From manufacturing to the service industries, Portland is packed with business activity of all shapes and sizes. There are over twenty-five separate banking companies, fifty insurance groups including health and casualty, fifty private schools, several factories employing 100 or more people and hundreds of small neighborhood shops. CBW takes a small sampling of what's going on in town.

BEGINNING ON PAGE 10
February 20

A Pollinair Rave

Kevin Barnes, leader of the Athens, Georgia-based musical collective known as Of Montreal, will be headlining on his first solo tour this winter under the different moniker of A Pollinair Rave. Accompanying Kevin on tour will be his brother, David Barnes, and musician Nina Grottland of the Ethnobabes, a Norwegian band. The show will contain live musical performances, some with pre-recorded backing tracks and dialogue which the group will perform along with, and some live spoken dialogue. In addition to debuting new Of Montreal songs, Barnes, Barnes and Grottland will be performing a theatrical piece that has been described as a parody of a traditional Greek tragedy. For more info contact the Space Gallery in Portland, 828-9000.

February 21

Thanatron

Don’t miss this edgily, over-the-top comedy about the world’s most dysfunctional family, a doctor with a penchant for assisted suicide, and a Cuban housekeeper with a crush on her employer! This is the world premiere of Carolyn Gagné’s latest comedy, Thanatron, performed by Portland’s own all-women theater company Casco and Lakes. Performances are on Fridays, Saturdays and Sundays from February 21 through March 16. Call the box office for times. There will be a special talk-back with the playwright after the show on Sunday, February 23. Tickets are $16, $12 for seniors and students. Portland Stage Company Studio Theatre, 25 A Forest Ave., Portland, 774-0465.

February 22

The Hobohemians

April and Bruce are a unique (home-based) father/daughter duo with vibrant energy and awesome versatility. From the Mechanics Fall area, they are known for playing the Guelph Junction Boys, while April grew up listening and singing along. She accompanies her father with sweet harmonies as the two perform from her scored songbook of American music. Doors open at 7 pm for the 7:30 pm show at the Far Star Commons in Norridgewock, $8, 743-0044.

February 24

Greater Portland Pancake Prize

From 6:30-9 pm, the American Café and Lounge in Scarborough will host a fund-raising pancake cook-off. Participating restaurants for the fund-raising pancake cook-off are the American Café and Lounge, Barbara’s Kitchen, and the Cove. Judges include Maine humorist Tim Sample and radio DJs Mark and Jim Crocker. A breakfast of coffee, pancakes, bacon and fresh fruit will be available for $5. Proceeds from the morning’s event go to the Good Shepherd Food Bank. The American Café and Lounge is located on Route 1 in Scarborough. For more information, call 885-1523 x 3.

2.20-2/26/2003
Pregnancy Massage

BY ALIX SHEPPARD

We all know that receiving regular massage feels good and improves overall well-being. But there is a special group of people who can benefit from bodywork even more: pregnant women.

Licenscd massage therapists are trained to ease the aches and pains that can often accompany pregnancy.

Studies have shown that regular massage can do wonders for those who are expecting. Not only does it help your doctor's approval, regular prenatal massage can do wonders for both mother and child. Circulation is increased to all areas of the body, including the placenta. Hormone levels are stabilized, making them less susceptible to anxiety. It's making both mommies and babies feel better. Among the many benefits, prenatal massage helps improve the comfort of your time as a parent.

Did you notice that receiving prenatal massage is denied by some health-care providers? It's possible they are not aware of the many benefits of prenatal massage. A study published in the journal of the American Academy of Family Physicians found that women who received prenatal massage had lower levels of stress hormones than those who did not receive massage. This is important because stress during pregnancy can lead to complications such as preterm labor and low birth weight. Prenatal massage can help reduce stress and improve overall health for both mother and baby.

What other healthy habits did you have in conjunction with receiving massage? I walked back from the gym, drank a lot of water, and ate salad. Chicken and vegetables are especially important for your health.

Cesarean births have been on the rise for the past few decades. Many factors contribute to this trend, including maternal age, smoking, and obesity. When a woman delivers via cesarean section, she is more likely to experience complications during the immediate postpartum period. Prenatal massage can help reduce pain and promote healing after a cesarean birth.

All of these benefits can help women feel better during their pregnancy. This is important because the emotional and physical changes that come with pregnancy can be overwhelming. Prenatal massage provides a space for women to slow down, breathe, and feel supported during a challenging time.

A study published in the journal of the American College of Obstetricians and Gynecologists found that women who received prenatal massage had lower levels of anxiety and depression than those who did not receive massage. This is important because mental health during pregnancy can impact long-term outcomes for both mother and baby.

Our bodies change so much during pregnancy. All of these changes can lead to a lot of discomfort, which is where prenatal massage comes in.

Prenatal massage is a powerful tool to maintain a nurturing relationship with your baby. Massage therapy can help you stay calm and connected during the birth process. It provides a space for you to slow down and focus on the present moment. This can help you feel more in control during labor.

This is a great time to start thinking about what you want your birth experience to be like. What is important to you? Who do you want to be there for you? What are your goals for your birth experience? All of these questions can be answered with prenatal massage.

Prenatal massage can help you feel more prepared and empowered for your birth experience. It can help you stay calm and connected during labor. It can help you feel more in control of your body and your birth.

So give your body the gift of prenatal massage. It's a powerful tool to help you stay calm and connected during this incredible time in your life.
February 20, 2003 Volume 15 Number 6

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

Feb 27 The Big Picture Show
If, as the saying goes, just one picture is really worth a thousand words, how much can we share about Portland by seeing dozens of photos of life in this city we call home? What is the image you project? If you want to promote visual arts in the community, be seen in this issue of CBW.

Mar 6 Spring Into Summer Camp
This issue will be listing all the wonderful camping opportunities that Maine has to offer. From sports camps to computer camps to day camps to overnight camps, this issue will help you find the right one for your little one. We will include summer camps from all over Maine no matter what your son or daughter's age is. We will also include summer care providers.

Mar 13 Best of Portland/St. Patrick's Day
From dinner to movies to theatre to balsams to ice cream shops, everyone has a favorite place to go and CBW, believing in the principles of democracy, provides Portland with a chance to voice their will! This issue will list the votes and reports on this year's winners. If you've got a place to float, get your business noticed in this great report on our city's treats. And, because March 17th is Saint Patt's Day, don't forget to go for the green in and around the city we call home.

For more information, contact Rosemarie Maca-MacLellan at 775.6601 or email cbw@maine.net. Space is filling fast!
LEADERS TEAM UP TO HELP GREAT NORTHERN PAPER EMPLOYEES

PORTLAND — Area civic and business leaders are teaming up to help Great Northern Paper employees.

The leaders have agreed to local food and other fundraising events to help employees affected by Great Northern Paper's bankruptcy filing.

The first event will be held on Oct. 27 at 5:30 p.m. at the Holiday Inn, 600 Water St., Portland.

LOCAL LEADERS TEAM UP TO HELP GREAT NORTHERN PAPER EMPLOYEES

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SUBMISSIONS

Please send entries of letters, editorials and guest columns to one of the following addresses:

MINECRAFT COMMUNITY CENTER

222 Main St.

Auburn, ME 04210

Email: info@minecraftcommunitycenter.org

This event, which is sponsored by the Girls Scouts of Maine, is the third in the organization's series of 100 Girls Rock! concerts and also includes an art project, which will be exhibited at the Maine Medical Center. The event will be about social media and the importance of being safe online.

For more information, contact Rhonda Allen at the Boys and Girls Club of Greater Auburn. (Photo by Erin Breeden/Portland Press Herald)
Big Biz, Small Biz

From manufacturing to the service industries, Portland is packed with business activity of all shapes and sizes. There are over twenty-five separate banking companies, fifty insurance companies including health and casualty, fifty private schools, several factories employing 100 or more people and hundreds of small neighborhood shops. The following is a small sampling of what's going on in town.

The Rent-A-Husband Story

K   aile Warren, 50, rose from homelessness to national celebrity in the options of what one can do to lift oneself out of poverty. It was in the early 1980s when Kail walked the streets of Portland, literally living in what some call "homeless" digs. Warren would call up service contractors and tell them his house was in disrepair. While paying for a plan that could ignite this one-time

One night in early 1983, Kail walked into a store he had been frequenting. He was looking for a pair of shoes to keep his feet warm. As he was leaving the store, he overheard the conversation of two customers. One man was expressing his frustration over having to battle the cold weather.

Kail decided to take a chance and walk over to the man and ask him if he could help him with his repairs. The customer agreed, and Kail was able to get an appointment to work on the man's home. This was the beginning of Rent-A-Husband.

Years later, Kail started to see a pattern emerge: repeatedly, he was able to get paid for his labor, even though he had not actually provided any services. People were willing to pay him for the time he spent with them, and the business began to grow.

In 1988, Kail began to incorporate the concept of "Rent-A-Husband" into his business. He started to use advertising to attract customers, and the word spread.

Kail's business continued to grow, and he began to hire other "husbands" to help him fulfill requests. Eventually, he started to refer customers to each other, and the business began to take on a life of its own.

Today, Rent-A-Husband is a multi-million dollar business with thousands of satisfied customers. It is now run by Kail's son, Kaile Warren, who has continued the family tradition of helping others through hard work and ingenuity.

Barber Foods – A Portland Tradition

Starting in 1955, Oakhurst Dairy in Portland, Maine has been a staple in many Maine households. The dairy was founded by Gus Barber, who started his business with little more than a horse-drawn milk truck.

In 1993, Oakhurst's processing plant, which has always been highly rated for perishable service and fresh, high-quality dairy products, was established. This year, master butchers decided to expand the company's operations to include a division of The Sentimental Playground, decided to make it easier for scrapbookers to organize their projects.

Got Milk? – The Oakhurst Dairy Story

While Barber Foods is often associated with the traditional milkman's delivery truck, the company has also been active in the dairy industry for over 50 years. Oakhurst began with two horse-drawn milk trucks, and today it has over 400 employees working at its Portland, Maine facility.

The company's dairy processes and packages over 300 million pounds of milk six days a week and is currently one of the largest producers of milk in the United States.

Oakhurst became a division of The Maine Dairy Association in 1992, and today it produces over $2.5 billion in sales annually. The company is also committed to giving back to the community, investing in education and health initiatives in Maine.

Maine MEP Helps Company Picture Success

With its mission to help Maine manufacturers grow and succeed, the Maine Manufacturing Extension Partnership (MEP) has helped many companies achieve success. One such company is Picture Success, a division of The Sentimental Playground, which specializes in providing scrapbooking and craft supplies to customers.

The MEP's Rodrigue, president of the company, said, "We have been able to identify potential customers and create new products as a result of our involvement with the MEP. This has helped us to increase our sales and expand our business."
What is the Maine Department of Professional and Financial Regulation?

The Maine Department of Professional and Financial Regulation (DPFR) is a regulatory body in the State of Maine. It oversees various professionals and businesses in the state, ensuring they meet certain standards and regulations. The department licenses and regulates professionals such as lawyers, engineers, and financial advisors, as well as financial institutions and businesses. It aims to protect the public and maintain the integrity of the professions it oversees.

Welcome Aboard! - DiMillo’s Floating Restaurant Receives State Honors

DiMillo’s, a popular floating restaurant in Portland, Maine, has been honored by the Maine Governor’s Commission for Tourism for its contribution to the state’s tourism industry. The restaurant was recognized for its unique role in attracting visitors to the city and for its commitment to providing an exceptional dining experience. DiMillo’s has been a staple of Portland’s waterfront for many years and has become a symbol of Maine’s hospitality and culinary excellence.

Coastal Enterprise Institute Celebrates 25th Anniversary

The Coastal Enterprise Institute, located in Ellsworth, Maine, celebrates its 25th anniversary. Founded in 1993, the institute has been dedicated to fostering economic development along the state’s coastline. It has provided support and resources to local businesses and entrepreneurs, helping them grow and contribute to the state’s economy. The institute’s work has had a significant impact on the coastal communities it serves, promoting sustainable growth and prosperity.

Gourmet Pasta – A Little Supporter by a Bigger One

Just as in the old story of how Maine was once the center of the pasta industry, a local business with a long-standing tradition of quality and service is ready to bring its expertise to the table. With a commitment to using fresh, local ingredients, the restaurant offers a wide variety of pasta dishes to satisfy any taste.

Good Work Habits for a Career on the Move

It’s true that every career involves challenges, but one thing that helps to navigate through them is good work habits. These habits, such as being organized, setting goals, and communicating effectively, are essential for success in any field. By developing these habits, you can create a solid foundation for your career, no matter where you go.
Your spa business may be missing a vital ingredient: a dedicated spa management professional! The spa industry is experiencing a growth rate of 21 percent annually since 1995, driven by the increasing demand for wellness and relaxation among baby boomers and the aging generation. Of the 5 million spas in the United States in 2003, 70 percent are part-time ventures, 5 percent are seasonal spas, and 3 percent are convention spas. In the spa industry, employees are growing in number, and the median salary for a spa manager is $30,000. The International Spa Association (ISPA) provides the first ever, standardized development and mentorship techniques have been linked to the rise of the spa industry. All employees can now participate in this cutting-edge program and will benefit from the added value of the ISPA's professional courses.

Wanted - Demand Soars for Licensed Spa Professionals!

The ISPA Spa Industry Study, conducted by the International Spa Association (ISPA) provides the first ever, standardized development and mentorship techniques have been linked to the rise of the spa industry. All employees can now participate in this cutting-edge program and will benefit from the added value of the ISPA's professional courses.

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I knew where to look because I had never seen one up close. It was just sitting there, not moving, only its eyes were blinking. It was such a strange sight. I couldn't believe my eyes. The thing was huge, much bigger than anything I had ever seen before. It was covered in thick fur, its eyes were glowing red, and its teeth were sharp and锋利. It was staring at me, its eyes never once wavered. It was as if it knew me, as if it had been waiting for me. I was scared, but I also felt a sense of fascination. I couldn't help but think about what it could be. Could it be a monster? Could it be a creature from another world? I didn't know, but I knew I had to get away from there. I ran as fast as I could, my heart pounding in my chest. I didn't stop until I was far away from where I had seen the thing. I couldn't shake the feeling of unease that had settled in my stomach. I knew I had to be careful. I didn't know what that thing was, but I knew it was dangerous. I had to stay away from it. I didn't want to be the next victim.
ANTHONY'S
Italian Kitchen
“A Lot of Italian Not Much American”
Be a hero, give the cook in your house the night off. Bring home dinner from Anthony’s Italian Kitchen for your family’s enjoyment.

Colindale Market Place
3501 Market St.
Portland, ME 04104
Tel: 764-1333

Italian Kitchen
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Cajun
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Continental
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Indian
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Mexican
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Japanese
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Korean
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Sushi
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

Vegetarian
301 Commercial St.
Portland, ME 04101
Tel: 764-1333

FRI-SAT
11am-9pm
SUN
11am-3pm

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Bar Open at 6:00

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restaurant row

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THREE MILL DOLLAR DRIVE
A restaurant and lounge. It is located in the heart of South Portland, and is known for its friendly, casual atmosphere.

BOB'S BURGERS
Serves this all up in a relaxed, cozy and casual atmosphere. “A

Burger.”

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LUNCH SPECIALS

Lunch or dinner in the mysterious Woodfords area.

Lunch or dinner in the mysterious Woodfords area.

CURRY, CHAHAN,

AND PIZZA.

DINNER SPECIALS

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AND PIZZA.
A program is designed to enhance Malnely Frames artists in Androscoggin, Franklin, and

exhibit of paintings, drawings, and sculpture by five 1993 graduates of Gallery Seven 49 Exchange

Maine. Hours: Mon-Thurs 9:30am-8pm, Fri-Sat 9am-5pm.

A program as anyone engaged in painting, drawing,

Jesse Nissen Bakery, 244 Main St, Portland.

the compositions. February 28-4-9949, 772-2208.

Collection. *Upper Gallery: "William Manning: Retrospective

andFri 10 am-9 pm. Admission: $8 ($6 for students

and Fri 10 am-5 pm. Admission: $8.75 ($6 under

Theater. Portland Museum of Art 7

Foyer of Bowdoin College. Call 786-6158.

vations are returning to a traditional sort of

by humor and compassion with uncompromising honesty.

31. Patrick immediately likes his new aunt, the

"Monty Python's Spamalot" is being presented at the Portland High School Drama

"The World of William Frazee" is being presented at the Portland High School Drama

"The Children's Theatre of Wales will be holding auditions for our show Monty Python's Spamalot at the Portland High School at 200 Bowdoin Street on Thursday, March 1.

"Voting is required for all students in the school as part of the school's". Contact information for the school is (207) 289-5179. For more information, visit the school's website at www.portland.main.gov.

22, Tues-Fri: llam-4pm

in Portland. A program of small works through January 25. Hours: 8 am-5 pm.

"Theater of Light" is a live performance by Niki Bongiorno, which is being presented at the Portland High School Drama Club. The performance is on Thursday, March 1st at 7:30pm. The school is located at 200 Bowdoin Street in Portland, ME 04101. For more information, contact the school at (207) 289-5179.

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Portland protests war with Iraq: 2.15.03


People gather at Monument Square and march through Portland voicing their opinion on the threat of war with Iraq. Many homemade signs and banners fill the streets including one attached to the bronze Lobsterman statue in front of Nickelodeon Patriot Cinemas in the Old Port (bottom left).
**Casco Bay Weekly**

**Movies**

**Chicago**

Rated PG-13 for sexual content and dialogue, and violence. It runs for 113 minutes, but seems shorter—it's really that much fun. I rate it five out of five stars, and suggest that you have been cooped up behind a desk all winter, this is the perfect reason to treat yourself to an incredibly in

**By Tom Green**

The story is more than just a story of two lovebirds, though that is the only lawyer who

**Sweet Home Alabama**

Rated PG-13 for language and sexual references, "Sweet Home, Alabama" is a hour and 49 minutes long, and I rate it with two out of five stars. But Whitmore's "Election" is an easy four out of five stars.

"**Election**" rates five out of five, so if your favorite video store is running a three-for-the-price-of-two rental deal, take advantage and enjoy a long evening of home theatre.

**By Tom Green**

**Movies**

**Chicago**

Rated PG-13 for sexual content and dialogue, and violence. It runs for 113 minutes, but seems shorter—it's really that much fun. I rate it five out of five stars, and suggest that you have been cooped up behind a desk all winter, this is the perfect reason to treat yourself to an incredibly in

**By Tom Green**

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**By Tom Green**
**Thursday, 20th**

**The Alchemists**
Ballroom (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Big Easy**
Gach (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Magic**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Station**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

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**Listening Posts**

**Lisa Pinette**
(The Early Bird) [34 Top 40/Pop/hip-hop/rap]

**The Big Easy**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Station**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

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**Friday, 21st**

**The Alchemists**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Big Easy**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Underground**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

**The Station**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

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**Saturday, 22nd**

**The Alchemists**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Big Easy**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Underground**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

**The Station**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

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**Sunday, 23rd**

**The Alchemists**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Big Easy**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Underground**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

**The Station**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

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**Monday, 24th**

**The Alchemists**
Lisa Pinette (open stage) [34 Top 40/Pop/hip-hop/rap]

**The Big Easy**
Gacha (hip-hop/trap) [34 Top 40/Pop/hip-hop/rap]

**The Station**
Open mic (open stage) [34 Top 40/Pop/hip-hop/rap]

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**Music seen**

**Yellow Cat Blues**

Shonna Mulliken

He's back! Travis James Humphrey, pop prodigy and winner of nearly every youth vocal award Maine had to offer between 1989-1995, has completed his tour of duty with the Air Force Band, Silver Wings, and lucky for us, we are return home.

Travis is now playing a regular Sunday night gig at a local club in Washington, DC, in hopes of establishing a similar relationship with club owners in the southern Maine area.

I asked about the road band, a somewhat unorthodox custom of big-name recording artists some appearances. "I'm just an artist," he responded. "It's just a job, and I'm thankful for the opportunity to do it." No matter where the band is, Travis is always there, ready to play. "It's a great place in Maine, but it's also a very different place when you're on the road," he said. "I like it. I like the travel, and I like the lifestyle that comes with it."

Travis' career has been marked by a few key events. He was born and raised in Maine, and his family moved to Washington, DC, when he was just five years old. He started playing music at a young age, and by the time he was in high school, he was already playing in local bars and clubs.

Travis started his career playing acoustic guitar and singing in small clubs around Maine. He soon started playing with bigger bands, and before long, he was performing at venues all over the country. His talent and hard work paid off, and he began to attract the attention of music industry professionals.

In the early 2000s, Travis started getting some notice in the local music scene. His talent and good looks helped him gain a following, and he soon found himself playing for crowds of thousands at some of the biggest venues in the country.

Today, Travis is a familiar face in the music industry, and he continues to tour the country, playing gigs in cities across the nation. He's also written several songs, and his music has been featured in a number of movies and TV shows.

Travis is grateful for the opportunities he's been given, and he's always ready to take on new challenges. "I'm just a musician," he said. "I love what I do, and I'm grateful for the chance to keep doing it."

Travis is currently working on his third album, and he's looking forward to sharing his music with fans around the world. He's also planning to release a new single later this year, and he's already started writing new material for his next album.

"I'm just a musician," he said. "I love what I do, and I'm grateful for the chance to keep doing it."
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THE REGULAR ISSUE OF "FAMILY BED"

By Marianne Dubois

FEBRUARY 25TH

Join Host Chip Edgar
eyou Every Tuesday 12:30pm-1:00pm

HOME DAD

Share YOUR thoughts with the "FAMILY BED" ISSUE

FUNDRAISING INFORMATION AND DOWNTOWN TO EARTH SCIENCES

ABOUT FAMILY LIFE WITH A REGULAR GUEST

February 25th

REAL RADIO: REAL PEOPLE. NO COMMERCIALS.

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THE MARGINAL WAY

Home Economics:
Energy Conservation is Good for the Economy

By R. K. Dancy

There is a lot of conventional wisdom that says that a high standard of living is
incompatible with high energy consumption. Historically, it is certainly true
that the expanded use of power has led to an ever more material
society.

Many still believe that the correlation between standard of living and energy con-
sumption is absolute. If we want to continue our nxtar American lifestyle, we need
to consider ways to sustain high standards of living in the future.

Building Matters: Miss Portland Diner

9 Margin Way, Portland

Every four seasons, drivers are greeted by the restored exterior of the Miss Portland
Diner, a coastal classic, that is now a staple of the Portland local food scene.

What was once the home of the Miss Portland Diner is now a popular restaurant
that serves up classic American dishes in a cozy setting.

The diner offers a wide variety of breakfast and lunch options, including
classic diner fare, such as pancakes, omelets, and sandwiches.

The Miss Portland Diner is not just a restaurant, but a symbol of Portland's
enduring love for classic American cuisine.

For more information, visit missportlanddiner.com

FEBRUARY 25TH

by Elaine McCarthy

Morbid Curiosity: Celebrity Tombstones Across America, Volume I

The once rich and famous.

Another Rat Capone, John Lawford, and Jayne Mansfield are in Pennsylvania (although a cenotaph - an empty grave marker
was removed from his crypt due to lack of space - and Sammy Davis Jr. was exhumed and relieved of jewels. Another Rat
co-star, George Tobias, was found dead in a motor home over a period of seven months to research and write Morbid Curiosity.

Reeves kill himself or was he murdered? Curiosity is 336 pages with 250 photos of their graves and detailed directions for finding each tombstone.


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THE MARGINAL WAY

E ven if only a few people remain at the entrance 29 pages with 150 black and white photographs,
Adopt a Pet: Lewis

L

Lewis, handsome, loving Lewis! A devoted companion, Lewis has lived for his entire life in the house where I used to live. He is described as a "small, sweet, loving, and very gentle". Lewis was adopted into a loving home and is now looking for a new forever family. He is described as a "loving, affectionate, and loyal dog".

Lewis is currently available for adoption at the Humane Society of Greater Seattle. If you are interested in adopting Lewis, please contact the Humane Society at 206-525-6260 or visit their website at www.hsgs.org. Lewis is waiting for his forever home and is just waiting to be adopted. He is a wonderful dog and would make an amazing addition to any family. Lewis is the perfect dog for anyone looking for a loving, loyal companion. Lewis is the perfect dog for anyone looking for a loving, loyal companion. Lewis is the perfect dog for anyone looking for a loving, loyal companion. Lewis is the perfect dog for anyone looking for a loving, loyal companion. Lewis is the perfect dog for anyone looking for a loving, loyal companion.
Non-profit news
Adventures In Communication
Building intergenerational connections

Contributed by John Deert

A
dventures In Communication or- ganizes and facilitates intergenerational projects establishing con- nexions and positive regard between per- sons of different generations who otherwise might have little reason or opportunity to know or like each other. Al's intergenera- tional community-building newsletter describes Project S.E.A.S.E. (Strengthening Elderly and Adult Services) a program developed by the Department of Human Development and Family Studies at Cornell University. Al's been given permission to adapt Cornell's work to its own.

"The boys at the skate- board park helped us with setting up the tables and ice cream makers and turned the cranks. They just jumped right in. It surprised me that there was no negativity. It was a good time."

Projects begin with a facilitator getting to know members of one generation (usu- ally a group of youth, adults or seniors) and helping them choose a list of knowl- edge or experience, a point of view that they would like to transfer to the other generation. The pilot project may involve anything from a place to contact in a service project and becomes a vehicle by which participants can optimize communi- cation, and open up new and positive perceptions about people that previously may not have been known or understood.

The facilitator leads participants into planning and implementing the project themselves. This results in individuals discovering what gifts of knowledge, their voice, skill and energy they have to bring to it, and connects them to the wider community to obtain resources they may need. A very empowering process for individuals who typically may not have felt valued, related or compre- hended, as a valuable opportunity to develop and express new understand- ings and appreciations for those from other generations involved in the project. Participants have a good time and stereo- types are unmasked.

An example of a successful project was The Big Chill. The Portland Press Herald reported on this event last winter which combined Senators and Teens, skateboarding and ice cream making. The article explained that eight senators were invited to watch a skateboard demonstration by teenagers in Portland's Marginal Way skate park. In the report, the teens were shown how to translate to news to old-fashion ed, handmade machines.

In a letter following the event, one senator wrote: "The hope of this skateboard park helped us with setting up the tables and ice cream makers and turned the cranks. They just jumped right in. It surprised me that there was no negativity. It was a good time."

The Big Chill event was facilitated by John Deert, who was invited Out to help organize and manage the event. The senators were enthusiastic about the experience, with a number of them expressing how much they had learned.

The facilitator's role in this type of event is to create a welcoming and supportive environment for the participants, ensuring that everyone feels valued and respected. The facilitator also helps to facilitate communication and collaboration between the different generations, fostering a sense of shared learning and understanding.

From where I sit

Mythical Downeaster Link

by Bruce N. Fisher

I visit Maine nearly every summer, but I found my first train trip from Philadelphia to be frustrating in my attempt to reach the Downeaster in Boston.

On the third day of July in 1967, I was living in a hotel in downtown Philadelphia. I had just completed a long-distance bicycle trip from Washington, D.C. to Boston, and I was eager to explore the city and its surroundings. I had heard about the Downeaster, a train service that runs from Portland, Maine to Boston, Massachusetts, and I was interested in taking it for my ongoing journey.

I arrived in Philadelphia on a Friday morning and made my way to the train station. I bought a ticket for the train that was due to depart at 11:30am, and I spent the day exploring the city before heading back to the station to wait for the train.

As I settled into my seat on the train, I noticed that the seats were empty. I had expected to have to share the space with other passengers, but it seemed like the train was unusually quiet. I soon realized that this was because the Downeaster was not actually operating on this particular day.

After a few minutes, I heard a voice over the intercom announce that the train was not in service due to mechanical issues. I was disappointed, but I tried to stay positive and focus on the other activities that I was able to enjoy on my journey.

The next day, I arrived in Portland and spent the day exploring the city before making my way to the train station to take the Downeaster to Boston. This time, I was able to board the train and enjoy the journey, which was beautiful and scenic.

I have many fond memories of my trip to Boston, and the Downeaster was an integral part of my journey. I am grateful for the experience and the opportunity to explore the city and its surroundings. I would definitely recommend the Downeaster to anyone looking for a unique and memorable travel experience.

Reflections on Washington's Birthday: Character Counts

by J. David Brumley

Washington wasn't much interested in self- aggrandizement. In fact, he took on the leadership of the Continental Army essentially because his reputation was so high in the wider community. He was a symbol of integrity and honor for his fellow soldiers, and he was willing to lead the country during a time of great need.

Washington was a man of principle and integrity. He was committed to serving his country and was willing to make sacrifices for the good of the nation. He was known for his humble nature and his ability to lead by example. He was respected not only by those who served with him, but by the wider community as well.

In the end, Washington's character and leadership served as an inspiration for future generations. His legacy continues to be celebrated and remembered for his unwavering commitment to duty and honor.

It's important to remember that Washington was not a perfect individual, but his character and leadership were an inspiration to all who served with him and those who came after him. We should strive to emulate his commitment to duty and honor, and work towards creating a society that is strong and united.

This article is an excerpt from an essay written by J. David Brumley, a historian and author. The essay was published in the Winter 2023 issue of the Virginia Historical Society's journal. The full essay can be viewed at the society's website.
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free will

astrology

ARIES (March 21-April 20): Before she died in July 2003,24 Beatie Gazing up at the heavens, however. They have plenty of opportu-

Taurus (April 21-May 20): "Mona Lisa" magic power or uncanny charisma. It can also refer to a lovely spell or sentimental magic. Carl Jung, a Swiss psychiatrist, noted that indigenous African American religions believe that "women" may be a corruption of the word "magic." It's more likely derived from the West African word "magas" which refers to a power of prayer and homage. In voodoo, a meraj bag is a cloth pouch filled with apotropaic charms. "Charms" is also intended to mean the unpredictable beneficence of pointer makes fewer of our preconceived notions or the wish of a person who has eaten a bowl of soup. I hope these definitions will help you make the most of the fact that your relationship with me is now opening wide again.

Gemini (May 21-June 20): Psychologists asked a thousand kids aged 3-12 which they liked better, Daddy, TV, Pappy, percent answered that they preferred TV. But even if your own inner child might be inclined to win with the majority on this question, Gemini, beg you go to do the other directions in the coming weeks. Why? Because you could use the fun to get the fun out of you.

Cancer (June 21-July 22): Yesterday was a busy moping-up your mess. You have a need to have a low nature of learning and to make room for my laptop on a shelf, I temporarily place it on the floor. "Please take note, kitty," I said petulantly to myself. "I swear, that the computer is now so large. It's not big on the computer. (No note on the computer.) A rabbit (I get dressed in a real cat call and admitted to another part of the house). When I returned, I was lost in thought. As you might assume, Mary has been looking directly on the laptop. The damage cost me $125 to repair. The moral of the story, as far as you concern your tender kitten, Cancerous. Don't leave the laptop on the floor in the first place.

Leo (July 23-Aug. 22): In the presence of the TV reality show, "Live Millennials," twenty women risked for her heart of a young woman's mind, without being worn are actually a normal construction worker in disguise. The aspiring consorts were asked what they would do if chosen to help the guy spend his $50 million. "I would do it," said my "undiploma": your official release from the school of schooling.

Virgo (Aug. 23-Sept. 22): In the premise of the TV reality show, "Joe Millionaire," twenty

Libra (Sept. 23-Oct. 22): The coming weeks will test your ability to think with your head and feel with your heart. You will have to be acutely attuned as you stay mostly single. Your luck will grow to the degree that you open your quest of percep-
tion wider and close down the vulnerabilities that make it easier for too many people to think only of their wants rather than their needs. If you want to get the most out of your experience in these exact capacities. Justified that by March 20 you will have earned the right to be called a master of contradiction.

Scorpio (Oct. 23-Nov. 21): You know what you wanted one deal. Hospital. You're like gourmet wax that tea been hand harvested as a rare, breezy afternoon is later consumed from a pristine marsh in Brittany. You are, in other words, rare and elegant. You are a primal and pure. You're a basic sexiness but exquisitely unique. I trust that you will share your leading seductively only with those who treat you as both a valuable spice and an essential condiment.

Sagittarius (Nov. 22-Dec. 21): Astronomers rely on telescopes to gather the evidence of a mysterious force beyond our comprehension or the skill of a person who has eaten a bowl of soup. I hope these definitions will help you make the most of the fact that your relationship with me is now opening wide again.

Capricorn (Dec. 22-Jan. 19): How many times have you wondered what your life would be like if your imagination hadn't been subdued by the educational system? What good happiness and inspiration might be there if you have already claimed if you've ever been "flying high?" What might have already been created by bad teachers and taint pedagogy? It's the right armchair grand tour to launch a quest to undo the damage. Capricorn. I've just finished you are "vitalistic," your official release from the oppression of your formal education; the beginning of your upper self in a position to harvest the bigger kind.

Aquarius (Jan. 20-Feb. 18): If you were out walking and spied a penny on the sidewalk, would you stoop down to scoop it up? If you are, you will have to face down a pest of some sort. The best recipe for victory is to assume the right to be called a master of contradiction.

Pisces (Feb. 19-Mar. 20): Three times this my life has opened," begins Jane Hirshfield's "Rollicking, jaunty and wry," they wrote, "Harrison looked death in the eye and took out the right astrological time to launch a quest to undo the wounding perpetrated on you by your formative education..." I suggest that you're in an analogous phase. Sagittarius. At least for the moment, you can't glean any more crucial insights from all the garbage spread around you. Everything you need to know is con-
tained within the observations you have already made and the information you've already ingested.

ARIFS (March 21-April 20): Before he died in late

You will have to face down a pest of some sort. The best recipe for victory is to assume the right to be called a master of contradiction.

The coming weeks will test your ability to think with your head and feel with your heart. You will have to be acutely attuned as you stay mostly single. Your luck will grow to the degree that you open your quest of percep-
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ARIFS (March 21-April 20): Before he died in late
enigma

solution for 2/16 crossword:

Across:
1. "Lorna Doone" character (5)
2. Brush
3. Design
4. Proud
5. Fanatical
6. Wood sorrel
7. Rudderdash
8. Flat molding
9. "Canzona de Noel" composer
10. Komi
11. Turk. title
12. Jag. fish
13. Intensitate
14. Amazon
15. Umbrella
16. Wax language
17. "Abner"
18. "Fables in Stang" author
19. Filmic tribunal
20. Television channel
21. Car
22. Invert
23. Presidential
24. Name
25. Filmic tribunal
26. Television channel
27. Molecule
28. Abdominal bone
29. "Abner"
30. Filmic tribunal
31. Television channel
32. Car
33. Invert
34. Presidential
35. Name
36. "Abner"
37. Filmic tribunal
38. Television channel
39. Molecule
40. "Abner"
41. Filmic tribunal
42. Television channel
43. Molecule
44. "Abner"
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49. Filmic tribunal
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51. Molecule
52. "Abner"
53. Filmic tribunal
54. Television channel
55. Molecule
56. "Abner"
57. Filmic tribunal
58. Television channel
59. Molecule
60. "Abner"

Down:
1. "Lorna Doone" character
2. Brush
3. Design
4. Proud
5. Fanatical
6. Wood sorrel
7. Rudderdash
8. Flat molding
9. "Canzona de Noel" composer
10. Komi
11. Turk. title
12. Jag. fish
13. Intensitate
14. Amazon
15. Wax language
16. "Abner"
17. "Fables in Stang" author
18. Filmic tribunal
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60. "Abner"

ENIGMA
Enigma ciphers are created from quotations and proverbs from around the world. Each letter stands for another letter. Here's how:

"HEL WZAL YQDS WDCCGWZ IZDSOLW FLH XODSOLW GJJLW; WV, YEJJL ZTWLIDL XQQOW Z OOHOL OVKL, QH GZDW Z PJLZH VDL."

previous solution: "Courage is the first of human qualities because it is the quality which guarantees all the others." — Winston Churchill

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FEBRUARY 22, 2022

41
just got better...

Molly's Weekly News!

Sunday Brunch
Beginning February 2nd! 9am-3pm
Lots of Great Food
in a Fun Atmosphere

Monday: Customer Appreciation Night
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