

**LASANSKY DANCE
RECITAL SATURDAY**

Ballet draws dancers back to the future



Jimena Lasanky, center, works with adult dancers Suzanne Dunaivent-White (back to camera) and Molly Eddy on their "Akhatova Songs" duet at her Rockport Studio. PHOTO BY: DANIEL O'CONNELL

Many a little girl, and the occasional little boy, falls in love with ballet, leaving the study behind by the end of high school or before. But for some, the attachment is deep enough to bring them back to the barre decades later — with a difference.

"It's really fun, because none of us have the pressure of thinking we're going to be ballerinas, so we don't take ourselves very seriously," said Molly Eddy, a Coast Guard-licensed boat captain by profession and a dancer by avocation.

Eddy is one of several back-to-it dancers performing in the 37th anniversary dance concert by Lasansky Studio of Dance, together with the Dance Theater Ensemble. The performance is set for Saturday, May 5, at 7 p.m. at the Camden Opera House, 29 Elm St./Route 1.

Getting a kick out of seeing themselves in tutus does not mean the returning women aren't working hard. Some of them first studied with Jimena Lasansky when they were the age of many of the dancers they will share the stage with (the youngest is 5). Part of this year's show will tap directly into those long-ago children, via poems written during one of Lasansky's annual summer thematic workshops that combine dance with all kinds of other artistic explorations.

"I will be reading them, and it's super-fun poetry," said Eddy. "I love how accessible they are!"

Eddy will be accessing her younger self, reading a poem she wrote at age 6. Other



Molly Eddy is pictured in 1994, working on a "sifter" — a concept broadly defined and explored during that summer's thematic workshop at Jimena Lasansky's original Lincolnville studio. COURTESY OF: JIMENA LASANSKY

former students whose 1989 poems will be read are Laine Sanderson, Danica Phelps, Lara Keidel, Maia van Heeswijk, Megan Green, Lindsay Powers (also in the show), Julia Sortwell, Graham Allen, Willow Hall, Earth John, Emily Qualey and Jessica Belvill. Eddy said she doesn't have specific memories

by Dagny C. Ernest

of those days, but what she does remember paints a picture of time spent in Lasansky's former studio in Lincolnville.

"I remember having, like, a ton of fun, you know ... going out in the garden, picking petals and making things with the plants and then

bringing them back inside and playing with clay and eating popcorn," she said.

She also remembers learning about having respect for everything in a somewhat unusual way.

"When we were taking ballet class, she used to have a lot of her plants inside the studio and you'd, like, invariably run into plants at some point and she'd make you apologize to them," Eddy said, "which is just super — a little weird, but fun."

The Lasansky Dance studio relocated to Rockport this century, to a large, airy, built-for-dance space created by Lasansky and her architect husband. But it's still in the woods, Eddy said, "and the gardens are beautiful!"

Eddy, who studied with Lasansky from age 4 to 17, came back to ballet a couple of years ago, when her son had just turned 2. She described it as "sort of coming out of the weeds" and back into taking care of herself and, well, moving again.

"I like other exercise, like yoga, biking and other things, but there's nothing quite like ballet," she said.

Her sister returnees agree that, for them, ballet, with its focus on technique and discipline, is a way they find they can really get grounded in their own minds and bodies.

"Ballet, for all of us, is sort of a way to turn that internal chatter down ... it's a freer way of getting some exercise," she said.

Not that Eddy is lacking in activity. She launched her own business last summer, Saltwater Maritime, offering personalized instruction for people with boats.

"I'm working with new boat owners, old boat owners, just sort of refreshing people and making them feel more comfortable in their own skills and on their own vessels," she said.

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DIGITAL RELEASE MAY 15

'ISLAND ZERO' GETS WEEK AT THE COLONIAL

The Tess Gerritsen-written, Midcoast Maine-made horror movie "Island Zero" is enjoying a big-screen tour before its May 15 video-on-demand release debut. The thriller will open Friday, May 4, for a week at the downtown Colonial Theatre, 163 High St., Belfast.

Show times are: Friday, May 4, 5:30 and 7:45 p.m.; Saturday, May 5, 2, 5:30 and 8:05 p.m.; Sunday, May 6, 2, 4:45 and 7 p.m.; Wednesday, May 9, 4:45 and 7 p.m.; and Thursday, May 10, 4:45 and 7 p.m.

Best-selling author Gerritsen, who lives in Camden, will introduce the latter two shows Saturday, and do a Q&A after the 5:30 p.m. one. Her son, Lincolnville's Josh Gerritsen, directed the film; and his former Camden middle school classmate

Mariah Klapatch produced. Many a Midcoast face and location is featured in the old-school suspense thriller that harkens back to the days of drive-in scares driven by environmental fears such as 1954's "Them!"

BY DAGNEY C. ERNEST

While much of the filming was done on Islesboro, scenes also were shot in Camden, Lincolnville, Rockport, Duck Trap and Monhegan. Principals with local roots include professional actor Matthew Wilkas, a Camden



Camden's Terry Bregy, pictured at Rockport Harbor, is among the stranded residents of the frightful and fictional Tucker Island in "Island Zero."

native; and Elaine Landry, a current Camden Hills Regional High School student; and there were many local

extras. Belfast's Elaine Bielenberg costumed them all.

The Donkey Universe Films movie had its New England premiere at the 2017 Boston International Film Festival. Its storyline is classic: the ferry just stops coming to a small fishing island off the coast of Maine. Phone connections disappear, and so do the boats headed out to the mainland (actually, the boats survive). Blood is spilled, secrets are revealed and it all comes down to a hardy group of survivors versus ... well, viewers will have to see for themselves.

Tickets are the Colonial's usual: \$9/\$8 for 65+/\$6 younger than 13 for evening shows; and \$6 all seats for matinees and bargain Wednesdays. For more information on the movie, visit islandzeromovie.com.

Pictured at the Grand Auditorium's April 28 screening are, from left, Josh Gerritsen, Tess Gerritsen, Elaine Landry, Terry Bregy and Mariah Klapatch.



First Friday Art Walk in Rockland

The year's First Friday Art Walk season begins on May 4, and many of the city's galleries will be open from 5 to 8 p.m.

Participating sites include the Maine Coastal Islands Art Gallery, Landing Gallery, The Gautschi Center, Art Space (in its new location at 405 Main St.), Black Hole, Caldbeck Gallery, Dowling Walsh Gallery, the Center for Maine Contemporary Art, Harbor Square Gallery, the Farnsworth Art Museum and Jonathan Frost Gallery.

Rockland's First Friday Art Walks run May through October and are coordinated by Arts in Rockland. For more information, visit artsinrockland.org.

HOME & GARDEN

The sunny harbinger of spring: forsythia

In the Victorian language of the flowers, forsythia translates to anticipation. That expectation of spring is aptly mirrored in forsythias, which bloom extravagantly and early, providing a ray of sunshine when it is needed most. Folklore says: "Three snows after the forsythia bloom," and we'll have to wait to see if that holds true. This could be the year that provides proof of that mythology. But in the meantime, we welcome the brilliant yellow blooms exemplifying gentle, effervescent energy, announcing the arrival of spring.

According to Wikipedia, forsythia is a genus of flowering plants in the olive family Oleaceae and is related to olives, lilacs and ash. There are about 11 species, mostly native to eastern Asia, with one native to southeastern Europe. The genus of these deciduous shrubs is named after William Forsyth. In Chinese medicine, forsythia (lian qiao) is used to clear heat, soothe inflammation and calm the skin. Forsythia was first grown in this country in the mid-1800s, and is deer-resistant.

From Gardening Know How website, we learn that while forsythia is quite shade-tolerant, these shrubs bloom best in full sun, with good drainage and the equivalent of about two inches of water per week. A



GOOD SEASONS
By Lynette Walther



Left to grow naturally into its arching form, a forsythia heralds spring with sprays of golden blooms. PHOTO BY: LYNETTE L. WALTHER

balanced fertilizer applied every two to three months in the spring and summer promotes growth and next year's blooms as well. But hold off on fertilizer starting in the fall and through the winter months.

Forsythias have a natural arching growth pattern, though they can be pruned to form hedges. Pruning also contributes to the care of these shrubs, which grow rapidly. Without pruning, forsythia can quickly become overgrown. The best time for trimming is in the spring after the blooms fade. Forsythia sets its flower buds soon after new growth appears. Pruning forsythia in late summer or fall can reduce the number of flowers the following spring, since these shrubs bloom on old wood. Pruning forsythia is essential to control this growth.

For a mature forsythia shrub, cut at least a fourth

to a third of the oldest, thickest branches close to the ground. For the very oldest and most overgrown forsythia, pruning should be brutal, cropping the entire shrub to about four inches from the ground. Within two years, you'll have a new shrub. Many forsythia varieties will root easily from cuttings, either layered in the ground (lay a branch on the ground and cover with soil) or in water.

Younger forsythia shrubs are easier to maintain with regular care, and trimming a forsythia while it is young helps control its shape and size. Take out the oldest branches to make room for new shoots and allow more light into the center of the shrub. Trimming back any straggling growth will go a long way to clean up the look of the shrub. All it takes

is a few minutes each spring on forsythia pruning. Newer varieties feature dwarf and miniature forsythias like Sugar Baby and Starlet that can greatly reduce pruning chores, making them perfect for small spaces and mixing with spring-flowering bulb displays. Don't forget, forsythia makes a good cut flower to enjoy and bring a touch of spring indoors.

Read more at Gardening Know How: Pruning Forsythia - Tips For Trimming Forsythia Bushes gardeningknowhow.com/ornamental/shrubs/forsythia/forsythia-pruning.htm.

Lynette L. Walther is the recipient of the 2017 Garden Writers Association's Silver Award of Achievement, the second time she has received this award for her newspaper garden columns. She gardens in Camden.

Fiesta sweet potatoes

Sweet potatoes are famous for their outstanding nutritional value, but sometimes I find them dry and hard to swallow. It's probably just a weird thing about me. I love this recipe because the sweet potatoes are tender and juicy and glossy. You can use any mixture of peppers you like, to make it bland or spicy. I think the spicy peppers work well as a counterpoint to the sweetness of the rest of the dish. Avocado oil has the highest smoke point of any oil and is ideal for high-temperature roasting, which is why I have suggested it here.

Ingredients:

- 3 pounds sweet potatoes, cut into 1-inch chunks
- 1 cup red and green bell pepper or jalapeno peppers, diced small
- 3 Tbsp. avocado oil
- 2 Tbsp. fresh ginger, minced
- 1 tsp. chili powder salt to taste
- cilantro for garnish

Glaze:

- 1/2 cup agave nectar
- 1/4 cup lime juice
- 1/2 tsp. chili powder
- 1/4 tsp. cinnamon

Directions:

1. In a bowl or large plastic bag (I save cereal bags for just this purpose), toss together the sweet potatoes, peppers, avocado oil, ginger and chili powder.
2. Evenly distribute these ingredients on a large sheet pan that has been covered with aluminum foil and sprayed with nonstick cooking spray. (You can just spray the pan and spare the foil, but then you'd have to wash it.) Salt to taste.



FOOD FOR LIFE
By Wendy Andresen



3. Bake at 425 degrees for 10 minutes, then stir and bake for another 10 minutes.

4. Meanwhile, whisk together the ingredients for the glaze.

5. After the vegetables have baked for 20 minutes, pour the glaze evenly over all and return to the oven for 10 minutes.

I like to serve this on a bed of arugula or organic baby spinach and garnish it with chopped cilantro. Alternative garnishes could be toasted pumpkin seeds, sesame seeds, sliced scallions, or parsley. Any way you look at it, it's a colorful, beautiful fiesta for your mouth.

Wendy Andresen lives in Camden with her husband, Ray; her Sheltie, Sunshine; and her bunny, Cosi.

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While she's working with recreational boat owners, her husband is running Boynton-McKay Food Co.

"He's the owner and chef there. We both sort of like to be in charge," Eddy said.

Performing on stage, however, is a new challenge for Eddy, who will perform

one of the "Akhatova Songs" pieces with Suzanne Dunavent-White, another adult ballet student. The modern dance suite, using John Tavener's music, was developed years ago specifically as pieces to be looked forward to and passed on by students over the course of their Lasansky School of Dance experience.

Returned student Emily Seymour had danced the piece during her first stint with the company; last summer, former student Anna Rich was visiting and joined her in helping re-stage the repertoire staple.

But creating new work out of each dancer's experience is also a tradition, and "Couplet" will have a

different ending this year. "It wasn't working, so we changed it. I always want dancers to dance from their hearts, from their element," Lasansky said as she finalized the program.

A recipient of numerous fellowships and grants for her work in the fields of choreography, performance and education, Lasansky has taught creative movement, ballet, modern dance and choreography on the Midcoast since 1977. She trained at the Juilliard School in New York, concurrently studying anatomy and Pilates technique; and later earned a master's degree in dance in education.

Saturday's one-hour dance concert comprises 12 dance selections to music from Strauss to Crumb to von Bingen. In addition to solos, duets, trios and a quartet from the Dance Theater Ensemble repertoire, there will be six premieres. The students — who hail from Appleton, Belfast, Bristol, Brooks, Camden, Glen Cove, Hope, Liberty, Lincolnville, Northport, Rockland, Rockport, Searsmont, Thomaston, Union and Warren — have been hands-on in both choreography and costuming.

"Taking the class is fun and working on the piece has been fun," said Eddy, hoping for a big turnout. "If I'm going to be a little jittery and embarrassed on stage, I might as well have a lot of people to do it in front of!"

The 37th anniversary season dance concert is free and open to the public. For more information about Lasansky Dance, visit lasanskydance.com. The evening opens six weeks of local dance performances at the downtown Camden Opera House; see the schedule at camdenoperahouse.com.

BRIEFS, from page C5

Sun 6

Sunday Jamm, 1:30 to 4 p.m. Musicians bring instruments and voices to make music together informally every Sunday at Sail, Power and Steam Museum at Sharp's Point South, 75 Mechanic St., Rockland. Free. FMI: 701-5050 or 701-7627.

Mon 7

Open Mic Night, 8 to 11 p.m. Vince Gabriel and other guest musicians host weekly open mic for all kinds of music at the FOG Bar & Café, 328 Main St., Rockland. Signup list starts 7:30 p.m.

Tue 8

Poet Laureate Office Hours, 9:45 to 11 a.m. Belfast Poet Laureate Tom Moore available for all inquiries/interests in the third floor conference room of Belfast Free Library, 106 High St. Every Tuesday. FMI: 338-3884, ext. 10.

Metropolitan Opera Encore, 1 to 4 p.m. High-definition rebroadcast of April 28 performance from Lincoln Center of Massenet's "Cendrillon" at the Strand Theatre, 345 Main St., Rockland. Cost: \$23; \$5 younger than 19 and college students with ID. FMI: 594-0070, ext. 3.

Belfast Free Sketchers, 2 to 4 p.m. Second Tuesday group meets in Abbott Room of Belfast Free Library, 106 High St. Free. BYO art materials. Members take turn leading; open to the public; new participants of all levels of experience welcome. FMI: 338-3884, ext. 10.

Midcoast Ukles, 5:30 to 7:30 p.m. Ukulele players of all levels and ages gather to strum at Spring Brook Hills Club House, 41 Spring Brook Hill Drive, Belfast. Free, music (large print) provided. FMI: 322-2685; dennisr404@gmail.com; aebidges87@gmail.com; or jeffrey.weinberger@maine.edu. Schedule & alternate locations: midcoastukes.org.

UkesROCK Strumming Group, 6 to 7:30 p.m. Weekly ukulele group meets in ensemble room of Midcoast Music Academy, 279 Main St., Rockland. Free; call 542-4552 for details.

Free Public Music Jam, 7 to 9 p.m. Acoustic instrumentalists and singers encouraged to gather in walk-in lower level of Thomaston Federated Church, 8 Hyley St., to play folk, blues, country, rock and pop. FMI: 273-2914 or 504-2745. Tuesdays year-round; listeners encouraged to attend.

BRIEFS, page C7

CROSSWORD

CLUES ACROSS

- 1. In bed
- 5. Project portfolio management
- 8. ___ Bator: Mongolian capital
- 12. Roamed
- 14. Notre Dame legend Parseghian
- 15. Nothing (Spanish)
- 16. Not level
- 18. Self-contained aircraft unit
- 19. Baseball broadcaster Caray
- 20. ___ Tomei, actress
- 21. "The Raven" writer
- 22. Bathrooms
- 23. Skilled inventors
- 26. Forcefully silence
- 30. Remove
- 31. The arrival of daylight
- 32. Split lentils
- 33. "Walking Dead" actress
- 34. A lazy person
- 39. Doctors' group
- 42. Crooks
- 44. Fragrant essential oil
- 46. Conjured
- 47. One who predicts
- 49. Scarlett's home
- 50. Television network
- 51. Something comparable to another
- 56. What a thespian does
- 57. Word element meaning life
- 58. Italian island
- 59. "King of Queens" actress Remini
- 60. Jogged
- 61. Norse gods
- 62. Lazily
- 63. Midway between northeast and east
- 64. Hindu queen

- 9. Pakistani city
- 10. Farewell
- 11. Short sleep sessions
- 13. Remove salt
- 17. Drug officers
- 24. One and only
- 25. The Golden State
- 26. Fabric baby carrier (abbr.)
- 27. Quid pro ___
- 28. New England research university
- 29. Baseball pitcher's stat
- 35. Western India island
- 36. ___ Angeles
- 37. Midway between east and southeast
- 38. British singer Stewart
- 40. Suggesting the horror of death and decay
- 41. Riding horse
- 42. Where wrestlers work
- 43. Regions
- 44. Of a main artery
- 45. Not classy

- 47. Competed against
- 48. Biscuit-like cake
- 49. Large ankle bones
- 52. Computer company
- 53. "Friends" actress Kudrow
- 54. "Chocolat" actress Lena
- 55. Brain folds



Solutions in the classified section

1	2	3	4	5	6	7	8	9	10	11				
12				13			14			15				
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49							50			51	52	53	54	55
56							57			58				
59							60			61				
62							63			64				

CLUES DOWN

- 1. Top Rank boxing promoter
- 2. ___ fide (Latin)
- 3. At all times
- 4. Hindu female deity
- 5. Tufts of hairs on plant seeds
- 6. Edited
- 7. Portuguese archipelago
- 8. Your parents' brothers



SUDOKU

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	1				4	7		
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	6					3	1	
	2		8					4
					6	8		
5				4		7		
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6								5

Level: Intermediate

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