Casco Bay Weekly : 16 January 2003

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Not every artist makes it. Yet, neither do they all starve. The five stories shared here in the premiere issue of CBW 2003 reflect the many faces of Portland artists, their dedication to craft and a rich life.

by Tavia Lin Gilbert

INSIDE SCOOP: Changing of the Guard
Local Diner Purchased by Employees

Raising the Flag over Casco Bay!
A new look, new management, and a new commitment to serving our community. Cook books to be released later this year!
CROSSING PATHS
A Center for Natural Health Experience Greater Vitality!

Hoshino Therapy
a refined form of Shiatsu - deep tissue massage

Consultations: Homeopathy, Herbal, Dietary

"Health is your most precious commodity."

Ren Lemire
BS, LMT, C. Hom. 28 yrs in practice
Chris Satore Lemire
RN, BS, LMT, Diploma Oriental Medicine 22 yrs in practice

FOR APPOINTMENT CALL 883-1214
Tavia Lin Gilbert has been a resident of Portland since September 2001, when she moved from Seattle, Washington, to study documentary radio at the Salt Institute for Documentary Studies. She planned to return to the Pacific Northwest after wrapping up the fall semester, but she had found such an inspiring group of friends and peer artists that she couldn’t bear to leave. Tavia received her BFA in Acting, Playwriting and Directing at Seattle’s Cornish College of the Arts in 2003. She has involved both her theater and radio work on issues of social justice and political activism.

Ed Ochalla, ATRC is a board certified art therapist with a private practice in Portland. He also program director for SPIRAL Art Therapy. In the debut of our new Health & Wellness section, he explains just how life-changing the process of creativity can be. Ed lets us in on how the use of art in a therapeutic setting engages the language of feelings and images, helping patients address traumatic experiences, relationship issues and chemical and behavioral addictions. Plus, it’s just fun.

Paul Rockwell is a writer and peace activist in the San Francisco Bay Area. Whether it’s a huge fish on his line or a corrupt establishment, Paul believes in fighting the good fight. He’s spent most of his adult life backing up his call for social change with action. Which is exactly why we chose him to write our first From Where I Sit column. Even though he is “from away,” he’s one of those rare people who honestly thinks of the whole world as his community.

Scott Stevenson has been a resident of Portland for 4 years where he is currently in his final semester of BFA studies in photography at the Maine College of Art. While exploring diverse genres of photography Scott draws inspiration from the people and environments around him in hopes of continuously rediscovering beauty and living creatively.

Tom Keene is a staff writer for The Sabin Report, husband to Kathy, who works in the occupational therapy unit at Spring Harbor Hospital. He’s been fascinated by film since seeing Elvis Presley’s first movie, and sees at least three or four movies a month, in addition to renting several DVDs weekly. Before becoming a writer with The Sabin Report, Tom was a hospital chaplain and pastor. And in the distant past, he worked in restaurants and hotels as a cook, with brief side trips into sales (cars and insurance, mainly) when kitchens got too hot.

Ben Allen recently moved to Portland from Upstate New York. He loves jokes, riddles and reading Dave Barry. Ben is 12 years old, a homeschooler and enjoys the special moments with his family learning about geography, history, music and math. His hobbies include building just about anything with Legos, playing Nintendo, trading Pokemon cards and beating the family in the Cash Flow Game. When he grows up, Ben wants to be a Lego engineer.
B eginning the final weeks of Casco Bay Weekly

Community Information Session, or continuation of faculty expertise, laboratories and equipment will contribute to the local medical community, MAINE and nonprofit organizations.

The master's program fills a critical educational gap in the region, said Maher. Maine and nonprofit organizations with the local medical community, biotechnology firms, environmental consultants, and others will be involved.

The program's goal is to help creating jobs for the entire family and the peace of mind for those facing life threatening illnesses and their families.

Maine Companies Support New Training Program

The purpose of the program is to expand the potential workforce by offering additional financial resources for small businesses, private corporations and organizations. These funds will be used to add skills and training for individuals who can become workreadies and contribute to the local workforce. Companies will pay only 20% of the cost for the program, while the state will pay $8 for senior citizens, with free parking available.

The new show will feature the same educational opportunities for the entire family and the peace of mind for those facing life threatening illnesses and their families.

We definitely view snow as our favorite season, said Cassie Gagne, Assistant Director of Operations of the Maine Nursery Association. "When people look at the show in Maine, they will see it as our favorite season."

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Martha Steingesser is always poised to give a gift. It will get you with a slow smile that spreads across his face, open his arms wide, gently bow his head and lower his slight form into a soft capoeira stance, printed on a card, and present it to you with obvious pride.

"Art Time."

"Art Time."

Steingesser left his teaching job with Camden, "from Steuben to Saco," an independent artist contractor for the Maine Arts Commission since 1987, Faure says she's tried to name herself, "a funky, grassroots way of doing things that is environmental and socially conscious," whether the end result is a work of art or a community of artists in Portland.

"I have a claim on good fortune. I'm glad that what I've done with my life. I was chosen a different path."

"I'm not secure. But I am not secure," she asserts. That her sphere of activity is national and internationally engaged as a player in Portland and the lack of living-wage salaries, health care sponsorship is also a reflection of the local community of artists. "There's a lack of unity, action, and awareness," Faure says. "There's inertia in the country and in the community. There's inertia in an authentic way. There's been a lot of talk about developing of emerging and new work, and the need for living-wage salaries, healthcare, and able work/live space, healthcare, and nourishment is also a reflection of the local community." A work/live space, healthcare, and nourishment is also a reflection of the local community of artists in Portland.

"There's this inertia that I don't understand," she says. "What's missing from Portland is the way artists are working and collaborating. There's a lack of fluidity, of collaboration. And the lack of initiatives and support for artists, choosing to be political in the way the arts are funded. It's all about national politics and the national economy," she says. "We can't be a man if we can't dance," she says. "You can't be a man if you can't dance."
I did it myself

The venue that I played mostly has been the Casco Bay Weekly's annual benefit and open mic. I've just been trying to keep up with what's going on.

— Claudio Nunez, 2002

Twenty-year-old Emilie Dahlberg has been a Portland-based solo acoustic guitarist and singer for the past two years. After earning a degree in art history and photography in 2001 at Southern California College in Buena Park, California, Emilie moved to San Francisco to become a street artist. She was a part-time nanny and honed "a true 'gypsy soul' with performances artists, jugglers, poets, and musicians." Her career as a street musician began out of necessity.

A friend of Emilie had his car stolen. It was found and returned by the police with $50 in it. Emilie hit the streets, busking and singing covers with a few songs of her own, earning enough money to buy dinner and get home. By the time the food was paid off, Emilie realized she wanted to be a singer/songwriter.

"I didn't know I could do it, but I wanted to do it," she says.

Emilie moved back to Massachusetts and began her training at the Institute of Contemporary Art in Boston. She played her first open mic and her first show there, and she opened for Tom Rush and Lori McKenna. She was in love with playing the guitar and singing.

"I did the same thing I did in the streets. You get a small following on stage. It's a way of life," she says.

While Emilie saved money to produce her first CD, she ended up at it instead of by attending open mics, religiously and getting a lot of free advice from local performers.

She received her BS in Massachusetts, but says, "The starting point was moving to Portland." She came to attend the School of the Arts Institute of Contemporary Art and photography in 2001 at Southern California College of San Diego. Emilie began her training at the Institute of Contemporary Art in Boston. She played her first open mic and her first show there, and she opened for Tom Rush and Lori McKenna. She was in love with playing the guitar and singing.

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Emilie's booth was complete with three listening stations, a coffee table, chairs, carpets, bowls with candy, and a homemade lighted canopy. Emilie's business was complete with three listening stations, a coffee table, chairs, carpets, bowls with candy, and a homemade lighted canopy. Emilie's booth was complete with three listening stations, a coffee table, chairs, carpets, bowls with candy, and a homemade lighted canopy.

"The exchange of energy is mind-blowing. The exchange of energy is mind-blowing. The exchange of energy is mind-blowing. The exchange of energy is mind-blowing."
There are people who are very suspicious of successful artists. Usually those people are other artists. They think you’re not doing [the work] yourself or that you’re compromising the integrity of your work.

Kantro had found that trusting his work as a business meant that he had allowed him the room to grow as a creator.

Kantro’s political and social views are still reflected in his philosophy about the independent artist.

"I have always had a very egalitarian view of art. Art should be accessible to as many people as possible, and also viable occasionally.

Kantro knew that not all art was a commercial market. And he thinks it’s important for that work to be supported. He agrees that it is necessary to subvert an art that “naturalizes the world we live in,” but that doesn’t have a terrorist
tenacity.

"Art fights the way. Arts speaks a different language. There are no pat answers, no roadmap to the reproduceable, not in a sense. It is a different voice, but that is part of the art. That is part of our psyche that is not easily reduced to works.

Kantro had little patience for marketable artists who don’t create their own success. "Artists have to get behind themselves and stop waiting for the north wind. It’s not going to happen and when it doesn’t, you’re usually naturally. Trust your business like a business. It doesn’t have to compromise your art."

Kantro has the business orientation which allows him time to develop new work. He’s making impressive, multiple, subtle, throughout playing with computer technology, and continues to be inspired by intellectual study and by the world around him. He also takes pleasure in creating opera like work that he and his employers enjoy the intimate collaboration work to be done. He’s thankful for his material success, for the opportunity to deepen artistically, and for the good fortune he has brought him. He’s grateful when people tell him how richly they connect to something.

"If you keep your eye on the work and your soul intact, you can create something that is not only for yourself, but with integrity, just making the work and making things. Make more good."

Learn to play with others.

Jason Wilkins, 25, has been writing and singing about love, sex, art, and women’s body, since he was a child. He is currently a participant in the musical "Naked in Portland, " which he says, "is staged in the Spring of 2003."

"I make less money than I’ve ever made."

Jason Wilkins, writer for "Naked in Portland" a musical planned for staging in the fall of 2003.

"I’m doing this because I want to do something that’s meaningful to me," he says. "Sometimes we have to do things that you don’t get paid for, for the love of doing it." He currently is writing music for the album "We Went to New York Thinking That’s Where Everything Was Happening," which he says, "It was a very difficult song to write because I had to do things that I didn’t want to do."

But what Jason is interested in now is the idea of the written word. He says, "I’m not getting rich off of it, so I have to start being a participant rather than an observer." One of Jason’s goals is to write an open book on relationships, "I want people to understand that you’re not a writer."

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He says, "Kantro’s work is clearly inspired by the Jungian theory of the collective unconscious. By using a common idiom to get serious about the business of being a commercial artist.

As his 20’s came to a close, Jason Wilkins set out to work. He began by learning about the world of art. He says, "I want to do something that’s meaningful to me."

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**Molly's Free Shrimp Cocktail**

*With purchase of any entree from our regular dinner menu Wednesday - Thursday night only - for each member in your party who orders a regular dinner entree, Molly's staff will deliver a delicious Sea Pine Shrimp Cocktail. You save $9.95 on every order!*

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**American**

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**Asian/C创新**

**FOR KAY RESTAURANT.** The famous Boston-based restaurant serving fresh, delicious Chinese & Asian dishes, including: noodle, rice and noodle & rice specials. Take it to-go! Don't 4pm - 7pm & 9pm - 11pm. Monday to Saturday.

**ORIENT TREE.** Sushi, Sashimi, Chinese and American restaurant located on the top floor of the Portland Mall. We are open for dinner, lunch and special occasions. We serve variety of soups, salads, sushi, maki rolls, tempura, teriyaki and many other dishes. Open daily 11am-10pm.

**BAROQUE.** Bistro, Bar and Dining located in the heart of Portland. Featuring unique and inventive cuisine, we serve an extensive menu of cocktails, wine, beer and spirits. Open daily 11am - 10pm.

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**Delicatessen**

**NEW ENGLAND BREAD.** By George! New England's oldest bread baker serving fresh, delicious bread, pastries and sandwiches.

**ECLECTIC.** Cafe, Bar and Restaurant specializing in unique and creative cuisine. We offer a variety of soups, salads, sandwiches, pasta, and delicious desserts.

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**OCEAN'S Edge.** A true American Bistro serving fresh, delicious food in a relaxed, comfortable atmosphere. We offer a variety of soups, salads, sandwiches, pasta, and delicious desserts.

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**Continental**

**MOM'S RESTAURANT.** Lunch is the right choice, because we serve the best lunch specials in town. We offer a variety of soups, salads, sandwiches, and desserts.

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**Seafood**

**MASON'S.** A true American Bistro serving fresh, delicious food in a relaxed, comfortable atmosphere. We offer a variety of soups, salads, sandwiches, pasta, and delicious desserts.

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**Thai Taste:**

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**Thai Taste:**

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**Vegetarian**

**KOREAN FUSION.** Offering fusion cuisine that features the best of both worlds: Asian fusion cuisine and American fusion cuisine. We offer a variety of soups, salads, sandwiches, pasta, and delicious desserts.

**JAPANESE INN.** Serving some of Portland's most unique and special entrees. Only 10 blocks away from the port. We have many different flavors to pick from hot and cold soups, salads and desserts. All our soups are made from scratch.

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**Chef's Choice:**

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Mon., at
streets from 12-1 pm, and at
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of Portland's professional tournament happen every Thurs at the challenging and exciting card games known at 6 pm. 767-3642.

Tues of the month at
Amnesty International meets the second
listings

Call 774-6304.

7:30pm.

761-4400.

Flying Change Center for Therapeutic Dog
seeking volunteers to work with special needs kids, cats for homes and maintain the facility during summer and winter pro-
groms. Training provided; 724-6188.

Food Not Bombs a small volunteer organi-
sation, free two meals on the first and third Mon of the month. Portland Volunteers for.

Gniding Eyes for the Blind seeks volunteer
driver volunteers. Visit

Medicare Dimes concerned about
people interested in becoming advocates of people interested in

with

Peru your experience in
junior high and
should be

children who live with hunger in Greater
Portland. Call 742-1742.

Campaign to End Childhood Hunger The
Maine Food Bank. A series of meetings for people interested in ending hunger in Maine. Call 742-1742.

Cedars Nursing Care Center 900 Dorval Ave., South Portland. Volunteers are needed to help transport residents to dinner, go on

The Center For Giving Children's services
volunteers work with neighborhood youth, helping them.

Volunteer opportunities: mentors, ac-
culsion, stick farming, at animal physical and

Fruit for the Food Bank needs volunteers for their summer program. Participating local food banks are needed to cover every New York City
week. For complete information call 742-1742.

and to support children's programs.

Maine Children's Cancer Program Volu-
ters needed to work with the following

and

as the volunteer coordinator. Call 773-0202.

Two-Mile Center seeks volunteers to help bring communities together.

Wolfe's Bookstore seeks volunteers to help

people interested in becoming advocates of people interested in

with

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junior high and
should be

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calendar 1.16.02

January 16
Barbie Party
In conjunction with their current exhibits, "Once Upon a Time: Historic American Dolls From the Collection of the Saco Museum," and "Dolls by Lois McAuliffe: Original Art Dolls," the Saco Museum will be holding a Barbie Party for kids and the kids in all of us. Prizes will be awarded to the most creative, original, and imaginative entries. No fee.

January 16
Noonday Concert
Tenor Joshua Graves will perform with pianist Jacqui Gourd at the First Parish Unitarian Universalist Church. Part of the Portland Conservatory of Music afternoon, the event is free and open to the public. 12:15PM to 12:45PM, 425 Congress Street, Portland, Maine. For more information call 775-3356.

January 17, 18, 19
A Night with Dame Edna
PCA Great Performances will present A Night with Dame Edna at Merrill Auditorium. On parade will be the comedic talents of Dame Edna Everage, a Melbourne housewife created by performer Barry Humphries. Humphries developed the character while working at the Melbourne Theater Company in Australia. There will be four performances: Friday, 8PM; Saturday, 2PM and 8PM; and Sunday, 2PM.

January 18
Songs of the Spirit
The musical group Women in Harmony will explore various ways of understanding the spiritual side of life, representing several different cultures and viewpoints. Tickets are $12 in advance, $15 on the night of the performance, $10 for seniors and students. 7:30PM, State Street Church, 159 State Street, Portland. For more information call 523-7335.

January 19
Emburi Dance Performance
Children's Museum of Maine hosts dancers from Hachinohe City, Japan, located in Aomori Prefecture, the Japanese sister-state of Maine. In February, Emburi, a folk festival celebrated in February. Dancers wear traditional headdress symbolizing the farm horse and dance with Jangi, sticks with clapping boards and rings. 9:30AM, 142 Free Street, Portland, 828-1234.

January 20
Dr. Martin Luther King's Birthday
Bates College mounts a daylong observance of the slain civil rights leader's birthday. The college is sponsoring lectures, debates, workshops, and performances, from 9:30AM - 7:00PM, emphasizing the theme "Injustice anywhere is a threat to justice everywhere." Various locations, Lewiston, 207-786-6480.

January 21
Yo Yo Ma
There are still tickets available to this benefit for the PCA Great Performances endowment fund. The world-renowned cellist and pianist Kathryn Stott will play compositions by Claude Debussy and Cesar Franck. 7:30PM, Merrill Auditorium, Portland, $30 to $125, 842-0800.

January 21
Non-Ornamental
In case you missed these striking works while on holiday break, take this last chance to view photographs by Jessica Yankura. There will be a closing reception between 5-7PM. At 6PM, The artist will give a gallery talk. USM Art Gallery, Woodbury Campus Center, Bedford St., Portland. 780-5009.

January 22
"War and Peace"
For everyone who just couldn't get through Tolstoy's magnum opus, why not wimp out and see the movie? Catch part three of Colby College's four-part screening of the film (we assume you made it at least halfway through the book). 7:30PM, Lovejoy Hall, Waterville, ME, 872-3602.
No, there is actually a National Crossword Puzzle Tournament. If you love doing crosswords, this may just be the perfect adventure for you in 2012. Contact www.crosswordtournament.com for more info.

ACROSS
1. Caught love doing crosswords, this may just be the perfect adventure for you in 2012. Contact www.crosswordtournament.com for more info.© 1993 American Crossword Puzzle Tournament

POSTAGE
Especially
AMONG
Assistance
Eagerly
Every
In

This week, CBW is proud to share this puzzle from Adam Berk’s 6th grade class at Lyman Elementary in Lyman, ME.

To everyone in Mr. Berk’s class: All of this week’s vocabulary words are in the Word Search on the left. Can you find them?

— Shari Lewis contributes a bit of whimsy from her PBS series.

Copyright © 1993 American Crossword Puzzle Tournament.

Down
1. Pronounced as one letter but within three.
2. Only two different letters are used to make me. I’m double, I’m single I’m black, I’m read from both ends and the same either way.
3. It cannot be seen, cannot be felt, cannot be heard, cannot be smelt, blue, and gray.
4. It comes from the ides of March.
5. A lift is on the ground floor. There are 4 people in the lift including me. When the lift reaches 1st floor, 1 person gets out 3 people get in. The lift goes up to the second floor. 2 people get out 4 people get in. It then goes up to the next floor up, 3 people get in. Halfway up to the next floor up the lift cable snaps, it creates to the floor. Everyone dies in the lift. How did I survive?
6. What has buttons but no shirt, coal and no room and a scar but no neck?

Answers

THIS WEEK: A RAINY DAY "WAR ON TERROR"

Can you tell which of the following panels describe actual events and which are simply extrapolated? Let us know which activity you'd like to start!

1) 3D flying robots really do exist. They can be found in a communist country. How did they get there?
2) Jody C. "Pigasus", the 7th graders’ pet monkey, is now running for U.S. Senate in 2004. Why?
3) The U.S. Army really did count the body bags found in the battle of Gettysburg. The results were published. Why would anyone do something so nonsensical?

Contributed by Ben Allen - Age 12

20 Short answer clues: 30 Quid, the bar of copper.31 "6000... and more, 32 Movie title she’s in.33 Movie title she’s in.34 The movie she’s in.35 City that symbolizes middle America.36 City that symbolizes middle America.37 Jorj’s maidservant.38 Jorj’s maidservant.39 Movie title she’s in.40 Movie title she’s in.41 Movie title she’s in.42 Movie title she’s in.43 Movie title she’s in.44 Movie title she’s in.45 Movie title she’s in.46 Movie title she’s in.47 Movie title she’s in.48 Movie title she’s in.49 Movie title she’s in.50 Movie title she’s in.51 Movie title she’s in.52 Movie title she’s in.53 Movie title she’s in.54 Movie title she’s in.55 Movie title she’s in.56 Movie title she’s in.57 Movie title she’s in.58 Movie title she’s in.59 Movie title she’s in.60 Movie title she’s in.61 Movie title she’s in.62 Movie title she’s in.63 Movie title she’s in.64 Movie title she’s in.65 Movie title she’s in.66 Movie title she’s in.67 Movie title she’s in.68 Movie title she’s in.69 Movie title she’s in.70 Movie title she’s in.71 Movie title she’s in.72 Movie title she’s in.73 Movie title she’s in.74 Movie title she’s in.75 Movie title she’s in.76 Movie title she’s in.77 Movie title she’s in.78 Movie title she’s in.79 Movie title she’s in.80 Movie title she’s in.81 Movie title she’s in.82 Movie title she’s in.83 Movie title she’s in.84 Movie title she’s in.85 Movie title she’s in.86 Movie title she’s in.87 Movie title she’s in.88 Movie title she’s in.89 Movie title she’s in.90 Movie title she’s in.91 Movie title she’s in.92 Movie title she’s in.93 Movie title she’s in.94 Movie title she’s in.95 Movie title she’s in.96 Movie title she’s in.97 Movie title she’s in.98 Movie title she’s in.99 Movie title she’s in.100 Movie title she’s in.
Inside Scoop
continued from cover

In the 1930’s, the diner was called Your Place and several people worked there. On a typical day, we served coffee and cake. It was a wonderful place to work, and we were all treated as family. The diner was known for its homemade food and friendly service.

The Ertdetwor and Attorneys Weekly
Naomi Le
Susan Jim Phipps, One forward to from Preti Logu dice Haley

Photography by Tavia Lin Gilbert.

Non-profit news

What’s a Root Cellar?

by Melanie McRae

Root Cellar to help preserve spiritual, physical and emotional health. This past Christmas, over 600 children of many different nationalities who live in the community had a special Christmas due to donated toys from individuals and The Toys For Tots Program. There has been a dramatic change in demographics within the community over the past five years. As Portland became one of 75 different countries speaking over 50

The Root Cellar Needs List:

• Paper products
glasses, cups, plates, beans, whole
• Diapers
• Non-perishable food
• Snacks
• apples, bananas, pre-packaged cookies
• Juice
• Soda
• Videos (rated ‘G’)
• Sports equipment
• jump ropes, soccer balls, dodge balls
• Board games

Financial and in-kind donations are welcome and appreciated. Please call 774-3578 for more information.

She opened her cabinet and saw the last can of soup. A single serving and there were four children to feed. She had used everything else that was in the cabinet and there was only Food and butter in the fridge. How would she manage?

The Root Cellar

Volume 3, Number 2
Christmas 2001

Volunteer Mike O’Hale (Choral Director) singing at the Thursday Night Potluck and World Serve at The Root Cellar.

Melanie McRae, Development Director of The Root Cellar, can be contacted at melanie@therootcellar.org

The Root Cellar is a non-profit, non-sectarian, non-denominational organization whose mission is to help meet the physical and spiritual needs of Portland’s East community. Generosity, support and community are the values of the Root Cellar. The mission of the Root Cellar is to help promote spiritual, physical and emotional health. This past Christmas, over 600 children of many different nationalities who live in the community had a special Christmas due to donated toys from individuals and The Toys For Tots Program. There has been a dramatic change in demographics within the community over the past five years. As Portland became one of 15

1001

Volunteer Mike O’Hale (Choral Director) singing at the Thursday Night Potluck and World Serve at The Root Cellar.
**Movies**

**"Signs"**

Rated PG-13 for its mature themes, profanity and violence; it runs an hour and 48 minutes. I rate it with three out of five stars, for while it failed to define itself, it had just enough humor and horror to be fun.

In fact, those minutes are the only time "Signs," the film, appears in the cornfield. These signs soon appear all around the world, followed by events hair-raising and frightening as a Hitchcock thriller. There are some truly terrifying moments. It's like riding in a convertible on a hot August day, with the top up.

**"Star Trek: Nemesis"**

Rated PG-13 for violence and sexual situations. At just under two hours, it's still too long, but the special effects and Patrick Stewart make it worthwhile for devoted Trekies. I rate it with three out of five stars.

**Directed by** Tim Keno

Hanging from a Trompe l'oeil sign just before the beginning of the film, in early 1960's, is a sign that says with the film's title, "Star Trek." The scene that closed the scene in which the captain's bridge was destroyed by the Borg was inspired by this sign.

**"Signs,"** the film, hones in on the title topic - the crop circles that appear in the cornfield. These signs soon appear all around the world, followed by events hair-raising and frightening as a Hitchcock thriller. There are some truly terrifying moments. It's like riding in a convertible on a hot August day, with the top up.

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**New Releases on DVD & VHS**

**February 16 - February 22, 2003**

**"Star Trek: Nemesis"**

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"Star Trek: Nemesis" has a lot to offer the dedicated Trekie, but little for anyone else. The marketing is aimed at the fan base, who include the Starship Enterprise crew almost laughably. The film that Shyamalan is famous for, "Signs," opens with Captain Jean-Luc Picard (Patrick Stewart) offering a toast at the wedding banquet of First Officer William Riker (Jonathan Frakes) and Counselor Deanna Troi (Marina Sirtis). Picard, a skilled actor who has performed Shakespeare, recites the lines without words to lyrically silenced John Logan. For his role, Stewart was able to fulfill his lifelong dream that Captain Picard would get his daughter, Troi, back. But what he gets instead is a "Nemesis" of the title's 134.

The story of the essentially laid-back, teetotaling Jean-Luc Picard (Patrick Stewart) is lifted from Picard's childhood and is intended to resemble the captain's representation through a Reman plot. But the idea was abandoned, and the closest thing to a Reman was a Romulan who was befriended by a Reman guard (Tom Paris, played by Robert Picardo). Shyamalan is known for his attention to detail, and in "Signs," this is reflected in the film's attention to detail.

The plot is supported by the themes, but everything becomes overwrought. The special effects are marvelous, and give the opportunity to give "Signs" a horror score instead of the score that the film deserved. The presence of Stewart and his acting still provide the second star.

In an effort to "promote" a film that was not intended to be a horror film, Shyamalan has imbued it with a sense of foreboding and fear. The film's idea is to make us afraid of the unknown, and in doing so, it succeeds.

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**Happy New Year, CBW!**

As Anals Nn noted in her diary, "Life shrinks or expands in proportion to one's courage." With that in mind, the Casco Bay Weekly office is once again open for business! Most residents of Portland know that the paper recently shuttered after fourteen years in business. However, when one door closes, another opens and that's just what's happening at our little paper. We have a new logo and format as well as new management. Most importantly, we are making suggestions to our readers on what you would like to see in CBW. All submissions will be considered, but please be patient with us. It takes a lot of work to get a paper back on the streets.

So, brew up a cup of tea or coffee and cozy up with our first edition. Then drop us a line with your comments.

Happy New Year Portland,

**The Staff of CBW**
KICKIN IT' WITH BRAND NEW MUSIC FROM
Talib Kweli, The Roots, Gza/Genius, and Common

Bull moose music
Portland • 151 Middle Street • 780-6424
Bangor • Brunswick • Lewiston • H. Windham • Portsmouth & Salem, NH • Sanford • Waterville

Portland night life
A photo essay by Scott Stevenson
**Monhegan Island**

**Redevising Samuel Peter Rath**

Through March 9, 2003

**Portland Prose**

**For NOT YOU**

Sometimes I wake at night needing to urgently write something down, but I don’t because the desire to write is less strong than the desire to sleep, for you less than for you.

David Meiklejohn

---

**Pets for seniors**

You’ve probably noticed that when you pet a soft, warm cat or play fetch with a dog whose tail won’t stop wagging, you relax and your heart feels a little warmer. Scientists have noticed the same thing, and they’ve started to explore why animals affect human emotions and physiology. The resulting studies have shown that owning and handling animals significantly benefits health, and not just for the young. In fact, pets may help elderly owners live longer, healthier, and more enjoyable lives.

A study published in the Journal of the American Geriatrics Society in 1989 demonstrated that independently living seniors who keep pets tend to have better physical health and mental well-being than those that don’t. They’re more active, care better with stress, and have better overall health. A 1997 study showed that elderly pet owners had significantly lower blood pressure overall than their counterparts without pets. In fact, an experimental residential home for the elderly called the Eden Alternative, which is home to over 200 birds, dogs, and cats and has an environment with nature and children, has experienced a 15 percent lower mortality rate than traditional nursing homes over the past five years.

**How do they do it?**

There are a number of explanations for exactly how pets contribute to better health outcomes.

- Pets are often seen as a form of social interaction, leading to feelings of companionship and reduced loneliness.
- Pets require regular exercise, which can improve overall health and help keep people active and fit.
- Pet care and pet-related activities can provide a sense of purpose and accomplishment.
- Pets can reduce stress through the release of oxytocin, a hormone that promotes feelings of happiness and social bonding.
- Pets may provide a form of distraction during stressful times, allowing individuals to focus on the positive aspects of their relationship with the pet.
- Pets can improve mood and reduce symptoms of depression and anxiety.

**Monhegan Island**

**Redevising Samuel Peter Rath**

TRISCTT

Through March 9, 2003

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**Pets can work as a buffer against social isolation, helping elderly friends or family members who may be isolated feel more connected to others.**

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**Good news**

**Seeds of Peace Selected as Youth Beneficiary for 2003 Beach to Beacon 10K**

Peoples Heritage Bank has announced that Seeds of Peace, an organization that promotes tolerance and understanding among young people from diverse backgrounds, will be the beneficiary of the 10K race this year. Peoples of Peace of Peace will benefit from both fundraising opportunities and publicity related to more than $30,000 in proceeds from the event.

**Seeds of Peace web site at www.seedsofpeace.org.**

For additional information, visit Seeds of Peace's web site at www.seedsofpeace.org.
from where I sit
by Paul Rockwell

More Relevant than Ever:
Dr. King's Forgotten Speech on Peace

Worldwide peace demonstrations are taking place January 18th in celebration
of Dr. King's birthday. I was present at Riverside Church in New York when
King delivered his still-forgotten address on the war in Vietnam, a disserta-
tion on empire and violence, on the diocese of "western arrogance." Even
when Americans celebrate King's birthday, his teachings on war and peace,
his sagacious international writings, are often disregarded or overlooked.
I sit here after year after year to spend more money on military defense.

Dr. King reminded us that the U.S. government abounds with violence within
and outside the United States as well. "As I have walked through the deserts, rejected angry men, I
have found that the Lion's whelp seeks to prevent and to
be whipped into its own nature. That is why we cannot solve our problems. But they
are — and rightly so — what about Vietnam? Where are our leaders using massive doses of
violence to solve its problems? Their guns
were shot, and I know that I could never
again raise my voice against the violence of the
Vietnamese people. I know that I could never,

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again raise my voice against the violence of the
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Where We Stand — 30 Reasons for Loving Our Country

Tom Brokaw from NBC News says “This book is a love letter that should be in every American home.”

Roger Rosenblatt, nationally known for his essays on National Public Television and best-selling author of Make Me Ashamed, does it again with thirty short, funny, tough, and wise.

Founders, the American sense of fairplay, our ability to dream big dreams. The story of how we began, how far we have come and what we have to look forward to.

Roger Rosenblatt

Living Wild and Domestic

In this thoughtful, provocative book on the human and animal conditions, Robert Kimber reflects on the moral dilemma of all of us as far as our biocultural relationship with the natural world.

Robert Kimber

Greg Gilde

Women in an instant man invented was taught to live awhole的不同 and decent.

Friday, March 21 from 6 pm to 7 pm

White Teeth by Zadie Smith

Clothes have conquered the world, Zadie Smith’s voice to Dickens, Rosenthal, Dostoevsky, and J. D. Salinger is pure.

Friday, March 21 from 6 pm to 7 pm

Blood (1995) and At Home at the End of the Long Airforce during the last few months of the Bomber War. The book confronts head on the moral dilemmas all of us have, and most of us in the natural world.

Robert Kimber, March 21, 2003

Mary S. Cunningham

Hunted

A mystery to be solved, a story to be told, and a race against time.

Friday, April 3 from noon to 1 pm

Lives of Pi by Yann Martel

This remarkable novel is a boy and a tiger on a raft for 227 days. A boy in the story must sort out his fate, and a tiger in the story must sort out its fate along with the newly made companions.

Friday, April 3 from noon to 1 pm

Each week, our staff will pick their favorite and we will publish it in our paper with your name attached as the submitter!

Send your submission to: Roseann Mango-Martens
Director of Operations
Casco Bay Weekly
11 Forest Avenue
Portland, Maine 04101

or email Roseann at cbw@maine.rr.com

WANTED · LOCAL WRITERS!

Casco Bay Weekly announces weekly Writing Contest!

Amateurs and Professionals Welcome

Fun Prizes! Great opportunity!

If you love writing, simply send your article, story, poem or whatever along with your name, address, telephone number and a simple letter stating CBW will publish your submission.

Each week, our staff will pick their favorite and we will publish it in our paper with your name attached as the author.

Send your submission to: Roseann Mango-Martens
Director of Operations
Casco Bay Weekly
11 Forest Avenue
Portland, Maine 04101

or email Roseann at cbw@maine.rr.com

Local News

Jan. 28, at 7 p.m., at Nonesuch Books and Yard: Reading & Signing, Casco Bay Shopping Center, 5 Market St, Portland.

Michael Sanders, a white working class Brit, Archie Jones and John Irving.

מichael Sanders

The Brunswick author who fulfilled a promise, chronicled in his book "From Here, You Can't See Paris," Tuesday, Feb. 18, at 6:45 p.m. The weather date for the event, which is free and open to the public, is February 25.

Michael Sanders recounts, in his newly published novel, "You Can't See Paris," the saga of a family devastated by a murder and the lives of their children.

Tuesday, February 18, 2003

PGP

Each week, our staff will pick their favorite and we will publish it in our paper with your name attached as the submitter!

Send your submission to: Roseann Mango-Martens
Director of Operations
Casco Bay Weekly
11 Forest Avenue
Portland, Maine 04101

or email Roseann at cbw@maine.rr.com

CALL FOR ARTISTS

If you love writing, simply send your article, story, poem or whatever along with your name, address, telephone number and a simple letter stating CBW will publish your submission.

Each week, our staff will pick their favorite and we will publish it in our paper with your name attached as the author.

Send your submission to: Roseann Mango-Martens
Director of Operations
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11 Forest Avenue
Portland, Maine 04101

or email Roseann at cbw@maine.rr.com
A New Menu Offering Old Favorites & Soon-to-be-Famous Selections:

**Appetizers**
- **Jumbo Shrimp Cocktail**...sizeable jumbo shrimp served with a zesty cocktail dipping sauce.
- **Artichoke Crab Dip**...our most popular appetizer served piping hot with french bread toast.
- **Maine Stuffed Potato Skins**...baked potato skins filled with bacon & cheese or veggies & cheese.
- **Irish Pub Bangers**...chuck beef pub sausages served with Molly's three-mustard sauce.
- **Seaford Chowder**...Molly's award-winning recipe.
- **Dublin House Salad**...fresh, delicious and healthy!

**Seafood Entrées**
- **Jumbo Shrimp Scampi**...succulent jumbo shrimp sauteed in garlic & herb butter, then flamed with dry vermouth & served casserole style with your choice of potato or atop linguine pasta.
- **Crab Stuffed Ocean Fresh Haddock**...Molly's famous crab stuffing piled high on a fresh haddock fillet then baked to perfection & served with your choice of potato, vegetable medley & oven baked bread.

**Meatlover Entrées**
- **Prime Rib of Beef**...slow roasted to perfection, served with hot au jus & a side of horseradish sauce plus choice of potato, buttermilk bread & Molly's garden vegetable medley.
- **Boneless Breast of Chicken**...charbroiled to perfection with your choice of BBQ, teriyaki or garlic butter sauce & served with Irish champ potatoes, garden fresh veggies & oven hot bread.
- **Choice Top Sirloin**...cut daily at Molly's then broiled to order & served with choice of potato, a side of fresh veggies & hot baked bread.

**Pub Menu**
- **Molly's Butcher Shop Burger**...one half pound of fresh ground beef broiled to your order & served on a delicious potato roll with lettuce & tomato, Cape Cod kettle-style potato chips & a fresh kosher dill pickle.
- **Fresh Fruit & Cheese Platter**...a variety of fresh, in season fruit served with three kinds of cheese & a leaf of Molly's mouth-watering herb bread.
- **Irish American Caesar Salad**...golden fresh romaine piled high in a bowl with croutons & tossed with an all natural Caesar dressing. Garnished with oven baked cheese bread.
- **The Mile High Molly Reuben**...a heap of thin sliced corned beef brisket on marble rye bread with delicious imported Swiss cheese, sauerkraut & 1000 island dressing served with Cape Cod potato chips & a fresh kosher dill pickle.