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The Josh Groban Interview

"The Voice" wants you to know he's really just the guy next door...

- Where Gardens Still Bloom
- The Computer Tutor
- Goodwill Hunting
- Grafton Notch
- Teaching Cats to Hunt
- A Talk with Robert & Vernita Leins
The Solution is Key.

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Activity at the Children’s Museum of Maine

February 19-25
PM Call 624-1254 ext. 221

Owls, Owls, Owls!
February 19
11 & 1:30pm
Explore the fascinating nightlife of Maine’s native rehabilitator
David Sparks.

The Snowy Day
1pm
Learn from the Children’s Atmosphere books, make snow bikes, have a snow pic
with the rehabilitator and earn a treat for your snow picture.

Building Respect for Rats
February 20
11am
Join John Wiffen and Jill Willcox from our barns of flowers and plants.

Puppet Pumphouse-
February 21
12 & 1:30pm
The performance.

All about animals
1:30pm
Meet animals from the Animal Wellness Center and learn about taking care of each.

Big Messy Arts
February 21
Saturday 10am
Touch Tank
February 21
11am & 3:30pm
Starry Night: Fireworks, Ice and pond creatures

Closed - Attention:
All but seniors (age 60 and above) (Children's Atmosphere books, will receive a timed admission to the
$6 per person payment and receive a ticket, one per person)
$6 per person payment and receive a ticket, one per person.
For more information call (207) 276-3331 or online www.maine.com

Cumberland County Civic Center

PORTLAND PIRATES HOME SCHEDULE

February
1 Host 7:05pm Wenrcester
6 Pirates 7:05pm Manchester
11 Pirates 7:05pm Lowell
16 Pirates 7:05pm Saturday
21 Pirates 7:05pm Providence

March
3 Wednesday 7:05pm Wenrcester
6 Pirates 7:05pm Manchester
11 Pirates 7:05pm Lowell
16 Tuesday 7:05pm Lowell
21 Sunday 7:05pm Philadelphia

JAKE 2.0
Wednesdays 9/P

COMPETITION IS A BEAUTIFUL THING

AMERICA'S NEXT TOP MODEL

SERIES RETURNS JANUARY 13TH, 9/P

www.Maineweekly.com FEBRUARY 19, 2004
Robert and Vernita Leins own QiGong Studio—Maine Wellness Center—School of Healing Arts, 81 North Street, Rockland, ME 04841 (207) 596-7969. They have been working together since 1996. They developed many different ways of moving qi (energy or bioelectricity) in and around the body.

What made you interested in qigong?

Robert: I was always interested in Eastern disciplines and had practiced several around the world. When I had a back injury and was unable to walk, the medical profession什么都 frustrated with my case. They gave me different ways of coping with the problems rather than resolving the underlying issues. Drugs and a prescription remedy can only palliate the disease, so I started doing qigong to help my Chinese teachers and myself with which I still teach and much.

Vernita: I had health issues which all the modern tools couldn’t address. So, I started doing qigong. Within 6 months I was able to do everything that I normally did. I also talked to my doctor who gave me some qigong exercises to practice every day. I began to feel better, my reserve energy began to build. I got well when I got back to all the activities that I love to do, and my overall health improved.

How did you get interested in qigong?

Robert: I didn’t get interested in qigong over night. I’ve been practicing qigong for many years. It’s important to have someone to teach qigong to you. It’s not something that you can learn on your own. It’s important to have someone to guide you through the process. It’s a very personalized process.

Vernita: I learned about qigong from my sister who had been doing it for many years. I started doing qigong with her and really enjoyed it. I started to feel better and my health improved.

What are the benefits of practicing qigong?

Robert: Every person is unique. Everyone benefits in ways that are individual to them in the case. It’s more about the cosmic balance of things flow evolution. The Chinese tend to think proportionally than horizontally, that is, when they think of a problem, they use proportion to the clarity of the individual as a microcosm. The therapy heals the individual as a whole.

Vernita: Everyone is affected differently. You begin where you are and you learn how to listen to yourself, that is, to listen to your body is really important. It’s not about being perfect or doing a particular sequence. It’s about paying attention to where you are at the time, how’s the flow going now.

Vernita: I have health issues which all the modern tools couldn’t address. So, I started doing qigong. Within 6 months I was able to do everything that I normally did. I also talked to my doctor who gave me some qigong exercises to practice every day. I began to feel better, my reserve energy began to build. I got well when I got back to all the activities that I love to do, and my overall health improved.

What makes you decide to open the Qigong Studio?

Robert: Robert and Vernita Leins own QiGong Studio—Maine Wellness Center—School of Healing Arts, 81 North Street, Rockland, ME 04841 (207) 596-7969. They have been working together since 1996. They developed many different ways of moving qi (energy or bioelectricity) in and around the body.
Contests

Photograph by Crystal Brown of New Gloucester

Winning Photograph entry by Crystal Brown for Winter Olympics Revisited

We Want Your Letters!

by Martha Jones

Teaching Cats to Hunt

by Roger Doiron

GRIND

Just Food

Remembering When Food was Fun

feedback

Good Review

Thals for your scintillating review of Cat Man, a recent New York Times best-seller that I'll be sure not to read. Beautifully written and moving to a point of tears. I feel that the film also ran on ad nauseam. Unnoticed staging by Ada in crisp crinolines attempting to
around the barnyard of Tara, only to be stopped by Aqua in crisp crinolines attempting to catch a pigeon, but one candidate for a blue ribbon at the Cumberland Fair! - Ann M. Powell

Daffodil Days

An on-target review of that the film also ran on ad nauseam. Unnoticed staging by Ada in crisp crinolines attempting to around the barnyard of Tara, only to be stopped by Aqua in crisp crinolines attempting to catch a pigeon, but one candidate for a blue ribbon at the Cumberland Fair!

ERRATA

There was a misprint in the February 12 issue. After "as we moved in our office like file cabinet's...

ERRATA

We're looking forward to your submission to: Contest Department, submissions returned)

ERRATA

Sure to include your

Just Food

by Roger Doiron

Remembering When Food was Fun

JustFood

A large part of the problem in cultural America suffers from an interiority complex. When it comes to food, people hold back and make it complicated. This is why I think that the forum being proposed for discussion this week is the perfect place to start. We don't realize that part of the reason for the culture's role in our daily lives is that we do so. I think that they accepted that quality food has a big part of America's cultural identity.

In the end, it's about getting our priorities straight, both for ourselves and for others. Rather than eating off the shelf, cheap food helps to the extreme. I think that people are realizing that the way we feed ourselves is not just about our health but our environment as well.

The current wave of food safety scares seems to us with an unspoken opportunity to rethink the way we eat. Food that seems as newsworthy while improving our health, our environment, and our personal health may not be as common as ever. But it is certainly not lost.

Roger Doiron works for the Life Local Foods program, a group of local organizations that are united in ensuring that food is grown, processed, distributed, and consumed in a manner that is sustainable, healthy, and fair.
Portland's premier neighborhood salon

Sabi Says......
Get Out More!

Check Out Our Listings Section Within Face To See What's Going On In Arts And Entertainment.

The Maine Weekly
11 Forest Avenue, Portland, ME 04101
207-775-9021

in focus
text & body wellness center

376 Forest Avenue • Portland • 871-8942

Health & Wellness
Yoga for Kids

by Heather Whitehouse

Our children need yoga. They need it badly. They need to think of their bodies as a whole and enjoy their bodies for what they are. And we need to help them develop their bodies. And help them find their center so that they can forget their bones, you have choices (far from everyone)

When something passes on a street, you'll just start thinking of it. In fact, many have realized this long before it begins. It is called "chakra" or nested inside your body. They need help when they're no more. And they know how to breathe with air full in the their heads.
The result was a histrionically boring spectacle of robotic sexuality and fake emotion. Saving grace amidst the monumental emptiness, you find them, thereby exposing the raw humanity that lies beneath the facade.

You find free will in the face of a choice. You can choose to win (or, even if you lose) to be your equivalent of a gold medal between now and 2021. Don't give up on being your best, don't let the idea of giving up on being your best consume you. Be realistic about what's possible to accomplish in the short term.

Through an act of grace you don't fully understand, you might learn to live with the unknown. It's a means to an end, and the end is to be honest with yourself and with others.

You and your role model in the coming week, Libra. Be firm and flexible. You can be your own best friend and your own worst enemy.

To be a favorably timed period, the cosmos will be offering an opportunity to the person who is willing to take advantage of it. The time is now, so seize the day and seize the opportunity.

It's important to remember while doing the work of Goodwill, that all the purchases made there are tax-deductible. The huge amounts of donated material that is funneled to various day treatment programs and residential facilities. Eighty-five percent of the earned dollars stretch across New England. It is important to remember while doing the work of Goodwill, that all the purchases made there are tax-deductible. The huge amounts of donated material that is funneled to various day treatment programs and residential facilities. Eighty-five percent of the earned dollars stretch across New England.
Fort Kent to Host Biathlon World Cup

FORT KENT — The residents of Fort Kent will be proud to host the 2004 World Cup during the Biathlon World Cup from March 3 through March 6, according to Diane Plourde, executive director of the Fort Kent Chamber of Commerce.

"We are excited that Fort Kent will be hosting events throughout the world for the very special event," Plourde said. "The city is a perfect location for the event with the 400-bed shifts at the Good Will-Hinckley Mountain Rescue Center, we will also offer live entertainment during that work.

According to Plourde, volunteers from throughout the area Fort Kent region have been preparing for the World Cup, including the Red Hills Festival and a special event called Community FORT. "We will be hosting the Fort Kent FORTory of this region," Plourde said.

At the heart of the event will be the World Cup competition, which features biathlon, or cross-country skiing with the precision of marksmanship. The biathlon is the most popular winter sport in Europe, and more than 100 athletes will be expected to compete in Fort Kent.

"We anticipate raising more than $3.5 million for the event," Plourde said. "More than 12,000 visitors are expected to attend the event, and we will be offering special events for the whole week.

Retired and Senior Volunteer Program Needs Volunteers

PORTLAND — The Portland-based Senior Volunteer Program is seeking volunteers age 50 and over for the following volunteer opportunities:

• Cassie, 48, is looking for a volunteer to help her with her daily needs. She is currently living in a nursing home and needs assistance with her daily activities. The volunteer will be expected to help with light cleaning, cooking, and other tasks.

• John, 62, is looking for a volunteer to help him with his daily activities. He is currently living in a nursing home and needs assistance with his daily activities. The volunteer will be expected to help with light cleaning, cooking, and other tasks.

Volunteers who are interested in helping with these or other volunteer opportunities should contact the Senior Volunteer Program at 780-4021 or 1-800-427-6771.

Daffodil Drive to Cheer Cancer Patients

PORTLAND — For cancer patients recovering from surgery undergoing chemotherapy to local hospitals and nursing homes, the American Cancer Society is offering daffodils to bring joy through music. The Society will provide a bouquet of ten daffodils, arranged in a glass vase, and a personalized note to encourage cancer patients or others in need. Individuals can place their orders by calling the American Cancer Society's office at 800-444-2212, press 3, by March 6.

New Summer Camp Coming to Maine

CAMPS — To Aug 2004 CDCTH, a summer camp that creates fun for children in a safe, healthy atmosphere, has brought together two camps for the 2004 season. Camps will be held at the University of Maine, visit them on the web at www.camp2004.maine.edu.

Registration Deadline for ACT Test is April 27

Colby College's high school students can take the ACT Achievement Test on April 27. The registration deadline is April 4. Registration for the Achievement Test is required to participate in the exam.

Maine PETS Seeks Young Writers and Illustrators

LEWISTON — Main PETS is calling for young writers and illustrators to submit entries for the 2004 Maine PETS Annual Regular Writing and Illustration Contest. The contest is open to all students ages 12 and under.

MaineInfinity to Host Biathlon World Cup Drivers of its own two cars. Drivers should include an old-style film camera. Drivers will be judged separately by grade level and must be in Maine PETS by March 13, 2004.

"We are excited that Fort Kent will be hosting the Fort Kent FORTory of this region," Plourde said. "We don't have a lot of volunteers right now, but we are very excited about the event and we are looking for more volunteers to help with the event.

Contact info can be found on the website at www.fortkentbiathlon.org. We also encourage people to come and visit the website to learn more about the event.

Maine Innskeepers Association Helps Benefit Habitat for Humanity

WYOMING — The Maine Innskeepers Association, a leading provider of hospitality information, is helping to bring attention to the need for affordable housing in Maine. The association is working with the Habitat for Humanity to help build homes for low-income families.

More information can be found on the website at www.maineinnskeepers.org. The website also has helpful information, sample tests and the opportunity to order test prep materials.

Community

P unters and adults over the age of 70 will be able to attend the event for free. The event will be held at the University of Maine, visit them on the web at www.camp2004.maine.edu.

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"The Voice" wants you to know he's really just the guy next door

The Josh Groban interview
by Rex Rutkowski

For Josh Groban it begins, and ends, with The Voice. That can be both a good and a bad thing.

"I'm a regular guy. A lot of people assume because I sing this kind of music, I must be aloof and I probably wouldn't want to talk to them. They assume this kind of music is aloof," the artist explains from his Los Angeles home. "I'm a 22-year-old guy. This is the voice I have." There it is again: The Voice.

"Breaking through and reaching people in this industry is extremely difficult, as I found out, especially when you don't have the kind of music immediately accessible to Top 40 radio and MTV and things like that," he says. "It makes it very difficult to get your face seen and name known and conversely your music heard. It's a real uphill climb, but there are great rewards.

As Groban embarks on his first worldwide concert tour, he comes armed with new fuel, his second CD, Closer. "It's out something that can be considered a sell-out follow-up, with three original songs and some of the best music of his career," he says. "Becoming more mainstream has led to a lot of negative assumptions." He adds: "I'm proud of my voice, and my music. I've always been proud of the fact that I sing what I believe in. I'm not sure exactly why. I don't think I'm a sad person. I'm actually a happy person. I'm braced."

"I'm somebody who loves to tell a story and express my feelings through music and I've always had a huge passion for music. It's the dream of my life to express myself through singing and now writing. It's thrilled to have come so far so relatively quickly."

The main goal is to get people closer to who you are. You choose music and sing music that best expresses that."

"The Voice," Groban says, "is the voice I have." As soon as someone writes, "He's an opera singer," Groban says, "I reply, "No, not yet." A pop star? "Absolutely not."

"I like to think of myself as a realist. Sometimes I'm like a regular guy. A lot of people assume they can't relate to the artist they're listening to and they're looking for an escape, but I'm looking for people who want to hang with guys in rock bands next door," Groban says. "I'm a regular guy. I grew up in a great city where I was able to experience and listen to many styles of music, and having an amazing, supportive family who supported me in whatever way possible, the songs on Closer are a major step closer to who I really am and what my music is all about. It's not about being a public persona. I know exactly what I'm about."

"I'm somebody who understands that it is convenient, necessary even, for people to classify an artist, especially a new one. "The fact of the matter is, I have always had a huge passion for music. It's the dream of my life to express myself through singing and now writing. It's thrilled to have come so far so relatively quickly."

Groban says he has a natural affinity for sad songs and he's not sure exactly why. "It's not something that can be considered a sell-out follow-up, with three original songs and some of the best music of his career," he says. "Becoming more mainstream has led to a lot of negative assumptions." He adds: "I'm proud of my voice, and my music. I've always been proud of the fact that I sing what I believe in. I'm not sure exactly why. I don't think I'm a sad person. I'm actually a happy person. I'm braced."

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very rare that a happy song is really expressive of happy feelings. And songs aren’t immune from shallowness, he adds. “They have to be well written.”

He sometimes sits on a song for two years. “I can’t get a sound not cheesy sometimes with the voice I have with that melody out of my head.”

When listeners don’t know the tongue, he says. It’s important when he knows that people still get it. “I’m really proud of that connection.” He is drawn to the “immediate energy and enthusiasm” of digital photos. This is data that will never happen to you. You can have your list of website archives.

So, don’t be one of those who says, “It’s worth more to you.”

The Portland Pirates are joining with the National Hockey League to promote its annual diversity program, "Hockey Is For Everyone." The program will be held on February 11, 2011, at the Portland Expo Center in Portland, Maine. It will feature hockey players from around the country and will include special guests such as Groban and the NHL’s "Hockey Is For Everyone" program.

The Pirates endeavors on behalf of "Hockey Is For Everyone" will include information on the program during all games broadcast on the Portland Pirates Network during the month of February. The program will also feature special guests such as Groban and the National Hockey League’s "Hockey Is For Everyone" program.

The Pirates will also take part in the program, which will run from February 11 to 13. The Pirates will also run a public service announcement during all games broadcast on the Portland Pirates Network during the month of February.

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Uniquely Maine
Grafton Notch State Park

As my license plate says, I love to BYKNHYK (for the acronym that’s bike and hike). One of my favorite places to take a hike is Grafton Notch State Park in Newry. I have hiked there several times and it never fails to impress me. When I moved back to Maine in 2001, I realized that all places I had never been to before. The first new place that I explored was Grafton Notch. I packed up my car, including my hiking companion, Big Red, a miniature pinscher.

The drive was an hour from Portland, a long but beautiful ride. Route 26 runs right through the park. I was driving along and suddenly we were at the first scenic stop, Screw Auger Falls. Immediately upon getting out of the car, I could hear the falls. Red and I walked down and saw this beautiful waterfall cascading down. The crystal clear water zigzags its way down the rocks to a deep and cold pool. It is gorgeous any time of the year. Above the waterfall are pools of water that invite you to stick your feet in—but probably not in the winter.

Next along the road is Mother Walker Falls, featuring a natural bridge; you can still see evidence of the carriage trail that once went through. In 10 minutes you can hike in to Mooselookmeguntic Lake. Off the trail to your car, you can see a lot of bright, green moss which you are warned not to touch.

The last stop before leaving the Notch is Old Speck Mountain. This is the sixth highest peak in Maine at 4180 feet. There are a lot of hiking trails, including the Eyebrow Trail and Table Rock. Both trails are a tough hike for someone already out of shape, but well worth the view. I have never climbed Old Speck but it is supposed to offer a magnificent view from the top. Two thousand miles of the Appalachian Trail run through the park. Grafton Notch is a great spot for day hikes.

The first time I hiked the Eyebrow Trail, I ended up hiking with an older gentleman who was doing day hikes all over New England. His wife would sit in the car and read while he hiked. If only his wife could have seen the view we had at the highest point, we could not see where the glacier had moved through. Just thinking about the power of ice to form mountains and valleys blows the mind.

Grafton Notch features "a glacial valley, high cliffs, narrow, sheltered gorges, and peculiar rock formations that provide a visual showcase of the work of glaciers." The Notch is a "classic example of a U-shaped valley carved by glacial ice." Almost all the rock formations in the notch are made of granite. The weathering of the granite has smoothed a lot of the rocks down. Beautiful glacial features and glacial sculpting are the cause for the impressive features and natural beauty of Grafton Notch.

All facts and information taken from "Glacial and Postglacial Ecology of Grafton Notch State Park" published by the Maine Department of Conservation.
I'm a self-taught folk music 'tinkie' who spends a lot of time listening to other singer-songwriters. Jud Caswell was impressively gifted. We met in his studio, Frog Hollow Studios, in A. A. Alderwood Heights, just off Rte. 1 in Brunswick, with the windows open. It was beautiful outside, and we talked about his music and his passion for it.

Jud Caswell has been singing and playing music for as long as he can remember, beginning his musical journey by picking up and playing the sopranophonic in the fourth grade. "It was a Friday when I got it," he says, "and before Monday I was playing songs, before even getting into school and signing up for lessons. When I got into high school, I ran into the self-reliant, gifted musician. Jud and I sat down in his studio to discuss his life as an artist, his music, and his passion for it.

Jud Caswell has released four albums, his most recent, Lost & Found, appearing at Slates in Hallowell on Monday, February 24th from 6-10 pm. Don't miss this event. Jud Caswell will be hosting his CD Release party at Judcaswell.com, where you can learn more about Jud Caswell, his music, and his passion for it.

Jud has released four albums, his most recent, Lost & Found, is a treasure for any music fan. He's played of his own music, and he should. This album is a gem, showcasing his songwriting ability and his beautiful guitar work. It's a perfect blend of acoustic and electric instruments, and Jud's voice is as soulful as it is powerful. It's a true self-reliant, gifted musician, and Jud and I sat down in his studio to discuss his life as an artist, his music, and his passion for it.

Jud Caswell's music is a reflection of his own life and his experiences. His songs are personal stories of times spent with family and friends, Jud also offers a couple of insights into more worldly concerns. His music speaks from the heart, and his passion for it is evident in every note he plays. His music is a true reflection of his own life and his experiences.

Jud Caswell is a true self-reliant, gifted musician, and Jud and I sat down in his studio to discuss his life as an artist, his music, and his passion for it. Jud Caswell's music is a true reflection of his own life and his experiences. His songs are personal stories of times spent with family and friends, Jud also offers a couple of insights into more worldly concerns. His music speaks from the heart, and his passion for it is evident in every note he plays. His music is a true reflection of his own life and his experiences.

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A three-Lee Vancover was taken into
custody on January 8, 1991 for the
murder of six men along the Florida
highways, although she was only
about 20 years old at the time.

In October 2002, Adkins Worsen
was taken into custody after confessing
to the murder of a man in Columbus.

Lee's trial and execution are
reported to have been well-known
to the public and have been widely
covered in the media.

Lee herself was known for her
outfit style and her habit of
posing with knives and weapons.

Lee's last statement before
execution was reportedly, "I expect
to live a full life in the afterlife."

Lee was executed by lethal injection
in 2002, and was buried in a
segregated section of the prison
where she had been held. The
funeral service for Lee was
described as being very simple and
private.

Lee is remembered as one of the
most notorious serial killers of the
20th century.
The 46th Annual Grammys

**In One**

something in my stomach didn’t feel right. I was a little out of this frozen stare for a much-needed vacation but what at the Grammys. In you could feel this same industry’s future. I wouldn’t happen again.

budget and staff it was glaringly risque clothing and wild party at a secret Hollywood party at the White Lotus. The building quickly packed in our own admission, could for it’s true that was created by him. In his mainstream ambiguity. Likewise his guitar playing distance, but they’re doing it that was another angst-ridden. his tortured and man’s vocals sound like a Nathan Lane singer, upbeat, swinging jazz pulses, but the hey, at least they’re original. as this review may make them out to their lack of resources is the main important than flawless studio to hear some strange voices on top to this sound. It’s nicer to have some strange voices on top of some bizarre Broadway beats, than to listen to another angst-ridden rock group, or dreary-rolled folk stage. The Project may be wack, but hey, at least they’re original.

Universal Records skipped the Grammy after party altogether for the second year in a row, and just maybe in part because of the 46-name nominees’ clowns received the 300,000 price, the one and only William Morris. Though it’s evenly split between the Superhero and all those throwing lavish parties. Every year sound compa- ny announced by our bands is in our own group or something, so our soundcompa-

The Closing of Winterland 1978

Grateful Dead

The Closing of Winterland is an account of the Grateful Dead’s closing of the Winterland Ballroom in San Francisco. It is a testament to the band’s impact and influence on the San Francisco counterculture of the 1960s and 1970s. The book is written by Bill Randle, a journalist and music writer who has covered the Grateful Dead extensively. It is a comprehensive look at the band’s rise to fame and the impact it had on the music scene of the time.

The book is divided into several sections, each focusing on a different aspect of the band’s history. The first section covers the band’s early years, starting with the formation of the group in 1965. It describes the band’s music and their development over time, as well as their influence on the San Francisco counterculture.

The next section covers the Winterland Ballroom, a San Francisco venue that was home to many of the band’s early concerts. The book describes the history of the Winterland Ballroom and its role in the Grateful Dead’s career. It also includes interviews with band members and Winterland staff members, providing a unique perspective on the band’s relationship with the venue.

The third section covers the closing of the Winterland Ballroom in 1978. It describes the events leading up to the closing, as well as the impact it had on the band and its fans. It also includes interviews with the band members and Winterland staff members, providing a unique perspective on the closing of the venue.

The book is a must-read for anyone interested in the history of the Grateful Dead or the San Francisco counterculture. It is a comprehensive look at the band’s impact on the music scene of the time and the role it played in shaping the San Francisco counterculture of the 1960s and 1970s.
The Goings-On and The Ongoing for the week of February 19

NEW HAMPSHIRE

19 FEBRUARY THURSDAY


19 FEBRUARY FRIDAY


20 FEBRUARY SATURDAY


20 FEBRUARY SUNDAY


21 FEBRUARY MONDAY


21 FEBRUARY TUESDAY


22 FEBRUARY WEDNESDAY


22 FEBRUARY THURSDAY


22 FEBRUARY FRIDAY


23 FEBRUARY SATURDAY


23 FEBRUARY SUNDAY


24 FEBRUARY MONDAY


24 FEBRUARY TUESDAY

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BASS
PLAYER
or
Maine
types of music, soundtracks,
1ST looking for busy sou thern
humorists, artd more
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the studio!
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flair for
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in the door. Looking for people who
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Iced
style
Toll Pree:
E-molb rwporont@gwl.not
Our influences range
of eight steel
offer
207 -78 4 - 1445.
Preferably High School to College or older if soft
new members interested in learning and playing
GUITAR
PENDENT AND UNSIGNED
to
Parent
male
must be present if under
207-78-4-1445
Euphonium ensemble/quartet paid persormances
Other
856-9992.
Euphonium ensemble/quartet paid persormances
Other
856-9992.
Euphonium ensemble/quartet paid persormances
Other
856-9992.
Euphonium ensemble/quartet paid persormances
Other
856-9992.
Voices of Democracy

MILLIONS stand behind him

by Dan Brown

In Baghdad, the clothing company Natica has moved its warehouse facility to a reservoir plant in the south. Now we addressees are reduced to routinely asking the possible arrival of an Apparatchik residing with but a scut if out at 238 l as in Bayouville, George Mitchell (who did play the nourished) in the northern section, a push to keep the Halliburton story open in its hometown.

There are examples of good corporate citizenship in Numa, L.L. Bean, and Old Navy, and today everything is to the point. The fact remains that pregnant company like these are outside for being the antithesis of the corporate polling. Point: Kevin Parish, a vice-presidents from Portland, is working to get technology into the fold this week they might lose temporary jobs or cut their number. The social context is now so topside, across the stream to be solid blue. The market to move the middleclass into a deficit as well.

Do you think that the CEOs of these companies have instilled automated corporate voyeuristic systems, tangential benevolent packages, or streamlined benefits in their employees? Or are they setting on their tax cuts in their second homes on the Maine coast? A great deal to be said about the low paid and the combined productivity through these?

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# Sengchai Thai Cuisine

A Taste of Authentic Thai Cuisine

## LUNCH SPECIALS

<table>
<thead>
<tr>
<th>Day</th>
<th>Special</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Peanut Butter and Jelly Fried Rice</td>
<td>$2.50</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Thai Green Curry Soup</td>
<td>$2.00</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Tom Yum Soup</td>
<td>$2.50</td>
</tr>
<tr>
<td>Thursday</td>
<td>Pad Thai (Vegetable)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Friday</td>
<td>Mango Salad</td>
<td>$2.50</td>
</tr>
<tr>
<td>Saturday</td>
<td>Pad Thai (Beef)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Sunday</td>
<td>Pad Thai (Pork)</td>
<td>$2.50</td>
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## APPETIZERS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Spring Rolls</td>
<td>$4.95</td>
</tr>
<tr>
<td>Beef Spring Rolls</td>
<td>$4.95</td>
</tr>
<tr>
<td>Chicken Spring Rolls</td>
<td>$4.95</td>
</tr>
<tr>
<td>Shrimp Spring Rolls</td>
<td>$4.95</td>
</tr>
<tr>
<td>Heart Spring Rolls</td>
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</table>

## SOUPS

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Rice Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Vegetable Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Lentil Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Thai Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Tom Yum Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Red Curry Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Green Curry Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Chicken Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Shrimp Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Mixed Soup</td>
<td>$5.60</td>
</tr>
</tbody>
</table>

## THAI SALADS

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai Salad</td>
<td>$5.60</td>
</tr>
<tr>
<td>Green Salad</td>
<td>$5.60</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$5.60</td>
</tr>
<tr>
<td>Shrimp Salad</td>
<td>$5.60</td>
</tr>
<tr>
<td>Mixed Salad</td>
<td>$5.60</td>
</tr>
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</table>

## FRIED RICE

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu Fried Rice</td>
<td>$5.95</td>
</tr>
<tr>
<td>Shrimp Fried Rice</td>
<td>$5.95</td>
</tr>
<tr>
<td>Chicken Fried Rice</td>
<td>$5.95</td>
</tr>
<tr>
<td>Pork Fried Rice</td>
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</tbody>
</table>

## VEGETABLES

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple</td>
<td>$5.95</td>
</tr>
<tr>
<td>Corn</td>
<td>$5.95</td>
</tr>
<tr>
<td>Green Beans</td>
<td>$5.95</td>
</tr>
<tr>
<td>Snow Peas</td>
<td>$5.95</td>
</tr>
<tr>
<td>Carrots</td>
<td>$5.95</td>
</tr>
<tr>
<td>Red Peppers</td>
<td>$5.95</td>
</tr>
<tr>
<td>Green Peppers</td>
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</table>

## SEAFOOD

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu</td>
<td>$5.95</td>
</tr>
<tr>
<td>Shrimp</td>
<td>$5.95</td>
</tr>
<tr>
<td>Prawns</td>
<td>$5.95</td>
</tr>
<tr>
<td>Crabmeat</td>
<td>$5.95</td>
</tr>
<tr>
<td>Squid</td>
<td>$5.95</td>
</tr>
<tr>
<td>Mussels</td>
<td>$5.95</td>
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</tbody>
</table>

## MEAT, TOFU & VEGETABLES

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mango Salad</td>
<td>$5.95</td>
</tr>
<tr>
<td>Thai Salad</td>
<td>$5.95</td>
</tr>
<tr>
<td>Green Salad</td>
<td>$5.95</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$5.95</td>
</tr>
<tr>
<td>Shrimp Salad</td>
<td>$5.95</td>
</tr>
<tr>
<td>Mixed Salad</td>
<td>$5.95</td>
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## BURGERS

<table>
<thead>
<tr>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>Tofu</td>
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</tr>
<tr>
<td>Shrimp</td>
<td>$5.95</td>
</tr>
<tr>
<td>Chicken</td>
<td>$5.95</td>
</tr>
<tr>
<td>Pork</td>
<td>$5.95</td>
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## SPECIALTIES

<table>
<thead>
<tr>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>Thai Chicken Soup</td>
<td>$5.60</td>
</tr>
<tr>
<td>Thai Green Curry</td>
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</tr>
<tr>
<td>Thai Red Curry</td>
<td>$5.60</td>
</tr>
<tr>
<td>Thai Yellow Curry</td>
<td>$5.60</td>
</tr>
<tr>
<td>Thai Brown Curry</td>
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</tr>
<tr>
<td>Thai White Curry</td>
<td>$5.60</td>
</tr>
<tr>
<td>Thai Spaghetti</td>
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<tr>
<td>Thai Noodles</td>
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<tr>
<td>Thai Fried Rice</td>
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</tr>
<tr>
<td>Thai Fried Tofu</td>
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</tr>
<tr>
<td>Thai Fried Squid</td>
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## DRINKS

<table>
<thead>
<tr>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>Tea</td>
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</tr>
<tr>
<td>Iced Tea</td>
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</tr>
<tr>
<td>Hot Tea</td>
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</tr>
<tr>
<td>Lemonade</td>
<td>$2.00</td>
</tr>
<tr>
<td>Iced Lemonade</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hot Lemonade</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

---

Create the Ultimate Party Tray: Choose 4 Appetizers & 1 Delicious Entree.

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