

EVENTS

Waking Windows Festival set for Portland Oct. 10

For the past five years, the town of Winooski, Vermont, has been home to one of the coolest music festivals in the Northeast: Waking Windows, a carefully curated day of diverse, independent music, visual and literary arts and comedy in small-to-medium-sized venues throughout the town's downtown area. Much like the Belfast Free Range Music Festival and the All Roads Music Festival, also in Belfast, it provides festival-goers with a unique opportunity to see a lot of great, lesser-known bands in one fun day.

This past May, after playing the fifth annual Waking Windows, Portland musician Jeff Beam was telling Waking Windows organizers Paddy Reagan and Nick Mavodones

how impressed he was with the festival as a whole.

“While we were backstage eating cheesy pasta and listening to Delicate Steve on the festival’s main stage, I lamented to them about how there was nothing remotely similar happening in Portland,”

said Beam. “We decided right then and there it was an idea worth pursuing, and we went for it.”

A mere five months later, Waking Windows Portland will make its debut on Saturday, Oct. 10, with more than 60 bands, writers and comedi-

ans in nine venues across downtown Portland. While the complete schedule is too jam-packed to list in full here, suffice to say that Beam, Mavodones and Reagan were busy bees this summer.

“Multiple shows within a close walking distance is key to the fest’s identity and success,” said Beam. “There’s a palpable excitement present about having so many talented acts showcased within a short period of time and space.”

Venues include Portland live music staples like Empire, Portland House of Music and Events, the Asylum Downstairs, Blue, the Space Gallery and Local Sprouts, all of which are on Congress Street except Asylum and Portland HOME, which are less than two blocks away. It

also includes less-common venues such as the teeny-weensy bar the Bearded Lady’s Jewel Box, local favorite Tandem Coffee and an outdoor venue in Congress Square Park.

The lineup features a number of Portland bands, mostly operating within the rock, indie and psychedelic genres, including local favorites like Sunset Hearts, Leveret, Foam Castles, KGFREEZE, Butcher Boy, Armies, Altered Gee, Lisa/Liza, Micromasse, S.S. Cretins, Conjecture, Paper Castles, Murcielago, and of course, Jeff Beam himself. There’s also Maine, New England and New York bands, like Mainers Greg Jamie and Jacob Augustine, New Hampshire’s Nat Baldwin, Rhode Island’s Ravi Shavi, Vermont’s Lowell Thompson,

Madaila, Swale and Maryse Smith, and Alpenglowl and Guerilla Toss of New York.

“Historically, there’s been a lot of Portland/Burlington crossover at the various Waking Windows festivals,” said Beam. “Though most of the festival’s lineup features Maine bands, there’s a healthy section of New England represented, as well as New York City and beyond.”

Also featured at the festival will be a Literary Crawl, organized by Nat Baldwin and featuring a wide array of writers and poets from all over the region, from eastern Maine writers like Gregory Howard, Michele Christie and Henry Finch, to Portland writers like Catie Hannigan, to writers like Tim Horvath, Otessa Moshfegh and many more from

New York, Pennsylvania and beyond; sessions are set for noon, 1 and 2 p.m.

And if that wasn’t enough, there’s also a huge lineup of standup comedy from 3 to 5 p.m. at Blue, featuring local comics like Annie Russell, Connor McGrath, Hilary Boone, Will Green, Kendall Farrell, Aharon Williams, Josh Star and Tim Hoffmann.

“I think the scope of the local bands featured is a strength of the festival. It skews towards psych/indie/rock/underground, but I think there’s something for everyone,” said Beam. “If it goes well this year, we’ll be back bigger and better next year, too.”

Advance tickets for Waking Windows Portland are \$20; visit wakingwindows.com for a full lineup.

‘The Shift’ puts you in a nurse’s shoes for 12 hours

BY VIRGINIA LINN
PITTSBURGH POST-GAZETTE
(TNS)

“The Shift” by Theresa Brown, RN; Algonquin Books (272 pages, \$24.95)

U.S. medical schools typically send out books to their incoming first-year class to give students a glimpse of the profession they’re about to embark upon.

Rush Medical College in Chicago, for example, mailed to its class of 2019 “The Immortal Life of Henrietta Lacks,” the true story of a poor black woman whose cells — taken without her knowledge in 1951 — have been used to develop everything from the polio vaccine to gene mapping.

University of Pittsburgh

Medical School for several years has mailed out Atul Gawande’s “Complications: A Surgeon’s Notes on an Imperfect Science” for an illuminating look at the life of a surgeon.

There’s now a new book to add to this list: Theresa Brown’s “The Shift,” which should be required reading for all incoming medical and nursing students — or anyone who is a patient or visitor in a hospital.

A clinical nurse who lives in Philadelphia’s Point Breeze, Brown takes readers through a typical 12-hour day on a local oncology ward.

Through her clear and compelling narrative, readers gain a new appreciation of what is involved with being a

nurse on the front lines of modern health care and the colossal responsibility they have in caring for very sick patients during these highly regulated, complicated and confounding times.

This is the second book about nursing by Brown, 50, a former English professor at Tufts University, who quit teaching mid-career to become a nurse.

She became a popular contributor to The New York Times “Well” blog and is a columnist on its opinion pages, lending an eloquent voice from the medical community. Brown, a mother of three children, also lectures around the country about the challenges of the nursing profession.

She recounted many experiences in her 2010 book,

“Critical Care.”

In “The Shift,” she begins her day with a two-mile bike ride to work before sunrise on a brisk November day. “Biking to the hospital gives me an unexpected patina of toughness, which matters in health care,” she writes. “Hospitals are filled with caring staff, but resilience and determination are prized as high as empathy.”

From the moment she clocks in at 7:03 a.m., her day will be a whirlwind of tough decisions, tense moments, fear, doubt, heartache, compassion and joy.

She receives papers on the patients she’ll care for that day: Richard is a lymphoma patient in his late 70s to whom she’ll have to administer a risky treatment that could cure him — or kill him.

Dorothy, 57, is a cheerful woman with a candy dish in her room who’s nearing the end of her six-week stay for leukemia treatments. There’s also Sheila, in her mid-40s, who came in with a blood clotting disorder.

It seems like a manageable load until Brown is notified that Candace also will be one of her patients. Candace is what’s known as a PITA — Pain in the Ass — because of her frequent demands that keep nurses as busy as two normal patients. (She brings her own supply of disinfecting wipes and has a rotating set of family and friends who help sanitize her room.)

Dorothy gets the good news in the morning that she’s well enough to go home. She alerts her husband to get her ready, and then ... waits. Waits for

the papers to be signed. Waits for the discharge instructions to be administered. Waits until Brown can break away from the demands of her other patients. The nurse must give Richard the risky drug that requires close monitoring.

After reading this book, hospital patients and visitors may no longer wonder: Why is it taking so long to be discharged? Why doesn’t the nurse come instantly when I call? How is a nurse so busy with just four patients?

“A shift lasts 12 hours,” she writes. “Twelve hours of holding a few lives in my hands, trying to make order out of the chaos of bodies and disease, working within a health care system that sometimes forgets it exists to serve human beings rather than bureaucrats or businessmen.”

Things to Do

BANGOR — Talk by Greg Westrich, author of “Hiking Maine: A Guide to the State’s Greatest Hiking Adventures,” 6:30-8 p.m. Thursday, Oct. 10, at the Unitarian Universalist Church, 120 Park St. Books will be available for purchase and signing. For information, visit amcmaine.org.

BANGOR — ARTober, a citywide celebration of arts and culture in Bangor, Oct. 1-31. More than 80 events are planned in 30 venues across the city, from galleries and museums featuring visual artists to musical performances, educational workshops, film screenings, lectures, walking tours, dance performances and more. Venues include the University of Maine Museum of Art, Bangor Opera House, Bangor International Airport, Bangor Mall, Bangor Public Library, public parks and a number of local shops, as well as restaurants, bars and other businesses. ARTober guide available at City Hall, Greater Bangor Convention and Visitors Bureau, Bangor Public Library and downtown businesses. A PDF will be updated each week at bangormaine.gov/artober. For information, visit bangormaine.gov/artober, email culturalcommission@bangormaine.gov or call 992-4234.

BANGOR — Street dance to benefit Pine Tree Camp, 7-11 p.m. Saturday, Oct. 3, at Dysart’s Broadway location, outside in the parking lot. Local band Dakota will provide the music. Geaghan’s will release its Doug E. Graves Fall Ale, which earns money for local charity. Tickets are \$10 ahead of time from Dysart’s restaurants on Cold Brook Rd. or Broadway; \$15 at the door.

BANGOR — Bangor Humane Society’s 22nd annual Paws on Parade with the theme “Anything is Pawsible,” 8 a.m.-12:30 p.m. Saturday, Oct. 3, on the Bangor Waterfront. Walk, prizes, contests, vendors

and more. Register online at pawsonparade.kintera.org, in person at the humane society, or at the event. Bangor Humane Society is located at 693 Mount Hope Ave.

BANGOR — Biweekly author series, “Bangor in World War II: From the Homefront to the Embattled Skies” by David Bergquist, noon Wednesday, Sept. 30, on the third floor of the Bangor Public Library. Books will be available for purchase and signing. For information, visit www.bangorpubliclibrary.org.

BLUE HILL — Words and images by Heidi Daub and Avy Claire of Blue Hill and Susan Webster of Deer Isle will be the focus of exhibition “Messages,” Oct. 2-31, at Blue Hill Public Library’s Howard Room. Public reception to meet the artists, 4-6 p.m. Friday, Oct. 9, at the library. Information, call 374-5515.

BLUE HILL — The Friends of Blue Hill Public Library’s first-Saturday-of-the-month book sale, 9 a.m.-2 p.m. Saturday, Oct. 3, in the library’s basement “book nook.” “Mini collections” of books on birds, knitting and antiques by Maine authors, “Democracy University” DVDs and 15 seasons of the TV program “ER” on DVD. Most books will cost a \$1 or \$2. Children may choose one children’s book for free. Proceeds benefit library programs and equipment. To donate books in good condition or for information, call 374-5515.

BREWER — Bangor Singles Club dancing and music, Buffalo Creek, Oct. 2; Rick Carter, Oct. 9; Mainely Country, Oct. 16; New Society, Oct. 23; Country Mist for the Halloween dance, Oct. 30. Doors open at 7 p.m. and bands begin at 8 p.m. upstairs at Brewer Eagles Club. Cash bar. Cover charge \$8 for Bangor Singles Club members; \$9 for guests.

BRUNSWICK — “Break Every Chain: Unshackling Ourselves from War and Prison,” celebrating

the 100th anniversary of Women’s International League for Peace and Freedom, 4-6 p.m. Saturday, Oct. 3, Curtis Library, 23 Pleasant St. Kathy Kelly, co-founder of Voices for Creative Nonviolence and recipient of the 2015 Peace Prize by the U.S. Peace Memorial Foundation, will share stories of her 20 years working as a member of international peace teams in Sarajevo, Lebanon, the West Bank, Iraq and Afghanistan. Light refreshments. Free and open to the public. Basket will be passed for collecting financial support for Kelly’s work and travel expenses. For information, call 725-7686.

CALAIS — “Create Your Scarecrow” competition, Oct. 3-Nov. 2. Anyone can participate, including organizations, churches, school classes, individuals or business. Free. For guidelines, register and be assigned a lamp-post, call Meredith at the Boston Shoe Store 454-2844 or Carole at the Calais Bookshop 454-1110. Participants will secure a scarecrow frame to the assigned lamp-post with zip ties provided by the Calais Downtown Revitalization Coalition scarecrow committee. Winners will be selected by popular vote and announced Saturday, Oct. 24.

ORONO — University of Maine history department’s 24th annual Howard B. Schonberger Peace and Social Justice Lecture, by social commentator and political activist Jim Hightower, 7:30 p.m. Thursday, Oct. 1, in 100 D.P. Corbett Business Building. Topic will be “Twenty-First Century Populist Movements are Flourishing at America’s Grassroots.” Free and open to the public. Reception will follow. For information or to request a visitor parking permit or disability accommodation, email the history department office at UMhist@maine.edu or call 581-1918.

PORTLAND — “Break Every Chain: Unshackling Ourselves from War and Prison,” 6-8 p.m.

Monday, Oct. 5, Talbot Hall, University of Southern Maine. Kathy Kelly, co-founder of Voices for Creative Non-Violence and recipient of the 2015 Peace Prize by the U.S. Peace Memorial Foundation, will share stories of her 20 years working

as a member of international peace teams in Sarajevo, Lebanon, the West Bank, Iraq and Afghanistan. Free and open to the public. Hosted by Maine Code Pink and USM Women and Gender Studies. Basket will be passed

for collecting financial support for Kelly’s work and travel expenses. For information, call 934-1911.

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

Wednesday prime time

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
BROADCAST	2 NBC 207 Inside Ed.	The Mysteries of Laura	Law & Order: SVU	Chicago PD (N) (HD)	News				
	4 CBC Dragons' Den	Winnipeg Comedy	The National (N)	CBC	Coronation Rick Mercer				
	5 CBS Big Bang	Broke Girl	Survivor (N) (HD)	Criminal Minds (N)	Code Black (N) (HD)	News			
	5.2 CW Family Guy	Family Guy	The iHeartRadio Music Festival - Night 2 (N)	News	Seinfeld	Cougar			
	6 NBC 207 Inside Ed.	The Mysteries of Laura	Law & Order: SVU	Chicago PD (N) (HD)	News				
	7 ABC Wheel	Jeopardy!	The Middle	Goldbergs	Mod Fam	blackish	Nashville (N) (HD)	News	
	WAGM FOX The Insider	Rosewood (N) (HD)	Empire (N) (HD)	News	Big Bang	Big Bang			
	8 ABC Wheel	Jeopardy!	The Middle	Goldbergs	Mod Fam	blackish	Nashville (N) (HD)	News	
	MPBN PBS PBS NewsHour (N) (HD)	Nature (N) (HD)	E.O. Wilson -- Of Ants and Men (N) (HD)	C. Rose					
	9 IND Code Black (N) (HD)	Big Bang	Goldbergs	Criminal Minds (N)	News-Lisa	CTV News	Daily Show		
KIDS	13 CBS Ent	The Insider	Survivor (N) (HD)	Criminal Minds (N)	Code Black (N) (HD)	News			
	22 FOX Mod Fam	Mod Fam	Rosewood (N) (HD)	Empire (N) (HD)	FOX 22 News at 10 (N)	The Closer			
	33 IND M*A*S*H	M*A*S*H	Prod Prog.	Robison	Happy Days	Laverne	Hogan Hero	Hogan Hero	C. Burnett
	38 IND Big Bang	Big Bang	The Closer (HD)	The Closer (HD)	WBZ News (N) (HD)	Seinfeld			
	NICK	Thunder	Thunder	Bella	Game	Full House	Full House	Full House	Friends
	DISN	Adventures of Sharkboy and Lavagirl	Best Fr.		Liv-Mad.	Liv-Mad.	Liv-Mad.	Austin	I Didn't
	FAM	(6:00) Paul Blart: Mall Cop	Young Kevin-Work		** Monster-in-Law (2005)	Jennifer Lopez. (PG-13)	700 Club		
	HIST	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	Pickers		
	DISC	Dual Survival	Dual Survival: Untamed	Dual Survival (N)	Built to Survive (N)	Survival			
	TLC	Suddenly Royal	Fabulous: Extra	Fabulous	Fabulous	Suddenly Royal (N)	Fabulous		
LEARN	A&E	Duck D.	Duck D.	Duck D.	Duck D.	Duck D.	(.01) Duck Dynasty	Duck D.	
	ANPL	North Woods Law	The Last Alaskans	Alaskan Bush People			(.02) Rugged Justice	Last Alask	
	CSNE	SportsNet	Early	Patriots Wednesday Live	Patriots Wednesday Live	Sports	SportsNet	Sports	
	ESPN	MLB Baseball	St. Louis Cardinals at Pittsburgh Pirates.	(N Subject to Blackout)		MLB Baseball: Dodgers at Giants			
	ESPN2	Soccer: Lamar Hunt U.S. Open Cup		World/Poker		World/Poker	SportCtr		
	NBCSP	Mobsteel	Mobsteel	Mobsteel		Mobsteel (N)	NFL		
	NESN	MLB Baseball	Boston Red Sox at New York Yankees.	(N) (L)	Extra	Red Sox	Sports		
	CNBC	Mexico's Drug War	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank		
	CNN	Erin Burnett OutFront (N)	Anderson Cooper 360	This Is Life	CNN Tonight	Cooper 360			
	FNC	Greta Van Susteren	The O'Reilly Factor (N)	The Kelly File (N)	Hannity (N)	O'Reilly			
NEWS	MSNBC	Hardball Chris Matthews	All In With Chris Hayes	Rachel Maddow Show	The Last Word	All In With			
	AMC	Mad Max 2: Road Warrior	*** 300 (2007, Action) (ESP)	Gerard Butler, Lena Headey. (R)	Saving Private Ryan (R)				
	BRV	Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Happens			
	CMT	Last Man	Last Man	Reba	Reba	Reba	*** Gremlins 2: The New Batch		
	COM	Moonbeam	South Park	South Park	South Park	South Park	Moonbeam	Daily Show	
	E!	E! News (N)	Chrisley	Chrisley	Chrisley	Chrisley	E! News		
	FOOD	Cutthroat Kitchen	Worst Cooks in America	Worst Cooks in America	Diners, Drive	Diners			
	FX	(5:00) ** Real Steel	*** Pacific Rim (2013, Science Fiction)	Charlie Hunnam, Idris Elba. (PG-13)	Pacific Rim				
	GAC	Going RV	Going RV	Going RV	Going RV	Going RV	Going RV	Going RV	
	HALL	The Waltons	The Waltons	The Middle	The Middle	The Middle	The Middle	The Middle	Golden Girls
VARIETY	HGTV	Property Brothers: Buying	Property Brothers: Buying	Property Brothers: Buying	Hunters	Hunters Int'l	Property		
	LIFE	Little Women: LA	Little Women: LA	Little Women: LA (N)	(.02) Step It Up	Bring It On			
	MTV	Teen Mom 2	Teen Mom 2	Teen Mom 2 (N)	(.02) Are You the One?	Girl Code			
	OXY	Crazy Talk	Crazy Talk	Snapped	Snapped	She Made Me	Snapped		
	SPIKE	(6:30) ** The Expendables 2 (2012, Action) (R)	*** Training Day (2001, Crime Drama)	Denzel Washington. (R)					
	SYFY	Ghost Hunters	Ghost Hunters	Ghost Hunters (N)	Paranormal Witness (N)	Ghost Hunt			
	TBN	Graham Classic Crusades	Trinity	Turning	Prince	By Faith	Praise the Lord (N) (L)		
	TBS	Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Conan	
	TCM	Night Amb	MGM	** Claudine (1974) Diahann Carroll. (PG)	*** Now, Voyager (1942) (NR)				
	TCM	(6:10) ** Last Vegas	Bloodworx (2012) (ESP)	Tricia Helfer. (R) (40)	** Ju-on (2003) Megumi Okina. (FRANKEN.)				
PREMIUM	TNT	Castle (ESP)	*** Knocked Up (2007) Seth Rogen. (R)	** Due Date (2010, Comedy) (R)					
	TRAVEL	Places	Places	Expedition Unknown	Expedition Unknown	Halloween Ext.	Halloween		
	TRU	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Road Spill	Carbonaro	
	TVL	Facts-Life	Facts-Life	Raymond	Raymond	Everybody Raymond	Raymond	Raymond	King
	USA	NCIS	NCIS	NCIS	NCIS	NCIS	LA	NCIS: LA	
	VH1	Twinning	Twinning	Twinning	Twinning	Twinning (N)	Step Up		
	WGN-A	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos	Funniest Home Videos	How I Met		
	ENC	(6:10) *** Edward Scissorhands (1990) (ESP)	** Office Space (1999, Comedy) (ESP)	Ron Livingston, David Herman. (R)	(.35) * Very Bad Things (1998) Christian Slater. An accidental death fuels violence and immorality. (R)				
	HBO	(6:45) VICE Special Report: Fixing the System	** Exodus: Gods and Kings (2014, Action) (ESP)	Christian Bale. Moses vows to free the Israelites from slavery in Egypt. (PG-13)	Doll & Em (ESP)	REAL Sports			
	MAX	** Alpha Dog (2006) (ESP)	Bruce Willis. A teenage drug dealer kidnaps a junkie's younger brother. (R)	Strike Back Locke faces his nemesis. (ESP)	*** Snatch (2000, Comedy-Drama) (ESP)	Benicio Del Toro, Brad Pitt. (R)			
STARZ	SHOW	(.15) *** St. Vincent (2014) Bill Murray. A bawdy misanthrope mentors his young neighbor. (PG-13)	A Season With	Ray Donovan (ESP)	Masters of Sex Masters and Johnson's life work.				
	STARZ	* The Fan (1996) (ESP)	Robert De Niro. A slumping baseball star is stalked by a psychotic admirer. (R)	Survivor's Remorse	(.35) *** Twister (1996) (ESP)	Helen Hunt. Storm chasers race to test a new tornado-monitoring device.			