

Things to Do Entertainment

AUGUSTA — Concerts at Jewett Series sponsored by University of Maine at Augusta College of Arts and Sciences and UMA Senior College presents a duo piano concert featuring Bridget Convey and Chiharu Naruse, 2 p.m. Sunday, Oct. 16. There will be a preconcert talk at 1 p.m. Tickets are \$10, students \$5, 12 and under free. Call 621-3551, email umasc@maine.edu or visit concertsatjewett.com for information or for mail-order tickets.

BANGOR — Francine Reed, eclectic blend of jazz, blues and R&B, 7:30 p.m. Friday, Oct. 14, at Husson University's Gracie Theatre. Tickets, \$20. For tickets and information, visit gracietheatre.com. Tickets also available at Rebecca's in downtown Bangor or by calling 941-7051.

BANGOR — Bangor Ballet presents "A Tribute to Balanchine" in collaboration with dancers from Portland-based Maine State Ballet, 8 p.m. Saturday, Nov. 5, at Husson University's Gracie Theatre. Tickets are \$12 for adults, \$8 for children and students and are available at Thomas School of Dance, Patrick's Hallmark Shop in Bangor and Sherman's Books and Stationery in Ellsworth or by calling 945-3457. For information, email bangorballet@gmail.com or visit bangorballet.com.

BAR HARBOR — "Sarah's Key," Oct. 11-13; "The Future," Oct. 14-17, at Reel Pizza Cinema.

DOVER-FOXCROFT — The Over EZ Band, all-female rock band, 7 p.m. Saturday, Oct. 15, at the Center Theatre. Free.

HOULTON — Air Force Band of Liberty's New England Winds concert, 7 p.m. Friday, Oct. 21, at Houlton Community Arts Center, Houlton High School. Event is free and sponsored by the SAD 29 music department. For information, call 532-6551 ext. 22.

PORTLAND — "The Lieutenant of Inishmore," 7:30 p.m. Thursdays, 8 p.m. Fridays and Saturdays, 2 p.m. Sunday matinees, Oct. 6-23, at Lucid Stage, 29 Baxter Blvd. Tickets are \$22 for adults and \$20 for students and seniors. Mad Horse also offers pay-what-you-can performances each Thursday during the run. For information, call 899-3993 or visit www.Lucid-Stage.com. Reservations are recommended.

PORTLAND — Swing dance, 9 p.m.; lessons, 8 p.m. Friday, Oct. 21, at North Deering Grange Hall, 1408 Washington Ave. No partner needed, beginners encouraged. Cost \$8. For information, email kevin@swing-nuts.com or call 653-5012.

PORTLAND — Hanson and Charlie Mars, 7 p.m. Tuesday, Oct. 11; Skrillex Cell, Two Fresh, Nadaström and 12th Planet, 7 p.m. Wednesday, Oct. 12, at the State Theatre, 609 Congress St. For information, call 956-6000 or visit statetheatreportland.com.

SKOWHEGAN — Singer-songwriter and violinist Andrew Bird, with experimental hip hop artists Dosh, 6:30 p.m. Saturday, Oct. 15, at the Skowhegan Opera House, 225 Water St. Tickets \$34 advance, \$37 day of show, available at statetheatreportland.com.

STONINGTON — "PS, I Love Music: Musical Expeditions with Paul Sullivan and Friends," 7 p.m. Saturday, Oct. 15, at the Stonington Opera House. All tickets are \$15 general admission. Island students are Free. Tickets available online at operahousearts.org or through the Opera House Arts' box office, 367-2788.

UNITY — Hot Club of Cowtown, 7:30 p.m. Wednesday, Oct. 12; Stanley & Grimm, Celtic duo, 7:30 p.m. Thursday, Oct. 13; the Toughcats, 7:30 p.m. Saturday, Oct. 15, at the Unity College Center for the Performing Arts. All tickets \$15, available at the door or by calling 948-SHOW.

WATERVILLE — "Brighton Rock," "The Whistleblower" and "The Debt," nightly though Oct. 13, at Railroad Square Cinema, 17 Railroad Square.

For a complete listing of calendar items or to submit your event, visit www.bangordailynews.com.



BDN PHOTO BY GABOR DEGRE

Rosalie Deer Heart of Hermon is the author of seven books on spirituality, soul healing and soul reading.

Waking up, planting a seed

Hermon soul reader pens new book on love's power

BY AISLINN SARNACKI
BDN STAFF

AWAKEN by Rosalie Deer Heart, August 2011, Balboa Press, \$19.95, 231 pages.

Before committing to a writing project, Rosalie Deer Heart consults the trees. She takes an outline to a grove on a full moon and leaves the paper in their shadow overnight. Upon returning with the sun, she feels nature's acceptance or rejection.

"I know that if I do write the book, many trees would lose their lives, so I ask permission," Heart said during a recent interview in her sunlit kitchen. "I've always cared about trees."

"The trees once turned me away from writing a book of poems, and I

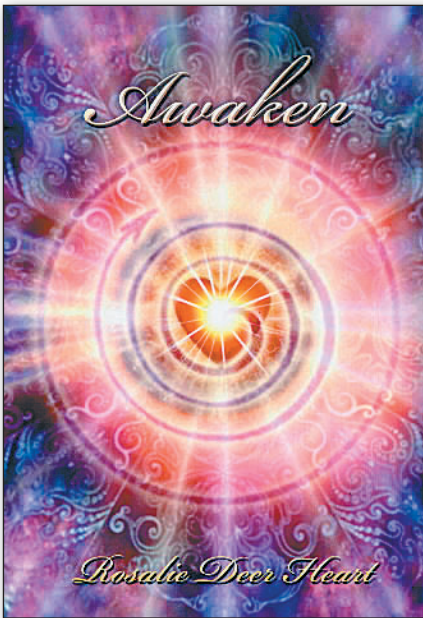
think they were right," she said, laughing.

But when it came to Heart writing "Awaken," nature was onboard. Released six weeks ago, her newest book has reached 3,000 homes around the world, 1,200 of which Heart has shipped from her home in Hermon with the help of her grandchildren.

"One of my friends described it, after she read it, as my life's work up to this point," Heart said.

A book signing and interactive reading is set for 7 p.m. Monday, Oct. 17, at the Edythe L. Dyer Community Library, 269 Main Road North in Hampden.

"Awaken" is a collection of pieces of knowledge Heart has gained while pursuing her interests in different careers, including high school teacher, college instructor, psychotherapist, minister, author, sculptor and li-



censed medium. Spirituality, personal development, quantum physics and peace are all themes in "Awaken," but after nearly two years of writing, it all boiled down to one thing: love.

While meditating, Heart realized that "Love," the first chapter of the

"All religions of the world agree that love is the foundation. This is not a new message."

ROSALIE DEER HEART

book, was the glue that held the book together.

"It's about love's impact on consciousness, and how love is grounded in creativity, spirituality, healing, intuition — and how to be open to letting love guide your life," said Heart, who legally changed her last name years ago, and with this recent book it seems all the more fitting.

"All religions of the world agree that love is the foundation. This is not a new message," said Heart as she gently held her grandson's kitten, Mr. Wizard, sleeping against her chest.

Activities and prompts are woven throughout the book, and writing prompts punctuate each chapter.

"Someone told me the other day that it's not a book for sissies," Heart *See 'Awaken,' Page D2*



New book invites knitters to share mittens of tradition

Folklorist, knitter and mitten expert Robin Hansen of Bath has made a career of mittens.

Her latest work in the field is "Ultimate Mittens: 26 Classic Knitting Patterns to Keep You Warm." It's a most satisfying book. In it, Hansen mixes mitten knitting lore and history with mitten patterns that will keep knitters happily challenged for a long, long time.

In her introduction she writes

of folk handcraft, in general, and mitten knitting, in particular: "It flows through human hands and minds, from one person to the next. It can't exist without a person, and each person adds or subtracts from the way it's done to make the product her own."

Hansen's book celebrates that tradition. The book also is testimony to the fact that Hansen figures out how to modify traditional mitten patterns to make them accessible to the knitters of today — an art in itself.

Essays on the history, knitting technique and engineering of mittens are featured in the pages

of "Ultimate Mittens," making it far more than a mitten knitting instruction book. Those who enjoy delving into the historical past of the mittens they knit will enjoy the information Hansen shares, such as, "Mittens have been knit, crocheted, felted, knit and fulled, knit tightly, knit loosely and covered with cloth, woven like little baskets of yarn, lined with all manner of stuffing and surfaces, and sewn from cloth and skins." She writes that she found most of the mittens featured in the book in New England and Atlantic Canada — some even turned up in an attic.

See Hand, Page D2



ARDEANA
HAMLIN
BY HAND

Time to turn in those summer highlights

Is your hair feeling and looking a bit too "summer?" Those highlights we all had to have in May combined with lots of sun exposure through the summer have left you with a whole head of dry blonde hair, and now some pretty dark roots. What do you do now?

GET
GINAFIED
GINA LEONARD

As a hairstylist, I can tell when the seasons are changing simply by the requests I get. In the spring, I do tons of blonde highlights. I always compare the amount of light-

ener we go through to the first sign of spring and our version of "seeing the robins." In late summer, it is the opposite. I start creating lots of redheads and taking out all those blonde highlights that were created back in May. If you are one of those who has way too much blonde in your hair right now and you aren't quite sure what to do, here is what I recommend.

When you highlight your hair, you are actually removing pigment from the hair, which is why it dries out. When you reverse that process, you are adding color back into the hair, which is going to

make it feel fuller and healthier. This is also why darker hair always gets so much more shine than blonde hair. Going darker doesn't mean you have to go back to your root color all over your head and become a brunette. Darker just means any color that is darker than what you currently have.

I recommend adding dimension back into your hair by choosing a few different tones. Consult with your stylist, check out the color swatch book and choose a few different blonde and light-brown

See Hair, Page D2



PHOTO COURTESY THE MILKMAN'S UNION

The album cover from The Milkman's Union vinyl 7-inch single, "Texas Hold Me."

Milkman's Union play introspective, intricate indie rock

At the first-ever Milkman's Union band practice back in the fall of 2006 in a dormitory basement at Bowdoin College in Brunswick, the lead singer and guitarist didn't show up. That was not a bad omen, however. It was just the beginning of a beautiful friendship.

Five years later, Henry Jamison and Peter McLaughlin, lead singer-guitar and drummer, respectively, have released two albums of intricate, introspective indie rock. The band — a trio, with bassist Jeff Beam rounding out the lineup — will release on Thursday, Oct. 13, a vinyl 7-inch single featuring two songs, including "Texas Hold Me," a song recorded with Lady Lamb the Beekeeper.

The single will be available at the Milkman's Union's next gig, a When Particles Collide Presents show with songwriter Jacob Augustine, Bangor indie pop band Temperature of the Sun and slam poet Al Trott at 9 p.m. Friday, Oct. 14, at Nocturnem Drafrhaus in Bangor.

See Rockin', Page D2

Click it

To see a video of The Milkman's Union, go to www.bangordailynews.com



EMILY
BURNHAM
ROCKIN' OUT