

Live Well

The blossoming of a community center

Newly expanded YMCA offers
something for people of all ages

Homeward bound

Choir sings to soothe the hospice journey

A healing retreat

Monhegan Wellness offers yoga, health
coaching in beautiful surroundings

LINCOLN
COUNTY
magazine



The UltraComfort™ Collection
from UltraComfort America



Leisure
COLLECTION



Montage
COLLECTION



Tranquility
COLLECTION



StellarComfort
COLLECTION




AutoLounge

*We have multiple
styles and sizes
always in stock!*

UltraComfort
AMERICA
Positioning you for life.

Hours: 9-5 Tues - Sat
25 Farwell Dr, Rockland, ME 04841

DREAM FIRST

REWARDS PROGRAM



Buy **local**. Bank **local**. Earn rewards with
a First National Bank **Visa® Debit Card**.

Stop by to find out more!



Dream first. Because you can.

800.564.3195 • TheFirst.com • Member FDIC



*Medomak
Construction*

GENERAL CONTRACTING

New Construction
Renovations
Additions

MASONRY

Hardscapes
Fireplaces
Patios

(207) 231-1163

www.medomakconstruction.com

Serving Midcoast Maine





PLAYHARD liveWELL On the WATERFRONT

August 31st - September 9th

Labor Day Weekend

16 VENUES

Food Tastings & Live Music **\$15**



5K TRAIL RUN

Wooded Nature Preserve

HALF MARATHON

miles of water views!

The EAST SIDE VIBE Sept. 8&9

CREATIVE VENDORS • FAMILY FUN
ACTIVITIES • LOCAL EATS & TREATS

SPECTACULAR LIVE MUSIC

and THE MOST CREATIVE
FASHION SHOW IN MAINE!

Fishin For Fashion

maine.
THE MAGAZINE

98.9
WCLZ
DIVERSITY
• Good

8

LC

LINCOLN COUNTY
PUBLISHING COMPANY

For tickets, lodging and schedule of events visit

BoothbayHarborFest.com

Editor's note



This issue of Lincoln County Magazine, "Live Well," offers three feature pieces that are all related to the theme of living a happy, healthful life.

"The Blossoming of a Community Center," by Lincoln County News reporter Jessica Picard, on page 8, offers a thorough look at the many offerings for people of all ages at the newly expanded Central Lincoln County YMCA.

"A Healing Retreat," on page 22, was penned by Picard after she took a boat trip out to lovely Monhegan Island and interviewed Tara Hire, who runs yoga-and-wellness venue Monhegan Wellness. It's an informative, inspiring read.

"Homeward Bound," on page 18, is contributor John Maguire's touching piece on the Homeward Bound Hospice Choir, which sings to residents of Cove's Edge in Damariscotta on the first Monday of each month.

And do check out our Portfolio this issue, featuring the photographs of Dr. Rifat Zaidi, who is an orthopedic surgeon at LincolnHealth's Miles Campus.

As always, we offer two recurring columns, the entertaining "50 Years Ago in Lincoln County" and "On the Trail in Lincoln County." The latter highlights the hiking trails of Monhegan this time around.

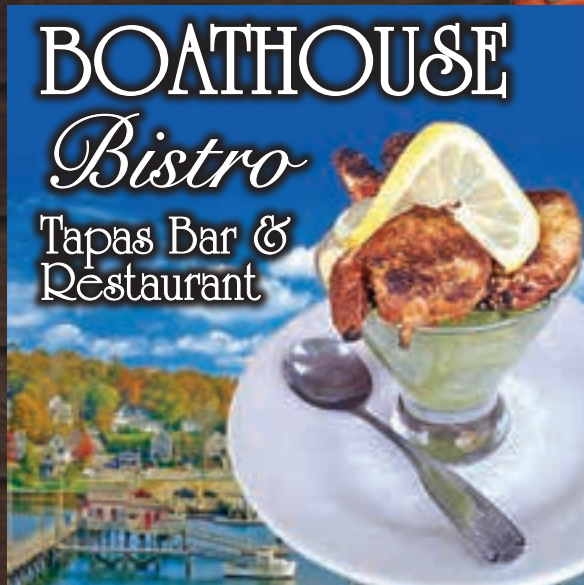
"Live Well" is the final installment in the five-magazine series of Lincoln County Magazine for 2018. We hope you have enjoyed our offerings! Drop me an email and let me know your thoughts.

Christine LaPado-Breglia
clbreglia@lcnme.com

LUNCH & DINNER
OPEN 7 DAYS A WEEK
11:30AM - 10:00PM

BBH'S ONLY 3RD FLOOR
OPEN AIR DECK & BAR

BOATHOUSE
Bistro
Tapas Bar & Restaurant



FEATURING CHEF /OWNER
KARIN GUERIN
& HER AWARD WINNING
WORLD CUISINE
EXTENSIVE TAPAS MENU
LOCAL MAINE SEAFOOD &
HAND CUT STEAKS

12 The By-Way, BBH
207-633-0400
theBoathouseBistro.com

LUNCH & DINNER
OPEN 7 DAYS A WEEK
11:30AM - 10:00PM

WATERFRONT DINING
& NIGHT CLUB WITH
LIVE ENTERTAINMENT

**Mine
Oyster**



WOOD FIRE GRILLED
STEAK & SEAFOOD
SUSHI & RAW BAR
FEATURING
GLIDDEN POINT AS
OUR HOUSE OYSTER!

16 Wharf Street, Pier 1, BBH
207-633-6616
MineOyster.net

BREAKFAST 8-11AM
LUNCH & DINNER
11:00AM - 9:00PM

WATERFRONT DINING
INSIDE & OUTSIDE

COD'S HEAD

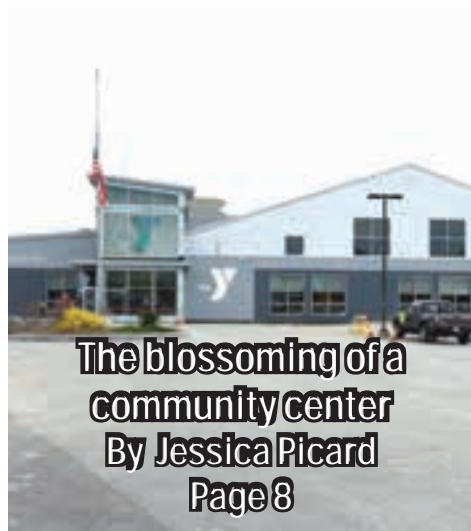


FISH HOUSE &
BBQ RESTAURANT
PRIVATE PARTIES
LOBSTER BAKES
CATERING

Contact Ralph
207-380-3818

63 Atlantic Ave, BBH
207-315-6369
BoothbayRestaurants.com

CONTENTS



**The blossoming of a
community center**
By Jessica Picard
Page 8



Homeward bound
By John Maguire
Page 18



A healing retreat
By Jessica Picard
Page 22

<p>16 Artist Portfolio RIFAT ZAIDI Newcastle</p>	<p>25 50 Years Ago in Lincoln County By J.W. Oliver Highlights from The Lincoln County News, August 1968</p>	<p>29 On the Trail By Paula Roberts Monhegan Island</p>	<p>31 Lincoln County Salons & Spas Directory</p>	<p>32 Coloring Page Illustration by Amber Clark, based on a photo by Christine LaPado-Breglia Sponsored By: Wicked Scoops</p>
---	---	--	---	---

WISCASSET ART WALK

2018: June 28, July 26,
August 30, Sept. 27
5 - 8pm
www.wiscassetartwalk.org

CARRIAGE HOUSE * GARDENS**

*garden ornaments / fine art
porch & patio furnishings*

11am-5pm, Thurs., Fri., Sat.
62 Pleasant St., Wiscasset
carriagehousegardensmaine.com

LINCOLN COUNTY MAGAZINE WWW.LCNME.COM

PUBLISHERS: Christopher Roberts • Allan Roberts
John Roberts

EDITOR: Christine LaPado-Breglia

DESIGN COORDINATOR: Megan Hyson

PROJECT COORDINATOR: Maia Zewert

EDITORIAL AND PHOTO STAFF:

Charlotte Boynton • Jessica Clifford
Christine LaPado-Breglia • John Maguire
J.W. Oliver • Jessica Picard
Paula Roberts • Suzi Thayer • Alexander Violo

ADVERTISING:

Sarah Caton • Candy Foster
Julie Greenleaf • Graham Walsh

PRODUCTION & DESIGN:

Rovena Baron • Graham Burnham
Amber Clark • Lorna Cole • Jeff Hillman
Garry Judkins • Kathy Lizotte
Laurie McBurnie • Jeanne Pendleton
Jill Rice • David Sidelinger • Nate Theriault
Brandon Touchette • Jennifer Touchette
Steven West • Joe Wilkey

COVER PHOTO: Yoga on Monhegan Island
(Photo courtesy Tara Hire)

COVER DESIGN: Megan Hyson

**PUBLISHED BY LINCOLN COUNTY
PUBLISHING CO.**
NEWCASTLE, MAINE • 207-563-3171

**COPYRIGHT 2018
LINCOLN COUNTY PUBLISHING CO.**

NEW LOCATION, SAME GREAT CLOTHING!

Opening at 63 Main St. in Newcastle on Sept. 11

CONSIGNING

WOMEN

**Quality used clothing and accessories
for women of all shapes and sizes.**

New arrivals every day!
M-F 10-5 and Sat. 10-4.

(207) 563-7200
[@ConsigningWomen207](https://www.facebook.com/ConsigningWomen207)

Scarborough's Collision



"We Take the Dents Out of Accidents"

Jim Scarborough, Owner

77 Biscay Rd. • Damariscotta, ME 04543

Phone: (207)563-5281

THERAPEUTIC MASSAGE

Living With... Chronic Pain... Cancer...
Lyme Disease...Tick Born Illnesses ...Stress...
Headaches/Migraines...Complex Medical
Conditions...Post Surgical Discomfort

Striving for... Health and Well Being

Patti Corscaden, LMT, Board Certified

*In conjunction with your present medical treatments,
therapeutic massage may provide relief and healing.*

CALL TODAY...207.563.3056

www.bodyofwaters.com Newcastle

Acadia Liberty Mutual Chubb Foremost Providence National General Travelers MEMIC

Chapman & Chapman Insurance

108 Main Street, Damariscotta, ME 04543

www.chapmanandchapmanins.com - 207-563-3143

***For your home, auto and
commercial insurance needs***



MMG Ohio Mutual Union Mutual Hanover Patriot Peerless Progressive MAPFRE Concord



685 State Route 129
Walpole, Maine 04573

(207) 563-3938

Book Online at:

www.wawenockgolfclub.com

Wawenock Golf Club



Great dining



Family Friendly



Beautiful Grounds

Spear's Farm Stand

"Our Family Is Farming For You"

All Natural Beef • Pork • Lamb • Chicken

Fresh Seasonal Produce • Maine Made Products

Homemade Bakery Items • Soups • Beans • Biscuits



Waldoboro Stand
Atlantic Highway
Mon.-Sat. 9-6 • Sun. 9-5
832-0483



Nobleboro Stand
Center Street
Mon.-Sat. 9-5
563-7191



www.spearsfarmstand.com





The blossoming of a community center

Newly expanded YMCA offers something for people of all ages

STORY & PHOTOS BY JESSICA PICARD

After roughly three years of researching, planning, and construction, phase one of the Central Lincoln County YMCA's expansion project is complete, creating a brand-new space full of natural light, new equipment, and fresh ideas.

"It was like a seed that just needed to be watered and nurtured so that it could blossom. It had so much potential," said Central Lincoln County YMCA CEO Meagan Hamblett of the newly expanded YMCA space in Damariscotta before its transformation.

The facility's expansion and

renovation, which is the first part of a two-phase project that began in May 2017, includes an elevated track, a kitchen, new locker rooms, a connection to public water and sewer, an air-handling system to increase air circulation in the building, air conditioning, a gas-fired furnace, new insulation, new sprinkler and security systems, fiber-optic cables to provide internet and free Wi-Fi, elevators in order to provide accessibility according to ADA guidelines, LED lighting, and new exercise spaces and equipment. A private pre-kindergarten program will begin in September.

"We wanted to be more of a community center," Hamblett said. "We couldn't do that the way that our Y looked before." The renovation and expansion has created multiple brand-new spaces for the community's use, and enough new programming and features that there is something for everyone.

One new feature that Hamblett called "a lifeline" is the new elevated track that goes around the gymnasium. The track, while valuable for all ages, allows a place for the community's seniors to walk safely.

"We want our seniors to be able




A Full Service
Hair And
Tanning Salon

Walk-ins Welcome
Everyday

Hair Frolicks

Sheepscot Rd., Newcastle
Tel: 563-1863

Mon., Tue., Thu., Fri. 8:30 AM - 4:00 PM
Wed. 7 AM - 6 PM Sat. 9:00 AM - Noon



DAMARISCOTTA

LOCAL - FRESH

FARMERS MARKET

HOW WELL DO YOU KNOW YOUR FARMER?

COME MEET YOUR MAKERS,
GROWERS AND PRODUCERS AT
OUR WEEKLY MARKETS.



MONDAYS AT RISING TIDE
3PM TO 6PM
FRIDAYS AT ROUND TOP FARM
9AM TO 12PM
BEGINNING IN MAY!

to exercise, and do so safely all year round, but particularly in the winter months,” she said.

The gym space, which was renovated and had its track raised into the air, has been named the Janice and Neil Sprague Family Gymnasium, honoring the CLC YMCA's beginning as a recreation center started by Janice Sprague and

her late husband, Neil Sprague, in the 1970s.

The brand new Healthy Living Center features all new weight equipment, and the cardio equipment is less than three years old. The cardio equipment is on a three-year lease, meaning it can be traded in for new equipment every three years. There is also a new functional

training system, the SYNRGY 360, for small group classes led by a personal trainer. The CLC YMCA is the second YMCA in Maine to have the SYNRGY 360 equipment, which involves cardio, endurance, strength, and core conditioning.

“We knew that we needed a healthy living center that was worthy of this community,” Hamblett said.

The CLC YMCA also grew from having only one exercise studio, and being able to accommodate about 30 classes per week, to having three studio rooms providing over 60 classes a week. New classes include Barbell Blast; Barre, a fusion of Pilates, yoga, and ballet; BOSU; Fit to Drum; yoga; and Tabata, along with the usual cardio tennis, cycling, HIIT, TRX, Total Body Challenge, Pilates, and others. BOSU uses a multidimensional training device that integrates core strengthening, functional training, and balance work, and HIIT gives a high-intensity interval training through quick intense bursts of exercise, followed by short, sometimes active, recovery periods.

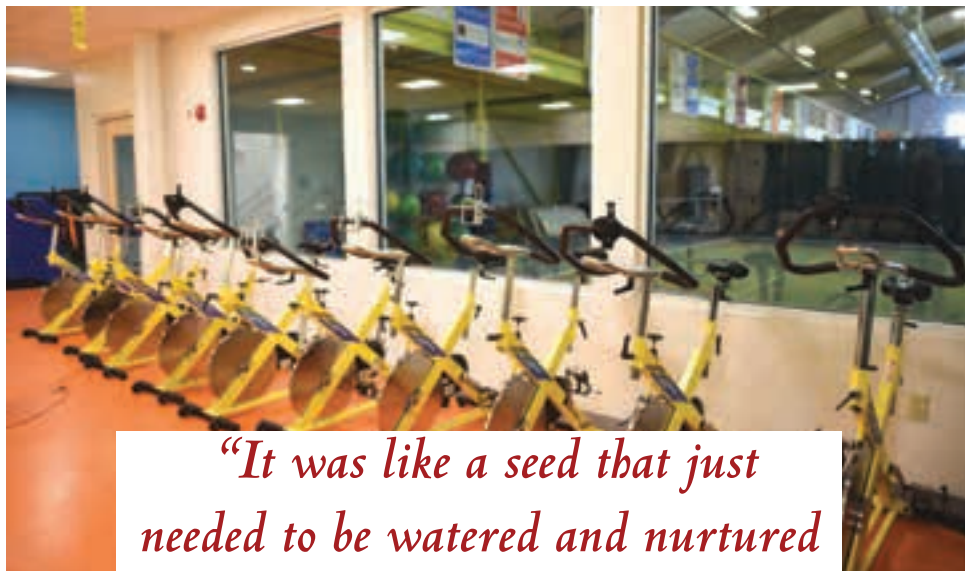
The renovation also created a bright social space at the entrance of the building, which includes chairs, cozy couches, and a fireplace. Multiple tall windows flood the space with natural light.

According to Hamblett, youth and teens enjoy using the social space, being able to be in the middle of everything and also watch the parking lot for when they are picked up by their parents.

Many other YMCAs in the country designate a specific room for teenagers; however, when researching for the renovation, Hamblett said she realized that these rooms are often not fully utilized, and that teenagers often want to be where the action is. “We want to start having our youth and teens here in a way that that they can be part of the whole facility, and not tucked away in a room,” she said.

A new multigenerational room next to the social space is available for meetings and community events, and Spectrum Generations, which provides adult and senior services, has also moved into the building.

Child Watch, a babysitting service provided by the YMCA, will also be offered, during which parents or guardians can work out, take a class, or relax in the lounge. The service will be available in two-hour increments



“It was like a seed that just needed to be watered and nurtured so that it could blossom.”

-- Central Lincoln County YMCA CEO
Meagan Hamblett



Janice Sprague and her grandson, Nate Masters, cut the ribbon during the grand reopening ceremony at the Central Lincoln County YMCA on April 29, surrounded by board members and staff.



The new Farms at the Y kitchen at the CLC Y.

weekday mornings from 8-11:30 a.m., Tuesday and Thursday evenings from 4-7:30 p.m., and Saturday mornings from 7-10 a.m. The cost is free for family members, \$5 per hour, \$45 for a 10-visit punch card for members, or \$10 per hour for nonmembers.

One issue that the YMCA wanted to tackle was how to keep its members not just physically healthy, but also strong nutritionally.

The solution came in the form of FARMS at the Y, a collaboration between the YMCA and the FARMS program, which was previously a nonprofit located above Rising Tide Community Market in Damariscotta.

With the Y's new instructional teaching kitchen, more programs can be offered to the community, such as cooking classes for seniors. There are also planting beds in front of the facility, in order to grow fresh food for the kitchen's use.

"When you come into a YMCA, you are getting every bit of the community," Hamblett said. "This was a really good location for FARMS to be."

Hamblett is hoping that the CLC YMCA can grow even more when it

Mia's Shear Perfection
Full Service Salon
with cutting-edge techniques & latest color trends
Tanning, Spa Pedicures, Manicures
Mon. - Fri. 9-5 • Sat. 9-1
161 Church St., Damariscotta
563-5656
Visit us on [facebook](#)

INFO@STORERLUMBER.COM
Lumber • Building Materials • Masonry Supplies
Saw Mill Cut Rough Lumber
**STORER
LUMBER**
ESTABLISHED IN 1895
Friendship St. • Waldoboro
832-5241
Mon. - Fri. 6:30 AM to 5 PM
Sat. 7 AM - Noon
WWW.STORERLUMBER.COM

Open Heart Healing



**offering ReConnective Therapy (RCT)
in person and long distance**

RCT provides your body and Higher Self the opportunity to choose where to reconnect to the information of your higher frequencies, opening you to healing at the energetic source of physical, emotional, and mental issues for truly personalized healing — for people and animals.

HEALING IS YOUR NATURAL STATE

Sharon Adamsky • 207-790-0049
rcthealing@gmail.com • www.rctsharon.com

comes to nutrition, such as having a farmers market set up once a week in the colder months.

"In the winter, we don't have a farmers market, and there's plenty of food to be had, between honey and breads and root vegetables, and farmers that are canning their goods," Hamblett said. She hopes that a farmers market could be made a reality soon, but for now is calling it her "vision" for the future.

With its newly revamped space, the YMCA is also putting more focus on mission-based programming, or programming that is specifically tailored for certain individuals and diseases. One such program is Livestrong at the Y, a 12-week program for cancer survivors. The group program was first piloted in 2011 in various YMCAs across the country, and the CLC YMCA is one of 13 YMCAs in the United States that will be newly offering it this year, starting in September.

The Livestrong at the Y program is about building strength in a variety of ways, according to Hamblett. "I think it's going to be one of the best programs we've ever run," she said.

continued on page 34

DIMAURO ELECTRIC INC.

207-563-1156

2000 BRISTOL RD
PEMAQUID, ME 04558

COMMERCIAL & RESIDENTIAL
ELECTRICAL CONTRACTOR
GENERATOR SALES & SERVICE

Clean, Friendly & Convenient

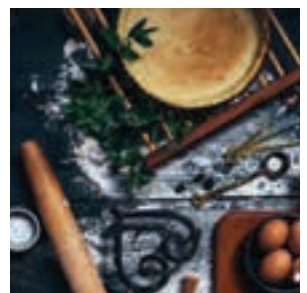
Live Well. Be Healthy
Come visit Shapers
to get started!

Follow us on [facebook](#)

Join Our 24/7 Key Club Today!
90 School St., Damariscotta
(The L.R. French Building)
563-3030 • shapers@tidewater.net



Maine Makers



Join us at our restored barn on Pemaquid Point
and shop a selection of original home goods
& gifts handmade in our community.



In Season Hours
Wednesday to Sunday
10am - 6pm



2106 Bristol Rd
Pemaquid, ME
207.607.3121



Can't make it? thegoodsupply.org



Unique, Playful Dining at The Contented Sole's Fin Bar

Looking for a modern spin on New England classics? Search no further than Fin Bar, a new edition at The Contented Sole in New Harbor.

Husband-and-wife proprietors Warren Busteed and Beth Polhemus and chef Florin Ungureanu have collaborated on a new dining experience that should be at the top of foodies' must-try lists. With the kitchen crew's creativity functioning at high levels, the rotating menu in the Fin Bar features local seafood prepared in unexpected and playful ways.

"We're really experimenting and putting our passion into this," Ungureanu said. "We're offering things no one in the area is really doing."

The menu is "not confined to one type

of food," Busteed said. "It's a melting pot of flavors and tastes."

Most of the small plates at the Fin Bar fall within the \$10-\$15 range, while larger entrees are available for a slightly higher price.

The Fin Bar also boasts a boutique list of wines not commonly found at The Contented Sole to further elevate the dining experience. Add in the bar seating and a view of the sunset over Pemaquid Harbor — a night at Fin Bar is one that will not easily to be forgotten!

The 12-seat dining room fills quickly, and reservations are only accepted for the first seating at 5 p.m. The Fin Bar is open 5-9 p.m. Thursday-Sunday and will be remain open through Columbus Day.

The Contented Sole
Colonial Pemaquid Drive, New Harbor
677-3000
thecontentedsole.com



Serving Buyers and Sellers
with Enthusiasm and Professionalism.



Office (207) 553-1382
DamariscottaRealty.com

Tracy Hunter
(207) 837-2082
Jonathan McKane
(207) 631-0065

indoor & outdoor dining • cocktails • beer • wine
Live Entertainment Daily



schoonerlandingmaine.com • 207-563-7447

Achorn House Professional Counseling and Wellness Offices 39 River Road, Newcastle

Sharon Gordon,
Licensed Acupuncturist
(207) 482-0725

Susan Guertin,
Occupational Therapist
(774) 276-1047

Angela Hassenpflug,
Licensed Clinical Professional Counselor
(207) 592-7888

Lisa Katz,
Licensed Clinical Social Worker
(207) 380-2456

Christine Kimball,
Licensed Clinical Social Worker
(207) 242-3742

Susan Peters,
Licensed Massage Therapist
(631) 786-7646

Kristin Stone,
Licensed Clinical Professional Counselor
(207) 549-5674

Jody Telfair-Richards, PhD
Clinical Psychologist
(207) 650-0359

Tenji Aquarium Design and Build – Tenji.com

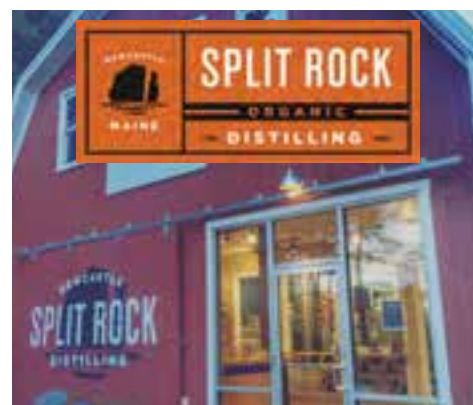


STARS
Estate & Antique Jewelry



*Specializing
in Estate Jewelry*

65 Main Street
Damariscotta, Maine 04543
207.563.5488 • stars@midcoast.com
StarsFineJewelry.com 



SPLITROCKDISTILLING.COM
OPEN AT NOON 7 DAYS A WEEK

Experience Maine Made Spirits & Syrups

ROUTE 1 NEWCASTLE
ROYALROSESyrups.COM





Submarine Sandwiches

Featuring the original Submarines you remember.
Thick deli sandwiches, crisp salads,
homemade soups-chili
as well as some new favorites and
treats for those with a sweet tooth.

207-563-SUBS (7827)

www.metcalfesubs.com

49 Main St. • Damariscotta
(next door to Schooner Landing)

GRANITE HALL STORE

"An Old Fashioned Country Store since 1873"



Gifford's Ice Cream • Penny Candy • Toys • Cards
Children's Books • Unique Kitchen Gadgets
Catnip Mice • Balsam Pillows & More

Summer Hours: 10:00 - 9:00 7 days
Round Pond Village 529-5864

AngelWorks Bookkeeping

Making Bookkeeping & Budgeting Easier!

Angela Percival

Bookkeeper & Notary Public

angelworksbookkeeping.com

- Bookkeeping
- Budgeting
- QuickBooks
- Notary Public Services

Waldoboro ME 04572
207-837-5679
awbookkeepingme@gmail.com



Red's Eats Home of Maine's
#1 Lobster Roll!

A Wiscasset business since 1938!!
Downtown on Route One • 207-882-6128

The SeaGull Shop

Seaside Dining & Maine Gifts

BREAKFAST
DINNER

Fri., Sat., Sun. & Mon.: 7:30am - 8:00pm
Tues., Wed. & Thurs.:
7:30am - 3:00pm (Gifts 'til 5:00pm)

Music Monday Nights with
Jud Caswell



BYOB

Beside the lighthouse • Pemaquid Point, Me
www.seagullshop.com • (207) 677-2374



PHELPS ARCHITECTS INC
PLANNING | RESIDENTIAL & COMMERCIAL DESIGN | INTERIORS

278 MAIN STREET • DAMARISCOTTA, MAINE 04543

207-563-1616 • WWW.PHELPSARCHITECTS.COM

MAINE LICENSED ARCHITECT



*Quality Beads • Locally made jewelry • Jewelry kits • Repairs • Design • Personalized Jewelry Creation
Workshop space • Classes • Birthday Parties • Events*

Malas

Malas are beads used in prayer and meditation. They require 108 beads. The user will recite a mantra or prayer as they pass along each bead. The head bead, also known as a sumeru bead or guru bead, will indicate to the user that they have come to the end of the 108 beads. Typically a tower bead or focal bead will rest below the guru bead and a tassel will be attached. The design is beautiful. Malas have become very popular both as use in mediation as well as in fashion.

We have many customers making their own malas. ABOCA carries a wonderful array of beads, guru beads, focal beads and tassels. We also have a broad array of silk thread ranging in color and size.

If you need help making a mala, our classes will teach you the skills you need. In addition to our knotting class, we also offer a “Malas Simplified” class which will focus on learning how to use guru beads and attaching a tassel. If you are interested in incorporating a certain energy with the gemstone you chose, consider our Crystal Workshop this fall.



157 Main Street PO Box 1161 Damariscotta, ME 04543 / (207)563-1766 / abocabeads.com

PORTFOLIO

RIFAT ZAIDI

Newcastle photographer Rifat Zaidi, who relocated to Maine from Pakistan in 2002, is also an orthopedic surgeon at LincolnHealth's Miles Campus in Damariscotta. He has become well-known in the area for selling his vibrant photographs – of people, places, and things around the world, including Midcoast Maine – to help raise much-needed funds for the IDRF/ROF Girls Primary School in Basti Awan, in rural Pakistan.

In November 2016, Zaidi had a six-week-long show of his photographic work in the Hall Gallery at the LincolnHealth – Miles Campus. Sales of his photos at the show netted more than \$5,000 for the school – enough for a computer lab.

"A photograph is the pause button of life," says Zaidi on his website, rifatzaidi.com. Viewers can delight in the numerous "pauses" that Zaidi has taken over the years, which are viewable on the site. Colorful flowers, butterflies, and tropical birds appear alongside boats, buildings, food, and people from all over.

Rifat Zaidi Photography can be found on Facebook.



MORSE'S SAUERKRAUT

Makers of Sauerkraut and Pickles Since 1918
Lacto-Fermented • Alive & Fresh

KRAUTS READY!

**EURO DELI, SPECIALTY MARKET
& GERMAN RESTAURANT**

207-832-5569
3856 WASHINGTON RD. (RTE. 220)
WALDOBORO, MAINE 04572
MORSESSAUERKRAUT.COM



**95 Main Street
(Rear Suite)
Damariscotta**

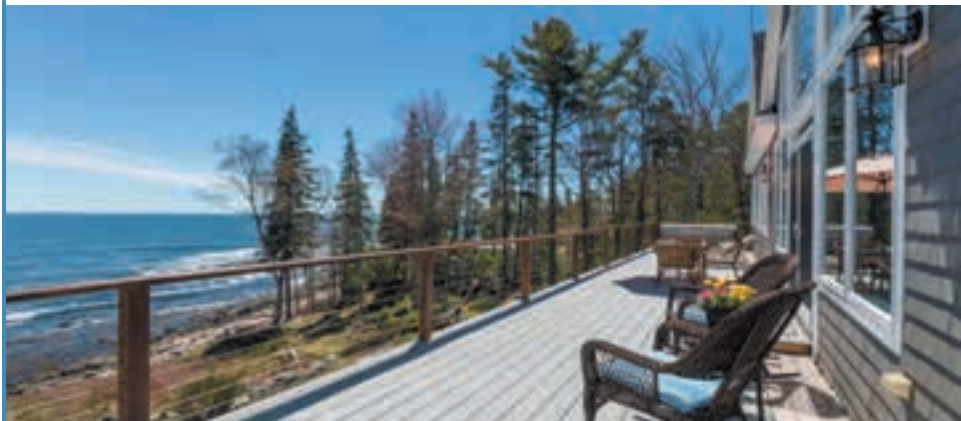
**10 AM - 5:30 PM
Monday-Saturday**

- ★ Affordable Pipes ★
- ★ Local Glass ★
- ★ IV:XX Gear ★
- ★ Domestic CBD ★
- ★ Vintage Items ★

  @SeaSmokeShop

WILLIAM RAVEIS

REAL ESTATE



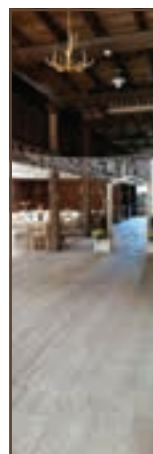
At William Raveis, we believe in doing the right thing by our clients, with our agents conducting themselves with courtesy at all times. Our hearts are in the business of making you happy.

From our first meeting to the closing of the deal, we are on your side.

207.443.3388
Locally owned
and operated

RAVEIS.COM

LUXURY
PORTFOLIO
INTERNATIONAL



Le Barn LLC

Rustic Atmosphere In A Classic Setting

Offering Event Hosting And Planning For

Corporate Events • Weddings
Anniversaries • Community Events
Music Festivals • Dances & School
Events Fundraising

207-549-0159 • 207-446-0967
www.lebarnllc.com
132 Waldoboro Rd, Jefferson

Classes for all • Fine Ceramics • Paint Your Own Pottery



Liz Proffetty
ceramics

Neighborhood Clay

590 Main St., Damariscotta • 207-563-CLAY • neighborhoodclay.com

WORK DUST-FREE WITH FESTOOL®



Integrated
DUST
EXTRACTION
SYSTEM
works with
ALL FESTOOL TOOLS!

come in today
to check out
our extensive
stock!

HOMEPORT

your lifestyle, covered

Monday - Friday 7-5, Saturday 8-4 | 207-563-3770 | 800-411-9946 | Route 1, Newcastle



Homeward bound

Choir sings to soothe the hospice journey

BY JOHN MAGUIRE

PHOTOS BY JESSICA PICARD

Twelve volunteers of the Homeward Bound Hospice Choir sang for an open rehearsal at Cove's Edge in Damariscotta on March 5 this year. Their voices filled the room in which several residents had gathered after lunch, knowing the singers would perform.

The Homeward Bound Hospice Choir sings at Cove's Edge the first Monday of each month. The choir sings for small audiences in hospitals, at long-term care facilities like Cove's Edge, and at private homes.

Cove's Edge residents listened.

Some arrived late, and one or two left before the end. A resident cradled her face in one hand, her eyes closed. Another grimaced as if in pain and then a nurse wheeled her out of the room. The residents were silent for the most part. There was no applause, and as the choir practiced, parakeets in a cage chirped and rustled around, covering the sounds of monitors, telephones, and other hospital sounds.

The singers were engaged with their work. Occasionally, they would look up from their song sheets to smile at one another. During breaks between songs they shared jokes and short stories. Volunteer Gordon Isleib led the group in song on this particular day, asking fellow choir members to emphasize certain parts of words, or for the men and women to balance their voices on different verses.

One singer commented on the tuning whistle Ed Wynne uses to start the group on each song. "It looks like a flask from here," Lynn Norgang said of the whistle, while another singer chimed in: "It sounds like a sick moose." They all laughed.

The choir sang a number of songs after about an hour of practice. Residents often will look expressionless while the choir members sing, one member said, but as the group made its way out the door, she saw many of them smiling.

Connie Jones thanked the residents



*Twin
Schooner
Pub*



Celebrating 38 years in business.
Inside and outside dining, beautiful water views.

a must stop for travelers (New York Times),
stop by and discover why Sarah's is famous the world over for great
Maine home cooking served in generous portions.

Save room for dessert - you'll be glad you did!

Route 1 Wiscasset Villiage

882-7504 • www.sarahscafe.com

Daily for lunch and dinner • 11 am to 8 pm

for attending the group's open rehearsal. Jones leads the Homeward Bound Hospice Choir in addition to her work as community liaison for Miles & St. Andrews Home Health & Hospice. She takes requests from family members and individuals for private choir performances.

On this particular day, the choir gave private performances to a number of individuals at Cove's Edge. While they do sing for people who are dying, often the choir members perform for patients who simply benefit from the soothing melodies.

Phyllis is one such patient at Cove's Edge. She sang with her family for many years and asked Jones if the choir would sing for her. Phyllis said her children inherited her and her husband's love for music. "They have wonderful singing voices," she said from beneath a floral comforter. The choir had crowded into her room and surrounded her bed to sing "In the Garden," "Angels Hovering Around," and "All My Trials."

Jones said the choir chose the songs the members believed Phyllis would appreciate, which are spiritual and religious in theme. "It's beautiful," Phyllis said, glancing around at the smiling faces surrounding her bed. "I just love it."

"I think it's about this generation wanting to deal with death differently than how their parents or elders dealt with death."

**– Homeward Bound Hospice
Choir leader Connie Jones**

The Homeward Bound Hospice Choir formed in August 2016. It took volunteers a year to practice and to come into harmony with one another. Choir members must perform for audiences before singing at the bedside of patients, according to Jones.

The Homeward Bound Hospice Choir was inspired by the Solace Choir, based in Camden, which sang at a Miles



The view from Shaw's Wharf

"Casual Inside and Outside Dining on a Traditional Maine Fishing Wharf"

Seafood at its Best

Steaks & Chowders Too!!

Single, Twin and Triple Lobster Specials,
or Select Your Own Larger Lobsters!



Located on Rt. 32 in New Harbor • 677-2200

Sheepscot River Pottery
Hand Crafted Pottery~Lovely Jewelry~Great Gifts

Route One, Edgcomb ME & Main St, Damariscotta ME
www.sheepscotriverpottery.com

Like us on Facebook

Memorial Hospital Hospice League luncheon. So moved were they by the Solace Choir performance, Hospice League members decided they wanted to launch their own choir and asked Jones and Miles Memorial Hospital Hospice League secretary Paula Christensen to launch an informational session at the Schooner Cove retirement community in Damariscotta for this purpose.

"Everybody who came to that session signed up," Jones said. Word about the choir quickly spread and choral director Peter Asche put together a group of songs with which to teach the choir. After six months had passed, the choir was pretty much self-directed. Jones said this was an important step for the choir. The members must be as versatile as possible, as not all choir singers will be available to sing on any given occasion.

When the choir is needed, Jones sends out an email to all members (there are approximately 19 so far) requesting volunteers. This is why all singers must provide an email address when they sign up. Singers must also submit to a background check and attend introductory training in hospice care.

"We need to be able to say to folks that all choir members have been vetted," Jones said. This way, individuals and family members can feel comfortable knowing singers have had the training and are going to be sensitive to patients' needs.

"Individuals and family members absolutely deserve privacy and confidentiality," said Jones. "It's about the person we're singing to and their families -- it's not about you."

For many of these volunteers, whose ages range from 50-70 years, the opportunity to sing is rewarding. Ed Wynne is a resident of The Lincoln Home in Newcastle and a retired clergyman. He has been singing in the choir for the past year. "I find it very fulfilling," he said. "I do it because I sense that it is a continuation of my ministry."

Jones said the decision to form the choir may also reflect a generational shift in the way people view the process of dying. "I think it's about this generation wanting to deal with death differently than how their parents or elders dealt with death," Jones said, adding, "It's a wonderful way to bring that interest and

continued on page 37



The view from Robinson's Wharf Restaurant. Coastal working wharf and restaurant on Southport Maine with fresh and live sea food. Come visit us for a wonderful time and enjoy our wonderful sea side.

Robinson's Wharf is a local institution, established 40 years ago and offering typical Maine fresh seafood in a gorgeous natural setting. Live music on the weekends, popular Tug's Pub happy hours and onsite seafood market.

Enjoy fresh lobster, shrimp and scallops right on the dock at their seafood restaurant in Southport. They are just a few minutes from downtown Boothbay Harbor on Route 27 (just across the swing bridge). As soon as you cross the swing bridge, they are on the left.

Traditional Steamed Lobster



Robinson's offers a variety of lobster options, lobster rolls, lobster BLT, Lobster mac & cheese, a traditional steamed lobster dinner, and more.

ROBINSON'S WHARF
TUG'S PUB & SEAFOOD MARKET
 43° 50' 26" N ★ -69° 39' 19" W

20 Hendricks Hill Rd., Southport
207-633-3830
robinsons-wharf.com



Spraul's

FURNITURE

**20 Rooms of Casual
and Comfortable
Furniture & Accessories**

76 Main St. Newcastle

563-3535

www.spraulsfurniture.net



Ralph's Homes

CAPES • RANCHES • COLONIALS

Featuring Homes by:

- Redman • Titan • Ritz-Craft
- Clayton • Marlette
- Pine Grove • Pleasant Valley
- Penn West • Excel Homes

Waldoboro, ME • (800) 675-2036



CLARK FARMS

If it was any fresher it would still be at the farm
Fresh Local Vegetables, Bakery & Pumpkins



382 Main St
Damariscotta, Maine 04543
(207) 563-6866



65 Boynton School House Rd
Jefferson, ME 04348
clarkfarmsme.com



A healing retreat

MONHEGAN WELLNESS OFFERS YOGA, HEALTH COACHING IN BEAUTIFUL SURROUNDINGS

BY JESSICA PICARD

Salty waves crash against rocky cliffs, and a subtle breeze makes purple lupine flowers dance. This is the scene on Monhegan Island, where Tara Hire offers health coaching and yoga through her business, Monhegan Wellness.

Monhegan Wellness, which Hire started in 2014, provides support and services to help people find their own healthy lifestyle.

Hire, who moved to Monhegan in 2004, is also the operations manager at the Monhegan Museum of Art & History and is the island's first assessor. She is originally from Ohio, and came to Monhegan in college for a summer job. She then moved to Maine, finishing her degree in nutrition at the University of Maine in Orono.

"Monhegan just is a healing place all on its own. So sharing this place with people is part of what motivates me," Hire said. "Getting out onto the cliffs and practicing yoga just makes you more connected with the healing energy that's here."

Hire holds Vinyasa flow yoga classes outside on Horns Hill Knoll, overlooking the ocean and the island's quaint main street, from 9-10 a.m. Tuesdays and Thursdays. Weather permitting, they are held from Memorial Day to Columbus Day. The classes are free to attend; however, donations are appreciated.

"My philosophy with yoga is that it's a meditation in motion," Hire said. "A flowing, moving meditation helps people to become more centered and grounded, because you're moving your body, not just sitting still."

In Vinyasa flow yoga, every movement

is synchronized with breath.

"Yoga is good because it's movement, you're getting your exercise, you're getting your meditation and spiritual practice. It's good for your well-being emotionally and physically," Hire said.

"You're not supposed to beat yourself up in yoga. You're supposed to move slowly, and with intention and body awareness," she said. "The body awareness helps people understand not only their

"It's just a great atmosphere for taking that break and then taking the time for self-care. Sometimes when you remove yourself, you can go back to your life with a new inspiration."

— Tara Hire, of Monhegan Wellness

physical body, but also understand food and how it relates to their body."



Located in the heart of Mid Coast Maine on beautiful Lake Umbagog.

The LAKESIDE BARN
Maine



Creating Lifetime Memories.
60 Campground Rd. Nobleboro, Maine
(207) 563-5608

Duck Puddle Campground



(Jessica Picard Photo)

9n addition to yoga classes on Monhegan Island, Hire offers remote services coaching people both on and off the island on how to live a happy, healthy life.

"It's primarily finding how to get the healthy stuff into someone's routine that they already have," Hire said. "Everyone's busy, and so they have lots of excuses as to why they can't eat healthy, or be active, or start a meditation practice. So, it's looking at their life and lifestyle and seeing where we can fit these things in."

For example, Hire may work with someone to schedule when to go grocery shopping, or when to fit meditation or exercise into their everyday routine.

"If they want to text every day, or email every day, or if they want to have a session once every two weeks where we FaceTime, or over the phone, I'm very flexible and work with what the person's lifestyle is and how it can work into their routine easily," Hire said.

Hire said that she works with people on whatever they need help or guidance with, such as nutrition, or creating a schedule for food shopping and exercise that works for them.

Hire said that many of the people she coaches have tried dieting, and are looking for a more individualized approach, or are people who know how to live healthily, but need the support to get back on track.

"I tend to work toward including 11 servings of vegetables a day, and some fruits. That's one easy strategy that can help all of your health, whether it's weight loss, or high blood pressure, or cardiovascular disease," Hire said, adding that she is also a big promoter of reducing sugar in the diet.

"My approach is more that it should come from the person, and from inside," Hire said. "You know what the right thing is, and you know you can make the right choice, but having someone to support you through that and guide you a little bit really helps."

continued on page 39



Tara Hire, of Monhegan Wellness. (Jessica Picard photo)

MONHEGAN BREWING



**Open daily, Memorial Day
through Columbus Day.**

**Outside seating in Maine's
only "trap room."**

207-596-0011

monheganbrewingcompany@gmail.com

MR. RIBS BBQ & GRILL



**BBQ Pork, Beef
Brisket & Chicken**

(207) 380-9438

Tue. - Thur.

11 am - 6 pm

Fri & Sat

'till 7pm

603 Main St.,
Damariscotta

THE FINANCIAL BENEFITS OF *Aging in Place*

*By Holly Haining - Zulieve
On behalf of Mid-Coast Energy Systems*

We have a unique situation here in Maine. Not only do we boast of being the “oldest” state in the nation demographically but we also have some of the oldest housing stock and most of it is RURAL! The question being asked is: how do we create a safe and accessible living environment for our seniors and those with mobility issues out of old often unsafe homes that are mostly in rural areas? The answer is as complex as the question. Aging in place, sometimes referred to as Design for Independent Living, refers to remodeling or renovating a home, primarily the bathroom, to become a safe and familiar environment where one can

be independent and comfortable regardless of age or mobility level and not have to be moved to an assisted living facility as one ages.

According to the National Council on Aging, falls are the leading cause of fatal and non-fatal injuries for older Americans and most falls occur in the bathroom. Falling is not an inevitable result of aging and the risk for bathroom falls can be substantially reduced by making accessibility modifications.

A recent article published in Consumer Reports states that the average bathroom safety and accessibility remodel project can cost less than 2 months of assisted living care. Because the bathroom is the

number one obstacle to the safe living at home, the importance of planning and incorporating safety modifications during a routine bathroom update or remodel cannot be overly emphasized. In actuality, spending \$5,000 - \$7,000 on bathroom modifications will SAVE money, not cost money.

The most compelling information supporting this growing concept commonly known as Aging in Place is that these home safety modifications rarely cost more than the equivalent of just four to six weeks in an assisted living facility. And, accessibility modifications, properly done, may very well add to the resale value of a residence.

MOST COMMON AGE-IN-PLACE MODIFICATIONS

The most common modifications are done in the bathroom. A bathtub is as difficult to get in and out of at 5 years of age as it is at 75 years of age. Removing that tub and replacing it with a low-threshold shower will have the greatest impact on bathroom safety. Strategically placed grab rails are a must and there is no “typical” location for them. Each individual should be actively involved in determining where grab rails are placed based on how they use the shower, their height and strength. Resist the urge to install shower doors. A heavy duty curtain with a weighted hem will keep water in the shower and not prevent a caregiver from offering assistance if needed. Choose a stylish pedestal sink or a counter-top instead of a vanity with cabinet below. Not only will the room feel larger, it will enable you to get closer to the sink with a cane, assistive walking device or chair.

IS AGE-IN-PLACE RIGHT FOR YOU OR A LOVED ONE?

Is your aging mother, father, aunt or grandfather having trouble navigating the bathroom? Are you worried about getting a phone call that your mother has fallen in the bathtub and broken a hip, or worse, suffered scalding burns? Does your father complain about the humiliation of needing to ask for help to get in and out of the tub?

As you gather with friends and family this summer, begin the discussion about the safety and accessibility of your aging loved ones' bathroom. Begin to think about having a plan in place should the need suddenly arise for a safety modification. Contact the Certified Age-in-Place Specialists at Mid-Coast Energy Systems today for your no-cost safety evaluation and estimate.

Your family will be glad that you did.



**MID-COAST
ENERGY SYSTEMS**

CONTACT US

33 Midcoast Road | P.O. Box 1118 | Damariscotta, ME 04543

Phone: (207) 563-5147 | (800) 890-7196

Fax: (207) 563-1138

Email: info@midcoastenergysystems.com

"Those who don't know history are doomed to repeat it." - Edmund Burke

The Lincoln County News

The Only Weekly Newspaper Locally Owned, Printed, and Published in Lincoln County
Serving Lincoln County Since 1875

50 Years Ago in Lincoln County

By J.W. Oliver

From The Lincoln County News, August 1968:

New fire truck: Then as now, the purchase of a new fire truck was a significant investment for a rural community and its arrival cause for celebration.

The front page of the Aug. 8 edition featured a photo of some 20-plus members of The Sheepscott Volunteer Fire Co. and the "Fire-ettes" auxiliary with the company's new addition, a 1968 International tank truck with a 300-gallon capacity.

"The arrival of the new fire truck on Saturday, Aug. 3 marked a long-awaited day for the community," the caption reads.

'A spectacular mass of flames': The front page of the Aug. 22, 1968 edition reported a warehouse fire on Depot Street in Waldoboro that damaged several surrounding buildings. The fire started at about noon, Saturday, Aug. 17.

"The fire, discovered by Cedric Achorn, appeared to be coming from beneath a warehouse building owned by Victor Burnheimer," the newspaper reported. "In less time than it took for the fire department to be summoned for help and arrive at the scene, an explosion of

unknown origin blew out the north wall of the building, giving vent to a spectacular mass of flames leaping high into the air."

The flames spread to the Winchenbach Hardware warehouse, 30 feet away, and to a boxcar on a nearby railroad siding. It "blistered paint and shattered several windows" of the Joe Dinapoli house, more than 150 feet away; ignited a small outbuilding on his property; and caught fire to railroad ties, trees, and utility poles.

The blaze destroyed the Burnheimer warehouse, which stored beet pulp, fertilizer, hay, and hen crates.

For the catastrophic extent of the damage, an estimate for property owners' losses seems underwhelming today.

"Loss of property, which is still under investigation, is expected to reach well over the (\$10,000) mark," the newspaper reported.

National politics in Newcastle: Supporters of the anti-war presidential candidate U.S. Sen. Eugene McCarthy, D-Minn., met with U.S. Rep. Peter Kyros, D-Maine, at the Newcastle fire station Aug. 20, according to an article on the front page of the Aug. 22 edition. Kyros was in town to address local Rotarians at a dinner meeting.

To the dismay of the overflow crowd at the fire station that Tuesday afternoon, McCarthy would go on lose the nomination to Vice President Hubert Humphrey the following week. Humphrey, in turn, would go on to lose the election to former Vice President Richard Nixon.

'A long affair but not boring': The editorial in the Aug. 29 edition reported a rocky start to the Democratic convention in Chicago and predicted things would go downhill.

As any U.S. history buff knows, it wasn't wrong. The editorial was likely written and the newspaper published before bloody clashes between police and protesters Aug. 28 and 29, amid a backdrop of the Tet Offensive in Vietnam and racial tensions at home.

"There is noise within and without and while all kinds of protection has been made available, demonstrations by all types of groups, including the hippies, are feared," the editorial reads.

"It will be a long affair but not boring."

("50 Years Ago in Lincoln County" brings news and other tidbits from the archives of The Lincoln County News to readers of Lincoln County Magazine. The columnist, J.W. Oliver, is the editor of The Lincoln County News.)





Lunch with a view Wednesday - Sunday
Dinner Served Tuesday - Sunday
Weekday Happy Hour
Hours change after Labor Day, please call ahead
207 529-2600 • theanchorrestaurant.com



FISHERMAN'S CATCH

49 Main Street, Damariscotta
207-563-5888
Hours: Mon - Sat • 9:00 - 5:30
Sun • 10:00 - 4:00



*We ship lobster
and seafood
anywhere!*



Automotive
20 Years Experience
Cars • Trucks • Diesels
all makes and models
563-2880

527 Route One Newcastle



*Wooden Screen Door Co.
3542 US Rt. 1 Waldoboro, Maine
04572
phone: 207-832-0519 www.woodendoor.com*



NEWCASTLE PUBLICK HOUSE

OYSTERS & ALE

Newcastle Publick House

52 Main St. • Newcastle • 563-3434

www.facebook.com/newcastlepublick

Open Daily for Lunch & Dinner

**Our menu features local produce, meat,
and seafood from the following farms
and businesses...**

Morning Dew Farm • Clark's Farm

Beth's Farm • Morse's Sauerkraut

Bowden's Egg Farm • Round Top Ice Cream

Riverside Butcher Company

Fisherman's Catch • Mill Cove Lobster Pound

Pemaquid Oyster Company

John's Bay Oyster Company

Otter Cove Oyster Farm • Mook's Oyster Farm



BARBARA SCULLY'S OYSTER & LOBSTER MARKET

707 River Rd Edgcomb 207.633.3599 thelobsterstore.com





INNOVATE AND EVOLVE

DIY Your Business . Make Connections . Get Results

The Twin Villages Business Forum returns to Lincoln County at the newly renovated Central Lincoln County YMCA in Damariscotta. Join us for a full day of business DIY, interactive workshops, and panel discussions designed to help you develop tools for **your business, nonprofit, or community organization.**

Throughout the day, breakout sessions will cover everything from economic development through collaboration, to the art of the side-hustle, to customer opinion “damage control,” navigating multi-generational company culture, and even the many ways to fund your startup or expansion, some of which may surprise you.

The Twin Villages Business Forum is a collaborative effort put on by the Damariscotta-Newcastle Rotary Club, the Damariscotta Region Chamber of Commerce, the Neighborhood Economy Alliance, Tidewater Telecom, the Lincoln County Regional Planning Commission, the U.S. Small Business Administration, and the towns of Damariscotta and Newcastle.

JOIN US: FRIDAY, SEPTEMBER 28, 2018
TICKETS AND INFO AT TWINVILLAGESBIZ.COM





369 MAIN ST
DAMARISCOTTA
207.563.2330

219 TOWNSEND AVE
BOOTHBAY HARBOR
207.633.1122

RV & BOAT DETAILING



WE CAN COME TO YOU!

LEARN MORE AT
COASTALCARWASHMAINE.COM

Premiere Retirement Living and Seasonal Respite Stays



*A Continuum of Care Choices
Since 1927.*



Social Activities



Post Surgery Recovery



Farm to Table Dining



Healthcare Support

*A carefree lifestyle
with the best waterviews in town.*

22 River Road • Newcastle, Maine
207.563.3350 • lincoln-home.org

ON THE TRAIL IN LINCOLN COUNTY

BY PAULA ROBERTS

Monhegan Island



The beautiful view at the end of Whitehead Trail, Monhegan Island. (Jessica Picard photo)

Monhegan Island, 10 miles off the coast in Lincoln County, is a hiker's paradise, featuring 17 miles of trails and spectacular views of elevated cliffs, islands, and the Atlantic Ocean. The fishing community and artist colony is home to roughly 75 year-round residents.

Monhegan Island is approximately 1 square mile in size. It is 7/10 of a mile wide and 1.7 miles long. Eighteen trails crisscross the island and range in difficulty from easy to difficult, with most falling into the moderate category. Portions of Pebble Beach Trail, Blackhead Trail, and Cliff Trail fall into the difficult range.

The best way to get to Monhegan Island is by charter boat, although there are a few visitor slips available on the island. The trip should not be attempted by small boat. Hardy Boat Cruises out of New Harbor (677-2026), Balmy Days Cruises out of Boothbay Harbor (633-2284), and Monhegan Boat Line out of Port Clyde (372-8848) all offer charters to Monhegan.

Before setting out on the trails, purchase a Monhegan Associates trail map at one of the island shops or from the boat. The map is well worth the nominal cost.

Monhegan Associates works to preserve and protect the wild lands of the island and to maintain its trails. Visitors are asked to obey the rules of the trail to protect the fragile ecology of the island. These rules include: no bicycles, no camping, no campfires, no smoking outside the village, dogs must be on a leash (be sure to bring doggy bags), carry out all trash, do not pick wildflowers or any other vegetation, stay on the trails, and no trespassing on private property. Vehicles have the right of way on the island roads. Pedestrians do not, so please move to the side.

There are no bathroom facilities on the trails. It is strongly suggested to use the facilities aboard the boat before landing on the island. Paid toilets are available behind Monhegan House.

Drinking water is scarce on the island. Be sure to carry in all the water you will need for your hike.

All hikers on the island should be aware of tidal currents and severe undertows along the coast. The only place safe to swim is Swim Beach, near the wharf on the west side of the island. Stay well back from the surf and stay off wet rocks to avoid an accidental slip into the frigid waters of the Atlantic.

Cliff Trail (#1) is about 5 miles long and goes around the perimeter of the island. It is rocky and steep in portions. Many steep portions can be averted by taking bypass trails (1A) around them. This trail offers many spectacular views of open ocean, cliffs that drop 160 feet straight down, and fabulous views of nearby islands and ledges.

From the wharf, head up hill and turn right

onto the main road. The road narrows and turns into a trail to Lobster Cove, where the wreck of the tugboat D.T. Sheridan can be seen to the left. The trail follows the coastline to the east with views of Christmas Cove and Norton's Ledge. The trail then turns northward along the eastern shore, where spectacular views of the cliffs soon loom into view. First is Gull Rock (elevation 75 feet), then Burnthead (140), Whitehead (160), and finally Blackhead (160). Pay attention to your footing and watch young children carefully along this portion of the trail.

The hike from Whitehead to Blackhead is extremely difficult, but a bypass is available from Whitehead to Squeaker Cove, where a less daring hiker can take the Cathedral Trail (#11) back to the village.

Cathedral Trail is a favorite of children, as scattered on the forest floor are whimsical little "fairy houses" made of twigs, moss, shells, leaves, and other natural materials gathered by the young and young-at-heart builders.

Hikers who wish to take in the spectacular views of the cliffs, but have time limitations or do not want to hike difficult trails, should take Whitehead Trail (#7) or Burnthead Trail (#4) out of the village. Both of these trails take about a half-hour to hike from the village to the eastern cliffs.

To get to Whitehead Trail (moderate), go uphill from the wharf, turn left onto the main road, and proceed a short distance up the hill; the trailhead will be on the left. To get to Burnthead Trail (easy), go uphill from the wharf, turn right onto the main road, walk past the marsh, turn left up Horn Hill, then bear right at the fork with Gill Cove Trail.

Adventurous hikers wishing to complete the 5-mile Cliff Trail Loop will continue on the steep trail at the intersection with Cathedral Woods. The trail goes over rocky and steep terrain to Blackhead, then turns inland and crosses mixed terrain, difficult in some portions. After meeting the Pebble Beach Trail, there is easy hiking to the main road. There are fabulous views of Nigh Duck, Smutty Nose, and Manana islands from Calf Cove on the western shore of Monhegan.

Be sure to bring a camera, binoculars for seal and bird watching, and a picnic lunch.

(Paula Roberts writes the column "On the Trail in Lincoln County" for *The Lincoln County News*. The fifth edition of the book by the same name, which collects columns about 114 trails, is available at the Lincoln County Publishing Co. in Newcastle and many other locations in the region. Proceeds from the sale of the book benefit local conservation organizations.)

VILLAGE TRAVEL

RUTH ETHERIDGE
Travel Consultant
157 Main St.
Damariscotta, ME
villagetravel@tidewater.net

207-563-TRIP



4 Mills Road, Newcastle • 207-563-7667

www.newcastlemailit4u.com

10 State Road, Bath • 207-443-1457

www.bathmailit4u.com

Hours: Mon-Fri 8:30a-5:30p • Sat. 8:30a-12p



FedEx
Authorized ShipCenter



Deb's Bristol Diner



*Whether you're on the trail
on the beach or on the job...
It's Deb's Diner for breakfast or lunch!*

Open: 6-2 Mon, Tues, Thurs, Fri & Sat

Closed: Wed

Open: 7-noon Sun

1267 Bristol Rd. • 563-8005



Architects
44 Degrees North, LLC



Tor Glendinning • Architect

207-563-2557

44northarchitects.com

ATLANTIC TENT COMPANY



Mid Coast Wedding Specialist

207.563.5800

for more information and pictures,
please visit us @ www.atlantictentmaine.com

SALT BAY
TRADING CO.
RUGS & MUSIC

SALTbaytrading.com
ROUTE 1, NEWCASTLE
207.563.6611



RUGS & CARPETS

FROM
AROUND THE WORLD
(FAIR TRADE & HANDMADE)

GUITARS, VIOLINS,
UKULELES...



ABOUT FACE



Skin Care Salon and
Cosmetic Boutique
7 Theater Street
Damariscotta
207-563-3444

www.aboutfacemaine.com
Tuesday – Friday 10-5 Saturday 10-3

ACASA HAIR SALON



506 Biscay Road
Damariscotta
207-563-1813

Hours by appointment

Angelic Hands Massage Therapy
Healing for your mind, body and spirit
Christina Pinkham, L.M.T.



19A Sheepscot Road
Newcastle, ME 04553
(207) 592-4056
Angelichandsmt1@gmail.com

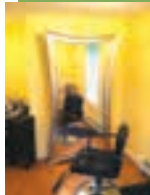
AURA HAIR DESIGN



5 Oak Street
Boothbay Harbor
207-633-7000

Monday 9am – 1pm
Tuesday – Friday 9am – 5pm
Evening Appointments
Available

BANGZ



60 School Street
Damariscotta
207-563-1300

Monday, Wednesday,
Thursday & Friday 9-5

BELLE JOLIE



77 Main Street, Newcastle
207-682-0199

Monday, Wednesday & Friday 9-5
Tuesday 1-6
Thursday 9-7 Saturdays 9-2
By Appointment Only

Check out our ad on page 39

BLISSFUL TOUCH SKINCARE & MASSAGE WELLNESS



448 Wiscasset Road
Boothbay
207-315-5084

lindawacholtz.skincaretherapy.info
Hours by appointment

ELEANOR & ANITA'S SALON



Main Street,
Damariscotta Center, Lower Level
Damariscotta
207-563-5536
Tues. - Sat. 7am - 5pm
Call for an appointment
Walk-ins welcome

FIELD OF DREAMS HAIR SALON



527 West Alna Road, Alna
207-687-8253
Monday 11am-7pm
Wednesday 6-8pm
Thursday 9am-4pm
Saturday 9am-1pm

Closed Tuesday, Friday & Sunday

COASTAL CUTS



2508 Bristol Road
New Harbor
207-677-2211

Monday-Friday 9am-5pm

DAMARISCOTTA CHIROPRACTIC HEALTH CENTER



54 Biscay Road Damariscotta
207-563-5500
damariscottachiropractic.com
Mon-Wed-Fri 9 am - 6 pm
Tues 8 am - 7 pm
Thurs 2 pm – 6 pm

FLYING LEAP MASSAGE THERAPY



500 Winslows Mills Road
Waldoboro
207-712-0374

www.flyingleap.massagetherapy.com
Monday-Friday by appointment

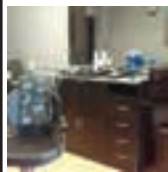
HAIR EXPRESS



Iris Poland Cosmetologist
Lindsay Jansen Nail Tech
50 State Route 129
Walpole
207-563-3534

Monday, Tuesday, Friday 9-5; Thursday 9-7

HAIR WE ARE



34 Elm Street
Damariscotta
207-563-6817

No appointments
All Walk-ins

Tuesday-Friday 9-5 Saturday 9-1

"Looking good doesn't have to cost a fortune."

HEIDI'S HAIR DESIGN



143 Beath Road
Boothbay
207-633-4224

Closed Sunday & Monday
Tuesday 10am-5:30pm
Wednesday-Friday 9am-4pm
Saturday 9am-1pm

MIA'S SHEAR PERFECTION

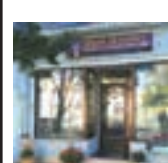


161 Church Street
Damariscotta
207-563-5656

Monday, Wednesday &
Friday 9am-5pm
Thursday 9am-7pm
Saturday 9am-1pm

check out our ad on page 10

SHEAR ARTISTRY



5 Townsend Avenue
Boothbay Harbor
207-633-3606

Hours: Tuesday-Saturday:
Walk-ins and appointments.
Barber is also available on
Tuesday and Wednesday evenings

SERENITY A FULL SERVICE HAIR SALON

Please call to make an appt.

434 Main St., Damariscotta Maine 04543

Tues-Fri 9-5 Sat 9-1
207-563-1600
Night Appt. by request only

WALDOBORO CHIROPRACTIC & MASSAGE



290 Bremen Road, Waldoboro
207-832-6347
www.waldoborochiropractic.com
Same day/next day appointments
may be available
Mon – Fri from 9 am - 6pm
Sat from 8 am - noon (winter)
Sat from 7 am - noon (summer)



Coloring Page



Wicked
Scoops



95 Main Street • Damariscotta

  @WickedScoops



STARS

Estate & Antique Jewelry





**Specializing
in Estate Jewelry**

65 Main Street
Damariscotta, Maine 04543
207.563.5488
stars@midcoast.com
StarsFineJewelry.com 

GUY BEARD DESIGNS
 - MARINERS CLASP BRACELETS -

Heads of the Harbor

Hair & Nail Salon

Hairstyles for
women, men &
children

315-2025
Lora · Lisa



50 Union Street, Boothbay Harbor
Mon. - Sat.

**Free
Delivery**




copyshop
YOUR PRINT SOURCE
800-882-7197




EXTREME PREFORMANCE WITHOUT THE CORD

“Nothing but heavy duty”



**M12™ Fuel Compact
Tire Inflator**




REDLINK™ Intelligence: TrueFill™
Auto Shut-off technology increases accuracy, protects from over-temp and over-fill.

Compact, portable, and easy-to-store in any car or truck


POWERSTATE™ Brushless Motor: Purposely built for the M18 FUEL™ 8-1/4" Table Saw w/ One-Key(TM) to provide the power and performance of a 15A corded circular saw.

The New Generation of Fuel Delivery

POWERSTATE™ Brushless Motor: Purposely built for the M18 FUEL™ 16" Chainsaw to provide the power and performance of a gas engine up to 40CC.



The Milwaukee® M18 FUEL™
Table Saw



The Milwaukee® M18 FUEL™
Chainsaw

A family owned company founded in 1955.

 <p>DAMARISCOTTA HARDWARE 423 Main Street, Damariscotta, ME 04543 M - Sat. 7:30-5:30 Sun 8:30-4:00 207-563-3428 • info@damariscottahardware.com</p>		<p>RANDOLPH HARDWARE 244 Water Street, Randolph, ME 04346 Open M-F 7-6:00 Sat 7-5:30 Sun. 8-4 207-582-3428 • info@randolphhardware.com</p>
--	---	--

CARL M.P.
LARRABEE
INSURANCE AGENCY

Complete Insurance Coverage
 AUTO • HOME • RECREATIONAL
 BUSINESS • MARINE • BONDS

882-9494

152 Main Street
 Wiscasset



COMMUNITY CENTER

continued from page 11

The CLC YMCA will also continue offering its Diabetes Prevention Program, a year-long program for those at risk for diabetes.

"We're going to be doing more and more and more of those kinds of programs, given our new facility lends well to that," Hamblett said, noting the brand-new equipment and expanded space.

A second phase of the Y's renovation project will add a swimming

pool, a family locker room, and a social space overlooking the pool. The YMCA's current day care center, located in Nobleboro, will also be moved into the CLC YMCA.

"For us, building a pool is all about water safety and teaching kids how to swim, and getting our seniors in a pool where they can do therapy," Hamblett said. "And having a place for families to recreate."

Construction of the second phase of the project will begin whenever enough money is raised, according to Hamblett.

The cost of construction, with the "soft



ATLANTIC VETERINARY CARE

563-8387

**11 Coastal Marketplace
 Damariscotta**

Compassionate care for your beloved companion.

Karin N. Tichy, DVM
Anna D. Trafton, DVM
 Medicine, Surgery,
 Acupuncture, Dentistry
 By appointment

Your Community, Our Commitment



Supporting Local Business

We understand that when it comes to running your business, three factors are important to you when choosing a bank: accessibility, flexibility and prompt decisions made locally. That's why we're committed to all three. We want to see your business thrive, we want to be by your side through the stages of your growth, and we want to see your excitement when you've reached your goals. We understand that each business is unique and that opportunity is always just around the corner. Let us help your business become more than just a dream; let's make it reality.



damariscottabank.com • 800-639-8381 • FDIC Insured • Equal Housing Lender

costs” of equipment, architecture fees, furniture, etc., will cost about \$5 million dollars, Hamblett noted.

“We currently have about \$1.2 million in hand toward phase two construction and soft costs,” she said.

The CLC YMCA is looking to also create a large enough endowment that the interest will be enough to cover the cost of sustaining the pool. The pool will cost about \$150,000 a year to run, according to Hamblett.

“We don’t want to build anything that we know that we can’t sustain, Hamblett said. “We are trying to be smart about everything we are doing.”

“The new multigenerational spaces, lounge, and conference spaces are not only used by Y staff, but also our community partners,” Hamblett said. “Whether a person comes to the Y to be educated in our new pre-kindergarten program, to participate in one of our several evidence-based health initiatives aimed at prevention and intervention, or to learn new skills in the kitchen or on the courts, the YMCA represents the essence of our entire community.”

For a class schedule and more information, go to clcymca.org.

The Central Lincoln County YMCA is located at 525 Main St., Damariscotta. It can be reached by phone at 563-9622.

Julie's Greenhouse & Farm Stand



Annuals • Hanging Baskets
Planters • Herbs
Fresh Picked Produce
Cut Flowers
Garden Accessories
Gift Certificates

Open 7 Days 9 - 5
529-5482

Route 32, Round Pond

Women of Substance

508 Main St, Damariscotta

207-563-6809



Substantial selection
of fashions for
well-rounded women.

www.WomenOfSubstance.us

RIVERSIDE
MAIN STREET

QUALITY MEAT

CUSTOM CUTS

DAMARISCOTTA

BUTCHER CO.

49 MAIN STREET | RIVERSIDEBUTCHER.COM | 207-563-6498

HARDY BOAT CRUISES
NEW HARBOR, MAINE

PUFFIN WATCHES
with Audubon Naturalist
Guaranteed Sightings!
Daily 5:30pm

MONHEGAN ISLAND FERRY
Departing 9am & 2pm
Returning 10:15am & 3:15pm

• Seal Watches •
• Fall Coastal Cruises •

BOOK ONLINE! 207-677-2026
hardyboat.com

Newcastle Realty: Locally Grown, Locally Owned, and Committed to Supporting Our Local Communities.



We Listen to your ideas, goals, and expectations.

We Represent both buyers and sellers with a range of prices and properties.

We Promise step-by-step guidance, regular updates and answers to your questions.

We Deliver Results.

Ralph Cheney began offering real estate services and insurance protection to the citizens of Lincoln County over 75 years ago, a tradition we are proud to continue today at The Cheney Financial Group.



I was born in Damariscotta and I've lived here my whole life. Our dedicated associates and their families all live, work, and play in the heart of the communities we serve. We are your friends and neighbors and are especially proud of the support our Charitable Giving program provides to Lincoln County-based community organizations – including over \$10,000 to the CLC-YMCA renovations.

At Newcastle Realty, our professional brokers are ready to help make the real estate buying and selling process a smooth, satisfying experience for you. They understand the market, have access to a variety of financing options, and love helping families.

I hope you enjoy this Live Well edition of Lincoln County magazine. I urge you to learn more about the many health and wellness opportunities, organizations and practitioners available in the Midcoast. Help make our communities stronger by choosing to do business with locally-owned companies like Newcastle Realty.

We look forward to serving you.

A handwritten signature in blue ink, appearing to read "Dennis Hilton".

Dennis Hilton, President
Newcastle Realty



Midcoast Maine has something for everyone; cultural opportunities, wildlife, fresh food, welcoming communities and scenic beauty.

Connecting Sellers and Helping Buyers Find the Perfect Maine Home.



THE CHENEY FINANCIAL GROUP
Committed to Supporting Our Local Communities and Neighbors

207.563.1003 **MyNewcastle.com** 87 Main Street, Damariscotta, Maine

HOMeward BOUND

continued from page 20

passion for music to service.”

People in the medical profession say that a person’s hearing is the last sense to go before they die, which is another reason why choir singers continue to sing for even the most unresponsive patients.

Jones remembers several stories of patients’ reactions to the choir’s singing. One such memory is of a mostly unresponsive man who lay dying as the choir sang his favorite hymn. When the choir finished, the members began to disperse. The man didn’t show any sign that he had heard. Jones knelt next to the man’s bed and quietly spoke to him. She said she hoped he enjoyed the music and asked if he would like it if they returned to sing to him again. The man reached in beneath his shirt and patted his chest over his heart. Jones took his signal to mean the music had touched his heart.

Lynn Norgang, executive director of The Lincoln Home, started singing with the Homeward Bound Hospice Choir in January of this year. “I love its mission, its spirit, and the people in it,” she said.

Norgang said she likes the informality of the hospice choir: “It has a different focus. It’s not about us; it’s about them.”

As director of a retirement home, Norgang is familiar with the process of dying and the role hospice care provides for people, particularly for those who have no family members by their side. “Being with someone for the last moments of their life is a great honor,” she said.

Staff at The Lincoln Home have a heightened sense of what families experience as their loved ones die and are sensitive to individual needs, Norgang said. This choir has given Norgang and her fellow singers a different way to help soothe the hospice journey.

Norgang said the public is welcome to hear the group sing at The Lincoln Home, which is located at 22 River Road in Newcastle. The Homeward Bound Hospice Choir holds open rehearsals at The Lincoln Home every second and fourth Monday of each month from 1-4 p.m. For more information about the choir, contact Jones at 563-4177.



Senior Living at its Finest on the Beautiful Maine Coast.

Scenic Surroundings - Fine Dining and Scheduled Activities
Friendly Neighbors, Outings and Gatherings - Maintenance-Free Living
Pet Friendly Communities
Unique Access to Healthcare: Part of the LincolnHealth Care Continuum



SCHOONER COVE DAMARISCOTTA

Resident-Owned Independent
Apartments Featuring One and
Two-Bedroom Floor Plans and
Glorious Riverfront Views



Call Bruce Hardina: (207) 563-4631
35 Schooner Street,
Damariscotta, ME 04543
www.schoonercove.com



ST. ANDREWS VILLAGE BOOTHBAY HARBOR

Charming Coastal Cottages for Sale
Spacious Apartments for Rent
A Full Senior Health Continuum
on One Campus



Call Bob Drury: (207) 633-0920
145 Emery Lane,
Boothbay Harbor, ME 04538
www.standrewsvillage.com

"ENCHANTMENTS"
 ...Crystals and Magical Gifts
 A "Theater" Filled with
**Metaphysical Books
 and Supplies**
 Celebrating 30 Years in Business
 Like us on 
10 Boothbay House Hill
Boothbay Harbor, ME 04538
Tel.: (207) 380-6899
www.enchantments-maine.us
e-mail: WKirby2499@aol.com



**Eat Fresh,
 Buy Local at
 Boothbay
 Farmers' Market**
Thursdays, 9-Noon
Boothbay Town Common
1 Common Drive
boothbayfarmersmarket.com



**Haggett Hill
 Kennel**



**Grooming, Daycare
 and Boarding for your
 Dogs and Cats**
93 Dodge Road
Edgecomb, ME 04556
207-882-6709
www.haggetthillkennel.com
hhkennel@roadrunner.com




DO IT!

(You know you want to!)



Ready to CUT the CABLE?
Here's how



LCI 
O.P.E.N.TM
 fiber network

**Blazing Fast Fiber
 Optic Broadband**



**From the local companies
 you know & trust.**

**Local Choice
 It's a beautiful thing**



**Apply
 Online
 Today!**

LCIFiber.net
Get 2 months internet FREE!

A HEALING RETREAT

continued from page 23

Monhegan Wellness also offers retreats for visitors, helping them unplug and explore their creative side.

"It's such a great retreat space, because you are physically removed from the mainland," Hire said.

The Monhegan Wellness Art and Yoga Retreat, which is offered in May and October, includes daily yoga sessions and art workshops taught by local artists.

"The idea is to provide the space and time for people to explore their

creativity, and using yoga to help center and release inhibitions, loosening up that creative spirit and that sense of expression," Hire said.

Hire does all of the cooking during the retreat.

"They're really there just to really enjoy and relax and explore their creativity and health," she said of retreat attendees.

The second retreat, which will be launched in the summer of 2019, is the Women's Reboot Retreat.

"It's really all about giving women the space and time to reconnect with themselves, and find that space to remember to nourish themselves in a variety of ways: creatively, getting back into their bodies, and remembering that movement is fun and joyful, and eating good foods," Hire said.

Those who can meet with Hire in person on the island can also set up a "day retreat by design," where they can choose what they want to do and design their own retreat.

"It's just a great atmosphere for taking that break and then taking the time for self-care," Hire said. "Sometimes when you remove yourself, you can go back to your life with a new inspiration."

Monhegan Wellness is located at 60 Woods End Lane, Monhegan. For more information, go to monheganwellness.com, email monheganwellness@gmail.com, or call 210-2544. Monhegan Wellness can also be found on Facebook and Instagram. Hire keeps a blog on her website, where she posts recipes and meditations.



Monhegan Island boasts much painting-worthy scenery. (Christine LaPado-Breglia photo)

"The Biggest Little
Art Supply Store
Around"

**SALT
DAY ART SUPPLY**

458 MAIN STREET DAMARISCOTTA
ACROSS FROM HANNAFORD 207-563-8377



BELLE JOLIE
SALON & SOAKING SPA

NOW OPEN MON-SAT.
Saturday's by appointment
only. Call 682-0199 to
make an appointment
with Promis Bryant or
Nicole Fordham.

Offering foot soaks,
pedicures, manicures, facials
& full hair services. Facial
waxing also available.

77 Main Street
Newcastle, Maine 04553
(207) 682-0199



Trails.
Summer day camps.
Nature walks.

Places to breathe.

damariscottariver.org
207-563-1393



YETI COOLERS

weber

Your Friendly Hometown Hardware Store!
Full Service Flower Shop • Super Pet Center
LOUIS DOE'S HOME CENTER
OPEN 7 DAYS • Mills Rd., Newcastle
563-5442

TRUST WORTHY HARDWARE STORES



Funeral & Cremation Services
for all of Lincoln County

Strong Hancock

612 Main Street, Damariscotta, ME - www.StrongHancock.com - (207) 563-3550



RIDE THE SHEEPSCOT VALLEY NARROW GAUGE, BUILT IN 1894

Maine's Historic
Wiscasset, Waterville
& Farmington
Railway Museum
REBUILDING MAINE HISTORY

Ride our trains throughout the year to hiking trails, our picnic grove, historic exhibits, events & more!
 97 Cross Rd. Alna, ME - For more information & our current schedule visit wwfry.org or call 207-882-4193



O-Cha
Thai Inspired Bar & Grill

Twin Villages' Newest Restaurant

Steak • Seafood
Vegan & Gluten Free Available
Lunch • Dinner • Take-out
88 Main Street, Damariscotta
563-7788 • Reservations accepted
 Check out our full menu at ochamaine.com

DIRECTORY

Advertisers

Page

44 Degrees North Architects	30
ABOCA Beads	15
Achorn House	13
Anchor, The	25
Angelworks Bookkeeping	14
Atlantic Tent Company	30
Atlantic Vet	34
Barb Scully	26
Belle Jolie	39
Body of Waters	7
Boothbay Farmer's Market	38
Carl M. P. Larrabee Insurance	34
Carriage House/Wiscasset Art Walk	6
Chapman & Chapman	7
Clark's Farm	21
Coastal Car Wash	28
Consigning Women	6
Contented Sole	12
Copy Shop	33
Damariscotta Farmers Market	8
Damariscotta Hardware	33
Damariscotta River Association	39
DB&T	34
Deb's Bristol Diner	30
DilMauro Electric	11
Dow Furniture	44
Duck Puddle Campground	22
Enchantments	38
First National Bank	3
Fisherman's Catch	26
Good Supply, The	11
Granite Hall Store	14
Haggett Hill Kennel	38
Hair Frolicks	8
Harbor Fest	4
Harbour Towne Inn	43
Hardy Boat	35
Heads of the Harbor	33
Homeport	17
House of Logan	42
JM Automotive	26
Julie's Greenhouse	35
Le Barn	17
Lincoln Home	28
Louis Doe Home Center	40
Mail it 4 U	30
Medomak Construction	3
Metcalfe's	14
Mia's Sheer Perfection	10
Midcoast Energy	24
Mine Oyster	5
Monhegan Brewing	23
Moody's Diner	42
Morse's	16
Mr. Ribs	23
Neighborhood Clay	17
Newcastle Publick House	26
Newcastle Realty	36
O-Cha	40
Open Heart Healing	10
Phelps Architects	14
Prince's Furniture	2
Ralph's Homes	21
Red's Eats	14
Rising Tide Community Market	41
Riverside Butcher Co.	35
Robinson's Wharf	20
Salt Bay Art Supply	39
Salt Bay Trading Co.	30
Sarah's Café	18
Scarborough's Collision	7
Schooner Cove	37
Schooner Landing	13
Sea Smoke Shop	16
SeaGull Shop	14
Shapers	11
Shaw's Wharf	19
Sheepscot Pottery	19
Spears Farm	7
Split Rock Distilling	13
Sproul's Furniture	21
Stars Jewelry	13 & 33
Storer Lumber	10
Strong Hancock Funeral Home	40
Tidewater Telecom	38
Tracy Hunter/Jonathan McKane	13
Twin Villages Business Forum	27
Village Travel	29
Wawenock Golf Club	7
Weatherbird	42
Wells Fargo Advisors	42
Wicked Scoops	32
William Raveis	17
Women of Substance	35
Wooden Door Company	26
WW & F	40

WHY SHOP THE



ROOTED IN COMMUNITY

.....
Rising Tide has been
supplying local,
natural, & organic
foods to
Damariscotta &
beyond for

40
YEARS

In 2017, we donated

\$24,334

to local non-profits,
including \$11,263
in food to
local pantries.

LOCAL LOVE

.....
RT supports over

230
LOCAL
PRODUCERS

In 2017, we purchased

\$1.4
MILLION

dollars worth of
LOCAL GOODS!
That's money that
stays in our
community &
supports our
neighbors.

YOUR ONE-STOP SHOP

.....
organic produce
ice & ice packs
antibiotic-free meats
soups & sandwiches
coffee & tea
cold drinks
bulk foods
beer & wine
vitamins
body care
baked goods
books & magazines
sunscreen
non-toxic bug spray
local fresh bread
water bottles
kombucha on tap
snack foods
sunglasses

RISING TIDE
OPEN 7:30-8

COOP
DAILY

323 main street
damariscotta, maine

risingtide.coop

207 • 563 • 5556

A Mid-Coast Tradition

*House of
Logan*



CLASSIC CLOTHING for COASTAL LIVING
MEN'S & WOMEN'S

VILLAGE STORE
& Children's Shop



Nice Necessities • Maine Treasures
Fiestaware • Vera Bradley

parking • bridal registry • shipping
20 & 34 Townsend Avenue,
Boothbay Harbor
633-2293

Visit us also in Bath and Camden
www.houseoflogan.com



eat. sip. shop.

WEATHERBIRD



72 Courtyard Street
Damariscotta
(Behind King Eider's Pub)

207.563.8993

Mon. - Sat.
8:30 - 5:30

SPECIALTY FOODS • WINE • KITCHENWARES • GIFTS

**WELLS
FARGO**

ADVISORS

Leverett B. Davis, Jr., AAMS®

Senior Vice President, Investments

165 Main St., Suite 2A, Damariscotta, ME 04543

Office: 207-563-6600

lev.davis@wfadvisors.com

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and nonbank affiliate of Wells Fargo & Company. © 2011, 2013, 2016 Wells Fargo Clearing Services, LLC. All rights reserved. 0117-00690 A1695 IHA-547231



Moody's Diner

(207) 832-7785 Rte. 1 - Waldoboro, ME

Sunday: 6:00 am - 9:00 pm

Monday - Thursday: 5:00 am - 9:00 pm

Friday & Saturday: 5:00 am - 9:30 pm

July & August open till 9:30 pm every night.

Also, visit our gift shop and motel...

Moody's Motel

Quiet & Peaceful
Surrounds

(207)832-5362

Moody's Gift Shop

We fit a lot
in a small shop!

(207)832-7930

www.moodysdiner.com



Experience the beauty of Maine's coast in our quaint Victorian B&B and discover why our personal service sets us apart. Ideal location, steps away from shops, restaurants and waterfront activities.



Harbour Towne Inn

on the waterfront

71 Townsend Avenue
Boothbay Harbor ~ 633.4300
reservations and seasonal specials at
www.harbourtowneinn.com





DOW FURNITURE

The Mattress and Furniture Capital of Maine



Beautyrest

PLATINUM™

EXPERIENCE ELEGANTLY
OCHRESTRATED SLEEP

