the sign says stay on the path, stay on the path, you and your dog. This ensures that your dog doesn't relieve itself on blueberries, for example, that people might later eat, and keeps your dog from unnecessarily disturbing the birds and animals nearby.

The beauty of exploring the Midcoast in the autumn means that children are back in school, so the competition is not so keen at the swimming holes. Plus, the water gets colder by the day and conversely, the number of swimmers diminishes. There are beaches, both fresh and salt water, where dogs are welcome, especially during the not-so-busy part of the dog days of summer.

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continued from page 23

Romping with other Fidos

Camden: The Jean H. Kislak/P.A.W.S. Community Dog Park, located adjacent to P.A.W.S. Animal Adoption Center on Camden Street in Rockport, is a gently sloping fenced-in off-leash dog park, with separate areas for large and small dogs to run and play with other dogs or chase a ball or Frisbee.

Rockport: Rockport Marine Park on the harbor is not only a fun place for dogs, but a great spot to meet the locals early in the morning. The dogs are friendly and the view is spectacular. Bring a cup of coffee and enjoy this little spot.

Rockland: Snow Marine Park in the city's South End has become an informal dog park and is enjoyed by both locals and visitors.

Hiking with Fido

Ragged Mountain - Home of the Camden Snow Bowl on the northeast side of the mountain, the Ragged Mountain trail in Camden and Rockport offers some of the steepest and most strenuous hiking in the Midcoast region. The reward, however, is worth it. There are three trailheads that hikers can use to access Ragged Mountain: Barnestown Road (north), Hope Street (west) and Route 17 (south).

The Georges River Highland Path - The Georges Highland Path is a 50-mile network of low-impact footpaths in the Midcoast, built and maintained by the Georges River Land Trust. Choose from the Mount Pleasant Trail in Rockport, the Ridge to River Trail in Searsmont, the Thomaston Town Trail in Thomaston and the Oyster River Bog Trail in Rockland, among others.

Camden Hills State Park - Awarded a 2014 Certificate of Excellence by TripAdvisor, dogs are allowed on leash and there is the Mt. Battie Auto Road to walk up, along with numerous trails and access areas to hike up Mt. Battie and Mt. Megunticook, where the Maiden's Cliff Cross monument overlooks Megunticook Lake.

Bald Rock Mountain - This is a 3.6-mile trail in Lincolnville, and it's also a mountain located in Camden Hills State Park.

Rockland Breakwater - This can be a tricky traverse, for dogs and people, because the granite blocks that make up the breakwater are uneven in both shape, placement and spacing. Use care, and don't forget a doggy bag and some fresh water. It's a long but worthwhile walk to the lighthouse.

Rockland Harbor Boardwalk - A quarter-mile walk around Rockland Harbor, starting at Harbor Park.

Belfast's Little River Community Trail - This hiking trail is four miles long one way, and takes about three hours. One mile in the trail comes out on Perkins Road, at a large hayfield, where you can turn back or proceed further.

Moose Point State Park: In Searsport, you and Fido can hike this oceanside park, with opportunities to walk along the water's edge and through the woods. Bear in mind that state park rules apply, as it applies to dogs on leashes.

Belfast Harbor Walk, Steamboat Landing Park: A half-mile-plus walkway that connects the pedestrian Armistice Bridge, over the Passaagassawaukeag River, and Steamboat Landing Park.

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Local real estate market, 2014

Increased inventory and low interest rates fueled Maine's home sales in June. According to Maine Listings, the National Association of Realtors reported 1,513 single-family existing home sales in June — a rise of 14.02 percent compared to one year ago. The June median sales price increased 0.54 percent to \$185,000. The MSP indicated that half of the homes were sold for more and half sold for less.

The Association of Realtors also reported that, nationally, the number of single-family existing home sales decreased 2.9 percent and the national median sales price increased 4.5 percent, to \$224,300, compared to June 2013. Sales in the northeast dipped 3 percent, and the northeast regional MSP eased 0.1 percent to \$269,800 compared to June 2013.

Maine Association of Realtors President Angelia Levesque said, "Maine is the second most popular state in the country for ownership of second homes and recreational properties. With our great weather lately, this is the perfect time to explore that market. Waterfront, winter recreation and family camp properties are especially popular requests, currently."

Levesque added that the increased inventory in a majority of the state has led to a buyer's market. "Rent prices are rising and interest rates remain low, making this the perfect time to buy a home. Sellers with homes that have not sold at a regular pace should consult their realtor about making a price adjustment."

Below are statistics for Maine and its midcoast counties.
Source: Maine Real Estate Information Systems, Inc.
(mainelistings.com)

Statewide

In the second quarter of 2014, 3,830 homes sold compared to 3,478 in the second quarter 2013, a 10.12 percent increase and continues on the 10 percent increase seen in the first quarter. The median sales price decreased 2 percent, from \$179,000 to \$175,000.

Knox County

In the second quarter of 2014, 111 homes sold compared to 114 in the second quarter 2013, a 3 percent decrease. The median sales price decreased 2 percent, from \$166,500 to \$163,000.

Waldo County

In the second quarter of 2014, 91 homes sold compared to 84 in the second quarter 2013, an 8 percent increase. The median sales price decreased 17 percent, from \$155,000 to \$128,000.

Lincoln County

In the second quarter of 2014, 126 homes sold compared to 100 in the second quarter 2013, a 26 percent increase. The median sales price decreased 16 percent, from \$237,500 to \$200,000.



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How does the Midcoast trend?

Have a conversation on the sidewalk these days, and you might be touching on the same topics others are talking about just down the street. No, not likely to be the weather or local politics, or that new restaurant — though those are constantly on the tip of the tongue. What's trending, though, reflects the deeper evolutions under way, the ones that indicate change is afoot.

Here's a few:

MEDICAL MARIJUANA (or marijuana, in general)

Alright, not so new in the great scheme of things (by some estimates, mankind has been smoking it since the third millennium BC), but for the growing sentiment that pot should be decriminalized, even legalized. And some of those agreeing are your local law enforcement pals. As Maine accepts legal pot shops in the area (there is one dispensary in Thomaston) after approving the use of medical marijuana in 2009, people now wonder: Will the state be following the likes of Oregon and Colorado with legalizing weed? Maine is no stranger to dope, and is apparently ninth on the list of states with the highest population of pot smokers. According to CBS News, which pulled data from a federal Substance Abuse and Mental Health Services Administration, 13.56 percent of Maine's population is smoking marijuana. (The state with the most pot smokers? Alaska, followed by Vermont.)

THE BUZZ ABOUT HONEYBEES



With all the talk about the decline in honeybee populations, it's no wonder that more people in the Midcoast are talking about bees, too. Concerns rest on the reasons behind colony collapse disorder, with pesticides and herbicides as smoking guns. Locally, there are many hobby beekeepers setting up hives and doing what they can to bring more pollinators into

communities. Nationally, President Barack Obama in June committed to working to save the declining honeybee population by putting a task force of scientists on the case. There's a lot to learn, even for those who just like to eat honey, and there is a wealth of information, including educational and entertaining videos on YouTube, the movies *More Than Honey* and Disney's *Wings of Life*, the latter of which does a beautiful job of explaining both bird and insect pollinators and how plants do their part to both nurture and lure creatures to help them propagate.

DEATH CAFES

After life, then death. But who wants to think about the grim reaper? Turns out, plenty do. The first Death Cafe was held last spring in Hope, followed

by another in July, and both were well attended — and it is not just because Maine is the oldest state in the union. More than 950 such cafes have been



held around the world. Death cafes are group conversations about... death and dying. No agenda nor objectives, just straight-shooting talk about that which we know not a hell of a lot about, but could know more. Organizers of the first Midcoast cafe thought maybe eight people would show up. Three times that number attended, indicating a deeper

inclination to understand death. Talking about death ain't gonna kill ya.

HIGH SPEED INTERNET

Fiber, baby, fiber. Rockport is the hip place now. (Take that, Camden!) With the mid-summer arrival of super-fast broadband to Rockport Village — and the first municipality in Maine to build it out — Rockport has the capacity for high-speed uploading and downloading. The new network is a gigabit per second network, meaning it is capable of transmitting 1,000 megabits of data per second. A typical user's download bandwidth has been 9.18 Mbps with an upload bandwidth of 4.29 Mbps. Post-fiber network installation, the connection is 100 times faster with a bandwidth providing a download speed of 84.16 Mbps and an upload speed of 84.50 Mbps. This is a boon to Maine Media Workshops, as well as most creative businesses that rely on the Internet, which is pretty much where most of us hang out a lot these days. Rockport is the model for the nation but we shall see if this effort expands into other areas of Maine, and is truly trending. It's all part of the Three Ring Binder, the installation of dark fiber around the state. Did we say that Rockport's hip?



U.S. Sen. Angus King describes Maine's existing Internet system as a large pipe with smaller pipes that slow data in and out.

MAKERS SPACES

With the combined interest in the creative economy (remember John Baldacci and the hoopla about Maine's new economic sector back in 2004). It turns out he was right about that (school district mergers, not so much). Now we have a renewed national appreciation for workers who can actually design, build and fix things with their hands. There has been a recent surge in artisan workshops in the area. Take the Steele House in Rockland, the support for industrial technology in our schools, and the resurgence of sewing and selling clothes locally. Did you know that Maine is already recognized as a quality precision manufacturing state? Wouldn't it be nice to move beyond the cubicles of sedentary call centers and a service economy and shape one that truly makes things?

THE GOLDFINCH

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—Lynda Clancy



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The hike will include a BBQ with live music, as well as a scavenger hunt and activities for kids.



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Maine authors look ahead to new work

Writers adorn the region like elegant pearls. Sometimes you see them, but mostly they are tucked away in private spaces, gazing out windows, collecting thoughts they will scribble into sentences, pages and then books. What are they working on now? Let's see....

By Kay Stephens

Fiction

Bill Roorbach: "While I wait for my new novel, *The Remedy for Love* to appear (October will never come!), I am working on the script for an HBO series based on *Life Among Giants* — fun."

Bill Roorbach is the author of eight books of fiction and nonfiction, including the Flannery O'Connor Prize and O. Henry Prize winner *Big Bend* (University of Georgia Press, 2001), *Into Woods* (University of Notre Dame Press, 2003), *Temple Stream* (Random House, 2005) and *Life Among Giants*, a novel, (Algonquin, 2012).

Jim Nichols: "I'm waiting for the copy editor to finish with my upcoming novel with Islandport Press (*Closer All The Time*, Feb. 2015) and once I've checked that off, I'll be going back to my novel-in-progress, which exists so far in first draft form."

Jim Nichols is the author of *Slow Monkeys and Other Stories* (Carnegie Mellon Press, 2003) and a novel, *Hull Creek* (Downeast, 2011).

Tess Gerritsen: "I'm working on a novel called *Incendio*, about a haunted piece of music and its connection to the Italian holocaust. But I also have a new Rizzoli & Isles book coming out in December."

Internationally bestselling author Tess Gerritsen wrote her first novel, *Harvest*, released in hardcover in 1996, and it marked her debut on the *New York Times* bestseller list. Her suspense novels since then have been: *Life Support* (1997), *Bloodstream* (1998), *Gravity* (1999), *The Surgeon* (2001), *The Apprentice* (2002), *The Sinner* (2003), *Body Double* (2004), *Vanish* (2005), *The Mephisto Club* (2006), *The Bone Garden* (2007), *The Keepsake* (2008; UK title: *Keeping the Dead*), *Ice Cold* (2010; UK title: *The Killing Place*), *The Silent Girl* (2011), and *Last To Die* (August 2012.) Her books have been published in 40 countries, and more than 30 million copies have been sold around the world.

Elizabeth Hand: "At the moment, I'm teaching at a residency for young writers in Florida, and completing a psychological thriller titled *Hard Light*, set in London and Cornwall."

She is the author of many novels, including *Winterlong*, *Waking the Moon* (Tiptree and Mythopoeic Award-Winner), *Glimmering*, *Mortal Love*, *Generation Loss*, *Available Dark*, the most recent *Radiant Days*, as well as three collections of stories, including *Saffron* and *Brimstone*.

Paul Doiron: "The next Mike Bowditch book is about two female hikers who disappear along the most remote section of the Appalachian Trail prompting searchers to discover something horrific."



Paul Doiron is the author of the Mike Bowditch series of crime novels, including *The Poacher's Son*, which won the the Barry Award and the Strand Critics Award for Best First Novel and was nominated for an Edgar Award, an Anthony Award, a Macavity Award, and a Thriller Award for Best First Novel, and the Maine Literary Award for "Best Fiction of 2010." His other novels include *Trespasser*, *Bad Little Falls*, *Massacre Pond* and the most recent, *The Bone Orchard*.

Susan Conley: "I'm working on a whole other genre for me, a book project called *Fifty-Two Weeks*: Small pieces of prose on children and motherhood next to striking photos by a well-known Maine photographer."

Susan Conley is a novelist, creative writing professor and memoirist. Her novel *Paris Was the Place* (Knopf, August 2013), is an Amazon Fall Big Books Pick for fiction, an Indie Next Pick, and an *Elle Magazine* Readers Prize Pick.

Cathie Pelletier: "I should be talking about touring with my brand new novel, but just last night I optioned the film/TV rights to a book I've loved for years (*The Sedgwicks in Love*, by Timothy Kenslea) for co-production with producer Gabrielle Tana."

Cathie Pelletier is the author of 10 novels, eight of which are under her own name, beginning with *The Funeral Makers*, (MacMillan in 1986). Her first middle grade novel, *The Summer Experiment*, was published by Jabberwocky in March of 2014. And her next adult novel, *A Year After Henry*, will be published August, 2014.

Patricia O'Donnell: "I'm working on a novel in four points of view set on Parker Pond by Mt. Vernon and in Portland, but with one point of view set in 1955 and including treatment by Wilhelm Reich in an orgone accumulator."

Patricia O'Donnell is a writer and professor of Creative Writing at the University of Maine at Farmington, where she directs the BFA Program in Creative Writing. She writes fiction, with stories in journals including *The New Yorker* and a novel traditionally published (*Necessary Places* by Cadent Publishing)

Nonfiction

Colin Woodard: "A sequel of sorts to *American Nations* looking at the great, centuries-old battle over the meaning of freedom in America and how to resolve it."

Colin Woodard, an award-winning author and journalist, is State and National Affairs Writer for the *Portland Press Herald* and *Maine Sunday Telegram*, and a longtime correspondent of *The Christian Science Monitor* and the *Chronicle of Higher Education*. His most recent book, *American Nations: A History of the Eleven Rival Regional Cultures of North America*, was named a Best Book of 2011 by the editors of the *New Republic* and the *Globalist* and won the 2012 Maine Literary Award for Non-Fiction.

Josh Christie: "I've got two more books in the pipeline for later this year; *The Handbook of Porters and Stouts* (co-authored with Chad Polenz) out in October, and *The Maine Outdoor Adventure Guide* (co-authored with John Christie) out in December."

Josh Christie works for Sherman's Books and Stationery, in Freeport, is a beer blogger and is the author of *Maine Beer: Brewing in Vacationland*. (American Palate, 2013).

Barbara Dyer: "I believe I would look for another hobby to do, to go along with all my hobbies that I cannot find time for now."

Barbara Dyer, known as Camden's official historian, is the author of *Remembering Camden: Stories from an Old Maine Harbor* and *Camden and Rockport (Images of America)*.

Patti Marxsen: "I primarily write nonfiction and am currently working on the first biography in English of the wife of Dr. Albert Schweitzer, which will be published in 2015 as *Helene Schweitzer: A Life of Her Own* by Syracuse University Press."

In a former life, Marxsen covered the arts for the *Camden Herald* and had a consulting business in Maine called The Write Woman.

Elizabeth De Wolfe: "I'm working on a book about an 1890s political scandal involving a U.S. congressman, his mistress and a girl spy from Maine. Nonfiction (you can't make this stuff up!)."

Elizabeth De Wolfe is an historian and award-winning author whose work explores ordinary women in extraordinary situations. Her book on the short life and sad death of the New England factory girl Berengera Caswell, *The Murder of Mary Bean and Other Stories* (Kent State University Press, 2007), received Book of the Year awards from the New England Historical Association and the Northeast Popular Culture Association and won awards in the category of True Crime in both the Independent Publisher Book Awards and from *ForeWord Magazine*.

continued on page 38



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Hello, autumn, or 'it was a short summer' ...

So long, Summer 2014. It started a late and wet, but gifted us with some beautiful days of really hot weather, mixed with plenty of sunshine to get the gardens growing. While the rest of the country baked, few in Maine were complaining about the balmy breezes and pleasantly cool nights. Once we got acclimated to the warmth that began to arrive in May, our bones relaxed.

But, if we didn't like meteorological change, we wouldn't be living in Maine, the land of rapidly shifting air masses and sometimes very weird weather. So out with summer, and in with autumn!

"Come said the wind to the leaves one day,
Come o're the meadows and we will play.
Put on your dresses scarlet and gold,
For summer is gone and the days grow cold."

- A Children's Song of the 1880s

At 10:29 a.m., Sept. 22, Eastern Standard Time, Fall 2014 will officially be ushered in by the autumnal equinox, that celestial instance when day and night are of equal length (equinox, from Latin, means equal night). The autumnal equinox occurs when the sun's movement crosses the celestial equator moving from north to south.

From the website EarthSky: "Because Earth doesn't orbit upright, but is instead tilted on its axis by 23-and-a-half degrees, earth's northern and southern

hemispheres trade places in receiving the sun's light and warmth most directly. We have an equinox twice a year – spring and fall – when the tilt of the earth's axis and earth's orbit around the sun combine in such

a way that the axis is inclined neither away from nor toward the sun."

The equinox is the great equalizer. It is the time, twice in a year, when just about everywhere on earth is privy to 12 hours of day and 12 hours of night. Now, the days will get shorter and shorter, until late December, when we will be putting our lights on at 3:30 p.m. and rising in the dark morning to greet the day. A far cry from those short, sweet nights of June, when the last glimpse of daylight was visible until 10 p.m. and the birds were signing at 4 a.m. — if not all night long.

Here we go, though. Time to stack the wood, bank the house, pull sweaters out of the drawers and harvest the garden. For many, it is the favorite time of year. One thing is certain: it won't last, but it will return.



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Fright at the Fort 2014: ‘What’s Bugging You?’

‘We’re not messing around. We’re one of the best haunted house tours in Maine.’

By Kay Stephens

f skittering insects and slithering snakes make your skin itch just thinking about them, Midcoast's largest haunted house tour, Fright at The Fort, will be the stuff of your nightmares this Halloween.

Every October, Leon Seymour, executive director of the Friends of Fort Knox, transforms the fort into a frightening theme. Last year's theme played homage to the Black Plague circa 1347.

"This year's theme plays homage to everything that's creepy and crawly," he said with a sinister chuckle. "I just think about things that terrify people the most."

Seymour typically spends the fall months dreaming up ways to decorate the gloomy stone passageways of the Fort and uses some of the proceeds from the previous year to purchase elaborate props.

It's too soon to tell what he's got in store for people all over Maine and beyond who come back year after year to be terrified, but there most definitely will be screaming.

"We had 9,200 people come through the Fort in 14 hours last year, grossing \$84,000," he said, topping his

record since Fright at the Fort started 15 years ago. "We're not messing around. We're one of the best haunted house tours in Maine."

This year, they even won an award from the Maine Governor's Conference on Tourism for their unique creativity.

This year, Fright at the Fort will be open one extra day because Halloween falls on a Friday.

Fright at the Fort is not recommended for children under 13 or who scare easily.

The event runs from 5:30 to 9 p.m., Oct. 17, 18, 24, 25 and 31.

Arrive no later than 8:30 p.m. Note, there are always long lines.

Tickets are \$10 per person (\$5 for 12 and under.) Express tickets may be purchased in advance by calling 469-6553 or dropping by the Friends' gift shop located in the Fort Visitor Center. To learn more visit fortknox.maineinfo.com/fright.

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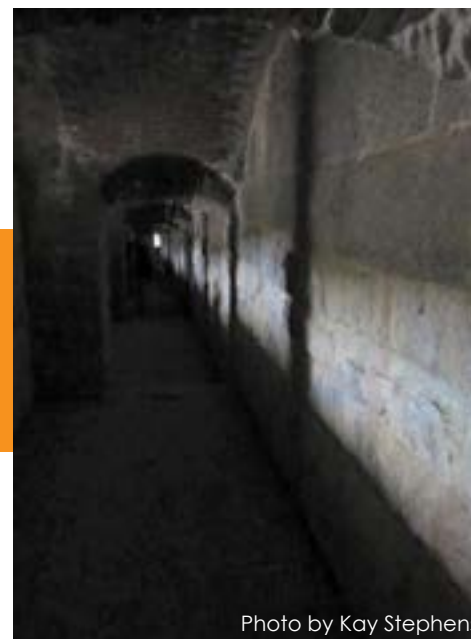


Photo by Kay Stephens



What working guys do in the fall

Fogging the engines, flying the yellow

Work is about a search for daily meaning as well as daily bread, for recognition as well as cash, for astonishment rather than torpor; in short, for a sort of life rather than a Monday through Friday sort of dying." – Studs Terkel



Photo by Lynda Clancy

By Lynda Clancy

Fall is like another person coming in, said one young entrepreneur/artist/farmer. He is 22 and works on his family farm in Rockport.

Like many who choose to live at latitude 44N, he watches as autumn filters through the woods and into the gardens, accepting the coming cold as an elemental part of being. It is the rhythm in a region where weather shapes existence.

"I like it," he said. "The cool, crisp air. I like breathing it. Fall is another presence."

Maine's character changes as autumn settles

in, and we change accordingly. Maybe some new coveralls or a coat (Carhaart, Dickies) might get purchased at Reny's, or a trip up to Brewer for a new pair of Redwing boots.

As the days shorten, the light recedes. That means much must be done in a shorter span of time. Efficiency is the name of game. Rest will come later, after the holidays, when the wood stoves require a watchful eye, round-the-clock stoking gets under way and indoor projects beckon.

On the farms, the summer crops will have been tilled under. The bush hog stored away. Later, logs will be hauled across swamps, when the ground freezes. Canadian chains will be lashed over the tires. Tree poles will be propped vertically beneath the greenhouse ceilings, reinforcing roofs against the weight of the snow and ice that is sure to come.

And a bull will be slaughtered, meat to feed a family through the winter. They free-range through a few summers, feeding like kings on grass and hay.

"You want them to

have a good time while they are on earth."

Autumn is about getting ready. The men who make a living mowing lawns and landscaping homes, summer estates and businesses will drain the gas from the motors.

"Run 'em dry," said one longtime landscaper. That day comes, "as soon as the last leaf is picked up and before the first snowstorm. When the grass stops growing."

And grass continues to grow through October, depending on the surges of warm air that move up from the Gulf Stream.

Why drain the gas? "Because everybody says drain your gas because it's going to dry out your gaskets."

Something to do with ethanol in the gas, which eats away at the rubber.

Then the plows come out, hitched to the front ends of Ford 250s, 350s, Chevys, Dodges and GMCs just before the first substantial snow, with predictions of 3 inches the bellwether.

Those blades need their maintenance. The guys who make money plowing (and it can be a serious income source) take their equipment to the dealership, perhaps over to Dave Herrick, who sells Fisher Plows. Fisher plows are made in Rockland at Fisher Engineering, and guys here tend to shop local.

"You're flying the yellow," they say. The snowplow list — the Black Book — also requires attention. They keep it on the comput-

er. But they don't generally call customers to check in for the coming season. That's too much talking. Assume that they will be there to plow, unless you see their death notice in the paper.

"Customers call you if they don't want it."

A lot of money can be made in a short amount of time plowing snow, if one's act is together. Maybe \$1,200 a snowstorm. Four storms in a month brings in more than cutting 40 lawns in 80 hours. Exhausting, except you sleep at night on a regular schedule when you mow lawns. In the winter, the weather dictates the plowing schedule, and sleeping beauties hear off in the snow distance the plow guys hard at work, their blades scraping, 1 a.m., 2 a.m., 3 a.m.

Still, the income...

"I make a boatload of money and work half as hard as I do mowing lawns."

That's assuming everything is going well and nothing breaks down.

Plowers keep a fair eye on their customers' property through the winter, and many implement a sliding fee scale, especially for the elderly and single mothers, the ones who have to get out of the driveway first thing in the morning to get to daycare and then work. It's how people

look out for each other around here.

As for the carpenters and painters? They stay outside until they just can't anymore. Then they move indoors.

Maybe the day starts at 7 a.m. instead of 6:30 a.m., as the weather changes.

"You don't get as much work done."

Why not?

"Your hands are numb."

Hands are numb on the water, too.

The recreational boats get hauled, beginning in September. The two-strokes get fogged and tucked away in the barn or garage.

Fishermen won't be hauling and storing their lobster traps until early December, if the weather is good. Then their boats will be trailered home to the yard, inboard engines flushed, traps stacked.

Some, however, will move traps further offshore, five or six miles out, to maintain the business through the winter. Off Port Clyde and Tenants Harbor, there are fishermen who may reap up to \$10,000 a day in a November lobster haul.

A few turn their eyes to the urchin season, which begins Dec. 2 .



Photo by Lynda Clancy

That's how guys make-do through the fall here. They work hard. They keep their chainsaws sharpened. They shift with the seasons. If they are smart, they are diligent in maintaining their tools, and they build trust with their customers. They work, and they set aside time for play — hunting, fishing, boating, building, exploring.

And they may likely be getting a beer just before dusk, stomping their feet at the bar doorstep, loosening mud, and later, the first snow, from their boots.

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Maine Apple Sunday: Sept. 14

An apple a day...



local fruit is ripe between mid- to late-August and the end of October.

Whether it's the multipurpose Cortland, the mildly tart-sweet Empire or the New England favorite and flavorful Macoun, not only are apples abundant as the summer season begins to wind down, but there are lots of places to pick your own.

Maine Apple Sunday is Sept. 14, and provides an opportunity to visit an apple orchard (or two) and try new varieties, sample baked goods, go for a hay ride, enter drawings for prizes and enjoy other festivities. Venture out into the countryside, make a day of it, and pick some apples!

Participating orchards around the state:

- Bailey's Orchard, Whitefield
- Berry Fruit Farm, Livermore
- Boothby's Orchard, Livermore
- Circle B Farms, Caribou
- Five Fields Farm, Bridgton
- Hansel's Orchard, North Yarmouth
- Hope Orchards, Hope
- Lakeside Orchard, Manchester
- McDougal Orchards, Sanford
- North Star Orchards, Madison
- Mullis Orchards, Corinth
- PieTree Orchard, Sweden
- Ricker Hill Orchards, Turner
- The Apple Farm, Fairfield
- Treworgy Orchard, Levant
- Wallingford's Fruit House, Auburn

Many of us have favorite apple varieties. We like tart, firm apples for our pies, and sweet, firm apples for eating on a hike. Others just like apples all the time, and are happy to grab whatever variety is ripe and in season when the taste buds clamor for the pomaceous fruit of the apple tree: *Malus domestica*.

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OPEN YEAR ROUND

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Young Adult

Sharon Creech: I'm knee-deep in writing my next novel for young people (ages 8 to 12-ish) in which the setting is a fictional Camden with a fictional Aldemere Farm, cool kids and ornery cows.

Sharon Creech is the Newbery Medal winning author of *Walk Two Moons*, and the Newbery Honor winning author of *The Wanderer*. Her other works include *Bloomability*, *Absolutely Normal Chaos*, *Chasing Redbird*, *Pleasing the Ghost*, *Love That Dog*, and *Ruby Holler*.

Liza Gardner Walsh: "I am currently writing a book called *Muddy Boots and Other Outdoor Adventures*. It is a book to encourage kids to get outside and play! (Published by Downeast next April)."

Liza Gardner Walsh is the author of four books, *Fairy House Handbook*, *Fairy Garden Handbook*, *Haunted Fort*, and *The Maine Coon Cat*.

Memoirs

Helen Peppé: "The answer to your what-am-I-working-on question is: "I am working on finding time among all the presentations and readings I give to work on the sequel to my memoir *Pigs Can't Swim*."

Helen Peppé, writer and photographer, lives near Portland with her two children, four dogs, eight rescued rabbits, four guinea pigs, and two destructive kittens. She is the author of the Maine childhood memoir, *Pigs Can't Swim*.

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Lingua Local

A short guide to Maine speak

What did that person just say? The old ways of speaking still cling, legacy of the Scots, Irish, French and British who settled along the coast of Maine. You might be down at the dock in the woods or at the bar, and hear some of these nouns, adjectives and phrases. Listen closely to get the inflection just right; otherwise, you might just sound numb as a hake. If you're really lucky, you will hear an older Maine woman almost whisper in a few quiet in and out breaths: yuh-yuh, ayuh. It's a treat.

You Old Boot: Term of affection. "How you feeling, you old boot, you. How's Mother?"

Spleeny: Not a lot of courage, and a little whiny. "That Select Board was some spleeny last night."

Gorry: Gosh. "Her Thai coconut soup was awful good, by gorry."

Cunning: Attractive. "Those cowboy boots are wicked cunning. Take them off and give them to me. Dear."

Nope: Say this while looking down and shaking your head. Draw out the "o" and come down hard on the "p". Be firm on the negative. "Nope, dear. Ain't gonna do that. Nope."

Strappie: Refers to the straphangers, specifically tourists from areas where you stand in subway cars, hanging on for life as you careen beneath the

city. "Hey, Strappie. Would you move your car from blocking my driveway." (A strappie is likely not to be an Old Boot, in these situations)

Flatlander: See above. Only, from flat places.

From away: Cut it out. You know what this means. "He's from away. Of course he thinks he knows what's best for the town."

Nippy: It will be getting a bit nippy by the time you read this.

Got your wood in? You better. Winter's coming. And we don't mean get your wood in somewhere near the house. We mean, get your wood in next to the back door. Lots of it.

Put your garden to bed? Is it harvested? Cleaned up? Tilled under? Garlic planted? Compost laid overtop? Pfffft. "Damn. I didn't get my garden put to bed."

Got your deer? Were you successful in the woods this year? Butchered and in the freezer?

Jacking deer: Blinding the deer with headlights for an easy kill. Illegal. Don't do it. IFW guys hide out in the woods waiting for deer jackers.

Numb as a hake: Wasn't she numb as a hake when she powered that skiff bow-first into the dock.

Mister Man: "I'll tell you what, Mister Man. It's getting nippy out there." Don't you know it!

—Lynda Clancy



Spruce Point, Boothbay Harbor

LINEKIN ROAD Have it all in this extraordinary salt-water estate: 340 feet of stunning bold coast with deep-water dock • 180° views from East Boothbay to the outer islands • Your own botanical garden, including oak-canopied shade garden, and banks of sun-drenched roses, hydrangeas and lilies • Last but not least, a fully restored 10-room Dutch colonial with 4 airy bedrooms, all with views, a stone fireplace, chef's kitchen and sun porch. • All new state-of-the-art systems throughout. Everything, inside and out, done in impeccable taste and to the highest standards. Unique in all of Lincoln County. \$2,695,000



Back River Road, Boothbay

Charming updated farmhouse in country setting; excellent barn with 2-car garage, work area, and apartment; acreage; waterfront. Perfect for a gentleman's farm or at-home business. \$344,000



48 Oak Street, Boothbay Harbor

Delightful open-concept treehouse for adults in the heart of Boothbay Harbor. Parking, decks, seasonal views of the harbor. Walk everywhere. \$249,000



The Martin House, Monhegan Island

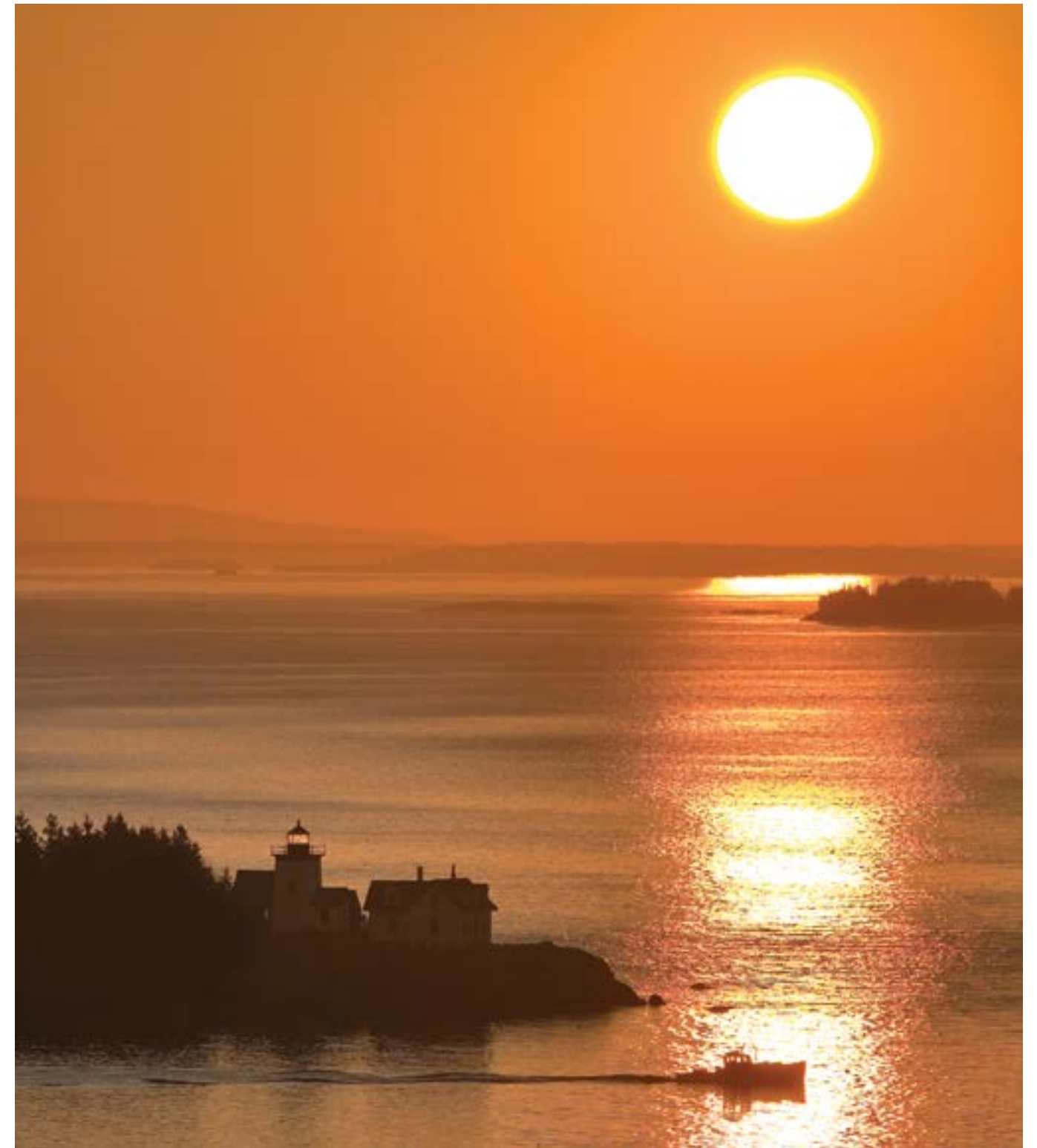
Live the dream! Island home of renowned New Yorker cover artist Charles Martin. Very well maintained 3-bedroom, 1.5-bath home tucked behind the Monhegan House with views across the meadow to the dock and Smutty Nose ledges. Rare opportunity to own a piece of Monhegan's heritage! \$625,000



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