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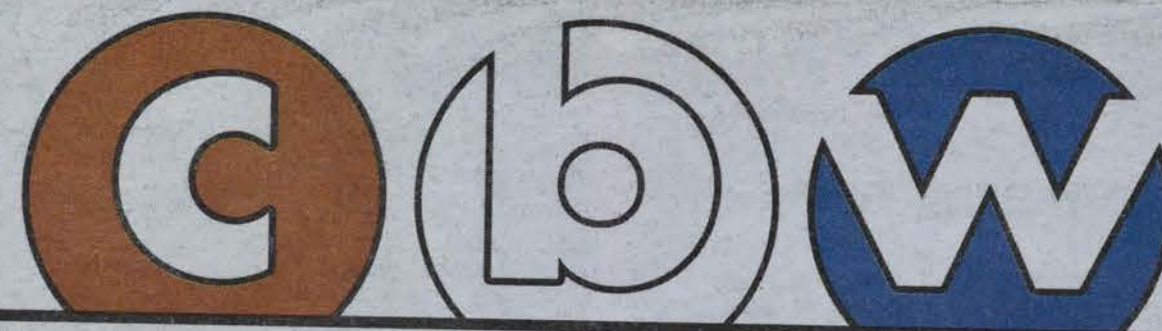
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SEPT 11, '03

A talk with
Jake
Sasserville
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FREE

Volume XV #35

casco bay weekly

September 11, 2003

GREATER PORTLAND'S COMMUNITY JOURNAL OF NEWS, ARTS & HAPPENINGS

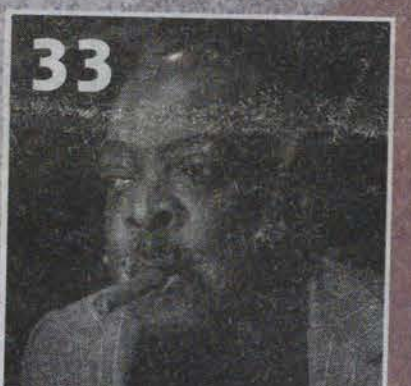


In Remembrance of 9/11

Our September 11 issue
focuses on those who
lost their lives in the
9/11 terrorist attacks,
through the memories
of those left behind.
**Beginning
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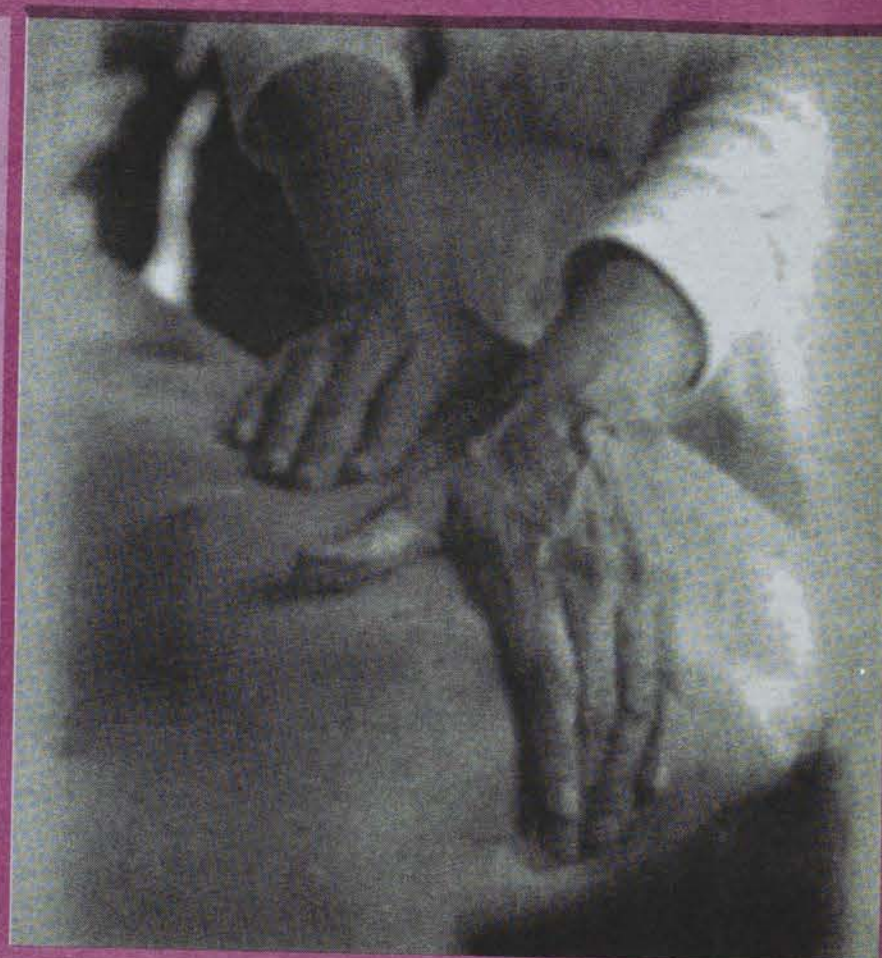


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Cape Town

Spring merging into summer. Waterfront café. Paddle fans slowly turning overhead... relaxing into the sweet aroma of a Cuban cigar. Last day of a two week tour of South Africa's diamond and platinum mines.

She commented on the passing ship. I complimented her on her ring. She seemed pleased, explained it was a family heirloom, had been her grandmother's, and she loved it, it was simple... comfortable.

I told her I was a jeweler from America. Asked if I could make a ring like it. She said she would be honored to have her grandmother's ring in America. This is the ring seen that gentle spring day in South Africa.



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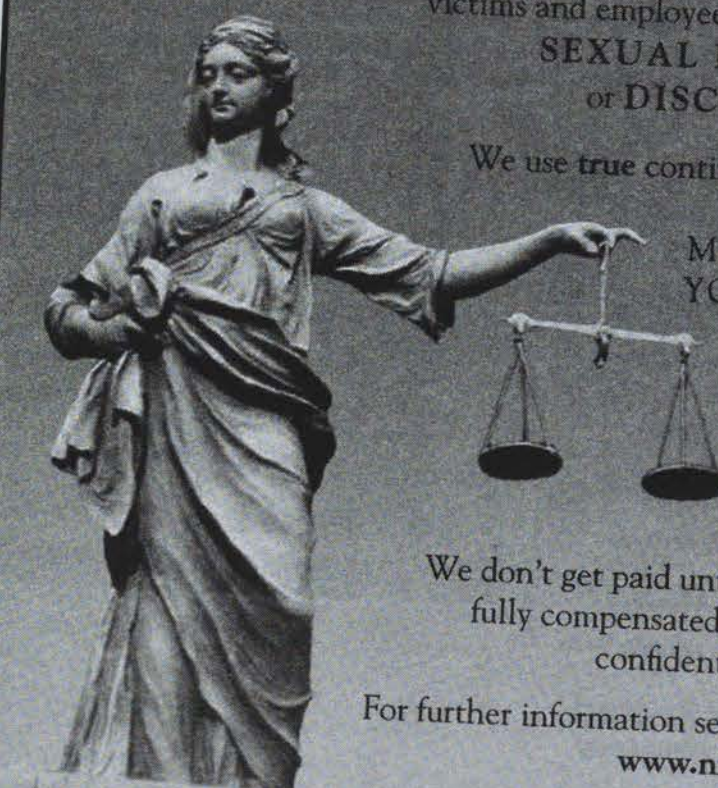
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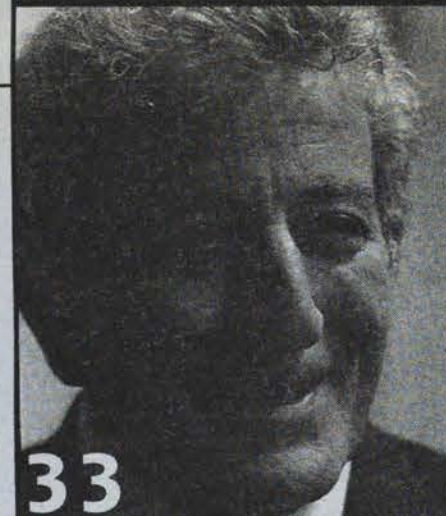
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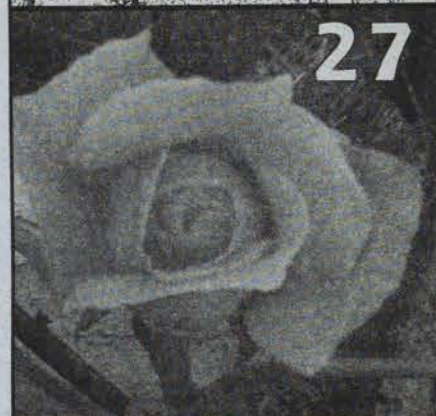
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Special Advertising Opportunities

Reach your target audience by advertising your product or service in an issue of CBW featuring industry-specific content!

Sept 18 Local Artists

One of the great things about Portland is the abundance of artists living in the area and the numerous opportunities to have the public see your work. We will take a look at professional artists whose work you may have seen in one of the many galleries in Portland and local art students with amazing potential in the art community. **Deadline for editorial contributions and advertising is September 10.**

Sept 25 Maine Outdoors

Be it hiking, hunting, camping, or skiing you can be sure your favorite outdoor activity is within a quick drive or brisk walk. That's one of the great parts of our city, and state for that matter. CBW will fill you in on when and where all of your favorite outdoor activities will take place. **Deadline for editorial contributions and advertising is September 17.**

Oct 2 Portland Jazz

Our October 2nd issue will feature the musicians and the venues that make Portland a great place to hear live jazz. If you own a place where jazz is played, or if you're part of a jazz band—or if you just like any of the many varieties of this unique American music style and want your favorite group profiled, let us know. **Deadline for editorial contributions and advertising is September 24.**

Oct 9 Leaf Peepers!

Leaf Peeper (LEEF peep.ur) n. A person who, at the appropriate time during autumn, seeks out an area where many or most of the tree leaves have color. Let CBW help you discover the best places to view Maine's annual forest fireworks show with our October 9 Leaf Peeper issue. **Deadline for editorial contributions and advertising is October 1.**

For more information, contact Roseann Mango-Morgenson at 775.6601 or e-mail cbw@maine.rr.com. Space is filling fast!

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Sorry to walk away before we finished our conversation. Can you join me soon for dinner and more conversation?

Thanks.

About This Issue

In this issue you will find touching stories about how 9/11 affected us all. So many Americans still suffer the consequences of that dreadful day. The public wrote many of the articles after answering our requests for submissions. Please read and visit with those whose lives have been changed forever.

Another interesting story is that of an organization named CHEC. The Children's Health Education Coalition is working diligently to enlighten us all on the dangerous chemicals in our foods that we serve to our children everyday. The affect of some of the chemically laden foods and drinks that we all consume daily are raising havoc with our health and there is very little known as to symptoms and the long-term affect. Devour this story and decide for yourself.

We want to thank our readers, photographers, writers and advertisers for the contributions to the new CBW. Your generous support and encouragement has been wonderful. We hope you will continue to share your comments and praises in the future.

Maine Publishing Corp. is very proud to be creating jobs at a time when more and more companies have had to cut jobs. It has been an adventure of hard work and long hours but the end result is we are working for you to bring you interesting stories that come from you and not from a can.

So this 35th issue of the new CBW is for you, Maine. Enjoy!

Roseann Mango-Morgenson
Vice President
Maine Publishing Corp.

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health & wellness

One School Supply Children Need For Back to School

by Tracey A. Adams

As our nation prepares for "Back to School" time, there is one school supply parents and children can't go without: vaccinations. Taking your child to a doctor's office isn't the easiest thing to do, but it could save his or her life. And, in many states, the law requires a certain number of doses of mandated vaccines before the first day of classes.

The vaccines often required for school entrance include diphtheria, tetanus, pertussis, chickenpox, measles, mumps, and rubella. With the first day of class just days away, parents are lining up their children for shots, and some have questions and concerns about the necessity and safety of them.

"Many parents are concerned about their children going to school and possibly catching something from another student who didn't get their shots," says Gary Wallach, Director of the National Immunization Information Hotline for the U.S. Centers of Disease Control and Prevention (CDC). "Vaccinations help prevent diseases that, if left untreated, could be deadly."

Despite the repercussions of possible mild side effects, such as fever, soreness, rash, and redness, and the long faces that accompany a trip to the doctor's office for shots, immunizations are important for school-aged children. However, most parents do not know of many of the immunization requirements or the mild side effects involved and they need information in making decisions that affect their child's health. Fortunately, the National Immunization Information Hotline (NIHH) is available to provide such information.

Recently awarded the Center for Disease Control's Partner in Public Health Award, the CDC Na-

tional Immunization Information Hotline partners with the CDC to provide immunization information and referral services for educating parents, providers, and the general public about immunizations and vaccine preventable diseases.

Operated by the American Social Health Association (ASHA) since 1997, NIHH has answered approximately a half-million calls. This service is available to all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and the U.S. Territories, Monday - Friday, 8am-11pm via toll-free hotlines. Services are offered in English (800-232-2522), Spanish (800-232-0233), and TTY (800.243.7889) for the Deaf and Hard of Hearing.

In addition to telephone services, NIHH established and maintains effective referral, call-in, website and email systems that involve collaborations with health departments on a national and local level—including private provider, minority and community-based organizations. Information can be found at www.vaccines.ashastd.org.

ASHA, an 89-year-old nonprofit organization, sponsors educational and research programs to stop the spread of sexually transmitted diseases. In recent years, ASHA has broadened its mission to encompass related issues, including immunization/vaccines and family health issues, including bioterrorism preparedness and response.

Today, ASHA delivers accurate, reliable health information to millions of people worldwide via hotlines, state-of-the-art websites, responsive email services and a variety of education programs. Consumers can also get information from ASHA via the Web by visiting www.ashastd.org, or by visiting our site especially for adolescents at www.iwannaknow.org.

Reduced Prostate Cancer Risk With Prevention and Early Detection

by Patricia Guinto

September is prostate cancer awareness month. Prostate cancer is the most common type of cancer found in American men other than skin cancer. The American Cancer Society estimates that there will be 220,900 new cases of prostate cancer in the United States this year and 28,900 men will die from the disease. Fortunately, the death rate for prostate cancer is going down and early detection is on the rise.

Timothy Wilson, MD, director of Urology at City of Hope Cancer Center in Los Angeles, emphasizes that prevention and early detection can reduce the risk of prostate cancer and improve treatment outcomes for those who are diagnosed with the disease.

"The exact cause of prostate cancer is unknown but risk of its development is associated with age, family history, race, environmental exposure, and certain nutritional deficiencies," says Dr. Wilson. "Prostate cancer is often called a 'silent disease' because it frequently develops without obvious symptoms."

When symptoms are present, they may include some of the following:

- a weak flow of urine
- frequent or painful urination

- blood in the urine or semen
 - pain in the lower back, pelvis, or upper thighs
- Dr. Wilson recommends that all men over the age of 50 visit their physician for a yearly exam. This exam should include:
- a discussion about risk factors and possible symptoms
 - a digital rectal examination (DRE) to detect irregularities of the prostate
 - a prostate specific antigen (PSA) blood test

Men who are at high risk for prostate cancer—especially African Americans or men who have close family members with prostate cancer—should consider beginning these tests at an earlier age.

Prevention is the best way to reduce the risk of prostate cancer. Men should take proactive measures to live free of the disease. Dr. Wilson suggests the following:

- eat a balanced diet, high in fruits and vegetables and low in fat
- watch your weight, and exercise daily
- limit alcohol consumption
- know the risk factors and be aware of changes in your body
- see a physician for a yearly exam

For more information about prostate cancer research and treatment at City of Hope Cancer Center, call 1-800-826-HOPE or visit www.cityofhope.org.

paw print

Health Study of Ground Zero Dogs Being Done

by Nancy Freedman-Smith

Approximately 300 dogs with their handlers from all over the United States and Canada, worked tirelessly in the aftermath of the World Trade Center. Some teams were from police and disaster management groups and many were from private search and rescue groups (SAR). They climbed and searched places that were considered too dangerous for humans. An entire unit of therapy dogs was deployed. Most of us have images of these hard-working canines forever in our hearts and minds.

Experts have concluded that the long-term health of September 11 search-and-rescue dogs was at risk. Donations have provided money to monitor these dogs over next several years.

At New York City's Animal Medical Center (AMC) and the University of Pennsylvania, \$400,000 in research money is being used to pay for teams of toxicologists, behaviorists, radiologists, and veterinarians, among others, to keep an eye on more than the 300 dogs deployed at Ground Zero. Psychological effects

on the FEMA dog handlers will also be monitored and evaluated.

These monies, granted from the AKC Canine Health Foundation, Nestle Purina Pet Care, the Geraldine Rockefeller Dodge Foundation, and Veterinary Pet Insurance, as well as private donations, are being used by the AMC and UP to collect medical and behavioral information on the dogs, monitor them for up to three years, conduct chest x-rays, blood chemistry, and more.

This type of study has never been done before, but the long-term implications of the damage from heat, toxic fumes, soot and debris are the focus of the study. Besides helping the dogs from Ground Zero, the study will be used to help health and working conditions, and performance in future emergencies.

If you are interested in getting involved with our local Maine SAR organization, please visit their web site at: www.acadia.net/mdsar/masat.html

Questions or comments can be sent to Nancy at Gooddogz Training. Gooddogz1@aol.com

Maine Greyhound Placement Service Open House Celebration at New Augusta Location

by Sharon Roy

The Maine Greyhound Placement Service, a non-profit, volunteer-based organization dedicated to rescuing and finding homes for retired racing greyhounds is holding an open house at their new location in Augusta on September 13-14, 2003.

Formerly located in Bridgton, they have recently secured a piece of property in Augusta and are in the process of moving their adoption center operations there. By being more centrally located in the state, they hope to increase their visibility and accessibility, thereby increasing both the number of greyhound adoptions and the number of volunteers needed to support their organization. They invite the entire Maine community to join them on Sept. 13-14, to see their new adoption center site, meet the greyhounds, and learn about their organization/services and their new facility plans.

Many fun activities are planned: raffles, silent auction, guest speakers, contests, food, dog ware, door prizes, and more. Greyhound adoption information will be available.

Where: Maine Greyhound Placement Service Adoption Center
Old Belgrade Road (directly across from the Maine Veterans Cemetery back entrance) Augusta

When: Saturday and Sunday, September 13-14, 2003 • 10am to 4pm both days (rain or shine)

Admission: \$5.00 for adults, children under 14 FREE (All proceeds from this event go towards Greyhound adoption efforts)

For more information or directions, call Andrea at (207) 783-7440, or visit our website at: www.greyhoundplacement.com. (Please do not bring small dogs to this event. All dogs must be leashed.)

Adopt a Pet: Molly

by the Animal Refuge League



Molly is a seven year-old blond bombshell surrendered to the shelter because her allergies were more than her owners could manage with their changing lifestyle. Molly is a seven year-old female yellow Lab who likes to go walking, get plenty of exercise (which has been lacking in her routine), and be with people. Reported to be patient and loving with children, Molly is easily excited at first. Plagued with allergies to wheat and corn, this is easily managed with an alternative diet. Molly is squarely in the "obese" category and absolutely, positively must lose weight with a sensible plan of diet and exercise to protect her long-term health and ward off weight related arthritis. Reported to be friendly and playful with other dogs, Molly can roughhouse with some and be a bit bossy with others. Cats and other small animals are a big NO for Molly. Her former family reports that Molly is downright unpleasant to them and should not reside with cats, bunnies or guinea pigs. Chasing tennis balls rates high on Molly's "To Do" list, as does riding in the car and being indoors with her family. Molly is said to have excellent house manners and can stay alone without incident, except if there are fireworks going on. She hates fireworks! Molly is a lovable, goofy retriever who misses being part of the gang. New owners should plan for seasonal allergies and be ready to search out alternative recipes to counteract her low tolerance for grains. Strong and athletic, Molly is not an appropriate choice for those not able to fully exercise her or manage unpolished leash manners.

Molly is available for adoption from the Animal Refuge League, 449 Shroudwater Street, Westbrook. (207) 854-9771 or www.arlsp.org



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family for me

A Story To Be Told

by Tina M. Carlson

Amanda, at age nine may be just the most polite reader of "Maisy's Day On The Farm" that WGME 13 Thursday's Child reporter, Mindi Ramsey, has heard in quite a while. Introductions often tell a lot about the beginning of a relationship and Amanda began her's by asking Mindi, "Can I hold your hand?"

Borders Books Music & Cafe in South Portland was just the place for Amanda to share not only her love for reading, but also her joy of horseback riding, swimming, and the occasional tea party with girlfriends. Amanda's personality speaks for itself and she came looking her best with a new pair of pink sneakers and overalls on. Borders has an endless supply of reading material. Amanda was impressed with the interactive geography lesson book, as well as the Barbie note cards.

The filming came to a close, but for Amanda the search continues to find an adoptive family. I personally wished Amanda a good first day at school, and thanked her for sharing her story. Amanda replied with no hesitation and much emphasis, "No—thank you!"

I urge everyone to watch Amanda on WGME 13 on September 11 as part of Thursday's Child, which appears during the 6am, noon, Live at 5, and 11pm newscasts. Amanda is sure to make you smile. If you are interested in learning more about Amanda or want more information on foster care or adoption, call A Family For ME at 1-877-505-0545. You can also visit us on the web at www.AFamilyForMe.org.



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THE Daily GRIND

First Date

by Martin James

My dear wife and I have been married for more than 30 thirty years, and it's been a relationship that, while not necessarily "made in heaven," has always been vastly better than the broken unions and unhappy marriages of our friends and family. There's no question that we are more in love now than when we spoke those infamous words, "I do." Actually, I started to say, "I do," but she beat me to it, saying, "He will." I smiled and she smiled and the minister smiled. Her parents both smiled, while my mother showed no emotion and my father frowned. The only glitch in the relationship is that my dearest wife understands that I am trying my best to be a good husband, but that I am less than perfect.

That's never been a secret to those who know me, nor to me. More often than not, I speak or act, then I think. My second thought or deed is usually right on target, but there's always the problem of my first thought or deed to explain.

An illustration of that phenomenon is my introduction to her cats after our first date. Returning her to the apartment she shared with several other students, I saw a number of cats rush to this newfound delight in my life, rubbing against her legs, meowing and purring like a room full of furry buzz saws. "Well," I said, with a smile, "this must be a real cat house!"

Even the cats were silenced, turning toward me and circling like their larger and somewhat more dangerous jungle cousins, but the atmosphere was instantly more Arctic than jungle. "You like cats," she said. It wasn't quite a question, and I lied. "Yes, of course. Who wouldn't like cats?"

The cats knew better, and so did she, but the moment passed without an attack from female or feline, so I duped myself into believing that I'd passed the first big test of this potentially interesting relationship.

As I left the apartment, wisely refraining from an attempt at a good night kiss, this lovely and fascinating young lady said sweetly, "That was a less than perfect answer, but you will learn to love kitties, won't you." Again, this wasn't a question. "Any friend of yours is a friend of mine," I said nervously.

"You like dangerous answers, don't you." And again, not a question.

I was silent but smiling. Something about this woman was tantalizing, and I knew on the spot that I would love her forever. And she has confirmed that she felt that same understanding as I turned toward the street, got into my car and drove away.

Standing in the doorway, she smiled the smile of a woman newly in love. Driving the 12 miles to my apartment, I grinned the grin of a lucky young man who had just found that most elusive of treasures: love at first sight.

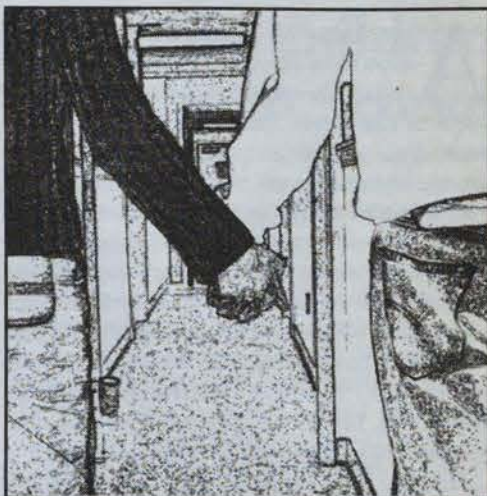


ILLUSTRATION: C.W.

The cats gathered together like football players in a huddle, then broke up to form a circle of protection around the dear woman who fed them and patted them, and who was about to make a monstrous mistake. For cats know when a person isn't a "cat-person." Cats are nothing if not ferociously loyal to those who feed them and pat them. Silently, these hairy little demons made plans to expose me as a danger and a dolt, and through several generations of cats who have infested my life, this plan has made my life with my dear wife a minefield of ill-chosen comments to avoid.

Our love has sustained me through dark and unhappy times. She has benefited from the loyalty of a man who owes her his very life, and the love of one who respects her mind and cherishes her presence. In my career teaching music, she has lifted me up when schools chose to "trim the faculty," and she has nurtured me as her skills brought her great gains in the business world.

Through all the harsh years of my sadness, she has never once regretted choosing me—an opinion shared by few amongst her family and friends—but we both understand that I am indeed, somewhat less than perfect. A good provider when employed, an excellent cook, someone to laugh with, but not perfect. Not bad in any way, just not the perfect specimen of manhood that seems to be the goal of women.

While others' wives strive to force their husbands to become something they weren't meant to be, my dear sweet wife never expects nor demands perfection. With and without words, she tells me I'm the best part of her life, and that marrying me was the best choice she's ever made. So what if I'm less than perfect—I make her laugh and I'm a good cook.

Despite only moderate progress toward perfection over the decades and a still-chilly stand-off between man and furry beast, Martin James and his wife have celebrated more than thirty years of wedded bliss. And no cats have been harmed, although blood has been drawn by them several times. They have been reluctantly forgiven to maintain the aforementioned bliss.

Non-profit news\$

May Center Students with Autism Graduate to Kindergarten

by Allison Holmes

On Wednesday, August 27, the May Center for Child Development in Freeport, Maine, awarded diplomas to nine five-year-old students with autism or other developmental delays who have successfully completed the special program and will begin kindergarten at their local public schools in September.

"It is a joyful occasion for everyone," said Denise Gobeil, director of the May Center in Freeport. "The children, parents and teachers all work so hard to achieve independence and a successful transition to public school. There is much to celebrate!"

According to Gobeil, the May school has a unique curriculum that combines developmentally appropriate practices with behavioral methods to help students progress to more integrated settings. Each fall, approximately 95 percent of the age-appropriate students with autism graduate from the May school and enter public school.

Autism, which occurs in approximately one in 500 individuals, is a neurological disorder that affects the development of the brain, causing difficulty with communication, learning, and social interaction. It usually appears during the first three years of life. Research shows that children who start treatment at a younger age require less intensive and restrictive services later. The Autism Society of Maine currently reports nearly 1,100 individuals in Maine with autism.

One of six New England schools owned and operated by the May Institute, the May Center in Freeport provides year-round, innovative educational services for children, ages two to eight years, with autism, pervasive developmental disorder (PDD), and other developmental disabilities. May Center programs are designed to promote communication, language, social, self-care and play skills. In addition, the Center offers consultation services to area school districts.

About May Institute

Founded in 1955, May Institute is a private, non-profit organization committed to providing the highest standard of behavioral healthcare, education and rehabilitation. Featured in the book, "In Search of America's Best Non-profits," (Jossey-Bass, 1997), May Institute serves people of all ages with diverse needs, ranging from developmental disabilities to brain injuries to mental health concerns. An active center of research and training, the Institute maintains affiliations with more than 39 universities, hospitals and human service agencies worldwide and has a Professional Advisory Board comprised of many leading authorities in the field.



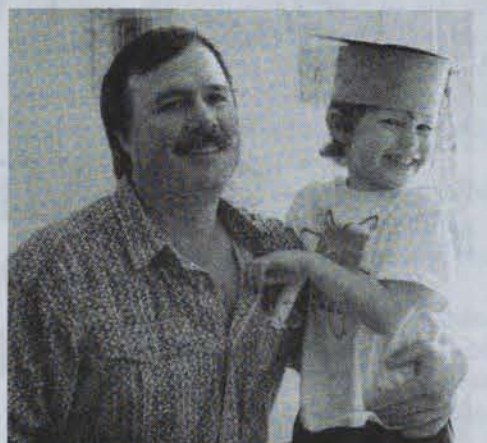
Brett and Jen: May Center graduate, Brett Nichols of Bowdoinham and May Center teacher Jen Piacentini have a good-bye moment as Brad celebrates his graduation from the May Center in Freeport. The May Center serves individuals (2-8) with autism, PDD and other developmental disabilities.

PHOTO: MAY CENTER



Cody Varnell: Cody Varnell of Leeds shares a proud smile as he celebrates his graduation from the May Center in Freeport.

PHOTO: MAY CENTER



Warren and Micky: Local residents Warren and Mick Swanson (pictured left to right) share a special moment after celebrating Mick's graduation from the May Center in Freeport.

PHOTO: MAY CENTER

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In Remembrance of 9/11

Our September 11 issue focuses on those who lost their lives in the 9/11 terrorist attacks, through the memories of those left behind.



Katie Graham named her son for her brother Steven Ward, who perished in the attack on the World Trade Centers on 9/11/01.

"He's given us focus and a new sense of life. And he's got a very special guardian angel."

Healing in Small Steps

by Tom Keene

It has been two years since terrorists attacked America and so much about the way we go about our lives changed forever. Americans have adjusted, and become reconciled to inconveniences. But for the friends and families of the 3,030 people who died in the attacks, life is very slowly returning to something closer to normal than most thought possible.

One of those who died at the World Trade Center was Stephen Ward of Gorham, a 33-year-old equity reporting accountant who had started a new job with Cantor Fitzgerald & Company. Left behind are his mother and father, two sisters and a brother, plus nieces, nephews and a host of friends who began to gather around the family as soon they heard that Stephen was in the World Trade Center that awful morning.

Susan and Katie, Steve's older and younger sisters, respectively, called this band of friends "wonderful, wonderful people ... they made the difference" in the family's process of dealing with their own per-

sonal tragedy in the midst of the nation's grief.

The sisters talk now about reaching the two-year mark, saying that "we're able to talk about Steve now without that gut-wrenching feeling that he's not here anymore."

Katie, an occupational therapist, said she is now wearing the sterling silver "mercy band" engraved with her brother's name: "It was too sad before ... now, I want him with me." She and Susan, along with their mother Victoria, speak with deep emotion about the young man they loved, and also opened a door into their childhood years.

Asked if they and their brother Ken had a typical sibling relationship, mother and daughters laughed together: "Typical? There were four of us, and we were a pretty rowdy family."

Susan, a teacher in Grey, said "we were typical in that we loved each other—but could still push each others' buttons."

Asked to describe their brother, Katie said "He wasn't afraid of anything. He spoke his mind. And he had such passion—he didn't do anything half-way."

Susan called him "my coach. He read an article that said children should learn a foreign language while they were young, so he kept asked me if my kids were learning French."

She spoke of several other projects her brother prompted her to begin. "He wanted us to save money, to invest money ..." Susan's voice trailed off as she thought back on this man who was just 16 months her junior. "He'd check up on us: 'Are you doing that—are you teaching

them French?' We'd answer 'no ...'"

Then, with a deeply-felt firmness, Susan said, "He really, honestly wanted the best for us. He wanted us to be the best we could be."

"For the first ten years it was *Susan-and-Steve*. At the memorial service, we were together in many of the pictures," said the elder sister. "He had made some big changes that reflected a growing maturity. He was coming into his own."

Again, thinking back over the years, Susan said, "He was a normal kid. I always saw that personality—but he was still the little brother."

When asked about *that personality*, Susan explained that her brother was "on fire all the time—always doing something."

Katie added, "and if he decided to relax and read the paper, he'd lie on the couch and read the paper—and you couldn't get him to do anything."

The life and lessons of Stephen Ward's 33 years are being continued in a number of ways, but two are very notable and alive. One is through an athlete-scholar memorial scholarship set up in Steve's name. (Please see sidebar) The other is a vibrant, cheerful and very active little boy who carries the name of his Uncle Stephen.

When Katie and Jeff Graham found out last year that they were to be parents, Katie said, I knew I could either keep going down the road of grief and crying myself to sleep—or grow up and move my life forward."

Jeff added, "In naming him Stephen, there was never a question—it was a given."

Katie and Steven in the backyard of their Westbrook home playing with Vera Lynn, one of two cats and a dog in the Graham family.



"Look at the camera," says Katie to Steven. Steve Ward's mother Victoria is at left Jeff Graham stands next to his wife and son.



Stephen Ward Memorial Fund

On Thursday and Friday, September 11 and 12, concerts to benefit the Stephen Ward Memorial Fund will be held at The Big Easy at 55 Market Street in Portland.

Stephen Ward was one of seven Mainers who died in the 9/11 attacks; the Fund was set up to provide scholarships to athlete-scholars in memory of Ward, who himself received the Student-Athlete Award at his graduation from Gorham High School in 1986.

Appearing at the Thursday concert will be **Paranoid Social Club**, **6 Gig and Headstart**. Friday's concert will feature **Rocktapus**, **Relish Groove** and **Tony McNaboe**.

All proceeds will go to the Memorial Fund; doors open at 8 pm.

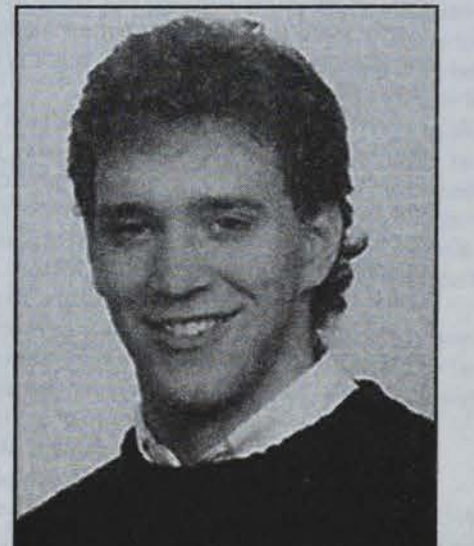
A previous fundraising project was the sale of candles, which carried the following information about Steve and the Fund:

"In a larger sense, Stephen Ward is a symbol of what America lost. He was one of the best and the brightest. His family and friends, with all of America, grieve now, yet devote themselves to creating some small measure of healing from this great national sorrow. They have established the Stephen Ward Memorial Scholarship Fund as a way to help educate the next generation of the best and the brightest."

Stephen Ward Memorial Fund
c/o Maine Community Foundation
P.O. Box 7380Portland, Maine 04101

6gig

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Stephen Ward in 1986 when he graduated from Gorham High School.

9/11 Memorial Garden Dedication

by Richard Brzozowski

Pivotal events in history have a way of affecting people in profound ways: some are paralyzed into inactivity and others are galvanized into action. The latter was the response of two local Master Gardeners just days after September 11, 2001. Moved by the myriad of memorial services around the country, Ann Miles of Portland and Karen Henderson of Scarborough wanted to see a lasting tribute to the seven Mainers who lost their lives that day and to remember the tremendous sacrifice made by the firemen and police of New York City who put their lives on the line to save the individuals at ground zero at the Twin Towers.

The pair agreed that a peaceful garden in a public area would be a wonderful memorial, and before the end of that September had their first meeting with Department Heads from the City of Portland and Chris Fleming from the PFD to begin working through the approval process to plant a permanent Memorial Garden on the Eastern Promenade, a beautiful site overlooking Casco Bay. This September 11th at 6:30 p.m., a public dedication will culminate two years of negotiations, planning, fundraising, and gardening.

Henderson designed the permanent Memorial and Peter Monro of Monro Associates worked up the specifications for City approval. Dr. Richard Brzozowski, Extension Educator for the University of Maine Cooperative Extension Service in Cumberland County, encouraged the project, and it has been supported by many of the local Master Gardeners, including CCMGA President Tonya Heskett. Along the way, Collette Monuments in Lewiston, and Maine Memorial Co. in South Portland donated some beautiful granite memorials, which will be the focal points of the garden. Material donations continued com-

ing in from Swenson's Granite, Morin Brick Co., RJ Grodin, Skillins Greenhouses, Risbara's Greenhouse, Carlin's Family Farm, Burgess Advertising, the Signery, and Gnome Landscaping.

Awaiting approval for the permanent Memorial, the City gave the pair permission to plant a temporary American Flag Garden, which was dedicated on Memorial Day 2002. On June 17, 2002, Portland City Council unanimously approved the permanent Memorial and fundraising began for Gnome Landscaping's installation costs. The pair held raffles, sold books, garden flags and hosted a huge yard sale. Lt. Janine Roberts of the PFD guest-bartended at Chapie's and raised \$470.00. Munjoy Hill Neighborhood Organization, Veteran's groups, Peter Monro, Gordon Ward, the Flyzik family, Verizon, the Judge's Council Garden Club, Rick Campbell, the Amvets #6, the American Legion in behalf of Patricia Schlegel and family and Mr. Elvin Schlegel, Jr. and the GPM Credit Union all came forward with some generous donations. The Memorial Garden Project is still in need of funds and is gratefully accepting donations for the completion of the project. Tax-deductible donations may be sent to: UMCE, September 11th Memorial Garden Project, PO Box 9300, Portland, ME 04101.

According to both Miles and Henderson, "The City of Portland has been wonderful to work with—especially Parks and Recreation, our City Councilors, local Firefighters and Police Officers. So many kind, caring people have been involved with this project from all over the State of Maine, including many of the family members of those who were lost on September 11. We're hoping this Memorial Garden will honor their memories, celebrate their lives and give everyone who visits a peaceful place to reflect and pay their respects."

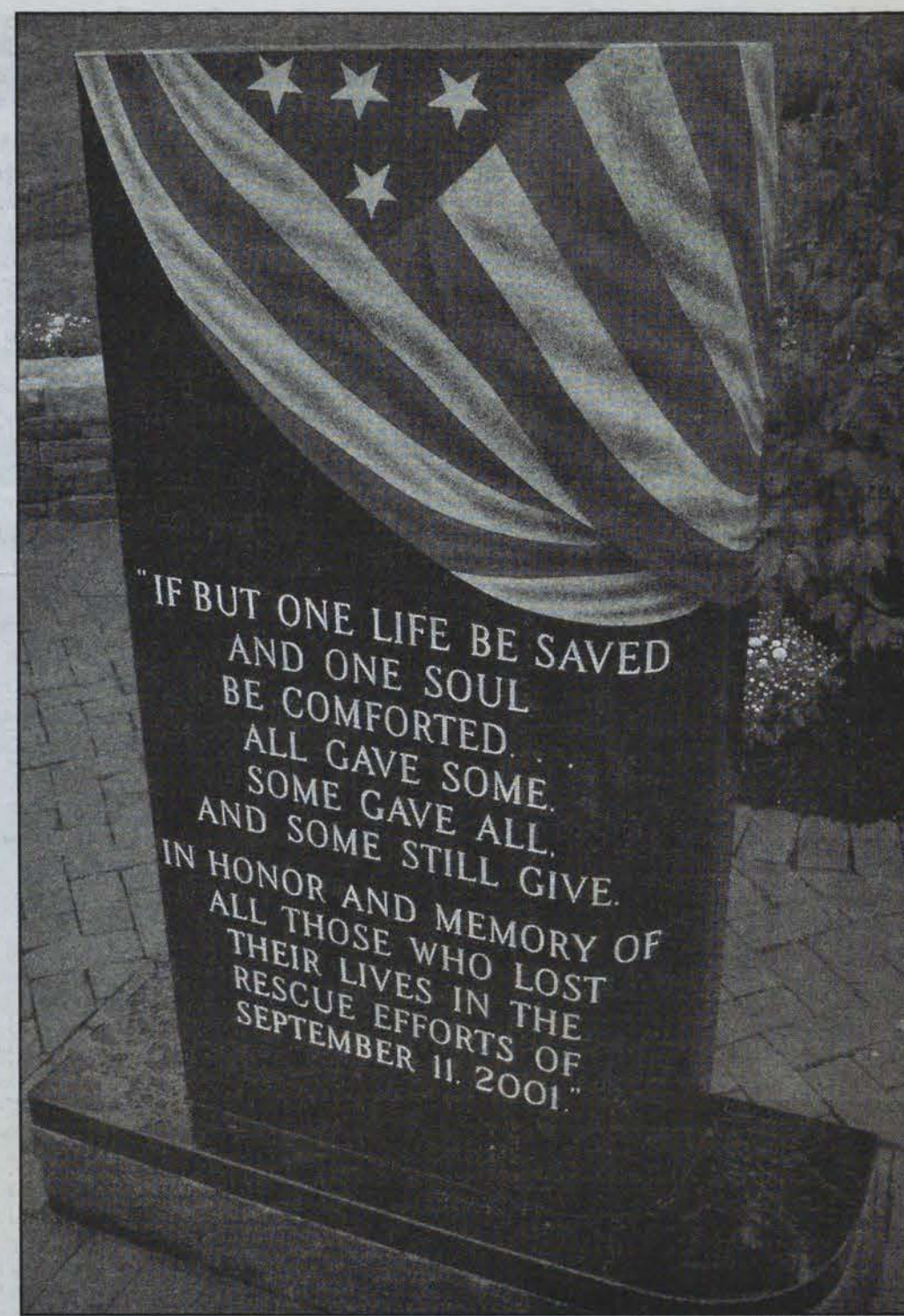


PHOTO ABIE OSTROM

Portland Harbor Museum's September 11 Project

by Martina M. Duncan

Everyone remembers where they were and the horror and dismay they were feeling on September 11, 2001. It was frightening, upsetting, unbelievable and inescapably present. Not a place in our country remained untouched by this matchless historic event.

Historic event. Usually we use this term to refer to events that sit securely in the past: the Civil War, the first walk on the moon, and the success of the women's suffrage movement. But, as we move through our daily lives, through work and family routines, we are creating history. Some of it is dramatic, some of it is hum-drum, but it is all history, and it is all interesting and valuable.

Portland Harbor Museum's mission is to enhance the understanding of rich maritime life, past, present and future, by preserving, presenting and interpreting Casco Bay's seagoing heritage for residents and visitors. It is a museum's responsibility to preserve past history, as well as history in the making. In our interpretation of history, we must make sure to link it to the present and the future, to make it relevant.

History is elusive. When it is presented in a museum, the museum staff must make choices, about which stories to tell, which are relevant. We interpret people, events and the artifacts that make up their story to give a theme life. But we can't possibly fit EVERY story in a gallery, or a book. Therefore we pick and choose. If, for example, we place an artifact in our gallery, and tell the story of its use, that is interesting. But, if we also talk about how it has evolved, what it is used for today and how it might impact the future, that is drawing a con-



PHOTO PORTLANDHARBORMUSEUM.ORG

nection between the past, present and future. This keeps the history from becoming irrelevant, as well as "old and dusty."

In making "Portland Harbor Remembers," a documentary concerning the effects of September 11, 2001 on Portland Harbor, Portland Harbor Museum aimed to provide one look at our harbor community at this time of upheaval. We tried to make a living record of the event, and its subsequent impact on this community. The idea for this video was conceived as a way to properly preserve what will be history for future generations, as well as to explore the ramifications of such a

significant event. The museum staff of the future will be able to use this in several ways as they thread together new themes and tell the different stories of our port that we are creating today.

It is the responsibility of museums today to care for this burgeoning history. We are not just here to put interesting things on display, but to keep alive the memories and stories of the past and to provide safe refuge for the stories of today and of the future.

"Portland Harbor Remembers," Portland Harbor Museum's recently completed video documentary recording the effects of September 11, 2001 on Portland Harbor, will be released this month on the second anniversary of the terrorist attacks. In producing the video, researchers found that due to the events of September 11, our community's security is much tighter and more efficiently managed. By calling on the waterfront community, including fishermen, merchant seamen and others, the government has been able to improve the security situation here, though they acknowledge there is still more to do. "The only way we can properly guard a place like Portland... is to all work together," commented Coast Guard Chief Quartermaster, Tim Waser, in the video. The Propeller Club of Portland will provide the venue for the private debut at their September meeting at DiMillo's Restaurant in Portland.

This video was made possible by generous donations from private individuals, Merrill Marine Terminal Services, Inc., Portland Tugboat, LLC and Northwoods Digital. Following the release, the video will be available at Portland Harbor Museum for public viewing and for sale.

Have we learned enough about fire safety from 9/11?

by Dr. W. Gene Corley

As we approach the second anniversary of the World Trade Center disaster, there is ample reason to reassess the state of fire safety in newer buildings where Americans work, live, shop, learn and play. Why? Because many building codes which establish fire safety standards for public and private buildings are based upon the mistaken assumption that sprinklers virtually never fail, and that fire-resistant construction materials can be minimized or eliminated.

Virtually everyone agrees that sprinklers save lives and property. However, the National Fire Protection Association (NFPA), a fire safety watchdog group, has collected data showing sprinklers do not operate approximately 16 percent of the time, or about one time in six. * The figure is based on a 10-year study of more than 8,000 commercial and industrial fires in the U.S.

Despite the risk of failure, there is a trend for model codes to rely increasingly on sprinklers, while reducing requirements for fireproofing, fire-resistant doors, dampers, and other fire and smoke barriers. At the same time, municipalities are considering adopting codes that allow buildings to be constructed taller and wider, with more open, flexible space.

While many view fire barriers as costly excess, firefighters and other emergency responders see them as lifesavers. In essence, the more fire and smoke-resistant construction products that are designed into a sprinklered structure, the less likely it is to collapse during a fire.

Those who doubt the need for fire-resistant construction need only look at the results of the World Trade Center Building Performance Study, which I oversaw in the aftermath of 9/11. While the World Trade Center disaster was an extraordinary event involving impact trauma that the buildings' designers never envisioned, the sprinklers there were overwhelmed. However, the additional fire-resistant construction is believed to have helped reduce the death toll by delaying collapse of the twin towers.

Evidence of the vulnerability of sprinkler systems in somewhat more conventional fires can be seen in Buildings 5 and 7 of the World Trade Center complex. Building 7 is not believed to have been seriously impacted by the collapse of the towers. Building 5 did have some severe damage from falling debris, but much of the building was undamaged. Both buildings had sprinkler systems. Yet, Building 7 and a portion of Building 5 collapsed from burnout fires. The sprinklers in Building 5 were overwhelmed by the intensity of the fire; and there was either no water supply or insufficient water to combat fire and prevent collapse of Building 7.

Based upon these findings, it is clear that the fire protec-

Helping Students Cope

by Richard Barbieri

Many people are apprehensive at the beginning of a new school year: children starting school or moving up a grade or to a new school, parents, even teachers and administrators. But Septembers in the early part of this millennium may be the most unsettling ever—because the anniversary of 9/11 will hit us each year when we have barely begun. How should our schools and our families deal with this painful occasion, especially when students, teachers, and administrators may be very new to each other?

First of all, parents should be reassured that schools, more so than any other institution in society, are experienced at helping very young children cope with traumatic world events. Many parents breathed a sigh of relief in 2001 when their child's school stayed in session, kept the television off and encouraged children to talk with each other and with caring adults about what happened. It is important that children are heard and their feelings recognized. Schools do this, and do this well. The conversations, art projects, public events, or moments of silence which different schools chose in 2002 were generally very well received and promoted a feeling of hope and solidarity. There is no reason the same should not be true again this year.

In the conversations I have had, and the materials I have read, two ideas stand out:

Don't pretend that we can simply continue business as usual. Anniversaries hit people hard, and this one will affect most adults and older children, though in widely varying

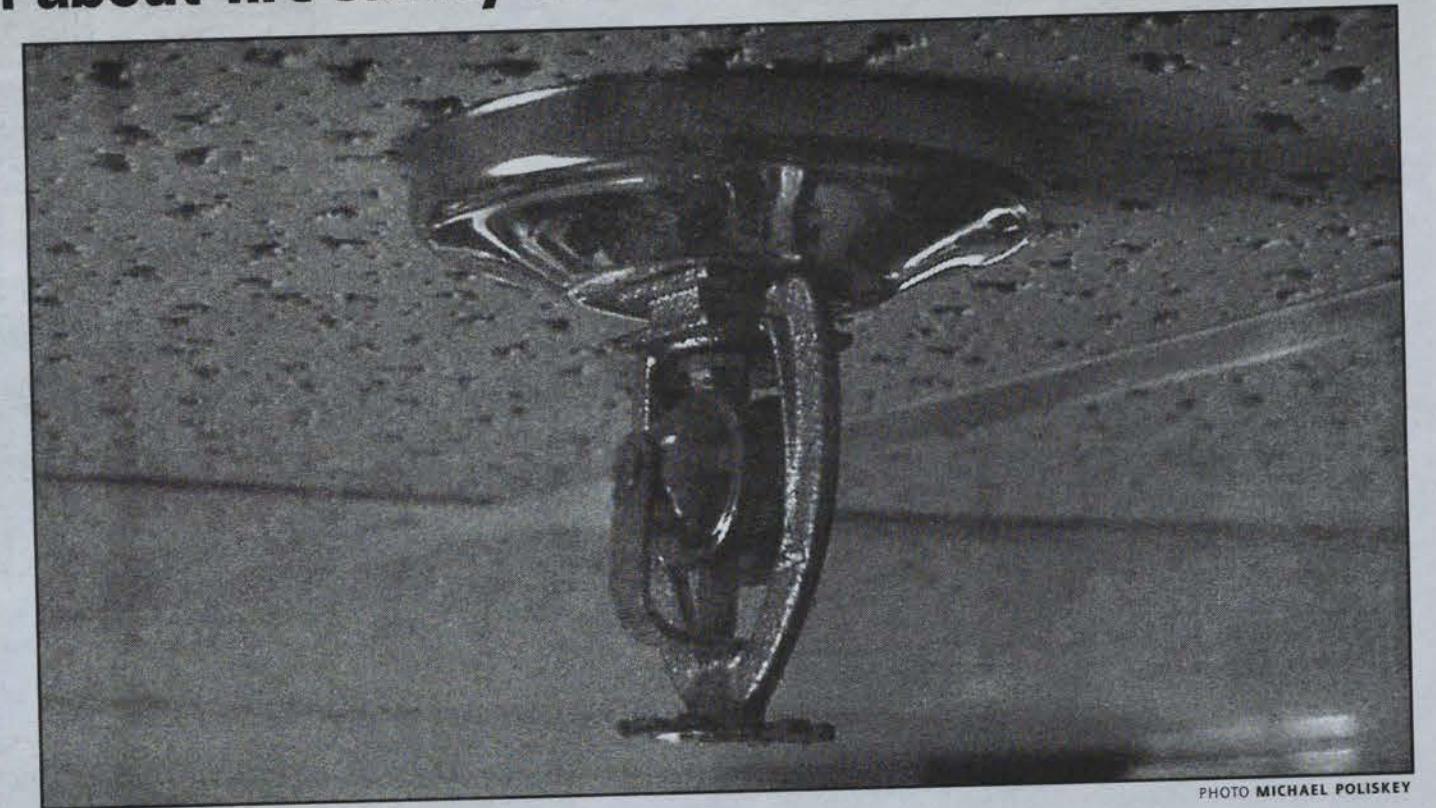


PHOTO MICHAEL POLISKEY

tion provided by the sprinkler systems alone did not stop the fires in these two buildings. However, the built-in fire protection delayed their collapse, thereby allowing occupants and emergency responders to evacuate both buildings.

Why is this important now? Because almost precisely two years after 9/11, New York City is gearing up to adopt a new building code—the International Building Code (IBC). Regrettably, the IBC relies even more extensively on sprinklers than previous model building codes at the expense of fire-resistant construction materials.

In fact, the IBC's requirements for fire-resistant construction are drastically lower than what building codes required two to three decades ago. In addition, the IBC allows buildings to have more stories, more open space, narrower stairwells, longer distances to an exit, and fewer exits than is permissible under other codes. Consequently, unless the code is amended, it will place occupants, firefighters and other emergency responders at greater risk than ever before.

And the issue has implications extending well beyond the city's five boroughs. If history holds true, amendments made to the IBC in New York City will be carefully scrutinized by other jurisdictions across the country. Fire safety cannot be

an "either-or" proposition. Buildings for which sprinklers are appropriate should also have fire-resistant construction for better fire protection. Anything less puts occupants and emergency responders at risk, and is, therefore, unacceptable.

* In 2001, the National Fire Protection Association published a report on the performance of sprinkler systems in the U.S. from 1989 to 1998. The report divided system performance into five categories:

1. equipment operated: 7,421
2. equipment should have operated but did not: 1,451
3. equipment present but fire too small to activate: 17,474
4. equipment not present: 125,492
5. unclassified performance: 3,629

The 16 percent figure is calculated by dividing the number of incidents in category 2 (1,451) by the total number of incidents in categories 1 and 2 (8,872).

Dr. W. Gene Corley is the Team Leader for the World Trade Center Building Performance Study.

should also emphasize the bravery of those who helped, and who are continuing to help victims and to protect us today.

On the private side, each school will be different. One school may have children who lost adults known to them, or even who lived in New York in 2001. Schools should know of such individuals and be ready to help directly.

Above all, responses, both public and private, must be age-appropriate. What works in high school will not work in the primary grades. The youngest students may indeed not be aware of the significance of the date (many don't even understand the calendar fully). If parents and schools agree to pass over the anniversary with such youngsters that may be perfectly appropriate. Older students will need much more time to express their feelings, though many will feign indifference, while others will be emotional, or passionately resolved to organize an event or a project. However, we must not underestimate our children. Last year one mother told me that her five-year-old said to her: "The kindergartners are talking about it, but not in front of the preschoolers. We don't think they can handle it."

In a very real way, none of us can fully handle what happened on that day, but we can all handle this anniversary far better if we talk together and come up with ways to support each other and to have an effective commemoration.

Richard Barbieri is Head of Breakwater School, a private, independent school serving Age 3 through Grade 5 in Portland, Maine.

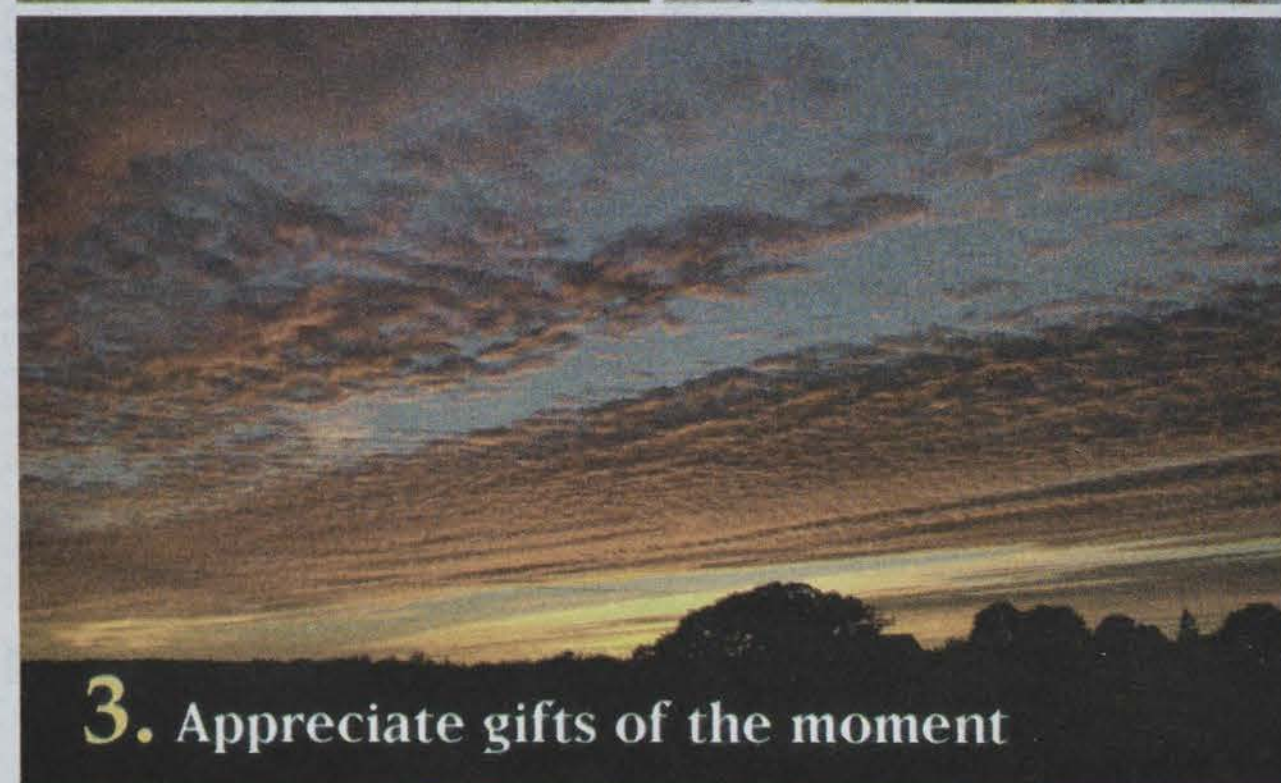


1. Eat well



2. See the world

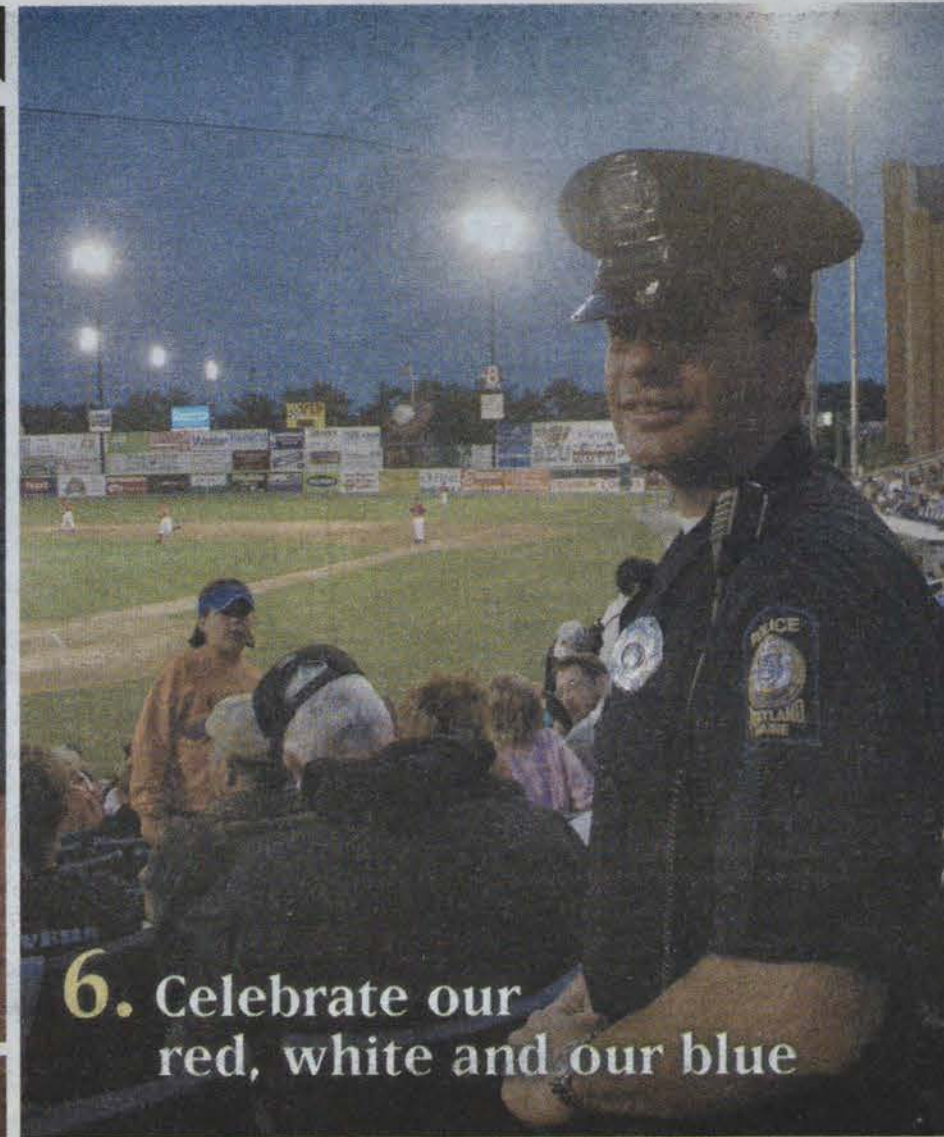
Remembering the Important Things in Life



3. Appreciate gifts of the moment



4. Love and protect your animals



6. Celebrate our red, white and our blue



7. Reflect

- 1. Fresh tomatoes from the garden.
- 2. Travel brochures.
- 3. A beautiful sunset.
- 4. (clockwise from top left) Henry, Rita, Gwenn and Paris.

Photography by Abbie Ostrem

- 5. (center) Linda Everest with her grandchildren: Donna, Cassie, Lydia and Katie.
- 6. Police Officer Dan Knight at a Sea Dogs game.
- 7. Firefighter Captain Larry Libby.
- 8. John Ostrem and Gwenn the cat.



5. Cherish our children



8. Choose your friends wisely



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quality time

Funny bone

Jokes & Riddles

Brain Teasers

Why shouldn't you try to swim on a full stomach?
Because it's easier to swim on a full swimming pool!

What creature sticks to the bottom of sheep ships?
Baaa-nacles!

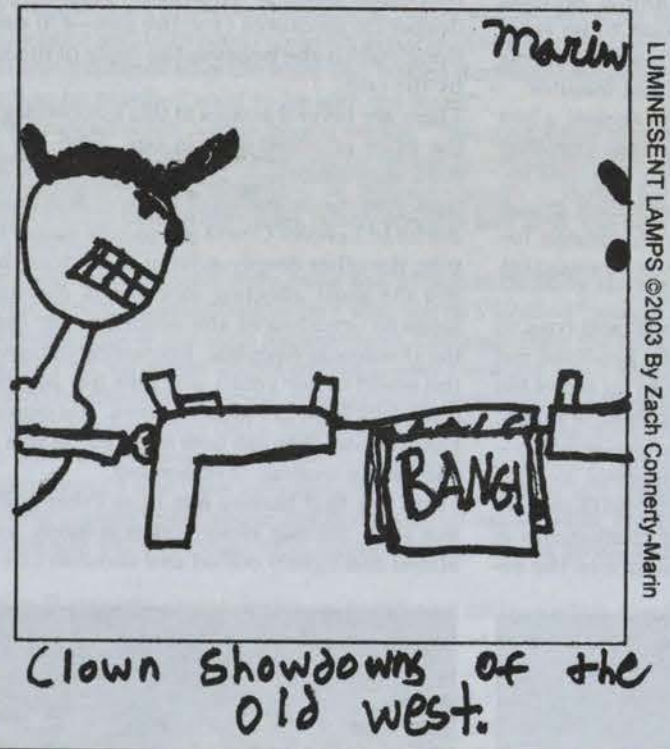
How do you know if your little brother is turning into a fridge?
See if a little light come on whenever he opens his mouth!

What is the coldest part of the North Pole?
An explorer's noes!

Why is that man standing in the sink?
He's a tap dancer!

Where do rabbits learn to fly?
In the Hare Force!

LUMINESENT LAMPS

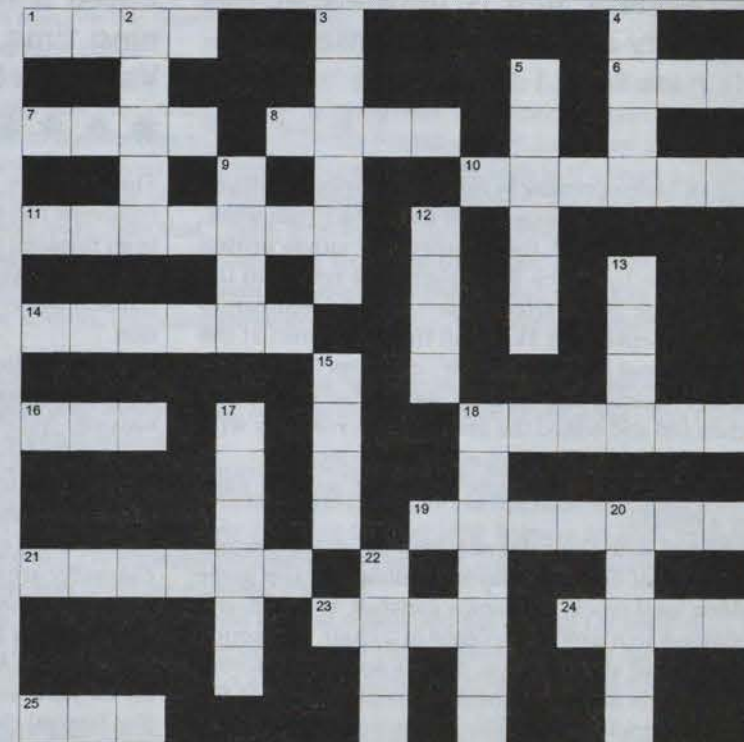


LUMINESENT LAMPS © 2003 By Zach Conner-Main

A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, co-workers sharing a joke, chatting with a stranger in the checkout line—that's building community, one moment at a time. Towards that end, we devote a page every issue to humor & puzzlers for all ages. We hope you'll share them with whoever's sitting across from you as you read this—whether it's your son or daughter or the guy at the bus stop.

Sea Dogs Baseball

Crossword



ACROSS

- Poor ballplayer, according to "Casey at the bat"
- Tree from which most bats are made
- Former Sea Dog Nate now in majors
- Nearly a no-hitter in August—lost bid with two out in 9th
- Sea Dog Pitcher now in Detroit system
- Father/son team Craig Sr. and Jr. run Hadlock chibhouses
- His 12 '03 sac bunts in third-highest in Dogs history
- The best seats; to practice Ali's profession
- Rubber-like stuff used for baseballs during WWII
- Hit .311 for year; last two weeks of season, hit .426
- Former Sea Dog who now shares OB record with Youkilis
- Month of the Swoon
- Player replaced by Gehrig
- Dogs stopped 9-game slide wearing this color tops for 1st time

DOWN

- Sour fruit or lousy ballplayer - except for pitcher Bob
- Modified curve that is rolled out of pitcher's hand
- To hit the ball hard
- Cubs shortstop in famous poem
- George's nickname, not given for his looks
- Base on balls
- Fall League team of Sea Dogs - the Desert Dogs of
- A home run; term associated with Roger Maris
- Dogs beat this team for first home win 4/20/94
- Bluster-prone former Sea Dog
- To strike out
- Radar gun used to clock pitches

Answers to last week's puzzle



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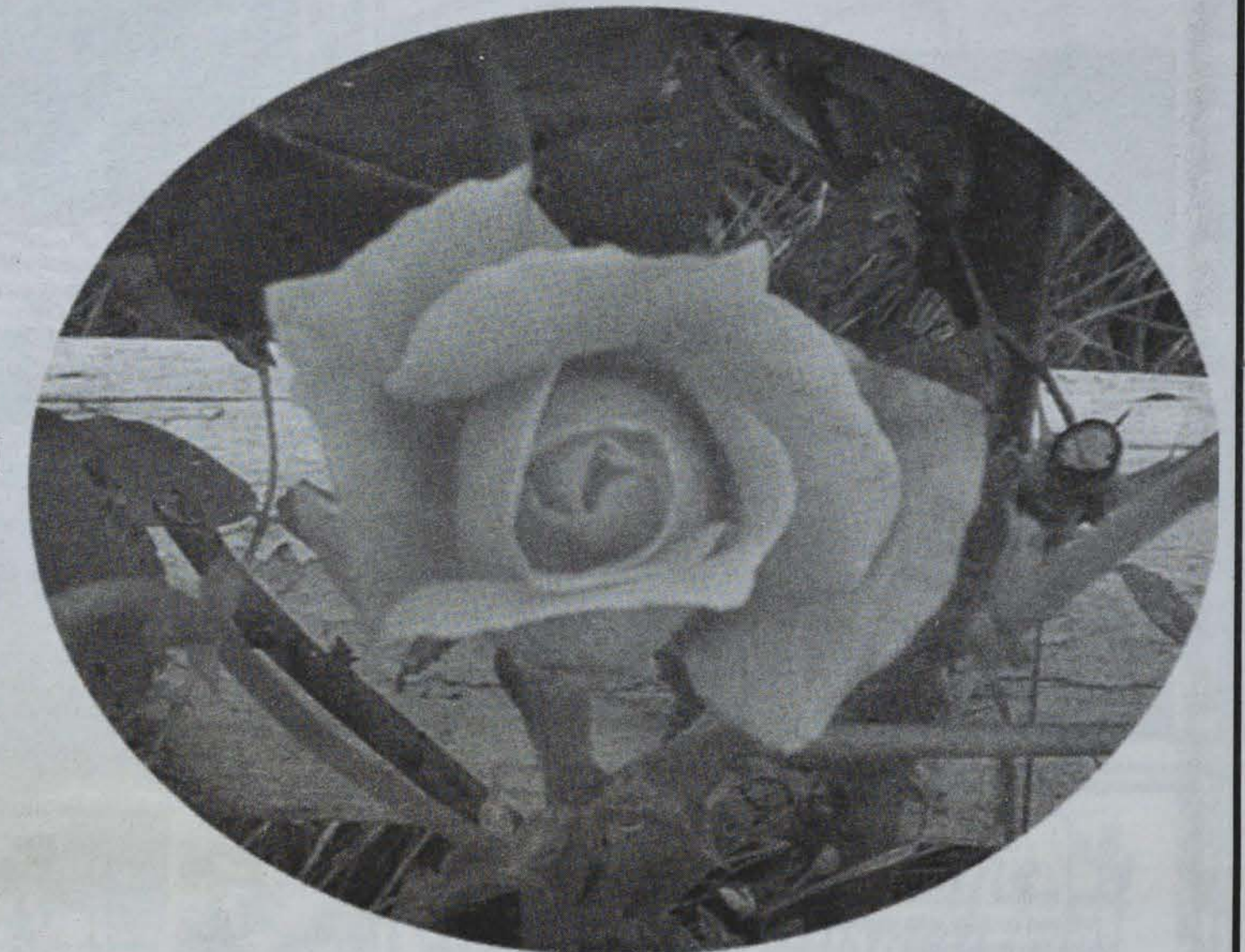
Evening Delivery Tuesday through Saturday
to Portland and Falmouth Foreside

"As far as we can discern, the universe is a very SILLY place." A. Einstein

Contests

Send your original photography, artwork and writings (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Each week, our staff will pick their favorite and we will publish it in our paper with your name! You'll also receive a prize for your efforts. Send your submission to: Contest Department, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 (please include a SASE if you want your submissions returned) or e-mail to: cbwdir@maine.rr.com.

PHOTO BY: SY POWELL OF SCARBOROUGH



POETRY:

Dust to Roses

By Sean Patrick McGarvey of Scarborough

In my dreams I am lost in eyes,
I have never seen,
I am with you at last,
I feel the heat of your touch,
In a shadow that was never cast,
It is more than I can handle.

My hair is already wet,
When I heard the distant thunder,
I squinted my eyes against the lightning,
And saw your silhouette before the flash,
From the tree that I was under.

I have been betrayed,
Before I ever felt your trust.
You come at me with a two-edged sword,
I have looked into the blade.
I've seen your beauty reflected in the steel,
After a hundred years of rust.

Right now I feel your breath on my neck,
Breaths yet to be exhaled,
All these thoughts rattle the senses,
Turning future to past,
Dismembering the tenses.

I have seen the stars in your eyes,
Before the daylight faded.
I've touched the remains of the first rose I ever
gave you,
Ran my fingers through its dust,
Before the seed had germinated.

I am covered in cold sweat when I wake to find,
I am doomed to face the future I should have left
behind,
And the past I'm yet to make.

calendar 9.11 to 9.17.03

Submissions to the calendar must be received in writing by the Thursday two weeks prior to publication. Send your listings to Calendar, Casco Bay Weekly, 71 Forest Ave., Portland, ME 04107, or e-mail: listings@maine.cc.com.



"Sightings" Photographs of Coastal Maine by Peter Ralston at June Fitzpatrick Gallery

Thursday, September 11

"The Abstracted Landscape" an exhibit of various artists now through October 5, 2003 at Center for Maine Contemporary Art, 162 Russell Avenue, Rockport. Gallery hours: Tues-Sat 10am-5pm. Sun Noon-5pm. 236-2875 or www.artsmaine.org

"Signs for Travelers" by Nicholas Lamia, a recent recipient of the Guggenheim Fellowship, is on exhibit till September 28, 2003 at The Hay Gallery, 594 Congress Street, Portland. 773-2513, www.haygallery.com.

"Fringe Festival" Stillhouse Studio Theatre is proud to present a late-night festival of local puppetry/performance in conjunction with Figures of Speech Theater's World Puppet Festival. "There's a house and there's Jack" Last seen in Brooklyn, NY, this marionette/music/dance theatre work is a collaboration between experimental music trio tarpigh and choreographer/writer Buffy Miller. Special guest Sara Crall presents "A Day in the Life of Endive" Thursday, September 11 at 10pm and Friday, September 12 at 10:30pm. Stillhouse Studio Theatre, 108 High Street, 2nd Floor, Portland. 879-5498, www.figures.org/festival.

Friday, September 12

Turkey Hollow, Acoustic roots music with an exciting celebration of bluegrass, folk and country with dashes of blues, Cajun and Celtic. Come enjoy the Maine trio that promise a foot-tapping, hand-clapping and sing along good time. The show begins at 7:30pm. Saco River Grange Hall, Salmon Falls Road, Bar Mills, 929-6472.

"Sightings" Photographs of Coastal Maine by Peter Ralston are on exhibit and there is a reception for the Artist 5-7pm at June Fitzpatrick Gallery, 112 High Street, Portland. Gallery Hours: Tues-Sat Noon-5pm

St. Hyacinth's Family Festival Giant flea market, silent auction, knits, crafts, raffles, baked goods, children's, moon bounce and lots of food. St. Hyacinth's Parish Hall, 295 Brown Street, Westbrook. Fri 5-9pm, Sat 10am-9pm, Sun 7:30am-1pm. 854-2003 or 854-0245.



The Tyler Wood Ensemble at Starbird Recital Hall on Saturday September 13th at 8:30pm

Saturday, September 13

The Tyler Wood Ensemble Dimensions in Jazz presents the Tyler Wood Ensemble at the Starbird Recital Hall. After a decade this trio has reunited for a tour of Maine and New Hampshire. 8:30pm, 525 Forest Avenue, Portland. 828-1310.

4th Annual Celtic Music Celebration Concert Come and enjoy songs from Ireland, the mountains and the sea. The Kennebunk Coffeehouse is presenting Celtic performances including the duo Two Old Friends and Don Wessels and Davey Maguire. The concert starts at 8pm and fresh coffee, soda, water, and tasty home-baked treats will be served before the show and during the break. First Parish UU Church of Kennebunk, 229-0212, shawn@kennebunkcoffeehouse.com.

"Fringe Festival" Stillhouse Studio Theatre is proud to present a late-night festival of local puppetry/performance in conjunction with Figures of Speech Theater's World Puppet Festival. "Fence Kitchen" Puppet theatre pulled from the dreams of sculptor, set designer, puppeteer, and (2003) Maine Arts Commission Music Composition Fellow Tim Harbeson. Created and premiered at the Stillhouse, it is an intimate view into the mysterious machinations of this jewel-box theatre. Saturday, September 13 10pm and Sunday, September 12 10:30pm. Stillhouse Studio Theatre, 108 High Street, 2nd Floor, Portland. 879-5498, www.figures.org/festival.



"In Between" Public lecture by Artist Sam Van Aken

Sunday, September 14

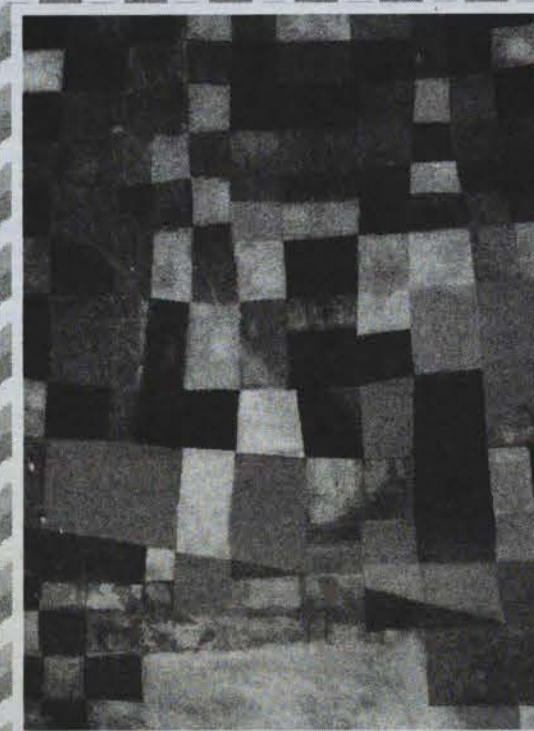
"In Between" Public Lecture by Sam van Aken at Center for Maine Contemporary Art, 162 Russell Avenue, Rockport, 2pm, 236-2875.

Monday, September 15

"Vessels and Drawings" by Pam Slaughter and Deborah Randall will be on exhibit through September 27, 2003 at June Fitzpatrick Gallery at Meca, 522 Congress Street, Portland. Gallery Hours: Tues-Sat Noon-5pm. 879-5742 ext. 283.



"Vessels" by Pam Slaughter at June Fitzpatrick Gallery at MECA



"Signs for Travelers" by Nicholas Lamia at The Hay Gallery

Tuesday, September 16

"German-American Misunderstandings - Shared Values, Different Perspectives." Lecture by Guenter Wehrmann, Deputy Consul from the Consulate General for the Federal Republic of Germany. 10am-11:30. University of Southern Maine, Payson Smith Hall, Room 211, Portland. 780-4290.

Patent Basics Seminar The staff of the Maine Patent Program will present a seminar on how to patent your invention. The seminar will address what types of inventions are subject to patent protection, the practical steps to obtain a patent, and how one can perform searches on their own invention. University of Maine School of Law, 246 Deering Avenue (1st Floor-Moot Court Classroom), Portland. 5:30-7pm.

Wednesday, September 17

Hitting the Jackpot: The Inside Story of the Richest Indian Tribe in History The Portland Public Library welcomes author Brett Fromson to their Brown Bag Lecture Series. Noon-1pm in the Rines Auditorium, Five Monument Square, Portland. 871-1710 www.portlandlibrary.com.

Marketing Professionals Social All New England marketing professionals are invited to this friendly social. Hosted by the Portland Marketing Association, at Bull Fenney's Restaurant, 375 Fore Street, Portland. 4-8pm. secretary@portlandmarketing.org.

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