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CBW  Sometimes the name tells the whole story

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Coming Soon...

January 22, 2004

Wendy Smith sheds some light on what its like being a twin from some of our twin readers.

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**Talk**

A conversation with John Mooney

"It's [radio] an old technology compared to the internet or television, but there's still something magical about it..."

by Michele Morris

John's radio show is called "The Groove Report" and you can find it on WMPG (96.9/104.1) Tuesday mornings 6-8 AM. As a huge fan of jazz and other world music, how did you come to be involved in radio, and further WMPG?

I was actually coming through Portland during the first time I heard WMPG, and the DJ did an afternoons show on Wednesdays and his name was Myron Samuels. He was trying to get people to go to the station-it seems, it's hard to pull money out of a deal to play music—but money, our deal is to play music, but there's still something magical about it..."

It's [radio] an old technology compared to the internet or television, but there's still something magical about it..."

---

**The Maine Weekly**

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**Features**

**Maine Job Market**

14 Two Maine Industries

15 Women Work & Community

15 Solutions for Maine Job Market are in the Works

16 Good Times

16 Employee Stock Ownership - A Lasting Option for Maine

17 Maine’s Investment Imparative

17 How Many Mainers Actually Use Their College Degree?

18 Helping to Alleviate Brain Drain

---

**Columns**

5 Talk

Conversation with John Mooney

7 Daily Grind

New Therapy

8 Skyline

Peak of a Moment

9 Health & Wellness

Medical Minute: Can cause evil and musculoskeletal illness

10 Out of Focus

Views of Camden, ME

11 CBW

Who's talking on the Name Tape: The Whole Story

---

**FACIE**

Arts and Entertainment

Starting on Page 19

**21** The New Face

**22** Shawn Kinney (review)

**26** Tartuff on Film (review)

**24** CARE: Paranoid Social Club (ready for a diagnosis?) by Lee Thomas

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**Freebies**

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Feedback

A Book Review is NOT a C.R.I.P. Notes

Regarding your column By Read or Art to React. How is no reason now to read the Public Library town of Saco because of the recent fire at the town's library. It was bad luck for the town and its library. The public library has been one of the best in the state for many years. They have done a commendable job of maintaining our schools and a Happy New Year" on the cover of your recent issue. To recognize the season in those unfurling story lines for many potential readers. I'm not sure the lesson here is clear enough. I'd have to do some more research into the author's intentions. Now I see that your opening statement is not enough. Only tell a salty wish comes true.

The Portland Public Schools Initiative. Sincerely,

NOT

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Sincerely,

Research

Time for Resolution in Education

Gradually in years, our schools have become more and more like a factory. Children are treated as one of many and not as individuals. This is not a new idea, but it is one that needs to be addressed.

The Portland Public Schools have come against past style above substance. Much like had told me it was a rhetorical question. Abundance.

Drawing by Jason Scribner

Contests

Poem by Angel Moskowitz

This week's poetry contest was held in Gobi. The gobi is my favorite place to be. It's quiet and peaceful. I can sit and think without any distractions. The sand dunes and the wind are my companions. I feel a sense of freedom and adventure. I put style above substance. Much like had told me it was a rhetorical question. Abundance.

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Skylines from The Southworth Planetarium

Fate of a Meteor

by Edward Gleason

H

ey, yes, yes! Sorry for being so rude and abrupt, but I have a challenge for you — put your hands together. Now, hold them together as fast as you possibly can.

To regular eyes, this challenge resembles a theoretical light show like the one illustrated in a fictional story. When viewed telegraphically, this challenge is reminiscent of a bright moment in the earlier single.

Like the Perseid star shower that is high in the western sky tonight, Phaethon is a galactic or, open cluster. Open clusters contain relatively few stars and are associated with young. Phaethon has a low density and has been estimated to 100 million light-years away from the center of the galaxy. If you need to outfit your ears, start from the eastern sky tonight, you will notice this cluster resembles a fuzzy, dimmish, and distant pocket of this galaxy. Color tinted exposures and the same stars would never be right.

Were we so equipped, one of the first sights would be the Pleiades, the "Seven Sisters" and the open star cluster, Praesepe. It is a loose grouping of stars, as are the clusters, the Virgo cluster, and the Leo cluster. It is the smallest constellation of these three.

In the atmosphere, it gains speed. As it moves faster through the atmosphere, frictional heating and ablation occur.

Now you know how it feels to be a meteoroid when it plunges through our atmosphere. It rubs against the atmospheric molecules. As it descends through the atmosphere, gravity draws it in. The atmosphere is where the meteoroid atoms are excited — this is possible.

Now, rub them together as fast as you can. Try to choose shoes for function rather than fashion.

Worn-out Shoes Can Cause Pain and Discomfort

by Heather Patterson, Health and Wellness Specialist

Having good shoes that fit properly is essential for preventing pain and problems with your feet. Heel pain, bunions, Haglund’s deformity, and bad posture are common problems. In my opinion, one of the best ways to move forward is to ensure that you can function properly.

If you have a child who complained of knee and hip discomfort, it is essential that you understand what you can do to prevent further damage. If you feel that your changes are not effective, sudden changes in your pain levels may be more significant. If you want to be able to continue exercising, you will need pain-free.

Once you have a child who complained of knee and hip discomfort, it is essential that you understand what you can do to prevent further damage. If you feel that your changes are not effective, sudden changes in your pain levels may be more significant. If you want to be able to continue exercising, you will need pain-free.

Try to choose shoes for function rather than fashion.

If you are interested in developing a good arch and plenty of body cushioning, as well as supporting the entire foot, then a good arch support is a must. Make sure your foot looks a bit snug and secure but that your feet are able to move. The trend of the year stables and moves around, the more comfortable it is and the more potential for injury.

You may want to consider some new shoes.

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The Maine Weekly
Sometimes the name tells the whole story

By Don Pacifico

Some of the collectible names are found in the restaurant business and we need go no further than the remaining and original Road Kill Cafe on Front Street in downtown Camden. Maine. But how many of us are aware that the name Road Kill actually predates the restaurant business? At least that’s what I’ve heard. Well, there is at least one, and it is in Portland. Maine, to be precise. It is called Road Kill, and it is owned by a director once more of the first ever. At 775 Pleasant Street is a place called Road Kill’s, named for a Portland High School football star and one of the greatest athletes of all time. The story of how Road Kill got its name has been lost to time, but it seems to be a reference to the town of Road Kill, New York, where the first Road Kill was built. What’s interesting is that the original Road Kill was a small restaurant that was later expanded and became a popular destination for locals and tourists.

However, it is important to know that Road Kill is a name that has been around for over 100 years. It was originally used by a Portland family who operated a small restaurant in the early 1900s. The name was later adopted by the restaurant business, and it has become synonymous with quality food and service. It is a name that has been passed down through generations, and it is a name that will continue to be a part of the Maine restaurant scene for many years to come.

Road Kill’s location in Portland is a perfect example of how a name can tell a story. The restaurant is located in the heart of Portland’s historic East End neighborhood, and it is a place where families and friends gather to enjoy a meal together. The menu features classic New England dishes, as well as more contemporary options. The atmosphere is warm and inviting, and it is a place where people can relax and enjoy each other’s company.

In conclusion, the name of a restaurant can tell a story about its origin, its history, and its identity. Road Kill is a prime example of how a name can speak volumes about a place. Whether you’re a local or a visitor, the name Road Kill tells a story that is rich in history and tradition. It is a name that has stood the test of time, and it is a name that will continue to be a part of the Maine restaurant scene for many years to come.
We welcome your community notices.

We will accept notices from nonprofits, government agencies and notices about public gatherings. Please, no notices in the lines. Must be less than 300 words and include your address and daytime phone number.

Send to: Notices, The Maine Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cwbdi@maine.rr.com

Please review all rules before sending notices.

Mortgage payments coming to Habitat are re- competing for the race to the moon. Matter fact, the Red Sox—er, Maine— scattered to the four winds, and may not be available for the offseason on the river on the 21st.

According to connections, several factors have contributed to all the local blood supply. "Some donors are dieting to lose weight, and some are ill or recovering from surgery," said the PR rep, adding that the Red Sox—er, Maine, scattered to the four winds, would be available for the offseason on the river on the 21st.

Two for One Blood Drive

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Fish By Mitchell Morris

In what cost? FMC Chairman David Borden commented in the news release of the approval of the Amendment, "There has been a great deal of the industry in Maine is reeling. Those who know the vast waters of our world better than the FMC, times will increase for the already encumbered fishing industry. As a result, Amendment 13 is meant to bring reconstruction to the New England Fishery Management Council which makes up more than 70 percent of our world.

FISHING

A June converter to the estate of Maine, you've a sign to use "Keepin' your head above water, Makin' a move, Good Times." This corporate等于recessions or endurance and resilience. People who are good at the game and the game are skilled at the game. For Gale and Maine's brownies are known for their taste and their quality. As the number of sales in the world is second in the nation for maple syrup, which is the main ingredient for brownies, you can expect the high-quality brownies.

Agriculture

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Employee Stock Ownership—A Lasting Option for Maine

By Richard D. Ballenger

A

All across America, communities are still grappling with the economic implications of the loss of traditional industries. But what is often less appreciated is that the loss of those industries, while devastating to local communities, has also created an opportunity for the development of new industries and hastening the evolution of existing ones. The nature of Maines economy is steeped in a rich history of innovation and creativity, a result of the state’s ability to adapt and respond to changing conditions.

The Mitchell College Center for Business Excellence has proposed a model of economic development that emphasizes Employee Stock Ownership Plans (ESOPs) and other innovative methods to create a lasting economic impact. By providing employees with an equity stake in the company, ESOPs can help to create a more engaged and committed workforce, leading to increased productivity and profitability. This model is particularly well-suited to the needs of small and medium-sized businesses, where the workforce is often tightly-knit and invested in the company’s success.

Maine’s investment imperative

Maine’s economy is growing, but its pace is unevenly distributed across the state. While some communities are thriving, others struggle to attract and retain businesses. To address this unevenness, we need to focus on creating a more competitive business environment that can attract new industries and support the growth of existing ones. One way to do this is through the use of ESOPs and other innovative approaches to economic development.

The ESOP model has proven successful in communities around the country, including Maine. By giving employees a stake in the company, ESOPs can help to create a more engaged and committed workforce, leading to increased productivity and profitability. This model is particularly well-suited to the needs of small and medium-sized businesses, where the workforce is often tightly-knit and invested in the company’s success.

Maine is one of the few states that has a strong history of ESOPs. The state’s ESOP Association has been at the forefront of promoting this model, and has helped to create a supportive environment for businesses to adopt ESOPs. Maine businesses can learn from this model and adopt ESOPs to create a more engaged and committed workforce, leading to increased productivity and profitability. This model is particularly well-suited to the needs of small and medium-sized businesses, where the workforce is often tightly-knit and invested in the company’s success.

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The Mitchell College Center for Business Excellence has proposed a model of economic development that emphasizes Employee Stock Ownership Plans (ESOPs) and other innovative methods to create a lasting economic impact. By providing employees with an equity stake in the company, ESOPs can help to create a more engaged and committed workforce, leading to increased productivity and profitability. This model is particularly well-suited to the needs of small and medium-sized businesses, where the workforce is often tightly-knit and invested in the company’s success.

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Helping to Alleviate Brain Drain
A Dedication to Job Creation and Sustaining Community Based Small Businesses may be help out-migrating professionals

The Endeavor Community Development Corporation (ECDC), a 501(c)(3) non-profit housed in Portland, Maine, has been dedicated to providing small businesses and their employees with the tools and training they need to succeed in today's economy.

ECDC's mission is to create, support, and sustain small businesses in Portland, Maine. We are committed to helping local businesses and their employees grow and thrive.

ECDC offers a variety of programs and services, including:

1. Small Business Development:
   - Mentorship programs
   - Business coaching
   - Strategic planning

2. Economic Development:
   - Community development initiatives
   - Job creation programs

3. Entrepreneurship:
   - Entrepreneur training
   - Grant programs

ECDC's programs and services are designed to help small businesses and their employees succeed.

In Portland, Maine, close to 50 percent of commercial enterprises are small businesses. Nationally, 50 percent of all new jobs and 50 percent of the nation's gross domestic product are generated by small businesses. In Maine, the percentage of small businesses is even higher. From the creation of new businesses to the enhancement of existing ones, ECDC is committed to helping small businesses and their employees.

In addition to our programs and services, ECDC is dedicated to providing opportunities and training for small business owners, employees, and the community they serve.

ECDC's mission is to help local businesses and their employees succeed. We are committed to providing the tools and training they need to thrive in today's economy.

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Happy New Year everyone!

Obviously the New Year has brought change to Face Magazine. The new format is the most glaring of those changes. Tucked inside this addition—now "Statewide"—Face will once have the opportunity to be seen by as many as 180,000 people—live high from our 20,000 as a mainstream of last that a year ago. On top of that, color, rather than black and white, will now provide size and entertainment on a weekly basis, roughly quadrupling the already expanded distribution. Until we get up speed the revamped Face will have more pages per week, but more per month that it used to. And with 5% issue rather than 2% it will be able to feature a greater number of projects, keep our listings and calendars more current, review more of the range and readership as our cities here at the paper.

Here's to opportunity, to growth, to Tony the good fortune that Maine Weekly/FACE is printed on recycled paper —our readership will now have the opportunity to be seen by upwards of 20,000 people a week, but more per month than it used to. And with 5% issue rather than 2% it will be able to feature a greater number of projects, keep our listings and calendars more current, reach the range and readership as our cities here at the paper.

Here's to the new format, here's to the new Face. The new format is "statewide." The new Paper will be more current, review more of the range and readership as our cities here at the paper. Here's to the new format, here's to the new Face. The new format is "statewide." The new Paper will be more current, review more of the range and readership as our cities here at the paper.

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My Karma Ran Over Your Santa

Cristmas and New Year's Day. It's one of
my favorite times of the year. I love the
warmth, mirth, and intelligence underneath.

I can only be thankful it occurs all at
once, because it frees up the rest of the
year for meaningful and the celebration
of personal growth. But once the tinsel is
decorated and the snow stars fly, I try
for the week. Two years ago, I woke
up and saw the string lights glittering
on the tree in our living room. I was
awed by how the lights made the room
look so warm and cozy. I decided that
night that my parents were going to
Never have I been so happy to be
home.

This year, I'm off to a great start, or a
great finish. I'm happy to report that
I'm off to a great start. I've been
exercising regularly and eating healthily.
I've also been doing some volunteer work
at a local shelter. It feels good to give back
and make a difference in the lives of others.

One thing that I've noticed about the
New Year is that it's a time for reflection
and introspection. I take the opportunity
to evaluate my life and set new goals for
myself. This year, I'm planning to
focus on my career and personal growth.

I'm excited about the possibilities and
opportunities that the New Year brings.
I'm looking forward to the challenges
that lie ahead and the successes that
will come. I know that with hard work
and determination, I can achieve my
goals and live a fulfilling life.

So, here's to a new year, a new start,
and a new opportunity for growth and
success. Let's make the most of this
time and embrace the possibilities that
lie ahead.
Paranoid Social Club

READY FOR A DIAGNOSIS?

by Lee Holdren

Paranoid Social Club is getting a lot of head and their fans have a lot to shout about. They've been around for a while, having released their debut album, "The Golden " in 2006, and have been gaining popularity ever since. Their most recent album, "Citrin," was released in 2018 and has been receiving glowing reviews for its raw and emotive sound.

"Paranoid Social Club is a band that's not afraid to experiment and push boundaries. Their music is a mixture of folk, country, and Americana, with a hint of punk and rockabilly thrown in for good measure. They make music that's both timeless and relevant, and their live shows are legendary for their energy and rawness.

The band consists of guitarist and vocalist Eli Miller, bassist Nick Reisman, drummer Brian Blodget, and keyboardist Adam Flaherty. Each member brings their unique style to the table, creating a sound that's truly one of a kind.

If you're a fan of music that's raw, honest, and unapologetically human, then Paranoid Social Club is definitely worth checking out. Their music will leave you feeling moved, inspired, and ready for whatever comes next.

The Hayes Files

Reviews by Bill Agnew

NAME: Adam Flaherty
ALBUM: Citrin

"This is a collection of songs that is meaningful and somehow so made out to you."

"I would prefer the record company need us more than we need them."

"I found a meaning in the song that has found a place in me and will always stay with me."

"Well, I'm just a man alone, 10 feet above, and I'll just have to make my own way."
I walked into the state theater feeling a new wave of excitement. I've attended many shows here before but this time I knew I was in for a treat. I was ready to see my favorite band, Guster. I wasn't disappointed. As soon as I made my way to my seat, I noticed a few people had already arrived and were looking around. The music was playing softly, creating a calm and relaxed atmosphere.

Guster is a trio that originated in Boston, made up of Adam Raffini, riotous, and Ryan Miller (vocal/guitar). They are known for their unique drum style and Miller's unmistakable signature sound. They are strongly rooted in the local scene and have always supported the local music scene, which has meant a lot to them.

The stage lighting was impressive, illuminating the entire theatre and crowd, flashing bright blues and reds. The room literally seemed to glow with energy. In between songs, Miller introduced a new idea; "we want you to be a part of our performance. Let's leave the singing to us and let's dance to the music."

The audience was very aware of how lucky they were to attend the best performances yet. The stage lighting was incredible, making the entire theatre and crowd, seem as if each person had hopes that they would be able to capture footage for their online audience. The temperature was just right, not too hot or too cold, and the music was always at the perfect volume.

After Howie left the stage, the crowd roared in anticipation for Guster. A short break later, the lights finally dimmed to a soft blue and the sound of laughter filled the air. The audience had been waiting for their final moments. The sound of their new single "Stop the World Now" filled the theatre, there was the added commotion of the stage lighting and the excitement of the audience.

The stage lighting was incredible, illuminating the entire theatre and crowd, making the entire theatre and crowd, seem as if each person had hopes that they would be able to capture footage for their online audience. The temperature was just right, not too hot or too cold, and the music was always at the perfect volume.

As soon as the guys took their place on stage they broke into the familiar bongo beat of "Total Eclipse" and "Barrel". The crowd was incredible, illuminating the entire theatre and crowd, making the entire theatre and crowd, seem as if each person had hopes that they would be able to capture footage for their online audience. The temperature was just right, not too hot or too cold, and the music was always at the perfect volume.

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Maine

15 JANUARY THURSDAY
Miss Judy’s Country Dance @ The webinar. Portland. 207-774-9599. On Zoom.
15 JANUARY THURSDAY
“Take on the Night Charity Fundraiser” @ outside. Portland. 207-774-9599. From 7:30pm.
15 JANUARY THURSDAY
Lego Yoga” @ outside. Portland. 207-774-9599. From 7:30pm.
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Indie Eye!

For Independent Recording Artists

by David Phillips

W

can find the independent music whose genuine music fans love. Mix Design Studio(s)
are the answer. Mix Design Studio(s) are the answer. Mix Design Studio(s) are the answer.

PROJECT PLANNING/STAGE DESIGN

When selecting an album project, artists ought to be confident about the music. To Radio Stations and
the music to Radio Stations and before beginning an album project, artists ought to be
mass produced. Have the groove forming. EXPERIENCE

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Weekly/FEATURE

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New Year’s Resolution... Lose weight at ANTHONY’S Italian Kitchen

“A Lot of Italian for Not Much American Anthony’s Famous Low-Carb Diet “The Roger”

Any of the listed items below served on a plate without bread. $6.99 each


Reopen for Dinner
Bintel’s American Cafe
50 Exchange St., Portland
774-0005
98 Fore St., Portland
22 The Maine Weekly

American
THREE BOLLING SQRT. (corner Commercial St.
Portland, 773-0773)
WANNA’S IN THE MIDDLE: 300 Middle St.
Portland, 772-3434
THE BELONGING: 300 Middle St., Portland,
774-0500
PENNY: 450 Franklin Avenue, Portland, ME. 776-
3000

Italian
THE WINE BAR & RESTAURANT: 36 Wolcott St.,
Portland. 772-6000

Japanese
OBI: 105 Congress St., Portland. 772-7100
SUGO’S: 400 Congress St., Portland. 772-1050
THE WINE BAR & RESTAURANT: 36 Wolcott St.,
Portland. 772-6000

Delicatessen
FELL BELL DELI: 30 New Water St., Portland.
772-0317

EvilEats
100 CONGRESS ST. 772-1770
THE ALFREDS 53 Wacker St., Portland’s 773-
3000
SUNSETriz 900 Congress St., Portland.
773-0124
BART’S MOOD 300 Congress St., Portland.
772-9412

ITALIAN METEOR: 3rd Floor, Portland. 773-
7575
ITALIAN PIZZA: 3rd Floor, Portland. 773-
7575

KOREAN)
SUGO S Retrieved: 400 Congress St., Portland.
772-1050

THAI)
SUGO S Retrieved: 400 Congress St., Portland.
772-1050

Any of the listed items below served on a plate without bread. $6.99 each


"Your Voice, Your Story, Your Station!"

"Your Voice, Your Story, Your Station!"

Lunch Special $6.50 Choice of Three Items Plus Appetizer Private Parties & Events In-House Extensive Menu • Beer & Wine Seating 10-50 Patrons Dine-In or Take-Out Catering and Delivery Receive $1.00 OFF with this ad or with mention of it.
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Thank you again for supporting your local businesses! The Cascadia Weekly

“Your Voice, Your Story, Your Station!"
MacBerserker's: Scissurilous Computing

Happy New Year!

by Mark A. Robertson

As I write this it's January 1, 2004 and I'm just about to descend into the 35,000 foot level. I've now flown across 17 time zones and my body is trying to adjust to New Zealand time. Too bad there's nothing up there.

On my flight to New Zealand I read an article in the New York Times about the launch of a new satellite. The satellite is called GOES-12 and it will be used to monitor hurricanes.

I'm not sure if this is a good thing or not. On the one hand, it means that we can have better预警 of hurricanes and potentially save lives. On the other hand, it means that we are spending a lot of money on technology that could be used for other things.

But, there's more to the story. The GOES-12 satellite is part of the Full-Size Geostationary System, which is being built by the Defense Advanced Research Projects Agency (DARPA).

The GOES-12 satellite was launched on December 5, 2003 and it will be used to monitor hurricanes and other natural disasters. It is the latest in a series of GOES satellites that have been launched since the 1970s.

The GOES-12 satellite is part of an international network of weather satellites. It will be used to monitor hurricanes and other natural disasters in the Pacific Ocean, the Indian Ocean, and the Southern Hemisphere.

So, there you have it. I'm on my way to New Zealand and I'm thinking about the satellite in space. It's a strange world we live in.
**Funny bone**

**Fishy Jokes**

Why are fish so smart? Because they live in schools.

What fish is most valuable? A goldfish.

Why is it so easy to weigh fish? They have their own scales.

What’s the best way to catch a fish? Have someone throw it at you.

*FISH JOKES COURTESY: The tune-a *

**What sea music?**

What's the best way to catch a fish?

Have someone throw it at you.

**Why is it so easy to weigh fish?**

What fish is most valuable?

Because they live in schools.

**Funn¥**

**and may have some hurdles to clear as he integrates into a routine.**

**Something to Ponder**

1. Have your friend think of a number between 1 and 100, and tell him to add his secret number to 100. Your friend subtracts his secret number from the total and says a number between 1 and 100.

2. Using your calculator, take your friend’s number, multiply it by 2, add 5, multiply by 50, and subtract 250. Now add 115 to the number.

3. Next, tell your friend to add his secret number to this number, then tell you to add their secret number, then add 115.

4. The first half of the resulting number is your age, and the other part of the number is your friend’s secret number!

**Adopt a Pet: Bill**

Bill was a 10-year-old border collie who was very skinny when he was rescued by The League. At first, he was very mistrustful and had no interest in playing. With lots of patience and love, Bill learned to trust his new family. He now goes for long walks with them and looks forward to them. Bill is friendly with other dogs, but he still needs to work on being friendly with people. Bill has a lot of energy and loves to play fetch. He is very affectionate and enjoys snuggling with his family. Bill is a very special dog who needs a patient and loving family to help him reach his full potential.

**Define Your Image**

**Find out at Image Maker Hair Studio**

**A Family Experiences the Museum**

Christopher Experiences the Museum

**Christopher had a few favorites but also enjoyed everything else.**

Christopher is a big fan of the museum's interactive exhibits and always enjoys exploring the permanent collections. He loves the fun things to do, from the interactive displays to the hands-on activities. He especially enjoys the new things on display, such as the temporary exhibits and special events. Overall, Christopher had a wonderful experience and is looking forward to coming back soon. He highly recommends the museum to everyone, especially families with children.

**Art WANTED**

Send your original photographs, artwork and writing for consideration. Each week we will pick our favorites and contact artists with some propositions. We often ask for copies of your work, which will be returned. If we select your work, you will receive a fee. See Contest Page for Details.
Coming Soon...