'Awaken'

Continued from Page D1

said, laughing. "People talk about this book being a yearlong workshop — in other words, a demanding book."

Heart, who has kept a journal for 40 years, considers self-reflection exercises to be a key component in her learning and health.

In addition to her extensive collection of journals, Heart is the author of published books "Healing Grief: A Mother's Journey;" "Harvesting You Journals," co-authored with Alison Strickland and "Soul Empowerment," co-authored with Michael Bradford.

"Healing Grief." her first

book, is about the loss of her doing so, learns their essential 14-year-old son, Mike, who was electrocuted by a downed line while shoveling snow in the schoolyard when Heart was 33 years old. The tragedy catapulted her into a spiritual search for her life meaning, which eventually led her to study to become a medium, commonly called a psychic, through a grant at Duke University.

She now offers soul readings and soul coaching to people around the world, since proximity is not a factor. The evening before the interview, she did a soul reading for a man over the phone from Rio de Janeiro, Brazil.

pulls away layers of personality, life, Heart is a grandmother above ego and emotions to uncover a all things, and her grandchildren person's "soul essence" and, in have taught her a great deal.

qualities what their purpose is in life. It's no surprise that Heart says she uses the energy of love, both hers and the other person, to read a soul.

While "Awaken" touches upon this practice, the book is really about living day to day. It's Heart's life philosophy.

As for "Awaken," Heart said of the title that, "In the book, I make a distinction between growing up and waking up."

To soften a mentally and emotionally taxing book, she offers her grandchildren, Noah, 7, and Malia, 10. While she has enjoyed During a soul reading, Heart many careers, at this point in her

a world map to represent all the tively doing their writing ... they places the book has been helped me keep my writing alive,' shipped. And when Heart revealed that the book was dedicated to them, Malia ran up to give her a hug. Noah stood in thought before saying, "You know, Grandmom, in all my past lifetimes, I don't think anyone has ever dedicated a book to me."

Heart moved from Scarborough to Hermon with her daughter, Kelli Hall, and grandchildren about a year ago. Eager to become part of the commupersonal stories often starring nity, she volunteered in Noah's first grade class to aid children in writing their memoirs. Meanwhile, she was finishing her book and undergoing the tedious process of editing.

"I learned how much fun the

Noah and Malia place pins on children had when they were acsaid Heart, remembering a time when a student greeted her by saying, "I had a dream about your [book] cover, Ms. Heart.'

The children's names grace

the book's appreciation page. Heart, forever a teacher, is also forever a student. While writing "Awaken," she searched nearly 300 sources at both the Scarborough Public Library and the Edythe L. Dyer Library to contextualize her own life philosophy. Both libraries gave her a warm, quiet room to write and research.

In "Awaken," she quotes the sions. Heart also will give a ancient poet Rumi who wrote, "Everything has to do with love and not loving." She also quotes

authors Mark Twain on forgiveness, Fyodor Dostoevsky on allembracing love, and Jan Phillips on the gift of story.

"It's not a book for everyone. It is a book for people who want to deepen, who want to commit to grow their consciousness,' said Heart. "I wanted this book to stretch people, wake them up so they say, 'I don't know about this' — but the seed has been planted."

Find "Awaken" on Amazon.com or at heart-soul-healing.com, where you can learn about Heart's many workshops, retreats and soul coaching sesreading from her new book 3-5 p.m. Saturday, Nov. 5 at Fire Sign LLC, 50 Main St. in Orono.

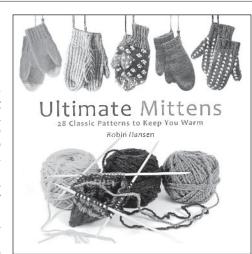


Continued from Page D1

An essay on fulled mittens reveals: "Fishermen fulled their own mittens by wetting them in icy sea water, walking on them on a cold deck, drying them on the hot engine manifold, turning them carefully to keep them from scorching, then wetting them again in sea water ...

Hansen's foray into mitten making takes the reader to places where she purchased or was given mittens to add to her collection, including Maine, New Brunswick, Nova Scotia, Newfoundland, the Faroe Islands, Norway and Sweden. She also introduces Inuit and Aroostook sewn mittens and Polish basket maker's mittens, unusual techniques that serve as examples of the ingenuity that arises when hands need be protected from freezing wind and water.

She writes that the directions for the mittens in the book are "not thought up by a computer, but the human, usually female, mind working out of love." Which is another reason I really like this book. Not to



mention the fact that the book itself and the mitten information and technical information it contains were thought up by yet another woman — Robin Hansen.

The book is lavishly illustrated with color photographs and black-and-white drawings, charts and schematics. Readers will find yarn requirements and knitting Call Ardeana Hamlin at 990-8153, or email

tens directions page, but that is a minor detail when you factor in the wealth of technical information included, such as hand measurements, mitten measurements and the time it takes to knit one pair; for example, three to six hours for a pair of children's mittens, depending on size.

The book also has a section called "Nice Touches" that includes what to do to keep from losing your mittens, reinforcing mittens and gloves with leather palms and repairing and caring for mittens and gloves.

This is a book for all seasons. It allows the knitter to enfold herself in the deep tradition of keeping hands warm with wool even as she knits a pair for a loved one.

Hansen is the author of several knitting books including "Favorite Mittens" and 'Knit Mittens." Snippets

Visit marthastewart.com for instructions for making children's Halloween costumes based on leggings and T-shirts embellished with letters, stars, lightning bolts or other iconography and accessorized with belts and headbands.

needle size on a page separate from the mit- ahamlin@bangordailynews.com.

CAMPUS



OR AT THE BOX OFFICE

\$20 GENERAL PUBLIC

\$12 STUDENTS

Rockin'

Continued from Page D1

But back to the beginning. Jamison and McLaughlin did finally meet up and play together, and by the spring of 2007, they were officially a band. Jamison, a native of Burlington, Vt., had been performing under the name the Milkman's Union since high school, but had long wanted a full band to flesh out his songs.

"I think we got along from the beginning," said McLaughlin, 24. "I think the thing that keeps love doing it. I don't know if a band can last if you don't just love it. We've played together long enough that we have a very natural relationship."

"Spinal Tap," all former bass players are not only currently living but also on extremely amicable terms with Jamison and McLaughlin. Beam, a wellknown Portland musician in his own right, joined the band in late August.

"One of our former bass players lives in Washington, D.C., and is a private investigator. Alex Hernandez, our most recent one, just moved to Brooklyn," said McLaughlin. "We burn through bass players. Jeff doesn't seem to be so easily flammable. I'm pretty us going is that we both truly sure he's going to stick around.'

The Milkman's Union sways between a propulsive indie rock rhythm, with Jamison's thoughtful guitar work locked Jamison and McLaughlin are in formation with McLaughlin's the two consistent members of nuanced drumming, and a genthe band; they've gone through the country-fied swing. It's often

a total of five bass players. Un- extremely pretty music, bring- to any band going out for their like the disposable drummers in ing to mind the quieter side of first tour is to abuse any and all Yo La Tengo, a less neurotic Mountain Goats and hushed, emotionally charged songwriters such as Bon Iver or Cat Power.

The band has also taken their show on the road as one of just a handful of Maine many people as possible. There bands who actively perform out-of-state. The Milkman's Union regularly plays shows all over the Northeast, and has an upcoming show at Sullivan Hall in New York City on Oct. 20, with Portland acts the Mallett Brothers Band, Kurt Baker and Billy Libby, and at L'Esco in Montreal, Quebec on Oct. 30. Touring is always a challenge for bands that are unknown outside of their home states, but McLaughlin said every time they go out on the road it's a worthwhile learning experience.

"The best advice I could give

connections you might have, wherever you're going," he said. "You're going to go to places where no one has heard your music, so you've got to be open to making as many connections and keeping in touch with as are times when you lose money or you play for five people, but it usually ends up being incredibly rewarding. Everyone should do it."

In addition to hitting the road, The Milkman's Union will be closer to home with the performance at Nocturnem Draft Haus in Bangor. There is a \$5 suggested donation, and the show is for ages 21 and up.

Tuesday prime time

MOVIES

7 PM 7:30 8 PM 8:30 9 PM 9:30 10 PM 10:30 2 NBC Dr. Phil (N) (HD) The Biggest Loser Contestants from past seasons visit. Parenthood (N) (HD) WLBZ NEWS Jay Leno ⚠ CBC Rick Mercer 22 Minutes Michael Debaters CBC News: The National Stroumboulopoulos Coronation Street CBS | Big Bang How I Met NCIS (N) (HD) |NCIS: Los Angeles (N) [2] (:01) Unforgettable (N) [3] News Letterman 'Til Death King 52 CW Seinfeld Seinfeld 90210 (N) Ringer (N) News South Park 14 6 NBC 207 Millionaire The Biggest Loser Contestants from past seasons visit. Parenthood (N) (HD) News Jay Leno Jeopardy! Last Man Standing (N) Dancing With the Stars (N) (:01) Body of Proof (N) News ABC Wheel Nightline & WARMICBS Wheel Jeopardy! (N) (HD) NCIS: Los Angeles (N) (:01) Unforgettable (N) News Jeopardy! Last Man Standing (N) Dancing With the Stars (N) (:01) Body of Proof (N) News B ABC Wheel Nightline & | PBS NewsHour (N) (HD) | Nature's Power Revealed | History Detectives (N) | Frontline (N) (HD) | Charlie Rose (N) Daily Show Colbert Rep IND Unforgettable (N) (HD) Flashpoint (N) (HD) Dancing With the Stars (N) CTV News CTV News The Insider K NCIS (N) (HD) NCIS: Los Angeles (N) (:01) Unforgettable (N) News at 11 Letterman 22 FOX The Office MLB Baseball Texas Rangers at Detroit Tigers. (N) (L) (HD) Cold Case Criminal Minds 33 ION Without a Trace Without a Trace Criminal Minds Live From Liberty & Cold Case (HD) Cold Case (HD) WBZ News The Office Seinfeld The Office ₹ NICK SpongeBob | SpongeBob | '70s Show | '70s Show | My Wife | My Wife George Friends FG Friends 14 George A N.T. Farm Phineas Jessie Phineas and Ferb: The Movie A.N.T. Farm Jessie Phineas DISN Vampire ** Stick It (2006) (HD) Jeff Bridges. (PG-13) The 700 Club (N) (HD) FAM ** Along Came Polly (2004) Ben Stiller. (PG-13) HIST American Pickers (HD) American Pickers (HD) American Pickers (HD) Top Shot (N)FG Top Shot (HD) <u>Fੱ</u>ਫ Dirty Jobs (HD) FG American Guns (HD) 4 Auction DISC Auction Auction Auction Auction TLC Little Couple Little Couple Extreme 19 Kids Little Couple Little Couple Extreme Extreme 19 Kids Extreme A&E Family Jewels Family Jewels Family Jewels Family Jewels Family Jewels Viking Wilderness (HD) Viking Wilderness (HD) Viking Wilderness (N) Viking Wilderness (N) Viking Wilderness (HD) **CSNE** SportsNet Sports Boxing Juan Garcia vs. Hector Serrano. (Taped) Sports Live | SportsNet | Sticks

3B IND Big Bang Big Bang The Dotted Line (N) (HD) | 2011 World Series of Poker | 2011 World Series of Poker | SportsCenter (N) **ESPN** E:60 (N) ESPN2 Soccer United States vs. Ecuador. From Harrison, N.J. (N) (L) (HD) | Soccer Brazil World Tour: Brazil vs. Mexico. (N) (L) | El Diez (N) NESN Daily Inside Roush NESN Daily Dennis Inside Roush Inside N.D. | College Football Boston College at Clemson. (HD) The Kudlow Report (N) Marijuana: Pot Industry 60 Minutes on CNBC American Greed Mad Money (HD) CNN | Erin Burnett OutFront (N) | Anderson Cooper 360 (N) | Piers Morgan Tonight (N) | Anderson Cooper 360 Erin Burnett OutFront FNC FOX Report/Shepard Smith The O'Reilly Factor (N) Hannity (N) (HD) Greta Van Susteren The O'Reilly Factor (HD) Hardball Chris Matthews | The Last Word The Rachel Maddow Show The Ed Show (N) (HD) The Last Word (6:00) ★ Bulletproof (1996) ★★★ The Green Mile (1999) (HD) Tom Hanks. A guard thinks an inmate has a supernatural power to heal. ® Real Housewives/Beverly The Rachel Zoe Project The Rachel Zoe Project Mad Fashion Fashion The Rachel Zoe Project CMT Extreme Makeover: Home *** Rudy (1993, Drama) Sean Astin, Ned Beatty. PG (:45) *** Rudy (1993) Sean Astin. (PG) 30 Rock 3 30 Rock 4 Workaholics Tosh.0 4 Tosh.0 4 Tosh.0 1 Tosh.0 N Workaholics Daily Show | Colbert Rep Keeping Up With the Kardashians Chelsea Lat E! News E! News (N) Dirty Soap FOOD Cupcake Wars (HD) Cupcake Wars (HD) Chopped (HD) Chopped (HD) Chopped (N) ** Transformers: Revenge of the Fallen (2009) (HD) Shia LaBeouf. (PG-13) Sons of Anarchy (N) (:01) Sons of Anarchy (M) Lauren The Streets Opry Live (N) Bull Riding From Hankinson, N.D. The Streets | GAC Late Shift GAC HALL Little House on the Prairie Little House on the Prairie Frasier Frasie Frasier Fa Frasier Fa HGTV Hunters Int'l House House First Place Property Property House Hunters Int'l Hunters Int'l Property Unsolved Mysteries 14 Taken From Me: The Tiffany Rubin Story (2011) NR The Tiffany Rubin Story Unsolved Mysteries **E** € LIFE MTV Coming Out (N) Used to Be Fat (N) Chelsea Settles (N) True Life True Life The Sing-Off Groups perform two songs. OXY Snapped FG Snapped Fc Snapped F& King Auction Repo Games Repo Games Repo Games Auction SPIKE Auction Auction King SYFY ** Seconds Apart (2011) (HD) Orlando Jones. (R) * Fertile Ground (2010, Horror) (HD) Leisha Hailey. (R) Population 436 (2006) (R) TBN The Cross Potters Behind Joyce Meyer John Hagee Rod Parsley Praise the Lord Big Bang | Big Bang | Conan (N) (HD) Seinfeld | Seinfeld | Big Bang | TBS P. S.: Ernest Borgnine TCM *** Rebel Without a Cause (1955) James Dean. *** Johnny Guitar (1954) Joan Crawford. (NR) (6:20) Critical Condition (R) ** The Oxford Murders (2008) Elijah Wood. (R) Giallo (2009) (HD) Adrien Brody. (R) Fatal Secrets Bones (ESP HDTV) Bones (ESP HDTV) Bones (ESP HDTV) Bones (ESP HDTV) CSI: NY (ESP HDTV) Bizarre Foods/Zimmern TRAVEL In America In America Mysteries at the Museum FG Off Limits (N) (HD) FG The Dead Files (HD) TRU World's Dumbest... Pawn Pawn Pawn Pawn Pawn Bait Car 12 Bait Car 12 Pawn D. Van Dyke D. Van Dyke Married Married Scrubs Scrubs Raymond Raymond Raymond Raymond USA Law & Order: SVU Greatest Songs of the '00s Greatest Songs of the '00s Tough Love: Miami Tough Love: Miami VH1 Tough Love: Miami NHL Live | NHL Overtime (N) NHL Live (N) NHL Hockey Florida Panthers at Pittsburgh Penguins. (L) (HD) Sports Talk WGN-A Funniest Home Videos 30 Rock 30 Rock 3 How I Met How I Met | WGN News at Nine (N) | 30 Rock | Scrubs | 2 *** The Bourne Identity (2002) Matt Damon. An an nesiac agent is marked for death after a botched hit. ** Conspiracy Theory (1997) (ESP) Mel Gibson. A paranoid cabbie's rantings make him a CIA target. ® (6:20) ** Knockaround Guys (2001) (ESP) ® *** Harry Potter and the Deathly Hallows: Part 1 (2010) Daniel

*** Harry Potter and the Deathly Hallows: Part 1 (2010) Daniel

*** Large of the destroy the secrets to Volidemont's nower. (6:00) *** Scott Pilgrim vs. the World (2010) нво the secrets to Voldemort's power. (:15) ** Housesitter (1992, Comedy) Steve Martin. A ** Due Date (2010, Comedy) (ESP screwy waitress forces herself into an architect's life. (PE) HDTV) Robert Downey Jr. (B) (6:20) ** Wild Things (1998) Kevin Bacon. (R) MAX (6:00) * Paper Man (2009) | **** Let the Right One In (2008) Kare Hedebrant. A lonely misfit finds a soul mate in a vampire child. (R)

** Mona Lisa Smile (2003) (ESP) Julia Roberts. A pro-fessor challenges her female students in 1953. (PG-13) gal finds her niche at a neoburlesque club. (PG-13) dios: Boss

Dexter (HD)

Homeland Carrie gets electronic evidence.

Hair

Continued from Page D1

tones. Add these back into your hair by foiling. This is going to make your hair look and feel much healthier and more natural.

Be a bit daring and add in some warm or golden tones to really bring some fall into your allow your hairstylist to put the throughout your hair. Adding two or three colors is going to give you a much more natural appearance. A person who has completely natural hair that has never been colored doesn't have just one color in their hair. Natu-

ral color has more than one tone. consult with your stylist and semi- or demi-permanent hair color) on all of the hair that is changed. not put into foils. This is just going to be like a conditioning treatment and leave your entire head of hair looking new, fresh, shiny and fabulous.

The changing of seasons is always a good time to change your hair and your look, even if it's something subtle and simhair color. Foiling is going to ple. Think about toning down that summer blonde, darkening colors you have chosen together your already brunette hair, or right where you want them just going red. Whatever you do,

> Code Talker Cryptoquip, every day

Bangor Daily News





ALL YOU CAN EAT! Lunch Buffet for 2 Adults* OVER 268 ITEMS DAILY! NIGHTLY SPECIALS Dinner Buffet for 2 Adults* ON BUFFET!

I also recommend using a glaze (a remember that it's just hair color and it always can be Gina Leonard is a licensed cos-

metologist, owner of The L Factor Salon at Twin City Plaza in Brewer and a Mary Kay senior consultant. Email her at getginafiedbdn@gmail.com.



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