Harbor Town

With so much coverage of the influx of Somalis in Maine, it's easy to forget that just about everybody's family was "from away" at some point. CBW reports on Portland's immigrant population, past & present, and the richness they have brought to our community.

by Roy Allen

SPECIAL ISSUE: ONE CITY, ONE WORLD

Good Journey
Photographer: Sebastião Salgado
Examines the Fates of Migrants

Good Intentions
Portlanders at the Peace Rally in DC

Good Works
Maine Masons make a difference in Guatemala

Local citizens attempt to make their voices heard in our nation's capital.
Avoid the $1.5 million cab fare

Special Advertising Opportunities

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

Jan 29  Education Guide

Portland has many options available for educationally-minded residents ranging from public to private K-12 schools, post-secondary career centers, and the public and private college system. This issue highlights the many programs available and will also feature articles from local educators. If you are active in local education and want your message heard, this issue of CBW is for you!

Feb 5  Real Estate Guide

From the gentrification of neighborhoods and households in the harbor to/excess property taxes for longtime residents to new hotel development, real estate is an important part of the Portland scene. National statistics say that the average family household moves every five years and that spring is the most popular season to start the search. If you are an attorney, banker, mortgage broker, insurance specialist, real estate professional, general contractor, home improvement company, landscaper, or financial planner, this is the issue to let the public know how you can help them realize their dreams.

Feb 12  Valentine’s Day

85% of all Valentine’s Day presents are bought within the last 48 hours, according to national retailers. If you have great gift idea or a special event heralding the love bug, make sure your message is heard loud and clear in this special CBW issue about “Romance in Portland.”

For more information, contact Roseann Mingo-Morgenson at 773.6601 or email cbw@mainemedia.com. Space is filling fast!

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JANUARY 23, 2003 3
Deep wonder in the stillness

BY ANN FOSTER

Using the teachings of Asian Medicine to make peace with winter blues

Living in harmony with nature is one of the greatest sources of wisdom for health. Traditional Asian Medicine. This knowledge, drawn from observation over thousands of years, developed as a way of navigating the infinite ebb and flow between all natural phenomena and between human and their environment.

In spring, Winter is a time of cold where the growth and development is focused on strong (vital). Winter’s color is black, its nature is cold, and separation is considered. Clearly, there is a common sense here.

The most accepted medical text in China, the Nei Jing, dates to the first century BCE. The most ancient Nepalese, the Ayurveda, adds, dates to 3112 BCE, and each is actually a compilation of a number of texts with acknowledged knowledge accumulated over a period of time 2000-3000 years before that.

The Nei Jing tells us, “There is some energetic body which supports the physical.” There is the flow of energy transforming itself in the body every second of every day. This energy flows in precise order. It is the reason for the body’s transformation, becoming more or less at specific times of day. It is the kidney’s energy which fills up the feminine from 5 – 7 am, and an earlier emission from 3 – 5 am.

We are, in the kidney and the bladder (which may be generically called as the immune system) who holds the energy of the body’s vibratory energy. In every moment, the energy of every single cell runs the entire body. In this moment, the kidney is the powerhouse of the body.

In summer, the kidney and bladder are active, and it is the most noticeable. The kidney’s energy is transformed into bladder energy, which is the most noticeable. The kidney is the powerhouse of the body’s vibratory energy. In every moment, the energy of every single cell runs the entire body.

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January 23, 2003 Volume 15 Number 2

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January 23, 2003 Volume 15 Number 2

this week's

contributors

SEBASTIÃO SALGADO

MIGRATIONS—
HUMANITY IN TRANSITION
and THE CHILDREN

JANUARY 23 – MARCH 23, 2003

ASIA  – Portland Museum of Art, Portland
AFRICA  – Institute of Contemporary Art at Maine College of Art, Portland
CHILDREN  – University of New England Art Gallery, Westbrook College Campus, Portland
LATIN AMERICA  – Center for Woman Contemporary Art, Bogotá
WORLDWIDE  – University of Maine Museum of Art, Orono

Janet MacKee, who lives in Portland, is the Portland Museum of Art's Executive Director. Contact her at 284-2455. Use one of the Museum's many upstairs toilets.

Photo: Sebastião Salgado

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36 Quality Time

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Volunteer Manual and recently was featured in an article in Vegetarian Times.

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The Portland Museum of Art is a non-profit organization dedicated to the exhibition and presentation of art and culture. It is located at 100 Congress Street, Portland, ME 04102.

Photo: Woodys Bar & Grill by Tavia Lin Gilbert

This week's community

J. Patrick Mankley, who is 51, lives with his wife, Carol, in Washington, Maine, and has been making a living as a self-employed stonemason for almost 30 years. He specializes in the design and construction of masonry heaters and wood-fired pizza and bread bake ovens. He travels widely to build or study ovens and heaters. Pat also sculpts granite and soapstone in his home studio.

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To make a census of marine life possible. "This grant from the Foundation sets the stage for the black-tie optional event are $45 per ticket, proceeds from the event will help the Maine Center for the Arts continue to provide world-class dance and music to Portland and the surrounding region. Camden, and an administrative assistant. The event will feature a silent auction, a dance performance, live auction, abundant hors d’oeuvres, a pasta ticket, with proceeds going to the artist gathering. Many artists who will be featured in the silent auction, and share creative ideas. Our work is the way in which the organizers were able to bring together all of the people in the protest. Bad weather did not stop us from the main event of the day, which was a peaceful assembly. Though there were no people of color on Parade, it was a traveler on the protest. ’I was annoyed at the discrepancy by the number of people that came, there were more people than expected, but was actually from the Maine Artist Fellowships, the Maine-Artist School, and an administrative assistant. If small businesses had to come, we understood that as part of a larger plan. When was the last time you volunteered in an 

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With so much coverage of the influx of Somalis in Maine, it's easy to forget that just about everybody's family was "from away" at some point. In our second issue of 2003, CBW reports on Portland's immigrant population, past & present, and the richness they have brought to our community.

City of immigrants

by Roy Allen

U.S. Constitution: Fourteenth Amendment

Fourteenth Amendment - Section 1
Rights Guaranteed Privileges

All persons born or naturalized in the United States and subject to the jurisdiction thereof are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States: nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws.

What does the above section of the constitution really mean? Well, the answer is—it depends on whom you talk to. Many people believe that it means that immigrants can't be deprived of life, liberty, or property without due process of law, nor can they be denied the equal protection of the laws.

In this article, we would like to reflect on the diverse culture that has contributed to Portland over the last hundred years. We are a nation forged by immigration—rich in tradition, diverse cultures and incredible opportunity.

The city we all call home is simply a mirror image of what is happening all across America—with just different faces and names.

Italian-Americans enjoying a game of bocce.

European Influence Past & Present

The earliest, permanent European settlement in Maine came from western England. They were soon followed by the North Irish, and by a number of Quakers, or Friends, from the other New England colonies. In the 1740s Germans settled in Waldo, and soon afterward many Irish Roman Catholics arrived in York, Lincoln, and Cumberland counties. The Swiss, who controlled much of Maine's territory until 1770, were not active colonists. However, a number of families settled along the coast.

Large-scale immigration started in the mid-19th century, spurred on by events of the nation's history. As a result, in 1819, William T. Thomson, the main contributor of immigration, brought over a large group of Swedish immigrants who established the colony of New Sweden in northern Aroostook County. Although the French Canadians have lived in Maine since early colonial days, most came to Maine beginning late in the 19th century to work in factories.

What was the difference between other groups who have been here a while and are trying to teach their children their roots and those who came here and most everything is foreign to them? What was the difference between that of an Italian-American couple who send their child to study the culture and a Swiss couple who want their children to hold onto their native traditions and values in their new, American surroundings? For refugee families, Ward said, "It's not so much an issue of preserving [their culture]. It's all they have here."

Mike Perry, an Irish-born member of the Hybryans, thought it only a matter of time before today's newcomers become full members of American society. "They will settle in and their kids will be the police officers," he said, "much like the Irish did."

Asia

Large-scale Asian immigration to the United States began in the 19th century. Asian immigrants arrived on the West Coast to escape the interior of the country. Nonetheless, the war and the atmosphere brought an improvement in the status of most Asians in the United States. Between 1943 and 1972 the U.S. government approved family immigration visas for China, the Philippines, India, Japan, and South Korea. First-generation Asians immigrated to the United States in order to apply for naturalization. The Immigration and Nationality Act of 1965 allowed larger numbers of Asians to immigrate each year. These new waves of immigrants reinvigorated established Asian-American communities.

A Chinese New Year celebration will be sponsored by the Chinese and Americin Friendship Association of Maine and the US and China Friendship Association. The location is Deering High School at 102 Stevens Avenue. The time is 11:00 AM until 4:00 PM. Admission is $5.00 for adults and $2.50 for children. There will be many events including Chinese ceramics, dance, music, educational slides shows and, of course, lots of great food! For more information, please contact Nancy Lindegran at 773-4086 or via email, lindegran@music".

Population Projection 2025

- Over 50,000 immigrants small to moderate increase in percentage of population
- Increase in percentage of foreign-born residents
- Approximately 1.5% per year increase in foreign-born population
New faces
to Portland

Lazario John Donato — age 16
Afro-Caribbean Portland High School - Luca's Senior
came to America: 15 years ago
country of origin: Dominica
He came to America with his grandmother and two brothers (age 7, 11). Prior to his move he was an active sportsman as he has played soccer, basketball, and football. He is a graduate of the University of the West Indies, St. Lucia. He is seeking night work, so he can be with his children during the day.

Jure Dilling
came to America: One year ago through the UK
Country of origin: Southern Sudan
family: Single mom with seven children - location of husband unknown. Immigrated in 2005 after both parents were killed. Fled country because of war. His biggest fear was coming through America's willing to involve itself in the fate of innocent African refugees, as he walked through town on one errand or another.

Regina Nataniel
Came to America: Three years ago through Ethiopia
Country of origin: Ethiopia
family: Single mom with four children - location of husband unknown
Previous life: Was an officer in the military. His biggest fear was coming through America and tended to marry into their own culture, which trusted each other.

Charlotte Mutumbao
Came to America: Three years ago through South Africa
Country of origin: The Congo
family: Single mom with 3 children - husband unknown
Previous life: Was an officer in the military - where soldiers were all high school age. His country to escape imprisonment and execution.

Who is Eligible?
In Nov. 2002, President Bush signed into law a new immigration bill that will provide a pathway to legal status for up to 11 million illegal immigrants in the U.S. Those apostles of the “soft left” who had always resisted immigration reform were happy, because it will reduce the number of illegal aliens in the U.S.

Refugee Eligibility Details
Eligibility for refugee status is based on an applicant's ability to show that he or she has a well-founded fear of persecution in his or her home country. The law defines persecution as “governing, in part, by the government or other powerful forces in the country.” If it is determined that an applicant qualifies for refugee status, they will be granted asylum for up to two years while their case is reviewed.

Where is Somalia Anyway?

Africans 2002/2003

Over the last couple of months, we have all watched the various news reports about what is happening in the Middle East. Many wonder why so many people are fleeing to our shores? Or, is this just a repeat of America’s history? Why does it seem that millions of the world’s refugees are making their way to Portland, or have already made the move? The Somali refugees from Africa may have a different story to tell.

The Somali refugees from Africa are a result of many generations that have made their homes in America. Since the mid-1800s, they have migrated to the United States, with large numbers coming in the 1900s. Today, the Somali population is estimated to be around 300,000, with the majority living in the Twin Cities area.

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On February 8, 2003, SudANESE from Portland and all over the world will celebrate one of their own - a Catholic saint!

Saint Guiseppe (Josephine) Bakhita, Woman of Faith and Forgiveness - Consecrated October 1, 1908 (born 1869 in Sudan - Dead 1947 in Italy)

Guiseppe (Josephine) Bakhita was born in Sudan, Africa to a farming, and prosperous family. At age 27, she was kidnapped and sold into slavery, where a series of owners brutalized, tortured and scarred her. Later in life, in a marvelous first-person narrative she had written, Bakhita described how she had worked some of the horrors her slavery entailed. "One day I solemnly made a promise that I would never do this to a slave again. I became free, switched me violently from my hiding place, and began to strike me brutally with the lash and her hand. Finally he left me with blood completely con- scious. Three slaves carried me away and her one in a stone wall, where I remained over a month. "Tell a Turk- ish general, my master's daily drank his poison by whips and beatings. At 13, Bakhita underwent the most searching form of tattooing. "A woman skilled in this cruel art set once to the general's house..." After a biography about her was published in 1930, Guiseppe (Josephine) became a celebrity - speaking against in- terests, and organizing fundraising and fundraising for the Order. She was officially consecrated in 1992. "I will stay in the chapel and pray for the souls of those who have suffered the consequences of war. ..." She was canonized in February 2003.

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PRIMAVERA. Full bar featuring Maine microbrews on tap .

Premium Hand Selected Wines. We have a
delicious wine selection that offers
casual yet intimate

Continental

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Commercial

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Tuesday, January 23
Anna Gallery, University of Southern Maine, Leavitt Center, 2nd floor, Portland. M-F 11am-3pm, Thu 11am-7pm, Fri 10am-2pm. Tel: 780-5010. "Cosmo's Daughters: Women Artists in Southern Maine, Portland." 

Friday, January 24

Sunday, January 26

Wednesday, January 29

Friday, February 2
Portland Museum of Art, 711 Exchange St., Portland. M-Th 10am-4pm, Fri 10am-9pm, Sat-Sun 10am-5pm. Free for kids under 6). Free every Fri from 5-9pm.

Friday, February 7
Foster Photo (formerly Pringle Photo), 405 Congress St., Portland. M-Th 9am-5pm, Fri 9am-6pm, Sat 9am-3pm. "The Art of Ephemeral: A Retrospective of Paper and Style that have come to dominate the 20th century. Through the presen­

Friday, February 14
March on Maine, Portland. "The Art of Ephemeral: A Retrospective of Paper and Style that have come to dominate the 20th century. Through the present." Ongoing.

Saturday, February 15

Thursday, February 13
Portland Museum of Art, 711 Exchange St., Portland. M-Th 10am-4pm, Fri 10am-9pm, Sat-Sun 10am-5pm. Free for kids under 6). Free every Fri from 5-9pm.

Wednesday, February 26

Thursday, March 6

March on Maine, Portland. "The Art of Ephemeral: A Retrospective of Paper and Style that have come to dominate the 20th century. Through the presen­

Saturday, March 15
Portland Museum of Art, 711 Exchange St., Portland. M-Th 10am-4pm, Fri 10am-9pm, Sat-Sun 10am-5pm. Free for kids under 6). Free every Fri from 5-9pm.

March on Maine, Portland. "The Art of Ephemeral: A Retrospective of Paper and Style that have come to dominate the 20th century. Through the present." Ongoing.
**January 26**

**CULT!**

While this meta-musical normally opens Thursdays through Sundays at 8pm, there will be a special Super Bowl Marathon this week at 2pm. The Stone Pollock Ensemble first caught the eye of the local theater scene in 1992 with their outrageous take on Portland politics, Fort Knox. A thrice and four more productions later, the company is still on the cutting edge of contemporary According to playwright-director L.T. Ochlock, "CULT! is the story of the Branch Davidian standoff in Waco. If it took place in Northern Maine, and was written by Hodgens and Hem­meneers." This one is strictly for grownups. St. Lawrence Arts & Community Center, 65-70 Congress Street, Portland. Tickets: $10, 774-8267.

**January 29**

**Michael Kimball**


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**January 23**

**Without Likeness: Paintings by Anne Harris**

Anne Harris’ portraits and self-portraits confound the expectations of traditional portraiture. They are not about realism but rather abstraction, both a formal and psychological abstraction, which nonetheless uses realist techniques. Without Likeness, the title Harris has given her first solo-museum exhibition, features major works, from her focused self-portraits to her invented portraits, produced in the last eight years. Since many of her paintings, created slowly and meticu­lously—at most she paints five pictures per year—we in private collections, this is the first occasion in which we can examine an extended body of her work in one place. While the show officially opens on the 24th, there will be a brief conversation with the artist at 7:30 in Kresge Auditorium, followed by an exhibit preview at 8pm.Bowdoin College Museum of Art, Brunswick. Free: 725-3279.

**January 25**

**CULT!**

Without Likeness, Anne Harris’ solo exhibition at Bowdoin College.

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**January 24**

**Marc Ribot**

Marc Ribot is widely regarded as one of today’s most in­ventive and adventurous guitarists. He initially made a name for himself through indelible road and studio work with Elvis Costello, Marianne Faithfull, and Tom Waits; he has since garnered popular acclaim as the front man of his ensemble, Los Cocos. His latest release, The Fake Cuban, demonstrates the emotive power of the guitar. Get warmed up by shaking your groove thang at A Wonderful Winter Dance with Motor Booty on the 25th. Everyone's favorite disco dance band will perform at 7pm at a post of a fund-raiser for Falmouth's summer-time Parkfest. Bring your misseboom! Falmouth Middle School Gym, Falmouth. Tickets available by phone, 781-5253.

**February 25 & 26**

**Maine WinterFest/ Motor Booty**

Let it snow! Skating, sledding, snow sculpture demon­strations by national teams, ice sculpture and more can be found at this annual family friendly event. Various times and locations in Falmouth and Freeport. Free: 865-1212.

**January 25 & 26**

**Recycle: Cool Science Workshop**

Learn what we can do to help our environment at the Children’s Museum of Maine. Explore the 3 R’s (Reduce, Reuse, Recycle) and demonstrate the mechanics of water turbines.

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**January 27**

**Maine WinterFest/ Motor Booty**

Get warmed up by shaking your groove thang at A Wonderful Winter Dance with Motor Booty on the 25th. Everyone’s favorite disco dance band will perform at 7pm as part of a fund-raiser for Falmouth’s summer-time Parkfest. Bring your misseboom! Falmouth Middle School Gym, Falmouth. Tickets available by phone, 781-5253.
Leading retailer, roaster and brand of specialty coffee

200 Running Hill Road
South Portland

This important exhibition features over 300 photographs by internationally renowned photographer Sebastião Salgado. Since 1980, the Brazilian-born photographer has visited more than 25 countries to document the world-wide consequences of massive migrations by causes, and its effects. These beautiful and disturbing photographs record images that capture the plight of the hundreds of millions of people who, in an escalating struggle for survival, have uprooted their lives with their native cultures and traditions in search of safety, peace or a better life. Portions of the exhibition will be displayed in six venues statewide.

LATTIN AMERICA: RURAL EXODUS, URBAN DISORDER
Changing Worlds: This exhibit presents a portrait of modern Latin America and the struggles of its people. The changing landscape of Latin America is reflected in the work of a 70-year-oldoppelganger photographer who has been traveling for over 30 years with the goal of capturing the continuing human struggle. The photographs show how the urban poor and the rural poor have been struggling to survive in the face of development projects, violence, and neglect. The exhibition opens with a video by the photographer and includes photographs and videos of the people and their struggles.

LATIN AMERICA: MIGRATIONS, A CONTINENT A Continent
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Local Boy Makes Good (Food)

By Robin S. Givens

Jon Openshaw-Boy Makes Good (Food)

Jon is a local boy who has made good in the culinary world. He was born and raised in Casco, Maine, and has been cooking since he was a child. He learned to cook from his grandmother, who he says was a great cook, and he has been inspired by her cooking ever since.

Jon was introduced to various foods while growing up, including traditional Southern foods like fried chicken, and locally-baked bread. He says he was always interested in cooking and wanted to learn more about it.

Jon explains the difference between regular and grass-fed beef. He says that grass-fed beef has more intense flavor and is generally more expensive, but he prefers it because it's better for him and his customers.

Jon appreciates food that is prepared using traditional methods. He says he likes to use fresh ingredients and to grill things over a fire. He also enjoys cooking with a sense of humor and uses it to make his food more enjoyable.

Jon says he has made his own sauce and created his own recipes. He keeps his approach simple and uses fresh ingredients. He says he enjoys cooking for others and hopes to create the ideal restaurant experience for his customers.

Jon brings a new perspective to cooking. He says he enjoys experimenting with flavors and combinations and is always looking for new ideas. He says he is committed to using fresh and local ingredients and is always looking for ways to improve his cooking.

Jon says he is proud of his work and is happy with the response he has received from customers. He says he hopes to continue to grow and expand his business and is excited about the future.

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Movies
"Catch Me If You Can"

The film runs 140 minutes and is rated PG-13 for some physical violence and some disturbing content.

"About A Boy"

Rated PG-13 for mild obscenity with a running time of 101 minutes. I rate it with four out of five stars.

**About A Boy**

By Tom Keene

High Grady's quite brilliant film about a 28-year-old, self-centered, self-effacing character who, like most people, is largely ignored by the film industry. The action for which he particulars, perniciousness, his failing to look for one thing, and finding him, the action for which he particulars, perniciousness, his failing to look for one thing, and finding him.

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A merica's best storyteller has suc
cceeded again, and with film. His idea is much above his own even.

"Catch Me If You Can" is Steve Spielberg's inspiration for his best novel of a lifetime of stories.

As neither American author, Willy Collier, nor
the film makes a dramatic project, then they are no problems as they have.

"Catch Me If You Can" is built with an effort to see through the film industry. The action for which he particulars, perniciousness, his failing to look for one thing, and finding him, the action for which he particulars, perniciousness, his failing to look for one thing, and finding him.

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The principle that drove his mother away from home is that it is true. The film is based on the

The FBI's Most Wanted list.

It's never

out of business by the IRS. It's never

American actor and film director's time is

John Travolta, and makes it funny, believable and entertaining. The story is

wrote: "There are only two or three human

alter a string of failures, Frank learns how

To make a parent, and makes it funny, believable and entertaining. The story is

"Catch Me If You Can" by Tom Keene

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What's your sign?

Have you ever read your horoscope and thought, "Nope, they have no idea!" Or, "Yeah, but..." Many astrologers base their predictions on the idea that people born at the same general time are in the same general place and thus must have very much in common with each other.

Gemini (May 21-June 20): Mercury, the mind, rules the sign of Mercury. As the zodiac's attuned to dreams and other phenomena that come from within rather than just from the physical world, it's natural for Gemini people to interface with their world with their feelings first, and then think about things second. At times, their dreaminess causes them to get lost in their imagination, but it also allows them to see the possibilities in everything. Geminis are natural trendsetters, and they're highly creative to the point of being unpredictable. If you ever want to give them a taste of "free-thinking," try not to spend time reasoning with them, as they'll just get frustrated and end up telling you exactly what you already thought. Geminis are talkative, and they're always ready to have a conversation about almost anything. They love to learn, and they're always on the lookout for new information. They're also quite flexible, and they're not afraid to change their minds. If you're ever stuck in a situation, a Gemini might be able to help you think of a solution.

Cancer (June 21-July 21): Venus, the planet of beauty, rules the sign of Cancer. As the zodiac's sign of Venus, Geminis are caught between two worlds. They live in a world of their own, and they're often lost in thought. Their curiosity leads them to seek almost constant mental indulgence. Their thoughts and words. No wonder Gemini people can have so much to say! They're also very intuitive, and they're able to figure out what people need, then cater to them. Proper setting, they're natural nest-builders who use their resources wisely. They love to be surrounded by people, and they're very good at bringing people together. If you need someone to help you plan a party, a Gemini is the perfect choice.

Taurus (April 21-May 20): Venus as the goddess of beauty, rules the sign of Taurus. As the zodiac's sign of Venus, Taurus people are the most earthy of all the signs. They're practical, and they're always looking for ways to improve their lives. They're also very protective, and they're always looking out for their friends. They're also very generous, and they're always willing to help others. If you ever need someone to help you with a project, a Taurus is the perfect choice.

Aries (March 21-April 19): Mars, the planet of action, rules the sign of Aries. As the zodiac's sign of Mars, Aries people are known for having a sense of humor, which is why they're always ready to have a good time. They're also very energetic, and they're always looking for ways to improve their lives. They're also very adventurous, and they're always looking for new experiences. If you ever need someone to help you plan a project, an Aries is the perfect choice.

Scorpio (October 23-November 21): Mars as the planet of action, rules the sign of Scorpio. As the zodiac's sign of Mars, Scorpio people are known for being very intense. They're also very private, and they're always looking for ways to improve their lives. They're also very ambitious, and they're always looking for ways to improve their lives. If you ever need someone to help you plan a project, a Scorpio is the perfect choice.

Leo (July 23-August 22): The Sun, the life force, rules the sign of Leo. As the zodiac's sign of the Sun, Leo people are the most extroverted of all the signs. They love to be in the spotlight, and they're always looking for ways to improve their lives. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, a Leo is the perfect choice.

Virgo (August 23-September 22): Mercury, the mind, rules the sign of Mercury. As the zodiac's sign of Mercury, Virgo people are the most logical of all the signs. They're also very analytical, and they're always looking for ways to improve their lives. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, a Virgo is the perfect choice.

Libra (September 23-October 22): Mercury, the mind, rules the sign of Mercury. As the zodiac's sign of Mercury, Libra people are the most diplomatic of all the signs. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, a Libra is the perfect choice.

Sagittarius (November 22-December 21): Jupiter, the planet of expansion, rules the sign of Sagittarius. As the zodiac's sign of Jupiter, Sagittarius people are known for being very adventurous. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, a Sagittarius is the perfect choice.

Capricorn (December 22-January 19): Saturn, the planet of restriction, rules the sign of Capricorn. As the zodiac's sign of Saturn, Capricorn people are known for being very practical. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, a Capricorn is the perfect choice.

Aquarius (January 20-February 18): Uranus, the planet of revolution, rules the sign of Aquarius. As the zodiac's sign of Uranus, Aquarius people are known for being very independent. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, an Aquarius is the perfect choice.

Pisces (February 19-March 20): Neptune, the planet of intuition, rules the sign of Pisces. As the zodiac's sign of Neptune, Pisces people are known for being very intuitive. They're also very generous, and they're always willing to help others. If you ever need someone to help you plan a project, a Pisces is the perfect choice.
Easting wonder what's in store for Portland's waterfront? Here's the scope from the Waterfront Economic Development Community!

**Niche Industry Analysis Executive Summary**

- **1. Development Opportunities**
  - In a dramatic shift towards increasing port specialization, it is becoming clear that Portland must focus on specific sectors to remain competitive.
  - The study highlights three main categories: Container, Bulk Cargo, and Passenger Traffic.

- **2. Non-container Cargo**
  - Two cargo ports are operating in the same share of the same commodities.
  - Passenger Traffic has changed significantly from 1915 to 2000.

- **3. Container Cargo Operations**
  - The Port of Portland's container operations have increased significantly over time.
  - The 20-foot TEU container is the most commonly used among the nine container ports studied.

- **4. Bulk Cargo**
  - The Port of Portland's bulk cargo operations are similar to other ports studied.
  - The port's volume of bulk cargo has increased over time.

- **5. Passenger Traffic**
  - The Port of Portland's passenger traffic has seen significant changes.
  - The port's volume of passenger traffic has increased over time.

- **6. Niche Cargo**
  - The Port of Portland's niche cargo has increased significantly over time.
  - The port's volume of niche cargo has increased over time.

- **7. Economic Analysis**
  - The economic impact of cargo handling has increased significantly over time.
  - The economic impact of passenger traffic has increased significantly over time.

- **8. Environmental Analysis**
  - The environmental impact of cargo handling has increased significantly over time.
  - The environmental impact of passenger traffic has increased significantly over time.

- **9. Technology and Innovation**
  - The Port of Portland has invested significantly in technology and innovation.
  - The port's volume of technology and innovation has increased significantly over time.

- **10. Future Trends**
  - The Port of Portland's future trends are focused on increasing specialization.
  - The port's volume of future trends has increased significantly over time.

**Figure A**

[Graph showing non-container cargo change over time]

**Figure B**

[Graph showing container cargo change over time]

**Figure C**

[Graph showing bulk cargo change over time]

**Figure D**

[Graph showing passenger traffic change over time]

**Figure E**

[Graph showing niche cargo change over time]
from where I sit

Paw Print

Democratization of Capital/Socialization of Risk

Wall Street (home of the stock market) and our nation's academics have worked hard together to develop the money for its management from a risk perspective and millions of people have benefited greatly. Over the last twenty-five years, access to capital has filtered down to the near the lowest economic levels. For lower to middle class Americans, borrowing money today is easier than ever.

Even Waterfront Parking DivisionCrossing 20

Iol

Socializing the risk, sometimes known as insurance, is a great way to manage large business development projects. Banks have been ready to move onto the next project, invested and lost in just two companies-

Don't have your dog a chance to be successful. Vendors lend the property for much less than its real worth to take whatever cash they can pay your loan on time. Then they will auction it and sell for whatever cash they can get. This has been invested in Wall Street just in the last year and many more billions are racked up.

In academic circles, there is a concept called game theory that may bring much needed resolution to our monetary system. No activity stands alone. Each is directly connected to the others and ideas, could help change some of these social capital issues. The money and security for their own retirement? Perhaps focused reciprocity programs, the small business community?

In a nation where over a trillion dollars is constantly left wanting. Training money is necessary to do the checking whether the borrower has the business acumen to be successful. Vendors lend the property for much less than its real worth to take whatever cash they can pay your loan on time. Then they will auction it and sell for whatever cash they can get, this has been invested in Wall Street just in the last year and many more billions are racked up.

The key to your dog's teeth should begin the day you get him, not at seven, eight, or even after 10. Socializing the risk, sometimes known as insurance, is a great way to manage large business development projects.

The key to your dog's teeth should begin the day you get him, not at seven, eight, or even after 10. Socializing the risk, sometimes known as insurance, is a great way to manage large business development projects. Training money is necessary to do the checking whether the borrower has the business acumen to be successful. Vendors lend the property for much less than its real worth to take whatever cash they can pay your loan on time. Then they will auction it and sell for whatever cash they can get, this has been invested in Wall Street just in the last year and many more billions are racked up.

The only way to keep the teeth strong and free of tartar is to keep them clean. To keep the teeth clean, the owner must be able to see and feel the teeth for signs of tartar and discoloration. No activity stands alone. Each is directly connected to the others and ideas, could help change some of these social capital issues. The money and security for their own retirement? Perhaps focused reciprocity programs, the small business community?

From Where I Sit: A regularly appearing advice column, designed to share ideas and experiences among our community. If you would like to submit an article, or thought, or thought, or thought, or thought, or thought, we would love to hear from you. We are all in this together, and it's nice to share stories.

brian@casbyweekly.com

Paw Print

My Dog Has Halitosis!

Abbie, there's nothing like sweet little puppy kisses being planted all over your face. But, is Poochie's breath bad enough to knock you out?

Teeth cleaning requires that the dog be hruly annual. It also requires special tools, the same as your own dentist would use, not only to clean the歎, but also the undersides of the gums. So the owner should always examine the dog's teeth at least once a year, preferably more. This can be done by the owner or veterinarian on a regular basis.

When you bring your dog in for regular visits, the veterinarian or veterinary technician will periodically check the dog's mouth for bad breath, plaque and tartar, and irregularities in the gums. This is a very important part of any routine examination. The owner most people usually notice is bad breath. By then, the teeth is often at an advanced stage, sometimes to the point where they must be extracted.

In looking at your dog's mouth, look for green or brown stains, or a crumbly matter on the teeth. If you observe signs of tartar, the health of the gums, or missing or broken teeth, it is a good idea to discuss these findings with your veterinarian.

The number one reason for the removal of a tooth is the presence of calculus, which is a hard deposit on the teeth. Calculus is formed by the breakdown of saliva, which is a mixture of water, proteins, and minerals. The breakdown of saliva occurs when the bacteria in the mouth are allowed to multiply. This is called plaque. Plaque is a sticky film that forms on the teeth and is not easily removed. It is composed of dead and living bacteria, food debris, and saliva.

Plaque is not removed by brushing alone. It is removed by professional scaling and polishing. This is done by a dentist or dental hygienist. The process involves the use of specialized instruments to remove the plaque and calculus from the teeth. The teeth are then polished to prevent the formation of new plaque.

In the absence of plaque and calculus, the gums are healthy and pink in color. When plaque and calculus are present, the gums become red and inflamed. This is called gingivitis. If left untreated, gingivitis can progress to periodontal disease, which is a more severe form of gum disease. Periodontal disease can lead to the destruction of the bone that supports the teeth and eventually to the loss of the teeth.

In summary, it is essential to maintain good oral hygiene and to have regular dental checkups to prevent plaque and calculus buildup, gingivitis, and periodontal disease. This can be done by brushing and flossing daily, using a fluoride toothpaste, and having regular dental cleanings.

Paw Print

Can you ever imagine spending $15 on a packet of cardboard cat treats or $5 on a catnip toy when there are many more healthy options available? Here are some ideas to inspire your feline friends to live a healthier and happier life:

1. Homemade Treats: Try making homemade treats for your cat with ingredients like pumpkin, blueberries, or even small pieces of chicken or fish. These can be given as a special treat or as part of your cat's regular diet.

2. Fresh Fruits and Vegetables: Feeding your cat fresh fruits and vegetables like apples, carrots, and broccoli can be a great way to add nutrition and variety to their diet. Be sure to cut them into small pieces and offer them as a treat.

3. Enrichment Toys: Simple objects like cardboard boxes, paper shredders, and cardboard tubes can provide hours of entertainment and mental stimulation for your cat. You can also try DIY toys like paper bags filled with catnip or crinkle paper.

4. Tuna or Chicken: Using canned tuna or chicken in moderation can be a treat for your cat, but be sure to check the label for any added salt or preservatives. Offer it in small, occasional amounts as a special treat.

5. Interactive Toys: Try using toys that encourage physical activity, like feather wands or laser pointers. These can help keep your cat entertained and mentally stimulated.

Remember, it's important to always consult with your veterinarian before making any changes to your cat's diet or adding new treats. Happy snacking to your feline friends!
This week, CBW is pleased to share a puzzler from Marilyn Zacek's first-grade class at Lyman Elementary in Lyman, ME.

To everyone in Ms. Zacek's class: Circle the French Numbers in red. All the numbers read across or down.

**WORDS TO LOOK FOR:**
1-un 6-six 2-deux 7-sept 3-trois 8-huit 4-quatre 9-neuf 5-cinq 10-dix

**ACROSS**
1. 4 Lake 29 Russian country house 56 Lake
2. 1 Augment 24 Toa
3. 46 Desert region in S 67 Hallucinatory drug
4. 38 Mousetraps 67 Commander
5. 27 German submarine 68 Shelter
6. 12 Sicilian volcano 69 Wife of a rajah
7. 17 Dunce 70 Talisman
8. 5 Violet 71 Pierrot
9. 18 Gadget 72 Gravitate
10. 10 Dressed 73 Feat
11. 20 First-class 74 Become eroded
12. 21 Above 75 Otherwise
13. 25 Juniper 76 Baby
14. 26 Raised platform 77 Something that is lost
15. 27 Short letter 78气候
16. 28 Good 79 Something that is lost
17. 29 Showy actions 80 Dead
18. 30 Tathl 81 Sitting
19. 31 Glee 82 Horse
20. 32 Desert region in S 83 Inside
21. 33 Watchful guardian 84 Horse
22. 34 Desert region in S 85 Inside
23. 35 Water 86 Outside
24. 36 Very skilled person 87 Outside
25. 37 Serf 88 Inside
26. 38 Subject to tides 89 Inside
27. 39 Mole
28. 40 House rodents
29. 41 Gone
30. 42 Word of mouth
31. 43 Air (prefix)
32. 44 Highly excited
33. 45 Air (prefix)
34. 46 House rodents
35. 47 Warble
36. 48 House rodents
37. 49 Gravel ridge
38. 50 Warble
39. 51 Virginal
40. 52 Horse
41. 53 Greek goddess of victory
42. 54 Continuous dull pain
43. 55 Augment house
44. 56 Lake
45. 57 Japanese sash
46. 58 House rodents
47. 59 Augment house
48. 60 Wallaroo
49. 61 Reddish dye
50. 62 Seagulls
51. 63 Taverns
52. 64 Greek goddess of victory
53. 65 Augment house
54. 66 Shelter
55. 67 Commander
56. 68 Shelter
57. 69 Wife of a rajah
58. 70 Talisman
59. 71 Pierrot
60. 72 Gravitate
61. 73 Feat
62. 74 Become eroded
63. 75 Otherwise
64. 76 Baby
65. 77 Something that is lost
66. 78气候
67. 79 Something that is lost
68. 80 Dead
69. 81 Sitting
70. 82 Horse
71. 83 Inside
72. 84 Horse
73. 85 Inside
74. 86 Outside
75. 87 Inside
76. 88 Inside
77. 89 Inside
78. 90 Outside
79. 91 Inside
80. 92 Inside
81. 93 Inside
82. 94 Inside
83. 95 Inside
84. 96 Inside
85. 97 Inside
86. 98 Inside
87. 99 Inside
88. 100 Inside

**DOWN**
1. 1 Lagoon
2. 2 Ancient Greek coin
3. 3 Eastern port
4. 4 Pot
5. 5 Skilled cook in a rocker
6. 6 Japanese sash
7. 7 Something that is lost
8. 8 Dry red wine
9. 9 Makes storms
10. 10 Nile person
11. 11 Nile person
12. 12 English
13. 11 Nile person
14. 15 Tholes
15. 16 Air (prefix)
16. 17 Above
17. 18 Above
18. 19 Above
19. 20 Above
20. 21 Above
21. 22 Above
22. 23 Above
23. 24 Above
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97. 98 Above
98. 99 Above
99. 100 Above

**Answers**

- 1.) I don't have lungs or a chest but I need air and water. What am I?
- 2.) Who earns a living driving their customers away?
- 3.) What did the zen-master say to the New York City hotdog vendor?
- 4.) What is too much for one, just right for two, but nothing for three?
- 5.) What do you always do when you sit down?
- 6.) Why are one-dollar coins called seagulls?

**Bird Brains**

1. 1st grade class at Zacek's
2. 1st grade class at Zacek's
3. 1st grade class at Zacek's
4. 1st grade class at Zacek's
5. 1st grade class at Zacek's

**Kid's Korner**

**By Ben Allen**

**Jokes & Riddles**

1. Who are your favorite puzzle-solvers?
2. What do you do when you cross the room?
3. Where is your favorite place to play?
4. What is the most important thing in your life?
5. What is your favorite food?
6. What is your favorite color?

**Answers**

- 1.) I don't have lungs or a chest but I need air and water. What am I?
- 2.) Who earns a living driving their customers away?
- 3.) What did the zen-master say to the New York City hotdog vendor?
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- 5.) What do you always do when you sit down?
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**Fish Tales**

One day 3 men caught a mermaid. The mermaid said I will give you one wish each if you let me go. The first man said I want to be smarter. The second man said I want to be richer. The third man said I want to be sexier. The first man said I want to be smarter, the other two because they include a mini-romp telling about the story of the Toa, the Kahnoi masks, and the Toa's weapons. The Toa cost between $8.99 and $9.99, and are for ages 6.

I give the Bionicle Lego series five out of five stars, but that's my opinion. Buy one and decide for yourself!

**Shakes & Burgers & Fries**

Jerk Chicken  Fish & Chips  Fast Abbudulahs  Pizza  Shakes  Burgers & Fries

40 Washington Avenue
Portland, Maine
(207) 772-0360

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

Sample Civics Questions

1.) What are the colors of our flag?
2.) What do the stars on our flag represent?
3.) How many stars are there on our flag?
4.) What color are the stars on our flag?
5.) How many stripes are there on the flag?
6.) What do the stripes on the flag represent?
7.) What colors are the stripes on the flag?
8.) How many stripes are there in the Union (the United States)?
9.) What do we celebrate on the 4th of July?
10.) Independence Day celebrates independence from whom?
11.) What country did we fight during the Revolutionary War?
12.) Who was the first president of the United States?
13.) Who is the President of the United States today?
14.) Who is the Vice-President of the United States?
15.) Who selects the President of the United States?
16.) Who becomes our President if the President dies?
17.) What is the Constitution?
18.) What do we call changes to the Constitution?
19.) How many changes, or amendments, are there in the Constitution?
20.) What are the three branches of our government?
21.) What is the legislative branch of our government?
22.) What makes up Congress?
23.) Who makes the Federal Laws in the United States?
24.) Who elected Congress?
25.) How many Senators are in Congress?
26.) For how long do we elect each member of Congress?
27.) Name the two senators from your state.
28.) How many voting members are in the House of Representatives?

Answers

1.) Red, white, and blue.
2.) Liberty and Justice.
3.) 50 stars.
4.) Blue.
5.) 13.
6.) Freedom and Equality.
7.) Red, white, and blue.
8.) 50 stars.
9.) The 13 original states.
10.) British.
11.) British.
12.) George Washington.
13.) George Bush.
14.) Dick Cheney.
15.) Electoral College.
16.) Vice President.
17.) A written document that outlines the basic rules and powers of the government.
18.) Amendments.
19.) Three.
20.) Executive, Legislative, Judicial.
21.) President.
22.) Congress.
23.) 2 senators.
24.) 4 years.
25.) All adults over the age of 18.
26.) 435.
27.) Liberty or give me liberty or give me death.
28.) The Bill of Rights.
29.) The Supreme Court.
30.) The President.
31.) The President.
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80.) The President.

Continued from cover story page 15

There are many issues facing our nation and they have a lot to do with these. They have to do with people asking questions about our country. The following are some typical sample questions that the United States government naturalization website. Take this test with your family and friends. How many do you know today?

Vertigo of Tall Trees

Towering white pine in the yard
Wind toasting its upper boughs
toasting boughs of snow like grenades
onto parked cars and their drivers
leaping in the wind, looking
as if it were ahead of heights.

Balkanization in Somes Harbor

Ice breaks into continents
illuminating plate tectonics
floods breaking into countries
which split in turn like the Balkans
here Serbia, there Bosnia
but wind, not war-torn.
A New Menu Offering Old Favorites & Soon-to-be-Famous Selections:

Appetizers
- Jumbo Shrimp Cocktail... jumbo shrimp served with a zesty cocktail dipping sauce
- Antipasto Cold Dip... our most popular appetizer served piping hot with fresh bread bowl
- Maine Stuffed Potato Skins... with Shrimps, cheese or veggies & chives
- Irish Pub Burgers... chargrilled Irish pub sausages served with Molly's three-mustard sauce
- Seafood Chowder... Molly's award-winning recipe
- Dublin House Salad... fresh, delicious and healthy!

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

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

Molly's Outdoors Pork Dinner... roasted pork in a rich Guinness sauce. Served on a bed of spinach and accompanied by mashed baby red potatoes and Molly's fresh baked bread

Pub Menu
- Molly's Butcher Shop Burger... one half pound of fresh ground beef broiled to your order and served on a delicious potato roll with lettuce & tomato, Cape Cod kettle-style potato chips & a kosher dill pickle
- Fresh Fruit & Cheese Platter... a variety of fruits, in season fruit served with three kinds of cheese and a loaf of Molly's mouth-watering herb bread
- Irish American Caesar Salad... garden fresh romaine piled high in a bowl with croutons and 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 and 1000 Island dressing served with Cape Cod potato chips and a fresh kosher dill pickle

Molly's Weekly News!

It's winter in Portland and time to change our Hours of Operation.

Beginning Monday, Jan 20th, we will no longer be open for lunch.

A special thanks to all of our lunch customers for making us one of Portland's finest. However, we would like to focus more on our dinner business and will also resume our popular Sunday Brunch beginning February 2nd!