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Great shearwater PHOTO BY DON REIMER

Ocean Voyages—

Birding with Don Reimer

In mid-September, my wife and I embarked on an ocean voyage. Not exactly a major journey, but an annual 12-mile trek to our fall stay at Monhegan Island. The only wild card in the equation was Hurricane Larry, a recent offshore storm that had skirted the outer Maine coastline, producing five- to seven-foot rollers in the open ocean. We needn't have worried, though; the crossing was slightly bumpy but otherwise fine.

From the security of the *Elizabeth Ann*'s upper deck, we pondered the seabirds around us — gulls, ducks, cormorants, guillemots. Despite daily fluctuations of weather or sea conditions, these capable creatures have adapted

DON REIMER continues page 15

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Looking Glass Logic—

The logic is clear, in an Alice in Wonderland sort of way. Those lucky or rich enough to live near Rockport Harbor pay high taxes.

Those lucky or rich enough to live near Rockport Harbor hate the Rockport Harbor Hotel construction.

Those people (whether lucky, or rich, or both) complained that in the town’s eagerness to build a huge hotel, the town avoided dealing with problems of traffic, parking, noise, lights, nuisance, loss of view, loss of privacy, damage to historic buildings and more. So some of those taxpayers appealed in court to stop the hotel.

Next, the town spent \$87,547.53 of taxpayers’ money to fight this appeal (see page 4 of the current Rockport Resource). Thus with Through the Looking Glass logic: the appellants paid to defeat themselves.

The Red Queen could not have managed it better. Why doesn’t the developer pay the legal fees? Then all of us could know all our taxes go to schools, police, firemen, infrastructure and those other necessities on which we all agree.

Andy Austin, Rockport

Social Decay for Dollars—

I agree with and empathize with Andy Austin of Rockport in her letter “Oligarch Wrecks Rockport” of the Tuesday, September 14, Free Press.

In Brunswick, developers overcrowd the region with buildings of all types, poorly thought out and aesthetically horrible.

All of this creates more traffic congestion with intersections as ugly as anything in Newark, New Jersey.

This insanity is billed as development or progress, however it is really destruction of the planet and disgracing the natural environment.

With all that is said about environmental devastation and ecosystems being destroyed, one would think that Maine citizens would be more sensitive to this “social-decay-for-dollars/greed”; however, apathy prevails and especially among the citizens.

There is no indication anyone is aware of hindsight and foresight. Simply get out the bulldozers and wreak havoc upon the earth while future problems await due to this mindlessness! And here is the real issue: there are no minds capable of solving the problems!

I commend Andy Austin for speaking up, because communications are lacking about so many topics!

Joseph Ciarrocca, Brunswick

Maine’s Silent Delegation—

The silence of our Maine congressional delegation is deafening regarding the gross incompetence of the Biden administration and they refuse to acknowledge that it is a very serious problem. People are beginning to ask, is this being done deliberately?

Home fuel prices are at least 20% higher for the coming heating season and it now costs \$10 more to fill the gas tank each week. Our grocery bill is intimidating, especially if you like beef. Commonly purchased items are becoming scarce.

Our foreign policy is an embarrassment. Our precipitous withdrawal from Afghanistan was a major disaster, leaving U.S. citizens to fend for themselves and members of our military being killed. We left an important military base and military inventory for the Taliban and other enemies to make use of.

Our southern border states are being inundated with disease-carrying border crossers, leaving communities to assume the cost of housing, feeding and providing free health care for them. Imagine, if you will, our northern border facing the same challenge and inundating Ellsworth, Belfast, Camden and Rockland with these same thousands of foreign citizens who entered our country without following the proper protocols. The impact on our communities would be devastating, yet little is being done today to prevent their stealing across our country’s southern border.

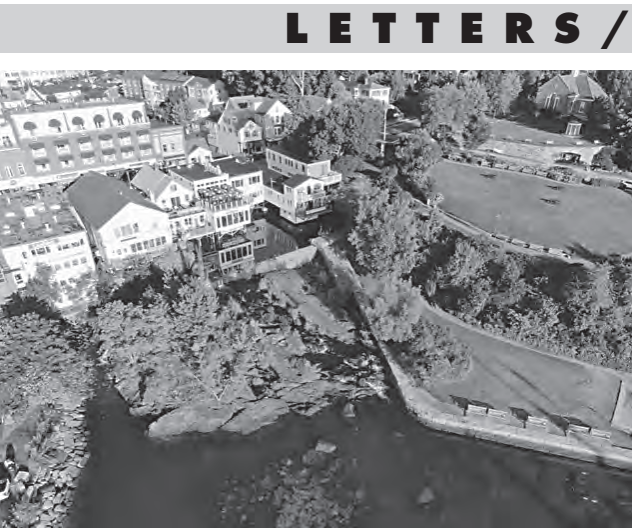
Mandates to wear masks, isolate and vaccinate against COVID-19 are divisive and beyond the responsibility of our government. They play on the fear of both sides of the argument, destroying trust and encouraging violence. No individual should be placed in a position of losing a job for not adhering to a mandate. We should allow each individual and organization to decide what is best for themselves.

And yet, no word from our congressional delegation regarding all of this madness, which implies they must be in support of it.

Sanford Delano, Lincolnville



Thanksgiving 2021



Save Montgomery Dam—

Reasons not to destroy Montgomery Dam and Harbor Park:

- If Camden voters approve the destruction of Montgomery Dam and part of Harbor Park, this historic treasure will be gone forever;
- Montgomery Dam and Harbor Park have a direct positive impact on the economy of Camden;
- The town of Camden has spent more money in two years researching the removal of Montgomery Dam compared to what they’ve spent in 30 years maintaining and preserving Montgomery Dam;
- Montgomery Dam does not have an impact on town flooding;
- With the Camden select board’s proposed changes to Montgomery Dam and Harbor Park, the river can never be restored back to its natural state. It will always remain man-made;
- With Montgomery Dam gone, the river through Camden would be reduced to a trickle. There would be no waterfall!

To follow this issue or for more information, come to a meeting or visit Save the Dam Falls on Facebook.

Lee Montgomery, Holly Rutland, Camden

Could Maine Be Next?—

On September 15, a fire broke out at the Atlantic Sapphire land-based salmon project in Denmark. This industrial salmon facility is immediately ahead of the Nordic Aquafarms proposal in Belfast in a pipeline of four high-discharge facilities getting rubber stamped by Governor Mills over serious opposition.

Newsreels show a sky red with fire while the sea also turned red with iron chloride, a corrosive chemical. The police called on the armed forces for support. A press release by the police read:

“People in the affected area should avoid swimming in the Ringkøbingfjord and otherwise avoid contact with iron chloride, which can be recognized by the fact that the water is red. The red water can be corrosive to the touch.” They ordered any caught fish be destroyed.

Material safety data sheets warn: Danger! Causes burns by all exposure routes. Harmful if swallowed. May cause liver and kidney damage. May cause adverse reproductive effects based upon animal studies. Target Organs: Kidneys, liver, cardiovascular system.

Investors be warned: On July 9, Atlantic Sapphire lost over 360,000 fish in a mass die-off. Earlier in 2021, two mass die-offs occurred at their Florida facility totaling 800,000 fish. Stock value plummeted.

This August, off Acadia National Park, during the height of tourist season, Cooke Aquaculture had a mass die-off of 100,000 fish. Eleven days passed after Cooke noticed the problem. Newsreels were tightly managed. A company spokesman blamed “uncommonly low dissolved oxygen,” sterilized words for rotting dead fish that might tarnish Maine’s brand. Mills’ DMR remained silent for weeks then agreed with Cooke.

With five proposals in Maine totaling over 4 billion gallons of effluent a day, these projects are hardly “recycling.” The Clean Water Act and many state laws require “best practicable technology” that can “eliminate the discharge of pollutants into navigable waters.” Fortunately, the industry has now advanced to zero discharge polycultures and Maine’s legislators should uphold the law and demand all Maine’s projects are zero effluent, for which technology is easily available at a scale Mainers might be more comfortable with.

Combined, Maine’s industrial proposals are estimated to produce 1,870,000 metric tons of CO₂ per year, equivalent to adding 406,500 cars to Maine’s roads, representing 15.7% of Maine’s 2030 GHG target. Janet Mills committed Maine to zero carbon by 2045 at the U.N. Why is she willing to shift the burden of reduction onto existing residents and business? My guess is that her handlers only provide industry talking points. Prove me wrong.

Jim Merkel, Belfast

LETTERS / OPINIONS

Consistent Data Needed—

To improve the public’s understanding and response to the coronavirus epidemic, better and more consistent data must be presented. Everyone should be vaccinated beginning with the oldest and descending in priority to the youngest because the vaccine has proven effective and age is the most significant contributing factor. However, there is also evidence that once infected, you obtain a stronger immunity than vaccination. Should this be a reason to refuse vaccination? No, because the risk of serious illness and death while not vaccinated overrides the benefit of immunity from infection.

Similarly, I do not favor vaccinating children unless they have a concomitant morbidity that puts them at increased risk. The benefit of obtaining a superior immunity with little risk of morbidity or death versus a possible complication of the vaccination does not justify vaccinating this healthy age group. Stating that all children must be vaccinated because they also can be infected is not enough. Also, stating that a child can transfer the disease to an adult is still not justified unless there is clear science to demonstrate this is significant. The child’s rights should be considered.

As for the use of a mask, we need more real data to justify its use. As far as I know, the only studies that confirm the benefit of a mask were done on the N95 mask. Scientific studies should be done with the common masks we see in use. Even Dr. Fauci has commented that you may need two or even three masks.

Observation is an important part of science. When we observe a sudden spike in infections, not only should we record if the infected were vaccinated, but were they wearing a mask. Consistently, with every outbreak, we are immediately ordered to wear a mask, yet the number of infected continues to rise in spite of wearing a mask. Why? If masking is effective, shouldn’t we observe a sudden decrease in infections even in the non-vaccinated?

Ordering everyone to wear a mask is beginning to be a knee-jerk reaction that may be doing more harm than good. Better science should be behind this. Let’s have more consistent data to offset the negative impression of handling the pandemic.

Ted Raia, M.D., Camden

The Free Press welcomes and encourages your letters about whatever is on your mind. Include your name, town of residence, and phone number (in case we need to contact you). Email letters to copyedit@freepressonline.com or mail them to The Free Press, P.O. Box 1076, Camden, ME 04843-1076. Please note our deadline for letters is Thursday at noon for the following Tuesday publication.

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LETTERS / OPINIONS

Art Can Make a Difference**Celebrating National Recovery Month and the “Place of Seeing” on the Rockland waterfront**

The Greeks called theater “the place of seeing.” They built huge civic amphitheaters and performed outdoors, under the sun, the moon and the stars. Everyone was involved, including the Gods. It was a part of being a citizen and participating in a democracy. Unfortunately, and too often, contemporary theater is no longer a place where many of us can see ourselves.

The Forty Hour Club has long sought to change that reality and on September 11 and 12 in the newly christened “Amphitheater” behind the “Steel House South” on Rockland Harbor we staged three performances of “Never Leaving this Boat—(Fragments of a Blues Opera)” that addressed the difficult issue of opiate addiction and shed light on an often unseen and stigmatized community. In its inclusiveness and diversity, it was an event that would have made the Greeks and their ideal of democracy proud, we believe.

There was “space” in the amphitheater for everyone to keep their “culture” and not feel the need to abandon it at the entrance, as is the case with so many of our mainstream buildings and institutions. Audience members, regardless of their background, could be seen—really and truly seen—just as they could see the characters on stage representing struggles that they could hopefully relate to. There was a catharsis (another Greek word) in this recognition—the process of releasing, and thereby providing relief from, strong or repressed emotions—that has been a long time coming, we feel, and that we intend to continue to pursue as the central thrust of “Never Leaving this Boat” and “Chasing the New White Whale—Harpooning Addiction”—the greater arts and advocacy model we have created to directly confront the opiate epidemic.

One of our goals with this summer’s production was to mount a tour that included at least one significant event on the islands and isolated fishing communities most deeply impacted by the opiate crisis—namely Vinalhaven and Stonington. This effort, however, proved more daunting and challenging than we ever expected, even for our group, many of whom have lived and performed on these islands and have been dealing directly with the issue of opiate addiction through art and performance for over 20 years.

The level of stigma, denial and organizational dysfunction that we encountered was disheartening and exposed the challenges for individuals and families seeking help with addiction, as well as for communities trying to address this critical health issue with limited resources. Opiate addiction, it appears, is the big white elephant sitting in the middle of the room—or rather the New White Whale sitting in the middle of Penobscot Bay. It is our hope that through the example we set in Rockland for creative community engagement and with the support of an enlightened institutional partner or two, with money earmarked for the opiate crisis, that we will be able to bring such a tour to the islands in the near future.

As a group of dedicated independent artists—many of us builders, contractors and fishermen, who are used to getting things done—it is a task The Forty Hour Club is particularly well suited for and directly aligns with our mission to create productions that focus on the economic, environmental and systemic challenges facing working communities, and the paramount issue of sustainability.

But back to the amphitheater ... theater should be visceral, and never boring, we believe, and our goal was to create physical theater that working people and fishermen can relate to.

Just Do It

Our world of politics, both national and local, is a truly strange and sometimes surprising place.

In an incredibly ironic twist of fate, Republicans have become the de facto party of both health care rationing and, frankly, of death panels!

Through both governors’ executive orders or legislation in a large number of Republican-controlled states actively discouraging both mask wearing and vaccine mandates, hospitals around some parts of the country are rapidly being overwhelmed by huge numbers of cases of unvaccinated COVID-19 patients.

In Idaho, Montana and Alaska, not only are medical facilities lacking adequate critical resources to deal with a huge surge in unvaccinated COVID patients, but non-COVID patients in need of “ordinary” emergency health care for heart attacks, strokes, dialysis, etc., are now suffering, too, since there is no longer space available in hospitals for them to be cared for, even under emergency life-threatening circumstances. In some of these places, health care is literally being rationed.

And too, there is the issue of thousands of people dying daily, and needlessly, from what is now a largely preventable disease: in every state in America we now have multiple, extremely effective immunizations against COVID-19 available in large supply and they’re free for everyone. And still, we are losing about 2,000 largely unvaccinated citizens a day to COVID!

The truly tragic thing about all of these dire circumstances is that they were quite predictable and entirely avoidable. Whether we are comfortable admitting it or not, primarily

“Authentic” is the word that I often hear following our performances, along with “real,” and things like “I know those people!” And “that’s exactly how it is!” People want to talk about what they have seen on stage and come up to us and our performers after the performance to share something that they have perhaps never felt comfortable sharing before. To share feelings and emotions—openly and publicly—and to talk about tragedy, the loss of family and friends, and what to do with the weight that they have been carrying around—the weight that so many of us have been carrying around.

Some things are simply bigger than us, and impossible to deal with individually without the help of a supportive community. Theater and performance can help create healthy and constructive connections. The chaos and destruction of the opiate crisis requires the whole community and an open forum with which to bring order to the madness. It is not easy, and often non-linear, as dealing with addiction so often is, but as Herman Melville wrote in chapter 82 of “Moby Dick”—The Honor and Glory of Whaling—“There are some enterprises in which a careful disorderliness is the true method.”

There is something magical—deeply mythical and spiritual—that happens during these performances that connect so directly with a people and place. The ancestors show up, the invisible people, the lost and the drowned ... the casualties of the opiate epidemic. There are suddenly real phantoms among us, and there is an energy and support that is palpable and profound. There is forgiveness.

In this spirit, Michael will never forget the experience of meeting a fisherman and recovering addict after the performance of his play “Ultralite” at the Gloucester Stage Company many years ago, that recounted the memories of his oldest brother Kevin, also a commercial fisherman, who died of a heroin overdose in 1998. The fisherman lingered, at the back of the audience, waiting to approach him. He wanted to talk. He wanted to talk about Kevin. “You did a wonderful thing for your bother,” he said. “You remembered him. Because our biggest fear is that nobody will remember us, we’ve done so many terrible things.”

If there is one ringing bell that we hope our performance of “Never Leaving this Boat” helped sound, it is this: people dealing with substance abuse disorder are not “terrible” people, they are people, and most often wonderful people, afflicted by a terrible disease. And until we completely and unequivocally embrace and address this fact, first and foremost, the *new* White Whale of opiate addiction will continue to wreck havoc in our lives and in our communities.

We are extremely proud of the shared communal experience that The Forty Hour Club created on the Rockland waterfront on September 11 and 12 during National Recovery Month, and deeply grateful for the level of sponsorship and financial support we received from the local business community and generous individuals. And of course, our beautiful audience. Together, through the ritual of theater, we remembered. We remembered that the people we have lost, and are in danger of losing, are our loved ones; they’re our family and friends, our neighbors and co-workers. They’re our community. And unless we do something about it, and keep doing something about it, we’re going to lose many more. It’s time to be citizens. Art can, and should, make a difference. Connection is the opposite of addiction.

*Michael Gorman, playwright/director
Donna Daly, co-director/producer,
The Forty Hour Club*

Republican-driven disinformation and obstructionism for crass political gain seem to be the driving force behind our inability to get a handle on the surging Delta variant currently raging through our communities. Sort of reminds you of those same politicians perennially blocking reasonable gun control legislation, doesn’t it?

The Florida and Texas governors are the poster children for this horrendous situation, along with the governors of South Dakota, Arizona and Wyoming (not to mention recently announced gubernatorial candidate in Maine, LePage). They are simply pandering to their respective Trumpist voter bases, and all have been relentlessly spewing false and irresponsible ideologically driven drivel about personal freedom of choice and questioning the scientifically undisputed efficacy of the widely available free vaccines, not to mention mask wearing.

Who could have imagined that Republicans, the so-called party of Lincoln, would ultimately be the party behind health care rationing? The literal effect of these cynical, self-serving political machinations has been the effective creation of the death panels that candidate Sarah Palin warned us about in 2009.

As we rapidly approach a death toll of 700,000 Americans due to COVID-19, I can only hope that many of my fellow Americans will wake up and smell the coffee: personal freedom means that you can personally choose to protect your children, your neighbors and your friends by simply getting the jab. Please just man up and do it!

Seth Hall, Waldoboro

Could America Collapse?

by Michael G. Roskin

Doom talk is rising. We are not collapsing, but federal governing power is retreating. Weaker both domestically and internationally, we cannot lead as we used to. Not getting our way is leaving us deeply frustrated. Solution: get used to living with diminished power. It’s unpleasant but can be managed.

Several major problems fester with no cures visible. Most dangerous is the Republican attempt to have states send bogus slates of electors to the Electoral College to overturn the 2020 and possibly 2024 election. If Pence had obeyed, Trump would be president. The key battleground is state governments, where Republicans have engineered dominance.

Economic inequality is reaching dangerous levels, and our current tax code makes it worse. Middle-class Americans pay a bigger percent of their income than the super-rich. As Yale Law’s Amy Chua (of “Tiger Mother” fame) has argued, democratic elections amid big income inequality beg for demagoguery and instability, which we are now experiencing.

Investment managers’ “carried interest” pretends that fund executives risk their own money in order to get their gains taxed at a lower rate than ordinary income. Meantime, ordinary savers, heavily retirees, just saw their savings diminish by over 5% from a year earlier. We don’t get carried interest. In fact, we barely get any interest.

Some Democrats seek to end carried interest, but the very wealthy, preoccupied with tax-avoidance, steer both parties’ tax legislation. Tax lawyers and accountants chuckle at every “tax reform,” as it adds complexity and brings them more business.

Congress again plays chicken with both the budget and federal debt limit (two different but related barriers) that we’ll reach next month. Republicans say they don’t care about government shutdown or default, but oversold markets will. Congress starves the IRS of funds, letting trillions go untaxed every year. What’s so hard about taxing all income the same?

We can’t even get all Americans to take safe, effective and free COVID vaccinations. Invoking American hyper-individualism, some say it’s dangerous, and, besides, the whole thing is a hoax. Would you want to be a patient in a hospital where several percent of the staff refuse to get vaccinated?

The Supreme Court is likely to weaken federal rulings on abortion by letting the issue revert to the states. This could mark the beginning of a rollback of federal judicial primacy. Think the states will do a good job? Many don’t. The pandemic has cut state revenues, making states more dependent on federal handouts even as they defend their “states’ rights.” The more states’ rights, the weaker the nation as a whole.

Several states are passing “ballot security” measures targeting Black voters. A North Carolina court has just ruled against such a state law. But in Washington, Senate Republicans refuse voter protections. Unless the Senate abandons the 60-vote threshold to close filibusters, no such law will pass.

President Biden said he’d turn foreign policy around but has basically continued Trump’s policies. We neither won nor withdrew nicely from the 20-year war in Afghanistan. Granted, neither may have been possible. Our military belatedly realizes it fought the wrong war the wrong way in the wrong country. That does not get back any of our lost 2,500 soldiers and \$2 trillion.

China proclaims its hegemony in the Indo-Pacific and turns furious at any resistance, now focused on Australia, where China is using heavy economic and political leverage. Beijing’s anger over the new U.S.-Australia submarine deal shows that it understands that someone is finally standing up to China, whose tottering domestic debts may force it to pause and rethink.

The Biden administration, like the previous, alienates our allies, many of whom resented the scant notification of our abrupt Afghan withdrawal. Secretary Blinken’s denials notwithstanding, we have trouble communicating with allies. France was so angry at the surprise cancelation of its 12-submarine contract with Australia that it recalled its ambassadors to the two countries for consultation and canceled a Washington gala.

The Republic’s big unknowns are in digital technology, which are already perverting rational dialog and stable governance. All manner of mis- and disinformation make it into social media, promoting everything from civil war to horse dewormer for COVID. One platform concealed studies of suicide by teenage girls who fear their body image does not measure up. Can no one control this juggernaut?

Even worse, what happens when cyber networks crash—or an adversary deliberately crashes them? We are way too dependent on cyber, but Washington and corporations take few steps to protect us. Too expensive.

No, the Republic will not disappear. It will just stay stuck in division and weakness for several years. Eventually, someone, in combination with some event, will break us free from this paralysis. Biden projected himself as the new FDR. He isn’t, and I can’t think of anyone who is.

Mike Roskin is a retired professor of political science.

Strained: U.S., China, Europe—Camden Conference Community Events Launch



Joseph McDonnell

The Camden Conference and Rockland Public Library will host a free public talk via Zoom by professor Joseph McDonnell called “U.S., China and Europe: A Case of Strained Relationships” on Thursday, October 7, at 6:30 p.m. on Zoom.

McDonnell will explore ideas supporting the argument that the United States, China and Europe — the three largest economies in the world — have long-established trading relationships and partnerships, but now each has a strained relationship with the other two. The U.S. and China are partners, competitors and adversaries in a relationship that has become increasingly hostile as China’s growth has threatened America’s hegemony. The U.S. aims to check China’s advances in technology, commerce and military capability through a coalition of allies, but Europe has now become China’s largest trading partner and does not want to be drawn into the growing tension between the U.S. and China. The interests of Europe and the U.S. diverged during the Trump administration and thus far have not come back into alignment. To complicate matters, each has its own domestic challenges. The talk will address these tangled relationships.

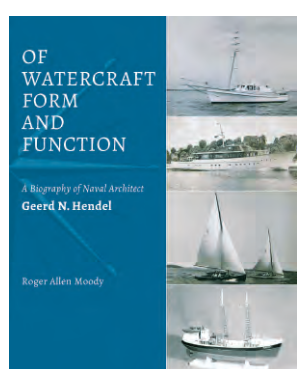
McDonnell, a professor of public policy and management at the Edmund S. Muskie School of Public Service at the University of Southern Maine, has observed and visited China many times over the past 20 years. He came to Maine in 2011 to serve as dean of the professional schools at USM and subsequently also served as USM provost.

Email elewis@rocklandmaine.gov by 4 p.m. on October 7 for a Zoom link and identify the event in the subject line. The program will be recorded and archived to the library’s YouTube channel and the Camden Conference website.

For more information, visit camdenconference.org, email info@camdenconference.org or call 236-1034.

Union Historical Society Naval Architecture Talk

Union Historical Society will host a presentation by author Roger Moody of Camden about his book “Of Watercraft Form and Function: A Biography of Naval Architect Geerd N. Hendel” on Wednesday, October 6, at 7 p.m. in the Old Town House, located at 128 Townhouse Road. Masks must be worn.



Hendel came to the U.S. from Germany in 1928 and worked as a draftsman at Bath Iron Works. He lived in Boothbay Harbor during the 1930s and moved to Camden in 1941. Hendel was draftsman for the America’s Cup challenger in 1937, designed the Boothbay Harbor One design, yachts, trawlers, sportfishermen, logging towboats and the first aluminum yacht built in the U.S. for saltwater use.

Sen. Curry to Hold Public Hours in Liberty

Sen. Chip Curry, D-Belfast, will hold public office hours from 9 to 11 a.m. on Saturday, October 2, at the public boat launch at Lake St. George in Liberty.

Office hours give local residents a chance to meet with their representatives to ask questions and get help with legislative or state government matters. Curry will report on his work in the Legislature.

Those unable to attend who wish to contact Curry may email chip.curry@legislature.maine.gov, phone 287-1515 or visit facebook.com/SenatorCurry.

Curry represents Senate District 11, which includes Belmont, Brooks, Burnham, Frankfort, Freedom, Islesboro, Jackson, Knox, Liberty, Lincolnville, Monroe, Montville, Morrill, Northport, Palermo, Prospect, Searsport, Searsport, Stockton Springs, Swanville, Thorndike, Troy, Unity, Waldo and Winterport.

Sen. Maxmin to Hold ‘Coffee with Chloe’

Sen. Chloe Maxmin, D-Nobleboro, will hold her monthly meeting for constituents in District 13, “Coffee with Chloe,” on Sunday, October 3, from 3 to 4 p.m. at Cupacity coffee shop, located at 133 Main Street in Damariscotta.

Maxmin will talk about the work of the Maine Legislature and invite attendees to share their ideas and concerns and request assistance with legislative or state government matters.

Those who cannot participate are invited to phone Maxmin at 200-6224 or email chloe.maxmin@legislature.maine.gov. Those wishing regular updates can follow Maxmin on Facebook at facebook.com/ChloeForSenate.



Charles H. Lagerbom

Slideshow talk—

Historian Offers History of ‘World’s Most Dangerous Maritime Voyage’

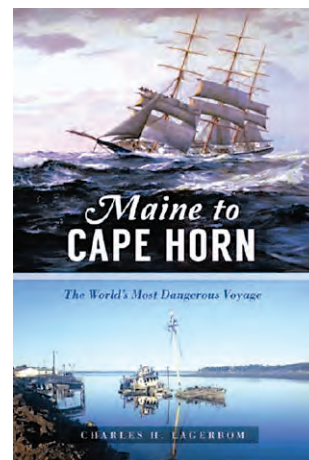
Camden Public Library will host an illustrated talk by maritime historian Charles H. Lagerbom about his new book “Maine to Cape Horn: The World’s Most Dangerous Voyage” on Tuesday, October 5, at 6:30 p.m. Lagerbom will also sign and sell copies of his book at the library’s Children’s Garden on Saturday, October 2, from 11 a.m. to 1 p.m. The presentation is the first in the library’s monthlong Discover History series.

Cape Horn marks the spot where the Pacific and Atlantic oceans meet. At the end of South America, it shares longitude 67° west exactly with Cutler, Maine, a direct north-south line

of 7,000 miles. “Doubling” Cape Horn became a mariner’s ultimate test. Maine Cape Horners were recognized by a golden earring; if they did not survive their journey, the earring would cover their funeral costs, should the body ever be found.

Lagerbom is a presenter on cruise ships, sailing vessels and ashore, speaking about history; the life, politics, and science of Antarctica, Cape Horn and the South Atlantic; and about colonial Maine and New England maritime history. He teaches advanced placement U.S. history at Belfast Area High School.

To learn more and register to attend, visit the “What’s Happening” adult events calendar at librarycamden.org.



Sailing and Shipbuilding Speaker Series on Zoom

The title screen of the film “Windjammers of Penobscot Bay” by filmmaker Daniel Lambert/Lambert Films

Penobscot Marine Museum in Searsport will host four Thursday programs via Zoom about sailing and shipbuilding on October 7, 14, 21 and 28 at 6 p.m. The programs are free, with a suggested donation of \$5 each.

The first program will feature a showing of the film “Windjammers of Penobscot Bay” and a discussion with filmmaker Daniel Lambert, people he interviewed for the film and others. The film explores the history and evolution of midcoast Maine’s windjammers using archival materials and interviews with captains and crew, maritime historians and passengers.

“Hemp and American Maritime History” will examine the history of *cannabis sativa* as an agricultural and industrial product, as well as the difference in types of cannabis, including marijuana. Hemp has played an important role in history, including maritime history, and was a part of daily life until the mid-20th century.

Free Online Programs from Mount Washington

The Mount Washington Observatory in New Hampshire will offer free distance learning programs weekly during the school year on Tuesdays at 11:15 a.m. from October through May. The programs are for those in grades six to eight but are open to all.

Topics will include weather, climate and climate change through the context of Mount Washington and the Mount Washington Observatory. Programs will be approximately 30 minutes in length, including time for a Q&A session. Each program will also include an accompanying worksheet and extended learning resources and activities.

Visit mountwashington.org/classroom to view the programs and actively participate in the Q&A, or observe the program live at [Facebook.com/MWObs](https://facebook.com/MWObs). Live programs will be uploaded to mountwashington.org/classroom for use outside the regularly scheduled time, and past programs from the past school year are also available.

For more information, visit mountwashington.org or call (800) 706-0432.

Camden Library Cancels Book Sale, Harbor Arts

Camden Public Library has canceled its Book Sale Under the Tent, planned for September 30–October 3, and the Harbor Arts event, scheduled for October 2 and 3.

In light of rising coronavirus concerns, cancellations of other events, and health concerns of staff, vendors and visitors, according to a news release, library staff did not feel they could offer a strong show this fall.

Visit librarycamden.org for more information.

Waldoboro Public Library Online Auction Is Live

Waldoboro Public Library is holding Great Art for Great Reads: An Online Art Auction of Original Art and Fine Works through October 8, on biddingowl.com.

The fundraiser features more than 70 original works showcasing a broad range of art and crafts. All items are on display at the library, including works on canvas and paper, sculpture, stained glass, wood turning and wood carving, and fiber arts. Some pieces can also be viewed by visiting the “Great Art for Great Reads” page on Facebook.

Visit waldoborolibrary.org for more information.



“Maine’s First Ship” will focus on *Virginia*, the first ocean-going vessel built by the British in North America. Jim Parmentier, of the organization Maine’s First Ship, which is working to restore the vessel, will discuss the project.

“Stories from the Spirits of Sea-Goers II,” a sequel to 2020’s presentation of the same name, will feature tales based on true experiences and recorded by Penobscot Marine Museum volunteers and staff. Some stories might be scary or inappropriate for young audiences.

Visit form.jotform.com/212455787481162 to sign up for one or more programs.

Camden Library’s Online Story Hour for Grown-Ups

Joseph Coté

Camden Public Library’s “Friday Explorations Read-Aloud” weekly series with Joseph Coté will mark its first anniversary in October. Every Friday at 11 a.m. on the library’s YouTube channel and Facebook page, listeners can stream a new recording of Coté reading aloud selections from a variety of fiction and nonfiction books.

Coté informs his audience about a writer’s background before reading passages that sample a book’s plot, characters and atmosphere. He reads for an hour and hopes to inspire listeners to seek out books to finish on their own. Email fridayexplorations@usa.net to suggest books for Coté to read online.

Archived readings can be found on the library’s YouTube channel and Facebook page in the “videos” section.

Visit the “What’s Happening” adult events calendar at librarycamden.org to learn about upcoming programs.



Above, loon carving by Ted Mohlie, and at right, “From the Bridge” by Erik Minzner



Farnsworth Offers Poetry Performance Workshop

Poet Martin Steingesser

The Farnsworth Art Museum will offer an online course, called “Off the Page: A Workshop for Honing Skills for Poetry Performance,” led by poet Martin Steingesser, on Wednesdays from 3:30 to 5 p.m. on October 13, 20, 27 and November 3, via Zoom.

Participants will work on speaking their own or others’ poetry, stories or dramatic work. Sessions will focus on exploring, discussing, and practicing skills in a traditional sense and in the spirit of learning by heart. Emphasis may be on poetry or prose.

Steingesser is the author of three books of poems and served as Portland’s inaugural poet laureate from 2007 to 2009. As a performance poet, he has given presentations for diverse audiences, from the Poetry and Jazz Festival in Portsmouth, New Hampshire, to the State House at the Maine Capitol. He has been teaching poetry workshops in Maine and New England for 40 years.

The cost is \$108; \$90 for members. To register, and for more information, visit farnsworthmuseum.org.

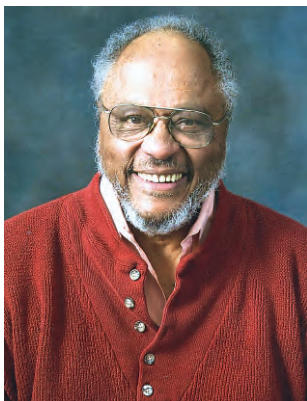


‘Black History of Maine’ Webinar with Bob Greene

Bob Greene

Camden Public Library will host a free online program called “Black History of Maine,” presented by journalist and genealogist Bob Greene on Thursday, October 7, at 6:30 p.m., as part of the library’s monthlong “Discover History” series.

It is frequently said that Maine is the whitest state in America, yet Black people have a long history in the state, not only as slaves, but as builders, farmers, fishermen, ship captains, educators and more. The first Black lawyer in the United States passed the bar exam and practiced in Portland. Antonius Lamy, described



in a 1672 court document as “Anthony, a Black man,” may have been Maine’s first doctor.

A Portland native, Greene is the eighth generation of his family to be born in Cumberland County; his roots in Maine stretch back into the 1700s. He currently teaches a course called Black History of Maine at the Osher Lifelong Learning Institute at the University of Southern Maine. Greene is the 2021 recipient of the Maine Historical Society’s Neal Allen Award, presented each year for exceptional contributions to Maine history.

To learn more and to register, visit the “What’s Happening” adult events calendar at librarycamden.org.

With spirits of those lost at sea—Penobscot Marine Museum to Offer Twilight Tours

Deb Nowers portraying Lillias Nichols

Penobscot Marine Museum in Searsport will hold Twilight Tours, its annual end-of-season event, on Friday, October 15, at 5 p.m. Attendees will encounter volunteers portraying the spirits of those lost at sea. The cost is \$20 per family, up to 10 people. Pre-registration is required; drop-ins cannot be accommodated.

During the outdoor evening event, actors throughout the museum’s three-acre campus will enact ghost stories featuring a ghost ship, a waterspout, Confederates, yellow fever and a menagerie at the bottom of the ocean, among other scenes.

Visit tiny.one/twilighttour to purchase tickets. For more information, visit penobscotmarinemuseum.org.



Skidompha Library Offers Museum and Other Passes

Skidompha Library in Damariscotta provides passes to the following museums and attractions to cardholders:

Center for Maine Contemporary Art; Farnsworth Art Museum, including the Olson House and Farnsworth Homestead; Maine state parks (day use).

The following passes do not require a Skidompha card: Boothbay Railway Village; Children’s Museum and Theatre of Maine; Coastal Maine Botanical Gardens; Portland Museum of Art; and a discount pass to Maine Wildlife Park, which lowers the entrance fee to \$3.50 per person.

Passes are checked out for a two-day period. The overdue fee is \$5 per day. Reservations may be made up to a week ahead.

Annual library cards are free for residents of Newcastle, Nobleboro and Damariscotta; others can obtain a card for \$40 yearly.

For more information, call 563-5513.

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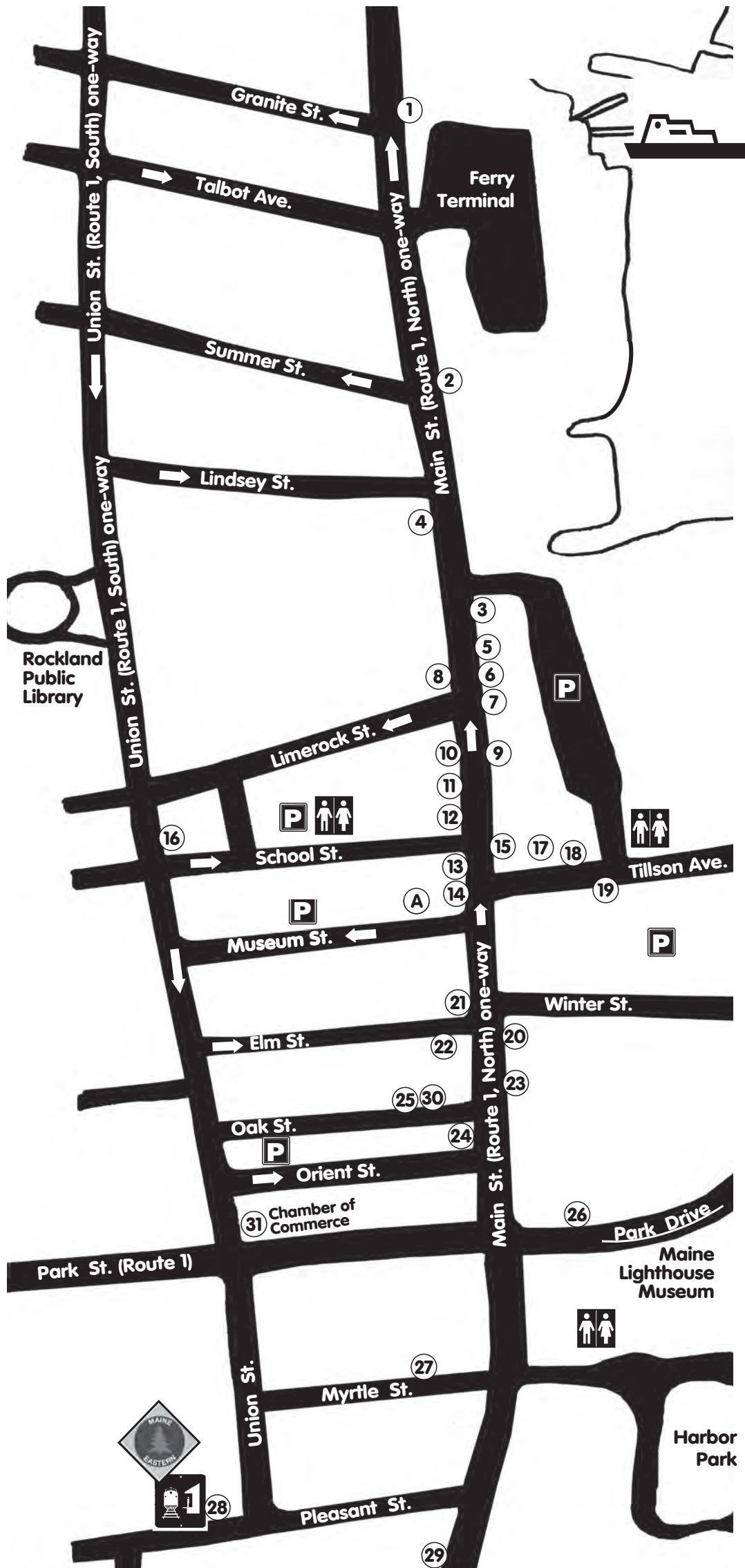
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Camden Public Library— Medicare Information Presentations via Zoom

Left to right, Renata Lahner, Nancy Schultz and Linda Filippi

Camden Public Library will host free presentations about Medicare via Zoom by representatives from local agencies. Attendees will have the opportunity to ask questions. The library does not endorse any particular insurance company, agent or Medicare plan.

Renata Lahner and Nancy Schultz, representing J. Edward Knight Senior Advantage, will speak on Monday and Tuesday, October 4 and 5, at 10 a.m.

Linda Filippi, a representative of United Healthcare Medicare Advantage, will present on Tuesday, October 19,



and Tuesday, October 26, at 10 a.m.

A Zoom link to instantly join each presentation on the day of the event can be found on the “What’s Happening” adult events calendar at librarycamden.org. No preregistration is required.

Woodland Stewardship Workshop in Jackson

Maine Forest Service District Forester Alyssa Gregory and Waldo County Soil and Water Conservation District Technical Director Aleta McKeage will lead a free walk and talk at 35 Cates Road in Jackson to explore forest regeneration and management considerations after a recent timber harvest on Thursday, September 30, at 1 p.m. All are welcome.

Participants will tour a property that is regenerating after extensive harvesting, with shrubs, tree seedlings and saplings throughout, as well as wetland and stream edges with vari-

ous impacts. McKeage and Gregory will touch on developing forest composition and how post-harvest management such as crop-tree selection can affect the future forest, as well as practices that are conducive to creating healthy wildlife habitat and meeting other landowner goals. They will also discuss forest changes that are predicted to occur under various climate change scenarios and what these mean for woodland stewardship in the present.

Visit waldocountysoilandwater.org/events for directions.



Participants in a previous woodland stewardship workshop

Knox-Lincoln Soil and Water— Forestry and Foliage Walk and Talk at Merryspring

Knox-Lincoln Soil and Water Conservation District will offer a Forestry and Foliage Walk and Talk, a free outing at Merryspring Nature Center, located at 30 Conway Road in Camden, on Friday, October 8, from 10 a.m. to noon. Attendees are encouraged to arrive a few minutes early.

Alyssa Gregory, a Maine Forest Service forester, will identify various tree species; Joseph Roy, a wildlife biologist with the Department of Inland Fisheries and Wildlife, will discuss best practices to create a healthy habitat; and Louisa Crane, an AmeriCorps volunteer, will talk about working with invasive plant species on the property. Rebecca Jacobs, program manager at KLSWCD, and Brett Willard, program director at Merryspring, will be on hand to discuss upcoming programs and answer questions.

Maine CDC masking requirements will be observed. Space is limited; registration is appreciated. To sign up, call 596-2040 or visit knox-lincoln.org/fall-foliage-walk-and-talk.

For more information, email info@knox-lincoln.org.

Public comment sought— Lincoln County Hazard Mitigation Plan

The Lincoln County Regional Planning Commission and Lincoln County Emergency Management Agency are seeking public comment on the 2021 Hazard Mitigation Plan update through Tuesday, October 5.

Every five years, municipalities identify infrastructure and education projects that would mitigate potential natural disasters in their area. A detailed risk assessment is performed to identify which disasters are present in an area and assess the costs and probability of disasters.

Participation in and adoption of the plan by the county and municipalities and formal approval by the Federal Emergency Management Agency unlock federal funding for hazard mitigation planning and projects.

The plan is available for review and public comment via lincolncountyma.net or lcrpc.org. It will be submitted to the Maine Emergency Management Agency and FEMA for final review and approvals.

Soil & Water Conservation District Seeks Candidates

Knox-Lincoln Soil and Water Conservation District has one opening on its five-member board of supervisors and seeks nominations for the position. Completed election documents must be received at the district office, located at 893 West Street (Route 90) in Rockport, by noon on October 19.

The volunteer board, which is responsible for guiding the district’s business affairs and operations, comprises three elected and two appointed supervisors who each serve overlapping three-year terms.

Those interested in running for the office of supervisor or voting in the election must be a registered voter within the boundaries of the Knox-Lincoln Soil and Water Conservation District. The only requirements are an interest in conservation and a willingness, at a minimum, to participate in a monthly board meeting at the district office. To run for an elected position, a candidate must submit a nomination paper signed by 25 Knox or Lincoln County residents.

The board also appoints associate supervisors, non-voting members who may have an interest in the general activities of the district or a specific area of interest or expertise.

To receive nomination papers or a ballot, or for more information, write to Election Superintendent at 893 West Street (Route 90) in Rockport, phone 596-2040 or email julie@knox-lincoln.org.

Candidates will be posted after October 19 at knox-lincoln.org/board-of-supervisors. Ballots must be received at the office no later than 9 a.m. on November 17 and will be counted at the board meeting scheduled for that time; public may attend.



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The Sketchbook. A builder's journal First Aid

by Jim Bahoosh

I am in the habit of using my fingers to smooth beads of caulk. The other day while doing just that I expertly drove a splinter into my finger. I have a no-excuses, get-the-splinter-out-right-away policy. The faster they're out, the less time they hurt and the faster I start to heal. As I alternated between digging in with a well-used utility knife blade and rinsing blood and caulk off in a rusty bucket of painty water, I thought that this might be an opportune moment to regroup my first aid skills.

For serious injuries I need to either call for help or get myself to the emergency room. My jobsite first aid kit is a simple affair that lives in my truck. Here's what's in it:

- Adhesive bandages, soap, and hydrogen peroxide. These are the most used items. Any time I break my skin it gets washed, rinsed with hydrogen peroxide, and covered with an adhesive bandage. If a cut gets ignored it gets infected, so I deal with them immediately.
- Clean rags, gauze pads, and duct tape. If I need to apply pressure to a larger cut, I wrap it in rags or gauze pads first. I can make any size bandage utilizing the tape and rags. The duct tape is also used as a covering for adhesive bandages. On my recent splinter removal and subsequent bandage, I used 3M flashing tape to cover the bandage. It held up very well through a wet work day.
- Antihistamines. I carry these since I tend to have a strong reaction the day after I'm stung by bees, yellow jackets, or hornets. If I take an antihistamine just after I'm stung, my next-day reaction is dampened down. Ibuprofen, and three



homeopathic remedies; arnica for bruises and muscle soreness, *hypericum perforatum* for sharp nerve pains, and *bellis per* for sprains.

- I wear contacts, so I always have saline solution and a spare pair of glasses on-site. Those live in the cooler I use as a lunch box.

When the weather turns cold, I'll keep the hydrogen peroxide in my lunch box as well to prevent it from freezing. My utility knife, preferably with a new blade, is the tool for splinter removal. In addition to the soap in my kit, there's always a washing station on-site, consisting of an insulated water cooler as a water dispenser, soap kept in a covered container, and a fairly clean towel.

As mentioned, my first aid kit is simple and able to deal with 99% of my job-site injuries. It lives behind the passenger seat of my truck, and I'm careful to leave it intact.

Jim Bahoosh has been a solo house builder and designer since 1984. He lives in Unity.

At Merryspring Nature Center— Learn to Prepare the Garden for Winter

Merryspring Nature Center, located at 30 Conway Road in Camden, will host an outdoor program called "Preparing the Garden for Winter" on Tuesday, October 5, at noon, with Maine Master Gardener John Fromer.

Fromer will demonstrate how to winterize the perennial garden using time-saving methods that are simple and easy to learn, discuss how preparing a garden in fall encourages growth in spring, and show the proper way to plant fall bulbs.

Fromer runs Appleton Ridge Flower and Vegetable Farm with his wife Kathy, also a Maine Master Gardener.

Merryspring's Outdoor Spring Talk series features distanced presentations in the hexagon, with face masks required. The cost is \$5, free for members. No preregistration is necessary.

For more information, email info@merryspring.org or phone 236-2239.

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With fall officially here and flower beds in various stages of shaggy disarray, there are no perennials more beautiful than hydrangeas, which, even when fading and drying, remain stars in the autumn border. When other flowering shrubs and perennials have passed their peak, regardless of the variety or the shade of blooms, hydrangeas continue to perform, holding on to flowers that dry to shades of cream or tan for autumn and winter interest.

Fortunately, if you haven't gotten around to including a hydrangea variety or two in your garden, autumn is an ideal time for planting them, as they'll have plenty of time to establish a healthy root system before blooming. Plant in early morning or late afternoon, as the cooler parts of the day offer protection against heat stress, and keep your new plants well-watered until they're established. Most hydrangeas need at least six hours of sun a day; if planted in shaded areas, they can become spindly and may not bloom.

Which of the many varieties of hydrangea should you choose to plant? If you're looking for reliability, choose from the Paniculata species. These are not, alas, those iconic hydrangeas with deep pink or blue globular blooms — those belong to the mophead or Macrophylla species. Paniculata are mostly white, with some pink or green hues. One popular choice, "Pinky Winky," has strong stems and large blossoms that sport a pinkish color and then turn to bronze as the season progresses. It can grow six to eight feet tall, making a real statement in the border. If you don't have room for such a stately plant, "Bobo," with white flowers that gradually turn pink, is a mere three feet tall. Because Panicle hydrangeas bloom on new growth, they typically

flower even if the twigs have been killed back by frost. If you feel you want to prune them, it can be done either in late winter or early spring.

Another favorite belongs to the species known as smooth hydrangea or *Hydrangea arborescens*. Annabelle is one of the most well known varieties, very cold-hardy and somewhat resembling a mophead. Its massive white, round blooms are held above the foliage and are showy from summer into winter, transitioning to an attractive light green color. Annabelle can sometimes prove floppy, with its heavy blooms, but an improved version of Annabelle, called Incrediball, is basically the same plant, but with stronger stems to hold up the blossoms, and even more profuse bloom. These species do not change color depending on the pH of the soil, unlike other varieties. They like to be neutral on the pH scale and need good drainage.

In general, hydrangeas need very little care. A layer of compost applied in spring or fall is never a bad idea, and while we've lately been leaving leaf litter and debris intact in the perennial beds to provide cover for beneficial insects and pollinators, if you've seen leaf tier caterpillars on your hydrangeas, you'll want to clean up under them. Leaf tiers can be seen in spring, when distorted leaves seem to be tied into little pouches that shelter the caterpillars inside. The leaf tiers don't really harm the plant, but I usually clip off the offending pouches and squish them. Left to their own devices inside their pouches, the caterpillars grow while feeding on the surrounding leaves and developing flower buds. In summer, they drop to the ground, where they turn into a pupa, overwinter and develop into next spring's adult moths. So fall cleanup may spare you a spring infestation.

HOME & GARDEN

by Georgeanne Davis

Stars of the Autumn Garden

Weaving Demonstration at Rockland Farmers Market



Weaver Susan Blau, the founder of Midcoast Weavers Guild, at a previous guild demonstration day at Rockland Farmers Market

PHOTO: VERONICA WESTBO

Members of Midcoast Weavers Guild will demonstrate traditional weaving techniques at Rockland Farmers Market, located at Harbor Park, on Thursday, September 30, from 9 a.m. to 1 p.m. if the weather is fair.

Most large looms aren't easily portable, so attendees can expect to see smaller equipment in use such as a Dorset loom, band loom, inkle loom and others. Handwoven articles made by members will be on display.

Midcoast Weavers Guild welcomes new members to its monthly meetings. Visit midcoastweavers.wordpress.com for more information.

Appleton Rug Hookers Work on Display

"Got Milk?" rug by Kathy Daniel

Gibbs Library in Washington is displaying the art and handwork of the Appleton Rug Hookers through the end of October. The rugs are a reflection of rural life, blending traditional and updated subjects and techniques. The show includes three blue-ribbon winners from the Union Fair.

Appleton Rug Hookers originated in 2004 with three members; there are now 12. All created wool rugs in the beginning; now, some members incorporate ribbons, silk, roving, nylon stockings and cotton for varied effects.

Rugs by Ruth Cassaday, Kathy Daniel, Betty Holzer, Rachelle Horn, Sandra Overlock and Helene Rondeau will be on display.



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August Home Sales Eased Slightly; Prices Still Rose

Sales of single-family existing homes in Maine eased a slight 4.76% last month, according to Maine Listings, which reported that 2,063 homes changed hands in August 2021 compared to 2,166 during August 2020. Prices continued their upward trajectory, with an increase of 14.81% to a statewide median sales price of \$310,000 comparing August 2021 to August 2020.

Aaron Bolster, president of the Maine Association of Realtors, said in a news release, "Sustained, intense demand coupled with constrained and rapid turnover of for-sale inventory supply have pushed prices upward. Some potential buyers are choosing to take a pause from the market and some buyers who had been on the margins no longer financially qualify without additional savings. With fewer potential buyers involved in multiple-offer situations, the upward pricing pressure may slow."

Nationally, sales of single-family existing homes decreased 2.8% compared to August 2020. Home prices increased 15.6% compared to August 2020, reaching a national median sales price of \$363,800. Sales in the Northeast decreased by 2.7%; the regional MSP of \$407,800 reflects an increase of 16.8% compared to August 2020.

"Maine's sales volume dipped in August," said Bolster. "The figures show a decline from August 2020 of 4.76%, and the August 2021 sales volume is 3.5% below pre-pandemic August 2019. However, sales volume for January through August 2021 is 12% ahead of the same time period from 2020, and 11.3% ahead of 2019. Fourth quarter will show if this August sales volume decline is the beginning of a market balancing or a just a blip."

Comparing sales from the "rolling quarter" — the three-month period ending with August — to the same period a year before, home sales from June 1 through August 31, 2021, in Knox County increased 17.62%, from 193 to 227. MSP increased 39.22%, from \$255,000 to \$355,000.

Maine Real Estate Stats -

August only	# Units Sold 2020	# Units Sold 2021	% Change	MSP 2020	MSP 2021	% Change
Statewide	2,166	2,063	-4.76%	\$270,000	\$310,000	14.81%
Three-month comparison, by county:						
Chart below compares June 1, 2020 – August 31, 2020 and June 1, 2021 – August 31, 2021						
County	# Units Sold 2020	# Units Sold 2021	% Change	MSP 2020	MSP 2021	% Change
Statewide	5,984	6,032	0.80%	\$258,750	\$310,250	19.90%
Androscoggin	369	409	10.84%	\$216,611	\$250,000	15.41%
Aroostook	263	285	8.37%	\$108,000	\$130,000	20.37%
Cumberland	1,243	1,277	2.74%	\$375,000	\$451,000	20.27%
Franklin	144	179	24.31%	\$194,250	\$225,000	15.83%
Hancock	272	293	7.72%	\$245,500	\$310,000	26.27%
Kennebec	592	543	-8.28%	\$209,000	\$260,000	24.40%
Knox	193	227	17.62%	\$255,000	\$355,000	39.22%
Lincoln	204	192	-5.88%	\$282,345	\$360,000	27.50%
Oxford	287	300	4.53%	\$195,000	\$267,000	36.92%
Penobscot	606	625	3.14%	\$178,000	\$209,000	17.42%
Piscataquis	146	104	-28.77%	\$147,500	\$172,500	16.95%
Sagadahoc	126	135	7.14%	\$275,450	\$355,000	28.88%
Somerset	234	208	-11.11%	\$148,450	\$182,250	22.77%
Waldo	183	188	2.73%	\$218,000	\$274,450	25.89%
Washington	147	175	19.05%	\$158,000	\$160,000	1.27%
York	975	892	-8.51%	\$338,870	\$400,000	18.04%

Source: Maine Real Estate Information System, Inc. (d/b/a Maine Listings). Note: Maine Listings, a subsidiary of the Maine Association of REALTORS, is a statewide Multiple Listing Service with over 4,700 licensees inputting active and sold property listing data.

month period ending with August — to the same period a year before, home sales from June 1 through August 31, 2021, in Knox County increased 17.62%, from 193 to 227. MSP increased 39.22%, from \$255,000 to \$355,000.

Over that period, Lincoln County home sales decreased by 5.88%, from 204 to 192. MSP increased 27.5%, from \$282,345 to \$360,000.

Waldo County home sales increased 2.73%, from 183 to 188. MSP increased 25.89%, from \$218,000 to \$274,450.

Above are two charts showing statistics for Maine and its 16 counties. The first chart lists statistics for the month of August 2020 and 2021 only, statewide. The second chart compares the number of existing, single-family homes sold (units) and median sales price (MSP) during the rolling three months of June, July and August (2020 and 2021).

Hospitals Offer Online Classes and Support

Pen Bay Medical Center and Waldo County General Hospital will hold several upcoming events:

- Virtual Breastfeeding Support Group, led by a lactation consultant, will be offered on Tuesdays from 12:30 to 2 p.m., October 5 through 26, online. The informal group provides interaction as well as individual assistance when

needed; women who want more information about breastfeeding are also welcome. The group is free; preregistration is required to obtain access. Visit journeytohealth.coursestorm.com or call 301-3950 to register. For more information, call 301-8337.

- Alzheimer's Disease Support Group will be held via the Zoom online platform on Tuesday, October 5, at 6 p.m. The free group provides information and support to area residents who have loved ones coping with Alzheimer's disease or related dementias. To participate, phone Cheri R. Blouin at 301-6237 or email cblouin@pbmc.org.

- Take a Break with Guided Meditation will be held online on Wednesdays, October 6 through 27, from noon to 12:30 p.m. The class will begin with a 20-minute guided meditation, followed by five minutes of silent meditation. Preregistration is required at journeytohealth.coursestorm.com or by calling 301-3950.

- Zumba Gold will be offered online on Wednesdays, October 6 through 27, from 5:30 to 6:30 p.m. Movements will focus on balance, range of motion and coordination. The cost is \$30 and preregistration is required to obtain access. Visit journeytohealth.coursestorm.com or call 301-3950 to register.

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From United Midcoast Charities Out Maine Receives Grant for LGBTQ+ Youth Support

Out Maine teens at a Pride month event PHOTO: LIN GOULD

United Midcoast Charities has awarded Out Maine \$11,000 to support weekly virtual programs for LGBTQ+ youth, regional overnights in Knox and Waldo counties and the next Rainbow Ball weekend, scheduled for April 2022.

The funding will also support collaborations with Trekkers, Hurricane Island, Tanglewood, The Landing Place, the RSU 13 After-School Alliance, PenBay YMCA and Camp Kieve-Wavus, and with the Maine Department of Education, Maine Health, Maine Family Planning and the Centers for Disease Control.

For more information, visit outmaine.org.

Herring Gut Learning Center 'Trash to Art' Event

Herring Gut Learning Center, located at 59 Factory Road in St George, will host a free Zoom presentation by Rockland artist Kim Bernard called Trash to Art on Tuesday, September 28, at 7 p.m.

Bernard will show how she creates recycled, kinetic, interactive public sculptures working with materials such as ocean debris, bicycle inner tubes, bowling balls, reusable nylon bags and plastic to raise awareness of environmental issues, overconsumption and preserving natural resources. She will also talk about her current project, the Pop-Up-Cycler, a portable maker space she is building to transport her plastic recycling machines to schools, art centers and institutions where she'll turn plastic trash into sculptural installations.

Visit form.jotform.com/212623583865159 to register.

Writing Workshop at Hidden Valley in Jefferson

Midcoast Conservancy will host a writing class, led by author Linda Buckmaster, at Hidden Valley Nature Center, located at 131 Egypt Road in Jefferson, on Saturday, October 23, from 10 a.m. to 2 p.m. The class will be limited to 15 participants.

Called "Writing Place: Landscape, People, and the Natural World," the workshop is for writers of all levels and interests. Writing poetry or prose, each participant will work at their own level. Writing about place involves working with elements that make a specific place unique — layers of history, people, the natural world and human culture.

Through writing prompts and activities both inside and outdoors, participants will play with words, experiences and experiments. A small packet of reading materials will be

available the week before the workshop. The group will maintain a safe environment so participants can feel comfortable trying new things.

Buckmaster is a place-based writer who has lived within a block of the Atlantic Ocean most of her life. A former poet laureate of Belfast, her poetry, essays and fiction have appeared in over 40 journals and five anthologies. She taught in the University of Maine system for 25 years and is currently working on a literary journey across the North Atlantic following the cod.

The cost is \$20 for members, \$30 for nonmembers. To register, visit midcoastconservancy.org/events.

St. Francis Transitus Service Set for Belfast

From the earliest days of the Franciscan Order, the followers of St. Francis of Assisi have gathered on the anniversary of his death to celebrate his Transitus. To commemorate that anniversary and the feast day of St. Francis of Assisi, which is on October 4, St. Francis of Assisi Church in Belfast, located at 81 Court Street, will hold a weekend of activities.

A Mass for St. Francis will be held at 4 p.m., followed by a Transitus service at 5 p.m.

on Saturday, October 2. After the service, all are welcome to stay and watch a short movie on the life and impact of St. Francis of Assisi. Pizza and beverages will be provided at 5:30 p.m.

On Sunday, October 3, in addition to a morning Mass at 8:30 a.m., a Blessing of the Animals service will be held outside the church at 2:30 p.m. All pets are welcome to be blessed and gently sprinkled with holy water.



Waldo County Dental Care Receives Grant

Waldo County Dental Care recently received a \$7,500 grant from the Northeast Delta Dental Foundation, which provides funding to organizations whose services contribute to the increased accessibility of oral health care and education in Maine, New Hampshire and Vermont.

As the only safety-net dental clinic in Waldo County, WCDC provides oral health care to low-income, uninsured patients in Waldo and Knox counties. Grant funds will be used to replace aging equipment.

Dental services provided by WCDC include cleanings, X-rays, fluoride treatments, sealants, fillings and extractions. In some cases, dentures are offered, although additional fees may apply. To learn more, call WCDC at 505-4910.

Food by Me Lon Togo chef—Language School Offers W. African Cultural Dinner

Penobscot Bay Language School, located at 28 Gay Street in Rockland, will hold a West African cultural dinner on Friday, October 1, at 5 p.m. Tickets are \$40 and attendance is limited to 40.

The indoor-outdoor event will include authentic cuisine from Togo, music and a brief discussion about West African cultural influences throughout the world today. Chef and music educator Jordan Benissan of Me Lon Togo restaurant in Camden will prepare the meal and lead a musical demonstration and discussion.

To purchase tickets, visit penobscot.us or call 594-1084.

Health Science Courses in Rockland

This fall, Kennebec Valley Community College will offer health science courses leading to certifications — with some content offered online and some activities in person — at Mid-Coast School of Technology, located at 1 Main Street in Rockland. All courses will start the week of Monday, September 27; there is a six-day add/drop period for classes.

Offerings include Medical Assisting, Advanced Medical Emergency Technician, and Health Science; the college will also offer a six-week phlebotomy training.

Eligible students may attend free of charge, with no cost for tuition, fees or books.

Visit kvcc.me.edu/about-kvcc/locations/rockland for more information.

Help Out at Community Work Day in Washington

Washington Recreation Department's Community Work Day will be held on Sunday, October 3, from 10 a.m. to noon at the Prescott Memorial School ball field, located at 100 Waldoboro Road. The rain date is Sunday, October 17.

The ball field would benefit from raking, to reduce thatch, and new dugouts; the equipment shed and the concession stand need a coat of stain; and the equipment shed and concession building need organizing and sweeping as well. Oil-based stain will be provided; participants are encouraged to bring a roller pan, rollers, paint brushes and rakes. Those who need brushes should inform organizers.



For more information, call or text Peg Hobbs at 790-0723.

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Thursday, Oct. 7

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Sunday, Oct. 10

☐ NY Jets at Atlanta ☐ 9:30 am

☐ Green Bay at Cincinnati ☐ 1:00 pm

☐ Detroit at Minnesota ☐ 1:00 pm

☐ Denver at Pittsburgh ☐ 1:00 pm

☐ Miami at Tampa Bay ☐ 1:00 pm

☐ New Orleans at Washington ☐ 1:00 pm

☐ Philadelphia at Carolina ☐ 1:00 pm

☐ Tennessee at Jacksonville ☐ 1:00 pm

☐ New England at Houston ☐ 1:00 pm

☐ Chicago at Las Vegas ☐ 4:05 pm

☐ Cleveland at LA Chargers ☐ 4:05 pm

☐ NY Giants at Dallas ☐ 4:25 pm

☐ San Francisco at Arizona ☐ 4:25 pm

☐ Buffalo at Kansas City ☐ 8:20 pm

Monday, Oct. 11

☐ Indianapolis at Baltimore ☐ 8:15 pm

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ART ON THE COAST



Lamp (left) and twig structure by Susy Perrine LAMP PHOTO COURTESY CARRIAGE HOUSE GARDENS



Twig Artist Will Build at Final Wiscasset Art Walk

Wiscasset Art Walk, to be held on Thursday, September 30, from 5 to 8 p.m., will feature twig artist Susy Perrine, who will build a garden structure out of twigs under a tent while attendees observe her process. Perrine will also be exhibiting some of her small-sized maquettes and other hand-made creations in the Hasenfus Gallery, located at 64 Main Street.

Hands-on community art projects will include mural making, led by artist Celia Ludwig, and decorating oyster shells, led by Jan Whitfield.

Musicians Rick Turcotte and Chris Lannon (half of the

group Married with Chitlins) will play blues and country tunes.

Brother Shucker, a new oyster bar, will set up on the sidewalk, and Sarah's Café and Treats will offer picnics-to-go. The prix fixe picnics should be ordered in advance by calling or visiting the restaurant's website. Red's Eats and Sprague's will be open through the evening.

Attendees are advised to wear face coverings in indoor settings, and most shops require masks, sanitizing and distancing.

For more information, visit wiscassetartwalk.org or email wiscassetartwalk@verizon.net.

Sweetgrass Winery Show for Maine Craft Weekend

"Cottage" by Linda Brissette

Sweetgrass Farm Winery and Distillery, located at 347 Carroll Road in Union, will host a free show by local artist Linda Brissette during Maine Craft Weekend, Saturday and Sunday, October 2 and 3, from 11 a.m. to 5 p.m.

Brissette will exhibit over 30 paintings, which will be for sale.

For more information, visit sweetgrasswinery.com. Visit mainecraftweekend.org to learn more about the annual statewide tour of Maine craft studios.



Paintings and Pastels at Pemaquid Art Gallery



Left, "Little Hitchhiker," watercolor by Peggy Farrell, and above, "Tranquility on the Maine Coast," oil on panel by Sally Loughridge

Works by Sally Loughridge and Peggy Farrell are on display at Pemaquid Art Gallery in Lighthouse Park in Bristol. Loughridge is showing oil paintings and oil pastels; Farrell is showing watercolors. The gallery is open daily from 10 a.m. to 5 p.m. To visit the gallery online, go to pemaquidartgallery.com.



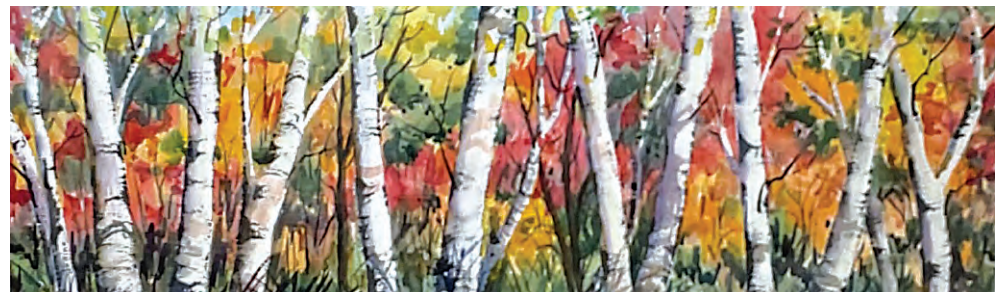
Watercolors on View at Saltwater Artists Gallery

The Saltwater Artists Gallery, located at 3056 Bristol Road (Route 130) in New Harbor, is showing works by Judine French, Robert Schilke and Maude Olsen.

The gallery is open every day from 10 a.m. to 5 p.m. For more information, visit saltwaterartists.com.

Right, "Colorful Season," watercolor by Judine French

Left, "Franklin Light," watercolor by Robert Schilke



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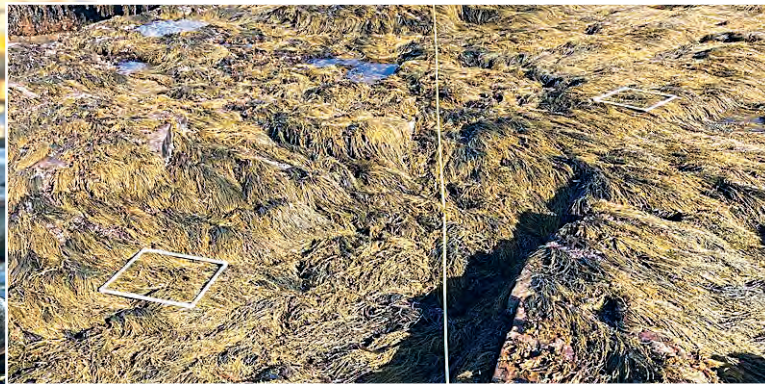
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Above, volunteers can go on to contribute rockweed data from an intertidal zone of their choosing.

PHOTO: SCHOODIC INSTITUTE, PROJECT ASCO

Left, rockweed in the complex intertidal ecosystem

PHOTO: KENNEBEC ESTUARY LAND TRUST

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Kennebec Estuary Land Trust— Public Invited to Help with Rockweed Science

The public is invited to join Schoodic Institute scientists to collect data about rockweed while exploring the intertidal zone. Training sessions will be held on Tuesday, September 28, in Tremont, Saturday, October 2, at Reid State Park in Georgetown and Sunday, October 3, in Freeport, as part of Project ASCO (Assessing Seaweed via Community Observations).

Rockweed is the dominant algae or seaweed along most of Maine's rocky shoreline and provides habitat for animals living in and visiting that dynamic ecosystem. It is currently harvested in Maine and sustainable management requires knowledge of the total amount of rockweed throughout the state. Data collected will be analyzed and shared by scientists at Schoodic Institute to inform resource management.

Along with rockweed, the project allows for learning more about other seaweeds, periwinkles, mussels, crabs, birds and

the occasional seal or whale. There is no cost to attend but registration is required.

The October 2 workshop at Reid State Park will be held in conjunction with Kennebec Estuary Land Trust, from 1:30 to 3:30 p.m. Visit kennebecestuary.org for registration and more information.

The in-person trainings will be conducted outdoors. Participants must wear masks and distance when possible. No prior knowledge is required; participants will be provided with the supplies and training needed to safely and effectively collect rockweed data. Participants should dress for the weather and wear closed-toed shoes that are comfortable for walking through seaweed beds.

Visit schoodicinstitute.org/project-asco for more information and to register.

'Midcoast Matters' Brings Natural Wonders to LCTV

*Midcoast Conservancy board member
Tracy Moskovitz and executive director
Pete Nichols*

Midcoast Conservancy is launching "Midcoast Matters," a six-part television series focused on the people, places and nature of mid-coast Maine, on Spectrum/Tidewater 7 and Lincoln County Television (lctv.org) on Thursday, September 30, at 8:30 p.m.

The first episode, "Joining Forces," explores the genesis of Midcoast Conservancy; subsequent episodes, airing monthly, will focus on each of Midcoast Conservancy's geographic areas: Damariscotta Lake, the Sheepscot valley, the Sheepscot headwaters, the Medomak valley and Hidden Valley Nature Center. Topics will include ecological preservation, restoration of sea-run fisheries, climate change impacts, adventure and exploration opportunities, and more. After all have been aired, episodes will be archived and avail-



able for viewing at lctv.org.

Midcoast Matters is a collaboration between Midcoast Conservancy, LCTV, Charles Stuart of Stuart Television Productions, and LCTV video producer Lang Sheppard, also with Stunt Dog Productions.

'The State of the Birds'— Audubon Talk at Stockton Springs Community Library

Nicholas Lund

Nicholas Lund, outreach and network manager for Maine Audubon, will speak at Stockton Springs Community Library on Wednesday, October 6, at 6 p.m. Seating will be limited to 25 due to COVID-19. The presentation is free; masks will be required.

In a talk titled "The State of the Birds: Decades of Change," Lund will describe changes that have occurred during the last few decades, including which species are dis-



appearing and which are increasing. He will also discuss the future outlook for Maine birds and ways gardeners can help protect them.

Lund is a birder, contributes a regular column to the National Audubon Society's website, and hosts the birding website "The Birdist." His writing has also appeared in the Washington Post, Slate and National Geographic online, among other publications.

To reserve a seat, phone 567-4147. For more information, visit stocktonspringslibrary.org.



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O U T D O O R S

Midcoast Sailing Center— Nautical Navigation Class Series Offered in Rockland

Midcoast Sailing Center, a program of the Sail, Power and Steam Museum in Rockland, will offer a series of classroom-based lessons in nautical navigation on Mondays and Wednesdays in October from 6 to 7:30 p.m., led by Diane Sternberg, an educator, wilderness first responder, U.S. Coast Guard licensed captain and the center's program director. The cost of each module in the series is \$50.

In a news release, Sternberg said, "Although most boaters rely on electronic equipment, it's important to understand the foundations of navigation for times when the electronics don't work."

Introduction to Nautical Charts and Navigation will be held on October 4 and 6; Intermediate Navigation and Dead Reckoning on October 18 and 20; and Rules of the Road and Aids to Navigation on October 25 and 27.

Visit sailpowersteammuseum.org for complete class descriptions. Questions may be emailed to Sternberg at diane.sailpowersteam@gmail.com or by calling 701-7625.



Sunset Cruise Will Benefit Stewardship Education

Schooner Appledore

PHOTO: WIKIPEDIA

The nonprofit Stewardship Education Alliance will hold a benefit sunset cruise on the schooner *Appledore* on Tuesday, October 5, from 4:30 to 6:30 p.m. The rain date is October 12. The cost is \$85.

Wine, beer and hors d'oeuvres will be served. The cruise will leave from Bayview Landing in Camden.

To purchase tickets, visit bit.ly/3AjT6eO or mail a check, payable to S.E.A., to P.O. Box 446, Camden, 04843. Space is limited; payment by check will be refunded if seating becomes unavailable.

S.E.A.'s mission is to increase community awareness of ways to be better stewards of local watersheds by funding special projects, activities and professional development. For more information, email info@stewardshipeducationalliance.org or visit stewardshipeducationalliance.org.

DON REIMER

CONTINUED FROM PAGE 1

to the ocean's unrelenting challenges. Starkly white northern gannets wheeled above the gray turbulence, their powerful, pointed wings outlined by black wing tips. These Gaspé migrants had pushed south from immense cliff colonies on Bonaventure Island that host 80,000 nesting birds yearly. Gannets gain their living by plunge-diving for fish. Wings poised in arrow-shaped profiles, the gannets' head-first, vertical descents are marvelous to behold. Internal air sacs in the cranial and neck areas cushion their 30-mph smacks with ocean surfaces.



Wilson's petrel PHOTOS BY DON REIMER

Our Monhegan voyage triggered memories of former sea ventures, such as riding the iconic *Bluenose* ferry. With a capacity of 615 passengers, 150 autos and 18 trucks, the 346-foot vessel provided summer transits between Bar Harbor, Maine, and Yarmouth, Nova Scotia, for 26 years. Besides sparing motorists approximately 700 miles of driving distance, the *Bluenose* was a grand platform for bird observations. Her moderate speed of 18.5 knots was just ideal for sea scanning, as passengers in deck chairs surveyed birds moving alongside the vessel. I recall gull-like northern fulmars that accompanied us, granting birders premier views from deck level.

Legions of Wilson's storm petrels (about the size of swallows) glided above the gulf waters, pattering and dipping their yellow feet to pluck plankton underneath the surface, then fluttering to new spots a little ways off. Dark-bodied, with short, rounded wings and a white tailband, these pelagic birds travel from extreme southern oceans during the austral winters there, passing the summer months in Maine waters. In flight, petrels employ a unique habit of sheltering between wave troughs during high sea and wind conditions.

We would watch scores of great shearwaters lounging in lazy groups or skimming the ocean waves in search of food. Shearwaters seldom come near shore, except during storms, but are often numerous in North American waters in late summer. Breeding mainly on Gough Island and islands in Tristan da Cunha in the South Atlantic, adults return to colonies there to lay eggs in November.

And finally, I'm reminded of some extended ocean travels between the Bahama Islands and Maine while I served as a young crew member on a large private yacht. When returning to Maine each spring we followed a straight line course from Florida up to North Carolina, carrying us well offshore over the course of two days. Surprisingly high numbers of songbirds traverse these deep ocean zones during migration periods and we welcomed a variety of feathered guests aboard. Fatigued or injured birds would routinely alight in the vessel's rigging for temporary rest or recuperation. All screened entrances to the lower cabins were shut to block birds from gaining access below. Odd situations developed, however, as in the case of one particular warbler that flew to the kitchen galley area, where the captain sat for lunch. As the captain prepared a sandwich, the confused warbler struck a small overhead metal air fan. A telltale "ting!" sound signaled its demise, as feathers filtered down upon the intended luncheon — a mutually unfortunate event for the bird and captain alike.



Northern gannet

Rockland Area Tides September 28 to October 5

	High AM	High PM	Low AM	Low PM
Tuesday	4:38	4:41	10:34	11:18
Wednesday	5:36	5:39	11:29	---
Thursday	6:39	6:41	12:16	12:28
Friday	7:39	7:42	1:15	1:27
Saturday	8:31	8:36	2:09	2:21
Sunday	9:17	9:25	2:59	3:12
Monday	9:59	10:10	3:44	3:59
Tuesday	10:39	10:55	4:27	4:44

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FORECAST for Knox County

Tuesday Night Mostly cloudy, with a low around 49. North wind around 5 mph.

Wednesday Mostly sunny, with a high near 61. North wind 5 to 10 mph.

Wednesday Night Mostly cloudy, with a low around 48.

Thursday A 40 percent chance of showers after 8am. Partly sunny, with a high near 59.

Thursday Night Mostly cloudy, with a low around 46.

Friday Mostly sunny, with a high near 62.

Friday Night Partly cloudy, with a low around 45.

Saturday Mostly sunny, with a high near 61.

Saturday Night Partly cloudy, with a low around 47.

Sunday Mostly sunny, with a high near 62.

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ENTERTAINMENT

Saturday, October 2— Oktoberfest Waldoboro for the Whole Family

Contestants strive for balance and speed in a previous year's beer-tray obstacle race.

Oktoberfest Waldoboro, a free, family-friendly event, will be held on Saturday, October 2, from 11 a.m. to 3 p.m. at Cider Hill Farm, located at 785 Main Street. The rain date is Sunday, October 3.

Activities will include pumpkin decorating, sack races, hoop shooting and a puppet show for children; barrel races, Nagelbalkan and beer-tray obstacle races for adults; and a variety of games and activities for the whole family, including cider pressing, Giant Jenga, cornhole, bocce and more. Participants can also take photos of themselves in a face-in-the-hole alpine mural.

Sausage, sauerkraut and pretzels from Morse's Sauerkraut will be available to purchase, and a biergarten for those age 21 and older will feature handcrafted brews from Odd Alewives Farm Brewery. Homemade desserts and treats will be sold by the Women's Club of Waldoboro and Friends of the Waldoboro Public Library. Music will be provided by PHOG and The Betty Junes.

Visit Oktoberfest Waldoboro on Facebook for more information.

Music & dance from Cape Breton 'Sundays in the Park' with Belfast Flying Shoes

Belfast Flying Shoes will host the final Sundays in the Park event of the season at 2:30 p.m. on Sunday, October 3, at Steamboat Landing, located at 34 Commercial Street on Belfast's waterfront.

The afternoon will open with a percussive dance workshop featuring Cape Breton step dancing, followed by a 3:30 music workshop focused on Cape Breton tunes. Guest performers and workshop participants will perform in a concert and showcase at 5 p.m., and the event will conclude with an open jam session for musicians of all ages and experience levels, hosted by Belfast Bay Fiddlers, from 6 to 8 p.m.

Featured musicians will be Portland-based Katie McNally on fiddle and Neil Pearlman, who will play piano and teach Cape Breton step dancing. Pearlman hosts

*Katie McNally and Neil Pearlman
will play and teach during the event.*

PHOTO COURTESY THE PERFORMERS

the podcast "TradCafe." He and McNally grew up playing Scottish and Cape Breton music and are enthusiastic educators.

Sundays in the Park is free and open to the public, with suggested donations on a sliding scale of \$1 to \$30, and Belfast Flying Shoes welcomes individual supporters and business sponsors. Current Maine CDC guidelines for outdoor events will be followed; attendees are advised to bring a mask.

Visit belfastflyingshoes.org for more information, or email belfastflyingshoes@gmail.com.



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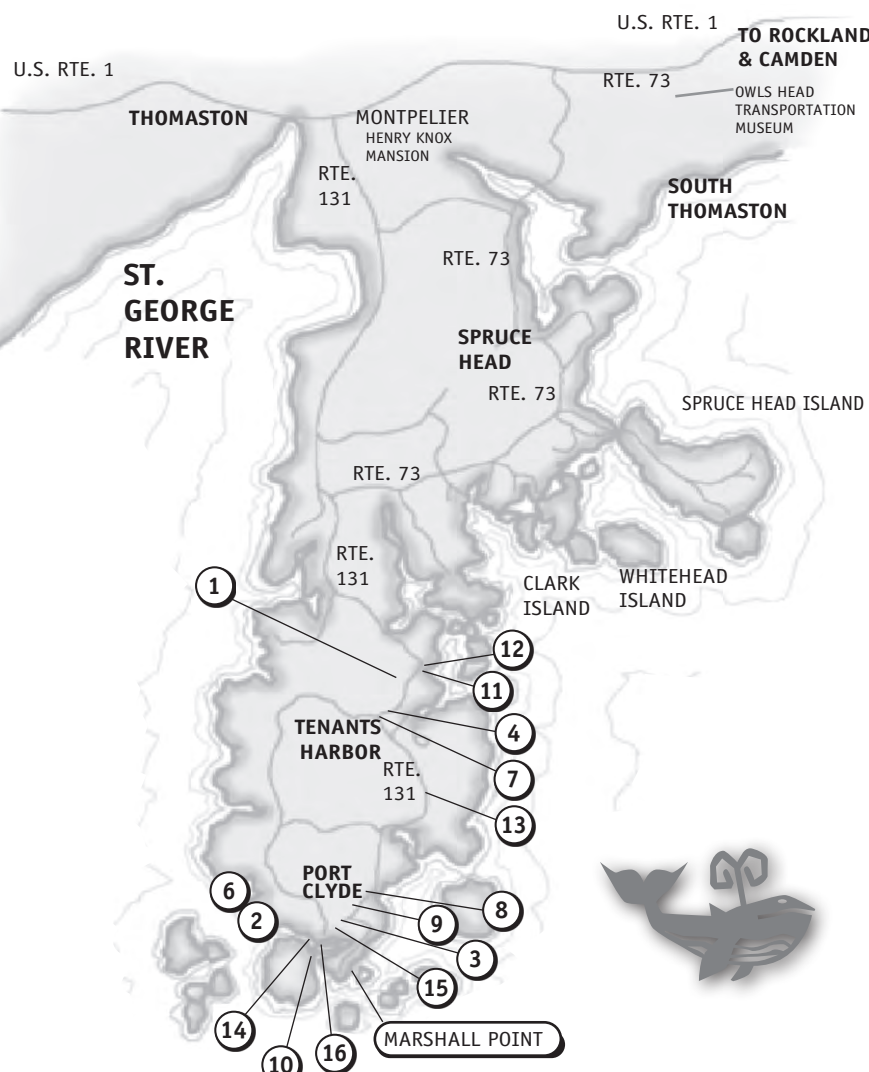
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You can also begin your travel down the St. George peninsula by taking Route 73 south out of Rockland. Explore Owls Head, South Thomaston, Spruce Head and Clark Island. At the junction of Routes 73 and 131S, turn left and continue through Tenants Harbor, on to Port Clyde — the end of the peninsula. To return, follow Route 131 back to Route 1 in Thomaston. Take your time — you'll be glad you did.

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Kids & Families First

When to Say Yes, How to Say No

Q: The issue of boundaries keeps coming up and I'm getting tired of hearing that word. As a mom, I feel like my kids just don't appreciate all that mothers do. They usually take advantage of me a lot. It makes it hard to take time for me and tune into my own needs. Ha, does anyone realize I have needs? I actually resent my kids sometimes, but my sister keeps telling me I need to set boundaries with them. I'm not sure how to do that and what that means. I also struggle with the same issue at work sometimes. Both with speaking up for what I want and not letting others walk all over me. Can you help?

A: Let's first address setting limits with your children. Healthy boundaries means considering ourselves as well as our children. That's not always as easy as it sounds, which you're certainly discovering. If saying "no" doesn't feel comfortable, if avoiding your children's disappointment causes you to push further when you're already exhausted, it's quite likely you will resent them and that to which you've agreed. This means compromising your own needs to meet your children's needs.

Sometimes parents want to be their children's friend. We can't conceive of doing something good for ourselves when they want attention. Perhaps we think our children will appreciate our altruistic approach, eventually showing their gratitude. Meanwhile, we become bitter that we're being neglected or overlooked by our "ungrateful" children. Yet, being assertive with expressing our needs, communicating clear expectations and negotiating plans is our responsibility — both to ourselves and to our children. It's simply not fair or realistic to expect children to set the boundaries for their parents. We're accountable for what we model to them. Children are adept observers, bearing witness to our behavior and attitudes. It's up to us to show them we consider our needs in the equation, which teaches children a valuable lesson.

When we plan too many activities for our children to ensure they aren't bored, at great cost to ourselves, our children will likely receive the brunt of our resentment. What makes us consider only our children, without taking into account what's important to us? Of course, hearing and understanding our child's view is important. We can accept what they need and say nothing, or address what we'd prefer. The former breeds resentment, reinforcing that our needs don't matter. Setting boundaries, we discuss both perspectives. Example: "I understand you really want to go to the beach today, which is a great idea. We did so much yesterday, I'm feeling pretty tired. My plan was to relax at home today. Is there a way we can make both ideas work?" By acknowledging each plan, it frees up energy to brainstorm options. This could include dividing the day: having the morning to relax at home, and maybe taking the children somewhere in the afternoon. These solutions support the fact that everyone's needs are important. With that said, if we're too exhausted to include their afternoon plan, it's OK to say: "I know you guys wanted to have a beach day. We had a full, fun day, which involved a lot of driving yesterday. It would be great if we could do everything. Today I need to stay home and have some quiet time. I understand

that's disappointing." Children appreciate our honesty and being included in the decision. Balancing everyone's needs, while also connecting with them, makes it easier for them to accept consistent limits, even when it's disappointing.

Children learn from the process of considering everyone's expectations and brainstorming options. Always giving in, never saying "no" to our children — does it really keep them happy? Sometimes "no" may really mean "I might change my mind later," or "I'm not sure," creating a confusing pattern, which disrespects both parent and child. Of course children will ask for things, often not things they really need, but believe they do. They might whine to get what they want. If we react to whining by giving in, ignoring, or punishing, the outcome will be similar. The message is that we don't care to understand their feelings, we simply want to put an immediate end to them. By saying "no," we may feel like a bad parent, recalling childhood feelings of being discounted. Saying "yes" doesn't mean we truly listened and understood and just saying "no" doesn't translate to healthy boundaries. It means: "Your feelings aren't important. I don't want to hear your opinion, or connect with you to understand." However, by validating our children's struggles and understanding their feelings, we can still take care of our needs as well.

Honest, open dialogue and connection are required. Our children should hear what's important to us, setting limits when their request might be beyond our availability, energy, and time constraints. Establishing healthy boundaries is typically a "work in progress," challenging us to balance our needs and our children's. Although it's difficult to be consistent, this is key in validating everyone involved.

It's similar in the work environment. Of course you're required to meet certain standards and expectations. If you find someone else's behavior difficult, or if you don't feel heard, addressing the issue assertively and respectfully might look something like this: "We seem to see things differently. Hearing and understanding each other's perspective is important in considering all the issues. I'm confident we can figure out a way to make this work better." If someone persists in overstepping boundaries, it's important to find out what's at the root of the behavior. Look at the frequency, intensity, and your own reactions before considering how firmly you need to draw the line. Boundaries are an important part of mutually respectful relationships. "Walls keep everybody out. Boundaries teach people where the door is." — *Reach Out Recovery*

Judith Hatch-Orme, MSW, LCSW, has an office at 69 Elm Street in Camden. A parenting specialist, counselor, consultant, and family mediator, she provides workshops; teacher trainings; parenting consulting; counseling for children, parents, couples and families; and divorce mediation. To schedule appointments or customize a workshop/staff training, contact her at 603-801-6382 or email kidsandfamiliesfirst@gmail.com.



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Wow! What a summer!

After 21 months of Covid concerns, First Fridays returned to Rockland on July 2 more festive than ever. Museums, galleries, restaurants and shops welcomed hundreds and hundreds of visitors and locals to enjoy and celebrate the Independence Day weekend like never before.

And we kept it going:

TGIFF: August 6

TGIFF: September 3

...and now we triumphantly end the season with #4:

TGIFF: October 1

First Fridays won't return again until next May, so if you had other plans this weekend, cancel them! Because there's no better place to be than:

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CALENDAR OF EVENTS

Submissions

to the *Calendar of Events* must be made by noon Wednesday before the Tuesday publication day. Send them, along with your contact information, to calendar@freepressonline.com or The Free Press, P.O. Box 1076, Camden, ME 04843-1076.

NOTEWORTHY

TUESDAY, SEPTEMBER 28:

► **Talk on the Changing Language of Ecology**, via Zoom at noon. Scientist Caitlin McDonough MacKenzie tells how she and her team analyzed half a billion words of text in 52 ecology and conservation journals to figure out: When did buzzwords like climate change and biodiversity become popular with researchers? What topics from ecology work in the 1930s dropped out of favor? And where does conservation fit into this story? The free, public webinar is offered by Merryspring Nature Center, in Camden. Request the link by emailing info@merryspring.org.

WEDNESDAY, SEPTEMBER 29:

► **“Downeast: Five Maine Girls and the Unseen Story of Rural America,”** Gigi Georges discusses her nonfiction book in the *Vose or Virtual Wednesday Series* at 7 p.m. via Zoom. Georges is a former White House special assistant to the president and United States Senate state director. She and her family live in New Hampshire and Southwest Harbor, Maine. For a link to the free talk: email librarian@voselibrary.org, call 785-4733, or visit the library, in Union.

THURSDAY, SEPTEMBER 30:

► **Talk on White Sharks**, 6:30 p.m. via Zoom. Rockland Public Library hosts Kristen Kibblehouse of the Atlantic White Shark Conservancy, who will talk about where sharks fit in the marine ecosystem and describe research being done off Cape Cod, where white sharks' proximity to the shore has affected the community. For a link to the free program, email elewis@rocklandmaine.gov by 4 p.m. There will be limited seating at the library to view the program via projector.

FRIDAY, OCTOBER 1:

► **Friday Walking Tours of Historic Downtown Camden**, 4 p.m. Fridays through October 15. The one-hour tour tells of notable places and people as it meanders from Camden Public Library to the village green. Reservations: 236-3440. Free. Donations to the library suggested.

SATURDAY, OCTOBER 2:

► **Oktoberfest Waldoboro**, at Cider Hill Farm, 785 Main Street, Waldoboro, 11 a.m. to 3 p.m. (rain date: Sunday, October 3). Pumpkin decorating, sack races, hoop shooting and a puppet show for the kids; barrel races, Nagelbalkan and beer tray obstacle races for the grownups; games and activities for the family including cider pressing, Giant Jenga, cornhole, and bocce. Music will be played all day

by PHOG and The Betty Junes. Free admission. Sausage, sauerkraut and pretzels from Morse's will be for sale and the Biergarten will feature craft brews from Odd Alewives. Homemade desserts and treats will be sold by the Women's Club of Waldoboro and Friends of Waldoboro Public Library.

► **Warren Historical Society Open House**, from noon to 3 p.m. at the Campbell House, 225 Main Street in Warren. See quilts and rugs and take a guided tour.

SUNDAY, OCTOBER 3:

► **Belfast Flying Shoes Presents Final Entry in Sundays in the Park Series**, at Steamboat Landing on Belfast waterfront. With a 2:30 p.m. percussive dance workshop on Cape Breton step dancing, 3:30 p.m. music workshop focusing on Cape Breton tunes, and 5 p.m. concert and showcase by guest performers and workshop participants. The event concludes with a 6 to 8 p.m. jam session for people of any age, type, and experience level. Featuring Portland-based Katie McNally (fiddle) and Neil Pearlman (piano and Cape Breton step dancing). *Sundays in the Park* is free, with suggested donations on a sliding scale of \$1 to \$35. For details, visit belfastflyingshoes.org.

MONDAY OCTOBER 4:

► **“Grace Under Pressure: Hazards of the Foreign Service,”** via Zoom at noon. Coastal Senior College continues its *Brown Bag Series* open to CSC members and, new this fall, to nonmembers. Jayne Gordon hosts the series, with this week's guest, Bob Rackmales. Coming up on October 25, Arne Aho talks about “Sketching as a Means of Seeing.” On November 1, Caroline Janover presents “Learning Differences and Islands of Competency.” Register at coastalseniorcollege.org. The programs are free for CSC members, \$10 for nonmembers.

TUESDAY, OCTOBER 5:

► **Fundraising Sunset Cruise Aboard Schooner Appledore**, to benefit S.E.A., Stewardship Education Alliance, from 4:30 to 6:30 p.m. out of Camden Harbor. \$85 tickets: bit.ly/3AjT6eO.

► **“Maine to Cape Horn: The World's Most Dangerous Voyage,”** via Zoom at 6:30 p.m. Camden Public Library hosts Charles Lagerbom for a slideshow talk on his new book about Maine mariners and their oftentimes deadly dance with danger at Cape Horn, where the Pacific and Atlantic oceans meet in a writhing mass. The single gold earring some wore was intended to cover the cost of their funeral, if their body could be retrieved. Register for the free talk at librarycamden.org. Lagerbom will be signing copies in the Children's Garden at the library this **Saturday, October 2**, from 11 a.m. to 1 p.m.

COMING UP:

► **Maine Audubon's Nicholas Lund at Stockton Springs Community Library**, Wednesday, October 6, at 6 p.m. The author of “The State of the Birds: Decades of Change” outlines changes in Maine bird populations over the last few decades, including which species are disappearing and which are increasing. Learn what he thinks is coming for birds and how you can help protect them. Lund is a birder, contributes a regular column on the National Audubon Society's website, and hosts the website “The Birdist.” His writing has also appeared in The Washington Post, Slate.com, and National Geographic online, among other publications. Reserve a seat at the free talk by calling 567-4147.

► **“Of Watercraft Form and Function,”** author Roger Moody of Camden discusses his biography of Naval architect Geerd Hendel on Wednesday, October 6, at 7 p.m. in the Old Town House on Townhouse Road, at a meeting of Union Historical Society. Hendel was draftsman for the America's Cup challenger in 1937, designed the Boothbay Harbor One design, yachts, trawlers, sportfishermen, logging towboats and the first aluminum yacht built in the U.S. for saltwater use.

► **“Black History of Maine,”** Thursday, October 7, at 6:30 p.m. via Zoom. Camden Public Library hosts retired journalist and genealogist Bob Greene in the library's monthlong *Discover History* series. He'll talk about the first Black lawyer in the United States, who passed the bar exam and practiced in Portland, and Dr. Antonius Lamy, described in a 1672 court document as “Anthony, a Black man,” who may have been Maine's first doctor. Register to attend at librarycamden.org.

► **35th Annual Camden Conference Theme “Europe: Challenged at Home and Abroad,”** the 2022 gathering is set for February 25, 26, 27. Get ready for a round of community events leading up to the three-day meeting of curious minds. **“U.S., China, and Europe: A Case of Strained Relationships”** will be delivered Thursday, October 7, at 6:30 p.m. via Zoom. Rockland Public Library cohosts the free talk by Professor Joseph McDonnell, who points out that Europe has become China's largest trading partner and does not want to be drawn into the growing tension between the United States and China. The talk will try to sort through the tangled triangle. Check the library's website for details.

MUSIC

WEDNESDAY, SEPTEMBER 29:

► **The Cattails in Thomaston's Behind the Block Music Series**, from 5:30 p.m. to dusk. A free show behind Thomaston's

CALENDAR continues page 23

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MOVIE NEWS



Jessica Chastain as Tammy Faye Bakker
PHOTO: COURTESY SEARCHLIGHT PICTURES

Financial improprieties, scandal!
‘Eyes of Tammy Faye’ Will Screen at Strand Theatre

Strand Theatre will screen “The Eyes of Tammy Faye,” directed by Michael Showalter, Friday, October 1, through Thursday, October 7.

The film takes an intimate look at the rise, fall and redemption of televangelist Tammy Faye Bakker. In the 1970s and ’80s, Tammy Faye and her husband Jim Bakker rose from humble beginnings to create the world’s largest religious broadcasting network and theme park, and they were revered for their message of love, acceptance and prosperity. Tammy Faye was legendary for her extreme eyelashes, idiosyncratic singing and eagerness to embrace people from all walks of life. However, it wasn’t long before financial improprieties, scheming rivals and scandal toppled their carefully constructed empire. Starring Jessica Chastain, Andrew Garfield, Cherry Jones and Fredric Lehne.

Tickets will be available at the box office 30 minutes prior to each showtime. Online tickets are available to purchase in advance. If online tickets for a show appear as “sold out,” there will still be in-person tickets available to purchase at the box office. Visit rocklandstrand.com, call 594-0070 or email info@rocklandstrand.com for more information.

‘Boris Godunov,’ Russian pillar—
Met Opera Broadcasts Return to Strand Theatre



René Pape PHOTO: KEN HOWARD/METROPOLITAN OPERA

The Metropolitan Opera’s Live-in-HD season of broadcasts from Lincoln Center to Strand Theatre, located at 345 Main Street in Rockland, will launch on Saturday, October 9, at 1 p.m. with a simulcast of Mussorgsky’s “Boris Godunov.” An encore broadcast will be presented on Tuesday, October 19, at 1 p.m. The estimated run time is two hours, 20 minutes.

Bass René Pape, the world’s reigning Boris, will reprise his portrayal of the tsar caught between ambition and paranoia. Sebastian Weigle will conduct Mussorgsky’s masterwork, a pillar of the Russian repertoire, in its original 1869 version.

Tickets — all for reserved seats — are \$27 for adults, \$25 for Strand members, and \$15 for students age 18 and under and college students with ID. Encore performance tickets are \$23 for adults, \$15 for Strand members and \$5 for students age 18 and under and college students with ID. They can be purchased by visiting rocklandstrand.com, phoning 594-0070, at the box office when the theater is open for shows, and one hour before each opera show time. For more information, email info@rocklandstrand.com.

The Strand Theatre’s COVID-19 safety protocols include setting the auditorium capacity at 30% — 100 seats per show; providing reserved seating with a buffer of empty seats around each party; and requiring all patrons and staff to wear masks.

Warren Historical Society
to Hold Open House

The Warren Historical Society will hold an open house on Saturday, October 2, from noon to 3 p.m. at the Campbell House, located at 225 Main Street.

The quilts, rugs and tours of the Campbell House will be featured. Visit warrenhistoricalsociety.org for more information.

New on DVD & Blu-ray

Released September 28—

BLITHE SPIRIT PG-13/Comedy/Dir: Edward Hall (Dan Stevens, Isla Fisher, Judi Dench) A new take on the 1941 play by Noël Coward. Charles, a writer, hasn’t been able to publish a word since the death of his first wife, Elvira. After watching a show by the eccentric clairvoyant Madame Arcati with his second wife, Ruth, he invites the medium to his home to conduct a seance to help give him inspiration. When Madame Arcati accidentally summons Elvira’s spirit from the next life, Charles enters into a strange and possibly deadly love triangle that breaks his writer’s block and much more.

Recent Releases —

THE CONJURING: THE DEVIL MADE ME DO IT R/Horror/Dir: Michael Chaves (Vera Farmiga, Patrick Wilson, Ruairi O’Connor) In this sequel to 2013’s “The Conjuring,” paranormal investigators Ed and Lorraine Warren investigate a murder that may be linked to a demonic possession.

CRUELLA PG-13/Comedy/Dir: Craig Gillespie (Emma Stone, Emma Thompson, Joel Fry) Set in 1970s London amidst the punk rock revolution. A creative young grifter determined to make a name for herself befriends a pair of young thieves and together they are able to build a life for themselves on the London streets. Her flair for fashion catches the eye of the Baroness von Hellman, a fashion legend, but their relationship sets in motion a course of events and revelations that will cause the younger woman to embrace her wicked side.

DREAM HORSE PG/Comedy/Dir: Euros Lyn (Toni Collette, Owen Teale, Alan David) Small-town Welsh bartender Jan Vokes breeds an unlikely racehorse named Dream Alliance. Despite her inexperience, she convinces her neighbors to chip in to help raise the horse, hoping he can compete with the racing elites.

THE FATHER PG-13/Drama/Dir: Florian Zeller (Anthony Hopkins, Olivia Colman, Mark Gatiss) Anthony is 80, living defiantly alone and rejecting the caregivers that his daughter, Anne, introduces. Yet help is also becoming a necessity for Anne; she hopes to move to Paris and can’t make daily visits anymore, and Anthony’s grip on reality is unraveling.

FRENCH EXIT R/Comedy/Dir: Azazel Jacobs (Michelle Pfeiffer, Lucas Hedges, Tracy Letts) Her husband has been dead for 12 years and, with his vast inheritance gone, socialite Frances Price cashes in the last of her possessions and resolves to live out her days in a borrowed apartment in Paris, accompanied by her directionless son.

THE HITMAN’S WIFE’S BODYGUARD R/Action/Dir: Patrick Hughes (Ryan Reynolds, Samuel L. Jackson, Salma Hayek) Bodyguard Michael Bryce and hitman Darius Kincaid are back on another life-threatening mission. Still unlicensed and under scrutiny, Bryce is forced into action by Darius’s even more volatile wife, the infamous international con artist Sonia Kincaid.

JUDAS AND THE BLACK MESSIAH R/Biography/Dir: Shaka King (Daniel Kaluuya, LaKeith Stanfield, Jesse Plemons) FBI informant William O’Neal infiltrates the Illinois Black Panther Party, tasked with keeping tabs on their charismatic leader Fred Hampton. A career thief with some sympathy for their cause, O’Neal must decide whether to betray the Panthers for his own advantage.

A QUIET PLACE, PART 2 PG-13/Horror/Dir: John Krasinski (Emily Blunt, Cillian Murphy, Millicent Simmonds) Following the deadly events at home, the Abbott family must now face the terrors of the outside world as they continue their fight for survival in silence.

TOGETHER TOGETHER R/Comedy/Dir: Nikole Beckwith (Patti Harrison, Ed Helms, Rosalind Chao) Matt very much wants to be a father, although he has neither wife nor girlfriend. He hires a young, single woman to be a surrogate, and the two navigate the emotional ups and downs of pregnancy, their platonic relationship and relationships with their friends and family.

THE TRUFFLE HUNTERS PG-13/ Documentary/Dir: Michael Dweck, Gregory Kershaw (Piero Botto, Sergio Cauda, Maria Cicciù) In the forests of Piedmont, Italy, a handful of older men hunt for the rare and expensive Alba truffle, guided by a secret culture and training passed down through generations, as well as by the noses of their cherished and expertly trained dogs.

ZOLA R/Comedy/Dir: Janicza Bravo (Taylour Page, Riley Keough, Coleman Domingo) Zola works as a waitress and has an encounter with a sex worker named Stefani. Out of the blue, Stefani proposes a road trip for a weekend, hitting the Florida strip club scene in order to make cash. The scenario also includes Stefani’s boyfriend, Derek, and her aggressive pimp, X.

New Movies

Week of September 29–October 5
Short descriptions of new movies

AZOR NR/Drama/Dir: Andreas Fontana (Fabrizio Rongione, Elli Medeiros, Stéphanie Cléau) In French and Spanish with English subtitles. Life among the ultra-wealthy in late 1970s Argentina. With the country in the clutches of a military dictatorship, violence is always simmering just under the surface. Private banker Yvan arrives from Geneva with his wife Ines to replace a mysteriously missing colleague and placate their moneyed clientele. He finds himself untangling a sinister web of colonialism, high finance and a nation’s Dirty War.

THE CARD COUNTER R/Drama/Dir: Paul Schrader (Oscar Isaac, Tiffany Haddish, Willem Dafoe) A gambler and former serviceman sets out to reform a young man seeking revenge on a mutual enemy from their past.

CRY MACHO PG-13/Drama/Dir: Clint Eastwood (Clint Eastwood, Dwight Yoakam, Daniel V. Graulau) Mike Milo, a one-time rodeo star and washed-up horse breeder, takes a job from an ex-boss to bring the man’s young son home from Mexico.

DEAR EVAN HANSEN PG-13/Drama-Musical/Dir: Stephen Chbosky (Ben Platt, Julianne Moore, Kaitlyn Dever) Evan Hansen, a high school student with social anxiety, unintentionally gets caught up in a lie after the family of a classmate who committed suicide mistakes one of Hansen’s letters for their son’s suicide note.

THE EYES OF TAMMY FAYE PG-13/ Biography/Dir: Michael Showalter (Jessica Chastain, Andrew Garfield, Cherry Jones) An intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker.

F9: THE FAST SAGA PG-13/Action/Dir: Justin Lin (Vin Diesel, Michelle Rodriguez, Jordana Brewster) Dominic is leading a quiet life off the grid with his family when a threat will force him to confront the sins of his past if he’s going to save those he loves. His crew joins to stop a world-shattering plot led by a skilled assassin: a man who also happens to be Dom’s forsaken brother, Jakob.

FREE GUY PG-13/Comedy/Dir: Shawn Levy (Jodie Comer, Ryan Reynolds, Taika Waititi) A bank teller realizes he is a background character — non-playable — in a video game called Free City that will soon go offline. Talk about an existential crisis.

GREEN KNIGHT R/Fantasy/Dir: David Lowery (Dev Patel, Alicia Vikander, Joel Edgerton) The story of Sir Gawain, King Arthur’s reckless and headstrong nephew, who embarks on a daring quest to confront the Green Knight, a gigantic emerald-skinned stranger and tester of men.

JUNGLE CRUISE PG-13/Adventure/Dir: Jaume Collet-Serra (Dwayne Johnson, Emily Blunt, Édgar Ramírez) Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his dilapidated boat.

OLD PG-13/Drama/Dir: M. Night Shyamalan (Gael García Bernal, Vicky Krieps) A family on a tropical holiday discovers that the secluded beach where they are staying is somehow causing them to age rapidly, reducing their entire lives into a single day.

THE PROTEGE R/Action/Dir: Martin Campbell (Michael Keaton, Maggie Q, Samuel L. Jackson) Rembrandt and Anna, two assassins who share a mysterious past from Vietnam, traverse the globe competing for high-profile contracts.

RESPECT PG-13/Biography/Dir: Liesl Tommy (Jennifer Hudson, Forest Whitaker, Audra McDonald) The rise of Aretha Franklin’s career, which began in childhood when she sang in her father’s church’s choir and progressed to international superstardom.

SHANG-CHI AND THE LEGEND OF THE TEN RINGS PG-13/Action/Dir: Destin Daniel Cretton (Simu Liu, Tony Chiu, Awkwafina) Shang-Chi must confront the past he thought he left behind when he is drawn into the web of the mysterious Ten Rings organization.

SPACE JAM: A NEW LEGACY PG/Animation/Dir: Malcolm D. Lee (LeBron James, Don Cheadle, Cedric Joe) When LeBron James and his son are trapped in a digital space, he must get them home by leading Looney Tunes cartoon characters to victory over a roster of professional basketball stars. O-kay....

STILLWATER R/Drama/Dir: Tom McCarthy (Matt Damon, Abigail Breslin, Camille Cottin) An American oil-rig roughneck travels to Marseille to visit his estranged daughter who is in prison for a murder she claims she did not commit. Bill builds a new life for himself in France as he makes it his personal mission to exonerate his daughter.

CALENDAR OF EVENTS

CALENDAR continued from page 21

business block. It is sponsored by nonprofit Thomaston Main Street.

SUNDAY, OCTOBER 3:

► **Bluegrass Band Miners Creek in Rockport**, 3 to 5 p.m. at Barnswallow Books, 166 Russell Avenue, Free and open to the public. Refreshments served.

FILM

COMING UP:

► **“Windjammers of Penobscot Bay” Film Screening**, Thursday, October 7, at 6 p.m. on Zoom. Penobscot Marine Museum kicks off its October speaker series with a screening of the film that takes viewers aboard North America’s largest fleet of historic schooners. Filmmaker Dan Lambert explores the history and evolution of the midcoast’s windjammers with archival materials and interviews with captains and crew, maritime historians, and passengers. Following will be a panel talk with Lambert and some of the people who appear in the film. The program is free, with a suggested donation of \$5. Register at tiny.one/Oct2021.

ARTS

► **Penobscot Marine Museum Seeks Volunteers for Twilight Tours**, the museum’s annual end-of-season event, the evening of Friday, October 15. People are needed to play the spirits of those lost at sea, as well as to take tickets and hang posters. Twilight Tours is an outdoor event with volunteer actors throughout the Searsport museum’s campus. Volunteers will be required to attend a dress rehearsal via Zoom the evening of Tuesday, October 5. To volunteer, email Jeana Ganskop at jganskop@pmm-maine.org.

► **Waldoboro Public Library Online Art Auction**, with more than 70 original works up for bid through October 8 at BiddingOwl.com.

► **Show by Appleton Rug Hookers at Gibbs Library**, 40 Old Union Road in Washington, now through the end of October. The rugs are a colorful reflection of rural life, blending traditional and updated subjects and techniques. The show includes three blue-ribbon winners from Union Fair.

TUESDAY, SEPTEMBER 28:

► **Vinalhaven Artist in Intermedia MFA Visiting Artist Lecture Series**, via Zoom at 7 p.m. Meet landscape artist Aviva Rehmani. For a link, email susan.lynn.smith@maine.edu.

► **Zoom Talk by “Trash to Art” Creator**, at 7 p.m. Herring Gut Learning Center, in St George, hosts the free program in its *Learn Discover Grow Series* with Rockland artist Kim Bernard. She will show how she creates recycled, moving, interactive public sculptures using ocean debris, bicycle inner tubes, bowling balls, nylon bags and plastic to raise awareness about overconsumption and preserving natural resources. She will also talk about her Pop-Up-Cycler, a portable maker space she is building to transport plastic recycling machines to schools, art centers and institutions, where she’ll turn plastic trash into sculptures. To register, visit form.jotform.com/212623583865159.

WEDNESDAY, SEPTEMBER 29:

► **Art & Journaling Meetings on Zoom**, 4 to 5 p.m. Join Camden Public Library’s creative group for a different project every Wednesday. Email alhand@librarycamden.org if you would like to be emailed project ideas and a link to the Zoom meeting.

THURSDAY, SEPTEMBER 30:

► **Midcoast Weavers Guild Demo at Rockland Farmers Market**, at Harbor Park, 9 a.m. to 1 p.m. See how thread becomes fabric on a Dorset loom, a band loom, an inkle loom, and other tools of the trade. Handwoven articles made by the Midcoast Weavers Guild will also be on display. Fair-weather event. Learn more about the Midcoast Weavers Guild at midcoastweavers.wordpress.com.

► **Wiscasset Art Walk**, 5 to 8 p.m. Galleries in the village will be open late. Twig artist Susy Perrine will build a garden structure under a tent.

FRIDAY, OCTOBER 1:

► **“The Seven S’s of Olmsted Design” Show at Camden Public Library**, October 1–29. An exhibit celebrating Harbor Park and the village green as part of Camden’s “Olmsted 200” celebration. Frederick Law Olmsted and his sons had an enormous impact on the philosophy and appearance of public spaces in the country and in Camden. View photos from the past and present and learn about Olmsted design theory.

► **Explorations Read-Aloud for Adults**, Fridays at 11 a.m. on Camden Public Library’s Facebook page and YouTube channel. Local thespian Joseph Coté reads aloud. This week: “The Stories of John Cheever.”

► **Reception at Show of Paintings by George Pearlman**, Jackson Memorial Library, 71 Main Street, Tenants Harbor, between 5 and 7 p.m. Pearlman is a ceramicist with a studio in Tenants Harbor. His paintings began as a way to express dream imagery through a medium other than clay. The show runs through October 29. All art sale proceeds benefit the library’s community programs.

SATURDAY, OCTOBER 2:

► **Shakespeare Society of Rockland, Meeting via Zoom**, from 2 to 4 p.m. “Henry IV, Part 2,” Act 1, will be read and discussed. Founded in 1889, the society is entering its 132nd year. Meetings will be held every other Monday through the end of November; one act is read per meeting. Potential members are welcome to attend as guests. For more information, email President Hope Kocian at hkocian@verizon.net.

► **Opening Reception for Four New Shows at CMCA**, Center for Maine Contemporary Art, in Rockland. Gallery talk by some of the artists at 3:30 p.m. Reception from 4 to 6 p.m. “Ryan Adams: Lessons” is Portland-based artist Adams’ solo exhibition with a 33-foot-long mural in the lobby. “Spatial Relations” presents new and recent sculptures by Elizabeth Atterbury, Gordon Hall and Anna Hepler in the Main Gallery. “Into Action” is a group show featuring photography and photo-based works set in nature. “Hiraki Sawa: Absent” presents the internationally acclaimed video artist’s video of a world populated by a parade of surreal creatures using stop-motion photography.

► **Maine Craft Weekend on Saturday and Sunday**, October 2 and 3. A state-wide tour of studios, businesses, and events, and a chance for the public to explore the life and work of craft artists and businesses throughout Maine. For an event directory and interactive maps, head to mainecraftweekend.org.

TUESDAY, OCTOBER 5:

► **Poetry Meetup with Carver Memorial Library**, Searsport, 3 p.m. on the library lawn (Zoom, if it’s raining – call the library for the link). Pick up a Blackout Poetry kit starting Tuesday, September 28. Then meet this Tuesday, October 5, to talk about your poetry creations or share poetry you like. Kids, teens, and adults encouraged. If there’s interest, the library will start a poetry club.

► **“Capturing Details with Graphite,”** via Zoom on Tuesdays, October 5, 12, 19 and 26. Whitney River leads the class offered virtually by Rockland’s Farnsworth Art Museum. \$144; \$120 members. Farnsworthmuseum.org.

COMING UP:

► **Environmental Book Club to Meet Online Thursdays in October**, Knox-Lincoln Soil & Water Conservation District offers it October 7, 14, 21 and 28 from 12:30 to 2 p.m. Join Rebecca Jacobs to discuss “A Life on Our Planet: My Witness

Statement and Vision for the Future” by David Attenborough. This companion book to the October 2020 film “A Life on Our Planet” features Attenborough’s “refreshingly optimistic” message. Jacobs will also discuss practical ways to implement conservation practices on your property to restore the health of the landscape and mitigate further loss. Register at knox-lincoln.org/environmental-book-club. For those not wishing to purchase a book, check your local library or make a request through InterLibrary Loan. There is no fee for the program. For more information, call Knox-Lincoln SWCD at 596-2040 or email julie@knox-lincoln.org.

► **16th Belfast Poetry Festival**, Saturday, October 16, a mostly virtual event including an Evening Collaborative Showcase and three daytime workshops, one by Maine State Poet Laureate Julia Bouwsma. For details and to register for the Zoom link: BelfastPoetry.com.

HOME & GARDEN

► **81st Maine Ag Trades Show**, an annual event to network and connect over the business of agriculture, in-person at the Augusta Civic Center on January 11, 12, 13. All the details, including how to request an exhibitor spot, are on the Maine.gov website.

TUESDAY, SEPTEMBER 28:

► **Webinar on Sugarbush Leasing**, from the University of Maine Cooperative Extension and Land for Good, 7 p.m. Tips on assessing land value and land leases and case studies relevant to maple producers considering a lease. Jason Lilley, a UMaine Extension sustainable agriculture professional, and Mike Ghia, a Land for Good Vermont field agent, will lead the webinar. \$10; register at extension.umaine.edu/register/shop.

THURSDAY, SEPTEMBER 30:

► **Woodland Stewardship Workshop: “After the Harvest,”** 1 to 3 p.m. Join Maine Forest Service and District Forester Alyssa Gregory and Waldo County Soil and Water Conservation District Technical Director Aleta McKeage for a walk-and-talk to explore forest regeneration and management considerations after a recent harvest. Directions to 35 Cates Road, Jackson: Avoid Underpass Road (not well maintained) and take Valley Road to Littlefield Road. Cates will be on your right. From Cates, take the second driveway on the right.

SATURDAY, OCTOBER 2:

► **Draft-Animal–Power Network Field Days**, this Saturday and Sunday, 8 a.m. to 5 p.m., in Loudon, New Hampshire. Two days of draft-powered farming and logging demos. Details are at mofga.org.

TUESDAY, OCTOBER 5:

► **Outdoor Talk on Preparing the Garden for Winter**, at noon at Merryspring Nature Center, Camden. John Fromer will demonstrate how to winterize the perennial garden using time-saving methods that are simple and easy to learn. Fromer will also speak about how preparing a garden in fall encourages growth in spring and will show the proper way to plant fall bulbs. This talk is part of the *Outdoor Summer Talk* series. Admission is \$5, free for Merryspring members. No registration is necessary for this event.






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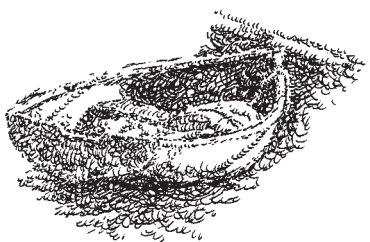
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CALENDAR OF EVENTS

COMING UP:

➤ **Coming Up with MOFGA**, Maine Organic Farmers and Gardeners Association in Unity, **Farmer to Farmer in the Field: Pasture Renovation** on Wednesday morning, October 6, in Washington. A free tour of reclaimed fields at Bo’Lait Farm with discussion. **Growing and Using Nuts in Maine** on Thursday morning, October 7, in Unity. Learn about planting and caring for nut tress. **Heritage Orchard Fall Workday**, all day Saturday, October 9. Prep sites for spring apple tree planting and put tree guards on young trees. For all the details, and other October offerings, visit [mofga.org](#).

➤ **Forestry and Foliage in Camden Walk-and-Talk**, Friday, October 8, from 10 a.m. to noon. Knox-Lincoln Soil & Water Conservation District leads it at Merryspring Nature Center along autumn’s forested trails. Forester Alyssa Gregory will identify various tree species. Wildlife biologist Joseph Roy will discuss best practices to create a healthy habitat. MCC AmeriCorps volunteer Louisa Crane will share her experience working with invasive plant species. Brett Willard, program director at Merryspring Nature Center, will be on hand to discuss upcoming programs. Free. Register at [knox-lincoln.org/fall-foliage-walk-and-talk](#) or call 596-2040.

FOOD & DRINK

THURSDAY, SEPTEMBER 30:

➤ **Talking Food in Maine: Intimate Conversations**: **Susan Sherrill Axelrod**, 7 p.m. at Lincoln Theater, Damariscotta. Host Cherie Scott has a one-on-one chat in season two of the series: Women in Food Innovation. Meet Axelrod, editor-in-chief at Culture, a media brand dedicated to the world of cheese. Axelrod began her professional life as a caterer and restaurant owner, shifting to journalism after arriving in Maine in 2013, where she helmed Old Port and Ageless Maine magazines. Tickets for the free event are at [lincoltheater.net](#).

FRIDAY, OCTOBER 1:

➤ **Belfast Farmers Market**, outside Waterfall Arts, 256 High Street, Fridays, 9 a.m. to 1 p.m., rain or shine. SNAP, Maine Harvest Bucks accepted.

➤ **Union Farmers Market**, at a new location, 27 Common Road, just off Route 17, Fridays, 3 to 6 p.m., through October 8. SNAP, Maine Harvest Bucks accepted.

➤ **West African Cultural Dinner**, at Rockland’s Penobscot Bay Language School. The indoor/

outdoor event will include authentic cuisine from Togo (West African nation), music and a brief discussion on the cultural influences of West Africa seen around the world today. Guest chef Jordan Benissan of Me Lon Togo Restaurant in Camden will create the meal and will lead a musical demonstration and cultural discussion. Register by visiting [penobscot.us](#) or by calling 594-1084.

KIDS & PARENTS

➤ **Skidompha Public Library Resumes Curbside Pickup for Kids and Teens**, starting Tuesday, September 28. Parents and children may also still enter the library to browse and borrow. Email requests to [children@skidompha.org](#) or call 563-5513 to connect with Youth and Teen Services.

➤ **Deadline for Entries to Strand Youth Film Fest Extended**, to October 31. The festival is for young people in midcoast Maine ages 9 to 18. Learn more at [rocklandstrand.com](#).

➤ **Monarch Butterfly StoryWalk on Sears Island**, with laminated pages of the book “Monarch! Come Play with Me” by Ba Rea hanging through October 5.

TUESDAY, SEPTEMBER 28:

➤ **Rockport Public Library In-Person Storytimes**, 10:30 a.m. Aimed at kids up to age 5. Join Mr. Ben to read picture books and do a craft.

➤ **Storytime with Miss Katie at Rockland Public Library**, 10:30 a.m. A themed musical storytime, with dancing, songs, rhymes, and two books for toddlers to early elementary age.

➤ **Outdoor Story Time at Jackson Memorial Library**, Tenants Harbor, Tuesdays at 10:30 a.m.

➤ **Virtual Breastfeeding Support Group**, Tuesdays from 12:30 to 2 p.m. The informal group provides interaction as well as individual assistance. Women wanting more information are also welcome. For online access: 301-3950 or [journeytohealth.coursestorm.com](#).

➤ **LGBTQ+ Online Youth Group**, for ages 9 to 13, Tuesdays from 4 to 5 p.m. Hang out, try a workshop, play games and connect with peers. Visit [OutMaine.org](#) for details.

WEDNESDAY, SEPTEMBER 29:

➤ **Book Time for Babies with Camden Public Library’s Miss Amy**, 10 to 11 a.m. Outdoor story times in the Camden Amphitheatre themed for toddlers and babies on Wednesday mornings. Bring a blanket. Weather permitting. For more info, email [alhand@librarycamden.org](#).

➤ **Preschool Storytime at Rockland Public Library**, 10:30 a.m. Miss Katie reads favorite picture books on the lawn. Bring a hat and blanket.

➤ **LGBTQ+ Teen Group**, for ages 13 to 17, via Zoom on Wednesdays, 4 to 5 p.m. Hang out, try a workshop, play games and connect with peers. Go to [OutMaine.org](#) for details.

THURSDAY, SEPTEMBER 30:

➤ **Preschool Outdoor Story Time with Miss Amy of Camden Public Library**, 10 to 11 a.m. **Thursdays and Fridays**, geared toward preschool-aged children. Bring a blanket to sit on. Weather permitting. For more information, email [alhand@librarycamden.org](#).

➤ **Babytime with Miss Katie of Rockland Public Library**, 10:30 a.m. New and familiar nursery rhymes in a storytime is for little ones, with lots of songs and one short story at the end.

SATURDAY, OCTOBER 2:

➤ **Stockton Springs Community Library Storytime First Saturday of the Month**, starts today and runs first Saturdays of the month from 10 to 11 a.m. With stories, snacks, and activities. The program is free and open to all.

➤ **Autumn Ecology Nature Walk for Families**, at Merryspring Nature Center, Camden, at 10 a.m. All ages are invited on a one-hour stroll to see fall foliage and learn how and why leaves change color. Identify trees, look for evidence of animals, learn how nature prepares for winter, and watch for signs of the changing season. This free program is part of the *Free Family Programs* series at Merryspring. Registration required: 236-2239 or [info@merryspring.org](#).

MONDAY, OCTOBER 4:

➤ **Emerging LGBTQ+ Leaders Online Meetings**, for ages 16 to 22, Mondays from 3 to 4 p.m. Out Maine hosts the virtual meet-ups where LGBTQ+ young adults can share knowledge and increase their leadership and facilitation skills. Email [leah@outmaine.org](#) for details.

MISCELLANEOUS

TUESDAY, SEPTEMBER 28:

➤ **Belfast Senior Center**, open to fully vaccinated people 60 and older, Tuesdays from 10 a.m. to 3 p.m. at Belfast Boathouse. Table games, puzzles, socializing, coffee and lunch at noon. Donations taken. Details: [BelfastSenior@gmail.com](#).

➤ **Free Senior Exercise Class at Thomaston Public Library**, led by Sandy Bodamer, 11 to

11:45 a.m. on Tuesdays and Thursdays in the gym of the Academy building. Standing and chair routines using light weights, resistance bands, and small fitness balls. All fitness levels welcome. Free, donations taken.

➤ **Knox Clinic Men’s Walking Group**, 5 p.m. This is the last walk of the season. Meet outside Knox Clinic, 22 White Street, Rockland. More info: 301-6993.

➤ **Healthy Lincoln County Weekly Meditation Group**, Tuesdays from 7 to 7:30 p.m. via Zoom. The group is free and everyone is welcome. For more info and to register: 622-7566, ext. 236, or [lemmons@healthylincolncounty.org](#).

➤ **Disaster Preparedness Workshop**, at 6 p.m. via Zoom. Camden Public Library hosts the Midcoast Medical Reserve Corps and the Federal Emergency Management Agency for a workshop that will introduce concepts from the Ready.gov OPEN program. The program is designed to teach participants how to identify risks, locate resources, and take action to prepare. The registration link is at [librarycamden.org](#).

➤ **Medicare Options 2022**, with Renata Lahner and Nancy Schultz, this Tuesday at 2 p.m. and **Wednesday, September 29**, at 6 p.m. at Rockport Public Library. Learn about Medicare options for the upcoming open enrollment for 2022. Lahner and Schultz have over 20 years of Medicare experience. For more information, call the library at 236-3642.

WEDNESDAY, SEPTEMBER 29:

➤ **Black Lives Matter Vigils in Rockland**, Wednesdays at Chapman Park (corner of Park and Main, by Walgreens) from noon to 1 p.m. Everyone is invited. Wear a mask. More info at 385-7452 or [smanning5757@gmail.com](#).

➤ **Carver Memorial Library Offers Five Animal Qigong**, on the library lawn, in Searsport (at Union Hall, above the town office, if it’s raining), Wednesdays at 3 p.m. through October. The Five Animal Qigong Form is a traditional Qigong form used throughout China with regional variations; this is the Wudang Mountain form. Free, donations taken.

THURSDAY, SEPTEMBER 30:


➤ **Tai Chi in Camden Amphitheatre**, noon to 1 p.m. Instructor Anna Dembska leads classes for all levels. A portion of donations collected benefits the library. For more info and to sign up for weather notifications: [camdentaiji@gmail.com](#).

FRIDAY, OCTOBER 1:

➤ **Online Chess Club**, with matches every Friday from 4 to 6 p.m. Members may also challenge

★ASTROlogically★
Speaking
WITH ANANUR

SEPTEMBER 29 TO OCTOBER 5



Wednesday, September 29 — Venus is in a challenging aspect with Jupiter until tomorrow. You might feel like an addiction has taken hold of your mind. I hope that you’re striving, with me, for moderation. You might be feeling the longing for the ideal world to come about; this is due to an aspect between Venus and Neptune that will last until 8 p.m. The Sun remains in a super-fine aspect with Saturn until midnight. This aspect has brought attention to detail and excellent concentration. Your intuition brings unconventional ideas between noon and 2 p.m.

Thursday, September 30 — Venus in her challenging aspect with Jupiter is kicking up addictive behavior. This is a sociable time. Mercury is awkwardly aspecting Pluto until tomorrow. You’re suspicious and want more than anything to get to the truth, somehow. The Moon in Cancer will be in a challenging aspect with Mercury in Libra from 8:45 to 10:45 a.m., which suggests an argument will spiral out of control. Some people actually enjoy arguing because they are addicted to the idea that they are right.

Friday, October 1 — Mercury and Pluto end their awkward aspect at 2 p.m. Mercury is now in a super-fine aspect with Jupiter. Many people with genius IQs were born with this aspect. You’re full of fantastic ideas. However, Mercury is still retrograde. No matter how smart you might be, Mercury retrograde will create havoc during the retrograde motion from September 27 to October 18. Be clear in your communications and do not make any assumptions at all. Vehicles and electrical machinery, gadgets and tools are all vulnerable to breaking down. Venus remains in a positive aspect with Pluto, offering the opportunity to infuse your marriage with romance.

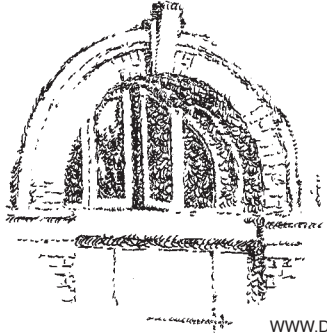
Saturday, October 2 — Venus and Pluto complete their aspect to each other by 4 a.m. Mercury is still in a super-fine aspect with Jupiter until tomorrow night. Conversations ought to be incredibly upbeat. You’re apt to be tired while the Moon is awkwardly aspecting Neptune in Pisces between 10:50 a.m. and 12:50 p.m.


Sunday, October 3 — Mercury is still aspecting Jupiter. I hope you’re noting the ideas that are popping up for you. The Sun and Mars in Libra are in an awkward aspect to Uranus in Taurus. Be cautious. This aspect has to do with reckless actions that cause accidents. You’re impatient, but so is everyone else. The Moon in Virgo will be in a challenging aspect with Saturn between 3 and 5 p.m., possibly finding you discouraged.

Monday, October 4 — And the beat goes on. The Sun and Mars are in a challenging aspect to Uranus until Thursday. Rebellious attitudes will stir up disruptive conflicts. Authority figures will be forced to get involved. Mercury is in an awkward aspect with Neptune, bringing low energy.

Tuesday, October 5 — Mercury remains in an awkward aspect with Neptune until 1 p.m. Don’t make any decisions with this aspect going on and with Mercury still retrograde. The Sun and Mars are still in an awkward aspect with Uranus until Thursday. You know by now that this tends to be an accident-prone time. The New Moon cycle begins tomorrow at 7:05 a.m.

NOTE: Due to space constraints, this column has been edited. Read the full version at [freepressonline.com](#). Ananur Forma lives in Rockland and can be reached for a personal astrological reading in person or by phone at 207-594-2565. Visit [www.AstrologyWithAnanur.com](#).


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CALENDAR OF EVENTS

other members at any time. Join at lichess.org/team/camden-chess-club. For more info, email Evan Annis at camdenchessclub@gmail.com.

► **“Interacting with Wabanaki Maine History,”** 6 to 8 p.m. via Zoom. Wabanaki REACH offers the community program, hosted by The Dancing Elephant, in Rockland, and open to the public by donation. For the Zoom link, register at rocklandyoga.com. The two-hour program is an interactive experience in which leaders and participants engage in a story of events in the history of 400 years of colonization of Wabanaki people by Europeans. “This highly engaging experience requires everyone’s full participation in order to genuinely increase our understanding of colonization and what it means for current descendants and future generations.” This program will be followed by **“Healing Begins with Truth: Understanding Colonization”** on Friday, November 5. The mission of Wabanaki REACH is to support the self-determination of Wabanaki people through education, truth-telling, restorative justice, and restorative practices in Wabanaki and Maine communities. For more information, visit mainewabanakireach.org. To register, visit rocklandyoga.com.

SATURDAY, OCTOBER 2:

► **Volunteers Needed to Monitor Rockweed Along the Coast**, join Schoodic Institute and Kennebec Estuary Land Trust for a training session at Reid State Park from 1:30 to 4:30 p.m. Call 442-8400 or visit kennebecestuary.org to sign up. KELT will have a rockweed monitoring kit volunteers can check out to use at any site where they want to monitor rockweed. Project ASCO will be holding other trainings this fall, and there will be trainings next spring. Rockweed monitoring takes place from June to October.

SUNDAY, OCTOBER 3:

► **Annual Blessing of the Animals at St. Margaret’s Episcopal Church**, at 9:30 a.m. on the lawn in front of the church at the corner of Court and Elm streets, Belfast. The brief outdoor service, led by the Reverend John Nieman, is open to anyone who would like to have a pet blessed in honor of St. Francis of Assisi, whose feast day is October 4.

► **Washington Recreation Community Work Day**, 10 a.m. to noon at the ball field at Prescott Memorial School. Bring rakes and painting supplies if you have them (for oil-based stain, which will be provided). New dugouts as well as the equipment shed and concession need a coat of stain. The equipment shed and concession building need organizing and sweeping.

MONDAY, OCTOBER 4:

► **Medicare Informational Sessions via Zoom**, this Monday and Tuesday, from 10 a.m. to noon. Camden Public Library hosts Renata Lahner and Nancy Schultz of J. Edward Knight Senior Advantage for free talks, with time to ask questions. Visit librarycamden.org for the links to instantly join the programs.

► **Camden Public Library’s Walsh History Center Hour on Zoom**, 1 p.m. The Walsh History Center will try to find answers to your Camden history questions. Email kgross@librarycamden.org for the link.

► **Fall Nautical Navigation Series**, Midcoast Sailing Center (a program of the Sail, Power, and Steam Museum in Rockland) hosts the classroom-based series led by Diane Sternberg, U.S. Coast Guard licensed captain. The three classes (two nights each, from 6 to 7:30 p.m.) will build upon each other. People can sign up for one or two or take the whole series. **Introduction to Nautical Charts and Navigation** is October 4 and 6. **Intermediate Navigation and Dead Reckoning** is October 18 and 20. **Rules of the Road and Aids to Navigation** is October 25 and 27. Classes are \$50 each. Details are at sailpowersteammuseum.org.

TUESDAY, OCTOBER 5:

► **Tai Chi in Camden Amphitheatre**, noon to 1 p.m. Instructor Anna Dembska leads classes for all levels. A portion of donations collected benefits the library. For more info and to sign up for weather notifications: camdentaiji@gmail.com.

► **Virtual Info Sessions with Food Addicts in Recovery Anonymous**, for those who may be struggling with food obsession, overeating, undereating or bulimia. Sessions online and by phone are set for Tuesday, October 5, at 6:30 p.m. and Saturday, November 6, at 8:30 a.m. For phone and online access information, call Kate at 529-5550 or send an email to fa.newcastle.maine@gmail.com.

► **Rep. William Pluecker Office Hours in Union**, at Vose Library, 392 Common Road, from 4 to 5 p.m. No registration is required to attend. Pluecker says he will be available to converse with constituents about public policy issues important to them and what they want the Legislature to address when they head to Augusta for the legislative session in January.

► **Alzheimer’s Disease Support Group**, on Zoom at 6 p.m. Information and support for area residents who have loved ones coping with Alzheimer’s disease or related dementias. Those interested in participating should contact Cheri R. Blouin, LSW, at 301-6237 or cblouin@pbmc.org.

COMING UP:

► **Virtual “Take a Break with Guided Meditation” Class**, Wednesdays, October 6 to 27, noon to 12:30 p.m. Find a quiet

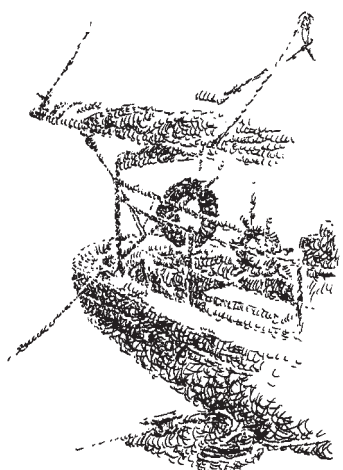
spot and sign in for as much of this short meditation break as you wish. The class will begin with a guided meditation, followed by silent meditation and a brief time for reflections and questions. This class is free but registration is required at journeytohealth.coursestorm.com or by calling 301-3950.

► **Virtual Zumba Gold Class**, Wednesdays, October 6 to 27, from 5:30 to 6:30 p.m. Easy-to-follow Zumba moves that focus on balance, range of motion and coordination. \$30. To register, head to journeytohealth.coursestorm.com or call 301-3950.

► **Workforce Pathways Conference**, offered by the Island Institute, based in Rockland, a two-day, virtual conference Thursday and Friday, October 7 and 8. The theme is “Connecting the Dots from Kindergarten to College and Career,” and the goal is to connect island and coastal educators and industry leaders to help guide Maine students and adults toward promising workforce pathways; to improve individual livelihoods; and to strengthen communities. Islandinstitute.org.

► **Midcoast Conservancy Forest Bathing Workshop**, join forest therapy guide Susan Bickford at Hidden Valley Nature Center in Jefferson on Saturday, October 9, from 9 a.m. to noon. Bickford will guide participants through several invitations to awaken the senses and slow down. The pace will allow people to notice what is in motion along the trail; time may be spent sitting with a certain tree for a bit. Attendees will share observations and a foraged tea. The workshop is \$20 for Midcoast Conservancy members, \$25 for others. Register at midcoastconservancy.org.

► **Annual Christmas Fair at Belfast United Methodist Church**, 23 Mill Lane, on Saturday, October 9, from 10 a.m. to 2 p.m. Rain date: October 16. Christmas décor, ornaments, food, handmade items and a silent auction.



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OBITUARIES

Paid print obituaries may be submitted to the advertising department of The Free Press. Contact admanager@freepressonline.com for more information.

NOTICES

Eleanor M. Carter

Died Tues., Sept. 21, 2021
Age 81; Condolences and memories may be shared at www.bchfh.com.

Sonia Allen Spalding

Died Tues., Sept. 21, 2021
Age 96.

Lynn R. Athearn

Died Sun., Sept. 19, 2021
Age 69; Condolences and memories may be shared at www.bchfh.com.

Douglas Ray Barnes

Died Sat., Sept. 18, 2021
Age 53; Condolences and memories may be shared at www.bchfh.com.

Irma Sylvia Miller Goldsmith

Died Sat., Sept. 18, 2021
Age 96; Condolences and memories may be shared at www.bchfh.com.

Mary Rita Ortense McDevitt

Died Sat., Sept. 18, 2021
Age 70; Condolences and memories may be shared at www.ratterman.com.

Timothy Edward Pezanowski

Died Sat., Sept. 11, 2021
Age 53; Condolences and memories may be shared at www.bchfh.com.

Elwyn Frank Henderson

Died Tues., Sept. 7, 2021
Age 89; Condolences and memories may be shared at www.bchfh.com.

Donald L. Merchant

Died Mon., Sept. 6, 2021
Age 87; Condolences and memories may be shared at www.bchfh.com.

Mary Ruth Galvin

Died Sun., Aug. 22, 2021
Age 63; Condolences and memories may be shared at longfuneralhomecamden.com.

George J. Phocas

Died Mon., July 19, 2021
Age 93; Condolences and memories may be shared at www.bchfh.com.



THE AMERICAN LEGION War Memorial Post 30

PHONE: 207-236-3310

207-691-2270

2021 Membership Drive

Veterans - be a part of
the largest vet organization.

Meetings are the 1st Thursday
of the month at 7pm

Stop by 91 Pearl St., Camden
and join your fellow vets and enjoy
the comradery

FREE to worship

A weekly feature in **THE FREE PRESS** Contact Glenn Billington: glenn@freepressonline.com



The Episcopal Church welcomes you!

In Person Worship

7:30 a.m. & 10:00 a.m. Sundays,
9:30 a.m. Wednesdays



See our Website
for details and online
classes & programs.

33 Chestnut Street • 236-3680 • www.stthomascamdenme.org



John Street United Methodist Church

98 John Street, Camden, ME 04843

(207)236-3829 jsumc@midcoast.com

Sunday Worship 11:00 - Childcare Available

We Welcome All Persons



First Congregational Church of Camden

An open and affirming
congregation of the
United Church of Christ

Join Us for Zoom Worship Sundays at 9:30 am. Sunday School meets by Zoom at 8:45.
To be added to the Zoom lists, call the church office.

55 Elm St., Camden 236-4821 camdenucc.org

Shalom

We welcome all to
Adas Yeshurun Synagogue
50 Willow St., Rockland
Unaffiliated ~ All-inclusive
For schedule: Call 594-4523 or
visit www.AdasYeshurun.org



Join us for worship and
fellowship Saturday,
Sabbath – 10:45 to Noon
followed by a
vegetarian meal.

All are welcome.
132 Camden Street, Rockport.

Open Hearts, Open Minds, Open Doors
Sunday Worship 10:30 a.m.



ALDERSGATE United Methodist Church

Rte. 17 Across from Chickawaukie Lake
aldersgaterockland@gmail.com

Nativity Lutheran Church

179 Old County Rd, Rockport

Sunday Worship: See our
website for online worship.

nativitylutheran.church
207-594-4665

All are welcome—You are welcome!

St. Brendan the Navigator Parish

Roman Catholic Church Weekend Mass Schedule

Our Lady of Good Hope, 7 Union St, Camden
Sat at 4pm, Sun at 11am
St. Bernard, 150 Broadway, Rockland
Sat at 6pm, Sun at 8am & 11am
St. Francis of Assisi, 81 Court St, Belfast
Sat at 4pm, Sun at 8:30am
207-236-4785 ~ stbrendanparish.net



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CALL STEVE DAVIS AT 207-596-0055 FOR MORE INFO.

YARD SALE
CAMDEN
Huge Moving Sale
34 Megunticook St.
Sat. Oct. 2 from 8 a.m.-2 p.m.
Tools, vintage natural, decor, fabric, art, antique game table, farm table and 4-toile parsons chairs, furniture, twin metal bed ensemble
Cash, please.
207-230-2455
(9/28)

SEARSMONT
Barn Sale
47 Diamond St.
Sat. Oct. 2, 8 a.m. to 2 p.m.
Rain Date, Oct. 3
Addtl. inventory, \$1 items, rugs, furniture, jewelry, dishes, linens, much clothing, tools, hardware, books, stones, clown decor, humidifiers, art
stuff to repurpose plus a free pile.
(9/28)

LOST
PRESCRIPTIONS/GLASSES LOST — horn rimmed frames, bifocal lenses, reward. Please call 917-655-3881. (9/28)

FIREWOOD
FIREWOOD — Cut and split and delivered. 691-6758. (kr)
FIREWOOD — cut, split, delivered. CFMI, 975-1147. (kr)

FOR SALE
2019 CAMPER TRAILER. Forest river surveyor premium. Loaded. Svt267rbs. Bought new as a leftover. Sleeps 6. Value package. Fall program package. 1/2-ton towable. Only 167 miles. Lived in 5 months waiting for house. New retail \$36,193.25. av retail now \$27,193.25. Our price, \$22,590. Trailer is in Warren. Joe, 207-975-6583. (kr)

Applications are now being taken for the KNOX HOTEL APARTMENTS
192 Main St. Thomaston
One bedroom apartments that are conveniently located right downtown, rent is 30% of income and includes: wall to wall carpeting, laundry facilities, community living room, parking and professional Service Coordination on site.
Maximum Income Limits are
\$29,580 for 1 Person
\$33,840 for 2 Persons
If interested, please call
Sherry at 594-2743
TDD/TTY 1-800-545-1833 Ext. 702

SNOW PLOW BID
Hope Elementary School
The Hope Elementary School is seeking bids for snow plowing and sanding for the 2021-2022 school year.
Bids should contain separate costs for sanding and plowing per storm and for the season.
Hope Elementary requests sweeping of sand after the season, if possible. See specifications.
Specifications are available at the Office of the Superintendent of Schools.
Contact info: Phone: 207 763-3818 or email: wendy.tricomi@fivetowns.net
Bids must be received at the Office of the Superintendent of Schools by 12:00 P.M. on Friday, October 8, 2021.
Each bid envelope must be clearly marked **“Hope Elementary School Snow Plowing Bid”** and addressed to:
Snow Plow Bid
Superintendent's Office SU #69
444 Camden Road
Hope, ME 04847
The Hope School Committee reserves the right to accept or reject any and all bids.
EOE

AUTOMOTIVE
2007 DODGE VAN, mileage 239,280, new sticker, runs great, four free extra rims, \$2,500. Come see and try it out. 207-845-2786. (9/28)

WANTED
LUCKY LADY — wants your woodlot. Turn those trees into cash. Roll those dice and give me a call, 441-7929 or 993-2629. (kr)

LUCKY LADY — I want to buy your junk cars and trucks, pay up to \$500. Roll my dice because I pay the best price. 993-2629 or 441-7929. (kr)
ALLIS CHALMERS GARDEN TRACTOR, HD 112 or HD 212 desired. Rockport, 596-6303. (kr)

EQUIPMENT RENTAL

UNION FARM EQUIPMENT RENTALS: Tractor/loader/back-hoe, excavator, wood splitter, wood chipper. Delivery available, reasonable rates. 1-800-935-7999. (kr)

HELP WANTED
ASK WANTS YOU! — Is it time for you to be paid for your caregiving skills? If you have raised a family, cared for sick or elderly family members, been a volunteer, you might have the knowledge, experience, and caring heart to be a home care worker. ASK values your life skills and will train you while you work. Call 207-354-7077, email dee@askforhome-care.com or text 207-542-5505, let us help you explore the opportunities we offer! (kr)

FREE PRESS ADS WORK!

HELP WANTED
GARDENING/YARD CARE — Oct., Nov. 2021, April-Nov. 2022 and ongoing. Hedging, weeding, organic insect control, repair/install wire fencing, fertilizing and line trimming. Generally 4-8 hrs./wk., So. Thomaston, 727-641-4060. (10/5)

FARM & HOME
NOW OPEN, 7-Tree Farm & Home, the former Union Away, Heald Highway, Route 17, in Union. **785-4385.** (kr)

BUSINESS OPPORTUNITY
PROJECT FREEDOM
We need serious and motivated people for expanding health and wellness industry. High speed internet/phone essential. Perfect for savvy social media fans.
207-613-5517.
(kr)

TREE SERVICES
GREEN'S TREE SERVICE
• Tree, brush removal
• Pruning
• Aerial truck or climber
• Chipping, stump-grinding
• Lots Cleared
Free Estimates
Licensed & Insured Arborist
Matt Green, 322-0320.
— Reasonable Rates —
(kr)

SERVICES
SOULE'S CARPENTRY
Siding, roofing, garages, window replacement, decks and more. Free estimates. Fully insured. Call 691-6758. Ask for David. (kr)

BCB PROPERTY SERVICES
- Tree & Brush Removal
- Light Clearing, Chipping
- Field Mowing, Bush Hogging
- Rototilling
- Tractor Services
• **MAINTAINING ALL YOUR OUTDOOR SPACES** •
BETTER CALL BEN
207-542-3299
(9/28)
JR'S PAINTING
Fine Interiors/Exteriors
Painting & Staining, Sheetrocking, Pressure Washing, Plaster Repair. Free estimates. References. Fully Insured.
273-6116.
(kr)

LIVE SOLO ENTERTAINMENT
Pop, Country, Oldies, Rock, Blues and more. Private, public, weddings, parties
YouTube: FEZZY PEPPER
bja709bja@gmail.com
(9/28)
JAPANESE LESSONS
Exotic and fun. Learn to hear, speak, read and write. Great system!
Two levels. \$30-90 minutes. Wednesday and Friday, 6-8 p.m. Camden.
772-217-7070.
(9/28)

RENTAL
PROFESSIONAL OFFICE SPACE — available now, 2-3 days/week, month-to-month. Must be COVID-conscious/safe. Clean, spacious, south-facing windows, furnished. Scent-free, chemical-free space. Heat and electric included. Ample parking. For more information and pictures, please call or text 701-1702. (kr)

FREE PRESS ADS WORK!

RENTAL
SENIOR HOUSING — The Homesteads in Cushing and Owls Head have vacancies for seniors who wish to live in a home-like environment but need homemaking and/or personal/nursing services. The Homesteads provide a small, intimate setting where frail elderly can age in place and pay for services as needed at significantly lower rates than traditional medical facilities. We have enjoyed a reputation for high-quality meals and services for more than 25 years. Information and pictures of available rooms/suites can be accessed by calling 354-7077 or at www.homeshareinc.com. (kr)

OWLS HEAD, Directly On The Ocean — 3 BR house, fully furnished, available from now until June 1st, 2022. 1-1/2 baths, kitch/dining combo, lg. LR, no pets, non-smoking. \$2,000/mo. plus utilities, 1st, last and sec. 207-594-2442. (10/12)

STORAGE
WATERMAN BEACH STORAGE
10 x 15 unit, \$100
10 x 20 unit, \$120
10 x 25 unit, \$140.
South Thomaston, 975-1326.
(kr)

HELP WANTED DISPLAY ADS
ASHWOOD
Waldorf School
Ashwood Waldorf School in Rockport is looking to hire care providers for our early childhood program.
Full and part time positions available.
Essential qualities for this position are enthusiasm, joy, energy, positivity, and most of all, a love for working with young children.
Please send your letter of interest, resume, and contact for three professional references to: jclough@ashwoodwaldorf.org.

Progressive Housing Assoc.
Residential Care Facilities
Residential Counselors, DSP's/CRMA's
Private agency providing residential services to developmentally challenged adults in the Warren area is now accepting applications for **Day & Night Positions Available**
Responsibilities include:
The ability to work as a team. Implementing care plans, behavioral plans, meal assistance, hygiene and ADL assistance, may include total care, and all aspects of residential programming. Recognition of State and Federal regulations as well as maintaining a safe and clean environment.
Qualifications include:
High School diploma or GED. DSP/CRMA certified if applicable, however we will facilitate all necessary training, valid Maine driver's license.
Benefits Include:
Offering sign on bonus, increased wages, additional increased wages with experience, health insurance and other benefits. To schedule an interview: call 207-273-3369
You may also send your resume to:
Progressive Housing Association
P.O. Box 277, Warren, ME 04864
Or Fax to (207)273-3355
E.O.E.

SELF HELP AND SUPPORT
NA HOTLINE
For meeting information
1-800-974-0062
www.namaine.org
AL-ANON HOTLINE
For meeting information
24 hours a day, 7 days a week
1-800-498-1844

TOTAL VICTORY
Self-help emotional and spiritual support group. Meets weekly in various private homes in Knox and Lincoln counties.
FMI: 542-7397 or Total Victory, P.O. Box 1166, Waldoboro, ME 04572.

PEER ONE SUPPORT GROUP
Are you or someone you know living with depression, bipolar, OCD, PTSD or any other mental illness? Come join our local peer-run support group. We share daily living skills, coping tools, learn wellness and self-care tips.
Tues., 7 to 8 p.m., VOA Building, 33 Booth Drive (off Congress St.) in Belfast.
FMI: Louise, 322-8738.
Open to All, Respect Anonymity

WALDO COUNTY AREA PROSTATE CANCER FELLOWSHIP GROUP — Second Tuesday, monthly, 6:30 p.m., Belfast. **FMI: Mark, 338-8372.**

HELP WANTED DISPLAY ADS
FULL TIME HELP WANTED
Company Orientated, Hard Working Warehouse Laborer
Includes Production/Assembly Work
Must Be Mechanically Inclined
Some Heavy Lifting Required
Apply At:
Marine Hydraulic Engineering Co., Inc.
17 Gordon Drive
Rockland, ME 04841
207-594-9527
marinhyd@midcoast.com

FREE PRESS ADS WORK!
Help Wanted
Full Time Breakfast Cook
Full Time Dinner Cook
Experience Necessary
Full Time Morning Dishwasher
Wednesday - Sunday
Hours Vary - Apply within
NO PHONE CALLS
ROCKLAND CAFE
441 Main Street, Rockland

Lucette Residential Care Facility
Thomaston, Maine
Now Hiring Full-Time CRMA
for second shift 2:30pm-10:30pm.
This shift will include at least every other weekend (preferably every weekend if it works for applicant)
Starting pay \$15.50 per hr.
Also Hiring Part-Time, and per diem CRMAs
Benefits include 60% paid health, paid vacation, meals, work in a homelike atmosphere, paid trainings, generous holiday bonuses. Must have proof of Covid-19 vaccination or have arrangement to have it before Oct. 1st.
Stop by for application
61 Main St. Thomaston, Maine 04861
or call 207-354-6746 if interested

NOW HIRING
POSITION AVAILABLE
Non-CDL Delivery Driver:
Seasonal Full time/Part Time, clean driving record a must, medium to heavy truck experience preferred.
Requires the ability to lift up to 50lb repetitively and up to 80lb occasionally
Compensation negotiable and based on experience.
Apply in person at
Rockland Foodservice, Park St. Rockland


FREE PRESS CLASSIFIEDS

SELF HELP AND SUPPORT

SEX AND LOVE

ADDICTS ANONYMOUS
FMI: Email mmislaa@fairpoint.net, or go to the 211 Maine Web site (click on 211 directory then keyword: Augustine Fellowship).

Having Trouble Staying Away from a DRINK?

Looking for help?
Alcoholics Anonymous is here for you.

Statewide virtual meetings listed at
csoaamaine.org
www.maineaa.org

AA Hotline: 1-800-737-6237

PARENTS WITHOUT PARTNERS

20 single parents needed to start new group. Age and custody arrangements are not a factor. Meetings to be held in Montville.

FMI: tommycarter1962@yahoo.com.

Domestic Abuse Helpline for Men and Women Support Group.
FMI: 1-866-786-0758.

MIDCOAST DEPRESSION AL-ANON MEETINGS

Waldo County
- Mon., noon-1 p.m. First Baptist Church annex, 95 High St., Belfast.
- Wed., 7 p.m. Monroe Community Church basement, 26 West Main St., Monroe.
- Thurs., 7 p.m. First Baptist Church annex, 95 High St., Belfast.

NAMI MAINE

Free support group with a non-denominational spiritual component for individuals and/or family members affected by mental illness.

FMI: Penelope, 207-975-6188.
2nd and 4th Wed., 5:30-7 p.m. St. Peter's Episcopal Church, Rockland

Enter through door by flagpole, follow signs. Park in lot off Limerock Street.

MIDCOAST DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Peer Run Support Groups Open to Anyone Living with Mental Issues, Diagnoses or Mood Disorders.

Meets Thursdays, 7-8:30 p.m. at the First Universalist Church in Rockland; corner of 345 Broadway and Court Street. Parking and entrance are at the back of the church. FMI: 230-4684 and 505-2663.

ROCKLAND PEER SUPPORT CENTER

Living with mental health or substance use challenge? Peers at RPSC have challenges, too, so we "Get It." A safe place to land, to just hangout, or to check out our groups, we're here! Lunch and snacks available for a modest fee.

Rockland: 12 Union Street
FMI: 207-701-4417
apierce@mainebbehavioralhealthcare.org or www.facebook.com/MBHRocklandPeer.

Run your ad one week for only \$6.65/week for 20 words – 20¢ each additional word.
Run your ad for two weeks for only \$6.13/week for 20 words – 15¢ each additional word.
Run your ad for three or more weeks for only \$5.55/week for 20 words – 10¢ each additional word.
(Please print clearly & include your phone number!)

DEADLINE IS NOON ON WEDNESDAY FOR THE FOLLOWING TUESDAY ISSUE

I would like my ad to read _____

Please run my classified ad _____ times and list it under:
 _____ Vehicles _____ Boating _____ For Rent _____ For Sale
 _____ Help Wanted _____ Real Estate _____ Services _____ Wanted
 _____ Yard Sale _____ Other _____

Name _____
 Address _____
 Town _____
 Phone _____

Cost for 1st 20/words/week = \$ _____
 Additional words = \$ _____
 Subtotal = \$ _____
 Times # of weeks ad to run x _____
TOTAL Due = \$ _____

**If Paying by Credit Card Just Call in Your Ad
 Copy at 596-6696 Or, enclose payment and:
 Mail to: P.O. Box 1076, Camden, ME 04843-1076
 or Bring to: 6 Virginia Avenue, 2nd floor, Camden**

SELF HELP AND SUPPORT

BRAIN INJURY AND STROKE SUPPORT GROUP

— Survivors of brain injury and stroke, their family and friends are welcome the 4th Wed. monthly from 4 to 5 p.m. at the Maine Center for Integrated Rehabilitation Rockland. Open to all, please join us! 11 Lime St., Rockland, ME. FMI: 596-7555.

FRIDAY NOON OA
Belfast
First Baptist Church
High Street
Info: 207-382-6446

NATIONAL SUICIDE PREVENTION HOTLINE
1-800-273-8255.
24 hours/day;
7 days/week.

NEW HOPE FOR WOMEN
— offers an ongoing support group for women affected by domestic or dating violence. Receive emotional support in a safe environment, learn about the patterns and impacts of abuse, and move towards personal growth and empowerment. FMI: New Hope for Women, 1-800-522-3304.

PET LOSS SUPPORT GROUP — first Saturday monthly, community room, P.A.W.S., 123 John St., Camden, 10-11 a.m. FMI: 236-8702.

CAMDEN LYME SUPPORT GROUP — 2nd Tues., 6-8 p.m., St. Thomas Episcopal Church, Chestnut St. FMI: Carla, 236-4157.

AL-ANON MEETINGS Knox County

Mon., 7-8 p.m., St. John Episcopal Church, Thomaston.
Thurs., 5 p.m., Our Lady of Good Hope Catholic Church, Camden.
Sat., 10-11 a.m., Pen Bay Physicians Building, Rockport.

MARKET BASKET

MARKET BASKET RULES

Deadline is WEDNESDAY at NOON for the following TUESDAY issue.

Please read: As long as the total price of all your items is \$100 or less, it's FREE (ads must include prices for all items or we cannot run the ad).

Market Basket ads run for two weeks. Only one per household per week will be printed. We can only accept ads that are 20 words or less. We cannot accept ads over the phone — we do accept faxes (596-6698). Market Basket ads must be received by noon Wednesday for inclusion in the next week's issue. NO BUSINESS, SERVICE or YARD SALE ADS qualify for the Market Basket. Ads that do not follow these guidelines cannot be printed.

FOR SALE

Simple 3-Drawer Bureau, 36"W, 27"H, \$35. RCA Victor Victrola, crank model, over 100 years old, \$65. 230-1195.

Riding Lawn Mower, needs work, good condition, \$75. 722-6033.

Tin Windup Toy, Handstand Clown, Chein, USA, 1950s, very good condition, \$95. 561-523-3621.

Dress Boots, 2 pair, one black, one brown, knee-high, heeled, 7M, \$20 ea. Fur-trimmed, ankle-length, black winter coat, sz. 5, \$25. Men's suede jacket, sz 42, \$10. 338-1951.

Stereo Speakers, 4 speakers total: Bowers and Wilkins woofer/bass and 3 upright, \$95. 975-0242.

Wood, about half-cord poplar, cut in large chunks, you cut, you haul, from three trees, \$50 OBO, 342-2040. ■

Single Strand Fencing Wire, about 600 feet, plus three tensioners on six coils, \$50. 342-3676, Belmont.

Tires, pair Firestone Duelers, 255/70/18, excellent tread, \$100. 230-1195.

Wine Glasses, seven matching, clear, \$20. Handmade 1950s doll cradle, wood, \$20. Can send pix. 462-1831.

Floor Mat Liners, GMZ71, front and rear, black, \$50. John Howard Sanden's pro mix artist oil color system, \$25. 832-0402.

Stuffed Animals, 1980s 10" Snoopy and 15" sister Belle, with outfits, excellent condition. Asking \$20 each. 594-4293.

Black Leather Jacket with Harley-Davidson insignia on back, small size, red lining, \$25. 691-0629.

Solid Oak Table, early 20th century, manufactured 52"x34", rectangular, metal gears at center expansion, stripped but needs some reassembly, \$100. 338-1951.

- Maximum number of Words per Ad = 20
 - Total of all items added together must be \$100 or less!
 - Ads must be priced or they cannot be run.
 - Wanted ads seeking items costing over \$100 cannot be run.
 - Only one ad per week per person/phone number.
 - No business, service or yard sale ads accepted.
- Use the regular classified ad form for these and all other ads which don't fit the above guidelines — Ads that don't follow these guidelines cannot be printed!

- Market Basket Ads Automatically Run For Two Weeks.
- Mail To: The Free Press MB, P.O. Box 1076, Camden, ME 04843-1076.
- Sorry, we cannot take Market Basket ads by phone or e-mail, but you can fax your ad to 596-6698.
- Do NOT copy this form and then fax it — copies from newsprint don't fax well, and we can't read them — write your ad on a white sheet of paper and fax that — remember to include your phone number.
- And about the handwriting: If we can't read it, we can't run it.

Market Basket Ad deadline WEDNESDAY at NOON for the following TUESDAY issue.

Radio/Stereo Combo in walnut type cabinet, working condition, records included, \$100. 273-2807.

Brown Coffee Table with storage, solid wood, brass handles, \$45. Matching 6-sided end table with storage, \$25. 322-6509.

Child's Scooter, \$25. Iron cooking pot, \$40. Medium stand, \$15. 338-3227.

FREE PRESS ADS WORK!

BUSINESS SERVICE DIRECTORY

Elderly Services



Providing licensed home health care, 24 hour care, respite & care management for the elderly.

Employment Inquiries Welcome.

Contact us:
641 St. George Road, S. Thomaston, ME
(207) 354-7077 or (800) 876-8418
www.askforhomecare.com

Chair Caning

Anne's Old Chairs to Mend

Chair Caning & Cane Supplies Since 1998



25 Warrenton St. Rockport • 594-2015

Business Insurance



Insurance | Financial

Insurance for your business.

Call Krissy Campbell today
236-4311

AllenIF.com

Fine Furniture

Love Your Home!



Amish Dining Sets



2485 Camden Rd
(Rt. 90) Warren
273-1270

frantzfurniture.com

Miscellaneous



**AMERICAN GLASS ♦ PAPERS
PORTABLE DEVICES ♦ IV:XX GEAR
VINTAGE ITEMS**

MON - SAT, 11 - 5:30PM
CLOSED SUNDAY

www.seasmokeshop.com



95 Main Street (Waterfront Side)
Damariscotta, ME



BUSINESS SERVICE DIRECTORY

Auto Body Repair

Steve's AUTO BODY

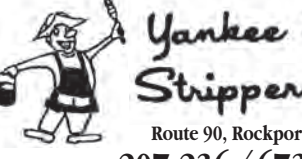
207-596-0423
 Rockland, ME
51 Glen St.

Auto Repair Service

Beckett's Auto Service, Inc.

 Serving the Mid Coast
 Over 36 Years
 SHAWN BECKETT - OWNER
 1181 River Rd.
 Saint George, ME 04860
 (207) 372-0560

Furniture Restoration

RESTORE THE HIDDEN BEAUTY

 • Stripping
 • Finishing
 • Repair
 • Total Restoration
 Route 90, Rockport
207-236-4673
 Please call or come visit our wood shop today.
 Mon.-Fri. 9am-5pm • Sat. 9am-noon

Clock Repair

Antique & Modern Clock Repair

 Thomas R. John, Sr.

Specializing in the repair of weight & spring driven clocks

By Appointment Only
 "House Calls"

A Family Trade for Over 100 Years
 Established in the Midcoast 1970

207-594-9341 or Cell 207-882-4144

P.O. Box 35, South Thomaston, ME 04858

Cleaning Services

Full Service Residential and Commercial Cleaning, Rug & Carpet Cleaning, Floor Care Services, Fire/Smoke, Water Damage & Mold Remediation Services.
Free Estimates: CALL US TODAY! 596-5555

233 PARK ST., ROCKLAND, ME 04841

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A-1 WATERMAN'S TREE SERVICE
 Free Estimates
 Reasonable Prices
 Licensed Arborist
 Fully Insured
 Friendly, Reliable Service

 Landscaping
 Tree Removal
 Aerial Lift Service
 Home **Sterling Waterman** Cell
763-2988 592-5504

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J.H. KILTON
CARPENTRY & PAINTING

 INSURED / FREE ESTIMATES
 JAMIE KILTON ROCKPORT, ME
 jhkilton@gmail.com 701-8824
 WWW.JHKILTON.COM

MW CARPENTRY

SUMMER CABIN FIXER-UPPER

207-200-8857

michael@mwcarpentry.me

Lawn & Garden

THE HARLEY COMPANY INC.
PROPERTY MAINTENANCE
 * **FALL CLEANUP**
 * BRUSH/TREE WORK * LANDSCAPING * RAKING * MOWING
 WHAT CAN WE DO FOR YOU? **594-2471**

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 "Providing Quality Care for Your Property"
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CARPET • CERAMIC WOOD • VINYL Sales & Installation

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 210 Park Street, Rockland, ME
 207-594-2413

 "A New Era in Customer Satisfaction"

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Now is the PERFECT TIME...
 To bring your mower in for servicing!

We Service All Brands!
BERT'S MACHINE SHOP
594-7013
 11 Bay View Square, Rockland
 Hours: M-F 8-4 / Sat 8-12

Miscellaneous

Preserve your memories, movies, and music!
WE TRANSFER TO DVD OR CD:
 Videotapes, Home Movie Reels, Slides & Photos, LP Records, Blu-ray & Cassettes
AFFORDABLE COMMERCIAL PRODUCTION & EVENT VIDEOGRAPHY
MATHIESON DIGITAL
 Call Craig at 226-7419

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NEW State of the Art Indoor Storage Facility


 • **CLIMATE CONTROL HEAT AND HUMIDITY** •
 Security Cameras
 Key Pad Easy Access
SHEPARD STORAGE
594-2155
 5 Locations - 750 Units

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HOMESHARE, INC.
 The Homesteads at Cushing and Owls Head offer a wonderful alternative to traditional boarding & nursing home care.
 Contact us:
 641 St. George Road, S. Thomaston, ME
 (207) 354-7077 or (800) 876-8418
 www.homeshareinc.com

Painting

SUTHERLAND PAINTING

Power Wash Siding INTERIORS • EXTERIORS
 Skim Coating • Crack & Plaster Repair
 Fully Insured • Call 338-2682 / Cell 907-9296

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TOM FORD COMPUTER SERVICES

 Troubleshoot Issues & Training
 Computers, Cellphones & Tablets
 Backup/Manage Pictures & Music
 Consult on Purchase - Setup
 tomford21@gmail.com **542-9120**

BUSINESS SERVICE DIRECTORY

TV Listings

9 TWCTV
10 MPBS – WCBB
11 PEG – Education
12 WB – WPXT
13 CBS – WGME
14 QVC
15 HSN
16 CHLT
17 Shop NBC

WEDNESDAY EVENING SEPTEMBER 29, 2021												
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	Blue Bloods "Confessions"		Blue Bloods "Unbearable Loss"		Blue Bloods "Genetics"		Blue Bloods "Not Fade Away"		Blue Bloods (In Stereo) [CC] (DVS)		Blue Bloods "In & Out" [CC] (DVS)	
4	Big Bang Theory	Big Bang Theory	The Masked Singer (N) [CC] (DVS)		Alter Ego "The Auditions Night 3" (N)		FOX23 News at Ten (N) (Live) [CC]		National Desk	National Desk	Daily-MailTV	Seinfeld [CC]
5	Big Bang Theory	Big Bang Theory	Survivor A new idol is introduced. (N)		Big Brother Houseguests vie for the power of veto. (N) [CC]		Big Brother Houseguests vie for the power of veto. (N) [CC]		News	Late Show-Colbert	James Corden	
6	207	Inside Edition	Chicago Med (N) (In Stereo) [CC] (DVS)		Chicago Fire "Head Count" (N)		Chicago P.D. "Rage" (N)		NEWS-CENTER	Tonight Show-J. Fallon	Seth Meyers	
8	Wheel of Fortune	Jeopardy! (N)	Goldbergs "Wonder Years"		The Con-ners (N)		Home Econ.		A Million Little Things (N)	WMTW News 8	Jimmy Kimmel Live! [CC]	Nightline (N) [CC]
10	PBS NewsHour (In Stereo) [CC]		In Their Own Words "Elon Musk"		NOVA Risks posed by cannabis. (N)		Life From Above "Moving Planet"		PBS NewsHour (In Stereo) [CC]	Amanpour and Company (N) [CC]		
12	Young Sheldon	Modern Family	Riverdale (N) (In Stereo) [CC]		In the Dark (N) (In Stereo) [CC]		WMTW News 8		TMZ [CC]	Last Man Standing	Last Man Standing	Mike & Molly
13	CBS 13 News	Ent. Tonight	Survivor A new idol is introduced. (N)		Big Brother Houseguests vie for the power of veto. (N) [CC]		Big Brother Houseguests vie for the power of veto. (N) [CC]		CBS 13 News	Late Show-Colbert	James Corden	
21	Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods	
24	Brady Is	Early	Brady Is	The Ga	Quick	The Ga	Boston Sports		Boston Sports		Ninja Warrior	
25	MLB Baseball: Teams TBA.						MLB Baseball: Teams TBA.					
26	Football	Soccer: Campeones Cup				NFL Live [CC]		SportsCenter (N)		SportsCenter (N)		
27	MLB Baseball: Boston Red Sox at Baltimore Orioles. (N) (Live)						Extra	Red Sox	NESN After Hours		MLB Baseball	
30	Rizzoli & Isles [CC]		Married at First Sight his wife's lies. (N) [CC]		Husband is fed up with		Married at First Sight (N) [CC]		Married at First Sight (N) [CC]		Married at First Sight [CC]	
35	FOX PrimeTime		Tucker Carlson		Hannity (N) [CC]		Ingraham		Gutfeld! (N) [CC]		Fox News at Night	
36	E. B. OutFront	Anderson Cooper		Cuomo Prime Time		Don Lemon Tonight		Don Lemon Tonight		Anderson Cooper		
39	Shepard Smith		Shark Tank [CC]		Shark Tank		Jay Leno's Garage		Jay Leno's Garage		Shepard Smith	
40	The ReidOut (N)		All In With		Rachel Maddow		The Last Word		The 11th Hour		Rachel Maddow	
41	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokers	Jokers	Jokers	Jokers
42	(6:30) Movie: ★★½ "The Freshman"		The Méliès Mystery [CC]		"Trip to"		Movie: ★★ "Be Natural: The Untold Story of Alice Guy-Blaché" (2018) [CC]				Movie: ★★ "The Great Buster: A Celebration" (2018)	
44	(6:00) Movie: ★½ "Rush Hour 3"		All Elite Wrestling: Dynamite (N) (Live) [CC]		Rhodes to the Top (N) [CC]		Rhodes to the Top [CC]		Rhodes to the Top [CC]		Movie: ★★ "Rush Hour" (1998)	
45	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Nora	South Pk	Daily	South Pk	South Pk	Nora
46	Movie: ★★½ "Fast & Furious Presents: Hobbs & Shaw" (2019) Dwayne Johnson, Jason Statham. (In Stereo) [CC]						American Horror Story		American Horror Story		American Horror Story	
47	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
48	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal	Full Frontal	Young Sheldon	Young Sheldon	George Lopez
49	Dateline: Secrets		Dateline: Secrets		Dateline: Secrets Uncovered [CC]		Dateline: Secrets		Dateline: Secrets		Dateline: Secrets	
50	The First 48 [CC]		The First 48 [CC]		Court	Court	Neigh	Neigh	The First 48 [CC]		The First 48 [CC]	
51	(5:30) Movie: ★★ "Gran Torino" [CC]		Movie: ★★½ "Lethal Weapon" (1987, Action) Mel Gibson, Danny Glover, Gary Busey. [CC]				Movie: ★★½ "Lethal Weapon 2" (1989, Action) Mel Gibson, Danny Glover, Joe Pesci. [CC]					
53	Real Housewives		Real Housewives/Beverly		Real Housewives		Real Housewives/Beverly		Real Housewives/Beverly		Housewives	
56	Guy's Games		Guy's Games		Guy's Games		Guy's Games		Guy's Games		Guy's Games	
59	(6:00) Movie: ★★ "Love, for Real" (2021)		Movie: ★★ "It Was Always You" (2021) Erin Krakow, Tyler Hynes. [CC] (DVS)				Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls
60	Church	Potters	David	Gaither	Stage	Worship	Gospel	Elevation	S. Fur	Watch	Prince	Hagee
61	Counting Cars		Counting Cars		Counting Cars (N)		Counting	Cnt. Cars	Cnt. Cars	Cnt. Cars	Counting Cars	
62	Dr. Pimple Popper		Dr. Pimple Popper		Dr. Mercy (N)		Feet-Killing Me		Dr. Mercy		Dr. Pimple Popper	
63	Expedition Un.		Expedition Un.		Lost Relics of the Knights Templar [CC]		Expedition Un.		Expedition Un.		Expedition Un.	
64	Andy G.	Andy G.	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King of Queens	
66	(6:00) "The Incredibles" [CC]		Movie: ★★½ "Incredibles 2" (2018) [CC]		Rhodes to the Top (N) [CC]		Rhodes to the Top [CC]		The 700 Club [CC]		Simpson	Simpson
67	Slime	Lay Lay	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
68	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Raven's Home	Raven's Home	Big City Greens	Big City Greens	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat
69	Lone Star Law		Lone Star Law: Uncuffed (N) (In Stereo)				Lone Star Law		Lone Star Law		Lone Star Law	
70	Movie: ★★ "John Wick" (2014) Keanu Reeves, Michael Nyqvist. [CC] (DVS)				Movie: ★★½ "Blade" (1998) Wesley Snipes. A vampire hunter does battle with a vicious bloodsucker.				Movie: ★★½ "The Da Vinci Code" (2006) Tom Hanks.			

37 **Headline News**
38 **TOON**
39 **CNBC**
40 **MSNBC**
41 **truTV**
42 **TCM**
43 **INSP**
44 **TNT**
45 **Comedy**
46 **FX**
47 **USA**
48 **TBS**
49 **Oxygen**
50 **A&E**
51 **AMC**
53 **Bravo**
54 **E!**
55 **HGTV**
56 **Food Network**

57 Travel Channel
58 EWTN
59 Hallmark Channel
60 TBN
61 History Channel
62 TLC
63 Discovery
64 TV Land
65 BET
66 ABC Family
67 Nickelodeon
68 Disney Channel
69 Animal Planet
70 SCI-FI
71 TV5
72 ONTV4
85 Local Access



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THURSDAY EVENING SEPTEMBER 30, 2021												
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	Chicago P.D. "Stepping Stone" [CC]		Chicago P.D. [CC]		Chicago P.D. "Chin Check" [CC]		Chicago P.D. A hoarder is arrested.		Chicago P.D. "Thirty Ballons"		Chicago P.D. "Conventions" [CC]	
4	Big Bang Theory	Big Bang Theory	The Big Leap "I Want You Back"		Our Kind of People "Reparations"		FOX23 News at Ten (N) [Live] [CC]		National Desk	National Desk	Daily-MailTV [CC]	Seinfeld [CC]
5	Big Bang Theory	Big Bang Theory	Young Sheldon	Young Sheldon	The Price Is Right Celebrates 50 Years (N) (In Stereo) [CC]		Celebrates 50 Years (N)		News	Late Show-Colbert		James Corden
6	207	Inside Edition	Law & Order: Special Victims Unit (N)		Law & Order: Organized Crime Stabler's loyalty is put to the test. (N) [CC] (DVS)				NEWS-CENTER	Tonight Show-J. Fallon		Seth Meyers
8	Wheel of Fortune	Jeopardy! (N)	Station 19 "Phoenix From the Flame"		Grey's Anatomy (N) [CC]		Big Sky "Wakey, Wakey" (N)		WMTW News 8	Jimmy Kimmel Live! [CC]		Nightline (N) [CC]
10	PBS NewsHour (In Stereo) [CC]		Unforgivable Blackness: The Rise and Fall of Jack Johnson [CC] (DVS)				The Nine Lives of No. 9 [CC]		PBS NewsHour (In Stereo) [CC]		Amanpour and Company (N) [CC]	
12	Young Sheldon	Modern Family	Coroner A John Doe. (N) (In Stereo)		The Outpost "The Betrayer" (N) [CC]		WMTW News 8		TMZ [CC]	Last Man Standing	Last Man Standing	Mike & Molly
13	CBS 13 News	Ent. Tonight	Young Sheldon	Young Sheldon	The Price Is Right Celebrates 50 Years (N) (In Stereo) [CC]				CBS 13 News		Late Show-Colbert	
21	Chicago P.D. [CC]		Chicago P.D. [CC]		Chicago P.D. [CC]		Chicago P.D. [CC]		Chicago P.D. [CC]		Chicago P.D. [CC]	
24	Brady Is	Curran's	Early	Brady Is	Ninja Warrior		Boston Sports		Boston Sports		Boston Sports	
25	Football	College Football: Virginia at Miami. Hard Rock Stadium. (N)				SportsCenter W/Van Pelt		SportsCenter (N)				
26	SportsCenter [CC]		WNBA Basketball				WNBA Basketball		30 for 30			
27	MLB Baseball: Boston Red Sox at Baltimore Orioles. (N) [Live]				Extra		Red Sox		Hours at Home		2007 Red Sox	
30	Rizzoli & Isles "Virtual Love" [CC]		Movie: ★★ "Madea's Witness Protection" (2012) Tyler Perry. Madea uses tough love on a Wall Street banker and his family.				Movie: ★½ "The Boy Next Door" (2015) Jennifer Lopez, Ryan Guzman.					
35	FOX Primetime		Tucker Carlson		Hannity (N) [CC]		Ingraham		Gutfeld! (N) [CC]		Fox News at Night	
36	E. B. OutFront	Anderson Cooper		Cuomo Prime Time		Don Lemon Tonight		Don Lemon Tonight		Anderson Cooper		
39	Shepard Smith		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shepard Smith	
40	The ReidOut (N)		All In With		Rachel Maddow		The Last Word		The 11th Hour		Rachel Maddow	
41	Jokers	Jokers	Jokers	Jokers	Jokers	Jokes	Tacoma	Jokers	Jokers	Jokers	Tacoma	Jokes
42	(6:00) Movie: ★★★ "Black Narcissus"		Movie: ★★★ "An Affair to Remember" (1957, Romance) Cary Grant. [CC] (DVS)				Movie: ★★½ "The Grass Is Greener" (1960) Cary Grant, Deborah Kerr.				Movie: "From Here to Eternity" (1953)	
44	Fast Foodies		NHL Preseason Hockey: Philadelphia Flyers at Boston Bruins. TD Garden. (N) [Live] [CC]				NHL Preseason Hockey: Vegas Golden Knights at Los Angeles Kings. Vivint Smart Home Arena. (N) [Live] [CC]					
45	Office	Office	Office	Office	Office	Office	Office	Office	Daily	Tha God	South Pk	South Pk
46	"Fast & Furious: Hobbs & Shaw"		Movie: ★★½ "Zombieland: Double Tap" (2019, Comedy) Woody Harrelson. [CC]				What We Do		What We Do	What We Do	Movie: ★★½ "Zombieland: Double Tap" (2019) (In Stereo)	
47	Law & Order: SVU		Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley
48	Young Sheldon	Young Sheldon	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Rhodes to the Top [CC]		Go-Big Show [CC]	
49	The Backyard		Buried in the Backyard (N) [CC]				Dateline: Secrets		Dateline: Secrets Uncovered [CC]			
50	The First 48 [CC]		The First 48		Kids Behind Bars		Kids Behind Bars		The First 48 [CC]		The First 48	
51	"Lethal Wpn 2"		Movie: ★★★ "Lethal Weapon 3" (1992, Action) Mel Gibson, Danny Glover, Joe Pesci. [CC]				Movie: ★★★ "Unstoppable" (2010, Action) Denzel Washington, Chris Pine. [CC]				Movie: ★★½ "I, Robot" (2004) [Law]	
53	Million Dollar La		Million Dollar La		Watch		Movie: ★★ "Monster-in-Law" (2005)		Movie: ★★ "Monster-in-Law"			
56	Halloween Baking		Halloween Baking		Halloween Baking		Halloween Baking Championship [CC]		Halloween Baking			
59	(6:00) Movie: "Taking a Shot at Love"		Movie: "Taking the Reins" (2021, Romance) Nikki DeLoach, Scott Porter. [CC]				Golden Girls		Golden Girls	Golden Girls	Golden Girls	Golden Girls
60	Church	Potters	Praise [CC]		Drive		Insights		Watch		Why Is	
61	Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars	
62	Dr. Mercy		Dr. Pimple Popper		Feet-Killing Me		My 600-Lb. Life "Brianna's Story"		Dr. Pimple Popper			
63	Alaskan Bush		Alaskan Bush People A wildlife sweeps through the mountain.				Alaskan Bush		Alaskan Bush			
64	Andy G.	Andy G.	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King
66	Movie: ★★★ "Beauty and the Beast"		Movie: ★★½ "The Lion King" (1994)				The 700 Club [CC]		Simpson		Simpson	
67	Dylan	Lay Lay	★★★ "The Croods"		★★★ "The Croods"		Friends [CC]		Friends		Friends	
68	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Jessie [CC]	Jessie [CC]	Big City Greens	Big City Greens	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat
69	Deadliest Catch		Deadliest Catch "Battle Lines" [CC]				Deadliest Catch		Deadliest Catch		Deadliest Catch	
70	(6:00) Movie: ★★★ "Beetlejuice" [CC]		Movie: ★★ "Friday the 13th" (1980, Horror) Betsy Palmer, Adrienne King. [CC]				Movie: ★½ "Friday the 13th, Part 2" (1981) Amy Steel, John Furey. [CC]		"Friday the 13th Part 2: A New Be"			

FRIDAY EVENING OCTOBER 1, 2021												
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	Hawaii Five-0 (In Stereo) [CC]		Hawaii Five-0 (In Stereo) [CC]		Hawaii Five-0 (In Stereo) [CC]		Hawaii Five-0 (In Stereo) [CC]		Hawaii Five-0 (In Stereo) [CC]		Hawaii Five-0 (In Stereo) [CC]	
4	Big Bang Theory	Big Bang Theory	WWE Friday Night SmackDown (N) (In Stereo Live)				FOX23 News at Ten (N) (Live) [CC]	National Desk	National Desk	Daily-MailTV	Seinfeld	
5	High School Football: Old Town at Hampden. (N) (Live)						Blue Bloods "Hate Is Hate" (N)	News	Late Show-Colbert		James Corden	
6	207	Inside Edition	Ordinary Joe "Requiem" [CC] (DVS)		Dateline NBC (N) (In Stereo) [CC]			NEWS-CENTER	Tonight Show-J. Fallon		Seth Meyers	
8	Wheel of Fortune	Jeopardy! (N)	The Most Magical Story on Earth: 50 Years of Walt Disney World (N) [CC]				20/20 (In Stereo) [CC]	WTMW News 8	Jimmy Kimmel Live! [CC]		Nightline (N) [CC]	
10	PBS NewsHour (In Stereo) [CC]	Washington Wk	Firing-Hoover	The Kennedy Center at 50 (N) (In Stereo) [CC]			Antiques Road	PBS NewsHour (In Stereo) [CC]		Amanpour and Company (N) [CC]		
12	Young Sheldon	Modern Family	Penn & Teller: Fool Us (N) [CC]		Dynasty (N) [CC]		WTMW News 8	TMZ [CC]	Last Man Standing	Last Man Standing	Mike & Molly	Mike & Molly
13	CBS 13 News	Ent. Tonight	S.W.A.T. Hondo reassesses his life.		Magnum P.I. "Island Vibes" (N)		Blue Bloods "Hate Is Hate" (N)	CBS 13	Late Show-Colbert		James Corden	
21	Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]	
24	Brady Is	Early	Brady Is	The	Curran's	The	BST Fridays (N)	BST Fridays [CC]	BST Fridays [CC]		BST Fridays [CC]	
25	Football ESPN College Football Primetime (N) (Live)						SportsCenter (N) (Live) [CC]			SportsCenter (N)		
26	High School Football: Medina (Ohio) at Mentor (Ohio). (N)						High School Football					
27	MLB Baseball: Boston Red Sox at Washington Nationals. (N)						Extra	Red Sox	Extra	Red Sox	NESN After Hours	
30	Grey's Anatomy (In Stereo) [CC]		Movie: ★★½ "The Holiday" (2006) Cameron Diaz. Two women from different countries swap homes at Christmas. [CC]				Movie: ★★ "Dear Christmas" (2020) Melissa Joan Hart, Jason Priestley. [CC]					
35	FOX Primetime		Tucker Carlson		Hannity (N) [CC]		Ingraham		Gutfeld (N) [CC]		Fox News at Night	
36	E. B. OutFront		Anderson Cooper		Anderson Cooper		Don Lemon Tonight		Don Lemon Tonight		Anderson Cooper	
39	Shepard Smith		Shark Tank [CC]		Shark Tank		Shark Tank		Shark Tank [CC]		Shepard Smith	
40	The ReidOut (N)		All In With		Rachel Maddow		The Last Word		The 11th Hour		Rachel Maddow	
41	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Movie: ★★★ "Superbad" (2007) [CC]			Movie: "Superbad"		
42	(6:45) Movie: ★★★½ "Freaky" (1932)		Movie: ★★★ "The Bad News Bears" (1976, Children's) Walter Matthau. [CC]				Movie: ★★★½ "Harold and Maude" (1971) Bud Cort. [CC]			Movie: ★★★ "Black Sunday" (1977) Robert Shaw. [CC]		
44	Movie: ★★½ "Man of Steel" (2013) Henry Cavill. Young Clark Kent must protect those he loves from a dire threat.						All Elite Wrestling: Rampage (N) Top [CC]			Rhodes to the Show: ★★ "Poltergeist" (2015)		
45	Office	Office	Chap	Chap	Chap	Chap	Tha God	Kevin Hart: Laugh	Tha God	South Pk	South Pk	
46	(5:00) "Spider-Man: Far From Home"		Movie: ★★ "X-Men: Dark Phoenix" (2019) James McAvoy, Michael Fassbender. (In Stereo) [CC]				Movie: ★★ "Goosebumps 2: Haunted Halloween" (2018) Madison Iseman. [CC]			"Goose 2"		
47	Chicago Movie: ★★½ "Die Hard" (1988) Bruce Willis. Premiere.						Movie: ★★ "Die Hard 2" (1990) Bruce Willis.					
48	Movie: ★★½ "Fast Five" (2011) Vin Diesel, Dom Toretto and company ramp up the action in Brazil.				Movie: ★★½ "Shaft" (2019) Samuel L. Jackson. Old-school cop John Shaft teams up with his FBI agent son. [CC] (DVS)				"Fast Five"			
49	Dateline: Secrets		Killer Siblings [CC]		Killer Siblings [CC]		Dateline: Secrets		Dateline: Secrets Uncovered [CC]			
50	The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		The First 48		The First 48 [CC]		The First 48 [CC]	
51	(6:00) Movie: ★★★★★ "Halloween" (1978)		Movie: ★★½ "Halloween II" (1981) Jamie Lee Curtis, Donald Pleasence. [CC]				Eli Roth's History of Horror (N) [CC]		Movie: ★★ "Halloween 4: The Return of Michael Myers" (1988) Ellie Cornell [CC]			
53	(6:00) "Sister Act"		Movie: ★★ "Wedding Crashers" (2005) [CC]				Movie: ★★ "Sister Act" (1992) [CC]		"Sister2"			
54	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
59	(6:00) Movie: "The Perfect Bride"		Movie: "Magical Christmas Ornaments" (2017, Romance) Jessica Lowndes. [CC]				Golden Girls		Golden Girls		Golden Girls	
60	Church	Potters	Movie: ★★ "Love Comes Softly" (2003)				Movie: ★★ "Love's Enduring Promise"		Prince		Jordan	
61	Ancient Aliens		Ancient Aliens		Ancient Aliens (N)		Proof		Proof		Ancient Aliens	
62	Darcy & Stacey		90 Day Fiancé: The Other Way (N)				90 Day		Darcy & Stacey		90 Day: Other	
63	Gold Rush: Pay Dirt		Gold Rush "Battle of the Greenhorns" (N) (In Stereo) [CC]						Gold Rush [CC]		Gold Rush [CC]	
64	Andy G.	Andy G.	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King
66	Movie: ★★½ "Addams Family Values"				Movie: ★★½ "Hocus Pocus" (1993) [CC]			The 700 Club [CC]		Fam Guy		
67	Koral	Smurfs	Casa	Tooned	TBA	Slime	Friends	Friends	Friends	Friends	Friends	Friends
68	(6:25) Movie: "Hotel Transylvania 2"		Movie: "Under Wraps" (2021) Malachi Barton. [CC]			Molly McGee	TBA	Movie: ★★½ "Hotel Transylvania 2" (2015) (In Stereo)		Movie: "Under Wraps" (2021) [CC]		
69	Tankd [CC]		Treehouse Masters: Ultimate Builds (N)				Treehouse Masters		Treehouse Masters		Treehouse Masters	
70	Movie: ★★ "Leprechaun" (1993, Horror) Warwick Davis, Jennifer Aniston. [CC]				Movie: ★½ "Tyler Perry's Boo 2! A Madea Halloween" (2017) Tyler Perry			Movie: ★½ "Leprechaun in the Hood" (2000, Horror) Warwick Davis, Ice-T.				

SATURDAY EVENING OCTOBER 2, 2021											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00 12:30
3	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit
4	MLB Baseball: Teams TBA. (N) (In Stereo Live) [66]						FOX23 News	The Nite Show	Countdown Fury vs. Wilder III (N) [66]	MacGyver (In Stereo) [66]	
5	Time Capsule	Big Bang Theory	To Be Announced	To Be Announced	48 Hours (N) (In Stereo) [66]		WABI TV5 We	Nite Show	Investigate TV	The Song	
6	Maine Life	Places and S	La Brea "Pilot" (In Stereo) [66] (DVS)	Dateline NBC (In Stereo) [66]	Saturday Night Live (N) (In Stereo) [66]		NEWS-CENTER	Saturday Night Live "Owen Wilson: Kacey Musgraves" (N)			
8	Coll. Football	College Football: Indiana at Penn State. Beaver Stadium. (N) (In Stereo Live)					WMTW News 8	Castle "Vampire Weekend" [66]	Prime Crime		
10	As Time Goes By	Still Opn Hrs	Doc Martin "S... Hap-pens" [66]	Father Brown (In Stereo) [66]	Shakespeare and Hathaway -- Private		Austin City Limits (N) [66]	Under-ground	A Chef's Life [66]		
12	Young Sheldon	Modern Family	iHeartRadio Music Festival Night 1 High-lights of the annual event. (N) [66]		WMTW News 8	TOTAL MAINE	Last Man Standing	Mike & Molly	Mike & Molly		
13	Judge Judy	2020: Year of	To Be Announced	To Be Announced	48 Hours (N) (In Stereo) [66]		CBS 13 News	Ring of Honor Wres-ting [66]	Outdoors		
21	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU		Law & Order: SVU	Law & Order: SVU			
24	Football	Curran's	The Ga Quick	Ninja Warrior	United Fight		World Poker	World Poker Tour			
25	(6:00) College Football: Teams TBA.			College Football: Teams TBA.				SportsCenter			
26	College Football: Baylor at Oklahoma State. (N) (Live)				Scores		College Football: Montana at Eastern Washington.				
27	Extra	Red Sox	TBA	2007 Red Sox Postseason Encore (N)	Hours		Hours	Dirty	To Be Announced		
30	(6:00) "Drew Peter-son: Untouchable"		Movie: "The Good Father: The Martin MacNeill Story" (2021) Premiere. [66]		Movie: "Chris Watts: Confessions of a Killer" (2020) Sean Kleier. [66]				Movie: "Good Father: MacNeill"		
35	Life, Liberty		Watters' World (N)	Justice Judge	Unfiltered with		Watters' World	Justice Judge			
36	CNN Newsroom		CNN Newsroom	Movie: "The Lost Sons" (2021) [66]			CNN Special	CNN Special			
39	Undercover Boss		Undercover Boss	Undercover Boss	Undercover Boss		Undercover Boss	Undercover Boss			
40	American Voices		Ayman (N) [66]	Ayman (N) [66]	American Voices		Ayman [66]	Ayman [66]			
41	Tacoma	Tacoma	Jokes	Jokes	Jokes	Jokers	Jokes	Tacoma	Jokes	Jokes	
42	(6:00) Movie: ★★ "The Greatest"		Cartoon Carnival		Ann. of Fleischer Animation		100th Anniversary of Fleischer Animation		Movie: ★★★ "The Glass Wall" (1953)		
44	(5:30) Movie: ★★ "Justice League"		Movie: ★★★½ "Joker" (2019, Crime Drama) Joaquin Phoenix, Robert De Niro. Premiere. [66] (DVS)				Movie: ★★ "Batman v Superman: Dawn of Justice" (2016, Action) Ben Affleck, Henry Cavill. [66] (DVS)				
45	"We're the Millers"		Movie: ★½ "Grown Ups" (2010) [66]			Movie: ★★★ "Bridesmaids" (2011) Kristen Wiig.		South Pk			
46	(5:30) ★★ "X-Men: Dark Phoenix" [66]		Movie: ★½ "Zombieland: Double Tap" (2019) Woody Harrelson. (In Stereo) [66]			Movie: ★½ "Zombieland: Double Tap" (2019) Woody Harrelson. (In Stereo) [66]		Impeachment: American			
47	"Die Hard-Veng."		Movie: ★★★ "Live Free or Die Hard" (2007) Bruce Willis.				Movie: "Die Hard With a Vengeance"				
48	Bob's Burgers	Bob's Burgers	Bob's Burgers	American Dad	American Dad	American Dad	American Dad	Go-Big Show "You Can't Unsee This!"	Go-Big Show [66]		
49	Snapped		Snapped	Escaping Captivity: Kara Robinson Story			Dateline: Secrets	Dateline: Secrets			
50	Court	Court	Court	Court	Court	Court	Court	Court	Court	Court	
51	(6:00) Movie: ★½ "Halloween II" [66]		Movie: ★ "Halloween: Resurrection" (2002, Horror) Jamie Lee Curtis. [66]			Movie: ★½ "Halloween" (2007, Horror) Malcolm McDowell, Scout Taylor-Compton, Tyler Mane. [66]		"Hallow-teen II"			
53	"Wedding Crash"		Movie: ★½ "The Proposal" (2009) Sandra Bullock.			Movie: ★½ "The Proposal" (2009) Sandra Bullock.					
56	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	
59	(6:59) Movie: "Love, of Course" (2018) Kelly Rutherford. [66] (DVS)			Movie: "Love Strikes Twice" (2021) Katie Findlay, Wyatt Nash. Premiere. [66]			Movie: "The Birthday Wish" (2017) Jessie Schram. [66] (DVS)				
60	In Touch		Huckabee (N) [66]	Some	Hour of Power	Youseff	Huckabee [66]	Some	Fontaine		
61	Pawn Stars		Pawn Stars (N) [66]				Pawn Stars	Pawn Stars			
62	Fat Fabulous		Welcome	90 Day: Single Life	90 Day: Single Life	90 Day: Single Life	90 Day: Single Life	Welcome			
63	Expedition Un.		Expedition Un.	Expedition Un.	Expedition Un.	Expedition Un.	Expedition Un.	Expedition Un.			
64	Two Men	Two Men	Two Men	Two and Half Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	
66	(6:55) Movie: ★★★½ "Monsters, Inc."		Movie: ★★★ "Monsters University" (2013) [66]				Movie: ★★★½ "Ghostbusters"				
67	Sponge.	Koral	Hustle	Unfi	Lay Lay		Movie: ★★★ "Ice Age" (2002)	Friends	Friends	Friends	Friends
68	Big City Greens		Movie (In Stereo) [66]		Amphibia (N) [66]	Molly McGee	Amphibia [66]	Big City Greens	Ladybug & Cat	Ladybug & Cat	
69	The Zoo		The Zoo: San Diego (N) (In Stereo)				The Zoo				
70	(6:55) Movie: ★½ "Tyler Perry's Boo 2! A Madea Halloween" (2017) Tyler Perry.			Movie: ★★★ "The Mask" (1994, Comedy) Jim Carrey, Cameron Diaz. [66]			Movie: ★★★½ "A Nightmare on Elm Street" (1984, Horror) John Saxon. [66]				

SUNDAY EVENING OCTOBER 3, 2021											
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00 12:30
3	Criminal Minds "Legacy" [66]	Criminal Minds (In Stereo) [66]	Criminal Minds "Doubt" [66]	Criminal Minds "In Birth and Death" [66]	Criminal Minds "Scared to Death" [66]		Criminal Minds (In Stereo) [66]		Criminal Minds (In Stereo) [66]		
4	Simpsons	Bob's Burgers	Simpsons	Great North	Bob's Burgers	Family Guy (N)	FOX23 News at Ten (N) (Live) [66]	Ring of Honor Wres-ting [66]	Seinfeld [66]	Seinfeld [66]	
5	NFL Football	60 Minutes (N) (In Stereo) [66]	Movie: ★★ "Star Trek" (2009) Chris Pine. Chronicles the early days of the starship Enterprise and her crew. (In Stereo)					News	Bensinger	Game Time	
6	Football Night in America (N) (In Stereo Live) [66]		NFL Football: Tampa Bay Buccaneers at New England Patriots. (N) (In Stereo Live) [66]					NEWS-CENTER	American Ninja War-nior [66]		
8	America's Funniest Home Videos (N)		Celebrity Wheel of Fortune (N)		Supermarket Sweep (N)		The Rookie "Five Minutes" (N)	WMTW News 8	Soledad O'Brien	Major Crimes "Jane Doe Number 38" [66]	
10	All Creatures Great and Small		Call the Midwife		Granchester on Masterpiece (N)		Margaret: The Rebel Princess	Halifax: Retribution		Call the Midwife (In Stereo) [66]	
12	Modern Family	Modern Family	iHeartRadio Music Festival Night 2 High-lights of the annual event. (N) [66]				WMTW News 8	Soledad O'Brien	TOTAL MAINE	TMZ (N) (In Stereo) [66]	Extra (N) [66]
13	NFL Football	60 Minutes (N) (In Stereo) [66]	Movie: ★★★ "Star Trek" (2009) Chris Pine. Chronicles the early days of the starship Enterprise and her crew. (In Stereo)					CBS 13 News	Spotlight on	Sharyl Attkisson	
21	Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		
24	(6:30) Pregame Live		Ninja Warrior		Playing	Halftime	Ninja Warrior		Playing	Postgame Live (N) [66]	Post
25	SportsCenter		MLS Soccer				SportsCenter (N) (Live) [66]		SportsCenter W/Van Pelt		
26	Baseball Tonight		SportCtr	30 for 30			WNBA Basketball			X Games	
27	To Be Announced				Red Sox		NESN	NESN	NESN	Dirty	To Be Announced
30	"Good Father: MacNeill"		Movie: "Deadly Seduction" (2021) Lindsay Hartley, Katie Kelly. Premiere. [66]				Movie: "My Husband's Secret Brother" (2021) Samantha Cope. Premiere. [66]			Movie: "Deadly Seduction" (2021)	
35	Sunday Night		Life, Liberty		Revolution		Sunday Night		Life, Liberty	Revolution	
36	CNN Newsroom		CNN Newsroom		Special Report		The 2000s		State-Union	Newsroom	
39	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank	Shark Tank	
40	American Voices		Mehdi Hasan		Ayman (N) [66]		American Voices		Mehdi Hasan	Ayman [66]	
41	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokes	Jokes	Jokes
42	(4:45) Movie: ★★★½ "Barry Lyndon"		Movie: ★★★½ "The Birds" 1963. Sus-pense) Rod Taylor, Tippi Hedren. [66]				Movie: ★★★ "Little Shop of Horrors" (1986, Musical Comedy) Rick Moranis, Ellen Greene, Steve Martin.			This Is Francis	
44	(6:15) Movie: ★★★½ "Joker" (2019) Joa-quin Phoenix, Robert De Niro. [66] (DVS)		Animal Kingdom "Launch" (N)				Animal Kingdom "Launch"		Movie: ★★★ "Ready Player One" (2018) Tye Sheridan, Olivia Cooke. [66] (DVS)		
45	Movie: ★★★ "Bridesmaids" (2011) Kristen Wiig.						Movie: ★★ "Happy Gilmore" (1996) [66]		South Pk	South Pk	South Pk
46	(6:00) Movie: "Hotel Transylvania 2"		Movie: ★★½ "Hotel Transylvania 3: Sum-mer Vacation" (2018) (In Stereo) [66]				Movie: ★★½ "Hotel Transylvania 2" (2015) Voices of Adam Sandler. [66]		"Hotel Transylvania 3: Vacation"		
47	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	Law & Order: SVU	
48	American Dad		Movie: ★½ "Captain Marvel" (2019, Action) Brie Larson, Samuel L. Jackson. [66] (DVS)				Love Life (N)		Movie: ★½ "Captain Marvel" (2019, Action) Brie Larson, Samuel L. Jackson. [66] (DVS)		
49	Toolbox Killer (N) [66]				Snapped		Snapped [66]		Toolbox Killer [66]		
50	The First 48 [66]		The First 48 [66]		The First 48 [66]		The First 48 [66]		The First 48 [66]		The First 48 [66]
51	"Halloween H20: 20 Years Later" (1998)		The Walking Dead "On the Inside"		The Walking Dead "Promises Broken"		The Walking Dead: World Beyond (N)		Talking Dead (N) [66]		The Walking Dead "Promises Broken"
53	Housewives		Housewives		Real Housewives		Watch		Housewives		Vander
56	Guy's Games		Halloween Wars		Halloween Wars (N)		Out. Pumpkins		Halloween Baking		Halloween Wars
59	(6:00) Movie: "Love Strikes Twice" (N) [66]		Chesapeake Shores (N) [66]		Movie: "A Summer Romance" (2019) Erin Krakow, Ryan Paevey. [66] (DVS)		Golden Girls		Golden Girls		Golden Girls
60	Carpen	Robert	Osteen	David	Huckabee [66]		Metaxas		Creflo D.		Praise [66]
61	Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels
62	90 Day: Other		90 Day Fiancé: The Other Way (N)				Love-Mama's Boy		90 Day: Other		90 Day: Other
63	Alaskan Bush		Alaskan Bush People (N) [66]				Homestead Rescue (In Stereo) [66]		Alaskan Bush		
64	Two Men	Two Men	Two Men	Two and Half Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men
66	(6:45) Movie: ★½ "Maleficent" (2014)		Movie: ★★ "Maleficent: Mistress of Evil" (2019)				Movie: ★★½ "The Craft" [66]				
67	"The J Team" [66]		"The J Team" [66]				★ "Ice Age: Dawn of the Dinosaurs"		Friends	Friends	Friends
68	Movie: ★★ "UglyDolls" (2019)		Molly McGee		Amphibia [66]		Ladybug & Cat		Big City Greens		Big City Greens
69	North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law		North Woods Law
70	(6:00) Movie: ★★ "Fantastic Beasts and Where to Find Them" (2016)		Movie: ★★ "Fantastic Beasts and Where to Find Them" (2016)				Movie: ★★ "Fantastic Beasts: The Crimes of Grindelwald" (2018) Eddie Redmayne, Katherine Waterston. [66] (DVS)		Futurama [66]		Futurama [66]



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MONDAY EVENING OCTOBER 4, 2021												
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
3	NCIS: Los Angeles "Driving Miss Diaz" [66]		NCIS: Los Angeles [66] (DVS)		NCIS: Los Angeles "Blame It on Rio" [66]		NCIS: Los Angeles "Unspoken" [66]		NCIS: Los Angeles [66] (DVS)		NCIS: Los Angeles [66] (DVS)	
4	Big Bang Theory	Big Bang Theory	9-1-1 The citywide blackout continues.		The Big Leap "The White Swan Lives!" [66]		FOX23 News at Ten (N) (Live) [66]		National Desk	National Desk	Daily-MailTV [66]	Seinfeld [66]
5	Big Bang Theory	Big Bang Theory	Neighbor-hood [66]	Bob-Abishola	NCIS "Road to Nowhere" (N)		NCIS: Hawai'i "Re-cruiter" (N)		News	Late Show-Colbert		James Corden
6	207	Inside Edition	The Voice "The Blind Auditions, Part 5" The coaches seek America's best voice.		Ordinary Joe (N) (In Stereo) [66] (DVS)		NEWS-CENTER		Tonight Show-J. Fallon		Seth Meyers	
8	Wheel of Fortune	Jeopardy! [66]	Dancing With the Stars "Britney Night" (N) (In Stereo Live) [66]		The Good Doctor "Piece of Cake" (N)		WMTW News 8		Jimmy Kimmel Live! [66]		Nightline (N) [66]	
10	PBS NewsHour (In Stereo) [66]		Antiques Roadshow (N) [66]		Antiques Roadshow [66]		POV "Fruits of Labor" A teen must work to help her family.		PBS NewsHour (In Stereo) [66]		Amanpour-Co	
12	Young Sheldon	Modern Family	Roswell, New Mexico "2 Became 1"		Penn & Teller: Fool Us (In Stereo) [66]		WMTW TMZ [66]		Last Man Standing	Last Man Standing	Mike & Molly	Mike & Molly
13	CBS 13 News	Ent. Tonight	Neighbor-hood [66]	Bob-Abishola	NCIS "Road to Nowhere" (N)		NCIS: Hawai'i "Re-cruiter" (N)		CBS 13 News	Late Show-Colbert		James Corden
21	NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles		NCIS: Los Angeles	
24	Celtics	NBA Preseason Basketball: Magic at Celtics			Celtics		Celtics		Boston Sports		Boston Sports	
25	Monday Night		NFL Football: Las Vegas Raiders at Los Angeles Chargers. (N)				Post		SportsCenter		NFL	
26	SportsCenter (N)		Countdown		Boxing		Boxing		Inside	Inside	UFC	SportCtr
27	To Be Announced						TBA	TBA	NESN After Hours		Bruins	
30	Rizzoli & Isles "We Are Family" [66]		Rizzoli & Isles "In Over Your Head" [66]		Rizzoli & Isles [66]		Rizzoli & Isles [66]		Rizzoli & Isles "But I Am a Good Girl" [66]		Rizzoli & Isles "In Over Your Head" [66]	
35	FOX Primetime		Tucker Carlson		Hannity (N) [66]		Ingraham		Gutfeld! (N) [66]		Fox News at Night	
36	E. B. OutFront		Anderson Cooper		Anderson Cooper		Don Lemon Tonight		Don Lemon Tonight		Anderson Cooper	
39	Shepard Smith		Shark Tank [66]		Shark Tank		American Greed (N)		Super Heists [66]		Shepard Smith	
40	The ReidOut (N)		All In With		Rachel Maddow		The Last Word		The 11th Hour		Rachel Maddow	
41	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Movie: ★★½ "The Replacements" (2000, Comedy)		"Repla			
42	"Cat People"	MGM Parade	Movie: ★★½ "Coal Miner's Daughter" (1980, Biography) Sissy Spacek. [66]		Movie: ★★½ "Your Cheatin' Heart" (1964, Biography) George Hamilton. [66]		Movie: ★★½ "Now You See Me" (2013, Comedy-Drama) Jesse Eisenberg, Mark Ruffalo. [66] (DVS)		Movie: ★★½ "Song-writer" (1984) [66]			
44	(5:00) ★★½ "Ready Player One" (2018)		Movie: ★★½ "Doctor Strange" (2016, Action) Benedict Cumberbatch, Chiwetel Ejiofor. [66] (DVS)				Movie: ★★½ "Now You See Me" (2013, Comedy-Drama) Jesse Eisenberg, Mark Ruffalo. [66] (DVS)					
45	Office	Office	Office	Office	Office	Office	Office	Office	Daily	Office	Office	South Pk
46	"Kingsman: The Secret Service"		Movie: ★★½ "Ghostbusters" (2016) Melissa McCarthy. Four women battle mischievous ghosts in New York. (In Stereo)				Movie: ★★½ "Ghostbusters" (2016) Melissa McCarthy. (In Stereo) [66]		La Brea "Pilot"		Chicago P.D.	
47	Chicago P.D.		WWE Monday Night RAW (N) (In Stereo Live) [66]				American Dad	American Dad	American Dad	American Dad	Bob's Burgers	Bob's Burgers
48	Young Sheldon	Young Sheldon	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	American Dad	American Dad	American Dad	American Dad	Bob's Burgers	Bob's Burgers
49	Snapped [66]		Toolbox Killer [66]				Mark of a-Killer		Mark of a-Killer		Mark of a-Killer	
50	Hoarders [66]		Hoarders [66]		Hoarders [66]		Hoarders [66]		Hoarders [66]		Hoarders [66]	
51	(5:30) Movie: ★★½½ "Poltergeist" (1982)		Movie: ★½ "Ghost Ship" (2002, Horror) Julianna Margulies, Ron Eldard. [66]				Creepshow (N) [66]		Ultra City Smiths		Creepshow [66]	Walking Dead
53	Below Deck		Below Deck		Below Deck		Watch	Below Deck		Vanderpump Rules		Brad
56	Beat	Beat	Beat	Beat	Halloween Baking		Hershey's		The Big Bake (N)		Halloween Baking	
59	(6:00) Movie: "Fall-ing for You" (2018)		Movie: "Love in the Forecast" (2020) Cindy Busby, Christopher Russell. [66]				Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls
60	Church	Potters	Praise (N) [66]		Cahn	McManu	God	Love	Praise [66]		Prince	Cahn
61	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
62	Darcey & Stacey		The Family Chantel		90 Day: Single Life		90 Day: Single Life		1000-Lb. Sisters		The Family Chantel	
63	Street-Memphis		Street Outlaws: Memphis		Traveling to some tough streets. (N)		Street Outlaws (N)		Street-Memphis			
64	M*A*S*H [66]	M*A*S*H	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King
66	(6:00) Movie: "The Craft" [66]		Movie: ★★½ "Fright Night" (2011) Anton Yelchin.				The 700 Club [66]		Simpson		Simpson	
67	Lay Lay	Slime	Sponge.		Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
68	Big City Greens	Big City Greens	Big City Greens	Big City Greens	TBA	Hall of Villains	Big City Greens	Big City Greens	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat
69	Homestead Rescue		Homestead Rescue: Survival Shelter				Homestead Rescue		Homestead Rescue		Homestead Rescue	
70	Movie: ★★½ "Saw VI" (2009, Horror) Tobin Bell, Costas Mandylor. [66]		Movie: ★★½ "Saw: The Final Chapter" (2010) Tobin Bell, Costas Mandylor. [66]				Movie: ★½ "Jigsaw" (2017, Horror) Tobin Bell, Matt Passmore. [66]					

Oktoberfest Waldoboro



Saturday, October 2

(Rain Date: October 3)

11 am - 3 pm

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Games & Fun for all ages

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