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Casco Bay Weekly

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A talk with
Jake
Sasserville
14

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FREE

Volume XV #35

casco bay weekly

Our September 11 issue

Our September 11 issue

focuses on those who

focuses on those in the

focuses on those in the

focuses on those attacks,

lost their lives in the

gl11 terrorist attacks,

gl11 terrorist attacks,

through the memories

through the memories

through the memories

of those left behind.

Beginning 16.

September 11, 2003

In Remembrance of GV11

Season Encourages Great Expectations For 2004

Focal Point
Galeyrie to Showcase the
Work of Photographer
Louis Ouzer

Press Box

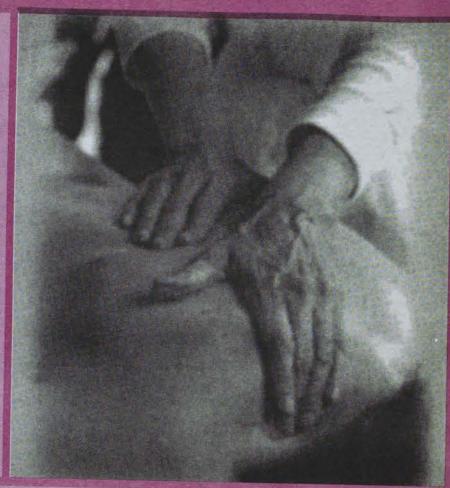


For the Record
Children's Health at Risk

You Deserve a Career You Love

The demand for Cosmetology and Massage Professionals has never been better.

This is the perfect time to join this rewarding field.



Massage and Polarity programs created by Nancy Risley, RPP and taught by instructors trained by the PRI Educational Development Company.

Cosmetology programs designed by Pivot Point International and led by Teresa Favazza.

Applications Now Available For Fall Classes

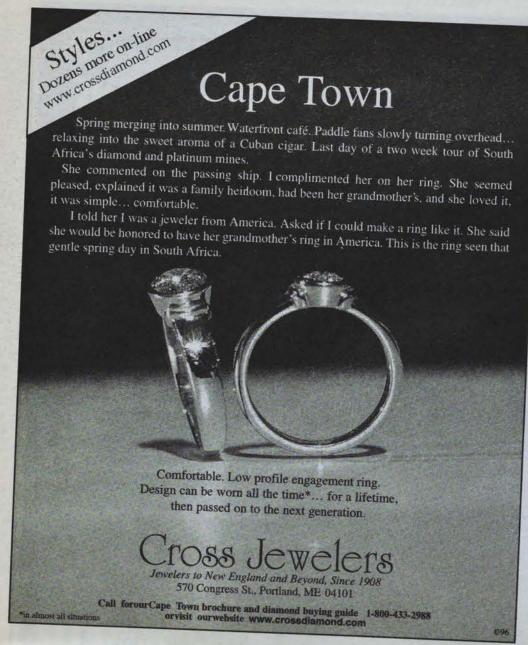
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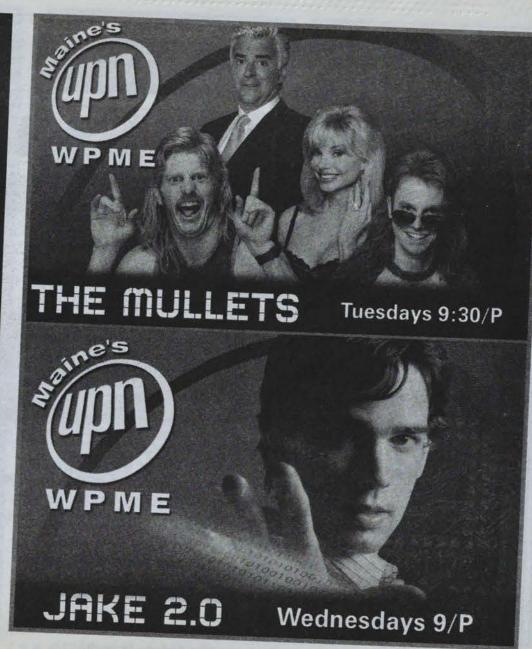
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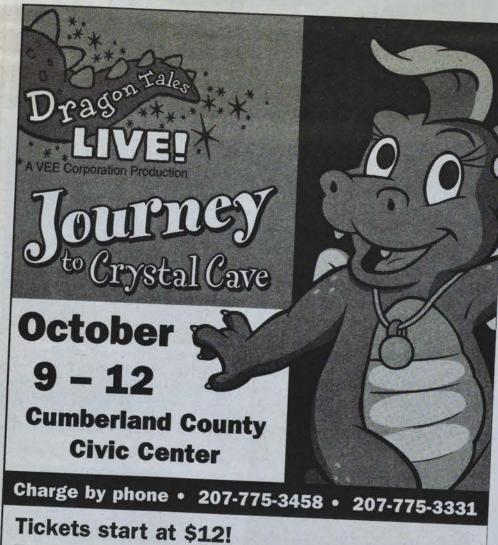
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SEPTEMBER 11, 2003

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September 11, 2003 Volume 15 Number 35



Features 0/1

Remembering 9/11

This issue focuses on those who lost their lives in the 9/11 terrorist attacks through the memories of those left behind. It will be two years since the worst act of terrorism we've ever experienced here on American soil.

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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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who was first in line to see "Winged Migration" at The Movies at 5pm August 12th.

Please Call the Second in Line at 879-7667.

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



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-MorgensonVice PresidentMaine Publishing Corp.

Community. notices

Downeast Maine Salmon Restoration Fund Awards Grant to Maine **Environmental Policy Institute**

The Maine Environmental Policy Institute announced today that it has received a \$37,000 grant from the Downeast Maine Salmon Restoration Fund. The grant is for a project to identify opportunities for blueberry growers to cultivate their crop in a way that is economically competitive yet ecologically compatible with salmon recovery in Down East Maine. The Fund has so far awarded a total of \$255,000 to local organizations committed to environmental research, education, and watershed restoration projects focused on Washington and Hancock Counties.

This May, MEPI was awarded \$6,000 from the Fund to develop and publish forest management guidelines for forestry operations located in critical salmon habitat areas. "We will be researching ways that forestry and blueberry cultivation can be pursued profitably in watersheds that will support a recovering population of salmon," said William Sugg, director of MEPI. "We believe that endangered species can recover and coexist in areas of intense human activity with some careful research and planning."

Sugg has worked as a conservation biologist for the Smithsonian, The National Wildlife Federation, and The Peregrine Fund on the recovery of the peregrine falcon in the eastern US.

The mission of the Maine Environmental Policy Institute is to help Mainers understand the importance of healthy ecosystems to their families and communities. The Institute, an independent nonprofit organization based in Hallowell, Maine, is dedicated to researching environmental challenges facing the state and reporting this research to policy makers and the public. The group has received the Governor's Award for Environmental Excellence.

The \$375,000 Downeast Maine Salmon Restoration Fund was established last year through a settlement between the United States Public Interest Research Group (U.S.PIRG) and Heritage Salmon, Inc. The Fund provides grants for environmental research, restoration, preservation, protection and/or education projects intended to bene- Friends of Midcoast Maine, Bath fit wild Atlantic salmon and their habitat and ecosystems in Downeast Maine. The Fund is still accepting grant proposals, which should include: an organizational description; a narrative description of the proposed project, Immigrant Legal Advocacy Project including the specific problem or need to be addressed, the goal or goals to be achieved, and a project timeline; and a proposed budget. Copies of grant proposals should be sent to both of the following two addresses:

Downeast Maine Salmon Restoration Fund c/o Josh Kratka National Environmental Law Center 29 Temple Place Boston, MA 021111

Downeast Maine Salmon Restoration Fund c/o Michael Nelson Jensen Baird Gardner & Henry 10 Free Street Portland, ME 04112

iana Wohl, at (617) 422-0880 or at nelc@nel-

The Music of Your Life

1400 and 1490 The Bay (Portland based radio stations) are hosting their first "Senior Lifestyle Expo" on Wednesday September 17th 9am-3pm. The event will be held at the Portland Elks Lodge, 1945 Congress Street. The Senior Lifestyle Expo is for anyone who enjoys life, wants to stay active and wishes to learn something new! The day will be filled with interesting speakers, exhibits and door prizes. For more information call Lisa Norton at the Portland Radio Group 774-4561 ext 3030.

Grant Applications Available for Grassroots Social Change

Maine Initiatives, a grant-making foundation, announced today that it is now accepting applications for grants in 2004. Maine Initiatives provides three-year grants of up to \$40,000 to groups cultivating social change at the grassroots level in Maine communities.

"We're looking forward to hearing from the great variety of grassroots groups that are working in their own exciting, creative and powerful ways to make a real difference for social, economic and environmental justice in Maine," said Jeff Schwartz, chair of the foundation's grants committee. "It's only through the work of our grantees that Maine Initiatives' resources can have such a strong and wide impact on positive social change."

The deadline for applying is Wednesday, November 12. For more information or to receive an application and guidelines, visit www.maineinitiatives.org or contact Maine Initiatives, 622-6294, meinit@gwi.net or visit MAINE INITIATIVES MAJOR GRANTEES

Food AND Medicine Maine Equal Justice Partners Peace through Interamerican Community Action (PICA)

Bayside Neighborhood Association Maine Center on Deafness

Unity Barn Raisers

Maine Citizen Leadership Fund, Portland Maine People's Alliance Mercury Elimination

Maine Rural Workers Coalition Toxics Action Center, Portland

Bangor Clean Clothes Campaign REM-Catch the Dream

Daughters of First Light SPIRAL Arts 1997 Mainely Girls

Outright

Pine Tree Camp Announces Accessible Recreation Opportunities for 2003-2004

Pine Tree Camp is well known throughout For more information on applying contact Ar- Maine and beyond as a leader in offering a traditional summer camp experience to people with disabilities. Last year, the camp ex-

Casco Bay Weekly welcomes your community notices. Please keep your thoughts to less than 300 words (longer submissions may be edited for space reasons), and include your address and daytime phone number. Send to: Notices, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com

panded its offerings with Accessible Recreation Opportunities in the fall, winter and spring.

"We saw a need for accessible and affordable recreational opportunities for people with disabilities," said Harvey Chesley, the camp's director. "With our new winterized cabin, it seemed like a natural way for Pine Tree Camp to expand its offerings."

Pine Tree Camp's four-season cabin will be a home away from home for participants. The cabin offers plenty of accessible living space overlooking beautiful North Pond. With two large, fully accessible bathrooms featuring roll-in showers and six comfortable bedrooms, the cabin can easily accommodate 20 people. A full kitchen and spacious living area make for great relaxing and socializing. Best of all, the cabin provides easy access to all that the 250-acre camp has to offer including more than a mile of waterfront access and a network of accessible nature trails.

Accessible Recreation Opportunities for the 2003/2004 season include:

Accessible Fall Fishing Weekend, Fri., Sept. 19 to Sun., Sept. 21; Accessible Fall Foliage Weekend, Fri., Oct. 10 to Sun., Oct. 12; Guided Deer Hunting Trip, Wed., Nov. 5 to Sun., Nov. 9; Ice Fishing Extended Weekend, Thurs., March 4 to Sun., March 7; Spring Fishing Weekend, Fri. May 21 to Sun., May 23. Registrations are now being accepted for all Opportunities.

For more information or to register for an Opportunity, please contact Erin Rice at (207) 443-3341 or info@pinetreesociety.org. Additional information is available on www.pinetreesociety.org.

Pine Tree Camp is one of the many programs of Pine Tree Society. For more than 60 years, Pine Tree Society has been providing Maine children and adults with disabilities the opportunities and the means to create better lives for themselves and their families. For more information on our programs and services, please call (207) 443-3341 or visit our website, www.pinetreesociety.org.

Department Seeks Public Comment on Proposal to License Home Building Contractors

The Department of Professional and Financial Regulation has announced that it is seeking public comment on a proposal to license home building contractors. The public comment will be accepted as part of a "sunrise review" of legislation that would require hundreds of trade professionals involved in residential building construction and improvement to become licensed in order to legally work in Maine.

State law requires the department to conduct an independent assessment or sunrise review whenever proposed legislation would license or otherwise regulate an occupation or profession that is not currently regulated in order to determine whether such regulation is necessary.

"The legislation we are reviewing represents one of the more significant expansions of a licensing requirement in recent state history. It would affect several hundred individuals in the home building and repair industry. Our responsibility in undertaking this review is to assess whether the proposed regulation is necessary, what impact it will have on the cost of services and whether it advances public safety and welfare with the minimum gov-

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SUBMISSIONS CBW is actively seeking submissions of all kinds from our community of readers. Photography, comics, articles, proposals and

letters should be mailed to: Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mailed to cbwdir@maine.rr.com WHO WE ARE AND WHERE TO FIND US

Every Thursday 30,000 copies of CBW are distributed free throughout Greater Portland, at outlets from Brunswick to Windham to Biddeford and at selected York County locations. Casco Bay Weekly is also on the Web at www.cas

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ernment burden," said Commissioner Robert E. Murray, Jr.

The sunrise review was triggered by legislation presented before the Business, Research and Economic Development Committee during this past spring's legislative session. The bill, LD 1551, An Act to License Home Building and Improvement Contractors, would require that home construction and improvement contractors be licensed if they undertake projects costing a homeowner \$1,400 Open—Drive Carefully." or more. The bill would establish a seven member Home Construction and Improvement Contractors Board to oversee the licensing of such individuals.

for public comment either from consumers or individuals working in these trades on the proposal to license home building and repair contractors and the impact that proposal would have on the residential building trades industry," Commissioner Murray stated. "Specifically, we're looking for input on the topics that the sunrise review process requires us to consider before the legislature decides whether this proposal should become law."

A survey covering the 13 criteria that will be used in evaluating the proposed licensing legislation can be found on the department's Web site at www.state.me.us/pfr/com/PFRcontractor.htm. Comments on the licensing proposal should be submitted in writing on or before September 19, 2003, to: Commissioner's Office, Department of Professional and Financial Regulation, 35 State House Station, Augusta, ME 04333-0035.

AAA Reminds Motorists to be on Alert When Schools are Open

As area students return to school, AAA slow down and watch out for school-age pedestrians.

"Children get caught up in the excitement of 'back-to-school' season and forget to look out for cars," said Matthew McKenzie, Managing Director, Marketing & Member Services. "Many youngsters have trouble making accurate judgments about traffic speed and distance, so drivers have to be particularly aware."

One-fifth of all children, 14 years of age and younger, who die in motor vehicle crashes are pedestrians, according to the National Highway Traffic Safety Administration. The major-

AAA's School's Open—Drive Carefully cam- amined annually. paign encourages motorists to stay alert in dren who may dart out into the street near careamerica.org. school zones, playgrounds, bus stops, and in neighborhoods.

As part of the School's Open—Drive Care- Symposium fully campaign, AAA Northern New England offers drivers tips to keep school children

- Slow down in or near school and residential
- Drive with your headlights on—even during the day-so children and other drivers can
- trollers, crossing guards, bicycles, and play- with a gallery of approximately 30 exhibitors grounds, which indicate children could be in the area.

 Scan between parked cars and other ob-tional materials. jects for signs that children could dart into

Practice extra caution in adverse weather

· Pay particular attention near schools during the morning and afternoon hours. · Always stop for school buses that are load-

ing and unloading students. "Drivers should always be aware of their surroundings, but especially around children," said McKenzie. "Remember: School's

Take a Loved One to the Doctor Day

In honor of "Take a Loved One to the Doctor "At this stage of the process, we're looking Day," the Maine Society of Eye Physicians and Surgeons encourages you to call the EyeCare America Seniors Program. This program offers eve exams and care to seniors who are without an ophthalmologist (a medical eye doctor). To see if you, a loved one or a friend, 65 and older, is eligible to receive a referral for an eye exam and care, call 1-800-222-EYES (3937), 24 hours, seven days a week, year round.

"By age 65, one in three Americans has some form of vision-limiting disease. Unfortunately, many aren't aware they have a disease, or believe poor vision is a natural part of the aging process," said Samuel Solish, MD, President of the Maine Society of Eye Physicians and Surgeons. "We need to reach seniors with the message that proper eye care is Three Day Evaluation a significant component of their overall health care."

EyeCare America, (ECA), a public service foundation of the American Academy of Ophthalmology, operates the largest public service program in America medicine, including individual eye care programs for seniors, glaucoma, and diabetes. All eligible callers receive a referral to one of 7,200 ECA volunteer ophthalmologists. The seniors program provides Northern New England reminds motorists to a comprehensive eye exam and treatment for any condition detected in the initial visit for up to one year, at no out-of-pocket cost

Here in Maine, EyeCare America and its 36 Seniors Program volunteer ophthalmologists have helped more than 1,907 older Americans. Nationwide, EyeCare America's Senior Program has received more than 644,000 calls, provided service to 347,000 and treated more than 180,000 cases of eye disease. Volunteer physicians have agreed to accept Medicare or other insurance as payment in full, with no out-of-pocket expense o the patient. Individuals without insurance of any ity of these pedestrian fatalities happen in the kind are not billed. EyeCare America (ECA) afternoon hours when school is letting out. encourages all seniors to have their eyes ex-

areas where children are present, paying spe- iors without an ophthalmologist and is co- Renting an Apartment in Portland cial attention during the morning and afternoon hours while children are coming to and dation, Inc. For more information on EyeCare It seems the rumor is true, the infamous from school. Drivers should look out for chil- America, visit our web site at www.eye tyrant of the Old Port DID have himself

Fifth Annual Senior Health

The Southern Maine Agency On Aging, in partnership with MaineHealth, Mercy Hospital and the University of New England Division on Aging, is presenting the fifth annual Senior Health Symposium on Monday, September 15th, at the Sheraton, South Portland. This unique event will feature 21 health sem-• Look for clues such as School Safety Pa- inars presented throughout the day, along who will offer health and wellness informa- There are only two things you are allowed to tion, answer questions and distribute educa- say to a landlord these days, "Yes Landlord,"

The seminars, which will be presented by

local area health professionals and experts, will cover topics ranging from Memory Strategies and Sleep Disorders to Dental Health and Fitness. There will be a special kick-off session at 8:30am featuring Reverend Richard Roy leading attendees in learning

about Tai Chi for Successful Aging. There is a \$10 registration fee for persons wishing to attend the Symposium and preregistration is required because there will be a limited number of seats at each presentation. A buffet lunch is included with registration. The Gallery of Exhibitors is open to all attendees and the public from 11am to 2pm. Doors open at 7am and cholesterol screening will be available from 7 to 8:30am. There is a house separate \$10 charge for the screening and fasting is recommended. Registrants must pick-up name badges at the registration desk prior to attending the seminars.

For more information or to register, please call the Southern Maine Agency on Aging at 396-6513, or 1-800-427-7411.

Readers

Three years ago in June 2000. I worked 8 days for L.L.Bean in a warehouse in Freeport off Desert Road. On this job I was given a three-

Of course I was exasparated and defensive and angry when this happened. I talked to 8 different people who said a three day evaluation works for them. Of course a three-day evaluation is unfair to both employer and emplovee; of course it is not a good practice for any employer; and is just plain stupid.

This job involved putting stickers on packages at a fast rate of speed. Of course I made mistakes who wouldn't and at first I was a lit-

tle slow so I sped up, of course I made mistakes who wouldn't after 3 days on a job. My point here is L.L. Bean should do away with any and all three-day evaluations of

might hurt Maine's image. Well L.L. Bean what do three-day evaluations of work do for your image?

work. L.L. Bean has mentioned that Casinos

Ben Sothrop

Very little I am sure

Portland

cloned!!! I inquired about a "Three Bedroom" apartment in the Portland paper. The rent was \$975.00! So for that kind of money, nearly Twelve Thousand Dollars (a year), I inquired about the parking, and the actual number of rooms. The rental agent became agitated, and reluctantly told me it was Four Rooms And A Bath, And One Parking Space! I asked how she could call that a three bedroom apartment, and if I could park my tiny 13 foot trailer there. She quickly decided, "I don't argue this with you." It seems she was offended by having to tell the whole truth. and "Here's the rent." But I guess, "Can I keep enough to eat," and other nasty questions are

forbidden. "My Needs," were optional, although I'm quite sure that paying the rent would always be mandatory!

How do landlords who charge a full year minimum wage salary of \$230.00 a week for so little, sleep at night, and then have the nerve to become offended if you actually want to know if the apartment meets Your needs?? Why don't they just shanghigh the population, make them work for them at minimum wage, and charge their wages off to rent and pay them nothing?? Oh wait a minute, that's already been done, it's called de-cost-of egg farming!! They must sleep with a baseball bat and a vicious attack dog in the

And we think that we have become sooo modernized that we have distanced ourselves from the California shanghigh days! Not!!! Now we have nice pothole, er, paved roads and corruption-free government, and civil rights, correct? Oh yeah!

Portland must be stuck in one of Jean-Luke Picard's repeating time loops. Or perhaps we have just paved over the corruption and greed of the past, and now pretend it just doesn't exist. But it's not the fault of greedy landlords filling the gas tanks of their limos, it's this Terrible Market Monster, making landlords the new class of victims!!

As if people actually have a choice but to pay it or freeze to death. Just because people will try to find a way to pay for what they must have to survive, such as food, shelter and so on, does NOT mean it's OK to rape them over it. If it is, then we'll have to legalize all forms of profitable criminal enterprise. The Ferengi must have infiltrated our society and "The Rules of Acquisition" have now become law in Portland!!! Or perhaps the aliens made them do it. But it seems to be an epidemic with Portland landlords. I guess their mothers never told them that too much of a good thing can cause blindness.

When was the referendum that voted this in? I guess the landlords got together and had a secret ballot and election, and it just slipped their minds when it came to telling us. But don't expect this to change anytime soon, because the only people who can change that aren't interested, because so long as they have all the cheese they need, than everything is all right with the world. And they say the Roman Empire is Dead! Yeah Right!! Who-Duh-Thunk!!!

Robert Pelletier Sanford

We want your letters!

think this is going to work out, I don't want to Please send your submissions (no more than 300 words), to Letters, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com. Be sure to include your address and daytime phone number.

conline.org.

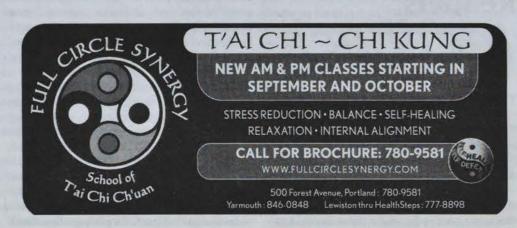
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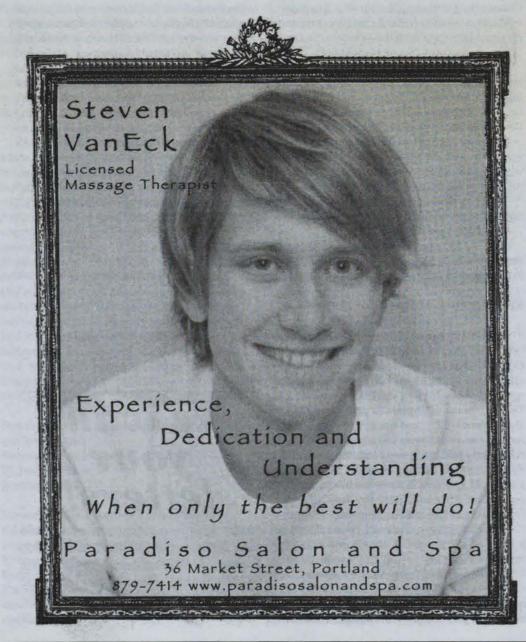
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One School Supply Children Need For Back to School

s 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 (NIIH) 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 Asapproximately 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 tollfree 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, NIIH established and maintains effective referral, callin, website and email systems that involve collaborations with health departments on a national and local level-including private provider, minority and community-based orwww.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 worldsponsive 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

eptember is prostate cancer awareness nonth. Prostate cancer is the most common type of cancer found in American men I his exam should include: other than skin cancer. The American Cancer • a discussion about risk factors and possible Society estimates that there will be 220,900 new symptoms cases of prostate cancer in the United States • a digital rectal examination (DRE) to detect irthis year and 28,900 men will die from the disease. Fortunately, the death rate for prostate • a prostate specific antigen (PSA) blood test cancer is going down and early detection is on

Timothy Wilson, MD, director of Urology at have close family members with prostate canphasizes 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 unwith age, family history, race, environmental exposure, and certain nutritional deficiencies," • watch your weight, and exercise daily 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

· 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.

regularities of the prostate

Men who are at high risk for prostate cancer-especially African Americans or men who

City of Hope Cancer Center in Los Angeles, eman 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:

known but risk of its development is associated • eat a balanced diet, high in fruits and vegetables and low in fat

• 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**

pproximately 300 dogs with their han-Adlers 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 hardworking 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 de- Gooddogz Training. Gooddogz 1@aol.com ployed at Ground Zero. Psychological effects

by Nancy Freedman-Smith 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 perform-

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

Questions or comments can be sent to Nancy at

Maine Greyhound Placement Service Open House Celebration at New Augusta Location

The Maine Greyhound Placement Service, a non-profit, volunteer-based organization tion information will be available. 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/serv- dogs to this event. All dogs must be leashed.) ices and their new facility plans.

Many fun activities are planned: raffles, silent auction, guest speakers, contests, food, dog ware, door prizes, and more. Greyhound adop-Where: Maine Greyhound Placement Service

Adoption Center Old Belgrade Road (directly across from the Maine Veterans Cemetery

back entrance) Augusta Saturday and Sunday, September 13-14, 2003 • 10am to 4pm both days

sion:\$5.00 for adults, children under 14 FREE (All proceeds from this event go towards Greyhound adoption ef-

For more information or directions, call Andrea at (207) 783-7440, or visit our website at: www.greyhoundplacement.com. (Please do not bring small

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 very 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 N-O 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 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlgp.org.





www.ourmaine.com

Hans Soft Serve



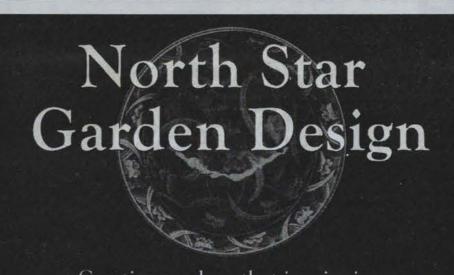
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family for me

A Story To Be Told

by Tina M. Carlson

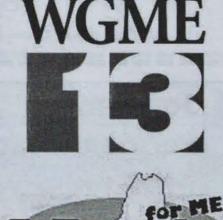
manda, at age nine may be just the most manda, at age nine may be just the most polite reader of "Maisy's Day On The Farm" that WGME 13 Thursday's Child reporter, Mindi Ramsey, has heard in quite a while. Introductions often tell a lot about the beginning of a relationship and Amanda began her's by asking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

First Date

by Martin James

y dear wife and I have been married for more than 30 thirty years, Land 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 moment passed without an attack from ing me—an opinion shared by few amongst female or feline, so I duped myself into believing that I'd passed the first big test of derstand that I am indeed, somewhat less 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 So what if I'm less than perfect—I make her the spot that I would love her forever. And she has confirmed that she felt that same street, got into my car and drove away.

Standing in the doorway, she smiled the



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 sad-The cats knew better, and so did she, but ness, she has never once regretted choosher family and friends-but we both unthan perfect. A good provider when emlaugh 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. laugh and I'm a good cook.

Despite only moderate progress toward understanding as I turned toward the perfection over the decades and a still-chilly stand-off between man and furry beast, Martin James and his wife have celebrated more smile of a woman newly in love. Driving than thirty years of wedded bliss. And no the 12 miles to my apartment, I grinned the cats have been harmed, although blood has grin of a lucky young man who had just been drawn by them several times. They found that most elusive of treasures: love have been reluctantly forgiven to maintain the aforementioned bliss.

Non-profit news

May Center Students with Autism **Graduate to Kindergarten**

by Allison Holmes

n 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 school 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!"

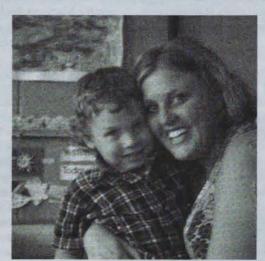
According to Gobeil, the May school has a unique curriculum that combines developmentally appropriate practices with behavioral methods to help students progress to more integrated settings. Each fall, approximately 95 percent of the age-appropriate students with autism graduate from the May school and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

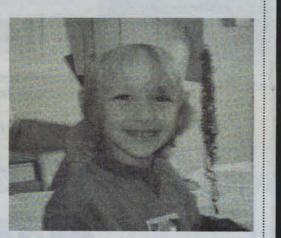
One of six New England schools owned and operated by the May Institute, the May Center in Freeport provides year-round, innovative educational services for children, ages two to eight years, with autism, pervasive developmental disorder (PDD), and other developmental disabilities. May Center programs 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.



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



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



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

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BOOKS To read or not to read ...

The Summerhouse

By Jude Deveraux

by Allyson Hanscom

he Summerhouse by Jude Deveraux is set in Richmond, Maine. It is the story of three remarkable women who met when they were twenty-one and reunite when they are forty.

First, there is Leslie Headrick. She is a devoted wife and mother of two. When she met the other women at the DMV in New York, she dreamt of being a dancer on Broadway. Now she stays at home cooking meals and living in a house that is more like a museum, filled with antiques that can't be touched.

Next is Madison Appleby. She was an amazingly beautiful woman who is now a has been. She was in New York to become a model but went back to help her old boyfriend recover from an accident that paralyzed him. She married him, his parents used her as a free nurse and he abused or ignored her. She eventually divorced him after she lost her chance at true love with one of his friends.

Last is Ellie Abbott. When Ellie went to New York she dreamt of being a painter. She is now a best selling romance author under a pseudonym. She was married to a man who couldn't stand her success because of his own failures. He dragged her down into a depression she couldn't escape. She couldn't even write because of the fact that he got half of anything she made and he never helped write any of the books as he claimed.

When the three women reunite, they all seem to be unhappy with their lives in some way. They feel that there were missed opportunities along the way. This is what leads Madame Zoya to seek out the three women. When they arrive they are told they can go back in time for three weeks to change their futures. They can choose any time and choose to remember or forget what their lives are like now.

Leslie chooses to go back to her college days when she was engaged to her husband. She chooses to go away for the weekend at the Formund Estate. She wants to find out if maybe things would turn out differently if she ended up with him instead. She spends most of the time with the boy's mother and finds she has a talent for painting. She finds that she likes the boy but decides that her life would be no different if she had married him. Leslie decides to return to her

old life and remember what happened during her three weeks. She returns to her husband and kids but she is different. She takes the old summerhouse behind her home and makes it into her new studio for painting.

Madison chooses to go back to the day when she met the three women at the DMV in New York. Instead of nursing her old boyfriend, she becomes a model and seeks out her true love at Columbia University. Madison decides to live her new life and forget her old one. She becomes a doctor and marries her true love. They move back to her hometown, run a small clinic together, and have three chil-

Ellie chooses to go back to three weeks before her divorce. She wants to prepare better and show that her husband did not help her write any of the books. While waiting to talk to her lawyer, she meets a man who invites her to his ranch. On a whim she decides to accept. There she meets his brother who she falls madly in love with. Ellie chooses her new life and to remember her old one. She marries the brother and has a child.

When the three women leave Madame Zoya, they all have new lives. It is confusing for Ellie and Leslie because they have the memories of two lives in their heads. Madison does not remember anything and seems to be baffled by the fact that the other two don't remember what her life is like now.

The Summerhouse was a wonderful concept of a book. How many times do we wish we could go back and change something in our lives? One part that was unrealistic about this book (besides going back in time) was that each women was extremely mulit-talented Leslie was a talented dancer turned painter, Madison was a beautiful model turned doctor, and Ellie was a painter turned writer.

The Summerhouse was the first book by Jude Deveraux that I have read. I enjoyed reading her book and look forward to reading more. She has written over twenty books some of which have been New

Allyson Hanscom can be contacted at a.hanscom@verizon.net. Any ideas on books to read or review would be appreciated.

greener side

Plant Here Now

If ever the quality of hope were manifested in plants, it would be in bulbs, and specifically the species narcis-Lsus. Planted soon as dormant knots of life, they take root as the air turns arctic and they break ground at the earliest sign of spring.

Daffodil seems too Mother Goose-ish a name for narcissus. Many of the species' flowers are delicate and graceful as well as exuberant. They are remarkably fragrant; a swath of them will perfume your yard. Some varieties bloom early, soon after crocuses. Others bloom into late spring. And they will return each spring in greater numbers.

As September draws to a close, the gardening year becomes simpler. The spaces between perennials and the ground where this year's annuals grew invite you to plant something. Think of the garden as layers of bloom times and layer of soil. Plants like narcissus can literally occupies the same ground as a later sprouting perennial. Some people plant them in a section of lawn. When the blooms and greens of the narcissus start to wilt (and the lawn is just as tall) they mow the lot and the flowers are left to sleep until the next spring.

Narcissus bulbs are planted four to six inches deep anytime after the first few frosts and up until the ground freezes. A special tool that takes a plug out of the ground makes planting random bulbs easy but a shovel will work just as well. Narcissus does not do well in clay or very wet soils. If that is your lot, make a raised bed for the bulbs. They are extremely tough and can take cold, shade, blazing sun, and dry summers, but not standing water.

The predators of crocus, tulips, and lilies do not harm narcissus bulbs. And, bought in quantity, they are so reasonably priced that they will allow you to plant unreasonable numbers of them. If you plant groups of bulbs you get

by David Neufeld an established look faster. One-bulb plantings rarely work visually. You can weave a band of bulbs in harmony or contrast to the shape of the existing bed. Since narcissus flower early they rarely conflict with the June shape of a garden. If you want to jump into narcissism with both feet, order a bag of 200 mixed bulbs (you can order mixes of color shades, sizes, and bloom times), dig a wide trench, and plant a mighty swath.

You will get a chance to look into the dark soil this fall. Next spring the reflection will be all light.

David Neufeld designs gardens. Visit his work at www.northstargarden.com.



from where I sit **Curbing My Enthusiasm**

by Curt Slocum

from me for two days would drain all her physical resources. It didn't. She returned me on a road trip). The reason for this new lust for living however almost caused me cardiac arrest.

As she was putting the kids to bed she dropped a newspaper article on the counter (she didn't even notice I cleaned, cleared and polished it) and said, "Read this, it's inspiring." Not wanting to appear too eager for inspiration, I took the remote off the TV and said, "Can't wait to read it!" old hippie standing waist deep in a Maine and promptly fell asleep watching the documentary Seabiscuit on PBS. (Doesn't everybody?) When I woke, thirty minutes later, the newspaper was laid out on the coffee table (she noticed I stripped, sanded, varnished, and added waves to the white was a photo and article that was about to change my life.

Couples Find True Meaning of Nature and Each Other in Maine Nudist Colony

risten and the kids returned from Reading that was like having a double visiting her in-laws in Massachusetts espresso (or half a cup of your coffee) bowl with a new vim and vigor for life. I of Java. Did she lose her mind? You want nature? Step out our front door, do it naked if the loneliness and torment of being away you want, but you don't have to ask the neighbors to waddle around with blue veined, wrinkled butts to do it. Stepping out ten years younger (that never happens to of a dreamless sleep into the reality of this "inspirational" article with photographs included had me thinking two things:

lieving this would be a good thing. 2) My sisters always hated me and this

is their revenge. Looking at a photo of a naked, bearded 60-year-old hippie being hugged from behind by another naked, beardless, 60-yearlake made it clear. They all hate me.

My days of potential nudist colony participation ended the day Dr. Schicklegrubber wrote me a prescription for viagra. What if someone put it in the drinking water? I would spend the day in the lake (talk surface in her absence). There in black and about serious shrinkage) or sitting crosslegged on wicker chairs. (Does someone go around with a spray bottle of bleach

The immediate problems seemed endless.

Shady Acres to discard the hang-ups of daily the breaststroke living and to explore nature and themselves People find an inner peace and acceptance after only a few days of nudist activity unobtainable in the outside world." In 1963 I spent hours in the confessional

booth telling a strange man (I bet he liked 1) My sisters brainwashed her into be- Paul Metevier's nudist colony magazines with naked people playing volleyball. Don't tell me it's not about sex! It cost me sixty Hail Mary's and hours of guilt thinking it was about sex. Ya sure, the old guy in the pictures was thinking about his overhand serve and not the boopers of the sixteenyear-old girls in front of him! And now Kristen wants me to be the old guy serving the ball and to think about scoring volleyball points? No way! (Imagine Bob Dole and Britney Spears on the same naked team ... who needs viagra ... whoa boy).

I sat in silence, alone in my Catholic guilt-ridden thoughts, wondering if those magazines are still under the boulders in the vacant lot across from Paul's house,

wiping the chairs down after you get up?) when Kristen came back in the room. "So," she said. "What do you think," she asked looking out the bay window while waving "It is not about sex. Couples come to her arms back and forth like she was doing

> "Doesn't it feel wonderful?" "Ya," I said. "I needed the nap."

"No silly, I meant the air! The humidity is gone...it feels wonderful! (It may have been my imagination but it looked like she was it) how I thought I was sorry about seeing doing the doggy paddle in mid air) It was so humid at your sister's, you wore the air—here it's positively invigorating."

"I read the article you left here for me," holding the formerly sin-ridden story about naked people running wild in the Maine woods.

"That's not it. I left yours on the counter. The kids put that paper there to protect your, ahh-varnishing job-while you were asleep. What is it about?"

"Oh ... nothing!

Sure enough, there was the Times Record and LC Van Savage's Saturday column, Curbing my enthusiasm isn't easy in Brunswick.

It isn't easy anywhere.



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A conversation with Jake Sasseville

by Michael Poliskey

66 What I'd like to do if I get to one of these networks is just keep moving up. Work college around this. Five years, national talk show, The Edge with Jake Sasseville.

Jake Sasseville is an up-and-coming talk show Boy, He's from South Africa, [and] he escaped host, who is bound for stardom.

What is going on with Jake Sasseville?

right now on local access. We're in negotiations with a couple of networks to see if we're heading to a couple of networks. The WB and

Why did you want to start a show?

just said, 'I want to do a talk show, we need onto the scene. something new on TV.' So I went for it.

How many homes does it reach right now, and when is it on?

It's on Great Falls TV Channel 11 or 9, depending where you live. Thirty to fifty thousand, that's accurate. It goes, Lewiston, droscoggin area.

out with these networks?

It's all in negotiations, so I'm not at liberty to discuss (laughter). Ideally, we'd like a half hour. We're going to bring guests from all around the country.

Who have you brought in to do the show?

International author and lecturer, Mr. Mark

apartheid. He lectures around the country, been on The Today Show, he's recently appeared on The Oprah Winfrey Show.

We have a TV show in the middle of the state Where do you shoot the show right now?

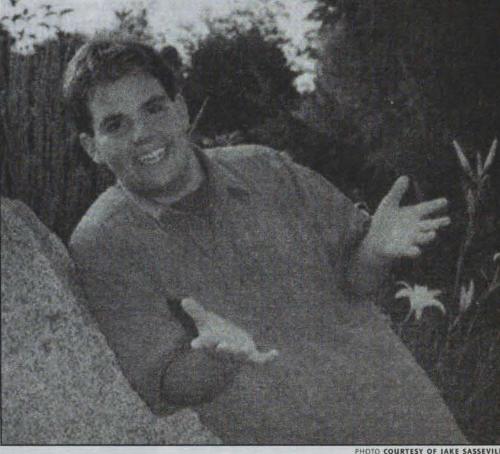
We shoot it at Great Falls TV for right now in Auburn, for now. Again, we're hoping to just explode. We're in negotiations right now, with The Ellen Degeneris Show as well as out in Los Angeles. Perhaps I would go out there and be a guest on her show, for my show. It's I got up the day after Christmas of 2001 and really getting some heat, finally. It's exploding

The same with Michael Essany on E!

Essany, yeah. Yeah, I've seen Essany. I've actually called Essany to see if he'd do a Trading Spaces kind of thing. He wasn't too into that one. Essany is following a road of talk show host history, Leno and Letterman. The Auburn, Lisbon, Sabattus, Green, Leeds, Edge is different than that. You have two Turner, Litchfield. Just in the greater An-roads; one road you have Letterman, O'Donnel, Springer, all of those talk shows. No matter how different they are, they're all on one What kind of deal are you are you working road. That other road, you have The Edge with Jake Sasseville. It's true. It's innovative, it's new-aged, it's TV talk with a new attitude. We're listening to people, we're not just pumping them with what their credentials are, what they've done. So, it's something different in that aspect.

> Bobby Guerette, Director of The Edge with Jake Sasseville elaborates further.

Mathabane, who wrote a book called Kaffir If you're wondering exactly what that means credibly vivacious entertainment side of be me in five years.



stories. We did one with two teenage girls battling a really horrible disease.

They're two teenage girls named Mallory and Maicy Cyr. They've battle an incredible disease called Microphallus Inclusion Disease, show which is something to do with their intestines and they don't get the proper nutrients, so therefore, they're two feet tall. One of them is eighteen. She's going to UMaine Farmington. So we did a story on them, and it turns out they sang in Lincoln Center, in New York City, with celebrities. They sang with Julia Roberts, alongside Susan Sarandon, and all of these different celebrities for a camp they were involved in. So we're trying to bring compelling stories along with hope. That's

we're trying to combine human interest America, actors, actresses. Right now, we're in negotiations with John Goodman's agent. I talked to Ashton Kutcher's mother on the phone the other day. He might be coming up. June Lockhart from Lassie or Lost in Space. Just different possibilities opening up for the

Where do you see yourself in five years?

National. Work college around this, perhaps. Find an affiliate where I like the college. Five years, national talk show, The Edge with Jake Sasseville. Bringing everyone from Bette Midler, Smashmouth, Conan, Rosie, Seinfeld. Everyone knows Carson, everyone really liked Carson. As I talked to people about him, everyone kind of sat down and watched him, one side of it, but then the other side is an in-

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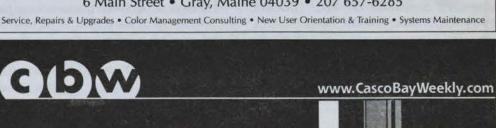
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Skyline From The Southworth Planetarium

Orion's Belt

by Edward Gleason

Moon Calendar

The Moon reaches the first quarter phase on September 3. It is full on the 10th and at the last quarter phase on the 18th.

Eye on Mars

Did you miss your opportunity to see Mars last week? No need to fret: the red planet is still a brilliant southeastern evening sky object. This planet will outshine every night sky star until Halloween.

Finding Orion

To every season, there are arrays of different constellations. The summer sky is adorned by star patterns that are not visible around Christmas. Similarly, the constellations looming high in the frigid February evening sky are not visible this evening ... or are they?

Where are the winter constellations presently? Can one observe them even in late summer and early autumn?

This week we search for Orion. Why not? After all, Orion is the brightest constellation. It is visible from every inhabited part of the world. For both of these reasons, Orion is the most famous constellation in the sky, apart from Ursa Major (the Big Dipper). After yet another summer removed from our sight, Orion is poised for observation again.

Venture outside around 2:30-3:00 a.m. By this time, the brilliant Orion will has just risen in the eastern sky. Preceding the constellation's appearance are the vshaped Taurus the Bull and the beguiling Pleaides star cluster.

Orion's outline is a four-star rectangle: the red super-giant Betelgeuse at the northeastern corner; the Amazon star, Bellatrix, at the northwest. The Blue super-giant Rigel marks the southwestern corner, and the under appreciated Saiph occupies the southeast corner.

Within this four-star rectangle is a threestar diagonal star line representing Orion's famous belt.

Belt Stars

Mintaka ("the belt") is the westernmost belt star. Mintaka is a binary star that is nearly 1500 light years away. The primary component is 20,000 times brighter than the Sun.

Alnilam ("belt of pearls") is the central belt star. A blue-white super-giant star, Alnilam is twice as luminous as Mintaka. Consequently, Alnilam appears brighter than Mintaka in our sky despite its distance of 1600 light years.

Alnitak ("girdle") is the eastern belt star. Actually, Alnitak is a triple star system: the combined luminosity of the trio is 35,000 times greater than that of the Sun.

One in a million stars in our galaxy are super-giants. They are truly rare. By observing Orion's belt, one can view three in a row.

Along the sword

Hanging from the eastern side of the belt is "Orion's sword." The central sword "star" is not a single star, but is, instead, an active stellar cocoon. The Great Orion Nebula is a vast interstellar cloud from which stars are presently taking shape. Measuring 30 light years in diameter, the Great Orion Nebula glows by the light of stars embedded in its gaseous envelope.

By a process called Fluorescence, atoms in the cloud absorb high-energy photons from the interior stars. They re-emit this energy in the visible light region. One observing this nebula in a small telescope would see a faint ghostly haze with a subtle green hue. The astronomer Barnard described it as a "ghostly bat" in the cosmic chasm.

Stars are forming from this cloud. Astronomers examining modern photographic plates of the Orion Nebula have seen stars that were not present in plates developed thirty years ago.

Apart from being a famous constellation, Orion is a splendid astronomical laboratory, for it contains stars in nearly every developmental stage: from the stellar infant in the nebula to the aging Betelgeuse and ultra-powerful belt stars.

Who is this man?

Mythologically, Orion has different identities to different cultures. Orion was Osiris, lord of the dead, to Egyptians, for instance. The Greco-Roman tradition, from which Orion derives its name, spoke of Orion as a great hunter. One tale depicts Orion as a boastful hunter who once arrogantly proclaimed that he could slay any beast in the world. Enraged by this conceited mortal, Artemis-goddess of the Moon and hunt-created a vicious scorpion, Scorpius, to attack Orion. Scorpius made short work of the haughty hunter with a lethal nip on the ankles.

Both Orion and Scorpius occupy prominent places in the sky-Orion for his considerable hunting prowess and Scorpius for its strength and obedience. Notice that Orion and Scorpius are never in the sky together-except for the sky above the Antarctic Circle. Orion and Scorpius occupy different areas of the sky, so the story claims, so they will never fight again.

Observe Orion in the pre-dawn sky this week. By the beginning of October, Orion rises around midnight. Around Halloween, Orion rises just after 10pm.

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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.



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

Healing in Small Steps

Tt has been two years since terrorists attacked America and so much about the way we go about our lives changed forever. Amer-Licans 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

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 personal 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 anyone."

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 boy who carries the name of his Uncle Stephen.

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 question—it was a given."

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 some-

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

When Katie and Jeff Graham found out last year that She spoke of several other projects her brother 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

Katie, full of emotion, still spoke clearly and steadily as she explained to us, and somehow to her late brother, "This is how much I love you and want to keep your memory alive and close to all of us." Watching young Stephen struggle to climb atop a coffee table, Katie added " ... in something so bubbly and alive-and determined!"

In the days and weeks following the 9/11 attacks and the presumed death of Stephen Ward, his family said they were reminded of the devastating sadness of W.H. Auden's poem Funeral Blues, which concludes bleakly: "The stars are not wanted now; put out every one. Pack up the moon and dismantle the sun, pour away the ocean and sweep up the woods; for nothing now can ever come to any good."

An event that helped dispel that gloom for the family was attending the first anniversary of 9/11 at Ground Zero. "To hear how long it took to read those 2800 names," said Susan, "and to realize that for every one of the names there was someone as vital as Steve taken, and a family as sad as we were ... that was so helpful."

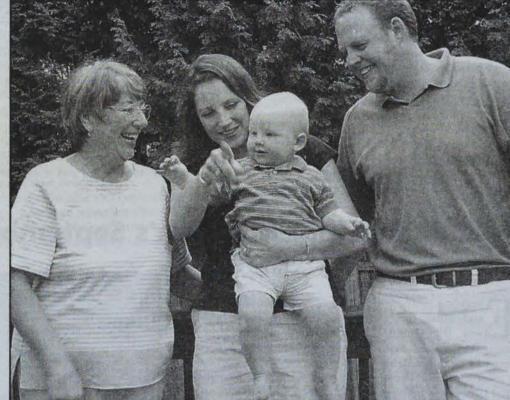
As the second anniversary of 9/11 approaches, those Stephen Ward left behind remember their son, brother, uncle and friend: "He worked hard ... I never heard a selfdeprecating word from him-he really believed in himself ... he was interesting ... people were always talking to him. He called himself The Kid."

Of Stephen Ward's namesake nephew, Katie Graham said, "He's given us focus and a new sense of life. And he's got a very special guardian angel."

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







Stephen Ward Memorial Fund

and 12, concerts to benefit the of candles, which carried the following infor-Stephen Ward Memorial Fund will be mation about Steve and the Fund: held at The Big Easy at 55 Market Street in "In a larger sense, Stephen Ward is a sym-Portland

from Gorham High School in 1986.

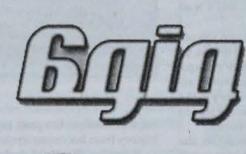
Paranoid Social Club, 6 Gig and Headstart. Friday's concert will feature Rocktapus, Relish Groove and Tony McNaboe.

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

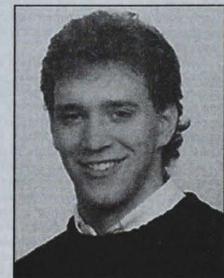
n Thursday and Friday, September 11 A previous fundraising project was the sale

bol of what America lost. He was one of the Stephen Ward was one of seven Mainers best and the brightest. His family and friends, who died in the 9/11 attacks; the Fund was set with all of America, grieve now, yet devote up to provide scholarships to athlete-schol- themselves to creating some small measure of ars in memory of Ward, who himself received healing from this great national sorrow. They the Student-Athlete Award at his graduation have established the Stephen Ward Memorial Scholarship Fund as a way to help educate Appearing at the Thursday concert will be the next generation of the best and the bright-

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







9/11 Memorial **Garden Dedication**

by Richard Brzozowski

ivotal events in history have a way 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.

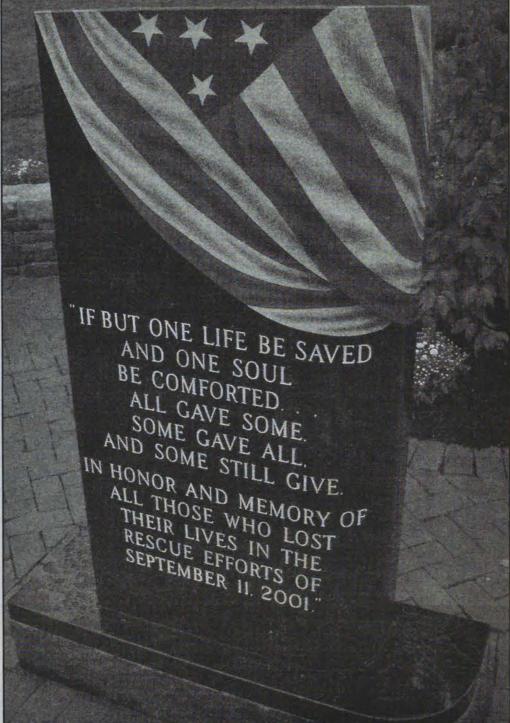
The pair agreed that a peaceful garden in a public area would be a wonderful memorial, and before the end of that September had their first meeting with Department Heads from the City of Portland and Chris Fleming from the PFD to begin working through the approval process to plant a permanent Memorial 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 Hes- the family members of those who were lost kett. Along the way, Collette Monuments in Lewiston, and Maine Memorial Co. in South Garden will honor their memories, celebrate Portland donated some beautiful granite memorials, which will be the focal points of the peaceful place to reflect and pay their regarden. Material donations continued com- spects."

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

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 PPD guestbartended 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, Port-

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 on September 11. We're hoping this Memorial



Portland Harbor Museum's September 11 Project

by Martina M. Duncan

and adjustment of management

veryone 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 day and how it might impact the future, that is drawing a congenerations, as well as to explore the ramifications of such a



nection between the past, present and future. This keeps the

history from becoming irrelevant, as well as "old and musty." 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 we also talk about how it has evolved, what it is used for to- a way to properly preserve what will be history for future

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

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 Port-

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?

s we approach the second anniversary of the World Trade Center disaster, there is ample reason to re-as-A sess 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 elimi-

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 10year study of more than 8,000 commercial and industrial fires

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

any people are apprehensive at the beginning of a day in my boyhood when we walked around school listening new school year: children starting school or moving up a grade or to a new school, parents, even teachers proaching the U.S. blockade at the time of the Cuban missile and administrators. But Septembers in the early part of this crisis.) 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



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 ilding 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

understanding what the school is doing and why.

With these basic principles in mind, I offer the following ad-

If you are a parent, find out what your school is doing. If

you have a relevant background—are you a firefighter or po-

lice officer, mental health professional, etc. --- offer your help,

but don't be offended if the school is overwhelmed with sup-

port and cannot use you. If your children seem especially

fearful, tell the school, and ask if parents are going to be in-

vited that day, but except under extraordinary circumstances,

let them live as normal a day as possible instead of keeping

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 ways. (This is especially true for schools because that's where who are continuing to help victims and to protect us today. people first heard about the attacks; I can still remember the 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. Schools should involve everyone - teachers, parents, mental health professionals, and older students in deciding and

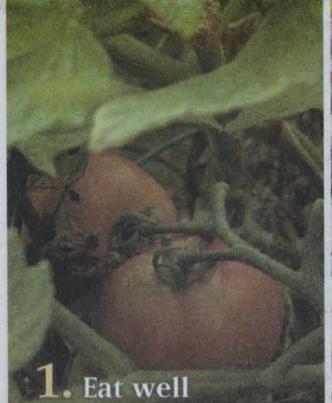
Above all, responses, both public and private, must be ageappropriate. What works in high school will not work in the primary grades. The youngest students may indeed not be aware of the significance of the date (many don't even understand the calendar fully). If parents and schools agree to pass over 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,

private reactions of individuals.

For public events, the best advice comes from school crisis expert Marlene Wong: "Memorials should be about 'What can we do to make this better? That's a step to recovery." While a special event will of course recall those who died, it





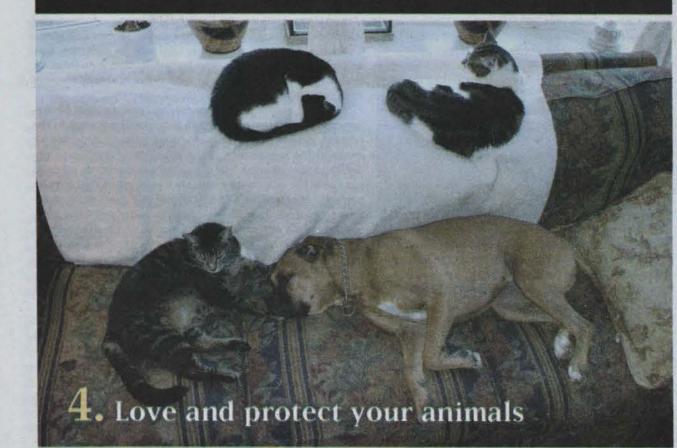








3. Appreciate gifts of the moment



Fresh tomatoes from the garden.
 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: (clockwise from top left)
- 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.









11:20-12:00

Open Mic 8:00-9:00

ww.MEsongwriters.co

Sign up @ 7:0







Restaurant row

American

THREE DOLLAR DEWEY'S 241 Commercial St, Portland. 772-3310. WOODY'S BAR & GRILL 43 Middle St, Port-

land. 253-5251. www.woodysburgers.com. THE BREAKAWAY 32 India St., Portland, ME. PUNKY'S 425 Forest Avenue, Portland, ME. 774-2091.

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WOK INN 1209 Forest Ave, Portland. 797-9052 or 797-9053.

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*** for Food, Atmosphere & Service by Portland Press Herald. Winter Hours: Lunch: Mon-Sun 11:30-2:30pm; Dinner: Sun-Thurs 4:30-9pm; Fri & Sat Hours: 4:30pm-10pm. 435 Cottage Road, South Portland. Across from Portland Theater. www.thaitastemaine.com,

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Dress box Season Encourages Great Expectations For 2004

by Tom Keene

Then the Boston Red Sox announced last September that Portland, Maine had been chosen to host the 2003 Double A territorial and the control of the control o chosen to host the 2003 Double A team for the Sox, fans of the Portland Sea Dogs greeted the news with great joy. For while most of the nine years of affiliation with the Florida Marlins had good and exciting ones, the ownership change from John Henry to Jeffery Loria of the Montreal Expos in 2002 destroyed the good will Sea Dogs fans felt for their far-away parent club. In fact, no one in Portland knew until just hours before the season was to open just who would be coming north to fill the Sea Dogs roster.

And so the hopes began to build and the rumors started flying that the new Sox ownership team would bring their Double A Trenton, New Jersey team to Maine. Throughout the 2002 season, the talk around Hadlock Field, home of the Sea Dogs, was that it was "a done deal," that all that was left was the signing of the papers. Even though Portland and Boston spokespersons insisted that nothing had happened—yet—no one chose to believe anything but the dream-come-true of having a piece of Red Sox Nation in Maine's largest city.

So when the official announcement was made on September 18, 2002, there wasn't a surprised fan in Maine. Nor was there a dry eye in the new Red Sox Nation North. Tears of great joy filled the eyes of young and old alike over the greatest news the state had received since Maine separated from Massachusetts in 1820 and became the 23rd state. (Downeasters have several unbecoming names for people from the Bay State, but they are never applied to anything connected with the Red Sox.)

Now, fans said, we'll have something to cheer about: we can drive 100 miles south to see our boys play at Fenway Park when they move up to the big leagues (few flew to Florida to follow the departed Sea Dogs); since it's easy to get to know the team in the close environment of Hadlock Field, we'll actually know major league ballplayers in a few years. What was left unsaid, or only whispered about, was that the Sea Dogs were leaving an organization with a reputation as one of the best minor league systems in baseball to the team ranked at or near the

But what did it matter? No one really cared, especially since the Henry team and new General Manager Theo Epstein promised to change the past neglect of the farm system. Still, the Hadlock faithful knew that the Trenton Thunder—the new Sea Dogs—had finished tied with the old Dogs at 63-77 and shared last place in the Eastern League's Northern Division.

Today, with the 2003 season ended and the Sea Dogs missing the playoffs by a whisker after leading the division from May until July, thoughts of another losing season have been banished by the marvelous team that surprised and delighted Portland fans. Manager Ron Johnson expressed his pride as print and television reporters separated him from his Sea Dogs and peppered him with questions moments after the team had beaten Northern Division champion New Haven. "This has got to be quick—I want to be with my team!"

And the interviews were indeed quick, with Johnson saying, "This team never quit. You can't ask for anything more than that." And with those words, he was gone, racing into the clubhouse to be with a baseball team that thrilled and excited 36 sell-out crowds at Hadlock Field; the Sea Dogs drew an average of 6,231 fans to the clean, family-friendly ball field, the best average attendance in the team's ten-year history.

What those record crowds watched game after game was a team of budding stars, solid and steady veterans, and some pretty amazing ballplayers who weren't labeled "prospects," but who have earned that designation—if not from management, certainly from the fans.

The brightest stars in the Red Sox minor league universe were the #2, #3 and #9 prospects in the organization, as rated by Baseball America: catcher Kelly Shoppach and third baseman Kevin Youkilis and lefthanded pitcher Jorge De La Rosa. Only De La Rosa began the season with the Sea Dogs: Shoppach and Youkilis were both were recovering from injuries. But when the pair did arrive, they quickly proved that their lofty rankings were well-deserved. Jorge proved that the rap against him—he couldn't play above Single A—was no longer valid. For Portland, he went 6-3 with a 2.80 ERA and 102 strikeouts in 99 innings before he was promoted to Paw-

Youkilis reached base in 71 straight games, by hit, walk or being hit by a pitch, starting with a hit and two walks on May 19 and kept walking and hitting and being hit right through August 5. He began the minor league record-tying streak in Portland and continued it in Pawtucket after he was called up to Triple A—one step away from the big leagues and the former Sea Dog with whom Youkilis now shares the record—Boston's Kevin Millar. The future Sox infielder hit .327 in 94 games with Portland, and ranked second only to Barry Bonds in On Base Percentage, with an Eastern League record .487. He also slugged at a .465 rate.

Dressed in the uniforms of the 1926 Portland Eskimos, the Sea Dogs enter Hadlock Field through a wall of

All of those numbers have suffered since he reached Pawtucket: Youkilis is hitting .165, with an OBP of .295; his slugging percentage is .248.

Shoppach hit a solid .282 and with Youkilis gone, his .488 SLG is tops on the team. He played well behind the plate, called a good game and was a clubhouse leader. But the most impressive feature of the way he played the game was his enthusiasm. One visiting Red Sox instructor watched him run the bases after a long, deep, no-doubter home run and said, "He runs like he's trying for a triple!"

But it was truly the play of the "non-prospects" that inspired the fans of Boston's new Double A team. Some said that the Sea Dogs were "playing over their heads" when they built a six and a half game lead in the Northern Division by the Fourth of July, and a few said, "I told you so" when they tumbled into third place and out of the playoffs with just a week to play.

It was then that the opinion of Ron Johnson proved accurate: "This team never quit. You can't ask for anything more than that." Sure, they lost to the lesser teams and beat the better teams in the season's final weeks, and certainly, they dug their own grave with some sloppy games. But not one of them made excuses or bemoaned the August schedule that had them playing 37 games in 32 days, including three doubleheaders to make up games snowed out in

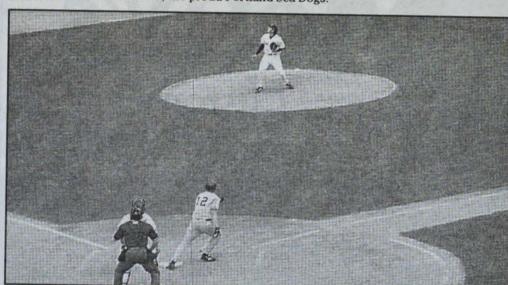
A few of the 2003 Sea Dogs will play in Boston very soon; a couple will be with Pawtucket next season. But while their fans wish the best for them, there are several Sea Dogs fans would like to see play for another season.

First and foremost is the fans' choice as MVP: center fielder Jeremy Owens, called the best outfielder in the entire Boston system. He led the team with 21 home runs, including three leading off games-and he became the only Sea Dog to ever slug homers to start consecutive games. Owens played in 1,177 consecutive innings for Portland, a steak broken only on the next to last game when he was lifted for a pinch hitter.

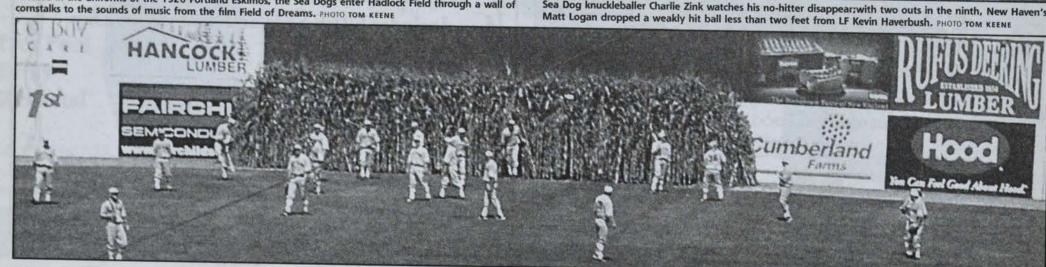
Second baseman Tony Schrager would also be welcomed back, both for his steady infield play and his timely hitting. Although he hit just .256 for the year, Schrager hit .304 with runners on base, and when the pressure was really on-with runners in scoring position and two

And Hadlock Field's first full-time knuckleballer is expected back after a most amazing six games with Portland after being called up from Sarasota. Zink, who is being helped along with hard-to-control pitch by Boston's Tim Wakefield, pitched a one-hitter against New Britain before coming within one out of pitching a no-hitter against New Haven on August 29. The first of two hits off Zink was a blooper that flew no more than ten feet into left field and fell just eight inches from the grasp of diving left fielder Kevin Haberbusch.

Zink, Owens and Schrager are all scheduled to begin play in the Arizona Fall League near the end of September, and while none started the season as highly-touted prospects, each proved his value, dedication and skill during a season in which the Sea Dogs fell only a game and a half short of the playoffs with a record of 72-70. That's about ten or 15 games better than many expected, and in the 228 days between the end of the season and Opening Day, 2004, many fans will be saying "wait until next year" with reality-based hope for great things for the Red Sox new Double A team, the proud Portland Sea Dogs.



Sea Dog knuckleballer Charlie Zink watches his no-hitter disappear; with two outs in the ninth, New Haven's



Be sure to check out Movie Times & Local Theater Info on our website # cascobayweekly.com/cbw2003/movies

At The Movies On Exchange

Mr. Barrington

This independent film is unrated; it has some profanity and some suspenseful moments. It runs for 113 minutes.

by Tom Keene

ollowing its Maine premier in June, Mr. Barrington played There is very good news for movie-lovers who missed the at the Movies on Exchange Street for just a single week. For those who missed it, this independent movie written and filmed in Maine by Maine filmmakers will return to the by all who have been disillusioned by Hollywood's product Movies on Exchange Street from Wednesday, September 10 through Tuesday, September 16. It will then be shown at the Blue Sky International Film Festival in Las Vegas in late September by Dana Packard and Jennifer Nicole Porter. Packard produced, directed and edited the film from a screenplay written by Porter, who is also the lead actor in the movie.

The story is intriguing, the music haunting, and the cinematography a delight.

The film begins with the camera taking us up a staircase, toward the sound of children playing, calling out the name 'Lila.' A sudden loud crack, perhaps a gunshot, is heard, and the scene changes to a woman sleeping in a chair. The sound has startled her, and she awakens, stands and walks across the room and crawls into a bed beside sleeping man. At the moment an alarm clock sounds, she closes her eyes and falls asleep. The man reaches over the woman, shuts off the alarm, then wakes her up with a gentle touch on her arm.

From that moment until the end of Mr. Barrington, I was enstory unfolds, the understanding that so much about her is hidden became fascinating.

Lila is the woman, and she is portrayed by Jennifer Nicole Porter, who wrote the story and screenplay. She also composed and performed the expressive piano score.

Her husband is Samuel, played by Eric Schweig, who played Uncas in The Last of the Mohicans in 1992. A large man, powerfully built, who could be perceived as menacing at first sight, the gentle Samuel is obviously in love with Lila, and befrightened and confused.

Lila's fragile emotional state is revealed bit by bit, both by her present-day behavior and through a series of flashbacks into a very troubled past. But neither we nor Samuel are able to discover why Lila can't sleep, why she can no longer write—one character says that she can't wait for Lila's next book—and why bruises appear on her body.

as though he knows her. "What are you doing?" he asks. "You can tell me." This mysterious man is played by Brian Mc-Cardie, and with each of his visits to Lila, we learn a bit more about her. At first, he is charming and even flirtatious, but he quickly grows dark and threatening.

The timidity of Lila, her fearfulness and the sense that an awful secret is imprisoning her within herself, is portrayed by Porter with wonderful perfection. It is easy to believe that Lila is haunted and terrorized by what happened in her life, and that she believes she can never reveal it.

Samuel begins to search out the reasons for the torment that seems likely to destroy this fragile creature he loves so much, and that is as far as I will go into the story. Too many words spoil the secrets.

Every single scene in this movie is filmed in a way that expresses the emotions of the characters. In fact, Samuel and Lila's home, where much of the story takes place, is almost a character itself, so subtle are the colors and lighting from scene to scene.

I rated Mr. Barrington with four out of five stars, holding back the last star because a number of important events aren't explained at all, and because one actor, portraying a character vital to the story, is not quite believable.

Made in Maine, and back on Exchange Street.

Raising Victor Vargas

Rated R for language and sexuality, running time of 88 minutes, Raising Victor Vargas is brilliant and memorable.

by Tom Keene

one-week run of Raising Victor Vargas earlier this year: it has been released on DVD and VHS! This is a film that must be seen but still believe that movies can genuinely inspire and enter-

The story is timeless. Awkward teenaged boy fumbles around beautiful teenaged girl, who tries to ignore him. Girl is haughty outside, frightened inside. Both are confused by their feelings, their families, and their world. They must overcome a mountain of trouble, but love wins in the end.

With as common and over-worked a theme as this, the marvelous thing about Raising Victor Vargas is the lives of each character are so clearly written and believably acted that the film works from beginning to end.

Maybe this is because it's not a Hollywood movie, where even good movies bear the burden of commercialism. Raising Victor Vargas is an independently produced movie that was on the film festival circuit for over a year, with limited release in the- is partly because of the work of Peter Sollett, who wrote, diatres. It can be seen at The Movies On Exchange from June 4 rected and produced the film. And the acting of a cast of nearthrough 10; this will be its Maine premiere.

Raising Victor Vargas is set in the Lower East Side of New York thralled by the mystery of this beautiful woman, and as the City during a hot, dry summer. The film opens with Victor (Victor Rasuk) about to share the bed of "Fat Donna," an aptly nicknamed girl with whom Victor does not want to be seen. But since Victor has a younger sister, most of New York seems to know about his relationship with Donna within minutes. His sister Vicki (Krystal Rodriguez) is not svelte herself, a fact

which Victor uses against her frequently. They have a brother named Nino, (played by Victor's real-life brother Silvestre Rasuk) who reveres his brother. The three live with their grandmother, (Altagracia Guzman) a native of the Dominican Rederful to behold. One is a typically embarrassing teen advencomes increasingly concerned about her as she grows more public who is supporting the children of her own wayward offspring in a cramped, two-bedroom apartment.

Victor is humiliated by his dalliance with Donna and tries to redeem his reputation by winning the love of a beautiful girl the Dominican Republic. Recreating in heavily-accented words known as "Juicy Judy," (Judy Marte) someone so far out of his the world of her youth, she tells her audience about drinking league even the attempt must be seen as hopeless bravado. fresh milk from her father's cows. The description disgusts the In the way of good-looking teenagers, both have—and use— children and they ask how it tasted. "It was delicious," said the best friends who are less attractive than themselves. In Rais- wistful old woman. "I remember." Just after the story begins, after Samuel has driven off to ing Victor Vargas, Melonie (Melonie Diaz) and Harold (Kevin Riwork, Lila sees a man ride to her gate on an old-fashioned bi-vara) are the friends, and their own budding relationship is five stars. Raising Victor Vargas is funny, touching, beautifully cycle. He gets off and walks up to her porch, speaking to her silly and absolutely charming, providing a balance to the se-filmed and tightly edited and shouldn't be missed.



Victor and Judy share a kiss.

riousness of the battle of life and love in a poor neighborhood. The film does brilliantly what few Hollywood productions do well, if at all. In Raising Victor Vargas, we are able to see clearly the reasons each character behaves as he or she does. This amateurs is astounding; most are in their first or second movie. But the whole story is held together by Grandma, (Altagracia Guzman) a rock-solid woman whose faith and insistence that family is the primary reason for living drive her to desperate measures (see the film—I'm not going to reveal a thing!) when she believes the unity of the whole is threatened

There are several scenes in this astonishing film that are worth the price of admission. In one, Nino sits at a piano playing Bach very tentatively but earnestly as the rest of the family listens. And the moments of a pair of first kisses are simply wonture, the other deeply moving and sincere beyond description. But the most affecting moment of Raising Victor Vargas belongs to Grandma as she describes her early life on a farm in





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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!



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.



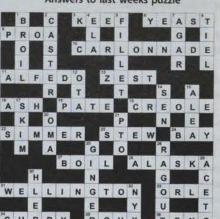
ACROSS

- 1. Poor ballplayer, according to "Casey at the bat" 6. Tree from which most bats are made
- 7. Former Sea Dog Nate now in majors 8. Nearly a no-hitter in August - lost bid with two out
- 10. Sea Dog Pitcher now in Detroit system 11. Father/son team Craig Sr. and Jr. run Hadlock
- 14. His 12 '03 sac bunts in third-highest in Dogs his-16. The best seats; to practice Ali's profession 18. Rubber-like stuff used for baseballs during WWII 19. Hit .311 for year; last two weeks of season, hit
- 21. Former Sea Dog who now shares OB record with 23. Month of the Swoon

25. Dogs stopped 9-game slide wearing this color

24. Player replaced by Gehrig

- 2. Sour fruit or lousy ballplayer except for pitcher
- 3. Modified curve that is rolled out of pitcher's hand 4. To hit the ball hard
- 5. Cubs shortstop in famous poem 9. George's nickname, not given for his looks 12. Base on balls
- 13. Fall League team of Sea Dogs the Desert Dogs of 15. A home run; term associated with Roger Maris
- 17. Dogs beat this team for first home win 4/20/94 18. Bluster-prone former Sea Dog 20. To strike out
- 22.Radar gun used to clock pitches



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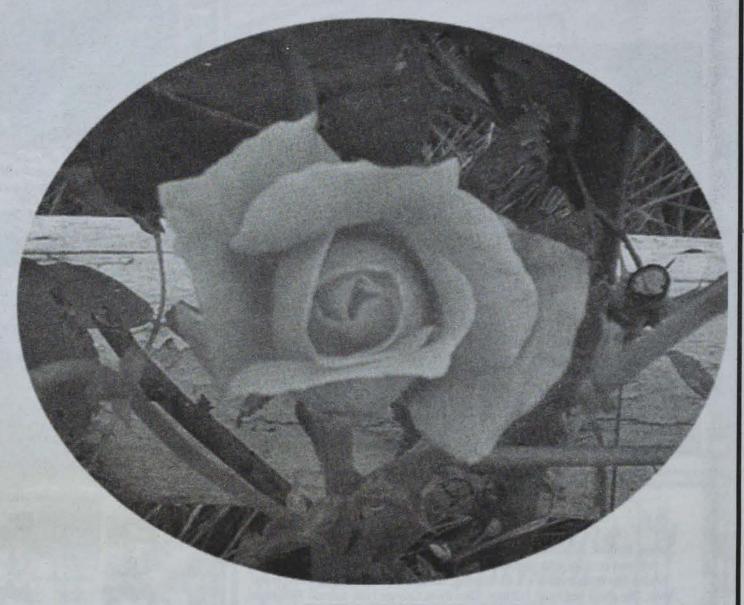
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"As far as we can discern, the universe is a very SILLY place." A. Einstein

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 then 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 pub-



"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

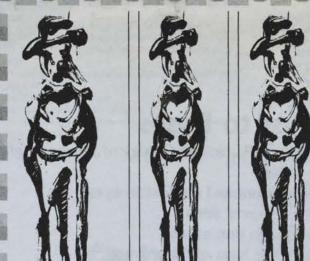
Street, 2nd Floor, Portland. 879-5498,

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.



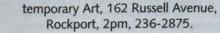


Saturday, September 13

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.



Sunday, September 14

van Aken at Center for Maine Con-

Monday, September 15

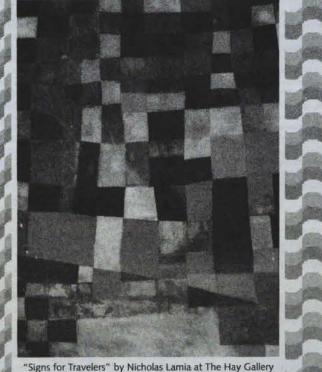
879-5742 ext. 283.

"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.

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 www.figures.org/festival.







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 Avnue (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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Chidren's Museum of Maine

MUSEUM September 11 -September 18, 2003 FMI:Call 828-1234 ext. 221

CHILDREN'S

Little Kids' Morning Out ieptember 11, 10am-Noon pecial toddler and presechool programs.

Teeth and Skulls

explore the Museum's collection of teeth and skulls from an array of animals and learn wh lentition determines diet.

Heet a Maine Animal Friend from Sparks' Arkember 12, 11am-Noon

Teeth and Skulls eptember 13, 11am

xplore the Museum's collection of teeth and skulls from an array of animals and learn why dentition determines diet.

Planet Earth 3-D Photography Show 1 & 2pm

explore our unique planet with Roger Rich mond's extraordinary 3-D slide show. Visit place around the world and see amazing views from our own backyard.

Art Adventures - Sea Scenes September 14, 2:30-3:30pm

lake your own sea scene so you can have your wn aquarium at home.

Preschool Play - Dynamic Dinos eptember 17, 10:30am

avel back in time as a palenontologist. Exca vate bones, make your own dinosaur fossil, and explore the world of dinosaurs.

Big Messy Art

No hands painting - paint anything but you hands! Attach brushes to your arms and see what you can create.

American Girl Club

Celebrate Kaya and her Native American tradins. Learn about the Nez Perce people and the nguage, crafts and lifestyle.

Little Kids Morning Out September 18 10am - noon

Special toddler and preschool programs. Art St dio & "Jewzika! with Bess Welden" Jewzika!, an in teractive music and movement class for too ilers, preschoolers and their parents.

General Admission:

\$6.00 per person (under age 1 free) Admission is free with museum membership.) \$3.00 per person groups of ten or more with reservations call 828-1234, x234 FMI Camera Obscura only: \$3.00

The Children's Museum of Maine is located at 142 Free Street in Portland, Maine. next to the

Portland Museum of Art.

HAPPENINGS

Thursday, September 11

Cathedral of the Pines 7pm, A Commemorative Prayer Service in observance of the Attack on America, September 11, 2001. 75 Cathedral Entrance, Rindge, NH. Little Kids Morning Out, 10am-12pm Special toddler and preschool programs. Children's Museum, 142 Free

St., Portland. 828-1234 ext.221. Teeth and Skulls, 2pm explore the Museum's collection of teeth and skulls from an array of animals and learn why dentition determines diet. Children's Museum. 142 Free St., Portland. 828-1234 ext.221.

Friday, September 12

Meet a Maine Animal Friend from Sparks' Ark, 11am-12pm Children's Museum, 142 Free St., Portland. 828-1234 ext.221.

Maine Preservation Conference, Camden Maine's Cultural Landscapes: Preserving and Promoting our Streetscapes and Countryside. Wine reception and slide lecture 5:30-7pm, Rockport Opera House. 775-Lobster Roll Feast, 5-9pm St. Hyacinth's Parish Hall,

Saturday, September 13

Strive Book Sale, 9am-4pm, 28 Foden Road, South Portland. 774-6278. Strive serves teens and young adults with disabilities. Book donations welcomed. Drop off at

Maine Audubon Day Trip, 9:30am-3pm, Boat cruise in lower Kennebec River and Merrymeeting Bay to see bald eagles and other wildlife. 781-2330. Spring Point Ledge Lighthouse Open, 10am-2pm, Lo-

cated at the end of the breakwater in South Portland, on the Southern Maine Community College campus. Wildlife Carving Competition and Art Show, 9am-5 pm, Catherine McAuley High School, 631 Stevens Ave,

Portland. 725-6537. All artwork entered will be judged and ribbons/prizes will be awarded. Carvers from all over New England will be present Second Annual Fall Festival of Crafts, 10am-5pm United Maine Craftsman at Smiling Hill Farm Route 22,

Westbrook, 621-2818. Roman Market Days, 10am-4pm, Historical re-enactment with gladiators, soldiers, shopping and entertainment. Hollis Equestrian Center, Hollis, 251-2143. Cathedral of the Pines, 11am, The Loyal Order of the

Moose, 40th Annual Memorial Service. 75 Cathedral Entrance, Rindge, NH. (603) 899-6790. Using the Internet for Genealogical Society, 1:00 p.m. Greater Portland Chapter of the Maine Genealogical Society will hold its September meeting at the Thomas

Memorial Library in Cape Elizabeth, 767-4490. Planet Earth 3-D Photography Show, 1pm & 2pm. Explore our unique planet with Roger Richmond's 3-D slide show. Children's Museum, 142 Free St., Portland. 828-1234 ext.221.

Maine Preservation Conference, Camden. Maine's Cultural Landscapes: Preserving and Promoting our Streetscapes and Countryside. Morning sessions held at Camden Opera House. 775-3652. www.mainepreser-Spaghetti & Meatballs Dinner, 5-6:30pm St. Hyacinth's

Parish Hall, 295 Brown St., Westbrook, WMPG 30th Birthday Party, live music starting at 7pm Bands include Inanna, Darian Brahms & the Anchors and The Ponys. Woodbury Campus Center, Portland. 780-4151. www.wmpg.org.

Sunday, September 14

Knights of Columbus Breakfast, 7:30-10am St. Hyacinth's Parish Hall, 295 Brown St., Westbrook. Wildlife Carving Competition and Art Show, 9am-4pm, Catherine McAuley High School, 631 Stevens Ave, Portland. 725-6537. All artwork entered will be judged and ribbons/prizes awarded. Carvers from all over New England will be present.

Sea Scenes, 2-3:30pm. Make your own sea scene so you can have your aquarium at home. Children's Museum, 142 Free St., Portland. 828-1234 ext.221.

Roman Market Days, 10am-4pm, Historical re-enactment with gladiators, soldiers, shopping and enter-tainment. Hollis Equestrian Center, Hollis, 251-2143. Cathedral of the Pines, 1pm, Hospice of HCS Memorial Cathedral Entrance, Rindge, NH. (603) 899-6790 Cathedral of the Pines, 4pm, POW/MIA Service. 75 Cathedral Entrance, Rindge, NH. (603) 899-6790.

Tuesday, September 16

Lecture, German-American Misunderstandings-Shared Values, Different Perspectives, Guenter Wehrmann. 10-11:30am, Room 211, Payson Smith Hall, Portland. 780-4290. Patent Basics Seminar How to patent your invention.

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5:30-7pm The University of Maine School of Law, 246 Room 302, Bailey Hall, USM Gorham. 780-5063. Deering Ave., Portland. 874-6521.

Wednesday, September 17

Brown Bag Lecture Series, noon-1pm Author Brett son discusses his book, Hitting the Jackpot: The Inside Story of the Richest Indian Tribe in History. Portland Public Library, Rines Auditorium, Five Monument re, Portland. 871-1710.

Marketing Professionals' Social, 4-8pm at Bull Feeney's Restaurant, 375 Fore Street, Portland. Presented by Portland Marketing Association.773-4405. University of Maine Cooperative Extension Association's 2003 Annual Meeting, 7-9pm Pineland Farms, Route 231, New Goucester 7804205, www.umext.maine.edu West End Community Meeting, 7-8 pm Organizational

meeting at Reiche Community Center. All West End res-

ONGOING

idents welcome, 776-3902.

Amnesty International meets the second Tuesday of the Month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30pm. 874-6928. Art of Maine Classes, each Friday, study 4 Maine artists and their art form, children ages 10 and up, 12:30pm-2pm, Craft room, Warren Memorial Library, 479 Main St., Westbrook. 854-5891

Art Night Out - open bead night, Wednesday evenings 6-9pm, 352 Cottage Road, South Portland. 799-5154. Autumn Tree Collage Children will use colorful paper and collage materials to make their own autumn tree collage, ages 3 and up, drop in any time between 11am and 5pm. Tues-Sat each week in September, creative ource Center, 1103 Forest Ave., Portland, 797-9543. Babies "R" Us, will hold various safety related events, celebrating safety month, the biggest event is a free car seat safety check that we have partnered with Maine Kids Coalition, 200 Running Hill Rd., South Portland. 773-4861.

The Brain Tumor Support Group of Maine, 7-9pm, second Tuesday of each month, Maine Medical Center's Charles A. Dana Health Education Center, room #1, 22 Bramhall St., Portland. 871-4527 or fortin@mmc.org. Books and Babies for babies 6-24 months old and their caregivers, Tuesdays, 9:30am. Tales for Tots for toddlers 2-3 years old and their caregivers, Tuesdays, 0:30am. Read-Aloud Time for children 3-5 years old schoolers) and caregivers, Wednesdays, Warren orial Library, 479 Main Street, Westbrook. 854-5891. Buddhism in Portland - meditation and to study the

Dharma, 7-9pm, every Wednesday. 774-1545. Child Safety workshops to help educate parents, and about proper/legal car seats for children, and about the new laws in effect. 6pm, every second Tuesday, Ba-

The City of Portland's Downtown Portland Corporation meets 4pm, third Thursday of every month. 874-8683. Co-Dependants Anonymous, a 12-step fellowship of people whose common purpose is to develop healthy relationships, meets 6-7:30pm, Tuesdays, Brighton Medical Center, 3rd floor, small conference room. 878-6632. nputer Access open to the public, 6-8pm, Wednesdays & Thursdays, Portland West, 181 Brackett St., and, 775-0105 x27

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics nymous, meets 7pm, Tuesdays, Woodfords Cononal Church, 202 Woodfords St., Portland. 774-4357. orce Support Group The Greater Portland Spiritual Separated and Divorced Support Group meets 7pm, Tuesdays, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland. 797-9374.

Dual Recovery Anonymous (DRA) self-help recovery program for those recovering from addiction and emoal problems meets 3:15pm, Mondays, McGeachey Hall, 216 Vaughan St., 1st floor group room AND 1pm, Tuesdays, Breakfast Room at Community Resource Center. 774-HELP.

The "Father's Heart" worship and praise ministry. hosted by Prophetic Destiny Ministries, 3-5:30pm, every third Sunday of every month, Sky-Hy conference center, 32 Sky-Hy Drive, Topsham. 725-7577. Feminist Spiritual Community - for rituals celebrating the divine feminine, ourselves, and for healing. All

women are welcome to our non-hierarchical all volunteer group which uses circle process and shared leadip, meets every Monday, 7-9pm. 774-2830. Food Not Bombs The group distributes free food to the masses, 2-4:20pm, Sundays, Monument Square, Portland, 774-2801

Free School event where artists, craftspeople, dancers, and teachers of all kinds offer workshops to the public, 7pm, every first Monday of the month, Portland West, Sitting Meditation in the Tibetan Buddhist Tradition Gays and Lesbians Adopting, a new support group

and resource exchange for LGBT foster and adoptive families in Maine, meets the third Friday of each month. 773-3023 or mainegala@hotmail.com. Geographic Information Systems Clinic, open to anyone with a GIS questions, research, problem, research

idea, or general interest, 9:30-11:30am, Wednesdays;

"Getting Started" workshop providing an important overview to historic home ownership and preservation, 9am-4pm, Saturdays, Walker Memorial Library,

The Greater Portland Maine Genealogical Society meets 2pm, the first Saturday of each month, Falmouth gational Hall, 267 Falmouth Road, Falmouth,. 797-7927. The Greater Portland Parkinson Support Group - all those with Parkinson's, as well as their families and friends are welcome, 2pm, the fourth Sunday of each th, Falmouth Congregational hall, 267 Falmouth Road, Falmouth. 797-8927 or 774-3312.

Inner Light Spiritualist Church, healing Service 6pm, Main Service 6:30pm, Sundays, Memorial Chapel, 2nd floor, Williston-West Church of Christ, 32 Thomas Street, Portland. 831-0702, 786-4401 or glorygirl@midmaine.com. Kids First Center a non-profit organization that offers programs with the purpose of providing practical information and suggestions to help separating or divorcing parents focus on the needs of their children. For program dates and additional information: 761-2709, kidsfirst@nlis.net, or write: 222 St. John St. Suite 101, Portland, ME 04102.

The League of United Latin American Citizens meets 6pm, fourth Thursday of each month, Reiche School, 166 Brackett St., Portland. 767-3642.

Look Good, Feel Better, sessions for women with aped side effects from cancer treatment, 1-3pm, 2nd Monday of each month & 5:30-7:30pm, 4th Monday of each month, Cancer Community Center,

Route 1, South Portland, 774-2200. The Maine Breast and Cervical Health Program provides free mammograms and pap tests to women 40-64 that are uninsured or have high deductibles on their insurance, 874-1140 x324.

Maine Writers and Publishers Alliance presents informal writers' jam sessions open to all genres, 7pm second Thursday of each month, Mr. Paperback Café Lewiston. 729-6333 or sarah@mainewriters.org. Writers and Publishers Alliance presents

Monday of each month, Local 188, Longfellow Square, Portland. 729-6333 or www.mainewriters.org. Man to Man Monthly discussion group meets first Thursday of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, I Longfellow Square,

"drink, art & open mic" open to all genres, 7pm, second

Portland, from 7-9pm. Free. 865-2048. Mom to Mom Meetings held the 4th Wednesday of each month. For mothers who have altered their life styles in order raise their children. For more information: 282-

NAMI CHOICES support group for family and friends of people with mental illness meets 7pm, second and fourth Monday of each month, the Dana Center, Maine Med. 775 5242. Organ Meditations, 11am-3:30pm, Tuesdays, Wednes days and Thursdays in August, Cathedral of the Pines, Rindge, NH. (603) 833-3311.

"Peer critique" - artists are encouraged to bring works of art, either in progress or complete, to share with others. A "peer critique" offers encouraging and supportive comment from fellow artists, as well as suggestions for change and improvement, hosted on the second Tuesday of each month, Center for Maine Conmporary Art. 236-2875

People's Free Space where people can connect to their mity, share resources and ideas through food, information, art and events, 7pm, every 1st and 3rd Wednesday of each month. Portland West, 181 Brackett St., Portland. Poetry Slam, 8pm, second Tuesday of each month, Alehouse, Market St., Portland, 329-9481 Red Wheelbarrow Books and Café, Poetry Reading.

second Thursday of each month, 247A Congress Street. 774-6663. Salvation Army Senior Center Drop-in center for serving people age 60 and over in the Greater Portland area 9am-3pm, Mon-Fri, 297 Cumberland Ave Portland, 774-6304 Sangha/Meditation Practice, 10-11am, first and third Sunday of each month, Greeneleaf Studio, Freeport. 865-0744. Score of Portland offers free counseling on all aspects of business, marketing and personnel relations on an individual confidential basis. Score Speakers Bureau supplies programs on business subjects at no charge, 772-1147. Sexual Assault Services of Southern Maine, offering twelve week support groups for men, women and adolescent survivors of rape, incest, and child sexual abuse, 800-313-9900.

Sing rounds and women-centered chants, 1:15-2-15pm. Wednesday, when classes are in session, Honors Building basement, open to the public, 780-4321. Sister Space, a lesbian social group - all lesbians are welcome! 5-9pm, meets the last Saturday of each month, Williston West Church, 33 Thomas St., Portland.

336-2520 or 892-3135 or sisterspace@vahoo as taught in the Tibetan Book of Living and Dving, 9 11am, every Sunday, Rigpa Maine, 169 State St., Port-

Storytell/Spoken Word Open Mic every 2nd Wednesdayofeachmonth, 7-9pm. 879-1886 or moosetel@maine.rr.com. Survivors of Suicide bereavement support group for family members and close friends of one who has died by suicide, 7pm, every 2nd and 4th Monday, classroom and Open GIS Seminar, noon-1pm, every Wednesday, #1, Dana Center, Maine Medical Center. 871-4226.



THEATER/COMEDY

There's a house and there's Jack, a marionette/music/dance theater work is a collaboration between music trio tarpigh and writer/choreographer Buffy Miller. Thursday, September 11 at 10:00pm and Friday, September 12 at 10:30pm. Stillhouse Studio Theatre, 108 High Street, 2nd Floor. Part of the World Puppet Festival.

Fence Kitchen, by Tim Haberson. An intimate view into the mysterious machinations of jewelbox theatre. Saturday, September 13 at 10:30pm and Sunday, September 14 at 7:30pm. Stillhouse Studio Theatre, 108 High Street, 2nd Floor. Part of the World Puppet Festival.

The Nerd, by Larry Shue, presented by The Oxford Hills Music & Performing Arts Association, September 4-14, Thursdays-Saturdays, 8pm and Sundays 2pm, Paris Hill Academy Building, So.

AUDITIONS

The Children's Theater of Maine Auditions will also be held for Year-Long Educational Programs, September 15 and 16, 6-8pm, for ages 11-18, Children's Theater of Maine, 317 Marginal

Way, Portland. 878-2774. Musica de Filia all girl choir will be holding auditions for fall membership on September 8 and

11. Superb choral performance training for girls aged 8-18. 767-4815. The Public Theatre is looking for 2 boys for roles of Charlie and Hank in Marvin's Room by Scott McPherson. Charlie is a 13 year old, bookish, nerdy, eager to please, Hank is a 17 year old troubled teen who is aggressively acting out to cover his vulnerability. Contract dates, January 12 - February 8, rehearsals are noon-8pm, Tues.-Sun. Auditions will be summer/early fall, for audition appointment, send picture and resume to: The Public Theatre, 2 Great Falls Plaza,

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Association Inc

...an organization dedicated to the preservation and promotion of the lawabiding individual's inalienable right to keep and bear arms for selfdefense and sporting purposes throughout Maine.

MGOA's mission includes speaking out on behalf of individuals and organizations that are unfairly attacked.... publicly or privately.... politically, socially, or legally.... for exercising their lawful rights as gun

Additionally, MGOA vigorously supports safe gun handling education programs for adults and youngsters alike. Only through education can individuals be reasonably safe from the myriad of daily activities in which we participate. The fact is that firearms activities have a safety record that's the envy of virtually every other sporting activity in the world. We'll do our part to keep it that way.

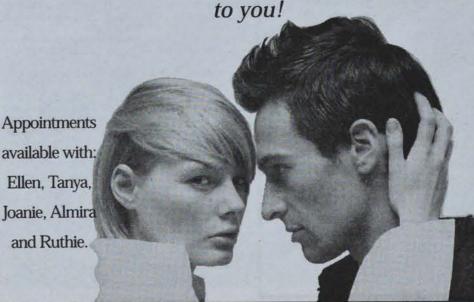
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Seasonal Balance, luminous oil paintings by Vicki Mc-Don't wait until it is too late! Murry, through September 29.

visual

OPENINGS/CLOSINGS

Thursday, September 11

allery at Grapheteria, 141 Preble Street, Portland. 2-3709.Red Rock: Photographs of Utah's Canyonlands Jim Castonia, Opening reception 5-7pm.

Friday, September 12 Lamont Gallery at the Frederick R. Mayer Art Center

Phillips Exeter Academy, Exeter, NH. Aliens in America, Others in the USA various artists. Opening recep-Sunday, September 14

Gallery At Widgeon Cove, Route 123, Harpswell. "Peaceful Thoughts," by Georgeann Kuhl, reception 1-

GALLERIES

A Gallery Harpswell Neck Road, West Harpswell. Exnibit by Joan Dickins, ongoing. 833-6544. Area Gallery USM Woodbury Campus Center, Portland. ours: Mon-Thurs 8am-4:30pm. Fri 8am-4:30pm. Sat am-3pm. See the World Through My Eyes: Photo Voices of Portland Refugee Children, taken by refugee children iving in Portland, through September 13. 780-5009. Art Gallery USM, Gorham. Hours: Tues-Fri 11am-4pm. sat 1-4pm. Juried USM alumni art showcases 42 works

?7 talented alumni, through September 20, 780-5460. Art Gallery at the University of New England, Westbrook College Campus, 716 Stevens Ave., Portland. Hours: Wed, Fri, Sat and Sun 1-4pm. Thurs 1-7pm. *The* Art and Artistry of Arthur Szyk, through October 26. 797-7261 x4499 or www.une.edu/art. rium Gallery USM, Lewiston-Auburn Campus, 51

minster Street, Lewiston Hours: Mon-Thur, 8am-8pm; Fri 8am-4:30pm; and Sat, 9am-3pm.753-6500. The Figured Revealed, juried exhibition of life-drawings, ough October 18 Aucocisco Galleries 615A Congress St., Portland. Figu-

rative Paintings and Watercolors from the early 1990's y George Lloyd, through September 27. 775-2227. Center for Maine Contemporary Art 162 Russell Ave, Rockport. The Abstracted Landscape, various artists, ugh October 5. Tues-Sat 10am-5pm. C.W. White Gallery 656 Congress St., Portland. 871-

7282 or info@cw-white-gallery.com. Recent paintings of plain air landscape on paper and arge studio works depicting coastal Maine by Darryl lighto, September 10-October 4.

Chris Heilman Art Glass Gallery 55 Federal St., Portland. Featuring torch work decorated blown vessels and sculptures as well as Silver Veil abstract vessels by Chris Heilman, ongoing. 772-7940 or www.hotglassheilman.com. Coolidge Center for the Arts, Wentworth-Coolidge on, 375 Little Harbor Rd., Portsmouth, NH. Hours: Wed-Sat 10am-4pm. Sun 1-5pm or by appointment. Whispers of the Orient, American artworks with a Hint of the Orient, through September 21. 603-436-6607.

Drake Farm Gallery 148 Lafayette Rd., North Hampton, NH. Hours: Mon-Sat 10am-6pm. Sun noon-6pm. Seacoast scenes in watercolor by Maddi Alana, through October 31. Du'e 81 Market St., Portland. Works by lan Factor and Stephen Lanzalotta, ongoing. 879-1869, 773-7730 or

pm. Sun 1-5pm. John Schmidtberger, Jacques Louis Meyer, Matthew Meyer and Na ery, Gideon Bok, Jesse Gillespie and works from the estates of Leonard Baskin and Daniel Hodermarsky,

* Mary Frank, paintings, sculptures, and works on paper, through October 17 Elizabeth & Main Gallery of Art 238 Main St. Gorham.

Hours: Wed-Fri 10am-6pm. Sat-Sun 10am-4pm. Paintings by Michael C. Welch, through September 28. 671-8237. Filament Gallery 181 Congress St., Portland. New works by eight contemporary artists, through October 11. 221-

The Firehouse Gallery Damariscotta. Hours: Mon-Sat 10am-5pm. Sun 11am-4pm. 563-7299. Galeyrie Fine Art 240 US Route 1, Falmouth. Hours: Sat

10am-4pm. Mon-Fri 10am-6pm. 781-3555. Group show of gallery artists Verner Reed, Veronica Benning, Estelle oberge, Lori Tremblay, and Henry Peacock, ongoing. The Gallery at Casco Bay Frames 295 Forest Ave., Hanaford Plaza, Portland. Hours: Mon-Fri 10am-6pm. Sat 0am-5pm, 774-1260.

New Orleans: Past Is Present, the works of Anastasia Lang, through September 30. What I Did on My Summer Vacation, a group show,

ough October 13.

Castonia, through October 31. Gallery 302 38 Main St., Bridgton. Original work by

Bridgton Art Guild members, ongoing. 674-2389. Gallery At Widgeon Cove 31 Widgeon Cove Lane, Harpswell. Hours: Thurs-Sat and Mon 11am-5pm. Sun 1om or by appointment. 833-6081. * Peaceful Thoughts paper works of art by Georgeann

Kuhl, through September19.
* Themes on Meditation, sculptures by Condon Kuhl inspired by Japanese Shrines, through September 7. Jewelry, thoughts of Tuscarry by Condon Kuhl, through October 30.

Gallery Seven 49 Exchange St., Portland. Hours: Mon-Thurs 10am-6pm. Fri-Sat 10am-9pm. Sun noon-6pm. Exhibit of work by American craft artists in all media, on-George Marshall Store Gallery 140 Lindsay Rd., York. Hours: Tues-Sat noon-5pm. Sun 1-5pm.351-1083 or www.oldvork.org.

Gleason Fine Art 31 Townsend Ave., Boothbay Harbor. Hours: Tues-Sat 10am-5pm. Landscapes of Maine by Chris Nissen, through September 9, 633-0876 or Graffius/Coffin Gallery, 79 Oak St., Portland. Hours:

Wed 6-9pm. Fri 5-9pm. Sat noon-5pm or by appointment. coffin@maine.rr.com. * Emerging Artists, group show, September 5-26. Heartwood College of Art 123 York St., Kennebunk.

New art exhibits every four to six weeks all year round. Hole in the Wall Studioworks Rt. 302, Raymond. Mon-Sun 9:30am-5:30pm. Group Show with Lou Mastro, Jennifer O'Toole, Kate Winn, through September 30. 655-4952. The Hay Gallery 594 Congress St., Portland. 773-2513 or haygallery@earthlink.net * Signs for Travelers, exhibit by Nicholas Lamia, through

Harpswell Art & Craft Guild Gallery 123 Harpswell Neck. Hours: Sat-Sun 10am-5pm. Work of six guild members. 833-6081 or 833-6544. ICA at MECA Porteous Building, Congress St., Portland. Exhibit by faculty who teach at the Skowhegan School

of Painting and Sculpture, through September 28. 775-Jameson Gallery 305 Commercial St., Portland. Hours: Mon-Sat 10am-6pm. 772-5522 or www.jamesongallery.com. June Fitzpatrick Gallery 112 High St., Portland. Hours: noon-5pm Tues-Sat and by appointment. Photographs of Coastal Maine by Peter Ralston, through September 27. 772-1961. June Fitzpatrick Gallery @ Maine College of Art 522 Congress St., Portland. Hours: Tues-Sun noon-5pm. essels by Pam Slaughter and Drawings by Deborah Randall, through September 27. 879-5742 x283. Lajos Matolcsy Art Center 480 Maine Street, Norway.

Hours: Sat and Sun 11am-4pm. Works by over 30 artists through October, 998-2497. Little Sebago Gallery & Frame 765 Roosevelt Trail, Windham. Hours: Mon-Fri 9:30am-5pm. Sat 9:30-4pm. Local 188 Gallery 188 State St., Portland. New Paintings

by Broadbent and Dahlquist, ongoing. Long Hall Gallery Maine College of Art, Porteous Building, Portland. Adventures in Art Student Exhibition. Lyn Snow Gallery 87 Market St., Portland. Hours: Sun-Thurs 10am-6pm. Fri -Sat 10am-7pm. Works by Lyn w, ongoing. 773-5252.

Mainely Frames & Gallery 534 Congress St., Portland. Hours: Mon-Wed 10am-6pm. Thurs and Fri 10am-8pm. Sat 10am-5pm. Sun noon-5pm. Pen-and-ink cityscapes by William C. Harrison and other work by gallery artists, ongoing, 828-0031 Meyer Studio Gallery 51 Oak St., Portland. Hours: Wed-

Elan Fine Arts 8 Elm St., Rockland. Hours: Mon-Sat Fri 4-6pm. Sat-Sun noon-4pm. Exhibit of recent works by going. 879-1323.

Ocean Street Arts, 520 Ocean St., South Portland. Hours: Wed-Sat 11am-5pm. Fall show featuring Spindleworks artists, and new works by Adam Earley and Dee Adams, through October 30. 767-7773. Plum Gallery 142 High St., Suite 217, Portland. Hours:

Tues-Fri 11am-4pm. DOT.DOT.DOTS!!! The simplest of elements exploited by artists in a multitude of ways, ongoing. Portland Coalition Art Gallery 688 Congress St., Portland. Call ahead for hours. Exhibit of mixed-media works by artists associated with the Portland Coalition for the Psychiatrically Labeled, ongoing. 772-2208. Portland Glassblowing Studio 24 Romasco Lane, Port-

land. Hours: Fri-Sun 10am-6pm. Glassblowing demonstrations and exhibit of contemporary glassware designed and made by studio owner Ben Coombs, ongo-Red Dot Gallery Via Group, 34 Danforth St., Portland.

Hours by appointment.761-0288. Salt Gallery 110 Exchange St., Portland. Hours: Tues-Sat 11:30am-4:30pm. Forgotten People, through September 20. Silver Image Resource Gallery 500 Congress St., rear studio, Portland. Hours by appointment or chance. 5-Spm first Fridays. Photography by Donna Lee Rollins, and Dennis Stein, hand-colored photographs, "Holga" prints, and digital images, ongoing. 767-0711.

Space Gallery 538 Congress St., Portland. Hours: Thurs-Sat 11:30am-6pm. 828-5600.

vries, and Kelly Weingart, through October. * Group Exhibition of National Artists, through Sepmber 26. 828-5600 or www.space538.org.

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon Thursday two weeks prior to

publication. E-mail: listings@maine.rr.com.

The Spindleworks Gallery 7 Lincoln Street, Brunswick Mon-Fri 9-5 A studio and gallery space to over 35 artists with disabilities. Works in Progress, through September 30. The Stein Gallery 195 Middle St., Portland. Spectacular Amphora Vessels by Barry Entner through September . 772-9072, info@steinglass.com or www.steinglass.com. Studio 656 656 Congress St., Portland. Hours: Thurs-Fri noon-6pm. Works by John Driscoll, ongoing. 871-3922. Thomas Moser Cabinetmakers 149 Main St., Freeport. Hours: Mon-Sat 10am-6pm. Sun 11am-5pm. Exhibit of paintings by Maine artists Abbott Meader, Kristin Malin and Marguerite Lawler, through September 29, 865-

Toby Rosenberg Gallery 293 Read St., Portland. Hours: Mon-Sun noon-6pm. Handbags, clothing, cloth dolls, pottery, contemporary American crafts, sculpture and

Thomas Spencer Gallery 360 Main St., Yarmouth, Hours: Tues-Fri 10am-5pm. Sat10am-4pm or by appointment. Serene Moments" by Susan Gosselin, through eptember 27.846-3643 or www.thomasspencergallery.com. Yarmouth Historical Society Gallery Hours: Tues-Fri 1-Spm. Sat 10am-5pm. Home Sweet Yarmouth Home. 846-6259. Wiscasset Bay Gallery Wiscasset. Hours: Sun-Fri 10am-6pm. Sat 10am-8pm. America and the Grand Tour, an exhibit of 19th and 20th century American and European art, through September 26. 882-7682 or www.wiscas-

GALLERY TALKS

Friday, September 12

Bowdoin College Visual Arts Center, Kresge Auditorium. 725-3396 A Handmade Life by Peter Forbes. 7pm

Sunday, September 14

Center for Contemporary Art, 162 Russel Avenue, Rockport. 236-2875 Sam Van Aken: In Between

MUSEUMS

Abbe Museum Bar Harbor. Hours: Sun-Sat 10am-5pm. Thurs-Sat 10am-9pm through September, 288-3519. *The Basket Room: The Anne Molloy Howells Collection, *Layers of Time: 75 Years of Archaeology at the Abbe Mu-

*Wapohnaki Student Art Show: Beyond the Mountain: Modern Views of Traditional Ideas, ongoing. paring Free, ongoin

*The Search for John Snow, through December. *"Dr. Abbe's 'Stone Age' Museum," through October 19. Bowdoin College Museum of Art 9400 College Station, Brunswick. Hours: Tues-Sat 10am-5pm. Sun 2-5pm. 725-

*Picasso, Matisse, and other modern masters from the William Alexander Collection, through September 19. Colby College Museum of Art Waterville. Cherised Posons: A New England Legacy, through October 27.872-3228. Currier Museum 201 Myrtle Way, Manchester, NH. Hours: Mon, Wed, Fri & Sun 11am-5pm. Thurs 11am-8pm. Sat 10am-5pm. Jan Miense Molenaer: Painter of the Dutch Golden Age, ongoing. 669-6144.

Davistown Museum Main St., Liberty. Hours: Sat & Sun 10am-5pm. The Archaeology of Tools, work of over 75 nporary Maine artists and craftspeople, ongoing.

The Fifth Maine Regiment Museum Peaks Island. New exhibit, Celebrating Community. 766-3330. Maine Maritime Museum 243 Washington St., Bath. Hours: Mon-Sun 9:30am-5pm. Percy and Small Shipyard exhibit. 443-1316.

Portland Harbor Museum Fort Rd., South Portland. A Day in the Life of Portland Harbor, ongoing. 733-6337 or director@portlandharbormuseum.org.

Portland Museum of Art 7 Congress Square, Portland. Hours: 10am-5pm Tues, Wed, Thurs, Sat & Sun. 10am-9pm Fri. Memorial Day through Columbus Day open Mondays 10am-5pm. 775-6148 or (800) 639-4067. *Contemporary Art From the Permanent Collection, fea-

turing the diversity of subject matter and style that have come to dominate the post-world war art scene, ongoing. *Edward Weston: Life Work, through October 19. * 1831-1903: Painting Portland's Legacy, an exhibit of the work of Charles Frederick Kimball, founder of the Portland Society of Art, through December 7.

The Saco Museum 371 Main St., Saco. Hours: Sun and Tues-Fri noon-4pm. Thurs noon-8pm. Surfing in Maine, by surfer and photographer Eugene Cole. 283-3861. The Shaker Museum Sabbathday Lake Shaker Village, Route 26, New Gloucester. Hours: Mon-Sat 10am-4:30pm. The Rhythm of Life: Sabbathday Lake in 1903, through Columbus Day. 926-4597.

Willowbrook at Newfield 19th Century Country Village Museum Newfield. Hours: Sun-Sat 10am-5pm. Display of Gallery at Grapheteria, 141 Preble Street, Portland. 772-3709.

* Original paintings and mixed media by Dorette Amell.

* Red Rock: Photographs of Utah's Canyonlands by Jim

The art of Angela Alderete, Mitch Pfeifle, Kimberly De
sat 17.50air-ophi. 020-3000.

* Original paintings and mixed media by Dorette Amell.

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focal point

Galeyrie to Showcase the Work of Photographer Louis Ouzer

by John Barrows Tormé, Lena Horne and Tony Bennett.

eventy black-and-white photographs of major musicians will be on display at Galeyrie Fine Art in the Shops at Falmouth Village for a month-long exhibit opening on September 6th.

Among the photographs in the Louis Ouzer collection are those of pianists Rudolph Serkin, Vladimir Horowitz, José Iturbi and Glenn Gould: violinists Fritz Kreisler, Robert Casadesus, Yehudi Menuhin, Itzak Perlman, Isaac Stern and David Oistrakh; cellist Yo-Yo Ma; singers Marion Anderson, Joan Sutherland, Jan Peerce, Leontyne Price, Lauritz Melchior and Beverly Sills; composers Aram Khachaturian, Igor Stravinsky, Aaron Copland and Alec Wilder; conductors Leopold Stokowski, Dimitri Mitropoulos, Pierre Monteux and Mitch Miller. Also included are photographs of French hornist John Barrows, father of Galeyrie co-owner John Barrows.

Lou Ouzer photographed jazz musicians as well-musicians such as Duke Ellington, the renowned music school and was soon Louis Armstrong, Count Basie, Dave its treasured unofficial photographer; so un-Brubeck, Oscar Peterson, Marian McPart- obtrusive in taking pictures that he was welland, Woody Herman, Dizzy Gillespie, Stan comed even backstage during performances Getz, Gerry Mulligan, Ella Fitzgerald, Mel in the Eastman Theater. These Eastman

Alec Wilder

able Light, includes 70 photographs taken

from the Ouzer archives and lent by his 87year-old widow, Helen. They range from one of Fritz Kreisler taken in 1940, to a rare shot of Wynton Marsallis at the piano and include portraits of Duke Ellington, Bill Evans, and Louis Armstrong. Some of the photographs will be offered for sale.

For more than six decades-from the 1920s to his death in 2002-Lou Ouzer amassed a collection of some 10,000 portraits of musicians who passed through Rochester New York and the Eastman School of Music, as well as of Jack Benny, Richard Nixon and Ansel Adams. This vast archive has been donated to the Music Library at the Eastman School. Joseph Shiff, a Rochester photographer

who was also a member of the Rochester Philharmonic Orchestra, introduced Lou Ouzer to both photography and music. Ouzer became a familiar figure in the halls of

School photographs were taken using only 2002, "He always shot on the downbeat."

Ouzer supported his wife and two chilwindow display to please passing musicians and theater patrons. He also photographed weddings and bar mitzvahs and did studio said. portraits. His work has appeared in Life, Time, Newsweek, Business Week, U.S. News & World Report and The New York Times. Seots in Rochester are included in Encyclopedia Britannica's entry on race. Ouzer's lifelong association with music

in life. He had always played the piano by ear-had even composed a song to which Alec Wilder put words that was later published—but he never learned to read music until 1975, when he began taking piano lessons and enrolled in the community education program at Eastman. For the following 22 years, he went to class every Saturday morning, began composing and was even privileged to hear some of his music performed at the Eastman Theater.

His wife Helen was a major force in The September exhibition, Music in Available light and, in the words of the co-Ouzer's life, in the cataloguing of his work ordinator of his memorial service in March and in the compilation of this exhibition, though no photograph of her will be on display ("I hated every one," she has said about dren from his studio around the corner from the many he took of her). In the early 1940s, Eastman, where he regularly changed his she went into his studio to help with the books-for two weeks, she thought, "Two weeks turned out to be 60 years!" she has

> Helen frequently welcomed her husband's subjects into their home. Alec Wilder, who was both subject and close friend, had lections from his photo essay on the 1963 ri- a key to their apartment and often composed on their piano; and Helen still maintains contact with Marian McPartland, who characterized Ouzer's photographic unoband musicians led to his study of music late trusiveness by likening him to "a fly on the

> > Galeyrie Fine Art 240 U S Rte. One Falmouth, ME 04105 (207) 781-3555

Lou Ouzer show dates: Sept 6—Oct 11 Gallery hours: M-F 10 am-6 pm, Sat 10-4









for the record

Children's Health at Risk

o quote their newest corporate partner, Organic Valley: "If you've ever wished there was a one-stop shop where you could get all of the info you need for creating a toxin-free environment for your family, rejoice." The Children's Health Environmental Coalition (CHEC) is on a vital mission: to create awareness of preventable, environmental risks to children's health. In fulfillment of its mission, CHEC provides the most comprehensive program in the world for advising parents on how to prevent and manage exposures to toxic chemicals in the environment. The potential dangers of these toxins, acting alone or in combination, are so complex. Emerging information about these toxins is so voluminous that even medical professionals have difficulty in keeping up with new developments. No busy parent has time to become a student of these issues. "The problem becomes a huge detective game, trying to figure out where chemicals are used, how people are exposed and how we can control exposure to a level that is safe," said John Wargo, professor of environmental policy and risk analysis at Yale. He is coauthor of The State of Children's Health and Environment 2002. This report, released by CHEC in early 2002, highlights guidelines for parents and families regarding potential health hazards. It covers issues such as air quality and links to asthma, birth defects, developmental disabilities, childhood cancer and the environment, and principles for governmental reform

CHEC conducts ongoing reviews of the research and information about toxic chemicals and their impact on children's health. They then summarize that information and provide it to parents and care givers in a readable and understandable manner that encourages its use to prevent harm Simply put, CHEC'S efforts protect the lives of children. Their newest publication, The Household Detective, is a comprehensive guidebook and a wonderful way to teach your children how to clean with oldfashioned white vinegar and baking soda.

CHEC's website, www.checnet.org was developed in 1997 as a vehicle to arm people with reliable and user-friendly information, practical advice on hazards in the home or school, and ways to members at a discount. The response has been to organize at the grassroots level. The website is remarkable. The subscriber base has increased by perhaps CHEC's most important tool. The site in-nearly 100% this year, while 17,000 unique visitors cludes the HealtheHouse, the First Steps program and the HealtheNews, all of which provide a wealth range from policy makers to activists and just of important information

CHEC's web-based HealtheHouse is their core grandparents being the most important. program for communicating the results of CHEC's research and reviews of how toxic chemicals launch on February 25, 2002, there was no single comprehensive website that provided solution-oriented environmental health information for parents 17,000 visitors every month; hundreds of visitors a day, seeking information to help prevent the unnecessary suffering of children and their families. Mary Beth wrote from Massachusetts: "Your web site is so informative. If I can get the basic info to on their way to creating a healthy home."

CHEC's First Steps program is a unique, free, offer timely information about the threat of toxic exposures to their unborn child, infant or toddler when they are most susceptible to disruptions to the critical development of their minds and bodies. ing info about CHEC everywhere I go. PTO meet-



James and Nancy Chuda, founders of CHEC.

ings, my kids' karate classes, grocery store! Like I said over the phone, your information has already prompted me to pull up the carpets in my children's bedrooms, cover their mattresses and pillows with allergen covers, and even to question the chemicals that I use to clean."

Health-eNews is CHEC's free email newsletter. Amy wrote recently "Just to let you know-I love this newsletter. It's probably the only one I ALWAYS read and forward to many friends." Sent twice monthly, each issue contains news briefs along with tips on how to protect children from environmental hazards around the home and in the community.

The CHEC Forum has been enhanced to facilitate communication, information-sharing and to link groups around common issues. CHEC provides news and updates. Participants offer opinions, news from their community, questions, support and comments. Mollie, the mother of a 20-monthold son wrote: "This list is a savior to those who have nowhere else to go, and also finds those with knowledge who are willing to share it with those of us who need it."

To keep all the website-based information and programs up-to-date requires ongoing financial support. CHEC receives funding from government and private foundations, but the most important source of funds is from individuals. Membership in CHEC's family also offers a variety of benefits, with the goal of offering education and personal support. A variety of books and other materials are made available now use CHEC's web site each month. Members about every profession in between, parents and

It's a familiar sight in many homes. Mom or Dad kneeling on the floor, arms outstretched, enticing threaten the health and lives of children. Prior to its baby to crawl or walk. Baby drags herself across the carpet, periodically burying her face in the nap and taking a deep breath. Dad enthusiastically scoops her up as she sucks on her fist and fingers and caregivers of children. The site receives over with relish. Now, take a close look at the carpet. Many of us are aware of dust mites lurking within the fibers, but what about persistent bioaccumulative toxins (PBTs) and individual volatile organic compounds (VOCs)? The environment in which our children live today is a chemical universe. people with your web address, then they'll be well
There are some 80,000 new chemicals that have been invented since WWII, of those there are about 3,000 called high-production volume chemicals monthly, personalized email program designed to (HPV). Of these HPV chemicals, those most widely disseminated in foods, cleaning solutions, pesticides, the air and water, only 43 percent have ever been tested to determine whether they have the potential to cause toxicity. In other words, 57 per-Michelle wrote from Tennessee: "I plan on spread- cent haven't undergone the most minimal testing.

if they have the capability of causing toxic effects on the fetus, on infants, on young children. A pediatrician at the University of Pittsburgh, Herbert Needleman, a member of CHEC's Science Advisory Committee, has described this as a "vast toxicologic experiment, using our children and grandchildren as the unwitting, unconsenting subjects in this experiment." According to CHEC board member, Phil Landirgan, professor of pediatrics at Mt Sinai School of Medicine in New York, "As a society we're not exercising good stewardship. It is unwise to continue to produce chemicals, to continue to release them into the environment and really not to know what are the potential consequences of those exposures.'

In 1979 the Surgeon General's Report on Health Promotion and Disease Prevention remarked, "There is virtually no major chronic disease to which environmental factors do not contribute, either directly or indirectly." Children are more susceptible than adults to these risks because of their physiology and behavior. There are critical periods during growth and development when their organs are vulnerable to stress from exposure to toxins. Their developing body systems are less efficient at metabolizing and excreting these chemicals. They not only eat and drink more, but they breathe more air in proportion to their body weight. They play on the ground and put objects in their mouths.

Pesticides are poisons. Children are being exposed in their homes, yards, playgrounds, day care settings and schools. Pesticide residues are found on food, household surfaces (carpets), pets, and on the lawn where your child plays. The potential for long-term exposure to these dangerous chemicals can result in a long latency period before onset of chronic disease. Exposed children may thus be unequal to the challenges of later life. Scientific studies have linked pesticides to cancer, birth defects, nervous system disorders and immune deficiency.

Lead is ubiquitous in our environment, and exposure to this chemical is far more damaging to the young child than to an adult. In a typical home. lead may be found in house dust, in the water, on



Kelly Preston and Olivia Newton-John helped CHEC produce a video to help parents.

imported dinnerware, in addition to the paint on the walls and woodwork. What's a parent to do?

This non-profit organization was founded by Nancy and James Chuda, who lost their only child, Colette, at the age of five to a rare, non-hereditary form of cancer that was linked to hazards in the environment. With the help of their best friend, Olivia Newton-John, and Wednesday's Moms, an area playgroup, the Chudas formed the Colette Chuda Environmental Fund (CCEF). The CCEF was cre-Only about 10 percent have ever been tested to see ated to bridge the gap between the work underway



medical communities, and to focus attention on the increase in childhood cancer and the significance of childhood exposures to carcinogens. Initially funded by the CCEF, CHEC, which was founded in 1992, is a grassroots organization dedicated to educating and organizing parents and groups around the need to protect children from the threat of environmental toxins.



Erin Brockovich has helped garner media attention.

Nancy and James Chuda also began to mobilize parents, caregivers, environmental groups, the scientific community, and the media in their fight for changes in national policy. Three members of their prestigious current board of directors are celebrity mothers: Erin Brockovich, Kelly Preston and Olivia Newton-John help garner media attention to the issues. Through the wonderful volunteer efforts of Olivia and Kelly, CHEC produced a 17-minute video Not Under My Roof: Protecting Your Baby from Toxins at Home, reviewing simple steps parents can take to protect children from chemical exposures at home

Many families do not have Internet access and this video provides an alternative means to become informed about some of the most important issues concerning preventing toxic chemical exposures to children. This video empowers parents with the knowledge that will allow them to make purposeful behavior changes and ensure healthier everyday living environments.

Over the last decade, CHEC has been at the forefront of educational outreach, supporting grassroots organizations and governmental reform on a range of issues relating to children's environmental health. CHEC's National Environmental Childproofing Campaign's goal is to expand the universally accepted idea of "childproofing" homes to include preventive practices that limit exposure to toxic substances in and around the house. It seeks to make these practices as commonplace as putting safety latches on cabinets and plastic covers over electrical outlets. Through this campaign, CHEC is targeting the parents of almost four million babies born in the US each year, educating them during and after pregnancy.

We can all choose to have a healthier, less toxic. less-allergenic household. CHEC is here to help. Olivia Newton-John points out "You just have to make the changes you can. Do what you can to protect the little ones."

Music directory

The Alehouse 30 Market St, Portland. 253-5100. American Legion Post #62 17 Dunn St, Westbrook. 856-7152. Amigo's 9 Dana St, Portland. 772-0772. Asylum 121 Center St, Portland. 772-8274. Barbara's Kitchen & Cafe 388 Cottage Road, So. Portland. 767-6313. The Big Easy 55 Market St, Portland. 871-8817. The Big Kahuna Café 142 Main St, Bridgton 647-9031. Bowdoin College Chapel Brunswick. 725-3321. Bramhall Pub 769 Congress St, Portland. 773-9873. Breakaway 35 India St, Portland. 541-4804. Bridgeway Restaurant 71 Ocean St, South Portland. 799-5418. Brian Ború 57 Center St, Portland. 780-1506. Brooks Student Center Univ. of Southern Maine, Gorham. 780-5003. Bull Feeney's 375 Fore St, Portland. 773-7210. Casco Bay Lines, 56 Commercial St, Portland. 774-7871. Cathedral Church of St. Luke 143 State St, Portland. 772-5434. Cathedral of the Immaculate Conception 307 Congress St, Portland. 773-7746. Center for Cultural Exchange 1 Longfellow Sq., Portland. 761-1545. Chocolate Church Arts Center 798 Washington St, Bath. 442-8455. C.J. Thirsty's 726 Forest Ave, Portland. 775-6681. Civic Center Between Spring and Free streets, Portland. 775-3458. Clyde's Pub 173 Ocean St, South Portland. 799-4135. Commercial Street Pub 129 Commercial St, Portland. 761-9970. Corthell Concert Hall 37 College Ave, University of Southern Maine, Gorham campus. 780-5555. Crooker Theater Brunswick High School, Maguoit Road, Brunswick. 725-3895.

Digger's 440 Fore St, Portland. 774-9595. Discovery Park L.L. Bean, Main Street, Freeport. (800) 559-0747 Downeast Restaurant 705 Route 1, Yarmouth. 846-5161. First Parish Church of Portland 425 Congress St, Portland. 773-5747.

David's Restaurant 22 Monument Square, Portland. 773-4340.

The Flatbread Company 72 Commercial St, Portland. 772-8777. Free Street Taverna 128 Free St, Portland. 772-5483. Geno's 13 Brown St, Portland. 772-7891 Granny's Burritos 420 Fore St, Portland. 828-1579. Gritty McDuff's 396 Fore St, Portland. 772-2739. Happy Cooking 78 Island Ave, Peaks Island. 766-5578. Headliners 35 Wharf St, Portland. 773-1570. The Iguana 52 Wharf St, Portland. 871-5886. The Industry 50 Wharf St, Portland. 879-0865. Jonathan's Restaurant 92 Bourne Lane, Ogunquit. 646-4777. Kennebunk Coffeehouse Routes 1 and 35, Kennebunk. 229-0212.

Kresge Auditorium Bowdoin College, Brunswick. 725-3321. Liquid Blue 446 Fore St, Portland. 774-9595. Local 188 188 State St, Portland. 761-7909. Ludke Auditorium UNE, 716 Stevens Ave, Portland. 797-7261. Mast Cove Galleries Mast Cove Lane, Kennebunkport. 967-3453. Mathew's Lounge 133 Free St, Portland. 253-1812. The Mercury 416 Fore St, Portland. 879-4007. Merrill Auditorium 20 Myrtle St, Portland. 842-0800.

Moose Crossing Steakhouse 270 U.S. Rt 1, Falmouth. 781-4771. The Music Hall 28 Chestnut St, Portsmouth, NH. (603)433-3100. Norway Coffeehouse 479 Main St., Norway Old Orchard Beach Pavilion 17 Prospect St, Old Orchard Beach. 934-2024 Old Port Tavern 11 Moulton St, Portland. 774-0444. Olin Arts Center 75 Russell St, Bates College, Lewiston. 786-6252.

O'Rourke's Landing 175 West Benjamin Pickett St, So. Portland. 767-3611 The Pavilion 188 Middle St, Portland. 773-6422. Plush 54 Wharf St, Portland. 774-9595. Portland Conservatory of Music 116 Free St, Portland. 775-3356. Portland Museum of Art 7 Congress Square, Portland. 775-6148. Portland Public Market 25 Preble St, Portland. 228-2000. Pub 21 (Fifties Pub) 223 Congress St, Portland. 771-5382. Red Hook Brewery 35 Corporate Drive, Portsmouth, NH. (603) 430-8600

Rick's 100 Congress St, Portland. 775-7772. RíRá 72 Commercial St, Portland. 761-4446. The River Tree Center for the Arts 35 Western Ave., Kennebunk. 967-912 The Roost Chicopee Road, Buxton. 642-2148. St. Lawrence Arts & Community Center 76 Congress St, Portland. 775-5568 Saco River Grange Hall Salmon Falls Road, Bar Mills. 929-6472. Sierra's Bar & Grill Routes 25 and 114, Gorham. 839-3500. Silly's Restaurant 40 Washington Ave., Portland. 772-0360. Silver House Tavern 340 Fore St, Portland. 772-9885.

Sisters 45 Danforth St, Portland. 774-1505. Slates 169 Water Street, Hallowell. 622-9575. Sky Bar 188 Middle St, Portland. 773-6422. Somewhere 117 Spring St, Portland. 871-9169. South Freeport Church 98 South Freeport St, Freeport. 865-4012. The Space 538 Congress St., Portland. 828-5600. Starbird Recital Hall 525 Forest Ave, Portland. 775-2733. State Street Church 159 State St, Portland. 774-6396.

State Theatre 609 Congress St, Portland. 775-3331. The Station 272 St. John St, Portland. 773-3466. Three Dollar Dewey's 241 Commercial St, Portland. 772-3310. Top of the East 157 High St., Portland. 775-5411. úna 505 Fore St, Portland. 828-0300. The Underground 3 Spring St, Portland. 773-3315.
The Well 369 Forest Ave., Portland. 828-1778.

Wizard's Main St., Presque Isle. 764-0144.

Thursday 11

Saco River Grange Hall (Bar The Alehouse Turkey Hallow (7:30pm) Hobex The Station (9pm/21+)Dance DJs (9:30pm/21+) **Barnhouse Tavern** Una DJ Jim Casey (9pm) DJ Mike Said The Bramhall Pub WMPG (90.9/104.1 FM) The Jerks of Grass X-Ray Actress (bluegrass/9:30pm/21+) Brian Boru Saturday 13 Stream (Reggae/9pm/21+)

The Alehouse

Menagerie (9pm/21+)

Bridgeway Restaurant

Bubbas Sulky Lounge

DJ Chris Busby (Soul &

bration Concert (8pm)

Free Street Taverna

Gritty McDuffs

Headliners

Ri-Ra

Boombazi (9:30pm/21+)

Dan Stevens (9pm/21+)

DJ Baby J (9pm/21+)

House of David (OOB)

Paid In Full (Rock/7pm)

Kerrymen Pub (Saco)

Saco River Band (9pm)

Marcia's (York Beach)

The Quays (10pm/21+)

Starbird Recital Hall

(Jazz/8:30pm)

Sunday 14

DJ Jay (10pm/21+)

rium (Waterville)

David's Restaurant

Jones Landing

Big Easy

Brian Boru

(6pm)

Una

The Tyler Wood Ensemble

Irish session music (3-7pm)

Colby College Given Audito-

Violinist Mary Jo Carlsen & pi-

Jenny Woodman Acoustic Duo

anist Cheryl Tschanz (3pm)

Zion Train (reggae/1pm)

Dj J. Hort (9pm/21+)

Karaoke w/ DJ Mike C.

Old Port Tavern

The Grumps (9pm)

Funk/9pm/21+)

nebunk

Bobby Laine (Piano/6-10pm)

Lab 7 (9:30pm/21+) Headliners DJ Baby J (9pm/21+) McGillicuddy's (Brunswick) Ken Grimsley and Dave Dodge (acoustic)

Old Port Tavern Karaoke w/ DJ Mike C Deertrees Theatre & Cultural Centre Deertrees Road, Harrison. 583-(9:30pm/21+) The Station DJ Cougar/Karaoke (9:30pm/21+)

Free Street Taverna

Three Dollar Dewey's Dan Stevens (6pm) Classic Cuts w/DJ Jack

Friday 12

Love/Moshe/

(9pm/21+)

Old Port Tavern

Nicotine w/ Richard Sin

Strict 9 (rock/9pm/21+)

Soul Shakedown Party

(9:30pm/21+)

The Alehouse NFBF (9pm/21+) Black Bull Tavern (Rockland) The Grumps (9:30pm/21+) **Bramhall Pub** Karaoke w/Don Corman(10pm/21+) The Breakaway Jenny Woodman (9:30pm/21+) **Bridgeway Restaurant** Bobby Laine (Piano/6pm) Brian Boru Pneuma (9pm) Dolphin Striker (Portsmouth, NHD Dan Stevens (9pm) Free Street Taverna Mappari (9:30pm/21+) **Granny Burritos** Muddy Marsh Ramblers (Bluegrass/9pm) Headliners DJ Seanne (9pm/21+) The Mercury 12inch Zombies-Laree

listening posts (9:30pm/21+) (10pm/21+)

Monday 15

Alehouse Swamp Donkey (9pm/21+) The Big Easy Ryan McCalmon (10pm/21+) Old Port Tavern Karaoke w/ DJ Sid (9:30pm/21+) The Station DJ Cougar/Karaoke (9:30pm)

Tuesday 16

The Big Easy Sly Chi (funk/10pm/21+) **Bridgeway Restaurant** First Parish UU Church of Ken-Al Doane Jazz Jam (7-10pm) The Mercury 4th Annual Celtic Music Cele-The Lesson w/ Moshe/DJ Mota/ Kid Ray (10pm/21+) Old Port Tavern Karaoke w/ DJ Sid (9:30/21+)Una DJ Marcus Cain

Wednesday 17

Barbara's Kitchen Spiral Music Productions (jazz/8pm) The Big Easy Zion Train (reggae/10pm/21+) Breakaway The Maine Songwriters Showcase (8pm/21+)**Downeast Village Restaurant** (Yarmouth) PortCity Jazz (7pm) Free Street Taverna Hot Buttered Rum String (9:30pm/21+)Old Port Tavern Karaoke w/ DJ Mike C. (9:30/21+)Top of East Dave Briggs Jazz Duo (7pm/21+)

> Got a gig? Is the next big thing coming to your club or venue? Casco Bay Weekly pants to know! Please send your music listings (including date, location, performer, genre, and time, to Listings, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, fax: 775-1615, or e-mail: listngs@maine.rr.com, Listings must be in by the Thursday prior to publication.

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Female Seeking Male

27-YEAR-OLD, 4'11", H/W/P, auburn hair, gold eyes, mother of one. N/S, N/D. Love opera and classical music. I like to practice the three C's in my lifestyle: comprehension, communication and compromising. I'm daring yet conservative. Seeking SWM with similar interests. (NH) #85090

31-YEAR-OLD, PETITE SWF, blonde/blue, like playing cards, dancing, music, very honest and caring, love to laugh. Looking for N/S, attractive SM to share interests and future LTR. #85160

BEEN A GREAT summer. Met some nice Men but I'm still looking for you. Someone ready to welcome new love and the glorious days of autumn. To share the gifts of laughter and joys of life. Sound like you? #85189

BEEN HIBERNATING, DWF ISO SWM, 40-55, who's interested in a Lady who's sincere, loyal and lovable, I'm 5'3", reddish-brown hair and brown eyes. Looking for a Gentleman who wants friendship that may evolve into a relationship. #85085

DANCE WITH ME! DWF, 5'3", medium solid build, brown/brown, upbeat but laid-back, beautiful smile and dimples. Seeking slender Male, 30-55, clean-cut, easygoing but energetic, financially secure and knows how to treat a Lady. Call me, let's dance the night away! #85058

DWF, 39, 5'5", full-figured, brown/brown. Mother of a 12-year-old. Work full-time. Enjoy music, dancing, outdoors, go to the gym daily. Honest, caring, loyal. Looking for honest, caring, open Man. Looking for a monogamous relationship. \$25027

DWF, 5'2", EYES of blue, attractive, full-figured, shining attributes. Waiting to share life with Single, unattached Male, 37-52, N/S, L/D, financially secure, who enjoys dining out, movies, traveling, family, friends, animals and spending time with the one you love. #85020

DWF, 62, ENJOY dancing, country music, dining out, cooking, movies, spending time with family, staying home relaxing. ISO SWM, good-natured, honest, caring. I'm N/S, social drinker, not into head games. #85190

ENCHANTED SOULFUL LOVE. 37-year-old, 5'4", attractive DWF. We are N/S, spiritually, emotionally and love laughter, joyous living now, magic moments, pets. We orbit to each other, are ready for it all... slowly. Find me now. #85094

FOR REAL. ATTRACTIVE, fun, bright, very young 45year-old Woman without baggage or children. Looking for same qualities in Gentleman, 40-50. Please be kind, genuine, adventurous, successful, a bit chivalrous, healthy, N/S, light social drinker. #85025

GRACEFUL, ATTRACTIVE, SMART, trim, affectionate French Widow. Enjoys travel, dancing, swimming, cooking, cuddling and laughter. ISO N/S, respectable, romantic, sincere, secure, retired Widower, 65-80, to share interests, love and life. Portland vicinity, please. #85127 HONEST, SINCERE, CARING, 47-year-old SF looking for attractive, fortysomething Male who would like to

share companionship and good times. Please be financially secure. Enjoy traveling, swimming, movies, dining out and music. \$85052 INTELLIGENT, APPRECIATIVE, LAUGHING, deep, honest, musical, dancing, reading, animal-loving, nat-

ural world-absorbing Woman, 49, great smile, committed to social justice (ok, sometimes frowning). Seek thoughtful, smart but not-knowing-it-all, nationalismhating Man, 38-65, for long relationship. #85061 LIFE'S BEAUTIFUL... MORE so shared. Petite, attrac-

tive, energetic SWF, older, wiser, 62. Desirous of cultivating friendship, possible committed relationship. In-

terests: home, hearth, quiet country living, books, music, theater, gardening, hiking, cross-country skiing, Jungian psychology, evolutionary spirituality, nature mysticism. #85098

LOOKING FOR MR. Right. Plus-sized SWF, 43, 5'9", brown/hazel, enjoy dining in or out, slow dancing, walks on the beach, quiet evenings, cuddling and holding hands. Desire S/DWM, 40-50, for friendship, LTR. Portland area only. #85007

SINGLE EARTHLING WOMAN, 51, physically, mentally and emotionally fit. ISO chemistry with earthling Man to be friend and companion. ₹85022

SINGLE, 48-YEAR-OLD BIG beautiful Woman seeking best friend and soulmate. Looking for someone to spoil thoroughly and to share my thoughts, dreams and goals with. Someone, 30-50, who wants love and support in achieving his goals and dreams. #85118

SUNDAY KINDA LOVE! Know that tune? If you like to read the New York Times in the mornings, cuddle the afternoon away and have a lovely intimate dinner in the evening, call me! I'm a shapely, mid-50s, professional Woman looking for a Man, 50-65, with wisdom, humor and intelligence, who is looking for a love that

SWF, 26, 5'4", brown/hazel. Looking to meet nice, honest Man to chat and possibly meet. I have varied interests that include outdoor activities, dancing, going out, concerts, travel, etc. I do smoke, drink socially and looking for the same. #85046

SWF, MID-40S, TALL, brown/green, seeks SWM who is younger and taller. Likes movies, dinners, sunset cruises on Casco Bay Lines, all kinds of music, museums, children, international travel. Prefer nonRepub-

Male Seeking Female

37-YEAR-OLD, VERY NICE, handsome, intelligent, athletic and financially secure. Enjoys skiing, golfing, sports, fitness and being with friends. Seeks slender, sexy, intelligent, fun, 25- to 37-year-old SWF with similar interests, for dating, possible LTR. #85013

41-YEAR-OLD DWM, EASYGOING, hardworking, loving Guy, looking for SWF, 35-45, who enjoys traveling, physically healthy, centered and spontaneous. We movies, dining out and in and willing to try most anything. Seeking my best friend. LTR. #85117

ADVENTUROUS, HONEST, SINCERE SBPM, 35, 6'1", muscular build, seeking S/DWF for friendship, possible LTR. Let's share travel, dining, dancing, sports. (CT) #85081 ATTRACTIVE, EASYGOING SM, Widower, 46, good sense of humor, open-minded, outgoing, zest and passion for life. Looking for Lady with same. Enjoy long rides, music, walks on beach, mountains. Looking for Lady who's also sensual, passionate and romantic (as

ATTRACTIVE MAN, 54, artistic, energetic, adventuresome, financially secure, n/s, n/d, seeks Female partner to travel, coparent our children (9, 10 and 15). Further develop our potential. #85030

BRUNSWICK AREA WM, 40s, steady boyfriend material, seeks happy, sincere, preop TS girlfriend for monogamous relationship. A thoughtful Woman who enjoys the outdoors, creative pursuits, good communications, has spirit, spunk, a nice laugh, great sense of humor. Any race appreciated. \$85010

CARING, LOVING MAN. DWM, 43, 5'7", 165 lbs. red/hazel, N/D, artist, easygoing, likes dancing, camping out, movies. ISO Lady, 30-45, with same interests, weight unimportant, possible LTR. #85084

DOESN'T MAKE SENSE. Why can't I find a unique, adorable, sharp, extremely romantic, bighearted

young Lady? I'm the same, self-employed, 40, successful, lots of fun. Seeking my partner, best friend for finer things. Ciao, bella. (MA) #85009

DWM, 35, LIGHT brown/blue, likes sports, camping, outdoor activities, having a good time. Looking for SF for dating, maybe LTR. Must have good sense of humor and love to have fun. Age and race unimportant.

EASYGOING SWM, 40S, young-looking, healthy, average build, brown/blue, seeking friendship, dating with easygoing, average- or good-looking Female in the Portland area, who can cope with someone who works afternoons and weekends. N/S. Social drinker ok. #85021

EASYGOING DWM, 44, 5'10", 180 lbs, N/S, L/D, financially secure, enjoy doing almost anything outdoors (biking, motorcycling, hiking, kayaking, camping, softball, basketball), beaches, movies, music and variety of other things. If this interests you, give me a call! #85038

ENERGETIC OUTDOORS TYPE. SWM, 61, 195 lbs, tall, slender, average, self-employed, n/s, passionate, understanding. Seeking a warm, friendly, romantic Lady, 40-65. You are active, into sports and outdoors, creative, homemaker, country type who's natural, with a love of life. Ready to build an involved relationship. Getting to know each other can be fun and interesting hard work, along with a sincere effort. Friendship first, then building memories and a lasting relationship. There's a place for you (and your children) at my

GREAT QUALITY TIME and great benefits. Are you utely positively looking for someone? Are you 40-60, N/S, N/Drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative and romantic? I'm all of that... plus. It's your move. \$85003

HI, LADIES! DOWN-TO-EARTH, spontaneous, honest, caring, 49-year-old Male, 6', 170 lbs, brown/brown, 36" waist, one-Woman Man, certified PC tech, well-educated, honorably discharged from service in '74, many varied interests. Looking for lovely Lady to spend time with. No games. #85151

HONEST, ROMANTIC SWM, 47, never-married, no children, looking to meet easygoing, romantic, reasonably in-shape SWF, 35-40, with a romantic side. I ening, dining, going to the beach, concerts and life. If interested, call! Hope to hear from you. \$85000

ISLAND GUY! ATHLETIC SBM, hard worker, 37, 6', 186 lbs, healthy, N/S, with marriage intentions. Seeking healthy, athletically built, working, N/S Female, 27-42. #85119

NEED A FRIEND. 39-year-old, nice, respectful, kind, gentle, easygoing, shy BM, N/S, N/D, looking for a Woman with similar qualities, who would like to attend movies, nice dinners and long drives with me. Race and age unimportant. #85086

ROSES, CARROT CAKE. SWM, 6'1", grayish hair and beard, light blue eyes, physically, emotionally and spiritually fit, SOH, romanticist. Seeking attractive SWF, 49-55, who is also seeking a partner and knows she deserves love and nothing less. #85154

SM, 48, 5'10", 175 lbs, vegetarian, N/S, looking for yogin soulmate. Other interests: international music, fiddle, cinema, hiking, camping, woods, mountains, plain living, high thinking, reading, beaching, leftist politics and love. #85162

SWM, 24, 6'2", 195 lbs, black/blue, enjoy sports, clubbing, dancing, boating, skiing and the outdoors. Looking for SWF, 21-27, slim, athletic, with similar interests. #85122 VERY HANDSOME MAN, 45 (look 30s), 6'4", 195 lbs. nice build, funny, intelligent, caring, very successful,

outdoors person. Looking for pretty Lady with beautiful eyes, slender, outdoorsy, intelligent and sweet. #85040

Alternatives

M Seeking M

43-YEAR-OLD SWM, 5'11", 185 lbs, looking to connect with Guys, 20s to early 40s, for friendship, possible LTR. Enjoy long walks, music, the water, lots of cool stuff. If you relate, perhaps we could chill over nice cup of ice coffee. #85102

50-YEAR-OLD, ATTRACTIVE, MASCULINE Male, 6', 185 lbs, available to older Male. Must be healthy, discreet and imaginative. Unusual variations are ok. #85066

BRUNSWICK AREA. HUMOROUS, young-looking GWM, 52, 5'6", 165 lbs, brown/brown, ISO honest, sincere, loving SM, 45-55, N/S, N/D. Call me and let's get together. All calls will be returned. #85152

DECENT GUY, ENJOY work, passionate about interests, like to meet someone to share them, easygoing, enjoys going out and having a good time with friends. Interests: brunch on Sunday, movies, plays, new restaurants, cycling. I'm masculine, fit and looking for

GENEROUS AND GIVING, very perceptive GM, 43, 5'8", dark brown/blue, in good shape, searching for adventure, fun and a long-lasting friend and relationship. Desires another Male, 20-38, 5'11"+, for companionship and togetherness. ₹85078

GM SEEKING SINCERE GM with similar interests: dinners, walks, movies, camping, boating, perhaps sharing a house. Possible long-term. Let's talk over coffee. I'm a N/S, social drinker, not into bar scene, early 50s, N/Drugs. Interested? Call with number and best time. #85001

GM, 54, 5'9", 180 lbs, good-looking, healthy, masculine, looking to meet that special someone. For you, I am loving, caring, passionate, sensual. You be there for me and I'll be there for you. #85072

SGWM, YOUTHFUL 53, 5'5", 170 lbs, with light brown hair and blue eyes, professional, live alone in my own home. Enjoy traveling, movies, biking and walks along the beach. Searching for GBM for fun, friendship and LTR. =85091

EKICK WANTED. I'M a hardworking, caring, honest Guy who wants to experience the joys of life in many facets... ranging from personal to public. I'm a 38-year-old WM, 5'6", black/hazel. Let's explore different dimensions together. #85115

F Seeking F

ATTRACTIVE REAL LESBIAN, 39 years old, interested in dating, romance and spending time with the right Woman, possible LTR. Passions consist of the ocean, Acadia National Park, dining in and out, movies, walks, talks and long drives exploring. #85103

Wild Side

ADVENTUROUS, IMAGINATIVE, SEXY, fun SWF, 50s, 5'4", slender, variety of interests (indoors and out). Seeks friendship with busty 40- to 60-year-old Lady for sensual fantasy fulfillment. May join for threesome with my well-equipped Male friend. Southern Maine. #85014 ALMOST VIRGIN! 45-YEAR-OLD White Male ISO older

dominant Woman to teach me to please a Woman and discipline me. I'm 5'8", 230 lbs, gray/brown, healthy, drug-free and N/S. You be, also. Race and looks unimportant. #85097

ATTENTION, NUDISTS. 38-YEAR-OLD PM, 6'1", 190 lbs, seeking other attractive Males or Females under 45, who enjoy nudity indoors or out. Gay, Bi or straight. Let's have some fun under the sun this summer. No weirdos. \$25028

seeking others who are also into cross-dressing. #85161

BI-CURIOUS FEMALE, MID-30S, N/S, N/D, seeking another bi-curious Female, 21-42, N/S, race open. If this sounds good, drop me a line! ₹85121

BIMWM, 50S, 5'6", 170 lbs, seeking other Males for discreet no-strings relationship. Must be healthy. #85023 CROSS-DRESSER FANTASY. I am looking for a personable Woman who can put makeup on me and dress me up so I can experience cross-dressing. One-time only.

CURIOUS WM, 45, 6'1", 200 lbs, seeking Singles and Couples for orally good times. Clean and discreet (same), please! #85184

Just want to try it. ±85104

DWM, 55, 5'11", 226 lbs, with herpes, quiet Guy, SOH, N/S, S/D, salt-and-pepper gray hair. Seeking S/DWF with herpes, 45-60, for friendship and sex. Settled in life but miss being close, having a sexual relationship. If you feel the same way, let's get together and talk. \$\pi 85101

HANDSOME VERY MARRIED WPM 50s trim athletic build, safe and healthy (with proof), whose spouse has lost interest. Seeks one very Married Female counterpart for erotic affair the old-fashioned way, long-term, monogamous, healthy and totally discreet. \$85037

HOT REDHEAD, 39, 6'2", 185 lbs, hazel eyes, long red hair, goatee, looking for mutual satisfaction from hot Bi, straight or Gay Males. Portland and southern Maine area. Massages available. #85183

HOT-BLOODED MALE SEEKS the same for daytime SBM, 36, PROFESSIONAL, swinger from Florida to encounters. I am 34, 6'2", 190 lbs, healthy and clean-cut. to pleasure. #85044

JUST FUN PLAY at the lake house. Want to have some fun? Tired of being in control all the time? Discreet professional BiF wants to boss around a shy, discreet BiF, 25+. Nothing hardcore, just fun play. Call for an interview. #85120

KINKY MASTER. LEWISTON GWM, versatile top, cleancut, well-endowed, ISO clean-cut, well-endowed GWM, versatile bottom, 21-35 only. Must be H/W/P, slim, less body hair the better, willing to be dominated, indoors or out, 24/7. Call to "in-list." #85105

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BI WHITE MALE, 45, 6', 190 lbs, into cross-dressing, mind. You be pleasant, very healthy, disease-free and ready to have a great time. Please call now. #85074

> MARRIED BIWM, 50, 5'7", 150 lbs, athletic, looking for healthy, disease-free BiWM for discreet relationship. #85011

MARRIED WHITE COUPLE. He's 48, 5'6", 180 lbs, straight. She's 39, 5', 100 lbs, possibly bisexual. Seeking BM. Disease-free, drug-free. You be, too. Wife wants to be your sex toy, also interested in Black Male bachelor party. No strings, just fun. #85008

MWC ISO N/S, healthy, friendly Female for wife's threesome fantasy. We are not models, you don't need to be either. Race, age unimportant. Large breasts a plus but not necessary. Select Couples also welcome. #85064

OLD BUT HEALTHY, good-looking, clean BM ISO Male rienced in giving oral service. You must be clean, no drugs or diseases, clean-shaven and know what you are doing. Days at my place. No reciprocation. Bi, Gay or Married ok. ₱85004

PORTLAND AREA BI Couple, nudists, fun to be with and very open. Looking for other Bi Couple, BiM or BiF, 45+. #85045

PORTLAND AREA BIMWM looking for BiMWM. Me: 35, 6'2", 145 lbs, very discreet, inexperienced, easygoing, looking to talk with average Guy, 35-55, who is also very discreet. #85124

PREOP TRANSSEXUAL, TALL and pretty, 38 years old, looking for a boyfriend, someone who's decent-looking, who has a job and is looking for a relationship. #85006

Maine, special, open to communications, creative, ac-Looking for a Guy comfortable with himself and open tive, well-endowed. Seeking WF's, heavyset and White Couples who want to experience with a BM. Interests: stay overs, getaways, nights out. Please be decent, healthy. Prefer heavyset Women. #85092

> SEXUALLY DIVERSE WM, 49, 160 lbs, 5'11", no hair anywhere, physically fit, erotic, sensual, passionate, N/S, N/D, N/Drugs, clean and disease-free, Seeking sexually diverse White Male or Female, 35-65, with similar qualities, for get-togethers and mutual growth. \$\pi 85012\$

> SWM SEEKING BIG Girl for steamy nights. I love outside private places. Looking for 18- to 25-year-old big beautiful Woman to make noise with. I'm 35, 200 lbs, 5'7", brown hair and eyes, clean-cut, safe and discreet Will return all calls. ₹85096

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ARIES (March 21-April 19): A study by psychologists at the University of Sussex in Great Britain has found that taking part in protests, demonstrations, or strikes is good for you. Interviews with activists revealed that participants experienced a deep sense of happiness and even euphoria in being involved in such events. By my astrological reckoning, this will be especially true for you Aries in the coming weeks. If you haven't already found a constructive channel for your rebellious mojo, start searching now.

TAURUS (April 20-May 20): "Both Picasso and T.S. Eliot are credited with saying, 'Good artists borrow, great artists steal,' notes music critic Peter Gorman, "Credit it to Picasso and it comes across as bravado, a declaration that great art comes from those who appropri ate whatever they damn well please. Credit the quote to Eliot and it seems more like word play; to borrow is to imitate and give back, to steal is to make it one's own." Study these tricky assertions about the creative process, Taurus. They should incite provocative meditations as you negotiate a turning point in your relationship with your own fertility.

GEMINI (May 21-June 20): Trains in China are divided into two different sections: soft seats and hard seats. "The soft seats are usually where you find the richer, stiffer, better-educated people," reports Charlotte Temple in "DoubleTake" magazine. "In the hard-seat section, it's like a little village. Everyone is eating watermelon seeds, playing games, leaning out windows to buy from the dumpling sellers." I bring this up, Gemini, because it's an apt metaphor for the choice you now face. As you travel on to the next phase of your life, the soft seats would provide the greatest comfort, but the most interesting and educational events would unfold in the hard seats.

CANCER (June 21-July 22): You've heard of passive smoking, which occurs when the burning cigarette wastes of smokers snake into the lungs of innocent bystanders. Now scientists at the Beauty and Truth Lab have identified a phenomenon they call second-hand depression, wherein victims inadvertently absorb the misery and cynicism of people who are spewing out negative emotions. You Cancerians must be especially careful to protect yourself against that contamination in the coming week. You can't afford to be poisoned by the lazy blather of out-of-control naysayers. Why? Because you have an astrological mandate to nurture optimistic perceptions and articulate loving strategies that uplift everyone whose life you touch.

LEO (July 23-Aug. 22): On an episode of the TV science fiction show "Stargate SG-1," friendly aliens called the creased 180 percent between 1960 and 2000. World-Asgards come to Earth seeking help from the top-secret wide, the percentage of children enrolled in secondary rnment agency with whom they've had a working relationship. It seems the super-intelligent, highly evolved Asgards have reached a dead end in their ability to fend off their mortal enemy, the Replicators. They hope their dumb allies, the humans, will be able to find some elementary solution that they themselves are too smart and complicated to think of. The idea works. One of Earth's top physicists, a simpleton by Asgard standards, dreams up a crude but effective plan. Let this be a teaching tale for you in the coming week, Leo. trust the power of your beliefs more than the evidence Trust innocent, uncluttered, amateur solutions.

VIRGO (Aug. 23-Sept. 22): The largest meeting of world religious leaders in history was virtually unreported by the media. The top-secret event transpired in 2002, when leading representatives from every major faith gathered in Italy. They issued a "Decalogue for Peace," which denounced violence committed in the name of God and religion. It also declared, "We commit ourselves to those who suffer poverty and abandonment and who have no voice." The media deemed many other stories more important than this unprecedented breakthrough, like Mike Tyson getting his boxing license, John Walker Lindh making a court appearance, and the Enron hearings beginning. I bring this up, Virgo, because a comparable marvel is unfolding in your own life, and you haven't noticed it yet.

LIBRA (Sept. 23-Oct. 22): "You're only given a little spark of madness," says Robin Williams. "You mustn't lose it." His advice is especially apt for you now. To aid

your efforts, here are tips on how to keep a healthy level of insanity, by librarian Bonnie Wolf. 1. When people ask you to do something, ask if they want fries with that. 2. Have your coworkers address you by your wrestling name, Rock Hard Kim. 3. As often as possible, skip rather than walk. 4. Finish all your sentences with "in accordance with the prophecy." 5. Ask people what sex they are. Laugh hysterically after they answer. 6. Page yourself over the intercom. Don't disguise your voice. 7. At lunchtime, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down. 8. In the memo field of all your checks, write "for sexual favors." 9. When the money comes out of the ATM, scream "I won! I won! Third time

SCORPIO (Oct. 23-Nov. 21): A few years ago the astronomy magazine "Sky & Telescope" held a contest to replace the name "Big Bang," which many scientists regarded as too frivolous. This week I propose that you Scorpios carry out a comparable project: Find a new name for the Divine Intelligence. The terms "God" and even "Goddess" have been so abused and overused that we've all become numb to them. And given the spiritual opportunities that will be opening up for you in the coming weeks, you can't afford to have an impaired sensitivity towards the Great Mystery. Here are a few ideas to whet your imagination: Blooming HaHa, Whirl-Zap-Gush, Sublime Cackler, Primal Jokester, Cosmic Wow, Eternal Crucible.

SAGITTARIUS (Nov. 22-Dec. 21): For almost 60 years, Simon Wiesenthal tracked down Nazis responsible for the Holocaust. His most famous catch was Adolf Eichman, but he also brought more than a thousand other war criminals to justice. He recently retired. "My work is done," the tireless 94-year-old crusader said. "I found the mass murderers I was looking for. I survived all of them." I hereby appoint Wiesenthal to be your role model, Sagittarius. The astrological omens suggest that the coming months will be a perfect time for you to home in on a passionate, righteous commitment that will fuel you for years.

CAPRICORN (Dec. 22-Jan. 19): The ozone hole is shrinking and will recover. Current human life expectancy, already at age 84, is steadily increasing. Since 1993, the violent crime rate in the U.S. has decreased by 50 percent. The number of America's black elected officials has sextupled since 1970. The planet is steadily becoming more free: 89 democratic countries control 89 percent of the world's GDP (Gross Domestic Product). Birthrates for teenagers are at the lowest levels in over 60 years. Charitable giving by individuals ineducation has more than doubled since 1970. In other words, Capricorn, life on earth is much better than everyone assumes. Inspired by my shocking evidence. compose a similar list of everything that's going really well for you.

AQUARIUS (Jan. 20-Feb. 18): In the coming week, Aquarius, you're in danger of seeing with your imagination rather than with your eyes; you'll be tempted to of your five senses. It is possible to avert that fate, however. To assist you, I'm happy to provide this curmudgeonly prod from journalist H.L. Mencken: "An idealist is one who, on noticing that a rose smells better than a cabbage, concludes that it will also make better soup."

PISCES (Feb. 19-March 20): You have done without it long enough, Pisces. This state of deprivation can't go on. Up till now there's been a certain value in you not having the stuff you've been aching for, but as of now its continued absence would begin to have a soul-shriveling effect. Therefore, on behalf of cosmic forces, I hereby authorize you to take all necessary steps, as long as they're ethical, to get the goodies. You may even resort to the desperate pleading that kids use on their parents to get a beloved treat at the grocery store, including: "I promise to be good," "I'll never ask for anything again," and "I NEED IT!!!!"

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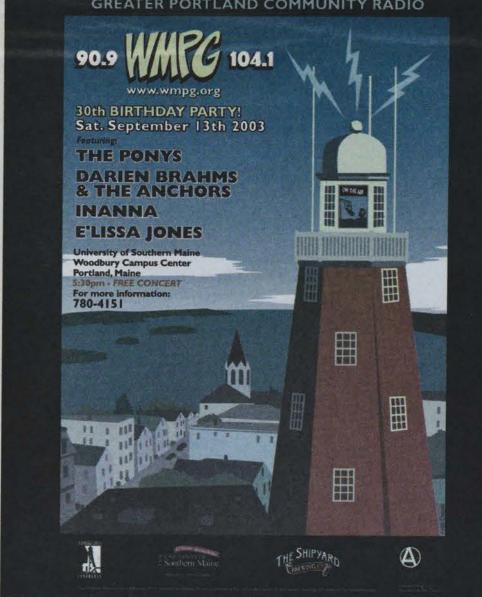
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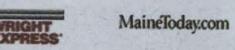
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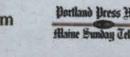






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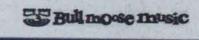










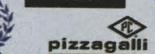












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