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**The Free Press : December 23, 2004**

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"This is a very difficult time, especially during this holiday season. This tragedy weighs heavily on us all. The 500 soldiers of the 133rd have served with distinction in Iraq since March.... Particularly at this time of year, we recognize the great sacrifices of all the members of our military and National Guard."  
- Gov. Baldacci

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ILLUSTRATION BY CAROL INOUE

## The Old Christmas Story

I always get depressed this time of year, and years of self-help efforts haven't made much difference. My wife complains that she has to single-hand the season, with a Scrooge in the wings to boot.

BY JORY SQUIBB

Our girls have been hammering their weary parents for a manger scene, loving a good story as they do. So with a few quiet 'humbugs' I bought one on sale at a local shop. I thought we might read the original story as we assembled the characters in the little stable, although scouring the house for a Bible proved fruitless.

Luckily, our neighbor provided one, so after the dinner dishes were cleared, we lit a candle, assigned the parts, and I poked around in the Bible. I found that the story had to be pieced together with the second chapters of Luke and Matthew, so I launched in: "And it came to pass in those days, that there went out a decree...." By this point I was unable to read, overcome with some unexpected and paralyzing emotion.

Now I'm a blubberer: always have been and proba-

CHRISTMAS STORY  
CONTINUES ON PAGE 11

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See page 7 for our  
upcoming events.



# We The Six Billion by Joe Steinberger

## A Christmas Card

Dear Reader,

I am not in the habit of sending cards or giving gifts at Christmas, being more of a bah humbug sort of person, as you know, but this year I feel that a Christmas cheerful note is due. You have been very good to me with your frequent kind comments and I'd like to return the compliment and kindness.

My friend Jim Davidson emailed me today saying my last column was "fabulous," and suggesting that my writing should have a national audience. Thank you Jim, that would be nice, but you are all I need. You, and Ellena Fredette, a 93-year-old woman who I met recently at the post office and who followed up her kind words there with a card today wishing me "every happiness not only at this beautiful festive season but always." You two, and the many people who greet me with a smile and encourage me almost every day.

What more could I ask for? Readers who frequent distant post offices would mean less. I could hope for a bigger paycheck, I suppose, but The Free Press is as kind to me as my readers are, and more forgiving, I think, than any far away publisher would likely be. Rewards are what we make of them. Columnists, unlike milkmen, do not get tips at Christmas. With your praise I reckon I have been getting more out of this than I have any right to expect.

It's not just the praise that I am thankful for. Your critical comments are a kindness and a reward too. I still have on my bulletin board a yellowed clipping, a letter from T.A. Hilliard of Rockland who wrote, "I had to respond to your comment in regard to the employees of Wal-Mart and the unlikelihood of their developing independent character, wit, or skill. Shame on you for your arrogance and insensitivity to your fellow six billion." T.A. was right, as was Tim Wyman of Lincolnville who wrote more recently that "Maybe you should stop stereotyping Bush voters as fat, illiterate, rednecks, inferior to your intellect." I feel rightly chastised. A child is unlikely to thank his parents for their discipline, but I am old and wise enough, I hope, to appreciate the guidance my readers give me, though my age may also make me slower to learn.

I don't want to suggest any more drastic therapy, but you may be surprised to know that after more than five decades of nail biting, I stopped a few weeks ago, knock on wood, and actually have to cut my fingernails with one of those little clippers every now and then. The steady support of my beautiful wife Keiko, who makes a face every time she sees me biting or picking, combined with the shock of a painful finger infection, put me on the path to recovery. If I can stop biting my fingernails after a ripe lifetime, perhaps I can overcome my arrogance too.

There is hope, that is the message. Beautiful Ellena Fredette is my inspiration this Christmas. At 93 she is still walking with a sprightly step, writing with a firm clear hand, driving her car, working taking care of "elderly" people, and reminding me of what should be our message in this season. After we met at the post office she called in to a pre-election show I hosted on WRFR radio and explained her reasons for voting for George Bush. Then she said something quite unusual for our times; she said that John Kerry was a great man and would make a fine president too, but she thought Bush deserved a second term.

These are difficult times for us Americans, not the least because we have become so divided among ourselves. If we could be more like Ellena Fredette we would be a lot happier, and a lot more successful too.

I remember an experience I had in college. I had seen a notice in the gym that students could earn money as referees for intramural basketball, so I signed up. At my first game, between fraternity teams, I was stunned by the size of the players, their skill and competitiveness, and my complete incompetence. Not far into the game, after a ridiculous call, I had both teams standing over me enraged. I told them I should never have signed up and would never do this again, but I was doing my best and if they wanted to finish the game they would have to tolerate me. They did, I escaped with my life, and I kept my promise.

Peace on earth and goodwill to men may seem as elusive as ever, but peace and goodwill must begin in our hearts and in our community. If we can put blame aside and tolerate each other better, if we can tolerate our leaders too, remembering that they are fallible human beings like ourselves, if we can find it in our hearts to forgive one another, we can hope for a better future together even if we do not always agree on how to get there. Let us make the most of this season and of the new year to be reconciled with each other and with all mankind.

Merry Christmas,  
Joe Steinberger

## Snowe Questions Why Dining Facility at Compound Was Not Built by U.S. Military Units

U.S. Senator Olympia J. Snowe wrote to Secretary of Defense Donald Rumsfeld on Wednesday asking for clarification as to why a permanent dining facility was not completed more expeditiously and why it was built by foreign contractors, not U.S. military units.

Snowe is concerned that foreign contractors could have exposed the U.S. military facility in Mosul to insurgent infiltrators. Two of the 14 U.S. soldiers killed in Mosul yesterday served in the Maine Army National Guard 133rd Engineer Battalion.

The following is a copy of the letter Snowe sent to Secretary Rumsfeld:

I am writing to you concerning yesterday's tragic attack against U.S. forces in Mosul, Iraq. As you know, Maine's Army National Guard 133rd Engineering Battalion was among those units that suffered casualties, and I am deeply saddened to learn that two of the American soldiers killed were Mainers from that Battalion. Ten additional members of the 133rd were among the many wounded. I

share the grief of the families and loved ones of these soldiers and all those who fell victim to this horrific attack.

I am aware that the FBI and military officials are investigating the nature of the attack to determine whether the explosion emanated from a rocket or mortar fired into the camp or whether a bomb was placed inside the mess hall by someone already inside the camp. As the investigation continues, I would appreciate your addressing additional questions that go to the heart of concerns I have regarding force protection issues for our troops in Iraq.

According to reports, construction of a new hardened permanent dining facility at the base in Mosul, while nearing completion, had been severely delayed, despite numerous attacks against the camp and clearly expressed concerns by many stationed there regarding the vulnerability of the tented mess facility. I understand the new mess hall was being constructed primarily by Iraqi contractors and that part of the reason for the delays associated with the construction of the new facility was due to an inability of the contractors to speed construction. If that is indeed the case, I am interested in why an American unit like the 133rd was not given the responsibility of constructing this high-priority facility to help ensure troop safety in Mosul. Instead of providing security to oversee construction work by outside contractors, would it have been preferable to allow troops qualified to undertake such work to do so?

Given the repeated attacks against the camp, does it make sense for us to continue to utilize local contractors as the primary builders of such facilities? Does the difficulty in ensuring each and every employee of such companies is not tied to insurgent groups and not potentially providing useful targeting information to these groups argue against continuing to employ such firms unless there is no alternative?

Mr. Secretary, I raise these concerns because I want to be absolutely certain that we are doing everything humanly possible to try to ensure the safety of our troops where we can, and utilizing all of the resources and the industrial capability available to us.

## Two from Maine's 133rd Killed in Mosul Attack

Two members of the 133rd Engineer Battalion of the Maine Army National Guard were killed in the Tuesday attack on Forward Operating Base Marez, near Mosul in Iraq. Sergeant Lynn Robert Poulin, Sr., 47, of Company A, 133rd Engineer Battalion (Belfast and Skowhegan Armories) served as a metal worker. He lived in Freedom, Maine, and was married with two grown children. Specialist Thomas John Dostie of HSC, 133rd Engineer Battalion (Gardiner and Portland Armories) served as a mechanic. He was 20 years old. His parents live in Somerville.

Ten other soldiers serving with the 133rd were injured in Tuesday's attack. One was a New York guardsman serving with the unit. Seven of the injured were treated and returned to duty. Staff Sergeant Harold Freeman, Jr. and Sergeant Christopher Rushlau were transported to Landstuhl Regional Medical Center in Germany for additional treatment. According to Gov. Baldacci's office, their injuries are not believed to be life threatening.

The 133rd Engineer Battalion is headquartered in Gardiner and Portland with detachments in Belfast, Gardiner, Lewiston, Norway, Portland, Saco, Skowhegan and Waterville. It is a heavy-combat engineer unit that performs construction projects, such as building roads, airfields and buildings. Approximately 500 troops from four companies of the battalion have been deployed in Iraq since early March, including 110 soldiers from Company A of the battalion.

The December 21 explosion at a dining facility at Forward Operating Base Marez killed 22 people; another 72 were wounded in the attack. Officials are still investigating the cause of the explosion. According to the Department of Defense, 14 of the 22 killed were U.S. military servicemembers; four were U.S. civilians; and four were members of the Iraqi security force. Of the 72 wounded, 51 are U.S. servicemembers. The other 21 include U.S. and foreign civilians and Iraqi security force troops.

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## MBNA Donates \$100,000 to Salvation Army



Salvation Army Captain Steven Pearl, center, accepts MBNA's check for \$100,000 from Frank Murphy, managing director of the MBNA Foundation in Maine, left; Salvation Army board member Navroze Eduljee of Customer Marketing Automation, right.

The MBNA Foundation in Maine has donated \$100,000 to the Rockland Corps of the Salvation Army. The funds will go toward the construction of a two-story, 18,000-square-foot facility on Route 1 in Rockland.

When the new center is complete, it will house the organization's thrift store, now located in a 3,000-square-foot building on New County Road. It will also make possible a greatly expanded community program that will include a learning center with after-school programs for children in grades K-3 and activities for adults during school hours; mentoring and tutoring programs; a resource center to help connect clients to social service agencies; and an end-of-the-month evening meal program to supple-

ment the St. Bernard's lunch program with a hot supper for families and individuals at a time of the month when resources are running out.

"We have seen the progress the Corps has made in the capital campaign to establish this new home for the Salvation Army, and on behalf of the people of MBNA, we are proud to support its efforts to meet the needs of the communities it serves," said Frank Murphy, managing director of the MBNA Foundation in Maine.

"We appreciate MBNA's help," said Captain Steve Pearl of the Salvation Army's Rockland Corps, "and we look forward to the many opportunities to serve the people of Knox County this new facility will provide."

## Remember to "Light a Luminary" Christmas Eve

Now in its ninth year, the Light a Luminary campaign has become a tradition in Camden and Rockport. Each year on Christmas Eve, residents enjoy the sight of thousands of luminaria brightening the streets, signifying the spirit of giving within the towns.

The kits will sell out again this year and are available at French and Brawn Marketplace, Graves' Super Market, Market Basket, Fresh Off the Farm, Village Variety (Stop 'n Go), Bagel Café, Megunticook Market, Party Fundamentals, Hoboken Gardens and Renys.

This community effort involves many teen volunteers who assist Light a Luminary with this annual campaign by assembling all the kits. This year the Community School, Riley School, Teen Center and the Camden Rockport Student Council all participated in assembling the kits at Rankin's warehouse in Hope.

Over 40 neighborhood street captains have delivered

kits to their neighbors, and the Camden Hills Regional High School National Honor Society is working with the local retail stores to sell the kits.

All the money raised is given directly to United Mid Coast Charities, which benefits over 60 local charities in Knox and Waldo counties. Thanks to donations by Camden National Bank, KAX Office Center, Maine Coast Photo, ArtEndow.org, Party Fundamentals, Renys and Rankin's Hardware, all of the proceeds raised by the program are given directly to the charities.

One \$5 luminary kit includes instructions and materials for six luminaria, which will illuminate 100 feet of curbside.

If rain prevails for the Christmas Eve lighting, a first rain date is scheduled for Christmas evening. If rain prevails Christmas Eve and evening, New Year's Eve is scheduled as a second rain date. Contact Heidi Matteo at 230-0063 for more information.

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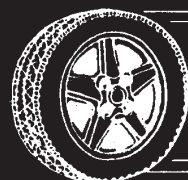


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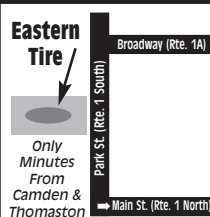
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## Bonazzoli Takes Stage in *Die Fledermaus*

On Saturday and Sunday, January 1 and 2, Maine Grand Opera (MGO) will present the famous holiday operetta *Die Fledermaus* at the Camden Opera House. Professional opera singers from New York City, New Jersey and Boston will sing the principal roles. In previous productions, the female lead has been sung by singers from New York City, but this year's production features Laura Bonazzoli, a



Laura Bonazzoli

soprano from Camden who sings the role of Rosalinda. Bonazzoli received her undergraduate degree in vocal performance; she pursued her MFA in acting at the University of Minnesota Minneapolis' Guthrie Theatre program, often performing three or four roles during a semester. She moved to Camden two years ago with her husband, writer Richard Ogle, and their daughter, Elizabeth, and continued her study with Ann Mills of Lincolnville. Mills urged Bonazzoli to audition for Maine Grand Opera last spring. This resulted in several engagements in MGO's Tuesday Musicales in the summer and fall, for which her singing was widely praised. When the singer originally cast for the role of Rosalinda had to bow out, MGO's artistic director Karen Eisenhauer offered the role to Bonazzoli.

See Bonazzoli in *Die Fledermaus* on Saturday, January 1, at 7 p.m. and Sunday, January 2, at 3 p.m. Tickets are \$40 orchestra and center balcony; \$35 balcony; and \$20 for partial view. Student tickets are \$17 for age 17 and under when accompanied by an adult. All seats are reserved and may be purchased by calling 763-3071.

## Christmas Eve Party & Live Broadcast at WRFR

WRFR radio will hold a Christmas Eve open house for holiday fellowship at its 20 Gay Street, Rockland, studios. The evening will feature carol singing, led by Dr. Anthony Antolini on the piano. The event will be broadcast live at 93.3 FM in Rockland and 99.3 FM in Camden.

The party begins at 7 p.m. and is open to adults and children. Refreshments will be served. Guests are welcome to bring something to share, but this is not required.

The Christmas carol singing will be from 8 to 9 p.m.

Dr. Antolini, director of the Bowdoin Chorus and of the Down East Singers, will lead all who choose to participate in singing traditional Christmas songs. The party will continue informally until 10 p.m.

WRFR is Rockland's low-power community radio station. It is licensed to Rockland's Penobscot School and is operated entirely by volunteers as a community service. More information about the station is available online at [www.wrfr.org](http://www.wrfr.org).



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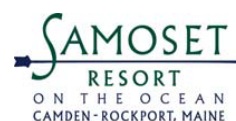
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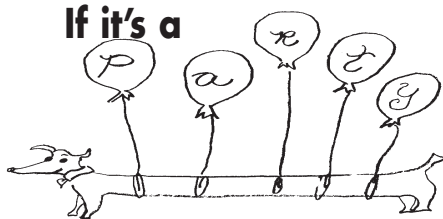
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Many seniors are worried about how they will be able to afford the increased costs of Medicare in 2005 when the Medicare Part B premium goes up to \$78.20 a month. The good news is that there is financial assistance available and a local resource to help. The State Health Insurance Assistance Program, or SHIP, can help seniors who qualify access that assistance. Senior Spectrum, the Central Maine Area Agency on Aging, has trained SHIP counselors available to help Maine residents learn about their Medicare rights and take advantage of the programs designed for them.

Maine residents on Medicare whose monthly income is less than \$1,048 might be eligible for a program called Qualified Medicare Beneficiary, or QMB, that pays for all of the Medicare premiums, deductibles (like the Medicare Part B deductible), and other Medicare cost-sharing, such as the Medicare Part B 20% co-insurance. In 2005, the QMB program will save participants at least \$938 in premiums and deductible costs they would otherwise

*Eligible Mainers must act before end of December to activate Medicare-approved Prescription Drug Discount Card*

have to pay. Local SHIP counselors are available to advise consumers about QMB and other programs that can help them save money and get the health care they need. Another valuable benefit provides low-income Medicare beneficiaries with \$1,200 towards the cost of prescription drugs between now and the end of 2005. Many seniors are automatically eligible for a Medicare-Approved Prescription Drug Discount Card, which comes with a credit of \$600 for 2004 and another \$600 for 2005. Cardholders who don't use up their 2004 credit can use the credit in 2005.

Eligible Maine residents must take action before the end of December to get a Medicare-Approved Prescription Drug Discount Card activated in order to get the full \$1,200 credit. If they do not act before New Year's Day, they will lose the \$600 for 2004. Call Senior Spectrum's Consumer Helpline at 1-800-639-1553 for assistance in applying for these money-saving benefits, or visit [www.seniorspectrum.com](http://www.seniorspectrum.com).

## Flu Redux: Mainers in High-Risk Groups Urged to Get Flu Shots

Dr. Lani Graham, acting director of the Department of Health and Human Services' Bureau of Health, has announced that additional groups of high-risk individuals should now receive their flu vaccine. The Centers for Disease Control and Prevention's National Advisory Committee on Immunization Practices (ACIP) has recommended expanding the high-risk groups to be vaccinated against influenza to all persons over the age of 50 and to persons who are caregivers for those in the high-risk groups. Maine is prepared to move forward and serve these additional groups now based on its tracking of vaccine availability at the local level.

Following the October 5 announcement that the Chiron company, one of the only two flu vaccine suppliers, was going to be unable to fill vaccine orders for the State, the Department of Health and Human Services had recommended vaccinating a limited group of persons deemed to be at highest risk of complications from influenza in order to prioritize those most in need.

Due to the efforts of the Centers for Disease Control (CDC) and Aventis Pasteur, the remaining vaccine supplier, the Bureau of Health has now received and dis-

tributed about 160,000 doses of flu vaccine. The list of those eligible to receive the flu vaccine has been expanded to those in the list below in accordance with ACIP: persons age 50 or older; women who will be pregnant during the influenza season; persons with chronic medical conditions; residents of nursing homes and long-term care facilities; children age six to 23 months; health-care workers involved in direct patient care; out-of-home caregivers and household contacts of children younger than six months of age and other persons at high risk.

According to a recent survey done by the Centers for Disease Control and Prevention, it is likely that there are still many high-risk Mainers who have not received a flu shot. Dr. Graham encouraged persons seeking flu vaccination to contact their health-care provider or to attend one of the scheduled clinics.

In order to serve this new population of persons who are eligible to receive the flu vaccine, along with those previously considered to be high-risk, there will be a number of private and public health clinics set up over the next few weeks around the state. All information will be posted at [www.mainepublichealth.gov](http://www.mainepublichealth.gov).



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## Messiah on the Islands

BY ELEANOR MOTLEY  
RICHARDSON



I am no longer surprised when the tiny (pop. 318) island of North Haven produces an artistic tour de force. But I was surprised by a phone call from an old friend and master tenor, Ben Cox, encouraging me to audition for a solo in *Messiah* in November. Thus began an island adventure.

Charles Brown, music director of last summer's *Little Women*, was hard to reach by phone, but was a captive audience at the ferry landing at 9:30 on a Thursday morning. Luckily, I had packed a sandwich, as he said, "Sure, come along." The audition at North Haven's new Waterman's Center was brief and I was in. "And by the way, it would be great if you could sing in the chorus, and we're rehearsing tonight," I was told.

While my family has summered in North Haven for five or six generations, my mother had recently sold her house there, so suddenly I was a homeless person standing in the middle of Main Street with a sandwich. Unlike Vinalhaven, North Haven doesn't have a handy motel. So I walked up the hill to my mother's friend, Clara Waterman, 95, who graciously consented to rent me a room for four Thursday nights. At the suggestion of her

neighbor and helper, Wendy Cooper, the rent was paid in groceries and home-cooked dinners from the mainland. This symbiotic barter of shelter for food and company became my central delight. Time not spent in rehearsal was passed in a competitive cribbage tournament played out on a shaky tray table.

At the designated time, I headed down Upper Main Street for rehearsal. Warm lamps from cozy living rooms cast yellow light out into the road. But as I approached the waterfront, all the houses were eerily dark, closed up by summer owners. All except the ferry, that is, lit up like a Roman candle due to Homeland Security. Waterman's Center and David Cooper's house were the only buildings testifying to the existence of electricity.

We milled around in the lobby, then the door burst open and 14 reinforcements from Vinalhaven came in, puffing and beating their arms, cold after crossing the Thorofare. Assembling onstage, many faces were recognizable from *Little Women*, with our erstwhile Jo March, Kelsey Jones, now alto soloist in "O Thou, Who Bringest Good Tidings to Zion." I was surprised to find several children in the chorus. I was more surprised to hear how well they sang Handel's complicated melismas. "That's the way they do things out here, the children are always involved," explained Charles Brown.

I have worked for years in churches about the size of North Haven, and never have I seen such a large percentage of excellent singers of all ages — children, high schoolers, young adults to retirees — working together. The vision of producer John Wulp has a great deal to do with drawing out this natural talent over the years. *Islands*, an original musical by Wulp and composer Cindy Bullens, went all the way to Broadway! But Charles Brown, in his gruff, deadpan, kindly way, gets the credit here for creating magic out of chaos.

This itinerant conductor, our present-day Music Man, hails from Falmouth and is organist/choir director at Christ Church in Kennebunk. At the end of the rehearsal he charged his singers, "Go home and learn it — listen to your CDs." This, then, was the secret ingredient, the modern-day Think Method, the reason the children sang Handel so well. Each singer had a CD tucked in the back of their score, with their part a few decibels louder than the others. (This technique is part of a major choral movement in Great Britain.)

The weeks passed, and Brown polished and tweaked, with a seemingly laid-back air, meanwhile achieving a prodigious rendition of Handel's complex orchestral score on the harpsichord stop of a small electric piano. The minister of Vinalhaven's Union Church, Rev. Michelle Wiley, a virtuoso flutist, was joined by able cellist Heather White,



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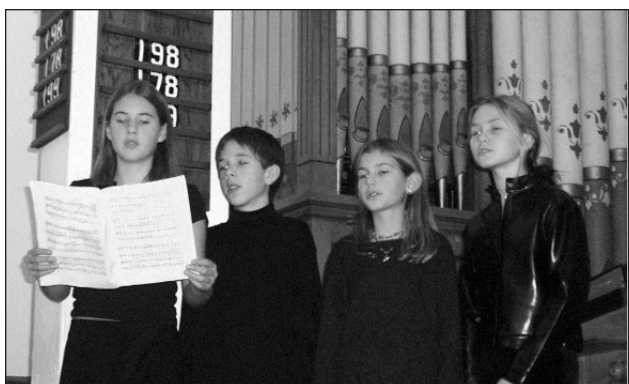


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(above) The children's chorus steps forward for its solo at Vinalhaven Union Church: from left, Natalie and Charlie Jones, Leta Hollowell, and Rory Curtin. (left) Charles Brown, conductor, leads the warmup rehearsal December 12. PHOTOS BY AVIVA RAHMANI

and switch-hitting soprano/violinist Gigi Baas. After rehearsals, I would drift off to sleep with visions of 16th notes dancing in my head.

On Thursday after Thanksgiving I set out on foot for Waterman's, rounded the corner to the darkened waterfront and, behold, Glory! in strings of bravely colored Christmas lights crisscrossing Main Street, flaunting the blackness. A week later, while we waited for Foy Brown to gather us up for the return trip across the Thorofare after dress rehearsal in Vinalhaven, surrounded by dark shores of black spruces, rain and wind, primeval gray sky and water, those little strings of colored lights beckoned to us merrily, and guided us home. Making the same crossing with Keeley Felton the night of the performance, the motor stalled out, and we had to paddle to our destination. Only in North Haven.

Finally, the first performance came, in Vinalhaven's lovely Union Church, surrounded by Tiffany windows and the beautifully stenciled pipes of the Woodberry organ. The church was full. Woe be to the organization that schedules a conflicting event on one of the islands, as there is but one audience. The second performance, Monday night (so as not to conflict with the basketball game), was in North Haven.

Children and mainland visitors like myself jockeyed for time in the two rest rooms to transform ourselves from weatherproof nomads to concert dress. Brown shouted and cajoled, and reminded us, above all, to have fun.

And fun it was — a mixture of moments of great beauty, periodic disasters among the 16th notes, and the sweet

## The Old Christmas Story

CONTINUED FROM PAGE 1

bly always will be. I find it inconvenient, vexing even, to have to wait out the swings of emotion that, with little reason, sometimes grip me. But there's one thing I've learned: the tears signal that the censorious part of me is being by-passed. Something deeper is going on in my system.

Well, with many a delay and handkerchief, the story unfolded. Figurines were fondled by little hands, but not broken. The crèche became complete and two happy girls went off to bed. And in the amazing quiet of post-bedtime, I am left reflecting: how profoundly ancient this story feels. Someone saw a light, an angel, a star. Something unexpected happened in a stable. Behold, a virgin shall conceive. All the symbols converge, repeat the same message: rebirth, renewal against all odds. Humankind, even back in the caves perhaps, has somehow found the wisdom to tell this kind of story again and again in the dark of the year. And who am I to resist it?

The next day our five-year-old put a shawl over her head, jammed over it a Christmas wreath she had just made, and carried her swaddled doll off to church, much to my embarrassment. We're likely to have a Virgin Mary around for at least a week. Behold, a virgin shall conceive. What can this mean? Am I perhaps the holdout dragging my sorry Scrooge through yet another season? And isn't my daughter perhaps the wiser, following this ancient story to new warmth and well-being by including herself in an unlikely yet amazing conception?

high notes of children. A motley collection of soloists each brought different gifts and stories; from Vinalhaven's Aviva Rahmani, schooled by Metropolitan Opera coaches in New York, to Eva Hopkins, singing a Christmas song written by her poetess great-grandmother in 1945, all were islanders. The audience leapt to its feet, singing along — more or less — for a tempestuous rendition of the Halleluia Chorus, then joined together in lovely Christmas carols, accompanied by flute, piano and organ. Dona nobis pacem. Peace. I fell asleep that night with the tenor voice of North Haven's Rev. David Macy singing in my head, "Comfort Ye, my People." It is a year in great need of comfort.

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## Coast Guard, Maine Marine Patrol to Focus on Vessel Safety During Shrimp Season

The Coast Guard and the Maine Marine Patrol will again join forces in an effort to enforce fisheries and safety regulations during the winter shrimp season, which runs from December 19 to 23, December 26 to 30, and January 3 through March 25. This joint operation demonstrates the strong commitment both agencies have to commercial fishing vessel safety and to preventing the loss of life at sea.

During the winter, when cold-water shrimp flock to shallow water to lay their eggs, many Maine fishermen alter the rigging of their boats with smaller nets to target Gulf of Maine shrimp. The shrimp fishery offers a potentially valuable catch in the relative safety of coastal waters and does not count against the days at sea ground-fishing vessels are permitted. Because the potential to earn more money closer to home lures many fishermen out during the worst weather months of the year, both agencies will focus on safety of the fleet.

With water temperatures in the upper 30s and lower 40s, the Gulf of Maine in winter can be a very unforgiving

*Crews plan sustained and frequent contact with shrimping vessels to enforce regulations — free vessel safety checks are offered*

environment. Despite both agencies' ability to respond quickly to calls for assistance, cold water poses a serious threat to the survival of the fishermen. The goal of both agencies is to prevent accidents from happening by making sure every boat is equipped for survival if something should go wrong.

Fishermen are also encouraged to call quickly if they develop a problem, instead of waiting until the situation becomes critical.

Mixed crews of Coast Guard and Maine Marine Patrol officers plan sustained and frequent contact with shrimp vessels throughout the season. The Coast Guard has increased its focus on commercial fishing vessel safety since 2000, a year in which seven Maine fishing vessels were lost at sea and 10 fishermen were killed. To avoid commercial fishing vessel safety issues, fishermen can get a free safety check on their vessel by contacting a Coast Guard Commercial Fishing Vessel Safety examiner in Portland at 780-3621. The exam is free and scheduled at the fisherman's convenience.

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# Jolly Old St. Nick

**Y**ou would have to be living in a very, very remote cave in wildest Borneo not to realize that it is the Christmas season once again. Lights bedecking every house, Christmas trees twinkling in every window, with endless (some say mindless) carols wafting into our ears round-the-clock — yup, in just a few days young and old will be tearing through a cornucopia of brightly wrapped stuff. Ho. Ho. Ho.

What you might not know is that our roly-poly Santa Claus is actually the latest manifestation of a saint much



*Vintage Czech postcard*

venerated by those who traveled across the seas in ancient times (yes, everything is linked to the ocean!). We all know that Santa Claus also goes by the name of St. Nick, short for St. Nicholas. Nicholas was a real person, born during the third century in Turkey. He was the child of wealthy Christian parents who died when he was a boy. Nicholas used his inheritance to help the needy and the poor and became the

Bishop of Myra while still a young man. He was imprisoned by the Roman Emperor Diocletian, who considered Christians to be pagans, released, and lived the remainder of his days in Myra, where he died in 343 AD. Nicholas, like many early Christians, made a pilgrimage to the Holy Land prior to becoming a bishop. According to legend, when he was returning to Turkey by sea a mighty storm arose; his ship was beset. Nicholas prayed for the storm to cease. And so it did, amazing the ship's terrified sailors. Thus, within a century of his death Nicholas was venerated as the patron saint of sailors.

Early Christianity was spread by missionaries throughout the Middle and Far East. Those missionaries often traveled by water, and sailors carried stories of St. Nicholas throughout the Mediterranean. Christian chapels bearing his name were built in many seaports. As his popularity grew during the Middle Ages, Nicholas became the patron saint of cities in Sicily, Greece, Germany, Austria, Switzerland, Italy, Russia, Belgium and the Netherlands. His feast day, December 6, is still celebrated throughout Europe.

The Greeks were especially devoted to Nicholas because the nation had long been a seafaring country. One Greek legend records that Nicholas appeared off



*Detail, vintage Dutch postcard*

the coast of Lycia to sailors caught in a storm who had invoked his name and he brought them safely to port.

Many Greek fishermen still outfit their boats with an icon of Nicholas complete with a small vigil lamp stationed before it. Sailors in the Aegean and Ionian seas reportedly say good-bye to each other before a trip with the words "May St. Nicholas hold the tiller."

So how did this salty saint become jolly old Santa Claus? Well, St. Nicholas was also the patron saint of children. According to legend, an evil butcher robbed and murdered three children and then hid their dismembered bodies in a large pickling tub. Bishop Nicholas was in this city at the time and dreamed of the crime. He went to the butcher's store and prayed to God that the children be restored to life. Lo and behold, the three hopped out of the pickling tub right as rain and went home to their families.

He also was associated with gift giving. One Nicholas legend told of a poor man

with three daughters. Because the man had no funds for his daughters' dowries, the girls were to be sold into slavery. Mysteriously, a bag of gold appeared in the man's home on three different occasions and was used for each girl's dowry. The bags of gold, which were tossed by Nicholas through an open window, landed in shoes left before the fire to dry. This led to the custom of children hanging stockings or putting out shoes for gifts from St. Nicholas. The three bags of gold later were represented as gold balls in illustrations of St. Nicholas' life, or occasionally as oranges. And what do we find in the bottom of our Christmas stockings today?

The tradition of St. Nicholas came to America in the 1600s and 1700s with Protestant settlers from the Netherlands and Germany. In Holland

St. Nicholas was the patron saint of the city of Amsterdam. Accordingly, he would arrive in that city the night before his feast day (December 6) accompanied by his lively Moorish helper, Zwarte Piet, and astride his famous white horse, Schimmel. Children would leave their shoes out full of carrots and hay for Schimmel. In the night St. Nicholas, called Sinterklass by the Dutch, would check his big book of names to see which children had been good and deserved gifts. Those that had been naughty were liable to receive a lump of coal in their shoes rather than sweets. Those children who had been very bad might even be stuffed into Zwarte Piet's sack and hauled away forever!



*Vintage Yugoslavian postcard*



*Vintage French postcard*

*Vintage Hungarian postcard*

This slightly threatening figure never really expanded from the German and Dutch settlements in America. The Santa Claus we imprinted on our brains from childhood evolved quite recently, and is forever linked with a major American corporation.

In 1823 Clement C. Moore wrote "A Visit from St. Nicholas," the poem now known as "Twas the Night Before Christmas." Nearly 40 years later, the political cartoonist Thomas Nast drew a version of St. Nicholas for Harper's Illustrated Weekly. Nast's famous Santa Claus wore a woolly suit and resembled a stout elf with whiskers and a beard. No one knew what color suit he wore because Nast's illustrations were all in black and white.

Jump to the Great Depression. The Coca-Cola company was having a hard time selling its nerve tonic during the winter months. So in 1931, Coca-Cola decided to stop marketing its soda as a pharmaceutical drink for adults and began pitching it as something for the whole family. The firm hired a Swedish artist named Haddon Sundblom to draw Santa Claus drinking a Coke. Sundblom created a rotund bearded man in a red suit bringing joy to family and friends with a bottle of Coke. His illustration was the first modern Santa.

Santa Claus was a marketing hit for Coca-Cola. The company contracted with Sundblom to continue making Coke ads with this model for the next 35 years.

So there you have it: the evolution of a saint, from protector of children and sailors to Dutch gift giver to a hit advertisement for a soft drink company. One thing remains constant; it's all about belief.

*Images courtesy of St. Nicholas Center, [www.stnicholascenter.org](http://www.stnicholascenter.org)*

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### NATIONAL WEATHER SERVICE FORECAST for Knox County

**Thursday night.** Rain showers in the evening. Then a chance of rain showers after midnight. Windy with lows in the mid 30s. South winds 20 to 30 mph.  
**Friday.** Partly cloudy. Highs around 40.  
**Friday night.** Partly cloudy in the evening. Then becoming mostly cloudy. Much colder with lows around 20.  
**Christmas day.** Partly cloudy. Colder with highs in the upper 20s.  
**Saturday night and Sunday.** Partly cloudy. Lows around 10 above. Highs in the upper 20s.  
**Sunday night.** Partly cloudy. Lows 15 to 20.  
**Monday.** Partly cloudy. Highs in the mid 30s.  
**Monday night.** Partly cloudy. Lows in the mid 20s.  
**Tuesday.** Partly cloudy. Highs around 40.

### ROCKLAND AREA TIDES

December 23 to December 30

	High AM	High PM	Low AM	Low PM
Thursday	8:36	9:15	2:20	3:04
Friday	9:17	9:53	3:04	3:41
Saturday	9:59	10:35	3:48	4:23
Sunday	10:38	11:14	4:28	5:02
Monday	11:16	11:56	5:06	5:45
Tuesday	11:52	---	5:42	6:20
Wednesday	12:32	2:29	6:19	6:55
Thursday	1:08	1:07	6:57	7:32



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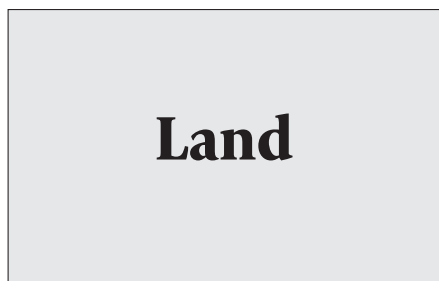
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# The Real Meaning of Christmas

Everyone now knows that the whole thing started years ago when Dick Jones, overcome by the spirit of Christmas, tied a festoon of holly around the neck of a plastic pink flamingo that ornamented his front lawn.

Dick's wife Alice and several of his friends commented favorably on the seasonal decoration, which strengthened the likelihood that Jones would so enhance his art object the following year. His friend and next-door neighbor Bob Smythe complimented Dick's creative genius. But Bob's wife Jane was jealous.

"Why can't you ever think of anything nice like that?" she whispered in Bob's ear.

Bob knew that with a year to plan he could top Dick's Christmas decoration. And he did. The following year, about three days before he figured Dick would wrap his flamingo with holly, Bob dressed the plastic duck family on his front lawn in little Santa Claus costumes. Everyone said that the plastic mama duck and the plastic baby ducks dressed in little red suits tufted with white fur were the cutest things they'd ever seen. Whenever Bob and Jane looked out the window at their Santa ducks, Jane would squeeze Bob's arm and Bob would stick out his chest with the satisfied feeling that only comes from work well done.

Although Dick Jones had to compliment his neighbor, he knew he'd been upstaged and that the cars that would creep by this season would be full of folks who had come over to see the Santa ducks and not his decorated flamingo. Dick and Alice discussed making a Santa costume for their bird but were clever enough to realize that it would look like they were just copying the Smythe ducks.

In the end, Alice, who had been around more than just a little bit, bought two strings of Christmas lights and a couple of extension cords. She put a string of lights on a small tree that grew in the front yard, while Dick tastefully arranged fresh holly on their flamingo. He wasn't about to give up a good thing just because of Bob Smythe's Santa ducks. Then he crowned his work with a string of colored lights. Dick and Alice went into their home feeling very good about themselves indeed. They knew that Bob Smythe's eyes would bug out when they turned on their Christmas lights that evening.

A year later, Bob Smythe augmented his Santa ducks with two four-foot striped candles which he erected on his doorstep. By then, however, Jones already had small



ILLUSTRATION BY CAROL INOUE

candles with white bulbs in four of his front windows.

The following season, Jones outlined his garage door with a string of blinking colored lights. The Smythes added a three-foot plastic Santa which sat with a whip in its hand in a sleigh, now harnessed to the plastic duck Santas. Smythe achieved instant local notoriety when a picture of his entourage appeared in the paper.

It was about that time that someone called my attention to the collective genius of Smythe and Jones. No holiday could pass without appropriate symbols appearing on their front lawns. I began to study them in hopes of learning something that would make my own place a bit more attractive.

I noticed that Jones braces up a 12-foot wooden rabbit at Easter. Strobe lights are cleverly concealed in the creature's huge basket of eggs. Smythe rolls out plaster pumpkins for Halloween. I enjoy his Halloween witch (with two glowing red lights for eyes) that flies back and forth on wires. Jones wrapped his entire house in eight-foot firecrackers for the Fourth of July. Both men built large barns out back that serve only as storage bins for their props.

But I digress, for it is at Christmas that Smythe and Jones are at their unparalleled best.

Besides the attractive decorations mentioned above, their homes are now outlined with blinking colored lights. Red and blue blinking lights flash from every window. A life-sized illuminated plastic Santa Claus stands in the middle of a crèche with several live sheep and wooden shepherds and wise men who bob about on wires. Eight ceramic life-sized reindeer and a real sleigh loaded with brightly wrapped presents are braced on top of Smythe's house. Stereo speakers, hidden somewhere within the bowels of a manger, blast the observer with Jingle Bell Rock. On top of Jones' house is a sign that spells "Merry Xmas" in three-foot letters filled with blinking lights.

Every year at this time a wide-lens photo of the whole business appears in the paper, and well it should. Otherwise, many of us might forget the real meaning of Christmas.

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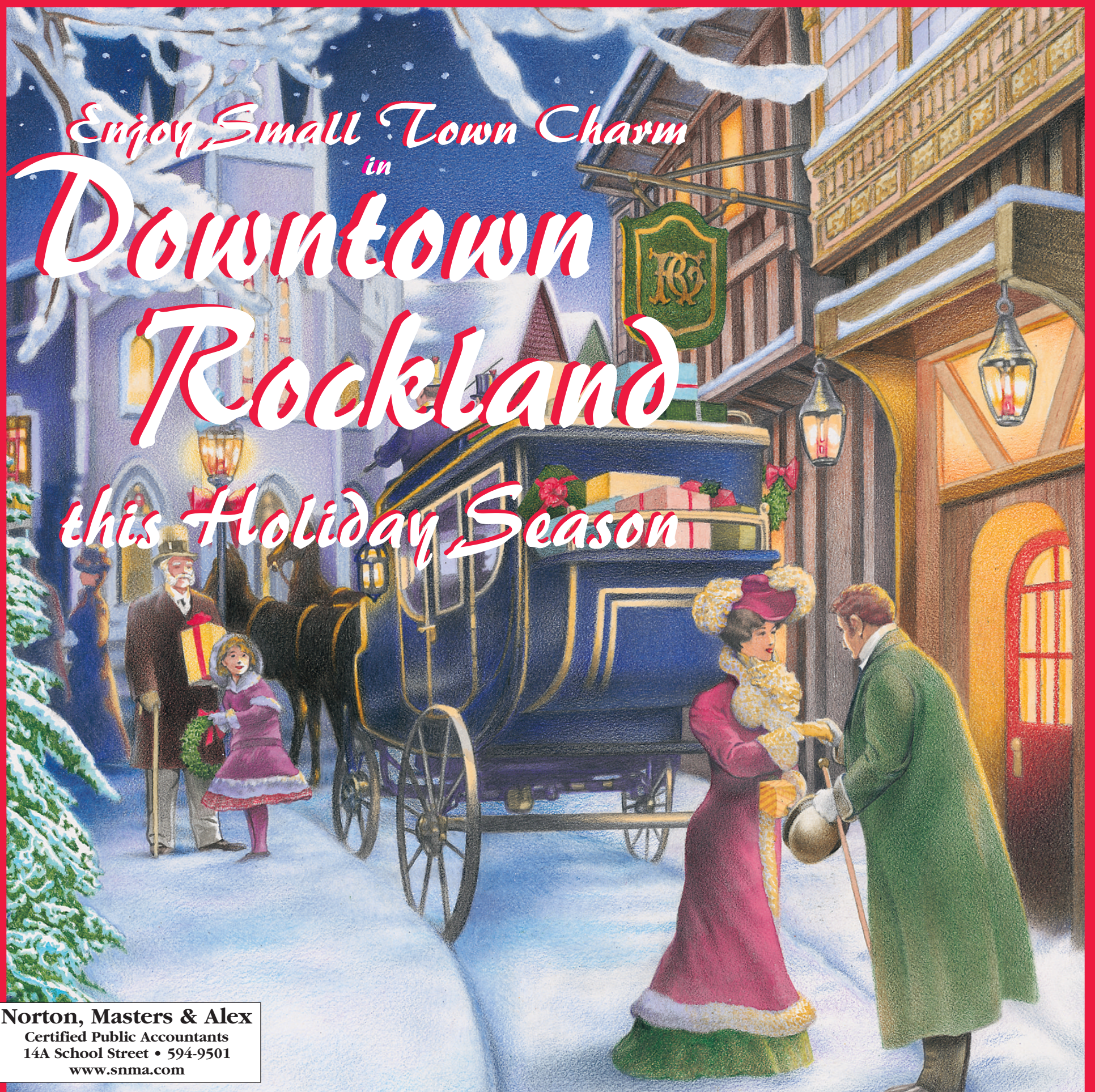
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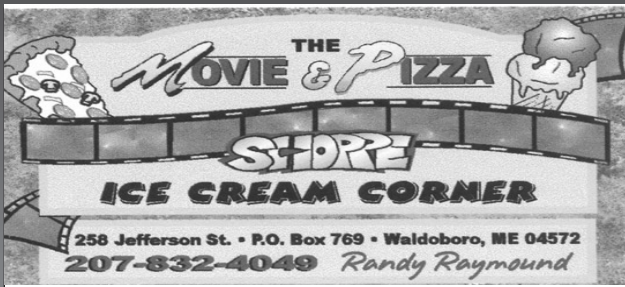
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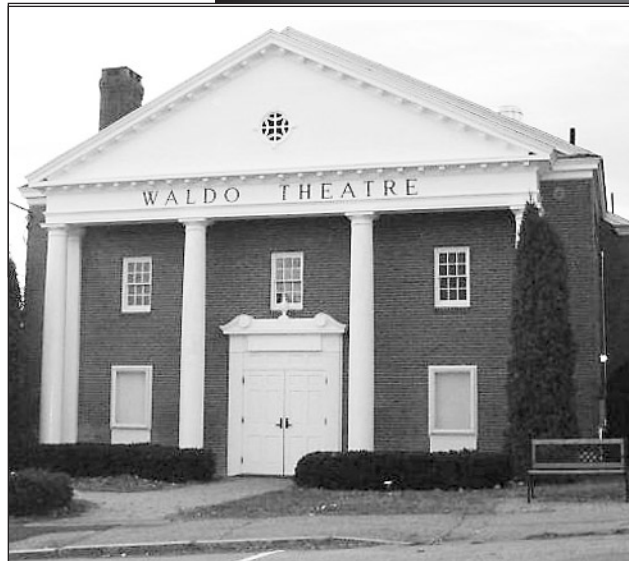
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## Last-Minute Shopping

We're talking about last-minute shopping for gifts for gardeners here, not the *genuine* last-minute shopping of those who hit the convenience stores at 10 p.m. on Christmas Eve to stock up on some holiday stocking stuffers — giant beef jerky sticks, car deodorizers, lighters and perhaps a lottery ticket or two. If you are a person who just hasn't found the right gift or has found out only recently that a gardening friend or relation will be paying an unexpected visit over the holidays, don't panic; local garden centers, florists, health food stores and even supermarkets are great sources for last-minute gifts.

One splashy gift that's easily procurable at the last minute is an exotic plant. Instead of the predictable poinsettia, why not get an orchid plant? Many varieties — phalaenopsis, cattleya, dendrobium and oncidium — do well on window sills, in bright, indirect light and will bloom two or more times a year with minimal care. Wrap up a book on orchid culture to go with your choice.

Dwarf citrus plants also make a great gift. Some of the larger ones, like Meyer lemons, bloom for extended periods and produce large lemons. In warmer weather they can go outside. Anyone who has a house heated warmer than 40 degrees can enjoy some of the brilliant tropicals like hibiscus, bougainvillea and heliconia. The flamboyant hibiscus blooms year-round and its edible flowers are even nutritious (the 'zing' in Red Zinger tea). Bougainvillea also blooms year-round and grows well in hanging baskets. Despite its flouncy, flamboyant appearance, bougainvillea is a no-frills plant when it comes to culture: it thrives on neglect — rootbound, with little water or fertilizer.

As all catalog junkies know, packaging is everything: a bunch of cheeses and salamis or some fancy fruits take on new luster when gift-wrapped. The humblest last-minute gifts look fancy when they're duded up. Look for garden baskets and trugs at nursery centers and fill them with gardening magazines, rolled and tied with a ribbon. Bundle some shiny new hand tools together, tie a big bow on them and slip them in a new clay pot along with a couple of small herb plants. Gardeners like to wander out into the garden early in the morning with their coffee and tea, so a couple of appropriately floral-themed mugs filled with some paperwhite or mini-daffodil bulbs, then wrapped in clear cellophane and a Christmasy ribbon, would ensure warm thoughts of its giver even in the summer.

I found an unexpected source of last-minute gifts for gardeners when I stopped off at a local marine supply store. Knives of every size and shape, with single or multiple

blades. Inexpensive NOAA weather radios — a must when you need warning of early frost or hail. Binoculars inexpensive enough to qualify as a stocking stuffer. Fleece socks in rainbow colors to slip on when wearing muck boots or garden clogs. A sturdy first aid kit that would be great in the Bucket Buddy and save trips into the house for a Band-Aid.

Don't forget last-minute gifts from your pantry or storage cellar. Pack jars of your best dilly beans or salsa in baskets with some accompanying crackers or chips and pass the garden's bounty along. I'd like to give some of my pretty heirloom fingerling potatoes as gifts — nothing in the local markets can touch them for flavor — but I have yet to find the perfect container for them — or the best recipient, either. Some people might find them a bit too humble to fall under the heading of a gift, although if I were to find them under my tree I'd jump up to put a pot of water on and cook them for Christmas breakfast.

And finally, don't forget the gift that keeps on giving: a magazine subscription. Garden magazines keep the flame alive in gardeners' hearts during the months when snow blankets the ground. Or the gift of learning. There are gardening books on every possible aspect of the subject: Native American gardening, companion planting, herbs, plant identification, mulching, intensive gardening — the list is endless. Many cookbooks focus on seasonal foods or recipes featuring the garden's bounty or preserving foods. Local book and stationery stores also carry journals that would be perfect for keeping a log of the ups and downs in this year's garden. Buy two and keep one for yourself.

## HOME GARDEN

by Georgeanne Davis

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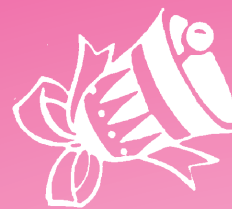
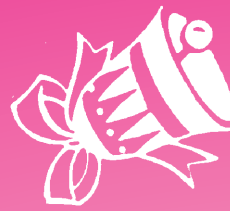
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# good cheer



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**Oceanside Seafood & Steakhouse**  
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new  
year**

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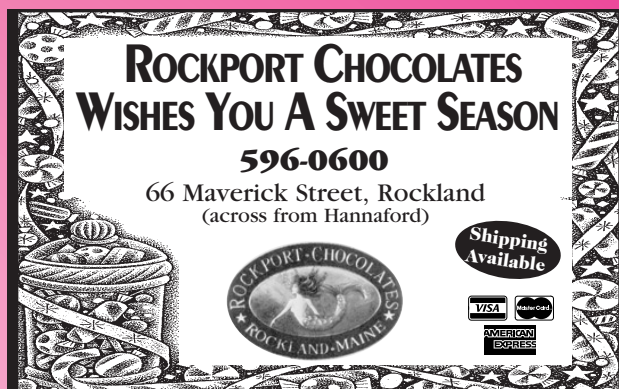
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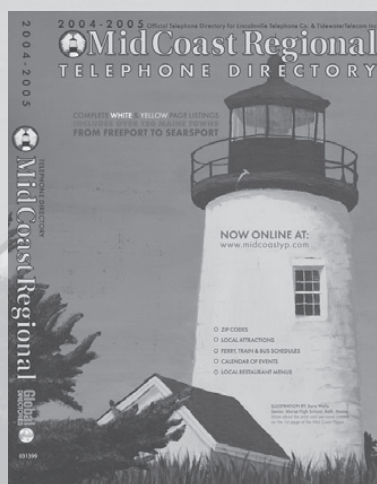


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## Trade Winds Assists Local Family



Trade Winds Motor Inn employees discuss the Christmas list for one needy family. Seated left to right are Wayne Ward, director of engineering; Dotty Liberty; Doreen Moore, head housekeeper; and Lois Levensaler, health club receptionist.

Every year for over 20 years, employees at the Trade Winds Motor Inn have helped a deserving family make the holidays a little brighter. As the holiday season and winter weather kicks in, this year is no exception. For Thanksgiving, Trade Winds staff, members of the health club and hotel guests contributed money and food to make one local family's holiday meal a special one. That same family will also receive new winter clothing and other holiday gifts as a result of cash contributions from employees.

According to director of engineering Wayne Ward, everyone helps out. "The entire crew pitches in," he said, adding that desk clerks, managers, and restaurant, housekeeping, maintenance and health

club personnel willingly participate.

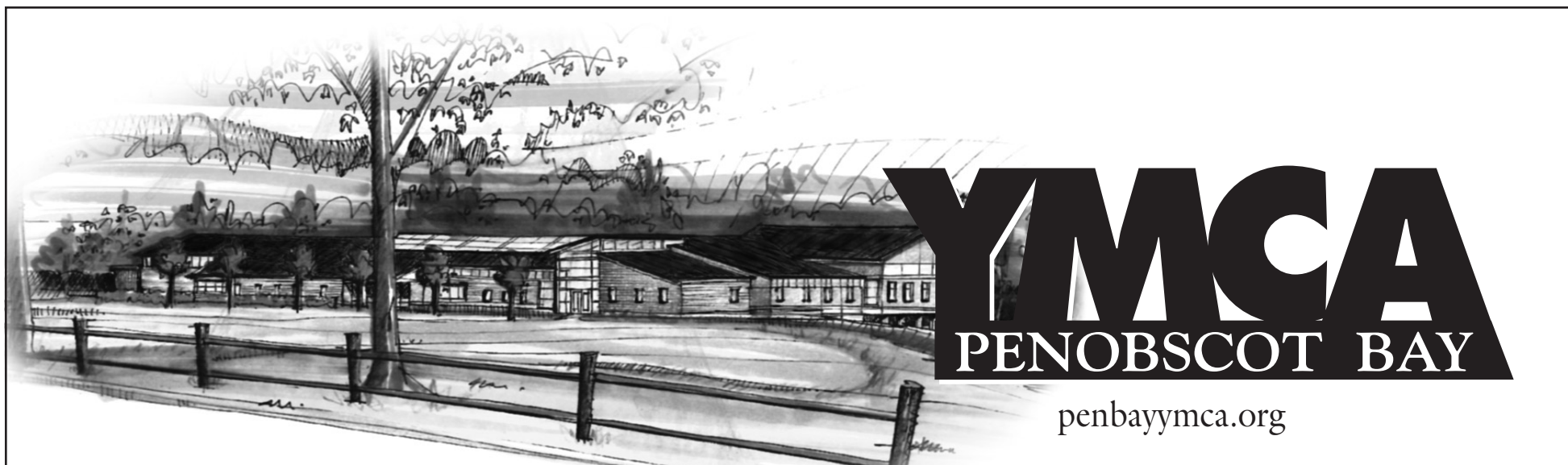
Ward, who has worked at the Trade Winds for 26 years, coordinates the collection of food and contributions and then works with an outside agency to choose the recipient. For the past few years, the staff at Rockland's South School has helped to select the appropriate family.

The Trade Winds' annual tradition of giving started when Dotty Liberty, wife of Trade Winds founder Bob Liberty, made a simple request. The Libertys often received Christmas gifts from employees, until she asked everyone to pool their money, instead, to help a family in need. Since then, more than 20 families have benefited from the kindness of her request.

May Your Christmas be a Happy One  
And may the New Year bring You Contentment and Prosperity in overflowing measure.

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Ford Lincoln Mercury  
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# YMCA

## PENOBSCOT BAY

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**Health Sports and Fitness  
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April 9

**Mainely Girls Conference**  
March 18

**Boys to Men Conference**  
March 19

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- Kayak Rolling Clinics & Rescue Clinics
- Red Cross Lifeguarding Course
- Synchronized Swimming
- Summer Camp Registrations Begin
- Youth Boating Class
- Youth Winter Baseball & Softball
- Cardio Kick Boxing
- Morning Family Prime Time

## PROGRAM guide

**Winter Session:**  
**Spring I Session:**

January 3 - February 19, 2005

February 28 - April 16, 2005

□ **Participants must  
register each session  
for programs** □

*Go to the web site for pool/  
program schedule changes  
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**Tuesday & Thursday, 5:30-7:30 p.m.**  
**Cost: Free to Family Members**

**Family Prime Time** is a new service the YMCA is providing for our family members. Just come to the YMCA during the Prime Time hours, present your family membership card and receive up to two free hours of supervised care for your child. During this time your child(ren) will be offered a number of stimulating choices to take part in. In addition to quality care and age-appropriate activities, the YMCA staff will be happy to escort your child(ren) to his/her class. For more information, see the front desk at the YMCA or call 236-3375.

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To become a member of our YMCA family please speak to one of our front desk representatives or to any of our member service staff. We would even be happy to provide any prospective members with a complimentary one-week membership to experience our facility.

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## I gave everyone 25% off.

Everyone loves to get a deal...but how often do you get to give a deal?

As a member and financial supporter of the Penobscot Bay YMCA, you're helping to reduce the cost of memberships and programs by 25% for everyone. You're also helping lots of neighbors through YMCA scholarships and financial aid. And without you, some programs would not even be possible.

So the next time you want to feel good about a workout, just look around the YMCA. And realize you're helping others reach their goals while you work toward your own.

Do amazing things.

**YMCA**  
PENOBSCOT BAY

Deanne Dutton, YMCA  
member since 2000.

## PROGRAMS FREE to MEMBERS

- Synchronized Swimming (*Winter Only*)
- Pee Wee Sports (*Winter Only*)
- Aqua Therapy (*Spring I Only*)
- Family Prime Time
- Maine Masters Swimming
- Noontime Basketball
- Lunch Crunch
- Strong Women
- Super Circuit
- Strong Seniors Stay Young
- Yoga for Families

**Do Amazing Things at the Y.**



HOURS OF OPERATION

Monday-Friday	6 a.m.- 9 p.m.
Saturday	7 a.m.- 5 p.m.
Sunday	Noon - 5 p.m.

WINTER SESSION DATES

January 3 - February 19  
CHARTER MEMBER SIGN-UP: DECEMBER 20.  
Member Sign-up: December 21-26.  
Non-member Sign-up: December 27 - January 2.

SPRING I SESSION DATES

February 28-April 16  
CHARTER MEMBER SIGN-UP: FEBRUARY 14.  
Member Sign-up February 15-20.  
Non-member Sign-up: February 21-27.

SPECIAL CLOSING DATES

March 18 - Limited Building Use (Mainly Girls Conference)  
March 19 - Building Closed (Boys to Men Conference)

Facility Closings & Classes Cancelled

Programs may be cancelled, or the YMCA facility closed, due to uncontrollable conditions. Closings will be posted in advance when possible and announced on Peak102.5 FM and on the YMCA website, [www.penhayymca.org](http://www.penhayymca.org)

Sign-up Information

We cannot reserve space without full payment. Phone registrations – 236-3375 – can be taken with a valid credit card. Registrations will be accepted by mail if full payment is included.

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SPECIAL THANKS  
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Knox Resources



Membership:

Annual Membership Rates	Bank Draft* (12 mos.)	Full Pay
Youth (age 3 through high school)	\$12.42/mo.	\$137.00
Young Adult (age 18 through 21)	\$24.92/mo.	\$287.00
Adult	\$35.50/mo.	\$414.00
Senior (62 years old and older)	\$28.50/mo.	\$330.00
Senior Couple	\$42.75/mo.	\$501.00
Single Parent Family	\$42.75/mo.	\$501.00
Family	\$54.92/mo.	\$647.00

\*Sign up for an annual Bank Draft and receive a \$25 coupon toward any program of your choice!

Non-Member Rates

Youth Day Pass	\$5
Adult Day Pass	\$10
Shower	\$5
Youth Week Pass	\$15
Adult Week Pass	\$35
Family Rate for Day Pass	\$20
Family Week Pass	\$70

Membership Rates effective through February 28, 2005

Membership fees are non-refundable. One-, three- and six-month memberships are available. Bank draft membership fee is based upon 12-month membership.

“Wear and Tear” Fees

The Penobscot Bay YMCA has instituted a “Wear and Tear” fee for individuals taking out a new membership. This is a one-time fee, as long as the membership is kept in good standing. It will be utilized to help refurbish equipment. A membership that lapses 30 days or more is considered a new membership, and the fee must be paid again. The “Wear and Tear” fees are as follows:

One-Month Memberships - Wear & Tear Fee:

Youth & Young Adult	\$10
Adult, Senior, Senior Couple, Single Parent Family & Family	\$15

Three-Month, Six-Month and Annual Memberships - Wear & Tear Fee:

Youth & Young Adult	\$30
Adult, Senior, Senior Couple, Single Parent Family & Family	\$50

Financial Assistance

For those individuals who are in a difficult financial situation, the YMCA offers a financial assistance scholarship program for those who qualify. If you would like a financial assistance package, you may stop by the Front Desk or call 236-3375, and we will send you one through the mail.

Tours

The Penobscot Bay YMCA invites anyone living in or around Knox County to utilize our services and facility. You are welcome to stop in and tour the facilities at your convenience.

Short-Term Memberships

Take advantage of the YMCA and stay healthy while you’re away from home. If you are going to be in the Knox County area for a short period of time and would like to become a member of the YMCA while you are here, we offer one-month memberships. The prices of our one-month memberships are: Youth \$35; Young Adult \$73; Adult \$105; Senior \$83; Senior Couple \$126; Single Parent Family \$126; and Family \$164 (not including Wear & Tear fee).

MasterCard/Visa

Monthly Credit Card Payments

Now you can spread the cost of your membership out over the duration of your membership. Ask us for more details about this or any of our other easy-to-live-with payment options.



Mission Statement & Philosophy

The Pen Bay YMCA’s mission is to develop the spirits, minds and bodies of individuals living or working within its primary service area.

By fulfilling its mission, the Y will foster development of stronger youth and family units that can more effectively cope with life’s many challenges. These individuals will also be better prepared to contribute positively within their communities.

Membership and programming are open to everyone regardless of ethnicity, religion, age, place of residence or financial capacity.

Lost and Found Policy

Due to a lack of storage space, we can only hold lost items for one week from the day they were placed in the lost and found bin. At that time, all items will be donated to a local charity.

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DanceDanceDance

HIP-HOP DANCE

Students develop strength and form through stretching, isolation exercises, and jazz dance technique work. They learn stylized hip-hop choreography and performance skills, which they can share with friends and family in an annual recital. *All levels are welcome. High School Hip-Hop 2 dancers: please have two or more years of hip-hop or permission from the program director.*

Grades K-2, Tuesday, 4-5 p.m.  
Grades 3-4, Monday, 4:15-5:15 p.m.  
Grades 5-6, Mon./Wed., 3-4 p.m.  
Grades 7-8, Tues./Thurs., 4:15-5:15 p.m.  
High School level 1, Mon./Wed., 3-4 p.m.  
High School level 2, Tues./Thurs., 3-4 p.m.

\$55 M, \$80 NM for classes held once a week  
\$112 M, \$140 NM for classes held twice a week

Instructors: K-2nd Grades: Carrie Laurita/ Kris Hilt  
3rd-8th Grades: Katie Thompson/Morgan Cooper  
High School: Kea Tesseyman  
Program Director: Annie Laurita

Break Dancing/  
Street Funk

for Guys and Girls — High School, all levels welcome.  
Mon./Wed., 4:15-5:15 p.m.  
\$112 M, \$140 NM  
Instructor: Kea Tesseyman

YARTS™

We build strong kids, strong families, strong communities.

Adult Hip-Hop

This popular class is not only the perfect de-stressor at the end of the day, but great exercise and fun. Tone muscles as you learn to coordinate movement to syncopated music. This class is not just for dancers, but for those who would like to try and learn how to move to some funky music and develop coordination in a non-judgmental atmosphere. Be prepared to feel awkward at first, but amaze yourself with how quickly your body becomes more flexible and free. With stretching, isolation exercises, some aerobics and learning choreographed movements; we will build our dance repertoire. *Note: Our dance studio will be “privatized” with curtains for those who feel shy, so now there’s no excuse! Come and have a blast!*

Wednesday, 5:30-6:30 p.m.  
\$55 M, \$80 NM  
Instructor: Katie Thompson

BALLET for Kids

In these classes kids can learn proper ballet placement and execution of the basic steps and combinations that make ballet unique. Our instructor offers a blend of styles and approaches to ballet technique that are especially suited to young people seeking to have fun while learning the fundamentals of classical dance. Boys are welcome! *Attire preferred: shorts/t-shirt or leotard/tights, cotton socks or ballet slippers.*

AGES 5-7 YEARS, Saturday: 10:15-11 a.m.  
\$55 M, \$80 NM  
Instructor: Susan Marki

Ballet Movement  
for Teens & Adults

This class promotes fitness based on ballet technique. Inspired by the “New York City Ballet Workout,” it introduces proper body placement in floor and standing exercises. An invigorating, yet simple, center combination is taught each class.

Friday: 5:30-6:45 p.m.  
\$55 M, \$80 NM  
Instructor: Susan Marki

Theater Dance

This class is for youth ages 8-12, to learn the style of dance used in musicals. Learn about Jerome Robbins, Bob Fosse and others. T-shirts — jazz or sweats. Jazz shoes or sneakers required.

AGES 8-10  
Saturday: 11:15 a.m.-12:45 p.m.  
\$55, \$80 NM  
Instructor: Susan Marki



MusicMusicMusic

Beginning Guitar

Learn the basics to get you started, including finding notes, guitar tuning, chords and some basic songs. No prior experience necessary, but you will need a working instrument and a desire to learn. Practice not included!

AGES 12 TO ADULT  
Thursday, 5:30-6:30 p.m.  
\$40 M, \$65 NM  
Instructor: Phil Clement

Guitar-Robics

Put on your sweats and feel the burn —of your fingers on your guitar. This course is designed to transplant new ideas into your playing in a dynamic (and fun) group setting. The perfect way to get out of a “grind” and improve techniques, song form, vamps, grooves, melodies, scales, chords and more. This class is not for the beginner, but may be just what you need. Caution: your heart-rate may elevate slightly during this class.

Thursday, 6:45-8:15 p.m.  
\$50 M, \$75 NM  
Instructor: Phil Clement

YCHILD CARE & YFAMILY SERVICES™

We build strong kids, strong families, strong communities.

Preschool Child Care

The Penobscot Bay YMCA’s child care program is a year-round, play-based program that enables children to learn through personal choices as they progress through daily activities. The child care staff is flexible and responsive to children’s interests as they implement developmentally appropriate plans. Children will spend time outdoors each day on our playground and indoors on the Children’s Play Gym with its special size rock-climbing wall! In addition, the program’s schedule includes swim lessons, gym classes, field trips, plus monthly events for families.

Monday-Friday, 7 a.m.-5:30 p.m.  
Fee\*: 5 days/\$130; 3 days/\$85; 2 days/\$58

Infant Child Care

6 weeks —18 months

The Penobscot Bay YMCA’s Infant Care program is based on meeting and nurturing each child’s individual needs, while providing opportunities for sensory stimulation and exploring the environment. Children will also enjoy daily walks, story hour at the local library, and outdoor play on their very own Infant/Toddler playground. Staff-to-child ratio is 1 to 4.

Monday-Friday: 7 a.m.-5:30 p.m.  
Fee\*: 5 days/\$135; 3 days/\$86; 2 days/\$58

Toddler Child Care

18 mos.-36 mos.

Our Toddler Care program offers lots of physical exercise, sensory exploration, and guided, individualized care. Staff will foster growth and development with a balance of outdoor walks, play periods in the indoor Children’s Play Gym and on the Infant/Toddler playground, story hour at the local library, hands-on science activities for toddlers, art projects, and singing. Staff-to-child ratio for this program is 1 to 5.

Monday-Friday, 7 a.m.-5:30 p.m.  
Fee\*: 5 days/\$135; 3 days/\$86; 2 days/\$58

Before School Care

K-5: The Penobscot Bay YMCA’s Before School Care will provide a fun-filled morning, including a small healthy snack, craft activities, and games. Staff will make sure your child is safely boarded on the bus to the school.

Children’s Corner  
Monday-Friday, 7 a.m. until the bus comes  
Fee\*: 5 Days/\$25, 3 Days/\$15, 2 Days/\$10

KinderKIDS

The KinderKIDS program offers a fun-filled afternoon of art, music, reading, writing, and dramatics in a spacious, child-directed environment. Staff develops and implements extended and open-ended projects geared towards children’s interests. Children will also have the opportunity for plenty of physical exercise on the outdoor playground and indoor Children’s Play Gym. Swim lessons and gym classes alternate every other week and are included at no additional cost.

Monday-Friday, 12:30-5:30 p.m.  
Fee\*: 5 Days/\$100; 3 Days/\$70; 2 Days/\$50

Y-Tots Nursery School

The Y-Tots program provides an educational experience in a small group setting with an emphasis on social, academic, and fine/gross motor skills. Our Nursery School teacher encourages and facilitates new ideas, problem-solving, math and language concepts and fine arts. Children will also engage in story time, songs, and recess daily. The YMCA’s unique facility also offers the children an opportunity to participate in swim lessons and gym classes at no additional cost. Y-Tots follows the SAD #28 school schedule. Children must be toilet-trained to be eligible for Y-Tots.

Monday-Friday, 9-11:30 a.m.  
Fee\*: Mon./Weds./Fri. \$130 or Tues./Thurs. \$105

Kid’s Club 1st-5th grades:

Children enrolled in the Kid’s Club program have the opportunity to wind down and/or release energy from a long day at school and enjoy their afternoon at the Penobscot Bay YMCA’s spacious facility with a variety of activities that include cooking, arts and crafts, dramatics, swimming, rock climbing, organized gym games, and plenty of time on the playground. Time and space is also provided for homework, reading, or other suitable quiet activities. Staff is experienced with groups of school-aged children and their particular needs and interests.

Community Room, Mon.-Fri.: 3-5:30 p.m.  
(Note: Weds.: 1:30-5:30 p.m.)  
Fee\*: 5 Days/\$58; 3 Days/\$48; 2 Days/\$38

Early Dismissal  
Enrichment Program

This is a great opportunity for 1st-5th graders to attend a fun-filled afternoon at the YMCA. The core program consists of swimming upon arrival from school, a light snack and afternoon activities, that may include: arts and crafts, cooking, outdoor play, gym games and homework time. New this year, children may also choose to participate in any number of recreational programs offered at the YMCA during this time for only \$10 each. Classes include: canoeing, indoor soccer, youth basketball, youth rock climbing, swim lessons and more. If your child is enrolled in Kid’s Club he or she is automatically enrolled in this program.

Community Room  
Weds.: 1:30-5:30 p.m.  
Fee: \$98 M, \$118 NM — 7-week session

\*Childcare & Family Programs  
require membership and a  
non-refundable registration  
fee of \$30

Family Prime Time

At the YMCA we recognize that the time families spend together is precious and that for some families it is becoming harder and harder to find quality time and activities. The Penobscot Bay YMCA is proud to announce Family Prime Time — a new concept in family programming. As of January 3, we will make it easy for families to enjoy the Y, offering free supervised care for children during select hours Monday-Friday. Take time for family activities or enjoy a workout while the YMCA staff provides fun activities for your children. It’s even free for our Y Family Members! Call the Penobscot Bay YMCA today at 236-3375 or stop by the front desk for more information.

Monday-Friday, 8-11 a.m.  
Tues./Thurs. 5:30-7:30 p.m.  
Fee: Free to Family Members  
[\$5 per hour Non-Family Members, only available for a transition period ending 4/16/05]  
Ages: 1-12 (Infants will be accepted for a transition period ending 6/11/05.)





## Water Babies

This is a great class for ages 6-18 months. It provides an opportunity to help your little swimmer get comfortable in the water through songs and games. It will also help you as parents learn different ways to help your child learn basic swimming skills. As a reminder all children must wear rubber swim pants.

### Therapy Pool

**Weds.: 10-10:30 a.m. Thurs.: 5:10-5:40 p.m.**  
**\$40M, \$80 NM**

## Parent/Tot

This is a great class for the child who may be ready for the water, but still needs the assurance of a parent’s presence. This class builds upon the skills and games of Water Babies, although this class is not a prerequisite. Any child under the age of 4 must wear a non-disposable swim diaper. *Recommended for ages 18 months to 3 years.*

### Therapy Pool

**Mon.: 9-9:30 a.m. Tues.: 5:10-5:40 p.m.**  
**\$40 M, \$80 NM**

## Skips

This class is for ages 6 months to 3 years. This class includes our Water Babies & Parent Tot classes. Basic water safety and adjustment are focused on in this class. All children must wear a non-disposable swim diaper.

### Therapy Pool

**Saturday 11-11:30 a.m.**  
**\$40 M, \$80 NM**

## Perch

Is your child ready for a challenge in the water, or is your child having trouble letting go of mom or dad? Then this class can help. This class is a great segue between Parent/ Tot and Pike. This class focuses on swimming skills as well as gaining independence. A child graduates from this class once the child is 3 years old and participates without the parent. All parents will start off in the water with this class. *(Recommended age is 2-5 years old.)*

### Therapy Pool

**Tuesday 4-4:30 p.m.**  
**Thursday 9-9:30 a.m., 4:35-5:05 p.m.**  
**Saturday 9-9:30 a.m.**  
**Cost: \$40 M, \$80 NM**

## Pike

This class is for beginning swimmers who are ages 3-5 years old. This class will focus on basic swimming skills and safety while having fun.

### Therapy Pool

**Mon.: 1-1:30 p.m. Tues.: 9-9:30 a.m., 2:30-3 p.m., 4-4:30 p.m., 5:45-6:15 p.m. Weds.: 10:30-11 a.m.**  
**Thurs.: 2:30-3 p.m., 4:35-5:05 p.m., Fri. 2:30-3 p.m.**  
**Sat.: 9:30-10 a.m., 10:30-11 a.m.**  
**\$37 M, \$68 NM**

## Eel

For children ages 3-5 years old who can swim 10 feet on their own. The class continues teaching basic swimming skills and stroke development.

### Therapy Pool

**Tues.: 2:30-3 p.m. 4:35-5:05 p.m. Thurs.: 2:30-3 p.m., 4-4:30 p.m. Fri. 2:30-3 p.m. Sat.: 10-10:30 a.m.**  
**\$37 M, \$68 NM**

## Polliwog I

Is your child 6 years or older, but a true beginner? This class is for them. Whether they have a lot of fear, or are just starting out in lessons. The focus of the class will be on basic skills. The class is taught in the Therapy Pool to help alleviate tension and fear.

### Therapy Pool

**Tues.: 4:35-5:10 p.m. Wed.: 3:30-4:15 p.m.**  
**Thurs.: 4-4:45 p.m. Fri.: 4:45-5:30 p.m.**  
**Sat.: 11:30 a.m-12:15 p.m.**  
**\$40 M, \$70 NM**

# YAQUATICS™

We build strong kids, strong families, strong communities.

## Polliwog II

This class is for 6 years or older. Participants must be able to swim 10 ft. on their own. This class is geared for the confident beginner and will focus on strength and endurance.

### Main Pool

**Mon.: 4:30-5:15 p.m. Tues.: 3:30-4:15 p.m.**  
**Thurs: 4:30-5:15 p.m. Sat.: 10-10:45 a.m.**  
**\$40 M, \$70 NM**

## Guppy

This class is designed for swimmers ages 6-12 years of age who can swim the length of the pool. This class will work on stroke technique for free style and backstroke.

### Main Pool

**Tues.: 3:30-4:15 p.m. Weds.: 4:30-5:15 p.m.**  
**Thurs.: 3:30-4:15 p.m. Sat.: 11-11:45 a.m.**  
**\$40 M, \$70 NM**

## Minnow

Children ages 6-12 work on perfecting their backstroke and freestyle. They will also begin work on their breaststroke. Swimmers in this class should be able to do the length of the pool with rhythmic breathing and backstroke.

### Main Pool

**Mon.: 5:15-6 p.m. Tues.: 3:30-4:15 p.m.**  
**Thurs.: 3:30-4:15 p.m., 5:30-6:15 p.m.**  
**\$40M, \$70 NM**

## Adult Lessons

Have you always wanted to learn to swim, but never found the time? Have you always been afraid, but decided now is the time to learn? Come join others just like you. Learn to swim in a supportive environment.

### Main Pool

**Mon.: 9-9:45 a.m. Sat.: 9-9:45 a.m.**  
**\$40 M, \$70 NM**

## Private Lessons

Do you feel like you or your child needs just a little more personal attention? Do you feel that you would benefit more with one-on-one time with an instructor? Then private lessons are for you! This is a great way to get lessons in around your time frame and at your pace with no pressure from others in the class. This is also a great way to improve on your stroke technique. There is a short waiting list, so get your name on now. We will get to everyone as quickly as possible on the list.

### Various Pools

#### Individually scheduled

**Four 1/2 hour lessons – \$75M, \$100 NM**  
**Eight 1/2 hour lessons– \$105 M, \$140 NM**

## Aquatic Personal Training

Do you want to get a good workout in the water, but aren’t sure how? Do you have an injury, but want to stay in shape? The water is a great way to get a hard workout while supporting an injury. Come work with a professional that will design a workout for you! Your workout will be tailored to your specific needs and goals; and a professional will be with you every step of the way. You can even incorporate dry land training if you wish! Get on the waiting list today, and begin your workout tomorrow.

### Various Pools

#### Individually scheduled

**4 half-hour sessions – \$75M, \$100 NM**  
**8 half-hour sessions– \$105 M, \$140 NM**

## Aqua Fitness

This is a shallow-water aerobic workout with a deep-water interval. This class will focus on cardiovascular, strength and joint durability.

### Main Pool

**M/W/F 8-9 a.m.**  
**\$44 M, \$88 NM**

## YMCA SCUBA

Most everyone can learn to SCUBA dive safely. To qualify for your YMCA Open Water SCUBA certification, you must be at least 15 years old, in good health, and have modest swimming skills (12- to 15-year-olds may enroll in a SCUBA program with a parent or guardian in attendance). SCUBA diving as a recreational activity is fun for the whole family. The YMCA SCUBA program requires class work, pool sessions and open-water dives. Upon successful completion of your open-water dives, you will receive your YMCA Open Water SCUBA Certification. Your certification is recognized worldwide and will allow you to explore and enjoy the beauty and wonders of life underwater. The Penobscot Bay YMCA SCUBA Program is offered on Friday evenings and runs for four sessions. Each session will go from 6-9 p.m. and includes both class and pool. After the class and pool sessions are five open water dives scheduled by appointment. Students are required to have their own mask, snorkel, fins and boots. Equipment is reviewed at the first classroom session. Each student is required to have medical approval to participate.

### Classroom and Main Pool

**March 11, 18, 25, and April 1 – 6-9 p.m.**  
**\$285 & \$65 material fee due instructor at 1st class.**  
**Instructor: Paul Rollins**

## Arthritis

This class incorporates slow and relaxing stretches and movements to maintain range of motion and increase durability of joints.

### Therapy Pool

**M/W/F 11-11:45 a.m.**  
**\$44 M, \$88 NM**

## Deep Impact

This is an excellent class for muscle toning and aerobic benefits. This class is a challenging class targeting all joints with little to no impact. Fast-paced for the serious exerciser!

### Main Pool

**Tues./Thurs. 6:30-7:30 a.m.**  
**Tues./Thurs. 8-9 a.m.**  
**\$36M, \$84 NM**

## Fast and Furious

Kick your butt and heart into high gear with this intense challenging class. The workout combines aerobic and anaerobic intervals with segments of strength, balance and explosive power drills. Utilizing shallow and deep water to its maximum benefit, this fast-paced class will start your weekend off with a blast!!

### Main Pool

**Saturdays 7:30-9 a.m.**  
**\$32 M, \$64 NM**

## Aqua Therapy\*

Looking for a slower-paced shallow-water workout? This is the class for you! This class will focus on improving your flexibility, range of motion and strength.

### Therapy Pool

**Tues./Thurs. 10:30-11:15 a.m.**  
**\$32 M, \$64 NM**  
**Free M, \$64 NM (\*Spring 1 Session)**

## Family Fun Night

### Attention Families:

Family Fun Nights are running in full force! The YMCA is providing families with a stress-free night of dinner, activities and a movie. You get to spend time with your family and meet new ones all while someone else cooks and cleans! Family Fun Night is once per month and generally run on the third Friday starting at 6:00. There are crafts, dinner, activities, and more! Come and enjoy the fun.  
**\$7 per adult, \$3 per child (ages 3-12)**

## Aqua Chi

End your week with relaxing exercise time in our warm water pool. Improve balance and strength while reducing tension. Great class for all fitness levels and prenatal.

### Therapy Pool

**M/W/F 8-9 a.m.**  
**\$25 M, \$50 NM**

**NEW!**

## Beginners Kayak Rolling Clinic

This clinic introduces the techniques of rolling a capsized kayak into an upright position. Particular attention is paid to proper boat fit and adjustments; proper body positioning including paddle placement which when combined with the “hip snap” and “head dink” makes for an effective kayak roll and high and low braces to help prevent capsizes. *Pre-requisite: Participants should be competent in boat-handling skills and paddle strokes.*

### Ages 16 and up, Both pools

**Jan. 9 or 23, 8:30 a.m.-12:30 p.m.**  
**\$100**

**NEW!**

## Beginners Kayak Rescue Clinic

The kayak rescue clinic teaches participants the basics of self and assisted sea kayak rescues. Participants will learn boat nomenclature and design; safe lifting and carrying techniques; proper entry from a variety of locations and proper boat fit. Participants will learn rescue techniques such as how to “wet-exit” from a capsized kayak while maintaining control of the kayak and the paddle. The “paddle float” self rescue and the “T assisted” rescue will be taught as the primary rescue techniques. *Pre-requisite: Participants should be competent in boat-handling skills and paddle strokes.*

### Ages 16 and up, Main Pool

**Jan. 16 from 8:30 a.m.-12:30 p.m.**  
**\$100**

**NEW!**

## Intermediate Kayak Rolling Clinic

This course is designed for participants of previous rolling clinics wanting additional support to improve their rolling skills. A review of rolling techniques including proper body position, the “hip snap” and the “head dink” will be covered to refresh participants in the skills needed for a successful roll. *Pre-requisite: Open to participants who have completed previous YMCA or Maine Sport rolling clinics.*

### Ages 16 and up, Both Pools

**Jan. 30 from 8:30-11 a.m.**  
**\$80**

**NEW!**

## Intermediate Kayak Rescue Clinic

This clinic is for those kayakers ready to develop intermediate kayak rescue skills. These skills build on the primary rescue skills of the paddle-float self rescue and the assisted or T-rescue. Rescue skills taught include the sling rescue, the “scoop rescue,” re-enter and pump and the re-enter and roll rescue, the “Hand of God” rescue, and the swimmer separated from the kayak rescue.

*Pre-requisites: Previous rescue skills course taken with either the Pen Bay YMCA or Maine Sport Outfitters. Participants should wear quick-drying swimwear and water shoes.*

### Ages 16 and up, Both Pools

**Feb. 6, 8:30 a.m.-12:30 p.m.**  
**\$100**

**NEW!**

## Pen Bay YMCA Open Pool Clinic

This is a one-day clinic for previous kayak rolling or rescue clinic participants wanting to work on skills development at his/her own pace. Instructors will be able to assist and support participants with paddle strokes, wet-exits, self and assisted rescues and rolling techniques. Instructor/participant ratio: 1:6. *Pre-requisites: Previous participation in a Pen Bay YMCA or Maine Sport kayak clinic.*

### Ages 16 and up, Both Pools

**Feb. 13, 8:30-11:30 a.m.**  
**\$50**

**NEW!**



# American Red Cross Lifeguarding

*This course may be taken for free with 30 hours of volunteer time and a materials fee.*  
Open for ages 15 and older, this class will teach all the basics of Lifeguarding. Students will also receive certification in CPR for the Professional Rescuer and First Aid. *There is a pre-requisite swim of 500 yards that must be performed non-stop.*

Wednesdays, March 2-April 13  
5:30-9 p.m.

Both pool and classroom time  
\$150 M, \$200 NM, Free with a \$40 materials fee and 30 hours of volunteer time

# Synchronized Swimming for Adults\*

Get ready to have some fun in the water while getting exercise. Whether you have done synchro as a child, or this is your first time, this class is for you. Learn basic skills and work towards a routine with music. Bring goggles and nose plugs (or pick them up at the front desk). Flowered bathing caps optional!

Main Pool

Thursdays, 9:30-10:30 a.m.

Winter: Free to Members, \$20 NM

Spring 1: \$10 M, \$20 NM

# Synchronized Swimming for Kids\*

*This is for any child at least 8 years of age. They must have at least a minimum swimming level of a Minnow.* Come try a sport that combines water and dance! We will have fun learning basic skills and a routine to music. Bring goggles and nose plugs (or they may be purchased at the front desk).

Ages 8 & up

Therapy Pool

Tuesdays 6:15-7 p.m.

Winter: Free to Members, \$20 NM

Spring 1: \$10 M, \$20 NM

# YAQUATICS™

We build strong kids, strong families, strong communities.

## Boating Basics

*Recommended for ages 6-12*

This course has a student to instructor ratio of 1:5. This course will focus on basic boating safety, boating terminology, and basic paddling techniques. Students will utilize their knowledge in a variety of situations. There will be opportunities to perform paddling skills with a kayak as well as lifejacket, open water and boating safety techniques. Students will also learn basic rescue techniques. This is a great beginners' class and introduction into kayaks as well as basic boating knowledge. Participants should be able to pass the swim test to participate.

Spring 1 Session

Main Pool

Tues./Thurs. 4:30-5:15 p.m.

\$40 M, \$80 NM

NEW!

## Underwater Hockey Club

*Open to All Ages*

This is a great sport and a lot of fun. Come and utilize your swimming skills and spend a lot of time underwater. This can be both challenging and competitive. There is no age limit, but you should be a confident swimmer. Equipment used includes mask, fins, snorkel, puck, and sticks. You can bring your own, or use what we have. Adults and kids alike will get a kick out of underwater hockey!

Therapy Pool

Mondays, 6-7 p.m.

\$10 M, \$20 NM

## YMCA Competitive Swim Program:

Penobscot Bay YMCA has a developmental learn-to-swim program fostering skill related progression. As swimmers progress toward proficiency they are encouraged to join the swim team to maintain personal fitness and train for optimal performance. There are three developmental swim levels on the teams, the Sailfish Club, Sailfish Age-Group Team and the Sailfish USS team. There are also High School and Masters Teams. The latter two teams are currently run as separate program hosted by the Pen Bay YMCA.

## Sailfish Club

*6-18 years old:* This YMCA-run program is offered to advanced swimmers who want to develop or improve on basic skills including turns, starts and strokes technique without the pressure of competing in swim meets. The emphasis is on building strength and endurance, not speed. You do not have to be a member to participate in this program, but you must have passed the Minnow level of swim lessons. *Catch-all program for upper-level swim lessons.*

Main Pool

Tues./Thurs.: 4:30-5:30 p.m.

\$40 M, \$80 NM

## Maine Masters Swim Team

*19 years old and above:* Maine Masters is a subsidiary of New England Masters governed by United States Swimming. United States Masters Swimming is a national organization of more than 43,000 members that provides organized workouts, competition, clinics and workshops for adults 18 and over. Masters is a generic name describing the age of a swimmer, not the ability. To join the Maine Masters requires an annual fee used to subsidize organizational costs. The Sailfish Masters is a local group of twenty Maine Masters currently practicing on Saturdays, but looking to expand into some early-morning time slots.

Main Pool

Sat.: 9-10:30 a.m.

Free to members, day fee for non-members

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## GROUP EXERCISE Lunch Crunch\*

A quick lunchtime workout combining cardio, core strength and flexibility training. Expect the unexpected and shake up your exercise routine!

Mon./Wed./Fri.: noon-12:45 p.m.

Free M, \$30 NM

## Expect to Sweat

A mix of power sculpting and high-energy aerobics. This energizing cardio workout promises to be a challenging opportunity to push personal limits as well as put a smile on your face!

Mon./Wed./Fri.: 9:30-10:30 a.m.

\$60 M/\$90 NM

Instructor: Kimberly Mahan

## Super Circuit\*

Intense, dynamic workout utilizing aerobics and weight training in one class. Aerobic moves on and around the step, integrated with upper body building, flexibility and balance work. This is Power Circuit at the next level! Have fun and get lean!

Mon. & Weds.: 5:30-6:30 p.m.

FREE for M, \$45 NM

Instructor: Dan Seefahrt

## Cycle Strong

Get the best of both worlds! Try a 45-minute cycle class followed by a 15-minute toning. Cardio & strength training in one class!

Mon./Wed./Fri.: 8:15-9:15 a.m.

Sat.: 1-2 p.m.

\$3 M, \$5 NM

## HIT – High Intensity Training

Challenge yourself with HIT. An invigorating, fast-paced class that will increase your cardiovascular and muscular strength. The ultimate workout for men and women who want to work hard and have fun. If you love Expect to Sweat, sign up for this class!

Tues./Thurs. 5:30-6:30 p.m.

\$40 M, \$80 NM

Instructor: Kimberly Mahan

## Lifetime Fitness

Introducing a new fitness class designed for active older adults or those new to exercise interested in improving their life through regular exercise, combining the three key components of fitness: strength training, flexibility and cardiovascular conditioning. Our hour-long class is interactive, fun and filled with variety. Pre and post-testing to determine improvements in strength, flexibility and balance will be performed. Train with light weights to increase your range of motion, improve your breathing and walking! *Scholarships available.*

Mon./Wed./Fri.: 9:30-10:30 a.m.

\$60 M/ \$90 NM

Instructors: Victor Gould, Sandy Bodamer

## Strong Women\*

A full-body resistance-training class designed for women! A variety of exercises to strengthen and tone your body. Build functional strength and increase metabolic rate using dumbbell and body weight exercises. Perfect for women wanting to move beyond the Life Fitness equipment.

Thurs.: 11 a.m.-12 p.m.

FREE M, \$40 NM

Instructor: Dan Seefahrt

NEW!

## Strong Seniors Stay Young\*

It's never too late to gain strength, balance and stability using free weights, stability balls and resistance bands. Protect your bones by adding resistance training, increase your balance and stability and *have fun doing it!* A safe and effective free-weight workout for beginners.

Tues.: 11-11:45 a.m.

FREE M, \$40 NM

Instructor: Victor Gould

NEW!

## Cardio Kick Boxing/Strength Training

This high-energy class is a combination workout: cardio, non-contact boxing moves, drill techniques and muscle-defining exercises. Beginners, please try this class. *All are welcome.*

Tues. & Thurs.: 9:30-10:30 a.m.

\$40 M, \$60 NM

Instructor: Robin Catalano

NEW!

\*Free to Members

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5



# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## YOGA Prenatal Yoga

Come and find a quiet place to nurture and bond with the new life beginning within you. This class will address the needs of the pregnant woman at various stages of her pregnancy. Visualization, breathwork and gentle postures will focus on pelvic opening positions and partner work as we begin to prepare for the birthing experience. *No prior experience necessary.*

**Friday: 9:15-10:15 a.m.**

**\$32 M, \$64 NM**

**Instructor: Sarah Trapani**

## Beginners Yoga

An Iyengar-influenced introduction to yoga. We will work through a full sequence of poses, focusing on proper alignment. An excellent introduction to building strength, flexibility and awareness. *For beginners or more experienced students.*

**Winter: 5-Week Session Only! Jan. 3-Feb. 3**

**Thursday: 6:45-8 p.m.**

**\$30 M, \$50 NM**

**Instructor: Colleen Duggan**

## Beginners Yoga

*With Brita:* For those who are new to yoga or simply wish to work at a slower pace. With attention to alignment, we will practice basic yoga postures, breath work and relaxation techniques to develop flexibility, strength and awareness.

**Spring I Only**

**Thursday: 6:45-8 p.m.**

**\$42 M, \$84 NM**

**Instructor: Brita Light**

## Intermediate Yoga

An ACTIVE yoga class for students with prior experience in yoga willing to challenge themselves in postures. Building strength, flexibility and awareness through a full sequence of asanas; standing, back bending, twists, inversions, forward bending and concluding with restorative poses. The class is Iyengar-influenced and emphasis will be given to alignment and adjustments in the poses.

**Winter: 5-Week Session Only! Jan. 3-Feb. 3**

**Tuesday: 6:45-8 p.m.**

**\$30 M, \$50 NM**

**Instructor: Colleen Duggan**

## Intermediate Yoga

*With Brita:* For participants with some yoga experience who are familiar with basic postures. Attention given to alignment and breathing, we will work with a range of asana sequences, restorative and relaxation techniques to build strength, flexibility, stamina and awareness.

**Spring I Only**

**Tuesday: 6:45-8 p.m.**

**\$42 M, \$84 NM**

**Instructor: Brita Light**

## Yoga for Teens

We will move gently through stretching and postures, as we relax and renew through the practice of yoga. While developing strength and flexibility, yoga brings about a sense of well-being and centeredness. We will practice some challenging postures and balances and also create time for supportive relaxation and deep stretching. *Teens and Adults*

**Winter: 5-Week Session Only! Jan. 3-Feb. 3**

**Thursday: 5:30-6:30 p.m.**

**\$30 M, \$50 NM**

**Instructor: Colleen Duggan**

## Yoga for Teens

*With Brita:* Appropriate for all levels. We will practice stretching, strengthening, breathing and relaxation techniques to help develop concentration, balance, strength and flexibility to promote overall well-being.

**Spring I Only**

**Thursday: 5:30-6:30 p.m.**

**\$42 M, \$84 NM**

**Instructor: Brita Light**

## Yoga for Families\*

Family Prime Time kicks off with an introductory yoga class for all family members ages 6 and up. Come and unwind from work and school and reconnect with the ones you love. This yoga class will begin with sun salutations, warrior poses, balance postures and end with quieting, restorative poses, using the support of woolen blankets. *No prior experience necessary. Wear comfortable loose fitting clothing. Mats and blankets provided.*

**Tuesday: 5-6 p.m.**

**FREE for Members, \$50 NM**

**Instructor: Bob Sagona**

## Gentle Yoga

This program is specifically designed to be restorative, physically and mentally. The yoga postures will help in building strength and flexibility, proper body alignment and range of movement.

**Winter Only**

**Tuesday and Thursday: 8:30-9:30 a.m.**

**\$60 M, \$90 NM**

**Instructor: Annie Higbee**

## Baby & Mom Yoga

Come experience the serenity and beauty of yoga while nurturing your baby. This class is designed for moms and babies who are not yet crawling or walking. Through gentle stretches and posture flows we will tone and strengthen our bodies after pregnancy and childbirth and come together as support for one another. *All are welcome: new moms, seasoned moms, yoga students and those with no yoga experience.*

**Friday: 10:30-11:30 a.m.**

**\$32 M, \$64 NM**

**Instructor: Sarah Trapani**

## Kripalu Yoga for Early Birds

Start your day with a gentle yet energizing Kripalu yoga class. Kripalu yoga emphasizes gentle stretches, deep breathing and meditation to relax and energize the body and mind. Designed for beginners and experienced students, this class will help you maintain your serenity through the rest of your day!

**Tues. & Thurs.: 8:30 a.m.**

**\$60 M, \$90 NM**

**Instructor: Bob Sagona**

## Yoga Over 50

Yoga practice for all levels! Using gentle warm-ups, breath work, yoga postures and relaxation, we will honor our individual limitations and abilities and open to the centeredness & well-being that is yoga. *Please consult the instructor if you are currently under the care of a physician: 236-3101.*

**Spring I Only**

**Tues./Thurs.: 8:30-9:30 a.m.**

**\$60 M, \$90 NM**

**Instructor: Brita Light**

## Yoga for Athletes

“Intense yoga should breed intense joy!”

This class is designed to be a vigorous yoga experience for beginning and ongoing yoga students. The warm-up will build heat as you move into sun salutations, a sequence of standing poses, balancing poses, a floor sequence and meditation. Focus will be placed on coordinating breath and movement, core body strength and range-of-motion for the spine. Great for cross-training.

**Tues./Fri.: 8-9:15 a.m.**

**\$60 M, \$90 NM**

**Instructor: Peter Perry**

## MARTIAL ARTS

### Tae Kwon Do & More

The martial arts are some of the oldest forms of fitness. Our class combines linear movements of Karate and circular patterns of Kung Fu with hand and leg techniques of Chin Na for self-defense. We will also explore the use of the staff (Jo) and Filipino short sticks.

**Mon./Wed.: 7-9 p.m.**

**\$40 M, \$60 NM**

**Instructors: Doug Johnstone, David Hillgrove**

## Shaolin Chin-Na Aikido

Participation in this class does not depend solely on size or physical strength. It involves ancient concepts which use harmonized energy, joint-locking techniques and grappling. Beginners welcome!

**Friday: 7-9 p.m.**

**Included as part of Tae Kwon Do fee**

**Instructors: Ken Wilbanks, Doug Johnstone**

## Total Martial Arts

This is a total conditioning class using Tae Kwon Do, Kung Fu and Grappling. Increase your overall strength and fitness while learning self-defense skills. Take yourself to the next level of fitness.

**Thursday: 6:30-8 p.m.**

**\$45 M, \$90 NM**

**Instructor: Chuck Nguyen**

## Youth Karate

Here is a great way to channel your child’s energy and have them learn self-control and discipline. Your child will progressively learn skills, gain strength and have more self-confidence as the instructor leads them through the different disciplines and techniques.

**Saturday: 9-10 a.m.**

**\$30 M, \$60 NM**

**Instructors: Tammy Cardilli, David Hillgrove**

## Kaerobics

Come challenge yourself with this intense class of body conditioning. With a combination of boxing, martial arts and yoga moves, you will get an incredible workout!

**Wed.: 6-7 a.m. Sat.: 7:30-9 a.m.**

**\$47 M, \$84 NM**

**Instructor: Chuck Nguyen**

## SPECIALTY Pilates-based Mat

Pilates is a method of body conditioning developed by Joseph Pilates. Through the strengthening of the abdominal muscles a strong “core” is developed. The Pilates method of body conditioning builds awareness beyond just the exercise and helps to improve movements in everyday life.

**Winter: 4-Week Session Only! Jan. 3-Jan. 28**

**Mon./Wed.: 8:30-9:30 a.m.**

**\$45 M, \$65 NM**

**Instructor: Coreysha Lothrop**

## Pilates

Pilates Authentic Body Conditioning is an exercise method that engages body and mind leaving you refreshed and invigorated. The focus is on improving core strength and flexibility. This class will teach the basic mat exercises and will also include a series of weight exercises.

**Winter: 4-Week Session Only! Jan. 3-Jan. 28**

**Monday: 5:30-6:45 p.m.**

**\$30 M, \$40 NM**

**Instructor: Coreysha Lothrop**

## Personal Training

Need to shake up your routine? Feeling like you are stuck in a rut? Our team of fitness professionals can design an individual, realistic and reasonable program that will help you achieve the results you want.

**Fitness Center – By Appointment**

**\$35/hour Members, \$45/hour Non-members**

*Personal training packages available dependent upon number of sessions purchased up front.*

## Youth Fitness Center Training

This class is for adolescents 11-13 who wish to begin using the fitness center. Mandatory for anyone under the age of 13. The class is limited to six students per instructor, and will take the students through the proper use of the fitness equipment and lifting techniques, as well as fitness center etiquette.

**Tues. or Thurs.: 3:30-4:30 p.m.**

**\$15 Members only**

**Instructors: Tues.: Victor Gould, Thurs.: Dan Seefahrt**

## Fitness Analysis

Not sure where to begin? A comprehensive set of tests will measure your flexibility, muscular strength, muscular endurance, body composition and cardiovascular fitness levels. A fitness assessment gives you the information necessary to determine the best and most effective exercise program to achieve results. *Available by appointment only.*

**\$35; Free with the purchase of five Personal Training sessions.**

## Heartwatch

Heartwatch is a phase III and IV cardiac rehab program designed to lead participants through a basic fitness program. The program is supervised by nurses and has a fitness specialist on staff during the class to help with each individual. The goal is to encourage anyone with an existing heart condition to return to a healthy lifestyle. Special care is taken to ensure the health and safety of the participant: blood pressure and heart rate will be monitored constantly during all workouts.

**Mon./Wed./Fri. 7-8 a.m.**

**Fee based upon participant usage.**

**\*Free to Members**

## 1,000-Mile Club

*Begins January 3, 2005*

*Objective:* To run or walk 1,000 miles in a year! How do you do it? Walk 20 miles per week, or 84 per month. You’ll burn approximately 100,000 calories, which is the equivalent of 28 pounds of body weight! Get on your feet and challenge yourself — incentives and rewards along the way!

**NEW!**



## Last Chance to Do An AMAZING Thing!

(and win a GREAT prize!)

Our 2004 Annual Sustaining Campaign (ASC) is winding down, and now is your last chance to contribute to this very important cause.

Money raised from this annual fundraising campaign allows the YMCA to offer scholar-

ships and provide programs for those who could not

otherwise afford them, and also helps us to keep our membership and program fees as low as possible. Without this revenue, these fees would be approximately 25% higher.

To encourage everyone to support this campaign, we are offering several great prizes as incentives. Everyone who makes a contribution to ASC by December 30 will be entered into a raffle drawing for some great prizes, including the following:

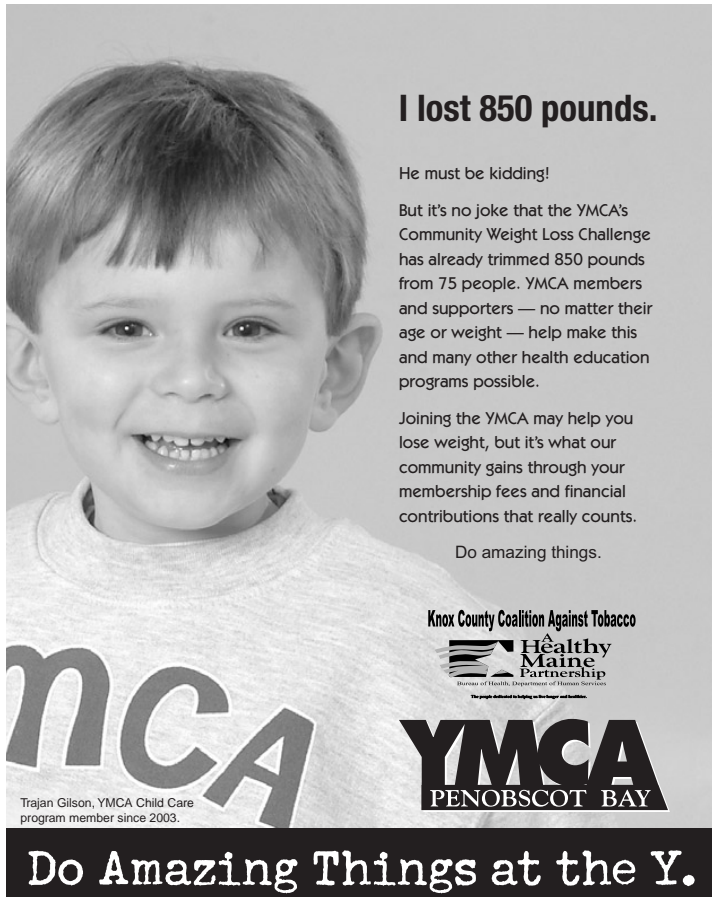
- A YMCA Family membership for 2005 (a \$700 value);
- Dinner for four at Natalie's in Camden (a \$200 value);
- A Family Fun Pack at the Camden Snow Bowl (a \$112 value)

To make it as easy as possible, we've placed some "takeaway" contribution cards (with business reply envelopes) in many of the windows at the YMCA. Or you can simply drop your contribution off at the front desk the next time you come to the Y.

We encourage you to make your contribution before December 30 so that it may be credited to the 2004 campaign. All contributions are tax-deductible, and every contribution, no matter what the amount, will help us reach our goal of \$150,000. If you

have already made a contribution to ASC, thank you! You can be sure it will be used to help the YMCA continue to "Do Amazing Things!"

*This is one of seven ads created by the YMCA's Communications Committee. Members are: Chairman Debbi Hitchings, Joe Ryan, Joan Phaup, Barrett Brown, Derek Anderson, Elyse Socker, George Mueller and Cathy Latham.*



**I lost 850 pounds.**

He must be kidding!

But it's no joke that the YMCA's Community Weight Loss Challenge has already trimmed 850 pounds from 75 people. YMCA members and supporters — no matter their age or weight — help make this and many other health education programs possible.

Joining the YMCA may help you lose weight, but it's what our community gains through your membership fees and financial contributions that really counts.

Do amazing things.

Knox County Coalition Against Tobacco

Healthy Maine Partnership  
Bureau of Health, Department of Human Services  
The people of Maine are working together to make a difference.

**YMCA**  
PENOBSCOT BAY

Trajan Gilson, YMCA Child Care program member since 2003.

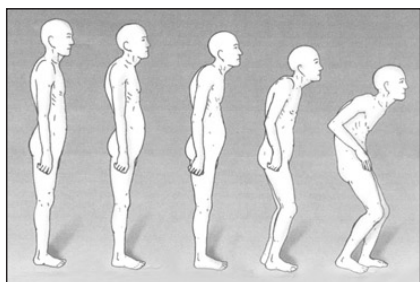
**Do Amazing Things at the Y.**

## FREE Osteoporosis Workshop & Screening

Dick Baldwin, PT, owner and director of Downeast Rehabilitation Associates on Route 1 in Rockport, will be presenting a workshop/screening on osteoporosis and the role that good posture, exercise, diet, and medication all play in managing osteoporosis.

This workshop will review the muscular and skeletal systems and help you to evaluate your posture in several different ways. Participants will learn what the "ideal posture" is and why it minimizes stress and maximizes efficiency. Participants also learn how our posture develops and changes over the years, how to monitor your posture and reduce the likelihood of bone fracture. The workshop will conclude with an osteoporosis screening and an outline of basic exercises to assist people who may be at risk of the condition. People of all ages are encouraged to attend, as most of us have been reminded at one time or another to "sit up straight!" or to "stop slouching!". This is something physical therapists are trained to evaluate and treat. Dick Baldwin brings 30 years of his experience in physical therapy to this class.

Please call the Penobscot Bay YMCA at 236-3375 or stop by the YMCA office to register for this workshop. Advance registration is encouraged as handouts will be provided. You can also call Downeast Rehabilitation at 596-0374 for more information.



**Presented by Dick Baldwin, PT**

**January 4, 7 p.m.**

**YMCA Community Room**

**Fee: Free**

# Special Events

## The Perfect Gift

If you're searching for that perfect gift for a loved one, let the YMCA help. Give them the gift of good health with a YMCA membership or YMCA program. Renewing someone's Y membership or giving a gift certificate for a Y program shows them you value their good health. Certificates are available

at the front desk. Also check out the YMCA wearable items!

Start your own New Year off on the right foot and treat yourself to a new (or a favorite old) program!

## Boats for YMCA Auction Now Being Accepted

The Penobscot Bay YMCA's 8th Annual Boat Auction will be held on June 11, 2005, and we are accepting donated boats and marine items for the Auction. If you have a boat that you no longer use, in reasonable condition, and would like to donate it to the YMCA and receive a tax deduction, please see Cathy at the Y, or call Auction Coordinator Ned Kyle at 236-3375.

We will haul your boat and store it for the winter prior to the Auction. We already have fourteen boats assembled for the Auction, and the more, the better. All proceeds from the Auction go to support YMCA youth programs and scholarships.

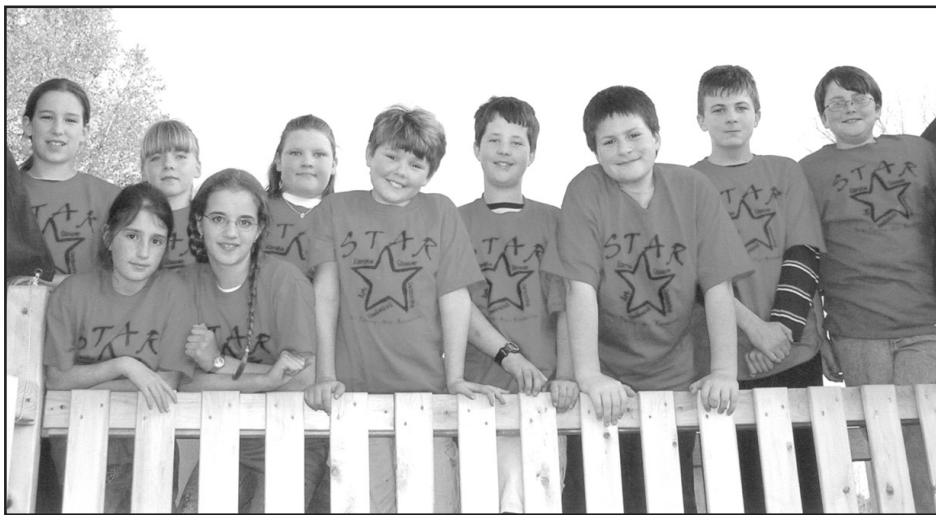
We still have a few select items remaining from our recent Boat Auction. Lists are available at the YMCA's front desk, or check our website at [www.penbayymca.org](http://www.penbayymca.org).

## Health, Sports, Fitness Fair & "Healthy Kids Day" — April 9

If you're looking for a great way to explore all the health, sports and fitness options offered in mid-coast Maine, mark your calendar today and make plans to attend the YMCA's 2nd Annual Health, Sports & Fitness Fair and Healthy Kids Day on April 9, 2005.

The Fair will feature more than 50 exhibitors offering health and fitness services and products, as well as sporting goods, summer camps, and products to keep your children healthy and active. This year, the Fair will be paired with the Y's "Healthy Kids Day." With both events happening the same day, we expect a lot of traffic to the YMCA gymnasium.

The Fair will feature health and fitness demonstrations, lectures, a kids' play area, and exhibits. Attendees can also try out YMCA programs, meet instructors, watch child safety demonstrations, and much more. Complete details about the Fair will be posted at the Y later this winter. Businesses wishing to participate as exhibitors should contact Cathy at the YMCA (236-3375, extension 205).



## Marti Stone Photographs Available

Local photographer Marti Stone has been photographing many of the YMCA's programs and other activities, and her photos are available at [www.martistonephotography.com](http://www.martistonephotography.com). See "Finding Your Pictures" tab for complete information.

New photos are added regularly. Parents can browse the photos, make their selections and order prints online. Prints are available in color or black and white and costs are very reasonable.



Youth Winter Baseball

The YMCA is excited to offer our annual winter baseball program. Players will be instructed on the fundamentals of baseball each week. This six-week program will focus on developing hitting, fielding, pitching and catching skills for both Little League and middle school players. Players must provide their own equipment.

February 19 - March 26

AGES: 10-12\* (Little League)

Sundays: 12:30-2 p.m.

AGES: 12-14\* (Middle School)

Sundays: 2:15-3:45 p.m.

\$16 M, \$21 NMs

\*12-year-olds may participate in either program

Youth Winter Softball

Thanks to the Camden Rockport Little League, the YMCA will be offering our second annual softball program. Little League coaches will instruct players on the fundamentals of softball each week. This six week program will focus on developing hitting, fielding, pitching and catching skills for all participants. Players must provide their own equipment. High School players will be assisting in the coaching aspects of the program.

Ages: 9-12

February 19 - March 26

Sundays: 10:30 a.m.-Noon

Instructor: Tom Farley

\$16 M, \$21 NM

Holiday Hoops Camp

This quality basketball camp will provide participants with an opportunity to enhance their individual and team skills. This camp is designed to focus on the fundamentals of shooting, ball handling, passing, rebounding and defense. However, advanced skills such as post moves and guard play will also be addressed. Skill work will be integrated with competitive situations to reinforce all concepts.

Pen Bay Y

December 28, 29 and 30

Grade 2: 9-9:45 a.m.

Grades 3-5: 10-11:30 a.m.

Grades 6-8: 9:30-11:30 p.m.

\$50 M, \$75 NM

AFTER-SCHOOL RECREATION PROGRAM

Pee Wee Sports\*

Pee Wee Sports is a new program designed to help kids develop the gross motor skills necessary for organized sports. During each class, the instructor will utilize non-competitive games to reinforce team participation and FUN.

Max: 10 Participants

AGES 4-6, Thurs.: 4:45-5:15 p.m.

Winter: FREE M, \$30 NM

Spring I: \$15 M, \$30 NM

Instructor: Erin Graham

Floor Hockey

This program will introduce participants to the basic rules and fundamental skills of floor hockey, such as stick work and spacing. However, the primary focus will be on keeping participants active by playing multiple games. Players will be split into teams each week. Fair play and fun will be promoted throughout the program.

Winter Session

GRADES 3-5:

Thursdays 3:30-4:30 p.m.

GRADES K-2:

Mondays 3:30-4:30 p.m.

Instructor: Erin Graham  
\$10 Kid's Club Participants, \$20 M, \$25 NM

Youth Basketball

This basketball program is for players of all ability levels. Participants will be instructed in dribbling, passing and shooting, with emphasis placed on team-work, fair play and FUN.

Winter Session Only

GRADES K-2

Wednesdays, 2-3 p.m.

\$10 Kid's Club Participants, \$20 M, \$25 NM

Instructor: Erin Graham

Youth Lacrosse

Learn the basic skills, tactics and game situations from CHRHS lacrosse players. As with all After School Recreation Programs, the main focus will be on playing games and having fun.

Sprint I Session Only

GRADES 3- 5

Thursdays, 3:30-4:30 p.m.

\$10 Kid's Club Participants, \$20 M, \$25 NM

ADULT SPORTS

Adult Women's Basketball League

This 4-on-4 league is designed to provide a fun, competitive environment. This league welcomes teams or individuals to sign up. All ability levels are encouraged to participate. Maximum of 8 players per team.

Good sportsmanship will be required by all participants.

February 4 – March 24

Wednesdays: 6-9 p.m.

\$35 M, \$45 NM

Noontime Basketball

YMCA Gym

Mon./Wed./Fri.

Noon-1:30 p.m.

Free M, \$10 NM

CLIMBING PROGRAMS

Youth Rock Climbing

This popular course introduces participants to the key aspects of climbing. They will learn about safety, knot tying, belay techniques, partnership, communication and climbing movement. Upon completion of the program, participants will receive an evaluation of their progress.

Rock Climbing Center

AGES: 6-8

Class #1: Mondays: 4:45-5:45 p.m.

Class #2: Tuesdays: 3:45-4:45 p.m.

Class #3: Wednesdays: 2-3 p.m.

Class #4: Wednesdays: 3:30-4:30 p.m.

AGES: 9-12

Class #1: Tuesdays: 4:45-5:45 p.m.

Class #2: Saturdays: noon-1 p.m.

\$35 M, \$60 NM

Instructors: Doug Hayward, Hilary Miller, Alan Reese, Jake Thompson

Teen Rock Climbing

Enjoy the thrill of rock climbing in a safe and controlled environment. This course introduces participants to the key aspects of rock climbing. Participants will learn the basics of safety, climbing techniques, knot typing, rappelling and advanced climbing maneuvers. This course also meets the requirements needed for the Boy Scouts rock climbing badge.

Spring I Session

Rock Climbing Center

Ages 12-16

Wednesdays: 5-6 p.m.

\$35 M, \$60 NM

Instructor: Hilary Miller

Women's Rock

This program is for women who want to try climbing in a women-specific environment. It is also set up to supplement your exercise routine. Participants will learn to climb and belay. We will also work on body movement, strength, flexibility and balance. All ability levels welcome.

Ages 16 and up

Weds.: 10:15-11:15 a.m., Thurs.: 6:30-7:30 p.m.

\$30 M, \$60 NM

Instructors: Jen Curtis, Hilary Miller

Men's Rock

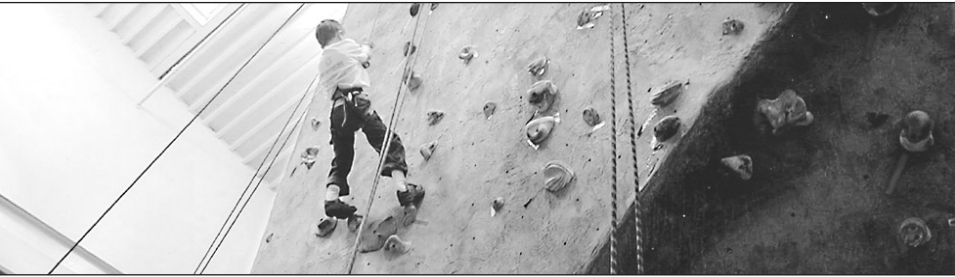
All ability levels welcome.

Ages 16 and up

Weds.: 6-7 p.m.

\$30 M, \$60 NM

Instructors: Hilary Miller, Alan Reese



YCAMPTM

We build strong kids, strong families, strong communities.

VACATION CAMP Ages 5-12

Why wait for summer to experience Camp-A-Homa fun when you can join us for Vacation Camp? Campers will not only be able to enjoy the rock climbing wall, play gym and pool at the YMCA, but also the arcades and art studio at the Teen Center for older campers. Your child will be sure to have a fun-filled day!

ONE-DAY CAMPS:

December 23, 24, Christmas Vacation

January 15, Martin Luther King Jr. Day

March 18, Workshop Day

7:30 a.m.-5 p.m.

Fee: One-Day Camp: \$26 M, \$31 NM

Week-Long Camp: \$100 M, \$115 NM

WEEK-LONG CAMPS:

December 27-31

(Christmas Vacation)

February 21-25

(Vacation Break)

April 18-22

Vacation Break)



Instructor: Jen Curtis

Camp-A-Homa The Mid-Coast's legendary day camp for kids ages 6 to 12

Camp-A-Homa provides campers the opportunity to grow physically, mentally and socially using natural sites and challenging activities in large and small group settings under the guidance of our well-trained staff (staff-to-camper ratio: 1-8).

Camp Activities:

- field trips
- arts & crafts
- team building
- swimming lessons
- sports & games
- archery
- cultural activities
- rock climbing
- play gym times
- gym activities

Every camper receives a T-Shirt!

FEE: \$100/week M, \$115/week NM

(rate includes all field trip costs & 10% discount for each additional child in family)

Early Bird Special: Register for 8 weeks and get 9th week free. Valid until April 5, 2005.

Camp Philosophy: The goal of Camp-A-Homa is to provide all camp participants the opportunity to grow physically, mentally and socially using natural sites and challenging activities in large and small group settings while under the guidance of well-trained staff members.

SESSION DATES:

Week 1 . . . . . June 22-24  
Week 2 . . . . . June 27-July 1  
Week 3 . . . . . July 5-8  
Week 4 . . . . . July 11-15  
Week 5 . . . . . July 18-22  
Week 6 . . . . . July 25-29  
Week 7 . . . . . August 1- 5  
Week 8 . . . . . August 8-12  
Week 9 . . . . . August 15-19

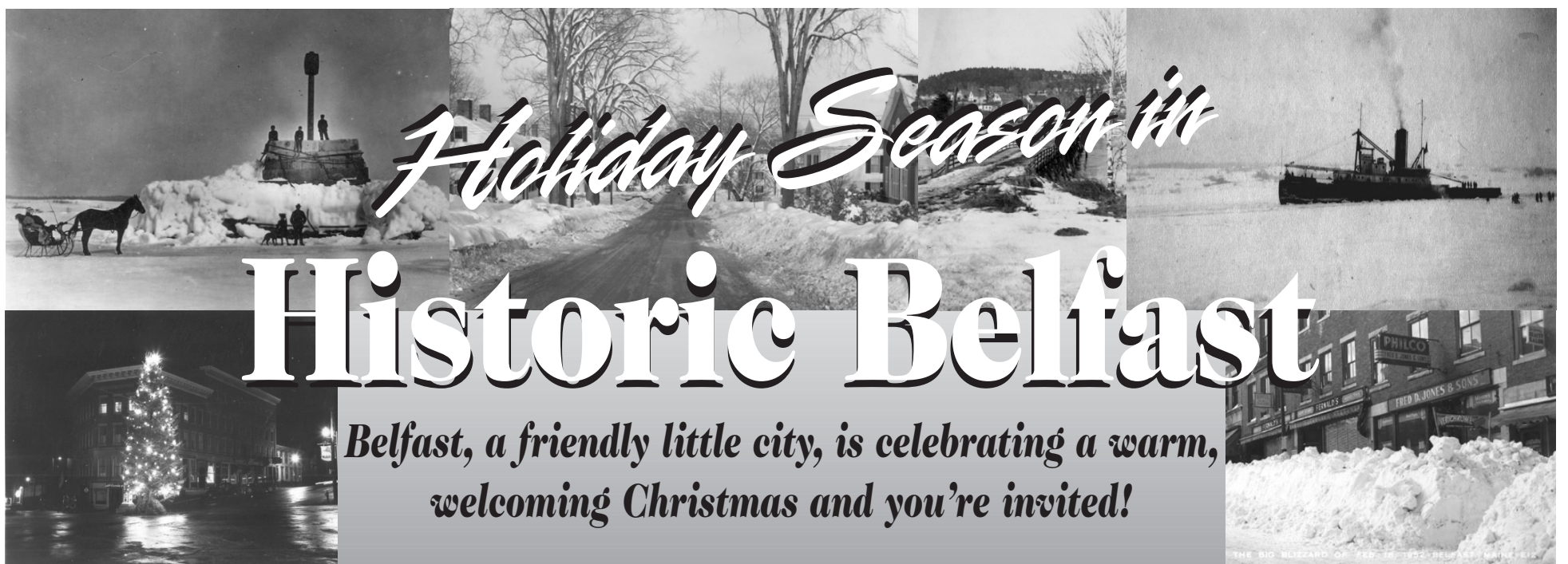
DAILY SCHEDULE

Monday-Thursday

8:30 . . . . . Day Camp Starts  
9-Noon . . . . . Camp Rotations  
Noon-12:30 . . . . . Lunch  
12:30-2:30 . . . . . Swimming at local beach  
3:30 . . . . . Camp Day Ends  
Fridays  
8:30-6:30 . . . . . Srs. Field Trip Day  
8:30-3:30 . . . . . Jrs. Field Trip Day

\*Free to Members





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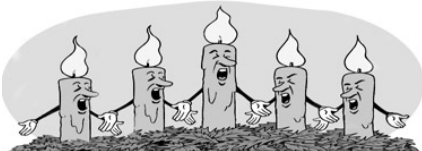


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Waldo County Transportation Program (WCTP) buses pick up passengers at their homes or at designated pick-up points — passengers may be dropped off and picked up at any medical facility or major shopping area on routes traveled. **General public riders pay a one-way fare of \$1 when boarding.** Call WCTP at 338-4769 for more info. Times below are a.m., unless otherwise stated.

Clark's Trailer Park	9:30	11:00	12:31 pm
Keene's Trailer Park	9:32	11:02	12:33 pm
Bayhead Apartments	9:37	11:05	12:38 pm
Belfast Center	9:43	11:11	12:42 pm
Belfast Sq. Apts.	9:46	11:14	12:45 pm
Pine Apts.	9:50	11:18	12:49 pm
Belfast Co-op	9:54	11:22	12:53 pm
Main St. Market	9:57	11:25	12:56 pm
Ambassador Apts.	10:00	11:28	12:59 pm
Renys Plaza	10:03	11:31	1:02 pm
Hannaford	10:07	11:35	1:06 pm
McLeod's Trailer Park	10:12	11:40	1:11 pm
Belfast Agway	10:14	11:42	1:13 pm
Penobscot Shores	10:16	11:44	1:15 pm
Huntress Gardens	10:20	11:48	1:19 pm
Waldo City Gen Hosp.	10:22	11:50	1:21 pm
Volunteer of Amer. Apt.	10:29	11:59	1:30 pm
Belfast Birches	10:32	12:02 pm	1:33 pm
Hilltop Birches	10:35	12:05 pm	1:36 pm
Renys Plaza	10:44	12:14 pm	1:45 pm
Main St. Market	10:48	12:18 pm	1:49 pm
Belfast Co-op	10:52	12:22 pm	1:53 pm

**New One-Mile-Loop Nature Trail on  
Passagassawakeag River Now Open**

To reach the trail from downtown Belfast, follow High St. across Rt. 1, at which point it becomes City Point Rd. Follow City Pt. Rd. down the hill, past the snow dump area on right. The new trailhead and parking area are on the left, approx. one mile beyond the Knowlton-Swanson-Stephenson Preserve.


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## New Year's by the Bay

Friday, December 31, 3 p.m.-1 a.m., Belfast

All the area talent turns out for this gala: Castlebay, Evergreen, Carol Noonan, Hawk Henries, Blue Hill Brass Quintet, David Dodson and Dan Bennett, Fascinat' Rhythm, Amy Robbins-Wilson, and many others, with Scrabble tournaments, films, carriage rides and other activities — all culminating in the annual midnight bonfire by the bay. Tickets, \$15/\$5 youth from kindergarten to high-school seniors/under 5, free, are available at Belfast Co-op; Mr. Paperback; Hannaford's, Fertile Mind, The Game Loft, and other locations.

For more information call 338-5870 or go to [www.newyearsbythebay.org](http://www.newyearsbythebay.org)

Betty Jordan, Manager

## GATEWAY TITLE

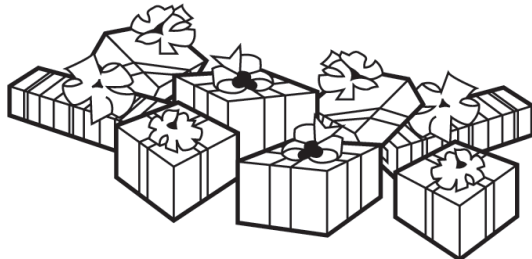


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## A Celtic Christmas

Thursday, December 23, 2 p.m.,  
Belfast Library.

Songs, dance, stories and a mummer's play, with Jennifer Armstrong playing the roles of six characters. Free and open to all ages.

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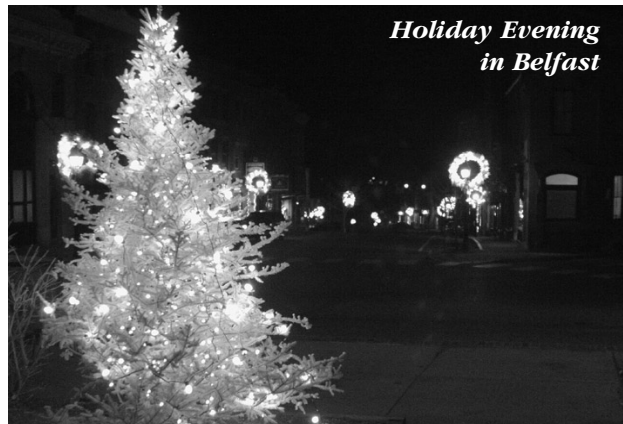
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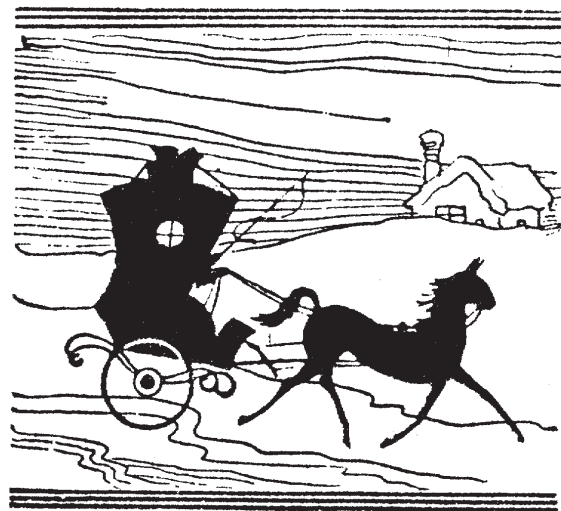
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## Belfast Free Library

### Special December Program:

**Thursday, December 23rd, 2pm,** A Celtic Christmas with Jennifer Armstrong: music, dance, a Mummers Play, refreshments —a holiday event for all ages.

**Holiday Hours:** Closed Friday, December 24 and Saturday, December 25 and Friday, December 31 and Saturday, January 1

**BELFAST FREE LIBRARY** [www.belfastlibrary.org](http://www.belfastlibrary.org)  
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## December Programs at Belfast Free Library

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Story Hour 10-11 am Brown Bag Article Discussion. Noon	3 Foreign Film Series: <i>M. Hulot's Holiday</i> 7:30	4
5	6	7 Story Hour 10-11 am 3-5 yr olds	8 Opening Reception for Stephen Costanza Show 5-7 pm	9 Story Hour 10-11 am Brown Bag Article Discussion. Noon	10	11
12	13 Friends of the Library meet 11 am Abbott Rm.	14 Story Hour 10-11 am 3-5 yr olds	15 Peace & Justice meets 5-8, Abbott Rm.	16 Story Hour 10-11 am Brown Bag Article Discussion. Noon	17	18
19	20	21 Story Hour 10-11 am 3-5 yr olds	22	23 Story Hour 10 Celtic Christmas with Jennifer Armstrong 2 pm	24 Library Closed	25 Merry Christmas Library Closed
26	27	28 Story Hour 10-11 am 3-5 yr olds	29	30 Story Hour 10-11 am 0-2 yr old	31 Library Closed	Happy New Year! Library Closed



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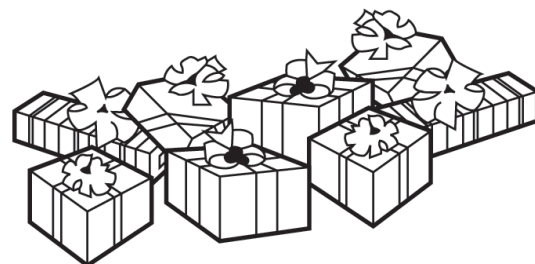


**338-2000**

## New Hope for Women

For all women who are experiencing  
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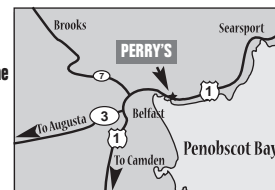
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Thomas - He deserves a new home for the holidays since he spent the last holidays with us. Why, oh why?



Thomas is sponsored by:

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Ebbie - People and cat social, big and healthy - let this cat give you the present of his unending love and affection.



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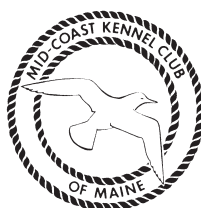


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Liberty and sister Lightfoot are delightful social felines with magnificent long gray and white hair.



Liberty is sponsored by:

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Call Camden/Rockport Animal Rescue League at 236-8702 about adopting these pets.

Monty is a 7 to 8-month-old neutered male. He loves to play and would love to find a home with lots of toys, space to run and places to hide. He is very friendly and affectionate.



Monty is sponsored by:



**ABCD Books**  
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Hi, my name is Bingo. It's true... I'm 17 years old. My owner, who I loved and who loved me so much, passed on recently, and although I'm treated very well at the shelter I miss being in a loving, warm home. I am very healthy for my age, and most people would never guess my age because I get around so well and am still so independent! Come and adopt me, please.



Bingo is sponsored by:

**EBS Building Supplies**  
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**800-339-9559 800-683-3371 800-656-6205**  
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Hi, my name is Drew. I'm a cute little kitten that will bring years of sunshine into your home. I'm healthy and very loving — all I need now is you to come and adopt me.



Drew is sponsored by

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Allie is an 11-year-old Beagle mix with a lot of years left in her. She is very affectionate and loyal. Although she has been an outside dog all her life, she still loves everyone and has so much love to give. She would love to find a home to return that love to her.



Allie is sponsored by:

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Donovan is an adult, neutered male. He loves to just curl up somewhere and sleep. If you are looking for a low-maintenance companion, he is the one for you.



Donovan is sponsored by:



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If you or your business would like to sponsor a pet, call Steve at 596-0055.



# LETTERS OPINIONS

## Inspiring —

Talk about the true meaning of Christmas! The press release entitled "Synagogue Hosts Christmas Day Community Dinner and Meals on Wheels" in the December 16 issue was overwhelmingly beautiful.

Every religion coming together to care for everyone in the community in such a loving manner was so moving to me.

That's the real meaning of Christmas, taught by Jesus, who was Jewish and loved everyone — right down to the "least" of them.

Thank you so much for such an inspiring article.

ANN DALY  
Camden

## Love Thy Neighbor —

Jesus, in honor of whose birth we celebrate Christmas, left to us a message of incredible wisdom and sometimes we fail to recognize that it is also the answer to most of our problems: "Love thy neighbor." This season, with all its gift giving and expressions of love, demonstrates the power of love and the joy of togetherness, in contrast to war, which today is a threat to the survival of mankind.

NORM TATE  
Port Clyde

## Bring It On —

Hanukkah, Winter Solstice, Christmas, New Year's, all festivals of light of the North, ancient holy days scattered over the top of the year, when all is dark and getting darker.

It is said: "A great miracle occurred," "the light did not go out," "a babe is born," "the New Year is come." All the candles and fires are lit, there is singing and dancing, gift giving and feasting, the luck of the top and the jests of the "fool" taunting the tyrant, and the greening of the homes and churches that calls for the greening of the earth. The lights cheer us and warm us, they hold our faltering faith and roust up our hope for the future. The candle, the fire, the star, all promise that light and warmth will come back again, be reborn, bringing the green and plenty of summer, as the North turns back to the sun and the days lengthen.

So bring it on.

BEEDY PARKER  
Camden

## A Cheer for the Don McLean Make-A-Wish Benefit Concert

A belated cheer for Don McLean's Make-A-Wish benefit concert on December 11. The marvelous two-and-a-half-hour performance reached its peak when the capacity audience rocked the walls of Strom with standing choruses of McLean's classic "American Pie."

Another highlight occurred before the first note was played as McLean expressed his pride at living in Camden. We are proud to be here too and we're happy that the McLeans are fellow residents.

JUNE and CHUCK FRYER  
Camden

## Spirit of Christmas Alive and Well in Belfast —

It is not unusual for our friends and neighbors to be in top spirits around the holidays. The holidays seem to bring out the best in people. What fascinates me are those individuals in our communities who are truly generous all year long. I don't mean giving of the things that you can buy, anyone can do that. These people give of themselves. They watch over, guide and encourage us and our children, and will probably continue to guide our grandchildren. For them, I am most grateful this holiday season. Thanks to God for the Pattersons, Boyingtons, Cochranes, Frennings and others like them. And thank you, friends, I am truly grateful.

ERICA L. STONE  
Belfast

## Hope Village School Helps Make Food Drive a Success

The teachers, students, support staff and parents of the Hope Village School have continued their tradition this year of working together on a huge food drive to benefit the Come Spring Food Pantry. The amount of food donated to the food pantry will go far in feeding all of our neighbors who have to depend on the food pantry for much of their food. I am very grateful to the school and their compassion for others.

The food pantry is open on the second and fourth Wednesday of each month from 9:30 to 11:30 a.m.

CAROL WATIER, Manager  
Come Spring Food Pantry, Union

*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). Send letters to: The Free Press, 6 Leland St., Rockland, ME 04841 (fax 596-6698; email editor@freepressonline.com).*

## Sen. Savage Appointed to Transportation Committee

Senator Christine Savage (R-Union) has been appointed to serve on the Transportation Committee during the 122nd Maine Legislature. The Knox County senator has served on the Transportation Committee during her last two terms as a state senator; she also served on this same committee for four years while a member of the Maine State House of Representatives.

"I'm excited to be back on the Transportation Committee and appreciate the confidence leadership has placed in me," said Senator Savage. "There are many issues to be addressed that will affect the Knox County area, one of which is the importance of signage to direct travelers to our area when using the new third bridge in Augusta."

Republican Senate Leader Paul Davis, Sr., who made the Republican committee recommendations, said "Senator Savage brings a wealth of invaluable knowledge to this committee both from her many years of experience working in municipal government and from the many years she has spent on the Transportation Committee."

# HOLIDAY HOURS

We will be closing  
at 2 pm on Friday,  
Christmas Eve &  
at 2 pm Friday,  
New Year's Eve

Best Wishes  
For a  
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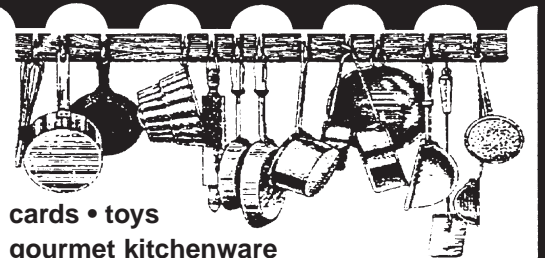
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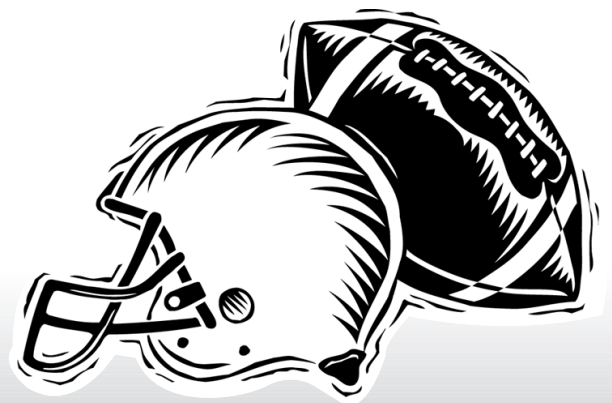


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CHECK OFF ONE WINNER OF EACH GAME

WINNER: Person with most correct answers.

TIES: Determined by closest points scored total for Mon. Night Game.  
ONLY ONE ENTRY PER HOUSEHOLD, PER WEEK, WILL BE ENTERED IN THE DRAWING.

### Sunday, Jan. 2

- ☐ Cincinnati at Philadelphia
- ☐ Cleveland at Houston
- ☐ Detroit at Tennessee
- ☐ Green Bay at Chicago
- ☐ Miami at Baltimore
- ☐ Minnesota at Washington
- ☐ New Orleans at Carolina
- ☐ N.Y. Jets at St. Louis
- ☐ Pittsburgh at Buffalo
- ☐ San Francisco at New England
- ☐ Atlanta at Seattle
- ☐ Tampa Bay at Arizona
- ☐ Indianapolis at Denver
- ☐ Jacksonville at Oakland
- ☐ Kansas City at San Diego
- ☐ Dallas at N.Y. Giants

Each week's  
winner will  
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businesses  
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Last week's  
winner was  
Clifford Harper  
of Warren  
with 12 out of 15  
correct picks.

All Gift Certificates will be mailed out at the end of each month.

Total Points Monday Game: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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# Calendar of Events

## PLEASE TAKE NOTE:

Calendar listings should be mailed to:  
The Free Press Calendar, 6 Leland St.,  
Rockland, ME 04841  
(FAX: 596-6698, or  
E-mail: editor@freepressonline.com)  
by noon the Friday before the  
Thursday publication date.  
Please include your name, address  
and phone number.

## Noteworthy

### THURSDAY, DEC. 23:

► "A Celtic Christmas," 2 p.m., Belfast Library. Songs, dance, stories and a mummer's play, with Jennifer Armstrong playing the roles of six characters. Free and open to all ages. FMI: 338-3884, ext. 24.

### FRIDAY, DEC. 24:

► WRFR Christmas Eve Open House, 7-10 p.m., 20 Gay St., Rockland. Carol singing will be led by Dr. Anthony Antolini on piano from 8 to 9 p.m. Refreshments served. FMI: www.wrfr.org.

► Christmas Eve Candlelight Service, 7 p.m., Chestnut Street Baptist Church, Camden. FMI: 236-2195.

► Christmas Eve Candlelight Service with Christmas Pageant, 6 p.m., People's United Methodist Church, Depot St. (Rte. 235), Union. Traditional pageant, "The Very First Christmas," has participants from age 3 to 73. Choir presents "Strange Way to Save the World." FMI: 785-4114.

► Candle Lighting Service, 6 p.m., Littlefield Memorial Baptist Church, Waldo Ave., Rockland.

► Candlelight Service, 7 p.m., Water of Life Lutheran Church, 618 Rte. 1, Newcastle. Choir with flute accompaniment will sing and worshippers will hold lighted candles.

► Christmas Eve Family Service, 4 p.m., United Christian Church, Rte. 173, Lincolnville Center. Traditional scripture readings, ecumenical prayers and favorite carols. All faiths are welcome. FMI: 763-4526.

### SATURDAY, DEC. 25:

► Christmas Day Community Dinner, 1 p.m., St. Peter's Episcopal Church, corner White & Limerock sts., Rockland. A turkey dinner with all the trimmings will be prepared and served by members of Adas Yeshurun Synagogue, who will again deliver Meals on Wheels and serve meals at the Methodist Conference Home in Rockland. FMI: 594-8686.

### THURSDAY, DEC. 30:

► Family Potluck Redwall Feast, 5:30 p.m., Camden Public Library. The Jean Picker Room will be transformed into Redwall Abbey for the evening, and after the feast there will be a screening of

Brian Jacques' "Redwall: The Adventure Begins." Space is limited; for dinner reservations, call 236-3440.

## COMING UP:

► New Year's By the Bay, Fri., Dec. 31, 3 p.m.-1 a.m., Belfast. All the area talent turns out for this gala: Castlebay, Evergreen, Carol Noonan, Hawk Henries, Blue Hill Brass Quintet, David Dodson and Dan Bennett, Fascinatin' Rhythm, Amy Robbins-Wilson, and many others, with Scrabble tournaments, films, carriage rides and other activities — all culminating in the annual midnight bonfire by the bay. Tickets, \$15/\$5 youth from kindergarten to high-school seniors/under 5, free, are available at Belfast Co-op, Mr. Paperback, Hannaford's, Fertile Mind, The Game Loft, and other locations.

► New Year's Eve Gala, Fri., Dec. 31, 9 p.m.-1 a.m., Lincoln Theater, Damariscotta. Fundraising event for the Lincoln County Community Theater features live entertainment and dancing in the decorated theater, with catering by King Eider's Pub, a midnight champagne toast, and door prizes. \$50. FMI: 563-2434.

► A Razzle Dazzle New Year's Eve, Fri., Dec. 31, 11 a.m., Opera House at Boothbay Harbor. Hourly performances throughout the day conclude with a community drumming circle at 4 p.m. Adults-only Dazzle Ball from 8 p.m. to 1 a.m. features dancing to the Big Chief Band, hors d'oeuvres, prizes, and a midnight champagne toast. Daytime events are free; ball tickets are \$22.50. FMI: 633-5159.

► Die Fledermaus, Sat., Jan. 1, 7 p.m., and Sun., Jan. 2, 3 p.m., Camden Opera House. Maine Grand Opera's production of the Austrian operetta. Camden soprano Laura Bonazzoli sings the role of Rosalinda. \$40 orchestra and center balcony/\$35 balcony/\$20 partial view/\$17 age 17 and under when accompanied by an adult. FMI: 763-3071.

► Peaceful Beginnings, Sat., Jan. 1, noon-3 p.m., Skidompha Library, Damariscotta. CONA hosts a community open house with Myles Jordan of the DaPonte String Quartet performing a Bach suite. Make a prayer flag, mess about with clay, watch puppet shows and sacred dances, listen to poets, Celtic harp and the music of Mozart. Bring savory or dessert finger foods to contribute to a potluck snack. Beverages provided. Free.

► Marine Mammal Polar Dip, Sat., Jan. 1, noon, East End Beach, Portland. Gather pledges and

take a plunge in the icy Atlantic to fund the rescue, rehabilitation and release of injured and sick marine animals by the Marine Animal Lifeline. FMI: 773-7377 or www.stranding.org.

## COMING UP:

► Cheryl Wheeler in Concert, Thurs., Jan. 20, 7:30 p.m., Ramada Inn, 490 Pleasant St., Lewiston. Wheeler writes intelligent modern folk ballads on the modern folk scene and is a savagely funny social critic. \$18/\$15 kids, students and seniors 60+. FMI: 1-800-639-2919 or www.laarts.com.

## Children's & Teens' Events

### THURSDAY, DEC. 23:

► Youthlinks' Cheer Project, 1-4 p.m., Youthlinks, 420 Broadway, Rockland. Two chances to bring holiday cheer to your neighbors: Make and deliver cookies around the neighborhood or visit residents of Merry Gardens Estates in Camden for crafts and bingo. FMI: 594-2221.

### SUNDAY, DEC. 26:

► OHTM's Children's Activities, noon-3 p.m., Owls Head Transportation Museum, Rte. 73. OHTM's Education Dept. will host a variety of projects, ranging from making Styrofoam airplanes to cutting out and building paper cars. Children of all ages, accompanied by an adult, are welcome. Activities are free, although regular admission applies to anyone wishing to tour the museum. FMI: 594-4418.

### MONDAY, DEC. 27:

► Monday Movie Matinee, 1 p.m., Teen Center, Knowlton St., Camden. A newly released movie will be shown on the big-screen TV.

► Holiday Tennis Camp, Mon.-Thurs., Dec. 27-30, 1-2:30 p.m., Midcoast Recreation Center, Rte. 90, Rockport. Instructional clinic and play for ages 5 to 15. \$50 for all four days or \$15 per session. FMI: 236-9400.

(Continued on p. 37)

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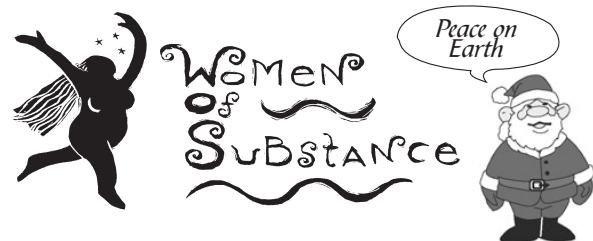
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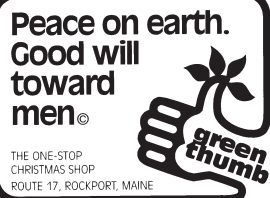
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# VIDEOS & DVDs

## Just Released 12/21 —

**DE-LOVELY** PG-13/Drama/Dir: Irwin Winkler (Kevin Kline, Ashley Judd, Jonathan Pryce, Kevin McNally, Sandra Nelson) "De-Lovely" is an original musical portrait of American composer Cole Porter, filled with his unforgettable songs. In the film, Porter is looking back on his life as if it were one of his spectacular stage shows, with the people and events of his life becoming the actors and action onstage. Through elaborate production numbers and popular hits like "Anything Goes," "It's De-Lovely," and "Night and Day," Porter's elegant, excessive past comes to light — including his deeply complicated relationship with his wife and muse, Linda Lee Porter.

## Recent Releases —

**THE BOURNE SUPREMACY** PG-13/Thriller/Dir: Paul Greengrass (Matt Damon, Franka Potente, Joan Allen, Julia Stiles) Still pursued by the powers that be, rogue agent Jason Bourne (Damon) tries to outrun his would-be captors and assassins, while protecting his girlfriend (Potente). Allen boldly assumes the role of a determined CIA agent who may or may not be aware that Bourne is being framed for the murders of two politicians.

**THE CLEARING** PG-13/Thriller/Dir: Pieter Jan Brugge (Robert Redford, Helen Mirren, Willem Dafoe) An atmospheric thriller recounted from both millionaire kidnap victim Wayne's (Redford) and his wife Eileen's (Mirren) perspective. Slowly, we realize the narratives do not occur in tandem, nor do they agree, leaving the viewer to ferret out the truth about the couple's faltering marriage.

**ELF** PG/Comedy/Dir: Jon Favreau (Will Ferrell, James Caan, Zooey Deschanel) Raised as one of Santa's elves since infancy, Buddy (Ferrell) decides to look up his biological dad, a Manhattan publisher of scrooge-like proclivities played by James Caan. Too large for an elf, Buddy nevertheless does the town wearing his little green suit and yellow tights. Ferrell's willingness to play the fool yields this Yuletide season's most promising comedy.

## HARRY POTTER: PRISONER OF AZKABAN

PG/Fantasy/Dir: Alfonso Cuaron (Daniel Radcliffe, Rupert Grint, Emma Watson, Michael Gambon, Gary Oldman) Clocking in at 2 hours, 20 minutes, the third Harry Potter film is darker and more emotionally involved with Harry and the gang than was its predecessors. Director Cuaron adds depth to the material, insightfully depicting coming-of-age issues that confront Harry, Ron and Hermione. Harry must learn to defend himself against the dark wizard Sirius Black (Oldman), who has escaped from prison and is coming for the young wizard. Gambon seamlessly steps into the role of professor Albus Dumbledore, and Thompson does a humorous turn as the nearsighted Professor of Divination.

**I, ROBOT** PG-13/Sci-Fi/Dir: Alex Proyas (Will Smith, Bridget Moynahan, Bruce Greenwood) Inspired by author Isaac Asimov's stories, this futuristic tale occurs just prior to the roll-out of androids equipped with biological brains. A technophobic detective (Smith) seeks to delay delivery of the robots because he believes a prototype murdered a scientist. Backed up by a psychologist (Moynahan), the detective quickly discovers that hundreds of new robots will do whatever it takes to resolve his investigation.

**SPIDER-MAN 2** PG-13/Action/Dir: Sam Rami (Tobey Maguire, Alfred Molina, Kirsten Dunst) Peter Parker is beset with numerous personal problems while Spider-Man confronts the brilliant Dr. Otto Octavius, who has been transformed into "Doctor Octopus" (aka, "Doc Ock"), a multi-tentacled menace.

**THE TERMINAL** PG-13/Comedy/Dir: Steven Spielberg (Tom Hanks, Catherine Zeta-Jones, Chi McBride) JFK airport is the scene of this partially fictionalized true story. While he is visiting New York, war breaks out in Viktor's (Hanks) Eastern European homeland, and his country ceases to exist. Viktor can't be deported, nor can he stay in the United States. Stranded in JFK for nine months, Viktor's continual presence causes flight attendant Amelia (Zeta-Jones) to mistake him for a frequent flier. By the time she realizes her error, Amelia and Viktor are terminally in love.

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# In Our Theaters

*mostly by Lisa Miller* **Week of December 24-December 30**  
**Short descriptions of movies that are playing locally**

**BLADE: TRINITY** R/Horror/Dir: David S. Goyer (Wesley Snipes, Kris Kristofferson, Parker Posey) Now hunted by the FBI, Blade (Snipes) teams up with other vampire killers in pursuit of Dracula (Purcell), a gorgeous goth hunk renamed Drake. The first chapter's humor is back from the dead, with Parker Posey excelling as nasty vampiress Talos, mistress to a vampire Pomeranian and the leader of an assault to take down Blade and company.

**CHRISTMAS WITH THE KRANKS** PG/Dramatic Comedy/Dir: Joe Roth (Tim Allen, Jamie Lee Curtis, Dan Aykroyd) Allen portrays Luther Krank who, fed up with the commercialization of Christmas, decides to skip the holiday and go on a vacation with his wife instead. But when his daughter decides at the last minute to come home, he must put together a holiday celebration.

**DARKNESS** PG-13/Horror/Dir: Jaime Balaguer (Anna Paquin, Lena Olin, Iain Glen) Completed in 2002, "Darkness" is finally being released now, timed to be the season's only horror movie. Anna Paquin takes center stage as Regina, a teen wrapped in supernatural intrigue. As a youngster Regina's dad claimed he was abducted by an apparition. Now Regina's younger brother is interacting with spirits that only the boy can see. A loud rock score and shadowy cinematography are intended as tools of suspense, but instead add one more way to get eyestrain and noise fatigue.

**FAT ALBERT** PG/Drama/Dir: Joel Zwick (Kenan Thompson, Kyla Pratt) The tears of little Doris open a portal through which Fat Albert and the gang are transported from her television set into Doris's living room. Though she's a talented runner, Doris's low self esteem keeps her from going out for track and making friends. Offering Doris moral support and homespun advice, Fat Albert helps the girl overcome her confidence issues. From a character and script created by Bill Cosby.

**FINDING NEVERLAND** PG/Drama/Dir: Marc Forster (Johnny Depp, Kate Winslet, Julie Christie) The movie details the experiences of "Peter Pan" author J.M. Barrie, which lead him to write the children's classic.

**FLIGHT OF THE PHOENIX** PG-13/Action/Dir: John Moore (Dennis Quaid, Miranda Otto, Giovanni Ribisi) The pilot of a plane that crashes in the Mongolian desert, Captain Frank Towns (Quaid) attempts to keep order among a rag-tag band of oil jockeys. Accustomed to doing things their own way, the survivors must take orders to effect their own rescue, or perish in the broiling heat. Quaid continues his comeback climb in this remake of a superb 1965 film.

**THE INCREDIBLES** PG/Animated Family/Dir: Brad Bird (voices: Craig T. Nelson, Holly Hunter, Samuel L. Jackson) Pixar's most thrilling and comprehensive CGI feature has fun with a dysfunctional family of superheroes whose three children are only just discovering their powers. Entered in a superhero relocation program thanks to prodigious, unfounded lawsuits, the Parr family is lured to a desert island by an evil villain (Jason Lee) and forced to fight for their lives. Written and directed by the creator of "Iron Giants," who invests this family feature with incredible creative energy.

**LEMONY SNICKET'S A SERIES OF UNFORTUNATE EVENTS** PG/Family/Dir: Brad Silberling (Jim Carrey, Jude Law, Meryl Streep) Jim Carrey appears as Count Olaf, the villainous uncle of three fabulously wealthy orphans. Olaf leaps at the opportunity to take guardianship of the children while he schemes to get their inheritance for himself. Atmospheric sets convey the gloomy mood which settles over the film. Meryl Streep plays Olaf's co-conspirator and Jude Law narrates.

**MEET THE FOCKERS** PG-13/Comedy/Dir: Jay Roach (Robert De Niro, Ben Stiller, Dustin Hoffman, Barbra Streisand) Having given permission to male nurse Greg Focker to marry his daughter, ex-CIA man Jack Byrnes and his wife travel to Detroit to Greg's parents, who this time around are Mr. and Mrs. Focker, who are as different from them as can be. A sequel to the popular movie "Meet the Parents."

**NATIONAL TREASURE** PG/Action/Dir: John Turtletaub (Nicolas Cage, Diane Kruger, Justin Bartha) Benjamin Franklin Gates is descended from a line of treasure hunters who pursue a fortune reputedly hidden by our forefathers. When Gates stumbles across evidence indicating a map to the fortune is hidden in the Declaration of Independence, he is double-crossed and left for dead by his financial backer, Ian Howe. Certain Howe means to destroy the historic document, Gates decides to steal it in order to protect this national treasure.

**OCEAN'S TWELVE** PG-13/Action/Dir: Steven Soderbergh (George Clooney, Brad Pitt, Julia Roberts, Matt Damon) Clooney and the gang reunite for a sequel to their successful remake of the Frank Sinatra casino-heist movie. Clooney is Danny Ocean, the mastermind behind simultaneous robberies at three European casinos, with a little help from Ocean's 10 best friends, expert thieves. As before, high-tech crime is prime, with a subplot following Danny and Tess's (Roberts) on-off romance and another focused on second-in-command Rusty's (Pitt) attraction to a comely detective (Zeta-Jones). Stepping into Sinatra's after-hours role, Clooney led the nightly parties that persuaded his cast-mates to accept minor paychecks in return for major good times.

**THE POLAR EXPRESS** G/Animated Family/Dir: Robert Zemeckis (Tom Hanks, Chris Coppola, Michael Jeter) Tom Hanks voices one of several kids whisked aboard the Polar Express steam train for a trip to the North Pole. The film is a fast, spectacular ride owing much to sensors that transferred Hanks' performance to computer animators' screens. Hanks portrays a cornucopia of characters including the train conductor, a hobo, a child's father and Santa Claus.

**SPANGLISH** PG-13/Drama/Dir: James L. Brooks (Adam Sandler, Tea Leoni, Paz Vega, Cloris Leachman, Shelbie Bruce) Flor (Vega) emigrates to Los Angeles from Mexico in hopes of finding a better life for her and her daughter, Cristina. Hired by the John and Deborah Clasky (Sandler and Leoni) as their housekeeper, Flor contends with the language barrier, Cristina's budding femininity, and the eccentric Claskys' way of life.



# Calendar of Events

(Continued from p. 35)

## TUESDAY, DEC. 28:

► **Youthlinks' Holiday Activities**, 9:30-11:30 a.m., Youthlinks, 420 Broadway, Rockland. Volunteer with Meals on Wheels to bring holiday cheer around Rockland. Then, from 12:30-3:30 p.m., see winter in a whole new light with an "Into the Woods Hike" at Tanglewood. Snacks and goodies will help keep out the winter chill. FMI: 594-2221.

► **Thomaston Library Story Time**, 10:30 a.m. Happy New Year's stories and noisemakers keep children busy. Free. FMI: 354-2453.

## WEDNESDAY, DEC. 29:

► **Youthlinks' Holiday Activities**, 2:15-5:15 p.m., Youthlinks, 420 Broadway, Rockland. Meet at Youthlinks to attend a matinee showing of "The Incredibles" at Bayview Street Cinema in Camden. \$4. FMI: 594-2221.

## COMING UP:

► **BSO Maine High School Concert Competition**, Application deadline is Sat., Jan. 1 for Maine high school instrumentalists to compete for the chance to play his or her concerto with the Bangor Symphony Orchestra at three youth concerts in May. Competition takes place on Sat., Mar. 12, at Minsky Recital Hall, UMaine Orono. FMI: 1-800-639-3221; ask for Surya, or visit [www.bangorsymphony.com](http://www.bangorsymphony.com).

► **Youthlinks Winter Programs for Teens**, Jan. 2-Feb. 14, Youthlinks, 420 Broadway, Rockland. Dig in the dirt, force bulbs, mentor an elementary-school child, bring shelter animals to visit nursing homes, prepare a meal at a soup kitchen, and more. Activities for those age 11-17 who want to get involved in their community. Free. FMI: 594-2221 or visit [www.youthlinks.org](http://www.youthlinks.org).

► **Wee Winter Workshops**, Four Wednesdays, Jan. 5-26, 3-4 p.m., Farnsworth Museum, Rockland. A variety of art activities for children ages 2-4 and their parents to explore together. Series is \$40/\$32 members; single sessions are \$10/\$8 members. FMI: 596-6457.

► **Half-Hull Model Workshop**, Tues.-Thurs., Feb. 22-24, 1:30-5 p.m., Apprenticeshop, 643 Main St., Rockland. Students ages 8-14 will learn basics of tool use, boat design and shop safety while creating their own piece of traditional marine art. \$125 includes materials. Led by boatbuilder Will West. FMI: 594-1800.

## ONGOING:

► **Belfast Free Library Story Hour**, Tuesdays, 10-11 a.m., for 3- to 5-year-olds; Thursdays, 10-11 a.m. for 0- to 2-year-olds.

► **Family Prime Time**, 4-7 p.m., Tuesdays & Thursdays. The Penobscot Bay YMCA dedicates its facility to families during this time so they can participate in activities together or separately. Open and free to anyone holding a family membership. FMI: 236-3375.

► **Pre-School Story Time**, Wednesdays, 10 a.m., Gibbs Library, Washington. Weekly story and crafts for pre-schoolers of any age and a parent or caregiver. Sign up at the library or call 845-2709.

► **Rockland Library**, 80 Union St. Storytimes, 10:30 a.m., Wed. & Sat., for all ages. **Teen Night**, last Tues. of the month, 6:30 p.m., with snacks and books. FMI: 594-0310.

► **Teen Center Activities**, Knowlton St., Camden. **Guitar Instruction** with Adam Bullard, Fridays, 3-4 p.m.; **Open Jam Sessions**, Wed., 3-4:45 p.m.; **New Release Movies**, Mondays; **Art Studio with Nils Obel**, Tuesdays, 3-4:30 p.m.; **Homework Help**, Mon.-Thurs., 3-4 p.m.; **Swing Dance**, Thurs., 6-7:30 p.m.; **After-school Snack Preparation**, Fridays.

► **Toy Library Center**, Thurs. & Fri., 9 a.m.-noon, St. Peter's Episcopal Church, Community Room, White St., Rockland. Creative play for children under age 7 accompanied by parents or caregivers. All are welcome. *Toy Library is on holiday break and resumes Thurs. & Fri., Jan. 13 & 14.* FMI, call director Melissa Boggs, 594-4623.

## Film

### FRIDAY, DEC. 24-THURSDAY, DEC. 30:

► **BAYVIEW STREET CINEMA**, Camden — "The Incredibles," 7 p.m. nightly; Sun. and Wed., 3 p.m. matinee. Ends Thurs.: "Ray." *No shows Dec. 24 & 25.*

► **COLONIAL THEATRE**, Belfast: "Lemony Snicket's A Series of Unfortunate Events," "Meet the Fockers," "Ocean's 12." *Closed Fri. & Sat., Dec. 24 & 25; extra matinees on Dec. 28 & 29.* See ad on p. 37 for movie times.

► **FLAGSHIP CINEMAS 10**, Rockland: "Lemony Snicket's A Series of Unfortunate Events," "Meet the Fockers," "Ocean's Twelve," "Blade: Trinity," "The Polar Express," "The Incredibles," "Flight of the Phoenix," "National Treasure," "Christmas With the Kranks," "Spanglish," "Finding Neverland." *Starts Dec. 25: "The Darkness," & "Fat Albert."* See ad on p. 37 for movie times.

## THURSDAY, DEC. 30:

► "The Never Ending Story," 1 p.m., Skidompha Library, Main St., Damariscotta. A classic fantasy film, based on the book by Michael Ende.

## Art

### COMING UP:

► **Multimedia Art & Nature Workshop**, beginning Wed., Jan. 5, 1-3 p.m., Merryspring Nature Park, Conway Rd., Camden. Artist-in-residence Judith Fischer leads a workshop entitled "Keeping a Nature Journal." FMI: 236-2239.

► **Life Drawing Group Registration**, Lincoln Street Center, Rockland. Winter session sign-up for life drawing sessions that meet Wednesday evenings, Jan. 12-March 9, from 6-9 p.m. Fee is \$75. Pre-registration required. FMI: 691-0678.

► **Call for Submissions**, Maine Art Gallery in Wiscasset seeks artists for 2006 season exhibitions in the Vestibule Gallery. The space accommodates approximately 10 to 15 paintings not larger than 16 by 20 inches. If interested, submit a minimum of 15 slides or 4-by-6-inch photos, a biography and an artist's statement to Jeannie Fine, Vestibule coordinator, Maine Art Gallery, P.O. Box 315, Wiscasset, ME 04578, before May 10, 2005 and included a SASE.

### ONGOING:

► **Farnsworth Museum**, Rockland: Farnsworth Holiday Exhibit, "Share the Wonder," is an exhibit of Wyeth family art and artifacts — including a model train display, medieval castle with vintage toy soldiers, paintings and decorated trees. Through Jan. "Maine in America: Photographs from the Collection" draws from the museum's collection. Included are such Maine photographers as Berenice Abbott, Rudy Burkhardt, Paul Caponigro, Denise Froehlich, Olive Pierce and others. Show on view through Feb. 13.

"Un/Coverings: Contemporary Maine Fiber Art" and "Eve Peri: Fiber Artist" continue through Feb. 20. Fall and winter hours are Tues.-Sun. 10 a.m.-5 p.m.; closed Mon. FMI: 596-6457.

► **"The Camera's Coast"**, Owls Head Transportation Museum, Rte. 73. "The Camera's Coast" is a sampler of historical coastal New England images from Historic New England (formerly known as the Society for the Preservation of New England Antiquities), curated by author and maritime historian William H. Bunting. Subjects include

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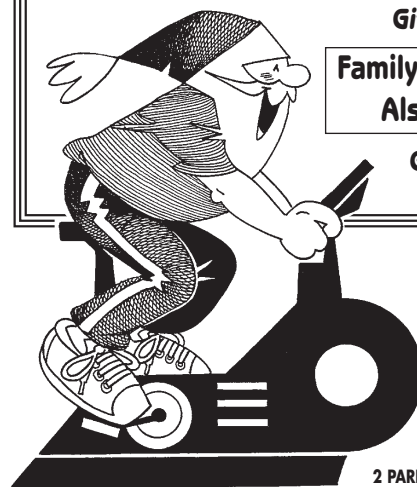
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Matinees: Sun. Tues. & Wed. 2:10

**LEMONY SNICKET'S A SERIES OF UNFORTUNATE EVENTS** -PG-  
Sun. to Thurs. 6:45  
Matinees: Sun. Tues. & Wed. 1:45

**OCEAN'S TWELVE** -PG13-  
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**— The Darkness**  
(Starts Dec. 25, 2004)  
12:50, 2:50, 4:45, 7:20, 9:10 (PG13, 1:35)

**— Fat Albert**  
(Starts Dec. 25, 2004), 12:30, 2:30, 7:00 (PG, 1:40)

**— Flight of the Phoenix**  
(1:05, 3:50 on 12/24), 4:25, 9:05 (PG13, 2:00)

**— Meet the Fockers**  
1:10, 4:10, 7:10, 9:35 (PG13, 2:01)

**— Lemony Snicket's A Series of Unfortunate Events**  
12:20, 2:35, 4:50, 7:05, 9:20 (PG, 1:55)

**— Ocean's Twelve**  
12:45, 3:45, 7:00, 9:30 (PG13, 2:12)

**— Spanglish**  
12:50, 3:35, 6:50, 9:25 (PG13, 2:20)

**— Christmas with the Kranks**  
12:35, 2:40, 4:55, 7:15, 9:20 (PG, 1:46)

**— Finding Neverland**  
12:25, 2:45, 4:55, 7:10, 9:15 (PG, 1:48)

**— Blade: Trinity**  
(1:00, 4:00 on 12/24), 9:00 (R, 2:01)

**— The Polar Express**  
12:30, 2:40, 4:50, 6:55 (G, 1:47)

**— The Incredibles**  
(12:40, 3:30 on 12/24), 12:55, 3:30 (PG, 2:07)

**— National Treasure**  
6:55, 9:30 (PG, 2:18)

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## Calendar of Events

square-riggers, coasting schooners, summer hotels, fishermen, seaweed gatherers and salt marsh hay-makers. Exhibit remains on view until spring.

► **Works by Francis Golfing**, Waldoboro Library, Main St. Golfing is the library's artist of the month for December. On display are 6 works, including pen-and-ink sketches and water-colors and a collection of his poems, *Sibylline Leaves*.

► **Photographs by Carol Latta**, Thomaston Library. "Amazing Maine" collection, on view throughout December.

► **"Contemporary Maine Carving" Show**, Center for Furniture Craftsmanship, Mill St., West Rockport. Exhibit curated by sculptor Steve Lindsay includes figurative artists, abstract sculptors, wildlife carvers, folk artists and craftspeople. Area artists include Lindsay, Lise Becu, Gordon Bok, Jim Bird, Stephen Hensel, Cabot Lyford, Don Meserve, Valdemar Skov and Jacques Vesery. Through March 3. FMI: 594-5611.

► **Cushing Quilters Exhibit**, Cushing Library. Exhibit of quilts by local quilters. Show continues through Jan. 3. Hours are Mon., 10 a.m.-4 p.m.; Wed., 11 a.m.-5 p.m.; and Sat., 9-11 a.m.

► **Works by Jean Kigel**, The Lincoln Home, Newcastle. Kigel is a specialist in Oriental brush techniques and watercolor. On view through Jan. 15.

► **Holiday Show at Nan Mulford Gallery**, 313 Main St., Rockland. Exhibit of paintings, drawings, original prints and sculpture by more than 40 artists. Special exhibit of handmade artists' books and journals. Hours are daily 10 a.m.-5 p.m.; Sundays noon to 5 p.m. and some evenings until 8 p.m. FMI: 594-8481.

► **Clarity Art Show**, Camden Library. A mixed-media show by Clarity, the team of Robert and Su.Sane Hake of Camden. "Peeling Back the Veil, the Mystical Child" is inspired by the writing of Francis Church. On view through December.

► **"From Farm to Art,"** Blum Gallery, College of the Atlantic, Bar Harbor. A show on the creativity of the farm, with natural fiber art, found sculpture by Wally Warren and James Fangborn, installation by paper artist Richard Lee and more. Through Jan. 2. FMI: 288-5015.

► **Illustrations by Stephen Costanza**, Kramer Gallery at Belfast Library. Illustrations from Costanza's new book, *Mozart Finds a Melody*, will remain on display throughout December.

► **RTCA Annual Members Exhibition**, Round Top Center for the Arts, Bus. Rte. 1, Damariscotta. Works by more than 150 artists, including RTCA faculty and students. Hours: 10 a.m.-4 p.m., Mon.-Fri; Sat., 1-4 p.m. On view through Dec. 30.

► **Penobscot Bay Gallery Holiday Show**, 181 Main St., Stockton Springs. Open through Fri., Dec. 24. FMI: 567-4098.

► **"Diminutive Masterworks,"** Firehouse Gallery, One Bristol Rd., Damariscotta. Holiday exhibit of 100 8-by-10-inch works of art by 40 artists. Exhibition benefits The Carpenter's Boat

Shop, an apprentice boatbuilding program in Pemaquid. FMI: 563-7299.

► **Wiscasset Bay Gallery Holiday Show**, Rte. 1, Wiscasset. Works from the new *Catalogue of Fine American and European Paintings*. Exhibit on view through Dec. FMI: 882-7682.

► **New Show at Julia's Gallery**, Julia's Gallery for Young Artists, Union and Elm sts., Rockland. The eighth show of art by teen artists, curated and prepared by a teen staff mentored by Farnsworth educators. FMI: 594-2983 or 596-6457.

► **Exhibit at William Ryan Gallery**, Main Street, Belfast. New work by Elizabeth Greenberg, Howard Greenberg, Stephen Kennedy, Patricia Shea, Matthew Smith, Maureen Stalla, James Strickland and Sarah Swajkos.

► **Exhibit of Paintings by Barbara Fischer Eldred**, hallway gallery, Miles Memorial Hospital, Damariscotta. Brilliant pastels and paintings on display through January 7.

► **Show at Gallery 170**, Wed.-Sun., Dec. 1-31, 11 a.m.-5 p.m., Main St., Damariscotta. Show of new work by gallery artists.

► **"Becoming a Nation: Americana From the Diplomatic Reception Rooms, U.S. Dept. of State,"** Portland Museum of Art, Seven Congress Sq. Some of the finest examples of American paintings, sculpture, decorative arts and furniture of the Colonial and Federal periods. Through Jan. 2.

► **"Bodies of Water,"** Waldo Theatre Gallery, 916 Main St., Waldoboro. Works by Audrey Bechler, on view through Dec. 31. Gallery open by chance or appointment: 832-6060.

► **"Women and War,"** Thorndike Library, College of the Atlantic, Bar Harbor. Photographs of women in the midst of war by seven female photojournalists and artists, on view through Jan. 5.

► **"Painting Rockland Waterfront and Other Local Sights,"** watercolors by Lydia Kaeyer of Owls Head, on view at Fleet Bank, Rockland, through January 1.

► **Paintings by Anthony Bacon Venti**, fifth annual show of work at Thomaston Café, Main St., Thomaston, on display through mid-January.

### Miscellaneous

#### SATURDAY, DEC. 25:

► **Christmas Day Contra Dance**, 8 p.m., Simonton Corners Community Hall, Rockport. Music by Paul D'Alession and company, with calling by John McIntire. Bring something to share for a dessert potluck. \$5. FMI: 785-2885 or 568-7597.

#### SUNDAY, DEC. 26:

► **Shape Note Singing**, 1-4 p.m., 552 Main St., Damariscotta. Join the Damariscotta Shape Note singers. Beginners welcome; books available for loan or purchase. Bring a dish to share for a potluck supper following the singing. FMI: 832-6561.

► **Bluegrass Jam**, 1-6 p.m., Time Out Pub, Main St., Rockland. Unplugged jam hosted by the Bluegrass Music Association of Maine. \$3/\$2 members. Listeners always welcome.

**TUESDAY, DEC. 28:**  
► **First Aid & CPR Challenges**, 9:30

a.m.-noon and 5:30-8:30 p.m., American Red Cross, 312 Broadway, Rockland. FMI: 594-4576.

► **Veteran's Advocate Services**, 9 a.m.-1 p.m., Coastal Resource Center, Overlook Bldg., Bus. Rte. 1, Damariscotta. Schedule an appointment with Conrad Edwards for answers to questions about VA pensions, service-connected disabilities and claims, widow's pensions, VA home loans and small business loans, and more. Home visit available for those unable to come to the Center. FMI: 563-1363.

► **MEOC College Planning Workshops**, 9 a.m.-noon, University College at Thomaston. Maine Educational Opportunity Center (MEOC) assists in choosing a college; tutoring; personal and financial counseling; career counseling; and college and financial aid applications. All MEOC services are free. To sign up, call 1-800-281-3703.

#### WEDNESDAY, DEC. 29:

► **Wednesday Walkers Club**, 8:30 a.m., meet at Friends Meeting House on Belvedere Rd. in Damariscotta for car-pooling for a walk in Reid State Park in Georgetown, or, if driving, take Rte. 127 east out of Woolwich to the very end. FMI: 563-2476 or e-mail joebren@lincoln.midcoast.com.

► **MEOC College Planning Workshops**, 9 a.m.-noon, Hutchinson Center, Rte. 3, Belfast. Maine Educational Opportunity Center (MEOC) assists in choosing a college; tutoring; personal and financial counseling; career counseling; and college and financial aid applications. All MEOC services are free. To sign up, call 1-800-281-3703.

#### THURSDAY, DEC. 30:

► **Red Cross Bloodmobile**, 1-6 p.m., American Legion Post, 335 Limerock St., Rockland. There will also be a free bone marrow testing clinic. Sponsored by District 9 Masonic Lodge. FMI: 354-6656.

#### COMING UP:

► **New Year's Eve Potluck & Dance**, Fri., Dec. 31, Thompson Community Center, Rtes. 17 & 131 S., Union. Bring a special dish to add to the food choices and dance to the music of the Country Gold Band. Dance from 7-8 p.m., break for dinner and dance on until midnight. \$10 admission includes coffee, tea and favors. FMI: 785-2202.

► **New Year's Eve-Watch Night Service**, Fri., Dec. 31, 7 p.m., Littlefield Memorial Baptist Church, Waldo Ave., Rockland. With the Owls Head Baptist Church joining in.

► **Meeting of Waldo County Progressives**, Sun., Jan. 2, 1:30-5 p.m., Belfast Library. First hour of meeting will feature a presentation by Rob Brown, of the Maine Citizen Leadership Fund, on "How Progressives Can Frame the Tax Reform Debate." All are welcome.

► **Literary Study Group**, Wednesdays, Jan. 5-26, 11 a.m.-12:30 p.m., Round Top Center for the Arts, Bus. Rte. 1, Damariscotta. "Seeking the Light in Scandinavian Literature" will be facilitated by Kay Liss. First reading is a novella by Knut Hamsun, *Pan: From the Papers of Lieutenant Thomas Glahn*. Cost is \$50/\$40 RTCA members. FMI: 563-1507.

► **Beginning Boatbuilding Course**, week of Jan. 10, Apprenticeshop, 643 Main St., Rockland. Course for adults will be held two nights a week, 6-9 p.m., for 10 weeks. Participants will build 12-foot dories under the guidance of Forrester Vallé. Open to six

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# Calendar of Events

adults. Two boats will be built and completed boats will be for sale for the cost of materials. FMI: 594-1800.

➤ **“Let’s Talk About It” Book Group**, every other Tuesday, Jan. 11-March 8, 6 p.m., Camden Library. Maine Humanities Council series is entitled “The Mirror of Maine: The Maine Community in Myth and Reality,” and includes readings of works by authors ranging from Lura Beam to Richard Russo. Free; facilitator leads discussion. FMI: 236-3440.

**ONGOING:**

➤ **New Moms Support Group**, meets every Thursday, 10:30 a.m.-noon, Pen Bay OB-GYN/Women’s Health Center, Pen Bay Medical Center, Rockport. Call Wendelanne at 596-8955.

➤ **Hot Meals**, 11:30 a.m., Mon.-Fri. at St. Bernard’s Parish Hall, 150 Broadway, Rockland. Sat., at 12:30 p.m. and Sun., at 1 p.m., St. Peter’s Episcopal Church, White St., Rockland.

➤ **Dancing Xigong**, Thursdays, 8:30-9 a.m., Lincoln Street Center, Rockland. Twelve movements to music. Donations accepted. FMI: 236-8732 or 594-6490.

➤ **Amnesty International Meetings**, 6:30 p.m., third Tuesday of each month, Our Lady of Good Hope Church, Union St., Camden. FMI: 273-4046 or 354-8551.

➤ **Language Lunches**, Penobscot School’s Pitt House, 18 Gay St., Rockland. Mondays, 12:15-1:15 p.m., Café Français with Sarah Gourdel, from France; Tuesdays, 12:15-1:15 p.m., Almuerzo Español, with Carolina Da Pieve, from Argentina; Wednesdays, noon-1 p.m., Mittagstafel, with Sally Burtette-Leser; Thursdays, 12:15-1:15 p.m., Pranso Italiano, with Roberta Bianucci, from Italy. FMI: 594-1084.

➤ **Rockland Forum**, meets Mondays, 6:15 p.m., Rockland Library, 80 Union St., to discuss books and media involving economics, trade, the corporation, jobs and democracy. FMI: 594-6453 or 542-5126.

➤ **Bridge Group**, 9 a.m.-noon, Activity Room, Lincoln Home, 22 River Rd., Newcastle. Meets every Tues., 9 a.m.-noon. Bridge players interested should call Marj Lalime to register, at 563-3350.

➤ **Cribbage Game**, Saturdays, 1 p.m., St. John’s Episcopal Church, Main St., Thomaston. Seven games for \$7, cash prizes and 50/50 drawing to benefit Montpelier. Held every Saturday through May 2005 except Christmas and New Year’s. FMI: 354-7091.

➤ **Camden Area Christian Food Pantry**, open Tues., 8-11 a.m., and Thurs., 4-6 p.m., 128 Mt. Battie St., Camden. Serves people with food needs from Camden, Rockport, Lincolnville, Appleton, Hope, Searsmont, Union and Washington. FMI: 236-9790.

➤ **Free Blood Pressure Clinics**, fourth Wednesday of each month, 8:30-9:30 a.m., at Penobscot Bay YMCA; and last Wed. of each month, 10:30-11:30 a.m., Belfast YMCA. Offered by Kno-Wal-Lin. FMI: 594-9561.

➤ **Cancer Support Group**, second Tuesdays, 3-4:30 p.m., Conference Rm. A (in the basement, near cafeteria), Waldo County General Hospital, Belfast. *No meeting in Dec. Meetings resume on Jan. 11.* For anyone who has or has had cancer and their families and friends, a meeting facilitated by WCGH Social Services Dept. FMI: 338-2500, ext. 4341 or 4150.

➤ **Mid-Coast Breast Cancer Support Group**, second Tuesday each month, 7 p.m., Windward Gardens, 105 Mechanic St., Camden. Newcomers welcome. FMI: 236-4197, 785-3521 or 596-6960.

➤ **Overeaters Anonymous**, meets Fridays at noon, Belfast UU Church, 37 Miller St., Belfast.

➤ **Breathing Education and Support Group**, last Tues. of each month, noon-1 p.m., Betty Fisher Rehab. Ed. Rm. at Pen Bay Medical Center, Rockport. Free and open to the public. Anyone with breathing difficulty, respiratory problems, COPD, asthma, chronic bronchitis or emphysema will benefit from this meeting. FMI: 596-8880.

➤ **Lupus Support Group Meeting**, first Saturdays, 10:30 a.m. Support group will meet on the first Saturday of every month. For location, call Nancy at 596-2937.

➤ **Alzheimer’s Support Group**, first Tuesdays, 6-8 p.m., Anderson Inn at Quarry Hill, Camden. Open to anyone coping with a loved one afflicted with Alzheimer’s Disease. FMI: Cheri Alexander, 594-6808.

➤ **Midcoast Alzheimer’s Support Group**, third Tues. of each month, 3 p.m., Activity Room, Knox Center for Long Term Care, White St., Rockland. FMI: 594-6808.

➤ **Al-Anon Group Meeting**, Tuesdays at noon, 138 Union St., first flr. conference room, Rockland (enter from deck on south end of building).

➤ **Widow/ers’ Support Group**, first Friday of each month, 9:30-11:30 a.m., Education Center of Waldo County General Hospital, Northport Ave., Belfast. Drop-in group for widows and widowers, facilitated by Hospice Volunteers of Waldo County. FMI: 338-2268.

➤ **Bereavement Support**, Kno-Wal-Lin Home Care, 170 Pleasant St., Rockland. Informal drop-in sessions for anyone coping with loss of any kind are every Mon., 9-10 a.m. FMI: 594-9561.

➤ **Sexual Assault Support Groups**: All services free and confidential. 24-hour hotline for victims of sexual assault and their significant others: 1-800-421-HEAL (4325).

➤ **Support Group for Survivors of Domestic Abuse**, Mondays, 6:30 p.m., Damariscotta; Tuesdays, 6:30-8 p.m., Rockland; Thursdays, 6-7:30 p.m., Belfast. Free and confidential. Ongoing and open to new members at any time. FMI: 1-800-522-3304.

➤ **Support for Parents with Exceptional Children**, second & fourth Thursdays, 5:30-7 p.m., teacher’s lounge, Rockport Elementary School. Contact Chanon Spear at 594-9177 or 1-800-400-6040.

➤ **Coastal Area N.A.M.I. Support Group**, third Thursday every month, 6-7:30 p.m., Riverhouse Hotel, Tannery Lane, Camden; and first Tuesday, 6-7 p.m., Mid-Coast Mental Health Center, 12 Union St., Rockland. Coastal Area National Alliance for the Mentally Ill (NAMI) is for those with mental illness, their family and friends. FMI: 236-6106.

# DAVE Barry

## Benefits of Dogs Endless

I’m trying to convince my wife that we need a dog. I grew up with dogs, and am comfortable with their ways. If we’re visiting someone’s home, and I suddenly experience a sensation of humid warmth, and I look down and see that my right arm has disappeared up to the elbow inside the mouth of a dog the size of a medium horse, I am not alarmed. I know that this is simply how a large, friendly dog says: “Greetings! You have a pleasing salty taste!”

I respond by telling the dog that he is a GOOD BOY and pounding him with hearty blows, blows that would flatten a cat like a hairy pancake, but which only make the dog like me more. He likes me so much that he goes and gets his Special Toy. This is something that used to be a recognizable object — a stuffed animal, a basketball, a Federal Express driver — but has long since been converted, through countless hours of hard work on the dog’s part, into a random wad of filth held together by 73 gallons of congealed dog spit.

“GIVE ME THAT!” I shout, grabbing an end of the Special Toy. This pleases the dog: It confirms his belief that his Special Toy is the most desirable item in the universe, more desirable even than the corpse of a squirrel. For several seconds we fight for this prize, the dog whipping his head side to side like a crazed windshield wiper. Finally I yank the Special Toy free and hold it triumphantly aloft. The dog watches it with laser-beam concentration, his entire body vibrating with excitement, waiting for me to throw it ... waiting ... waiting ... until finally I cock my arm, and, with a quick motion I ... fake a throw. I’m still holding the Special Toy. But WHOOOSH the dog has launched himself across the room, an unguided pursuit missile, reaching a velocity of 75 miles per hour before WHAM he slams headfirst into the wall at the far end of the room. This stimulates the M&M-sized clump of nerve cells that serves as a dog’s brain to form a thought: The Special Toy is not here! WHERE IS THE SPECIAL TOY??

The dog whirls, sees the toy in my hand and races back across the room. Just as he reaches me, I cock my arm and ... fake another throw. WHOOOSH! WHAM! The fake works again! It will always work. I can keep faking throws until the dog has punched a dog-shaped hole completely through the far wall, and the dog will STILL sprint back to me, sincerely believing that THIS time, I’m going to throw the toy. This is one reason why I love dogs.

My wife, who would not touch the Special Toy with a barge pole, is less impressed. She fails to see the appeal of an animal that appears to be less intelligent than its own parasites. Oh, I’ve tried to explain the advantages of having a dog. For example:

A DOG IS ALWAYS READY. It doesn’t matter for what: Dogs are just “ready.” If you leave your car window open, the dog will leap into the car and sit there for hours. It will sit there for DAYS, if you let it. Because the dog knows that sometimes the car just “starts moving,” and you have to be ready! Usually the dog will sit in the driver’s seat, in case (you never know!) the dog is called upon to steer.

A DOG IS VIGILANT. One time, on a movie set, I watched a small dog walk past a line of six metal light stands. When the dog came to the sixth light stand — which was EXACTLY the same as the other five light stands — the dog stopped and began barking furiously at it. The dog would NOT stop. The owner finally had to drag the dog away, with the dog yanking wildly at its leash, still enraged by the light stand. Clearly the dog had detected some hostile intent in this particular light stand, something that we humans, with our inferior senses, were not aware of. We humans were thinking: “What’s WRONG with that dog?” Whereas the light stand was thinking: “Whew! That was close!”

These are just a couple of examples of the practical benefits provided by dogs. There are many more, and I have tried pointing them out to my wife, but she doesn’t see it. This is why, in our house, we have fish. They’re nice fish, but they’re not a whole lot of fun. Although they are excellent drivers.

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Dave Barry is a humor columnist for the Miami Herald. Write to him c/o The Miami Herald, One Herald Plaza, Miami FL 33132.

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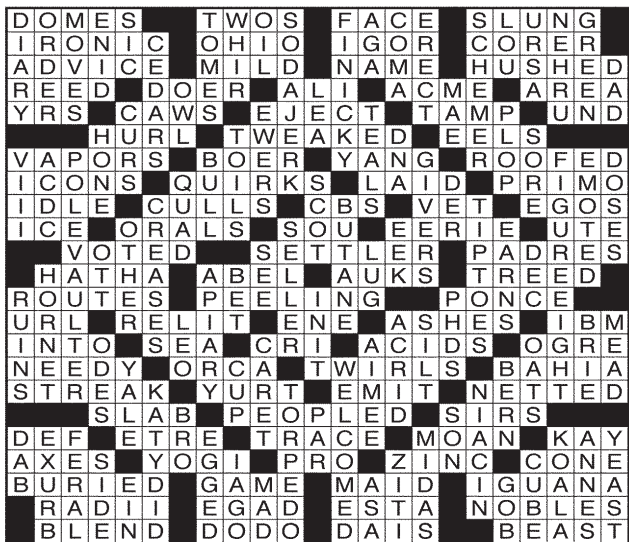
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## Business Associations Hold Holiday Drawings



**Rockland** — Skip Nelson, vice president of the Downtown Rockland Business Association, is seen drawing the winners of the Home for the Holidays Contest. People were invited to visit participating downtown retailers and collect five stamps from different businesses to enter the drawing. The four winning entrants from the Home for the Holidays contest were Sandra Friend of Rockland, Morgaine Day of Rockland, Michele DiGirolamo of St. George and Adonna Thompson of Spruce Head. Each person won a gift basket totalling over \$250 each of gift certificates donated by downtown Rockland merchants.

**Thomaston** — Katharyn Lash of Friendship was the winner of the second annual Taste of Thomaston Gift Basket, sponsored by the Thomaston Merchants Council. The drawing was held on December 17, with over 15 local businesses contributing gifts or certificates for the basket. Lash expressed heartfelt gratitude for the "wonderful" items donated. Also chosen were the two winning entries for the Free Press Santa Coloring Contest, which are on display at Camden National Bank. The winning entries were done by Vieno Carter and Gwen Mackenzie. Prizes awarded were jewelry, donated by Chambers Jewelers, and a savings bond, donated by Camden National Bank. Pictured below drawing the winning name are Eleanor Peters (left) and Janet Dwelley.



## ASTROlogically Speaking

WITH ANANUR

**DECEMBER 24 - DECEMBER 23**

**Friday, December 24** — Your individuality needs to find expression in some unique way today, while the Sun favorably aspects Uranus. Intuition deserves your full attention. You'll be inspired with unusual decorating ideas. Between 1 and 9 p.m. the Moon will nicely aspect both Neptune and Jupiter, uplifting your mood.

**Saturday, December 25** — Merry Christmas! The Moon will aspect Pluto between 6:30 and 8:30 a.m., which could stir up an argument. Try to avoid coercive methods and seek to listen well to one another. Mars enters Sagittarius at 11 a.m. and remains until February 6. What adventurous energy this is. Be playful, go for a walk together, play a game that you can all join in with and have a good hearty laugh. The Moon is in Gemini today so I'm certain you'll be laughing.

**Sunday, December 26** — The Full Moon will be taking place at 10:06 a.m. with the Sun in Capricorn and the Moon in Cancer. Family issues long suppressed could come to the surface for healing. Mercury and Venus are close together, aspecting Neptune and uplifting your spirit with music. Great works of art will be created. Romance is in the air.

**Monday, December 27** — Finances are improving with Mercury, Venus and Jupiter all in a positive aspect. You're in a great mood and have lots of ideas to share. Conversations are stimulating your mind, and laughter is prevalent.

**Tuesday, December 28** — Communication should flow pretty easily today with Mercury and Venus close (conjunct) together

in Sagittarius. By the way, with this many planets in Sagittarius (Venus, Mercury, Mars and Pluto) I'm sure that you're making plans to go away, or that many have already left for a warmer climate. Sagittarius energy loves travel and fantasizes about future trips.

**Wednesday, December 29** — Mars is in a nasty aspect with Uranus until Friday night. Be careful; this is an accident-prone influence. Careless, quick actions, impatience, anger and defensive responses all add to the danger of this aspect. You are now forewarned. Mercury is well aspected by Jupiter today, putting your humor in fine form. From 7 to 10 p.m. there are all positive aspects taking place. You should be feeling pretty happy and relaxed. Venus is nicely aspecting Jupiter, which is very good for your finances.

**Thursday, December 30** — Venus is still aspecting Jupiter, which should be good for business and the stock market. Again, Mars is in an accident-prone aspect to Uranus, which deserves your attention. Be very careful while driving, and please avoid driving if you're angry. Sudden occurrences of extreme violence may take place today. The Mars/Uranus accident-prone influence is with us on New Year's Eve, so do be careful then, as well.

*Ananur Forma lives in Rockland and can be reached for a personal astrological reading in person or by phone at 594-2565.*



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Tax, title, doc fee included, 0 down with your good credit.



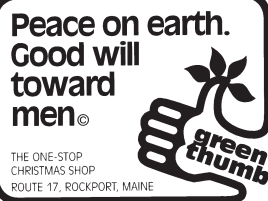
**RE/MAX**  
**REMARKABLE REALTY**  
Each office independently owned and operated.

**Patti Ann**

*"The only broker  
you need to know!"*



**175 West Main Street, Searsport, ME 04974**  
**207-548-0100**

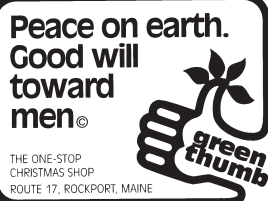


**primrose  
FRAMING**

**CLOSED**  
**DEC. 27 - JAN. 3**  
Will Re-open Jan. 4

*Thanks To All  
For a Great Year!  
Happy Holidays*

156 SOUTH MAIN STREET  
ROCKLAND, MAINE 04841  
TELEPHONE: 207-596-7476  
FAX: 207-594-7244  
www.primroseframing.com



**ERA® Cousens Realty**

**207-596-6433**

310 Main Street, Rockland, Maine 04841  
Visit us at [www.era-cousens.com](http://www.era-cousens.com)



Walk to shopping, museums and the harbor from this fireplaced, family home w/ a 1-car garage. Located in an established neighborhood w/ mature plantings, this may be what you're looking for! **Rockland \$172,500**



This delightful 3-BR home on a 2+/- acre lot boasts an insulated, heated garage, a private rear yard & a wildlife watching rear deck. Fetching in **Washington \$147,500**



This 4-BR, 1800 restored Cape boasts a large 4-acre lot on the outskirts of town, a large workshop w/ many potential uses, wood floors, a 1st floor BR & bath & a 2-car garage. Renovations were completed by a well-known cabinetmaker. **Rockland \$210,000**



This new home on a 2-acre lot features a full basement, an appliances kitchen, an outbuilding, an additional unfinished BR & bath on the 2nd floor & privacy! Let the wildlife be your new neighbors! **Warren \$176,000**



This 7-room home w/ 3 BRs and 1.5 baths set in a quiet location boasts a new 3-zone furnace, hardwood floors, and an awesome barn. Save on gas! Walk to schools, shopping, museums and the waterfront. Refurbished in **Rockland \$187,000**



This updated 1834 Cape offers the opportunity to work from home. There's a modern culinary center, a new bath & new systems throughout. Opportunity with character in **Thomaston \$199,851**



This home has incredible space with 4 BRs, a 1st floor laundry, a black marble mantel, many wide pine floors, a new furnace & a large rear yard. **Thomaston \$118,000**



Custom built and privately situated on a 2.4-acre waterfront lot, this home boasts 4 BRs, a large kitchen, new wood flooring and an entertainment patio. Freshly painted in **South Thomaston \$485,000**



With convenient 1-floor living, this 3-BR home features a 2-car garage, new windows & an additional detached garage. Walk to schools & shopping in **Rockland \$149,000**



[www.greenkeefe.com](http://www.greenkeefe.com)



**WARREN:** A private, spacious country home with many amenities: pool, hot-tub, deck and oversized garage. The main part of the house is one of the oldest homes in Warren with many fine renovations. **MLS# 718366 \$280,000**



**BELFAST:** Tucked away in a quiet neighborhood close to downtown, this 3-4 bedroom home is well maintained & is ready for new owners. Wood floors, fireplace, deck & porches, custom kitchen & many indications of loving care. This is a very comfortable home. **MLS# 730236 \$239,900**



**ROCKLAND:** Brand new Cape with a 2-car garage in a nice residential location. Applianced kitchen, full basement. 1st floor is finished, open chamber upstairs for you to finish later. **MLS# 722100 \$179,000**



**ROCKPORT:** House on a hill with a beautiful water view! 8-room solar Cape with beamed ceiling in LR, DR, Kit. Master bedroom on first floor. Wood stove for cool nights. Unique great room above garage. Other amenities. Come see!!!! **MLS# 703961 \$429,000**



**SOUTH THOMASTON:** Immaculate 3-bedroom, 1-bath ranch on quiet country road with direct access to Ballyhac Cove from your back yard! Use seasonally or year-round. **MLS# 730133 \$162,500**



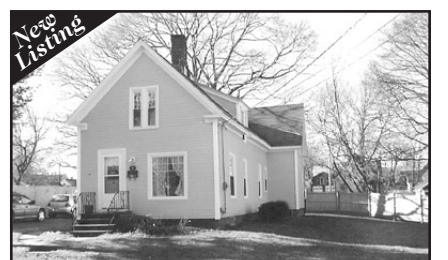
**ROCKLAND:** Newly redecorated, turn-of-the-century Arts and Crafts-style home. Full basement, FHW heat, pine floors, living room & dining room. Lovely open porch and detached garage. **MLS# 730247 \$169,000**



**ROCKLAND:** Expansive views of the Bay from this custom-designed home featuring high ceilings, cook's kitchen, 3-4 bedrooms, 3 full baths, master suite & hardwood floors. **MLS# 609797 \$675,000**



**SEARSMONT:** Comfortable 4-bedroom New England farmhouse set on the edge of the village. Property is located on 3 acres and is midway between Belfast and Camden. Terrific family home with lawns, deck, screened porch and workshop. **MLS# 723310 \$179,900**



**ROCKLAND:** A delightful and well-maintained 4-bedroom, 2-bath home. Sunporch, one-car detached garage, walk to downtown and the harbor. Ready for you to move right in! **\$219,000**

## ◆ LAND ◆ ◆ LAND ◆

**NORTHPORT:** Breathtaking panoramic views of Penobscot Bay and the islands and hills beyond are yours from this exquisite elevated home site on Catching Cove. This fine new community also offers common access to a tennis court and a 180' dock. **MLS# 723833 \$300,000**

**JACKSON:** Beautiful, open, elevated, views, southeast exposure, 2 driveways, 2 wells, 1 septic. Perfect place to build your home or homes. One parcel has 2.02+/- acres and the other 18+/- acres. **MLS# 666121 \$77,000**

**UNION:** Large, 70+/- acre parcel with views of Seven Tree Pond & surrounding countryside. **MLS# 726015 \$169,000**

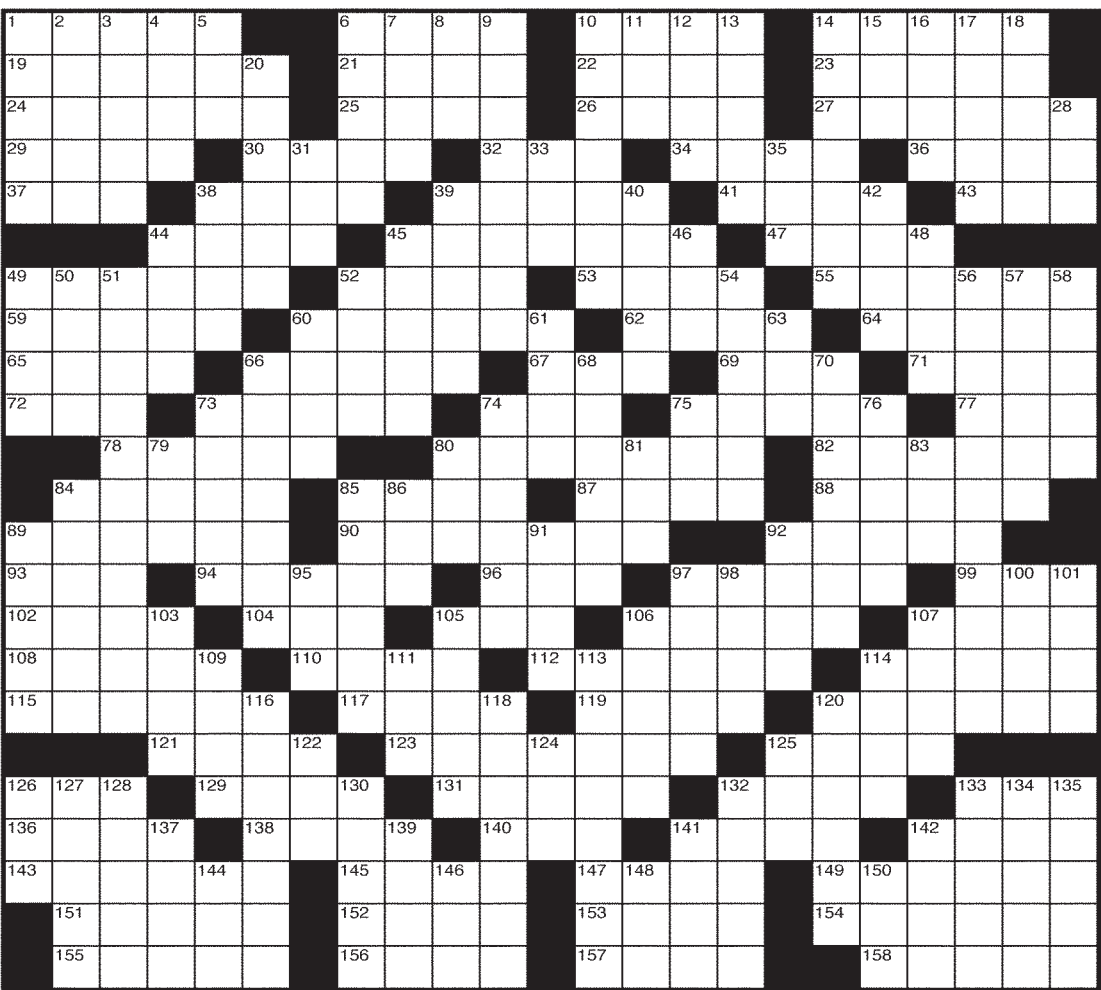


ACROSS

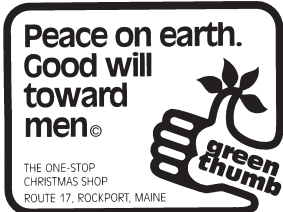
- 1 Bubbletops
- 6 Deuces
- 10 Make-up target
- 14 Threw
- 19 Wry
- 21 Great Lakes state
- 22 Frankenstein's gofer
- 23 Kitchen tool
- 24 Dear Abby reply
- 25 Balmy
- 26 Moniker
- 27 Quiet
- 29 Sax mouthpiece
- 30 Active sort
- 32 Boxing's greatest
- 34 Crowning point
- 36 Kind of rug
- 37 Soph. and jr.
- 38 Raven sounds
- 39 Cockpit button
- 41 Fill a pipe
- 43 Kiel conjunction
- 44 Let fly
- 45 Fine-tuned
- 47 Electric swimmers
- 49 Fog and steam
- 52 Afrikaner
- 53 Yin complement
- 55 Put up shingles
- 59 Click-on items
- 60 Mannerisms
- 62 Put
- 64 Excellent, in slang
- 65 Loafing
- 66 Picks over
- 67 NBC rival
- 69 Old soldier
- 71 Self-images
- 72 Wine cooler
- 73 Grad-school exams
- 74 Old French coin
- 75 Spine-tingling
- 77 Rockies tribe
- 78 Cast a ballot
- 80 Homesteader
- 82 San Diego team
- 84 — yoga
- 85 Explorer — Tasman
- 87 Puffin cousins
- 88 Cornered
- 89 Interstates
- 90 Flaking off
- 92 — de Leon
- 93 Search engine find
- 94 Fixed the pilot
- 96 Compass dir.
- 97 Hearth debris
- 99 "Big Blue"
- 102 Gung-ho about
- 104 Bounding main
- 105 — de coeur
- 106 They turn litmus red
- 107 Horrible boss
- 108 Down and out
- 110 "Free Willy" whale
- 112 Pirouettes
- 114 Brazilian port
- 115 Run in the raw
- 117 Mongol dwelling
- 119 Radiate
- 120 Caught, as a fish
- 121 Pitcher's mound
- 123 Inhabited
- 125 Business salutation
- 126 Phone trio
- 129 Raison d' —
- 131 Track down
- 132 Haunted-house sound
- 133 Bandleader — Kyser
- 136 Logging tools
- 138 Cartoon bear
- 140 Major leaguer
- 141 Brass component
- 142 Orange road marker
- 143 Hid, as treasure
- 145 Willing to try
- 147 Hotel staffer
- 149 Mexican lizard
- 151 Arm bones
- 152 I say!
- 153 This, in Taxco
- 154 Aristocrats
- 155 Use the Osterizer
- 156 Extinct bird
- 157 Lecturer's spot
- 158 Wild animal

DOWN

- 1 Pepys' book
- 2 Mandate
- 3 Changes address
- 4 Wife of Geraint
- 5 Incite Rover
- 6 Heavy reading?
- 7 Fan's sound
- 8 Fossil fuel
- 9 Banana split maker (2 wds.)
- 10 Picky
- 11 Khan of note
- 12 Comet envelope
- 13 On both feet
- 14 Crafty sort
- 15 Bud's comic sidekick
- 16 Big Dipper bear
- 17 Kind of jacket
- 18 New on the job
- 20 Evergreens
- 28 Male parent
- 31 Night flier
- 33 Grassy field
- 35 Daisy — Yokum
- 38 Stray dogs
- 39 Big pitchers
- 40 Wild ducks
- 42 Drop heavily
- 44 Improve, as skills
- 45 Slaves away
- 46 Spiral molecule
- 48 Peeved
- 49 A famous Henry
- 50 Heavy metal band
- 51 Olympic contender (hyph.)
- 52 Investor, maybe
- 54 They're generous
- 56 Rink feat (2 wds.)
- 57 Hammed it up
- 58 Rx amounts
- 60 View from the dorm
- 61 Dundee citizen
- 63 "The," to Wolfgang
- 66 Wrinkles
- 68 Lighter fluid
- 70 Goes softly
- 73 Additional
- 74 Dealer
- 75 Startled cry
- 76 Is entitled to
- 79 Homer-hitter Mel —
- 80 Watch
- 81 Drag along
- 83 Cold mo.
- 84 Stinging insect
- 85 Honey farm
- 86 Casino action
- 89 Bankrupts
- 91 No future — —
- 92 Most profs
- 95 Novelist — Tolstoy
- 97 Caustic
- 98 Fine sediment
- 100 Party tray cheese
- 101 Honey drink
- 103 Keats' works
- 105 Insert mark
- 106 Pop singer — Mann
- 107 Feedbag morsels
- 109 Ivy League member
- 111 Tea holder
- 113 Greeted warmly
- 114 Swiss capital
- 116 Evening serenader
- 118 Underwater weapon
- 120 Vitamin B component
- 122 Street salutation
- 124 Duffer's goal
- 125 Daughter's brother
- 126 Pat on
- 127 Commuter's home
- 128 Not domesticated
- 130 Urged on
- 132 Greedy king of myth
- 133 Cute marsupial
- 134 Queen — lace
- 135 Wine-maker's need
- 137 Team
- 139 Desdemona's enemy
- 141 Tubular pasta
- 142 Rubik's invention
- 144 Half of zwei
- 146 Infuriated
- 148 Film exp. index
- 150 Whole bunch



Crossword solution on page 40.



Market Basket

Deadline is 4 p.m. on Mondays

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 ad 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 4 p.m. Mon. for inclusion in that week's issue. NO BUSINESS, SERVICE OR YARD SALE ADS qualify for the Market Basket. Ads which do not follow these guidelines cannot be printed.

For Sale

Card Table and four padded chairs, top quality, brand new, in box, blue, \$100. 832-7652.

JVC Shelf System with remote, CD, cassette, AM, FM, cassette doesn't work, otherwise, like new with box, manual, \$30. 236-8241.

George Foreman Grill, brand new, in box, \$15. 594-7693.

Automatic Washer, \$50. Electric dryer, \$50. 594-4677.

Soft, Fuzzy, Big Bear needs home with child, original price \$100, asking \$25. 594-7374.

Sturdy Couch with wooden base and pull-out bed, \$100. 596-0456.

Stainless Steel Milk Jug, (10 gal-lon?), made by John Wood Co., stamped "For Military Use Only," \$25. 785-2370.

Eight-Foot Wooden Toboggan, made by Adirondack Peters, new York, close to very good condition, 18" wide, \$45, firm. 273-3160.

Big Power Jigsaw, \$95. 338-0401.

Large Size Dog Bed, washable cover, very clean, \$15. 7' inflatable outdoor snowman, \$10. 596-2932.

Treadle Grinding Stone, 20" diameter, with seat and trough, \$50. 589-4655.

Snow Tires, two studded, 225/70/R15, decent shape, \$40/pair OBO. 832-8225.

21" Magnavox Color TV and remote, excellent condition, \$40, firm, bought a larger set. 338-5560 or 567-3475.

24 Atlantis Rising, \$20. 24 Nexus, \$20. Stuffed rocking chair, \$35. 338-3227.

"Peg Perego" Infant Car Seat/Carrier, excellent condition, never been in car accident, \$60. 236-8889.

Disney Movies "Sleeping Beauty," "Snow White and the Seven Dwarfs," unopened, \$15 each. "Donnie Darko" DVD, unopened, \$10. 594-5186.

1991 Toyota Tercel, standard, not running, excellent for parts, \$100. 354-9259, after 5 p.m.

20 Naturally Flat Stones for garden walk, patio, etc., \$100 for all. 845-2617.

Several Bikes, boys' and girls', 20", 16" and 12", \$20 each. 273-2197.

Nice Set Wheel Covers for '62 Chevy Supersport with spinners, four for \$99. 785-2370.

Pair of Excellent Studded Snows, Cooper Weathermaster, 215-75-14, \$50 pair. 785-4517, eves.

Fender Skirts from '74 Impala, may fit '73-'76 or Pontiac also? \$35/pair. 785-2374

Records, '50s, '60s, '70s, come look, make an offer, one, some, all? 563-5663.

Four P215/R70 x 15 Tires, all inspectable, bought new, no holes, \$30 for all four. 338-2726.

Christmas Tree Stand, new, valued \$19.99, yours for \$8. 593-9058.

Fireplace Screen, 31 by 31, simple black design with brass handle, like new, \$40. 845-2611.

Barbie Beach Jeep, excellent condition, make a little girl smile for Christmas, new \$220, asking \$100. 236-0302, call anytime.

Boston Red Sox Authentic World Series Cap, never worn, one size fits all, \$35. 785-4744.

Nordic Track Excel Ski Exerciser, like new, gift quality, \$100. 338-4408.

Twin Bed Set, mattress, box spring and bed frame, excellent condition, \$50. 338-5020.

New Sterling Single Bowl Stainless Steel Sink, overall size 25" x 22", 20 gauge, 7" deep, four-hole, \$75 OBO. 785-4409. ■

Hasselblad Extension Tube 16, very good, \$100. 594-3676.

CD, Greenday, "International Superhits," new, \$10. 594-4591.

G.E. Over the Range Micro-wave, 625 watt, \$30. 596-7818.

Nice Black Rabbit, well trained, \$10. 338-3152, ask for Everett or Rick.

14-Inch Alloy Wheels from '86 Monte Carlo, rare factory option, four for \$100. 785-2374.

Overhead Console from 1990 Suburban, useful in street rod or custom car, \$100. 785-4517.

Maple Drop Leaf Table with four chairs, 60" long, 38" wide with leafs up, \$100. 236-2469.

Truck Cap, fiberglass, 7' good condition, \$60. 354-6893.

Nokia 5165 Cell Phone, charger, vehicle antenna and case, excellent condition, \$55. Uniden 900mhz cordless phone/digital answerer, like new, \$45. 763-4047 or 975-6321.

Pea Coat, \$40. Winter coat, long, red with black velvet collar, \$50. Both new condition. 273-2124.

Old Lawn Chairs, woven webbing, \$5 each. Wood-like bath-room accessories, \$3 each or all five for \$12. 563-5663.

Super Mario Pinball Land, Super Mario 4, Gameboy power adapter, \$10 each. 594-2615.

Five Wire Lobster Traps with rope and buoys, \$100. 594-4677.

Mismatched Crib and child's bureau for \$100, must move. 594-8279.

Large Dog Bed with washable covers, great condition, \$20. 596-2932.

Wanted

Wanted: Bottles and Cans to help senior citizen in Rockland area with expenses. 594-4788.

Wanted: For Christmas Present, Santa Mouse items and gingerbread man or lady dolls. 845-2617.

Wanted: Working Slide Projector. 236-4493.

Wanted: 8 mm Home Movie Reels, must be able to hold 50 to 100 feet or more movie film. 273-3995. ■

Wanted: Maine Coon or Part-Coon Kittens for Christmas, prefer male tabbies, free or low price. 594-9053.

Wanted: Exercycle. 763-4732.

Free

Free: Kittens, tiger short and long haired, ready to go, litter box trained. 354-0019.

Free: Aquarium, 30 gallon, includes filters, plants, food and misc. accessories, will make great Christmas gift. 372-6250.

Market Basket ADS FREE

MARKET BASKET RULES:

- #1. Maximum # of Words per Ad = 20
- #2. TOTAL of all items added together MUST BE \$100 or less!
- #3. Ads MUST be priced or we cannot run them.
- #4. We cannot run Wanted ads seeking items costing over \$100.
- #5. ONLY ONE AD PER WEEK per person/phone number.
- #6. NO BUSINESS, SERVICE OR YARD SALE ADS accepted.

Please use the regular classified ad form for these and all other ads which don't fit the above guidelines — sorry, ads that don't follow these guidelines cannot be printed!

\_\_\_\_\_

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\_\_\_\_\_

!Market Basket Ads Automatically Run For Two Weeks!

Mail To: **The Free Press MB**, 6 Leland St., Rockland, ME 04841  
**Sorry, we CANNOT take Market Basket ads by phone or e-mail, but you can fax your ad to 596-6698. However, we ask that you NOT copy this form and then fax it — copies from newsprint don't fax well, and we can't read them — just write your ad on a white sheet of paper and fax that —do not forget your phone #.**  
**And about the handwriting: If we can't read it, we can't run it.**  
**! MARKET BASKET AD DEADLINE IS 4 PM ON MONDAYS !**

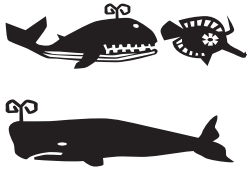
Free: National Geographic, 1989-2003. 563-3755. ■

Free: Pet Quail with food. 596-2932.

Free: Two Computer Desks, very inexpensive laminate, but almost new, ideal for students, you pick up. 230-0215, leave message.

Lost

Young Yellow Tiger Cat with yellow eyes, Beechwood Street, near Main Street, weighs 11 pounds, white triangle on chest. 596-6649 days, 354-6420 nights. ■





# THE FREE PRESS Classifieds

## Vehicles

'94 TOYOTA CAMRY WAGON, 4 cyl., auto, 154K, good condition, well maintained, totally reliable, two owners, \$2,600. 832-4240, leave message. (12/23)

1985 CHEVY 1/2-TON 4X4, 10K, rebuilt 350 and transmission, no rust, runs, looks excellent, must see, \$3,500 OBO. 372-8640. (1/13)

## Compost

COMPOST, blend of quality sea products, grain and wood chips, aged over one year, \$25/c.y. loaded or \$35 delivered. Call anytime, 832-4204, Friendship. (k/r)

## For Sale

GOLD-SILVER-PLATINUM JEWELRY made to order or from stock — repairs, restorations, re-knotting pearls and beads as well. Over 20 years' experience. RUSSELL'S, 20 Main St. Camden, 236-GEMS. www.RussellsofCamden.com. (k/r)

CAMERA, Bronica 2-1/4 square format, automatic speed grip, prism finder, two lenses, two backs, studio portraits, excellent condition. \$1,500. 542-4678. (12/30)

2,000 B.F. AFRICAN MAHOGANY, rough sawn, air dried 4+ years, 2"/3"/4" x 10" to 15" up to 16' lengths, less than 150 B.F. @ \$6/B.F. 350-0999, Newcastle. (12/30)

DOLL, fantastic buy, 30" collectible doll by Judith Turner, "Serena," originally \$1,000, sell for \$500. 594-7374. (12/30)

MATERNITY CLOTHES plus LARGE SELECTION OF MISSES & WOMEN'S QUALITY PLUS-SIZE CLOTHING. Huge markdowns on sizes small up to size 14. Call for hours. Evenings by appt. TWICE IS NICE, Rte. 3, Belmont. 342-4546 or 342-5963. (12/23)

PLAYSTATION 1, \$35. Super Nintendo, \$35. 10-channel scanner, \$35. Square table, \$35. Dry sink, \$50. Antique iron crib, \$75. Automatic washer, \$35. 594-4677. (12/23)

NUTCRACKER GIFT SHOPPE HOLIDAY SALE People to People Dance Center 27 Knowlton Street, Camden 236-2395

Friday, Christmas Eve Day, December 24, 9 a.m. to 6:30 p.m. Dancers, 10% off. All welcome. Toys, jewelry, holiday items. Also 5-Day New Year's Sale December 27 through 31 10 a.m. to 6:30 p.m. 20% off all sales. (12/30)

## Flea Markets

SEARSPORT LIONS CLUB Prospect Street, Searsport. Sundays, October 17 — May. Tables \$8. Res. 338-2357. Full Kitchen. (1/27)

## Services

GREEN'S TREE SERVICE — Expert Pruning — Removal, stump grinding, lots cleared, debris removal. Free Estimates Licensed & Insured Arborist 763-4093. (k/r)

JR's PAINTING Fine Interiors/Exteriors Painting & Staining, Sheet Rock Repairs. Free estimates. References. Fully Insured. 273-6116. (k/r)

BUSY B'S CLEANING We clean anything and everything inside your house. 594-4960. (kr)

## Services

FALL CLEANUP Junk removal, building debris, tree brush and leaves. Also, driveway plowing. Call ahead, snow is on the way. 322-9095 or 763-4358. (k/r)

REIKI Private sessions and classes in your home or office. Gift certificates available. Relaxing and healing. Judy Fisher, RMT 236-0359. (1/20)

B & B TREE SERVICE Bucket truck, chipper, lots cleared, debris removal. Free estimates. Insured. 832-2178. (1/6)

NEED YOUR HOUSE CLEANED? Grocery shopping, errands, etc. done. Give us a call. We're an experienced, friendly team of two. 236-8601 or 832-2257. (12/23)

Kennelling your dog not an option for your furry friends? Prefer at-home care? ... yours or mine at Camp Hundali. For more information, call 372-9975. Other services available — i.e. long walks ... (12/30)

INTERNET BLITZ! A whole year of Internet access for \$99. That's only \$8.25 per month No Gimmicks, No Banners, No Hassles Limited Time Offer! Don't wait, call today! 207.789.5553 locally owned and operated www.qnci.net (12/30)

## For Rent

BELFAST — Lolly Lupine Cottage with outside Jacuzzi. Two BR, full bath, sleeps six. Winter Special (December '04-March '05), \$250/weekend, Friday-Sunday; \$400/week. Spring Special (April-June '05), \$550/week. Summer (July & August '05), \$700/week. Fall Special (September-November '05), \$550/week. Plus 7% tax. Call Larry & Sally, 338-4810, eppljjon@verizon.net or http://www.cyberrentals.com/mepen/epplpen.html. (kr)

COMMERCIAL SPACE — Available in newly renovated Feng-shuied office building, especially designed for alternative practitioners, includes library-waiting area, classroom space and handicap access. Rooms may be rented exclusively by the month or shared at a daily rate. Call Cheryl Evangelos at 273-2490 or e-mail cevangel@midcoast.com. (kr)

ST. GEORGE — Newly renovated 2-BR Cape with office, diningroom, livingroom, pantry, hardwood floors, granite and marble countertops, new appliances, custom shower and deck, fenced yard, dead-end road w/walk to ocean, pets considered, non-smoking, \$795/month includes snowplowing. 372-6295 (12/23)

CAMDEN — three bedroom, one bath, beautifully renovated, walk to everything, W/D, fireplace, partially furnished, month-to-month, ok. \$750 plus utilities. 236-0937. (12/30)

## Help Wanted

BUILD A 6-FIGURE INCOME!! We're looking for leaders. Work from home, full-time or part-time. Call toll-free 1-888-262-4506. (12/30)

AVON To Buy or Sell MLM Option 1-800-258-1815 ISR (5/26)

## Help Wanted

GET PAID TO SHOP FROM HOME WITH US!! Personal, Health, Household, Beauty and Medicinal items. NO SELLING! Call free 800-432-1306 for overview.

Call (207) 785-5315 for startup. www.ucanworkfromhome.com (1/13)

FREE ROOM AND BOARD for female in exchange for light housework, meal prep for one person and errands. 596-0868. (1/27)

SOON-TO-OPEN RESTAURANT hiring experienced kitchen staff. Management possibilities for right individual. Call Jeff at 832-8193. (12/30)

## Weddings

FOR ALL YOUR WEDDING FLORAL NEEDS... Let us create this special day elegantly! Call Pam Polk, THE BRIDAL BOUQUET, 354-9218. (1/20)

HAVE YOUR WEDDING THE WAY YOU WANT IT! Kitchen Dance Floor Tables Large Porch Chairs Privacy www.echohillinc.com ECHO HILL, St. George 372-6503. (7/14/05)

WEDDING & RENEWAL CEREMONIES Pamela Rengle Notary Public, State of Maine Waldoboro 832-5793 (12/30)

## Psychology

JUNG CIRCLE: ongoing twice-a-month dream group. Workshops, lectures, private practice. Call for times. Registered counselor with over 30 years experience. Call Lucas Sylvester, MA, 594-9490. (k/r)

FREE TO BE ME COUNSELING SERVICES Specializing in: addiction, alcoholism, co-dependency, affected others and couples counseling. Melody Seekins, LADC 596-9977.

Now Accepting MaineCare. (k/r)

SHORT-TERM, SOLUTION-ORIENTED COUPLES & FAMILY COUNSELING Guiding couples and families from conflict to communication, from disengaged to connected, from hurting to resolution. Call Maureen McCarthy-Darling, LCSW at Alliance Counseling. (207) 691-0023 Insurance accepted. (1/20)

## Wanted

GOLDEN HAND looking for better consignment furniture and accessories for our shop. Call 236-0765 or www.thegoldenhand.net. (k/r)

## Storage

INDIVIDUAL 8' X 12' UNITS are secure, clean, dry and private. Only \$40 monthly. Call anytime, 832-4204, Friendship. (k/r)

## Self-Help & Support

CRISIS LINE Maine's Statewide Toll Free Crisis Hotline — 1-888-568-1112. The Maine Department of Mental Health, Mental Retardation and Substance Abuse Services' 24-hour crisis line links to the center in Maine nearest you.

AA Hotline 1-800-737-6237 Al-Anon Hotline 284-1844 / 1-800-498-1844 Hotline numbers are manned 24 hours a day, seven days a week.

For information about area NA meetings, call 1-800-974-0062.

NOON AL-ANON MEETINGS Tuesdays @ noon, 138 Union Street, Granite & Union Bldg., Rockland (1st floor conf. room — enter from deck on south end of bldg.)

Hepatitis Support Group: A support group for those affected by hepatitis and their families and caregivers meets to exchange ideas, information and hope in a positive, safe and confidential environment the first Wednesday of each month from 7-8:30 p.m. in Conference Room D, Penobscot Bay Physicians' Building. The group will be led by someone with first-hand experience living with hepatitis. For more information, contact Paul, 236-4720, or Dr. Neil Smith, 596-6599.

Youth Recovery Group for youth ages 13-21 who want to stop using alcohol and drugs, in a confidential and supportive environment. Every Wednesday, 4:30-5:30 p.m., at the Breakwater Shelter, 218 Main St., Rockland. For info call: 596-5793.

Ongoing Social and Support Group. Lesbians 40+, coupled or single, living in Camden/Rockland area. For more information, call 631-0249 cell, or e-mail: mwpbooks@midcoast.com.

KNOW YOUR HIV STATUS! Confidential HIV Test. Know your results in 20 minutes. Walk-ins, appointments or off-site. Coastal Aids Network, 236 Atlantic Highway, Warren, Maine 04864. 273-3444 or 1-800-CALL TODAY! It's better to know!

## Self-Help & Support

Common Journey Breast Cancer Support Group, 6 to 8 p.m. at Merryspring Park, Conway Rd., Camden. First and third Monday. Info: Linda Zeigler, 594-6889.

Are you HIV+ and in need of medical, dental, eye or mental health care? Would you like to receive alternative care such as chiropractic, acupuncture and massage? You may be eligible for all these services that are available to any HIV+ person in Waldo, Knox, Lincoln, Kenneboc, Somerset, Franklin and Sagadahoc counties. Call Coastal AIDS Network at 273-3444 to enroll today.

Is Food a Problem for You? OVEREATERS ANONYMOUS MEETS: On Wednesdays, noon, Rockland Public Library, Basement, Union St., ROCKLAND. On Thursdays, 7-8:30 p.m., Searsmont Community Building, FMI, Ginny, 342-5489. SEARSMONT. On Saturdays, 9:15-10:15 a.m., Rockland Public Library Basement, Union St., ROCKLAND.

Abri Pregnancy Consultation Center: Thinking About Abortion? ABRI provides 24-hour help line, free pregnancy tests, information on pregnancy, parenting, abortion information and risk, adoption and post-abortive help. All service is confidential. ABRI PCC, 389B Main St., Rockland. Help line: 594-1616, 1-800-835-1611. Mon.-Thurs. 12:30 to 5:00 p.m., Tues. evening by appointment only.

Obsessive-Compulsive Disorder (OCD) Support Group. Open to individuals with OCD Spectrum Disorders, Panic Disorder, Phobias. Confidential. FREE!! Family and Friends welcome. Contact Mark A. Webster, MSW In Confidence For Further Information At (207) 596-2595 Or stopfearnow@yahoo.com.

Sex and Love Addicts Anonymous: for local meeting times and locations call 1-800-205-2803.

NARCOTICS ANONYMOUS: for meeting updates and other locations, call 1-800-974-0062.

-New Attitudes Group, Key Bank, 331 Main St., Rockland, Fri. 6:30-8 p.m. O D NS, 1-800-974-0062. -Tides of Change Group, Grange Hall, Main St., Waldoboro. Sunday 7:30-8:30 p.m. O B T/D NS, 1-800-974-0062.

-Living Free Group, Congregational Church, Bus. Rt. 1, Newcastle. Fri. 7:30-9 p.m. O D NS, 1-800-974-0062.

-Spiritual Warriors Group, St. Andrews Church, Glidden Street, Newcastle. Wed. 8-9 p.m. O 12T NS, 1-800-974-0062.

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5 CBS – WABI  
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7 PEG – Public  
8 ABC – WMTW

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

- 18 TV Guide  
19 C-SPAN  
20 C-SPAN2  
21 PAX TV  
22 PEG – Government  
23 NESN  
24 FOX Sports Net  
25 ESPN  
26 ESPN2  
27 MTV  
28 GAC  
29 VH-1  
30 Lifetime  
31 Spike TV  
32 CMT  
33 Weather Channel  
34 NECN  
35 FOX News  
36 CNN

- 37 Headline News  
38 Knox TV  
39 CNBC  
40 MSNBC  
41 Court TV  
42 TCM  
43 Movieplex  
44 TNT  
45 Comedy  
46 FX  
47 USA  
48 TBS  
49 Oxygen  
50 A&E  
51 AMC  
52 Ovation  
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 PIN  
73 INSP  
74 Cartoon Network

## Listings

### FRIDAY EVENING DECEMBER 24, 2004

	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	Simpsons	Simpsons	Movie: ★★ "The Best Man" (1999, Comedy-Drama) Taye Diggs. [E]				Fear Factor (In Stereo) [E]	Dollar Saver	Cheaters [E]	Blind Date [E]	King of the Hill	
④	Home Improve.	Home Improve.	Movie: ★½ "The Adventures of Rocky and Bullwinkle" (2000) Rene Russo. [E]				Becker [E] Dharma & Greg	Becker [E]	Ripley-Believe	Paid Program	Cops (In Stereo)	
⑤	Santa and His	Raymond	Joan of Arcadia (In Stereo) [E]	JAG "A Merry Little Christmas" [E]			48 Hours Mystery (In Stereo) [E]	Law & Order: Criminal Intent [E]	Christmas Eve Service (In Stereo)		Hap.Hol.-days	
⑥	207 Mag	Seinfeld	Movie: ★★ "A Christmas Carol: The Musical" (2004) Kelsey Grammer. [E]					News (In Stereo)	Christmas Eve at St. Peter's Basilica in Rome (In Stereo)			
⑧	Wheel of Fortune	Jeopardy! [E]	America's Funniest Home Videos [E]	Movie: ★½ "I'll Be Home for Christmas" (1998, Comedy) (In Stereo)				News [E]	Nightline	Jimmy Kimmel Live (In Stereo) [E]		
⑩	The NewsHour With Jim Lehrer [E]	Wash. Week	Treas-ures	Mormon Tabernacle Choir	Marvin Hamlisch's Christmas			Wall-Fortune	Orphan Orca	Workplc-e-Skills	GED Connect.	
⑫	King of Queens	Raymond	What I Like	Ground-ed-Life	Reba (In Stereo) [E]	Blue Collar TV	News (In Stereo)	Will & Grace [E]	Just Shoot	Drew Carey	Spin City [E]	
⑬	Ent. Tonight	The Insider	Joan of Arcadia (In Stereo) [E]	JAG "A Merry Little Christmas" [E]	48 Hours Mystery (In Stereo) [E]			News [E]	Christmas Eve Service (In Stereo)		TBA	
⑳	Pyramid	Feud	Most Talented Kids	To Be Announced				Heart-	Paid	Paid	Paid	
㉑	(5:00) Charlie Moore Christmas Marathon						ESPNNews [E]	ESPNNews [E]	ESPNNews [E]			
㉒	Tailgate [Football]	Best Damn Sports Show		Sports			Sports	Sports	Best Damn Sports Show	[I, Max		
㉓	College Football: Hawaii Bowl -- Hawaii vs. Alabama-Birmingham						SportsCenter (Live)	Outside	SportsCenter [E]			
㉔	NFL Live	NFL	Movie: "3" (2004) Barry Pepper. [E]				Movie: "3" (2004) Barry Pepper. [E]		NFL Live	NFL		
㉕	Boiling	Boiling	Boiling	Boiling	Boiling		Nick & Jessica	Newly-	Newly-	Newly-		
㉖	Movie: "Eve's Christmas" (2004, Comedy-Drama) Elisa Donovan. [E]											
㉗	CNN Presents	Paula Zahn Now [E]										
㉘	Late Night (N) [E]	Assignment										
㉙	Hardball (Live)	Countdown										
㉚	Cops [E]	Cops [E]	The Investigators	Forensic [E]	Forensic [E]							
㉛	(6:00) Movie: ★½ "Period-Adjust." (1945, Comedy) Barbara Stanwyck. [E]											
㉜	(5:30) Movie: ★½ "Trackdown: Finding the Goodbar Killer" (1988, Drama) Meryl Streep. [E]											
㉝	Law & Order "Hunters" [E]	Law & Order "Standoff" [E]										
㉞	Mad TV (In Stereo)	Mad TV (In Stereo)										
㉟	(6:00) Movie: ★★ "Jingle All the Way" (1996, Comedy) Arnold Schwarzenegger. [E]											
㊱	(6:00) Movie: ★★ "Bring It On Again" (2004) [E]											
㊲	Raymond	Raymond	Movie: ★★ "A Christmas Story" (1983, Comedy) Peter Billingsley. [E]									
㊳	American Justice	Airline [E]	Airline [E]	Airline [E]	Airline [E]							
㊴	(6:00) Movie: ★★ "Miracle-34 St." (1947, Comedy) Maureen O'Hara. [E]											
㊵	Nutcracker	Gospel Exper.	Isaac Hayes									
㊶	Actors Studio	Movie: ★★ "Dirty Dancing" (1987) [E]										
㊷	Good	Emeril Live	Dish	40-a-Day								
㊸	(6:00) Movie: ★★ "Season-Miracle" (2001, Drama) Rory Culkin, Hume Cronyn. [E]											
㊹	ACLJ	McGee	Behind [Creative]	Osteen [Price]								
㊺	King Herod	Footsteps-Jesus	Footsteps-Jesus	Footsteps-Jesus								
㊻	Overhaul'n	Overhaul'n [E]	Overhaul'n									
㊼	Biker Build-Off	Monster House [E]	Monster Garage [E]									
㊽	Wings [E]	Wings [E]	Bewitch [AllFamily]	Sanford [Griffith]	Sanford [AllFamily]							
㊾	Frosty's	Night	Santa Claus	Without Santa	Shiny Year							
㊿	Neutron	Oddpar-	Rugrats (In Stereo)	Sponge [Oddpar-	Full Hse. [Full Hse.							
①	Sister, Sister [E]	That's-Raven	Movie: ★★ "Twins the Night" (2001, Fantasy) Bryan Cranston. [E]									
②	Most Extreme	Venom ER [E]	Animal Cops									

### SATURDAY EVENING DECEMBER 25, 2004

	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	The Twilight Zone (In Stereo)	Mutant X "A Breed Apart" [E]					Dollar Saver	Paid Program	Cheaters (In Stereo) [E]	Paid Program	Paid Program	
④	Walker, Texas Ranger "Angel" [E]	Cops [E]	Cops [E]	Funniest Holiday Moments [E]			The X-Files "Piper Maru" [E]		Mad TV Holiday-themed sketches.	Whatz Goin' On	Paid Program	
⑤	NFL Football: Raiders at Chiefs								News	CSI: Crime Scene Investigation [E]	CSI	
⑥	Green's Maine	Seinfeld	Movie: ★★ "It's a Wonderful Life" (1946) James Stewart. [E]						News (In Stereo)	Saturday Night Live (In Stereo) [E]		
⑧	Wheel of Fortune	Jeopardy! [E]	Movie: ★★ "The Sound of Music" (1965, Musical) Julie Andrews, Eleanor Parker. [E]									
⑩	Made in Maine	Home: Maine	Christmas at the Hollywood Palace	Great Performances "Rodgers & Hammerstein's Cinderella" [E]								
⑫	King of Queens	Raymond	Paid Program	Paid Program	Paid Program							
⑬	NFL Football: Raiders at Chiefs											
⑰	Candid Camera [E]											
⑱	ESPNNews	ESPNNews	ESPNNews	ESPNNews								
㉑	Beyond the Glory	Beyond the Glory	Beyond the Glory									
㉒	Figure Skating	SportsC-	NFL Football: Denver Broncos at Tennessee Titans.									
㉓	Poker	Series-Poker	Junior Hockey: World Champ. -- Russia vs. U.S.									
㉔	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-	Chal-
㉕	Movie: ★½ "Mistaken Identity" (1999, Drama) Melissa Gilbert. [E]											
㉖	The Capital Gang	CNN Presents	Larry King Live	Saturday Night								
㉗	Tim Russert	Suze Orman	Suze Orman	Tim Russert								
㉘	MSNBC Adventurer	MSNBC Adventurer	MSNBC Adventurer	Pentecostals								
㉙	(6:00) Movie: ★★ "Mr. Deeds Goes to Town" (1936, Comedy) Gary Cooper. [E]											
㉚	(5:45) Movie: ★★ "She Got Game" (In Stereo) [E]											
㉛	(4:00) Movie: ★½ "Mists-Avalon" (1998, Romance) Drew Barrymore. [E]											
㉜	Mad TV (In Stereo)	Mad TV (In Stereo)	Chris Rock: Bigger & Blacker	Chap- [E]	Chap- [E]	Chap- [E]						
㉝	(6:00) Movie: ★★ "Dr. Dolittle 2" (2001, Comedy) Eddie Murphy, Kristen Wilson. [E]											
㉞	Movie: ★½ "Big Daddy" (1999) [E]											
㉟	(6:00) Movie: ★★ "Christmas Stry" (1990, Comedy) (PA) Macaulay Culkin. [E]											
㊱	City Confidential	Movie: ★★ "Scent of a Woman" (1992, Drama) Al Pacino. [E]										
㊲	(6:00) Movie: ★★ "Joe Kidd" (1972)											
㊳	Rhythm of Life [E]	900 Nights	Montreal Jazz	Music	Music							
㊴	Actors Studio	Movie: ★★ "The Birdcage" (1996, Comedy)										
㊵	Kitchen Accom.	Snacks Unwrapped	Desserts Un.									
㊶	Movie: "Single Santa Seeks Mrs. Claus" (2004) Crystal Bernard. [E]											
㊷	Coral Ridge Hour	In Touch [E]	Hour of Power [E]									
㊸	Secrets-Ancient	A History of God [E]										
㊹	Trading Spaces	Trading Spaces	Trading Spaces (N)									
㊺	American Chopper	American Chopper	American Chopper									
㊻	Bewitch	Cheers	Brady [GreenA-]	Griffith [3's Co.]	Sanford [AllFamily]	Sanford [AllFamily]						
㊼	(6:00) Movie: ★★ "The Christmas List" (1997) [E]											
㊽	Grown	Sponge	Grown [Romeo!]	All That [E]	Amanda							
㊾	Sister, Sister [E]	That's-Raven	Movie: "The Ultimate Christmas Present" (2000)	Phil of Future	Lizzie McGuire	Sister, Sister [E]						
㊿	Animal Miracles [E]	Animal Videos	Funniest Animals									

### SUNDAY EVENING DECEMBER 26, 2004

	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	(6:00) Movie: ★½ "Cold Heaven" [E]											
④	NFL	King of the Hill	Simpsons	Arrested Dev.	Malcolm-Mid.	Malcolm-Mid.	ER "Where There's Smoke" (In Stereo)		The X-Files "Roland" [E]		ER "Just a Touch" (In Stereo) [E]	
⑤	60 Minutes (In Stereo)	Cold Case (In Stereo) [E]										
⑥	Dateline NBC (In Stereo)	Law & Order: Criminal Intent [E]										
⑧	America's Funniest Home Videos [E]	Extreme Makeover: Home Edition "Wofford Family" (In Stereo)										
⑩	Nature "Dive to the Abyss" (In Stereo)	Nature "Diamonds" (In Stereo)										
⑫	Steve Harvey's Big Time (In Stereo)	Charmed (In Stereo) [E]										
⑬	60 Minutes (In Stereo)	Cold Case (In Stereo)										
⑰	Most Talented Kids	Mrs. America Pageant 2004 (In Stereo)										
⑱	PGA [Port Call]	Journal [The Ride]										
㉑	NBA Basketball: Celtics at Spurs											
㉒	SportsC- [NFL Primetime [E]											
㉓	Poker	World-Poker										
㉔	Bam	Bam	Bam	Punk'd	Punk'd	Punk'd	Punk'd	Punk'd	Punk'd	Punk'd	Punk'd	Punk'd
㉕	Movie: ★★ "Gracie's Choice" (2004, Drama) Kristen Bell, Diane Ladd. [E]											
㉖	People in the News	CNN Presents	Larry King Live	CNN Sunday Night								
㉗	Wall St [Mat-	Tina Brown	Assignment	The Big Idea								
㉘	MSNBC Adventurer	MSNBC Adventurer	Investigates	Meet the Press [E]								
㉙	Power-Justice	Cops [E]	Cops [E]	Cops [E]	Cops [E]							
㉚	(6:00) Movie: ★★ "Mr. Deeds-Town" (1931, Comedy) Maurice Chevalier. [E]											
㉛	Movie: ★★ "My Girl" (1991) Macaulay Culkin. [E]											
㉜	(6:00) Movie: ★★ "Ever After" [E]											
㉝	Mad TV (In Stereo)	Mad TV (In Stereo)	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily
㉞	(5:00) Movie: ★½ "Royal Tenenb" (2000, Comedy) Ashton Kutcher. [E]											
㉟	Movie: ★★ "She's All That" (1999) [E]											
㊱	Friends	Friends										
㊲	Cold Case Files [E]											
㊳	(6:00) Movie: ★½ "Tammy-Milln." (1961, Comedy) Sandra Dee. [E]											
㊴	Rhythm of Life [E]	Montreal Jazz	Jazz Collection	Joni Mitchell								
㊵	Signifi- [Unwrap]	Signifi- [Unwrap]	Inside the Actors Studio [E]									
㊶	Unwrap	Unwrap	Emeril Live (N)	After Midnight								
㊷	Movie: ★★ "Johnson County War" (2002, Western) Tom Berenger, Luke Perry, Rachel Ward. [E]											
㊸	McClen- [Hayford]	Osteen [Authority]	Believers [Chang-	Praise the Lord [E]								
㊹	The Real Spartacus	Countdown to Armageddon (N) [E]										
㊺	A Haunting in Connecticut [E]											
㊻	Biker Build-Off	MythBusters [E]	MythBusters [E]	MythBusters [E]								
㊼	Gunsmoke	Munsters [GreenA-]	Griffith [Leave]	Sanford [AllFamily]	3's Co.	3's Co.	Cheers	Cheers				
㊽	(6:00) Movie: ★★ "Hook" (1991, Fantasy) Robin Williams. [E]											
㊾	Drake	School	Unfab [Rugrats]	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.	Full Hse. [Full Hse.
㊿	Phil of Future	That's-Raven	Movie: ★★ "Mary Poppins" (1964, Fantasy) Julie Andrews. [E]									
①	Animal Cops	Crocodile-Diaries	Austin Stevens									

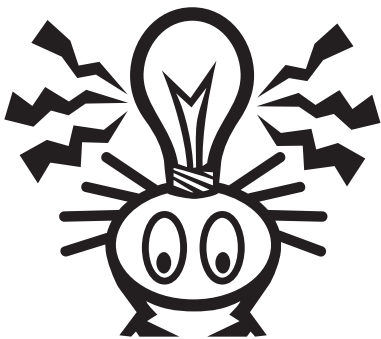
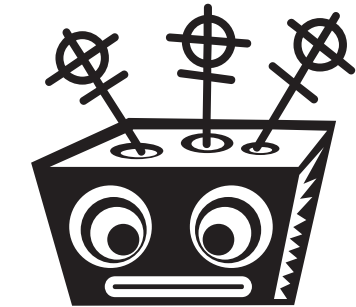
It's Christmas all year long  
at Qué Pasa on Main!

Come See Our  
Unique and Unusual  
Collection of  
Ornaments From  
Around the World!



MONDAY EVENING DECEMBER 27, 2004												
	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	Simpsons	Simpsons	One on One	Half & Half	Girl-friends	Second Time	Fear Factor (In Stereo)		Dollar Saver	Cheaters	Blind Date	King of the Hill
4	Home Improve.	Home Improve.	Trading Spouses: Meet-Mommy	Kelly, Ruben & Fantasia			Becker	Dharma & Greg	Becker	Ripley-Believe	Paid Program	Cops (In Stereo)
5	Raymond	King of the Hill	Still Standing	Listen Up	Raymond	Two/Half Men	CSI: Miami "Under the Influence"		News	Late Show (In Stereo)		Late Late Show
6	207 Mag	Seinfeld	Fear Factor (In Stereo)		Crossing Jordan (In Stereo)		Las Vegas "Two of a Kind" (In Stereo)		News (In Stereo)	The Tonight Show (In Stereo)		Late Night
8	Wheel of Fortune	Jeopardy!	ESPN's Blunderful World of Sports		NFL Football: Philadelphia Eagles at St. Louis Rams. Jones Dome. (In Stereo Live)				Louis Rams. Edward Jones	News		Nightline
10	The NewsHour With Jim Lehrer		Antiques Roadshow		American Experience "Woodrow Wilson"		Jackson-Love		Charlie Rose (N) (In Stereo)	Workplc-e-Skills		GED Connect.
12	King of Queens	Raymond	7th Heaven (In Stereo)		Everwood (In Stereo)		News (In Stereo)	Will & Grace	Will & Grace	Just Shoot	Drew Carey	Spin City
13	Ent. Tonight	The Insider	Still Standing	Listen Up	Raymond	Two/Half Men	CSI: Miami "Under the Influence"		News	Late Show (In Stereo)		Late Late Show
21	Pyramid	Feud	Model Citizens		World Cup Comedy		Second Verdict		Heart-	Paid	Paid	Paid
23	Divers	Camo	Journal	The Ride	Outdoors	Outdoors	SportsD- ESP-		ESPNNews		Paid	Paid
24	Sports	Football	Champ. Poker		Best-Sports		Sports		Best-Sports			
25	College Football: Motor City Bowl				Figure Skating: Grand Prix Final. Beijing.				SportsCenter (Live)			
26	SportsC-	Monday Night Countdown			Junior Hockey: World Championship				Karate			
27	Boiling	Boiling	Boiling	Boiling	Chal-	Chal-	Chal-	Ozzfest	Come In	Come In	RealWrd	RealWrd
30	Movie: "Lying Eyes" (1996, Suspense) Cassidy Rae, Vincent Izarry.				Movie: "No Regrets" (2004, Drama) Janine Turner, Brad Johnson.				How Clean			
36	Cooper 360		Paula Zahn Now		Larry King Live		NewsNight-Br.		Lou Dobbs Tonight		Larry King Live	
39	Late Night		Assignment		Dennis Miller		McEnroe		Assignment		Dennis Miller	
40	Hardball (Live)		Countdown		Norville		Scarborough		Hardball		Countdown	
41	Cops	Cops	The Investigators		Forensic	Forensic	Psychic	Detective	Clues	Fake Out	The Investigators	
42	(6:00) Movie:★★★ "Rancho Notor."		Movie:★★★★ "Vertigo" (1958) James Stewart. A detective with a fear of heights falls for his quarry.				Movie:★★★ "Rope" (1948, Suspense) James Stewart.			★★★★ "Man Who Knew Much"		
43	(6:05) Movie:		Movie:★★½ "Renaissance Man" (1994) An ad exec takes a job teaching inept Army recruits.				Movie:★★★ "Splash" (1984, Comedy) Tom Hanks, John Candy. (In Stereo)			Movie:★★½ "For Keeps" (1988)		
44	Law & Order "Born Again" (In Stereo)		Law & Order "Star Crossed" (In Stereo)		Law & Order "Evil Breeds" (In Stereo)		Law & Order "School Daze" (In Stereo)		Without a Trace (In Stereo)		NYPD Blue "Head Case" (In Stereo)	
45	Mad TV (In Stereo)		Mad TV (In Stereo)		★★ "Jay and Silent Bob Strike Back"				Drawn	Drawn	Drawn	Drawn
46	King of the Hill		Movie:★★ "Black Knight" (2001, Comedy) Martin Lawrence.				Fear Factor (In Stereo)		King of the Hill		Cops (In Stereo)	
47	(6:00) Movie:		Law & Order: SVU		Movie:★★ "Mercury Rising" (1998) Bruce Willis.				Movie:★★½ "Event Horizon"			
48	Raymond	Raymond	Friends	Friends	Family Guy	Family Guy	Raymond	Raymond	Movie:★★★ "Men in Black" (1997, Science Fiction) Tommy Lee Jones.			
50	Amer. Justice		Airline	Airline	Gotti	Gotti	Cold Case Files	Crossing Jordan	Airline	Airline		
51	(5:15) Movie:		Movie:★★½ "Unlawful Entry" (1992, Suspense) Kurt Russell, Ray Liotta.				Movie:★★ "Boiling Point" (1993, Drama) Wesley Snipes, Dennis Hopper.			Movie:★★½ "Unlawful Entry"		
52	Lena Horne		1 Giant Leap		Coldplay		Beat Route		Afro-Cuban		1 Giant Leap	
53	The West Wing		The West Wing		The West Wing		The West Wing		The West Wing		★★★½	
56	Good		Unwrap		Emeril-New Year's		Unwrap		Secret		Festivals	
59	Walker, Texas Ranger		Touched by an Angel (In Stereo)		Movie:★★½ "Return to Snowy River" (1988, Adventure) Tom Burlinson.				M*A*S*H		M*A*S*H	
60	Cameron Jakes		Behind		Chironna		Franklin		Duplantis		Praise the Lord (Live)	
61	Modern Marvels		UFO Files		Hell: The Devil's Domain (N)				Hooked: Illegal		UFO Files	
62	In a Fix		Plastic Surgery		Body Work				Younger		Younger	
63	American Chopper		Monster House		Monster Garage				American Chopper		Monster House	
64	AllFamily		AllFamily		Munsters		GreenA-		Griffith		Leave	
66	Smallville		Movie:★★★ "Rookie of the Year"				Whose?		Whose?		The 700 Club	
67	Jimmy Neutron: Boy Genius		Neutron		Family Faceoff				Fresh Pr.		Cosby	
68	Sister, Sister		That's-Raven		Movie:★★½ "The Princess Diaries" (2001, Comedy) Julie Andrews.				Movie:★★½ "The Princess Diaries" (2001) An awkward teenager learns that she has royal blood.			
69	Most Extreme		Pet Star		Animal Videos				Animal Police		Pet Star	

TUESDAY EVENING DECEMBER 28, 2004												
	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	Simpsons	Simpsons	All of Us [E]	Eve (In Stereo)	Veronica Mars "Like a Virgin" [E]		Fear Factor All-star event. [E]		Dollar Saver	Cheaters	Blind Date [E]	King of the Hill
4	Home Improve.	Home Improve.	Billionaire: Quest for Best		House "Fidelity" (N) (In Stereo) [E]		Becker "V-Day" [E]	Dharma & Greg	Becker	Ripley-Believe	Paid Program	Cops (In Stereo)
5	Raymond	King of the Hill	NCIS "Vanished" (In Stereo) [E]	The Amazing Race 6 (In Stereo) [E]		Judging Amy "Accountability" [E]		News		Late Show (In Stereo) [E]		Late Late Show
6	207 Mag	Seinfeld [E]	Father of the Pride	Father of the Pride	Father of the Pride [E]	Scrubs [E]	Law & Order: Special Victims Unit		News (In Stereo) [E]	The Tonight Show (In Stereo) [E]		Late Night [E]
8	Wheel of Fortune	Jeopardy! [E]	My Wife and Kids	George Lopez [E]	Accord-ing-Jim	Rodney [E]	20/20 Special Edition: New Year		News [E]	Nightline	Jimmy Kimmel Live (In Stereo) [E]	
10	The NewsHour With Jim Lehrer [E]		Nova "Elegant Universe"		Frontline "Diet Wars" (In Stereo)		Perilous Fight: America's		Independent Lens "Short, Not Sweet"	Workplc-e-Skills		GED Connect.
12	King of Queens	Raymond	Gilmore Girls (In Stereo) [E]		High School Reunion (In Stereo)		News (In Stereo) [E]	Will & Grace [E]	Will & Grace [E]	Just Shoot	Drew Carey	Spin City [E]
13	Ent. Tonight	The Insider	NCIS "Vanished" (In Stereo) [E]		The Amazing Race 6 (In Stereo) [E]		Judging Amy "Accountability" [E]		News [E]	Late Show (In Stereo) [E]		Late Late Show
21	Pyramid	Feud	World Cup Comedy		Cold Turkey		Cold Turkey		Heart-	Paid	Paid	Paid
23	Classic Bruins				NESN Retro		SportsD- ESP-		ESPNNews [E]		Paid	Paid
24	Sports	Football	Sports	NBA Basketball: Celtics at Mavericks					Sports	Sports	Best-Sports	
25	College Football: Independence Bowl						College Football: Insight Bowl -- Notre Dame vs. Oregon State. Phoenix.					
26	College Basketball: All-College Classic				College Basketball: All-College Classic				SportsCenter (Live) Fast-			
27	RealWrd	RealWrd	RealWrd	RealWrd	RealWrd	RealWrd	Cribs		Cribs	Cribs	Cribs	Cribs
30	Movie: ★★ "Forever Love" (1998, Drama) Reba McEntire. [E]				Movie: ★★ "An Unfinished Affair" (1996, Drama) Jennie Garth, Tim Matheson. [E]				The Golden Nanny [E] The Golden Girls			
36	Cooper 360		Paula Zahn Now [E]		Larry King Live [E]		NewsNight-Br.		Lou Dobbs Tonight		Larry King Live	
39	Late Night [E]		Cover to Cover		Dennis Miller		McEnroe		Cover to Cover		Dennis Miller	
40	Hardball (Live)		Countdown		Norville		Scarborough		Hardball		Countdown	
41	Cops [E]	Cops [E]	The Investigators		Forensic [North		Mastm- Caught		Evidence [Evidence		The Investigators	
42	(6:00) Movie: ★★½ "Shadow-Thin"		Movie: ★★½ "The Defiant Ones" (1958, Drama) Tony Curtis.		Movie: ★★½ "In the Heat of the Night" (1967, Mystery) Sidney Poitier.				Sidney Poitier: One Bright Light			
43	Movie: ★★½ "Sidekicks" (1993, Drama) Chuck Norris. (In Stereo) [E]		Movie: ★★ "Operation Dumbo Drop" (1995, Comedy) Danny Glover. [E]		Movie: ★★ "In the Army Now" (1994) Pauly Shore. [E]				★★★ "An-			
44	Law & Order "The Fire This Time" [E]		Law & Order "Nowhere Man" [E]		Law & Order "Trade This" [E]		Charmed (In Stereo) [E]		Law & Order "Second Opinion" [E]		The X-Files "Agua Mala" (In Stereo)	
45	Mad TV (In Stereo)		Mad TV (In Stereo)		Chris Rock-Pn.		Movie: ★★ "Dogma" (1999) Ben Affleck. [E] Chris-					
46	King of the Hill	King of the Hill	Movie: ★★½ "Vertical Limit" (2000) Mountain climbers are trapped in an icy cave on K2.				Fear Factor (In Stereo) [E]		King of the Hill	King of the Hill	King of the Hill	Cops (In Stereo)
47	(6:00) Movie:		Law & Order: SVU		Movie: ★★ "The First Wives Club" [E]		Law & Order: SVU		The District [E]			
48	Raymond	Raymond	Friends [E]	Friends [E]	Sex and the City	Sex and the City	Movie: ★★ "Men in Black" (1997, Science Fiction) Tommy Lee Jones. [E]		Movie: ★★½ "The 6th Day" (2000) [E]			
50	American Justice		Cold Case Files [E]		Cold Case Files [E]		Dog		Dog		Crossing Jordan [E] Cold Case Files [E]	
51	(4:45) Movie: ★★ "Hawaii!" (1962) [E]		Movie: ★★ "The Sea Chase" (1955, Adventure) John Wayne, Lana Turner, Tab Hunter.				Movie: ★★ "In Harm's Way" (1965) A Navy officer is assigned to retake Japanese-held islands.					
52	Benjamin Zander		Museum-Mtn.		Amber Room		Gypsy Passion		Tangos-Friends		Museum-Mtn.	
53	The West Wing [E]		Movie: ★★ "Midnight Run" (1988), Yaphet Kotto						TBA		The West Wing [E] ★★ "Midnight"	
56	Good Unwrap		Emeril Live		Roker		Roker		40-a-Day		40-a-Day	
59	Walker, Texas Ranger (In Stereo)		Touched by an Angel (In Stereo) [E]		Movie: "Hard Ground" (2003, Western) Burt Reynolds, Bruce Dern. [E]				M*A*S*H [E]		M*A*S*H [E]	
60	Dr Majesty		Behind Meyer		Hague Gaither		Praise the Lord (Live) [E]				Tenney Damas-	
61	Modern Marvels [E]		Wild West Tech [E]		Modern Marvels [E]		Modern Marvels [E]		Hooked: Illegal		Wild West Tech [E]	
62	In a Fix [E]		American Hot Rod		Overhauiln'		Rides [E]		American Hot Rod		Overhauiln'	
63	American Chopper		Bear-Woods		Mummy Autopsy		Biker Build-Off		Bear-Woods		Mummy Autopsy	
64	Munsters [E]		Munsters [E]		GreenA-		Griffith [E]		Sanford [E]		AllFamily [E]	
66	Smallville [E]		Movie: ★★½ "One Fine Day" (1996)				Whose? [E]		Whose? [E]		The 700 Club [E]	
67	★★½ "Jimmy Neutron: Boy Genius"		Father		Fresh Pr.		Fresh Pr.		Cosby		Rose- [E] Rose- [E]	
68	Sister, Sister [E]		That's-Raven		Movie: ★½ "Model Behavior" (2000, Comedy) Kathie Lee Gifford. [E]				Lizzie McGuire [E]		Sister, Sister [E]	
69	Most Extreme		Austin Stevens		Most Extreme		Animal Police		Austin Stevens		Most Extreme	



WEDNESDAY EVENING DECEMBER 29, 2004												
	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	Simpsons	Simpsons	2004 Vibe Awards Honoring achievement in urban music. (In Stereo)				Fear Factor "Championships"		Dollar Saver	Cheaters	Blind Date	King of the Hill
4	Home Improve.	Home Improve.	That '70s Show	Quintuplets	Nanny 911 "Rock Family" (In Stereo)		Becker	Dharma & Greg	Becker	Ripley-Believe	Paid Program	Cops (In Stereo)
5	Raymond	King of the Hill	60 Minutes (In Stereo)	King of Queens	Center-Univ	CSI: NY "Grand Master" (In Stereo)	News		Late Show (In Stereo)	Late Late Show		
6	207 Mag	Seinfeld	Law & Order: Criminal Intent	The West Wing "Full Disclosure"		Law & Order "Veteran's Day"		News (In Stereo)	The Tonight Show (In Stereo)		Late Night	
8	Wheel of Fortune	Jeopardy!	Lost "The Moth" (In Stereo)	Lost "Confidence Man" (In Stereo)		Wife Swap "Donahoe/Baker"		News	Nightline	Jimmy Kimmel Live (In Stereo)		
10	The NewsHour With Jim Lehrer		Live From Lincoln Center (N) (In Stereo)			The Congregation (N) (In Stereo)			Charlie Rose	Workplc-e-Skills	GED Connect.	
12	King of Queens	Raymond	Smallville "Perry" (In Stereo)	BMOC (N) (In Stereo)		News (In Stereo)	Will & Grace	Will & Grace	Just Shoot	Drew Carey	Spin City	
13	Ent. Tonight	The Insider	60 Minutes (In Stereo)	King of Queens	Center-Univ	CSI: NY "Grand Master" (In Stereo)	News		Late Show (In Stereo)	Late Late Show		
21	Pyramid	Feud	Doc "Blindsided"	Sue Thomas		Early Edition		Videos	Paid	Paid	Paid	
23	Classic Bruins 1990.		NESN Retro			SportsD-	Sports-	ESPNNews	Paid	Paid	Paid	
24	Sports	Sports	NBA Basketball: Celtics at Grizzlies					Sports	Sports	Best Damn Sports Show		
25	College Football		College Football: Alamo Bowl -- Ohio St. vs. Oklahoma St.						SportsCenter (Live)		Outside	
26	NFL Live	College Basketball				Junior Hockey: World Champ. -- Belarus vs. U.S.				Fast-	NFL Live	
27	Pimp	Pimp	Pimp	Pimp	Pimp	Never	Pimp	Pimp	Pimp	Pimp	Pimp	RealWld
30	Movie: ★★ "A Crime of Passion" (1999, Drama) Tracey Gold.				Movie: ★½ "Don't Look Down" (1998, Suspense) Megan Ward, Billy Burke.				The Nanny	The Golden Girls	The Golden Nanny	The Golden Girls
36	Cooper 360	Paula Zahn Now		Larry King Live		NewsNight-Br.		Lou Dobbs Tonight		Larry King Live		
39	Late Night	Cover to Cover		Dennis Miller		McEnroe		Cover to Cover		Dennis Miller		
40	Hardball (Live)	Countdown		Chris Matthews		Scarborough		Hardball		Countdown		
41	Cops	Cops	The Investigators		Forensic		Psychic	The Investigators		Caught	Mastm-	The Investigators
42	(6:00) Movie:★★★★ "Lady Vanishes"		Movie: ★★★ "Kansas City Confidential" (1952) John Payne.				Movie: ★★★ "The Thomas Crown Affair" (1968) Steve McQueen.			Movie: ★★★½ "High Sierra"		
43	Gunsmoke "The Brothers"		Gunsmoke "Which Doctor?"		Movie: ★★★ "Flaming Star" (1960, Western) Elvis Presley.		Movie: ★★★ "Hangman's Knot" (1952) Randolph Scott.			Movie: ★★½ "The Violent Men"		
44	Law & Order (In Stereo)		Law & Order "Sheltered"		Law & Order "Amends"		Movie: ★★ "Road House" (1989, Drama) Patrick Swayze, Kelly Lynch.			The X-Files "The Unnatural"		
45	Movie: ★★★ "Dogma" (1999) Ben Affleck.				South	South	South	South	South	South	South	South
46	King of the Hill	King of the Hill	Movie: ★★ "America's Sweethearts" (2001) A studio lackey must reunite two estranged stars.				Fear Factor (In Stereo)		King of the Hill	King of the Hill	Cops (In Stereo)	
47	(6:00) Movie:		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law Order: CI	Monk		
48	Raymond	Raymond	Friends	Friends	Funniest Commercials-Year		Sex and the City	Sex and the City	Movie: ★ "Showgirls" (1995, Drama) Elizabeth Berkley, Kyle MacLachlan.			
50	American Justice		American Justice		Road Warriors		Bio.: Atkins		Crossing Jordan		American Justice	
51	(5:45) Movie:		Movie: ★★½ "Major League" (1989) A ragtag team tries to turn its poor performance around.				FilmFakers "The Committers" (In Stereo)		Movie: ★★½ "Major League" (1989, Comedy) Tom Berenger, Charlie Sheen.			
52	Bernstein-N.Y.		Night-Handel		Working Utopia		Rhythm of Life		Phil	Night-Handel		
53	The West Wing		Inside the Actors Studio Tom Cruise.				Project Runway		The West Wing		Signifi-	Signifi-
56	Good	Unwrap	Emeril's Year		BBQ		Foodnat	Good	Good	Iron Chef	Emeril's Year	
59	Walker, Texas Ranger (In Stereo)	Touched by an Angel (In Stereo)		Movie: "The Trail to Hope Rose" (2004, Western) Lou Diamond Phillips.		M'A'S'H "Deluge"		M'A'S'H	M'A'S'H	M'A'S'H	M'A'S'H	M'A'S'H
60	Billy Graham		Behind	Lindsey	Authority	Van	Praise the Lord (Live)		Cameron Duplantis			
61	Modern Marvels		UFO Files		Bible Code: Prd		Bible Code II		Hooked: Illegal		UFO Files	
62	In a Fix		Storm Force		In a Fix (N)		Extreme Surgery		Storm Force		In a Fix	
63	American Chopper		Elephant: Spy		MythBusters		To Be Announced		Elephant: Spy		MythBusters	
64	GreenA- GreenA-		Munsters		GreenA-	Griffith	Leave Sanford		AlIFamily	3's Co.	3's Co.	Cheers
66	Smallville "Calling"		★★ "National-European"				Whose? Whose?		The 700 Club		Family	Family
67	Movie: ★★ "The Rugrats Movie" (1998)		Full Hse.		Full Hse.		Fresh Pr.		Cosby	Rose-	Fresh Pr.	Fresh Pr.
68	Sister, Sister	That's-Raven	Movie: ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff.				Lizzie McGuire	Sister, Sister	Even Stevens	Boy Mtd.	Proud Family	That's-Raven
69	Most Extreme		Animal Face-Off		Jeff Corwin		Animal Police		Animal Face-Off		Jeff Corwin	



# CLICK & CLACK *talk cars*

## He's Got a Hunka-Hunka Burning Car; Tips for Getting Out of a Sinking Car

**DEAR TOM AND RAY:** My beautiful 1993 Chevy Caprice Classic four-door sedan with only 28,000 miles on it — and no dents or scratches — is now a pile of junk. While parked in front of my home, the engine began to smolder, then it burst into flames. Within 10 minutes, the firefighters arrived. They could not open the hood, but boy did they wield their axes! They almost had fiendish looks in their eyes as they swung their axes and demolished the entire front half of my car. They finally pried open the hood and reached the fire. They said it must have been an electrical short. My tears didn't help put out the fire. Although I paid \$18,000 for the car, my insurance company paid me just over \$9,000. It said something about "book value." The Chevy garage blamed the fire on a short circuit, but had no other comment. Is there any warranty covering such an event, and do I have any recourse? — *Harold*

**TOM:** Your warranty, in this case, is called "fire insurance," Harold. Unfortunately, that's probably all the recourse you have.

**RAY:** And remember, you paid \$18,000 for the car BRAND NEW. So getting \$9,000 11 years later is like winning the lottery, Harold. I'd cash the check before the insurance company comes to its senses and asks for it back.

**TOM:** If you really want to pursue this, if you recently had some electrical work done to the car you might be able to make a strong circumstantial case that those mechanics were responsible. But without a direct link like that, it's not easy.

**RAY:** Once a car burns to the extent that yours did, unless you can get Lt. Columbo in there with the forensics squad, there's really no way to tell what started burning first. It could have been a fraying wire that was damaged during an unrelated repair. It could have been a wire that got pinched during a minor fender-bender.

**TOM:** It could have been your after-market, automatic butt massager gone haywire!

**RAY:** Whatever the cause, there was a large, unintended discharge of electricity from the battery, and that produced the heat that started the fire.

**TOM:** In terms of your settlement, you can look up the "Black Book" value yourself. There's a link to it from our Web site, cartalk.com. I think you'll see you're off the charts.

**RAY:** And, to confirm your observation, the firefighters probably did have a fiendish look in their eyes. After all, it's not often that they get to chop up a car with their bare hands. I've never tried it, but I plan to stop at the hardware store on my way home and buy an axe, and then head right to my brother's driveway.

**DEAR TOM AND RAY:** We recently had some major floods here, and several people were trapped and died in their cars. I'm guessing the electric windows were not functioning and the water pressure kept the doors from opening. If you do find yourself trapped in a car that's underwater or going to be underwater, what's the best way to get out? — *Bill*

**TOM:** Well, if you weren't forward-thinking enough to order the optional factory-installed snorkel, the best way to get out is through a window. Once the doors are submerged, the water pressure makes it nearly impossible to push the doors open — as you pointed out, Bill. Most people don't realize that.

**RAY:** If you have old-style, roll-down windows, it's no problem. But if you have electric windows, you have to act quickly. Many cars allow electric windows to operate for a minute or so

after the car has been turned off, so as soon as you find yourself in a situation like that, you want to get a window open. Or open a sunroof.

**TOM:** It's counterintuitive. But if there's any chance that you're going to end up underwater, it's the right thing to do.

**RAY:** Once you're stuck and underwater, and your window won't open — for whatever reason — there are still ways to get out. Some companies sell an emergency hammer that you keep in the glove box in order to break a window and escape. We've also seen a flashlight that's designed to double as a window-breaking tool. If you live in an area that's prone to flash floods, keeping one of these things in the car isn't a bad idea.

**TOM:** Without a usable tool, you'll probably have more luck kicking out the windshield than one of the side windows.

**RAY:** The side windows are very difficult to break. They're slotted into a channel on both sides, and locked into the weatherstripping on top. The windshield, on the other hand, is not really locked into anything. It's attached with an adhesive and should pop out if you push against it with both feet. It won't be easy, but since you can brace yourself against the driver's seat, that's probably your best bet, Bill.

**TOM:** Of course, you could also just buy the car that's designed to allow you to breathe underwater ... the Scubaru.

**RAY:** That is truly awful. I formally disown you.

\*\*\*

Changing your oil regularly is the cheapest insurance you can buy for your car, but how often should you change it? Find out by ordering Tom and Ray's pamphlet "Ten Ways You May Be Ruining Your Car Without Even Knowing It!" Send \$4.50 (check or money order) to Ruin, P.O. Box 536475, Orlando, FL 32853-6475.

\*\*\*

Got a question about cars? Write to Click and Clack in care of The Free Press, 6 Leland Street, Rockland, ME 04841 or e-mail them by visiting the Car Talk Web site at [www.cartalk.com](http://www.cartalk.com).

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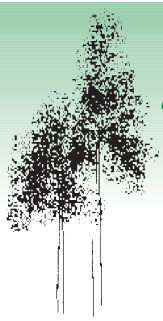
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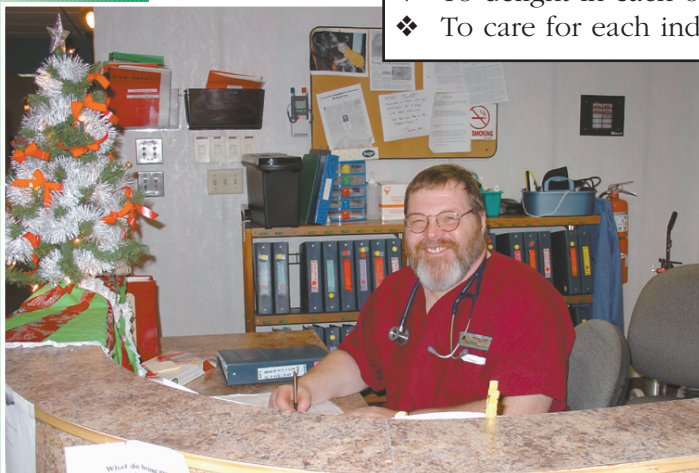


*Best Wishes for a  
Happy "Healthy"  
Holiday Season  
from all of us  
at TallPines Rehab  
and Living Center*

### *Our Mission*

TallPines Rehabilitation and Living Center has made a significant commitment...

- ❖ To encourage, support and work diligently to meet patient goals.
- ❖ To delight in each other's achievements.
- ❖ To care for each individual with the highest level of professional skill, kindness and understanding.



### *Our Commitment*

Because we believe that the quality of life is as important as the quality of care, we have created an atmosphere that is both comfortable and stimulating with a distinctive TallPines touch.

Our objectives remain clear:

- ❖ Provide quality nursing care.
- ❖ Maximize every individual's rehabilitation potential.
- ❖ Ensure that the rights and dignity of patients are honored.
- ❖ Maintain an atmosphere conducive to family and community interaction.

### *Enjoying Life*

Whether here for a short-term skilled stay or for long-term care, TallPines offers many opportunities for social relationships. Our stimulating, well-rounded activities program includes spiritual support, discussion groups, entertainment and laughter.

We enjoy a strong link with the local community. We welcome visitors and intergenerational activity from our local and surrounding neighbors.

Other amenities such as cable television, private phones, hearing aid compatible telephones and a hair salon add to comfort and pleasure.

Our meals are nutritious and appealing. Our selective menus are developed by a registered dietician and prepared for individual needs and enjoyment. Noon meals conclude with a choice from our famous dessert cart.



*TallPines* also offers Adult Day Services; Let us take care of your loved ones while you have the day to take care of some business or just simply relax! For questions, please feel free to call us anytime!



*Matthew L.  
Griswold,  
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