Portland's stars come out for CBW's Best Of 2003.
Beginning on page 10

May I have the envelope, please...

Portland's stars come out for CBW's Best Of 2003.

Plus...
A Sneak Preview of CBW's new arts & entertainment partner, Face Magazine!
All you pay for is the coffee.

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2003

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Lobsters love Guinness.

**YIKES!**

We're celebrating our first year and we have stories to tell!

On Friday, March 14, stop in for a pint of Guinness, a free souvenir glass, and start collecting your own stories.

If you haven't visited us yet, Monday is St. Patrick's Day. We'll be open at 4am for breakfast and more st-patty's day fun.

Bull Feeney's

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These exclusive designs were created to be worn 24 hours a day, 7 days a week, during the widest range of activities, ideal for today's active lifestyles. Each ring in this stylish collection features a full platinum rim to protect the entire outer perimeter of your diamond.

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Image Maker stylists (left to right) Tanya Pavlick, Ellen Merrill, Teresa Favazza, Ruth Sargent and Almira Nappi.

Discover the team of licensed instructors who specialize in cutting, color and makeup

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Our brand new Therapy building facility opens February 19th on Marginal Way! State-of-the-art equipment, innovative teaching materials, experienced instructors and Sally Mae Student Loans make Pierre's your first choice for entering the exciting, lucrative field of massage.

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Are You Bankrupting Your Health?

by Al Simon

As long as we don't make any changes in our thinking, we expect that our health wouldn't change. But the evidence shows that new health is not a natural birth. Rather, it is a way of practicing healthy habits. Health habits do not just happen. You need to program health habits into your system. In this process, virtually choices are self-chosen.

Health-Etch or Health-Print

Where Are You?

At birth, we are born with a certain amount of health in the tank. But we're not all "naturally equal." Through genetics, environment, or possibly, lack of any heroic health, health habits are established. This inequality is inherent health may be, but it is of life.

We all know certain cope. We heed the health advice we hear, especially when linked to stress. There are the health habits that we love the most: to start, drink, and eat whatever they want, and insist on some exercise a day. These are the inherent health habits.

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Saving for a rainy day applies to your health as well as your finances.

As long as you keep your money in the bank, you can continue to earn interest and add to your savings. If you do this consistently, you will have enough money to cover any unexpected expenses that may arise in the future.

Creating a healthy habit is similar to saving money. You start with small steps, and gradually increase your efforts. You may start with a healthy eating habit, such as having a salad for lunch, instead of eating fast food. Over time, you can add more healthy habits to your routine, such as exercising regularly or getting enough sleep.

The best way to achieve this consistency is to make small changes and build them into your daily routine. For example, you can start by incorporating a 10-minute walk into your day, and gradually increase the distance and duration. You can also gradually reduce your intake of unhealthy foods, such as sugary drinks or fast food, and replace them with healthier alternatives, such as fruits and vegetables.

By consistently incorporating healthy habits into your life, you will build a strong foundation of health and well-being, just as you would build a strong financial future by saving money.
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Special Advertising Opportunities
Reach your target audience by advertising your product or service in an issue of CBW featuring industry-specific content!

Mar 20 Health and Wellness
That protective layer of hibernation blubber won't be so attractive come summer, and isn't it time you shook your winter coat off? In this issue, we focus on the topics of fitness, health and general well-being. Get ready to get moving!

Mar 27 Rites of Spring
Let's face it: shoveling snow is getting really old. On March 27, CBW will tell its readers everything they need to know about getting their acts ready for the long-awaited warmer months. If you're a contractor, interior decorator or handyman, you've got to be in this issue.

Apr 03 Power of Communication
There are many methods of making our thoughts and feelings known to others. Dynamic public speakers and engaging writers are people most of us associate with the idea of effective communication. But there other ways of conveying meaning, such as theatre, dance and the visual arts. In honor of Portland's Artsweek and to recognize our first full distribution partnership between Face Magazine, CBW celebrates various art forms of communication.

For more information, contact Roxann Marg-McGregor at 775.6601 or email cbw@mainet.com. Space is filling fast!

COMING SOON: SMALL BUSINESS SPOTLIGHT
A new advertising section in Casco Bay Weekly!
Now, small businesses have a great marketing option. We're introducing a new ad size at a great price, just for you!
All of these small business ads will be collected in a special section, so that consumers who believe in supporting Portland's small business community will know where to find you.
To top it all off, stories featuring participating advertisers will run on a rotating basis in the center of the page. In the larger center format, you'll be able to tell our readers all about your business.
ALL FOR JUST $49 A WEEK!

CALL J.D.
FOR DETAILS!
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MARCH 13, 2003 cascobayweekly.com

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Casco Bay Weekly
Casco Bay Weekly

MARCH 13, 2003

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10TH ANNUAL MAINE GARDEN DAY

ALBANY — Gardening and landscaping for a sustainable future is the theme of the 10th annual Maine Garden Day being held on Saturday with 20 dynamic lectures and demonstrations presented by the Department of Agriculture and Conservation. Registration is $5 and includes lunch and all work materials.

The cost of this daylong gardening extravaganza is $35 and includes lunch and all work materials, or $26 until June 8, when the daylong gardening extravaganza begins.

Maine Department of Labor OFFERS FREE SAFETY TRAINING

Maine Department of Labor offers free safety training for businesses and individuals.

/~Marine~

culture undertaking. We took all of the suggestion of Andy Wasowski presenting slide show on the first day and presenting a slide show on the second day.

In the past year, we have received many complaints from the University of Maine Cooperative Extension about the cost of these programs and the need for better management.

We have also learned that it is essential to understand the impact of the ongoing renovation of this historic building. My hope is that when this moment in history comes to an end, our collective citizens cope in these trying times.

CHALLENGE CENTER'S MESSAGE OF DAILY LEARNING AND GROWING WILL COME TO LIFE

The Challenge Learning Center of Maine is one of the most original and exciting educational projects in the state, and part of the best-case practice standards, clearly blending Maine's agricultural training. The challenge of Maine State College's agricultural training. The challenge of Maine State College's agricultural training.

The drawing includes paintings, drawings, photographs, and a map to illustrate the point. The first phase, the second phase, the third phase, and the final phase of the project are shown on the map.

My hope is that when this moment in history comes to an end, our collective citizens cope in these trying times.
May I have the envelope, please...
Portland's stars come out for the Best of 2003

Best Places

Best Beach: Scarborough Beach (Pic 1)
"As you arrive" was a response made by a local fisherman when he heard that Scarborough Beach won as the best beach, similar to last year's winner Higgins Beach. It has become evident that the best beaches are in Scarborough. Scarborough Beach seems to have captured the fancy of locals. Perhaps OGT was ignored because of the fact that it's become a haven for tourists during the winter months.

Best Park: Deering Oaks
Deering Oaks only won one award this year! That's good news because for the past two years they also won the opposite category: Most Run Down Park. Great to see it get back on the winners' circle.

Most Run Down Park: The Dog Park (Upland Park)
Our four-legged friends don't seem to mind that the Dog Park on Valley Street was voted worst run down. With a new leash, the park is always full of energetic running. This even earns a row of big hydrants for doing their business.

Best Place to Walk Dogs: Eastern Prom (Pic 2)
"Way, way and way — where's your trust?" Not a seven-year-old miniature giraffe, checks out the fellows on the Eastern Prom. The Peninsula is part ofPortland Trails.

Best Public Bathroom: Public Market
There was a tie this year for best public bathroom between the Portland Public Market and the Portland Public Library. It's tempting to note that both are open to the general public and not just paying customers and they are both clean. Often times people (you know who you are) would go in and check their shoes or their phone bags, stuff like that. This year they are open to the general public and not just paying customers.

Best Public Bathroom: Portland Public Market

Best Amenagement Parks: Portland
People who say they'd like to bring their northern Maine, the fine place to visit during the summer. For a local tourist, it means that where you live and about in Portland, don't be afraid to try these places. These are for yourself if you're in love with the best in Portland.

Best Neighborhood: West End
On top of being just plain wins to look at, the West End has a distinct community vibe. With its close sections of inner-town neighborhoods, that neighborhood represents the best aspects of our fair city.

West Pedestrian Interaction: State and Congress
When it's not the rainy season it's too predictable, there are always throngs to be found at the intersection of State and Congress. In the war between pedestrians and motorists, this is Portland's truce line.

Best Museums: Portland Museum of Art (Pic 3)
Any doubt about PMAs deserving this distinction was dispelled by the Indians exhibit. The massive photography exhibit, coordinated by NMA, challenged the participation of virtually every major artist ever to come to Portland. PMAs's striking photographic display has also served as a catalyst for discussion of Native's emerging population with powerful exhibits throughout the area illustrating Portland's own history.

Best Picnic: Back Cove Bike Park (Pic 4)
Need some new ideas? Check out our annual selection of bicycles at Back Cove Bike Park. From fast frames, Andy (painted) and Cheryl Oliver, can also turn your own ideas into a bike yard ready for spring. This isn't thirteen years you would be able to.

Best Picnic Spot: Runways (Pic 5)
Whether you're planning a picnic for two or a not so serious?
Is College for Everyone?

Education after high school and a willingness by students of all ages to continuously improve their skill sets is certainly a great idea. However, not everyone is cut out for sitting in a classroom type environment. For thousands of years, skilled trades have been taught via the apprenticeship or guild model. This week, we are going to review some of what America and Maine has to offer in this area.

Why is it important?

It is important for businesses to have apprenticeship programs in place to meet the needs of the skilled labor market. Skilled labor is very difficult to replace. The United States has some of the most skilled workers in the world but they are getting older and retiring. So, it’s important to have a system of training that can continue to develop new skilled workers. Apprenticeships combine classroom instruction with on-the-job training. They have been the most structurally sound, effective, and consistent training programs available. Over the years, some training systems that combine classroom instruction with on-the-job training have been more common, but apprenticeships have been the only system of training that continues classroom instruction with work-based training. There are currently 900 apprenticeship programs in the United States.

In Maine, internships and apprenticeship programs are designed to meet the specific skill needs of the employer. Apprenticeships, however, are not exclusive to any one trade or industry. There are over 100 apprenticeship programs in Maine. It is important to realize that they will need to “grow their apprenticeship programs” to meet the needs of the employers. Apprenticeships can be any length of time and any number of hours. Apprenticeships are apprenticeships and apprenticeships are different.

The Bureau of Apprenticeship and Training (BAT), which is a part of the United States Department of Labor, assists and oversees Apprenticeship Councils. These councils help to develop apprenticeship programs in their respective states. In Maine, the Apprentice Program Council, Inc., (APPRENTICESHIP PROGRAM COUNCIL) (see page 4) is a state-chartered non-profit corporation that oversees all apprenticeship programs in the state.

Nationally, most of the apprenticeship programs are government funded and regulated. Maine is one of a few states that have apprenticeship programs that are state-funded. The Apprenticeship Council oversees the programs in Maine. Apprentices are registered in the program if they meet Federal requirements.

Why is this important?

Apprenticeships are programs that are designed to meet the needs of the employer. Apprenticeships are not only important to the employer, but they are also important to the employee. Apprenticeships provide employees with the skills needed to perform a job. Apprenticeships also provide employees with the opportunity to work with a mentor who can help them develop their skills. Apprenticeships are also a great way to develop a workforce that is skilled and has the opportunity to advance in their careers.

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Kayaks, gear, and equipment provided.

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Best Services, continued from pg. 11

Best Electronics Store:

Best Buy

Yes, Best Buy who again is the best place to get anything electronic. It's a huge establishment and part of a na­tional chain of stores, but you have to admit that it's use­ful. Where else could you do all your Christmas shopping for your favorite computer geek?

Best Cosme Store:

West End Grocery

It seems that West End Grocery is the Energizer Bunny of the national chain of stores, but you have to admit that it's useful. Where else could you do all your shopping for your favorite computer geek?

Best Florist:

Harmon Barton (Pic 1)

Steve Barton's West End Grocery

Seems that West End Grocery is the Energizer Bunny of the national chain of stores, but you have to admit that it's useful. Where else could you do all your shopping for your favorite computer geeks?

Best Internet Service Provider:

Time Warner Road Runner

Best action

The University of Southern Maine Day Care Center. The Center's staff cares for an average of 50 children between the ages of 6 weeks and 5 years every day. Wheel!

Most Honest Gauge:

Jenny's Service Center (Pic 11)

You could have knocked Green Evans over with a feather when we told him that he had been most honest garage. The Cape Elizabeth business owner had heard the what courts of honesty at the list of his local staff. When asked to elaborate on his dealings towards his crew, Jones, said, "I think they really know their stuff."

Best Internet Service Provider:

Time Warner Road Runner

Over again, Time Warner Road Runner takes top honors. The company's gasometer and Public Affairs Director, Malcolm Turner, credits the success to "all of the efforts of their Time Warner Cable of Maine. It's truly a team effort," said Prance. "Among the central division from the technicians installing the service to customers' homes to the employees that work on our rackroom, Server cable television, the engineers that keep the net­work running, customer service representatives, maintain­ing, accounting, everyone is truly involved in the suc­cess of the Time Warner Service."

Best Action Award:

Local/State Govt.

It seems that the government is doing an awful lot of things right. There was no-clear winner in this category, with equal votes going to the Maine legislature for its vote resolutions, the opening bas in restaurants and public places, our state's violent pest of personal health care. Portland's new dog park, prominent police patrol to the Old Port, the city's support of diversity and reminder of existing laws. That's quite a list.

Worst Action Award:

Local/State Govt.

It seems like the government is doing an awful lot of things wrong. Again, the vote was split evenly among several issues. Best 100 percent went to the city in closing the cemetery in the West End to dogs and making drinking in public an arrestable offense. Other beefs with the powers that be were more general, such as not legalizing marijuana, same, war with Iraq and the Maine Tonight Authority as a whole.

Best Church:

The State Street Church (Pic 12)

Inaccurable Perception (Pic 13)

Churches are really big on sleeping. Which is a good thing for those imitative Community and State Street Church. The main use for best church right now is the nite. Both houses of worship are noted for their active involve­ment in the community.

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Best Band:

The Skinny (Pic 15)

Gene but not forgotten. The Skinny took best band for the upcoming 2002 competition so stiff, but could not quite pull an upset. With drink

Best Dive Bar:

Geno's

Relax, drink a beer, and watch a local band perform.

Best Jukebox:

The Diggers

Lots of changes at Griftty's since they won Best Dive Bar in 2000. Well the band on stage in 1780.73.02. At the time, band member

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Best Martini Bar:

The Favorite (Pic 15)

Grace is a dive, but you say it like it's a bad thing. Al­though it may be dark and a little dirty, Grace isn't a bed place to hang out. Winner once again for best pick-up bar changes bands. It's may be dark and a little dirty, Grace isn't out to be like Chester. 'Try to find the door on Brown Street and go down those stairs and you're in a place where you can relax, drink a beer, and watch a local band perform.'

Best Pick-Up Bar:

Geno's

Relax, drink a beer, and watch a local band perform.

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**Non-profit new$**

**A Company of Girls presents "Ozma of Oz"**

A program of East End Children's Workshop

A

Company of Girls, Portland's own non-profit, all-girl theatre company brings you "Ozma of Oz," a brand new musical based on L. Frank Baum's beloved original. This adaptation of Baum's classic story brings you the adventures of two best friends, Tom and Lucy, as they explore the magical world of Oz. The cast is comprised of young girls, ages 7-13, who will take you on a journey of friendship, adventure, and self-discovery. 

**Good news**

**Maine Judaica Collection receives important gift**

The Judaica Collection of UMA's Joan By Sawyer Sampson Library has recently received an important bequest from papers donated by Naomi and Ronald Bertolucci, leaders in Maine's Jewish and cultural communities.

The papers, which represent several Jewish cultural organizations, are a significant addition to this growing collection. They are most impressive, and include the papers of Naomi and Ronald Bertolucci, leaders in Maine's Jewish and cultural communities.

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The papers were acquired through a gift from the Bertoluccis' Estate, which included correspondence with a wide range of Jewish organizations in Maine and elsewhere, as well as manuscripts and photographs related to the Bertolucci's life and work.

The papers include a variety of materials, including correspondence, photographs, and other personal and professional papers. The collection is particularly rich in materials related to the Bertolucci's work in the Jewish community, including their involvement in the creation and development of the Jewish Community Center of Maine.

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The image contains a page from a restaurant guide, listing various eateries with their menus and descriptions. Here is the text extracted from the image:

### Twenty-One

**ANTHONY'S**

**Italian Kitchen**

A Lot of Italian for Not Much American

*Homemade Soup with Garlic Bread*

*1.99*

Free Chips with each Sandwich

*Portland Public Market*

**228-2033**

Open Mon-Sat 7am-7pm

Sun 10am-5pm

*Voted "Best in Portland" 3 years in a row.

### Cargo

**Spanish Fare**

**BASIS KITCHEN** Serving some of Portland's most unique cuisine styles though breakfast and lunch. The menu is wide ranging, from vegetarian to meat and seafood. Enjoy the fresh and unique cooking styles of Portland's top chefs. This is a must-try experience for any food lover!

### Continental

**BAR & LOUNGE** Experience a stylish dining atmosphere with an extensive menu of traditional and modern dishes. The menu features seasonal, locally sourced ingredients and a variety of entrees to suit any taste. Don't miss the Tapas Bar or the rooftop terrace for a unique dining experience.

### Delicatessen

**FULL BURY DELI** "By George, We're Good!" offering breakfast, lunch, dinner, catering, and wedding packages. The menu features fresh, locally sourced ingredients and unique dishes, perfect for any event.

### Edibles

**BON CONGRES A** A true American gastropub

*146 Congress St, Portland, ME 04101*

*207-878-8100*

*www.boncongres.com*

**PUNCH VEGETABLE BAG** A playful take on farm-to-table dining with fresh, seasonal, and sustainable ingredients.

### Edibles

**GRAIN & RYE BAKERY** New opens, agency open, But, store, Shen, and store, open for lunch at the whitehouse. 37 Portland St, Portland, ME 04101

**AURORA PROVIDER** A farm-to-table, Portland-focused restaurant in downtown Portland. Dine in or takeout. The menu features fresh, locally sourced ingredients and a variety of dishes to suit any taste.

### Vegetarian

**GRANNY'S BURRITO** All natural menu

*149 Congress St, Portland, ME 04101*

*207-786-3388*

**MAINE BEER CAFE** Full bar - now featuring a variety of craft beers and local microbrews. Take your pick from our extensive menu of beer and wine offerings.

### Vegetarian

**Cafe N \& B** Enjoy our delectable menu of vegetarian and vegan dishes in a cozy, relaxing atmosphere.

*177 Commercial St, Portland, ME 04101*

*207-775-0700*

**Cafe Rio** Enjoy delicious Mexican food in a casual setting.

*1400 Commercial St, Portland, ME 04101*

*207-774-6700*

**Seafood**

**25 OYSTERS** Enjoy white wine oyster bars and fresh seafood in a relaxed atmosphere.

*506 Congress St, Portland, ME 04101*

*207-775-6700*

**GRANDMA'S KITCHEN** A cozy, rustic restaurant serving home-style American fare.

*172 Commercial St, Portland, ME 04101*

*207-774-6700*

**Lobster House & Seaside Restaurant** Enjoy ocean fresh seafood in a casual setting.

*256 Commercial St, Portland, ME 04101*

*207-774-6700*

**Molly's Steakhouse & Seafood Restaurant** Featuring a variety of dishes, including fresh seafood specialty beer and wine selections. Open daily, 11am-11pm.

*256 Commercial St, Portland, ME 04101*

*207-774-6700*

**Thai**

**THAI TASTE** Distinctive Thai Cuisine

*501 Fore St, Portland, ME 04101*

*207-774-6700*

*www.thaitaste.com*

### Vegetarian

**Casco Bay Weekly**

*Casco Bay Weekly* is a publication that provides information on food and drink options in the Portland area. It features reviews, recommendations, and upcoming events. The guide is available online at cascobayweekly.com.

### In Italian we say...

**Sentimo!**

(from Italian) that means

*Listen to me!*

---

**Anthony's Italian Kitchen**

A lot of Italian for not much American

Homemade soup with garlic bread

$1.99

Free chips with each sandwich

Portland Public Market

228-2033

Open Mon-Sat 7am-7pm

Sun 10am-5pm

Voted "Best in Portland" 3 years in a row.

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Experience a stylish dining atmosphere with an extensive menu of traditional and modern dishes. The menu features seasonal, locally sourced ingredients and a variety of entrees to suit any taste. Don't miss the Tapas Bar or the rooftop terrace for a unique dining experience.

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Full bar - now featuring a variety of craft beers and local microbrews. Take your pick from our extensive menu of beer and wine offerings.

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The Best of Both Worlds!

Beginning on April 3, CBW and Face Magazine will be distributed jointly! Once a month, you'll find Face Magazine inside of CBW. Not to mention special Face content in the other three issues.

Look on the next page for a pullout preview of the kind of arts and entertainment content you can look forward to every month.

It's all part of our mission to be a community paper for the whole community.
Peggy Seeger grew up in a home filled with music, the niece of famous folk singer Pete, and daughter ofMiners'union activists and song collectors, Ewan and Peggy. Her father, Ewan, died in 1964, but Peggy carried on the family's dedication to good music and for his role in bringing American audiences as well as other musicians in Britain, listening public as well as other musicians in Britain, the influence of the woman he lived with, the wife of his music journalist living in Kennebunk, Maine. She performs with the trio Mom's Home and a concert at 8:00 PM.

As a child, Seeger was fascinated by music and often accompanied her parents on their concert tours. She recalls being inspired by her parents' dedication to their craft and the passion they had for sharing their music with others. She remembers sitting in the audience and being filled with a sense of wonder and excitement as she listened to her parents perform. She was drawn to the melodies, harmonies, and storytelling that were a part of their music. Despite her young age, Seeger was already connecting with the power of music to inspire and transform lives.

Seeger was also influenced by her parents' commitment to social justice and activism. She was exposed to the political movements of the time, such as the Civil Rights Movement and the anti-war protests. She was inspired by the power of music to bring people together and to help create a sense of community and solidarity.

Despite her young age, Seeger was already showing her talent and skill as a musician. She began playing the dulcimer at a young age, and her parents encouraged her to explore different instruments and styles. She eventually settled on the banjo, which became her lifelong passion.

Seeger's career has been marked by a deep commitment to the art and the artists who have shaped the folk music movement. She has performed with many of the greats of the genre, including Pete Seeger, Alice Gerrard, and Doc Watson. She has also worked as a musicologist, teaching and writing about the history of American folk music.

Seeger's music, which draws on a wide range of influences from traditional American music to contemporary folk, has been a powerful force for social change. Her songs have been used to support a wide range of causes, from civil rights to anti-war activism. She has been a tireless advocate for the importance of music as a vehicle for social change, and her work has been a source of inspiration for generations of musicians and activists.

Seeger is also known for her dedication to preserving and sharing the rich legacy of American folk music. She has recorded hundreds of songs, many of which she has written herself, and has helped to bring them to a wider audience. She has also worked to preserve the traditions of traditional American music, which she regards as a vital part of our cultural heritage.

Seeger's work as a musician, teacher, and activist has been honored with many awards and accolades. She has received the National Medal of Arts, the Grammy Lifetime Achievement Award, and the Library of Congress Gershwin Prize for Popular Song, among others. She is widely regarded as one of the most important figures in the history of American folk music.

Seeger's legacy continues to be felt today, as her music and activism inspire new generations of musicians and activists. Her work is a testament to the power of music to inspire, to heal, and to bring people together in the fight for a better world.
**OPENINGS/RECEPTIONS**

**Thursday, March 13**

The Maine Art Education Association, 365 Main St., Suite 409, Portland. C.A. Miller Designs sponsored by the Teacher of the Year Committee. A C.A. Miller Design is a classroom teacher who has demonstrated excellence in the visual arts in the classroom. There will be a reception on Thursday, March 13, from 5:30-7:30 p.m. Free. (207) 773-3900.

**Friday, March 14**

**Studio Gallery**

14 School St., Brunswick. Featuring the diversity of subject matter and techniques in the work of American craft artists in all media. Featuring the work of 15 artists from around the New England region. Open 11 a.m.-6 p.m. Free. (207) 725-3130.

**Carry On**

509 Congress St., Portland. Faculty, staff, and students from the Maine College of Art. Free. (207) 773-3900.

**Friday, March 14 & Saturday, March 15**

**Maine Historical Society**, 489 Congress St., Portland. "Dairy Farmers Today." Features statistics throughout the 20th Century, and the role farmers play in our economy today. Open 10 a.m.-4:30 p.m., or by appointment. Free. (207) 774-1500.

**Friday, March 21**

**Kinney’s Comedy Showcase**, March 16, 8 p.m.; March 17, 7 p.m. Gannett Theater, 207 High St., Lewiston. $10. (207) 780-5151.

**Friday, March 14, 2003**

**Maine Writers and Publishing** is sponsoring a poetry contest, free to enter, for young writers (ages 6-12) living in the state. Entry deadline: May 1, 2003. Send complete information (including dates, age group, number of entries) to: Maine Writers and Publishing, 1130 Park Drive, Augusta, ME 04330-2954. (207) 622-0850 or www.mainewriters.org.

**Saturday, March 15th**

**The 12th Annual Renaissance Faire**, featuring over 300 Renaissance and medieval period costumed performers, including bands and jousting tournaments. Adult admission $12, children 6-12 $6. Proceeds benefit the Cumberland County Foster Care Association. 3 School St. (off of Main St.) Lisbon and Maple St., Lewiston. Hours: 10 a.m.-6 p.m.; March 14-15, 11 a.m.-6 p.m. Free. (207) 786-9999.


**Happiness isn’t a Certain State of Mind**


**Saturday, March 8**


**Saturday, March 8 & Sunday, March 9**


**Saturday, March 8 & Sunday, March 9**

**Huron Gallery**

Richard Keen Gallery, 656 Main St., Lewiston. Handbags, clothing, cloth dolls, pottery, contemporary furniture. Hours: 10 a.m.-6 p.m. Free. (207) 753-7399.

**Saturday, March 8 & Sunday, March 9**

**Lisbon and Maple St.**


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The Alchemist
30 Casco South Portland, 767-6313.
Brooks Cathedral
Commercial Street Pub
Crooker Theater
Geno's
Downeast Restaurant
Deertrees Road, Harrison, 583-6747.
The Liquid Blue
446 Fore Street, Kennebunk
Mathew's Lounge
716 Old Orchard Beach
The O'Rourke's
Portland Public Theater
Silver City Pub
The Space
538 Congress Street, Portland
Top of the East
157 High Street, Portland
The Underground
Station 272 72 Commercial Street, Portland
The Audubon Society
223 Congress Street, Portland
The Angora
Peaks Island
The Old Port Tavern
37 College Ave, Portland
705 Portland Free Street, Portland
Bates College
761-7909.
The Vegetable Garden
Route 201, Falmouth. 781-4771.
The Big Easy
The Jerks of Grass
Brian Boru
Bramhall Open Mic w/ Don Bramhall (tba/21+)
Geno's (9:30/no cover)
Karaoke w/ Mike Taylor of Phelps Bull Feeney's for another brilliant set. I was thankful that the set list was quite different from the previous night in Portland. When it was over I knew back home it was a state of tranquility and got some well earned sleep. Wow, what a rode 5:00 show to start. I was thankful for the abundance of incredible local musicians and for the fact that some of the bigger acts make stops here in our city. The rest got caught up on some sleep. Not for too long though. ADFTHENES comes back to Portland on Friday the 14th at Merrill's. I’m sure I would not get to see any of our notable concerts coming our way over the next few months and will keep you informed. While you may not rely on the end result of shows that I enjoyed, hearing one song performed in the center of our bar can do wonders for your spirit, especially while we’re out partying.

The Concert Chronicles... 5 shows, 7 days, 1 fan
BY AIMSEL PONTI

Just when I thought the Winter had beaten me, that we were only part of an avalanche of shows to hit the Portland area, my soul was warmed by the burst out by theDRUGWIRL live shows over the last week.

The Exposure itinerary started at the ST. Lawrence Arts Center on Hanover St, last but not least Wednesday of February is one of my favorite spots as it is a place for live music listening. The band was Grey Eyed Girls from Philadelphia who were on a tour in support of their debut self titled album A Little Voodoo. The track "Big Bull Boat" has been on WZLX as of late. There were perhaps 40 or so at them and we got to enjoy two sets by Grey Eyed Girls music, hosted by Jennifer Beer who effortlessly fills the room with her vocals that reminded me of Judy Collins against an adult alternative rock backdrop. The four other male members were the least class musicians and four of them harmonized with Beer throughout several songs. I felt feeling quite satisfied, having gotten my rock fix. However, I was turned deeper into the rabbit hole and continued.

Thursday night’s show was for Apheon for the release show for local chanteuse Kate Schrader. Schrader delivered several tracks from her upcoming self titled album as well as several from her previous three studio releases. The small but appreciative crowd not only got blessed with Schrader’s bel canto and piano but she also cracked up on stage with her stories and audience heckling. Very much on point early was the song “To the Wonder” that with her spirited singing and solid band delivery was enough to go for another listen. Of the 5 songs that we heard, the last two were the most notable.

On Saturday night welcomed in March at The Vegetable Garden in Freemont. As a volunteer driver person I was pleased to see a couple of shows to hit the Portland area, my soul was warmed by the burst out by theDRUGWIRL live shows over the last week.

The first show I was surprised.

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Books

The Complete Guide to Digital Photography by Ben Long

The Complete Guide to Digital Photography is an essential resource for anyone interested in mastering the art of digital photography. This comprehensive guide covers everything from the basics of digital cameras and software to advanced techniques for producing professional-quality images. Whether you're a beginner looking to get started or an experienced photographer seeking to expand your skills, this book offers valuable insights and practical advice, helping you to take your digital photography to the next level.

Movies

Total Recall (1990) - Video Review

Directed by Paul Verhoeven, Total Recall is a science fiction film that has been praised for its groundbreaking special effects and thought-provoking themes. The story follows a man whose memories are erased and then reprogrammed with a false life, leading to an exciting adventure. jean-Claude Van Damme delivers a captivating performance, and the film's visual style is both innovative and visually stunning, making it a classic in the science fiction genre.
Best Video Store: Videoport

The video and video-game chain of stores in Portland is Videoport. What makes it so special is the breadth of titles available. Customers can find something from sticky-sweet secret worlds to the latest horror movie from the Dark Twain. And most impressive is the staff, who, when asked by patrons for recommendations, seem to have watched everything in the store.

Best Software: Airport

Visits the "be the river" for the second year in a row. Whether they discuss their favorite trips or mom's or gentle strolling sikors and riders alike, you'll find big mountains in Casco Bay Valley.

Best Waterfront: Congress Street

We haven't seen the same success, but Congress Street wins by a wide margin. Front offices on Monument Square for every group you can imagine, to its performance at BICCA's, a local-artist evening of regulars-served, you can see it all on Congress Street.

Best Kid's Entertainment: Children's Museum of Maine

And why not? The Children's Museum of Maine has such a wide variety of events and the adults of all ages. They continue to inspire imaginations by the hundreds of children and families to continue learning with their.

Best Store in a Mall: Victoria Secret

Maybe it's the year's uniformly cold winter. With the average Maine wearing layers of half and the most comfortable place on the board being here, maybe we shouldn't be surprised at the Victoria Secret. The winner for best store in a mall is a steak specialty in my, very pity rich which, based on our results, must be selling like hotcakes.

Best Home Improvers: Hardware

Bradford Mountain State Park gives charm the 300 acres of forested land with horseback rides, sevendays, cross-country skiing and snowshoe bobbling. Bradford Mountain itself is enclosed to keep the rain, and has magnificent views from the summit. Hills to the sound of fluttering birds, eagles, and great leaf peeping. Parents can easily spend a day out or a day in at this beautiful mountain in nearby Presiert.

Best Toy: The Big Easy

This is the number one place to go for the second year in a row. Whether they describe their favorite toys as a sense of/nousness was batting. Formally, we're delighted to say that requires children to see their imaginations won.

Best Bowling: Yankee Lanes

Yankee Lanes is a popular hangout for a wide range of ages. Next time you bowl try this: when you know the time and you know you can't make the games, but another member of your team can, bisected the "imaginational Bubbles" club.

Best Arcade: Kids Korner

Kid's Korner reporter Ben Allen extolled the excitement. During this winter's first snow, he was with his son's favorite arcade, Counter-Strike game!

Best Video Store: Videoport

You have life, you have life. Portland Police Officer Mike Chisholm has won this category before, and was voted "Local Politician You Trust The Least in 2003." After last year's federal inves- tigation of Portland's police force, this year's results prove that Chisholm always had the least trust.

Best TV Personality: Doug Cook (Pic 35)

Every year Doug Cook is surprised to learn that he was best TV personality. Maybe that's why we like him so much. The WCMJ Channel anchor is just a plain guy who's never let them go to his head.

Best Weather Forecaster: Joe Harrington (Pic 28)

The climate change valve for the seventh year in a row, meteorologist Joe Harrington was named top Weather Forecaster. During this winter's severe storms, everyone turned to WCMJ 1030 to watch the "Joe on Christmas morning on television." Slightly goofy and completely charming, Joe's presence calms down for all things climate in intolerable.

Best Actor: Kyle Randal (Pic 27)

Kyle Randal found his production company, Newborn Pictures, with partner Elena Parides five years ago. He is best known for his lead role in "The Storm," which was based right here in Portland. However, his career as an actor was cut short when he was found dead in his apartment.

Best Actress: Dana Santoro (Pic 26)

Dana Santoro is a very important part of [Judd's] life. He'll be very pleased to hear that her son had made this year's Best Of. He'll be very pleased.

Best Chef: Dudley Boudic (Pic 28)

Dudley Boudic is the chef and owner of the restaurant. He is surprised to learn that he was named the "Best Chef" in this year's Best Of. He has been working for many years at Dudley Boudic.

Best Photographer: John Deaver (Pic 28)

John Deaver is a very important part of [Judd's] life. He loves coming home. He'll be very pleased to hear that her son had made this year's Best Of. He'll be very pleased.

Best Artistic: John Patrique (Pic 28)

John Patrique is a very important part of [Judd's] life. He loves coming home. He'll be very pleased to hear that her son had made this year's Best Of. He'll be very pleased.

Best Video Game: Sonic Cool

Sonic Cool is a very important part of [Judd's] life. He loves coming home. He'll be very pleased to hear that her son had made this year's Best Of. He'll be very pleased.

Best Writer: Joe Harrington

At long last, CWB shows Joe Harrington was right to create this well-deserved recognition. Harrington checked the category with the re­ lease of Sugarloaf. The Life and Death of Rock 'n' Roll, a reduction on music and pop culture.

Best Photographers: Joe Harrington (Pic 28)

Capitol Hill painter Dudley Boudic is best known for his paintings of Portland Head Light. His painting commitment to art-making was evi­ dence in his biography at Thomas Memorial Library.

Best Artist: John Patrique (Pic 28)

John Patrique is a very important part of [Judd's] life. He loves coming home. He'll be very pleased to hear that her son had made this year's Best Of. He'll be very pleased.

Best Place to Dance: The Life and Death of Rock 'n' Roll, a reduction on music and pop culture.

Best Roads: Joe Harrington

At long last, CWB shows Joe Harrington was right to create this well-deserved recognition. Harrington checked the category with the re­ lease of Sugarloaf. The Life and Death of Rock 'n' Roll, a reduction on music and pop culture.

Best Audio: Dudley Boudic

Dudley Boudic is the chef and owner of the restaurant. He is surprised to learn that he was named the "Best Chef" in this year's Best Of. He has been working for many years at Dudley Boudic.

Best Texts: Dudley Boudic (Pic 28)

Dudley Boudic is the chef and owner of the restaurant. He is surprised to learn that he was named the "Best Chef" in this year's Best Of. He has been working for many years at Dudley Boudic.

Best Movies: Joe Harrington

At long last, CWB shows Joe Harrington was right to create this well-deserved recognition. Harrington checked the category with the re­lease of Sugarloaf. The Life and Death of Rock 'n' Roll, a reduction on music and pop culture.

Best Books: Joe Harrington

At long last, CWB shows Joe Harrington was right to create this well-deserved recognition. Harrington checked the category with the re­lease of Sugarloaf. The Life and Death of Rock 'n' Roll, a reduction on music and pop culture.
Best People, continued

Best Waitress: Best Bartender:
Stephanie | BE - Three Dollar Dewey's (Pg. 25)

Best Bar/Bistro: Best Coastal Eatery:

Fred would have guessed a portrait could have as
more sorry personality as owner Chris Gardis:

No. 1: The Can Man, Lully

The bar at Dewey's just isn't the same without
Bill's Best Waitress: Stephanie in Portland.

Best People: Most Liked Politicians:

Olympia Snowe

The people he speaks. Despite her technologically-high profile in the 10 Sen-
ators or senators because of concerns to many Mainer, Olympia Snowe is Port-
portraits of our city.

Best Director (voted)

Free Toast (Pic. 31)

"There's a whole lot of reality, but my stomach

Best Food

Best Cheap Dinner:

Becky's Diner (Pic. 31)

"This is a high price, Free Toast is still

Best Ethnic Restaurant:

Gothic

We've already talked about

Best Lunch/ Best New Restaurant:

Soffritto's, discussed above, was a winner in this cate-

Best Dessert

Soffritto's

What didn't Soffritto's win? The italian
to the delight of owner Mary Allen Lindemann. The
restaurant has a definite Tuscan flair

Best Brunch:

Bintliff's (Pic. 33)

Portland Greengrocer (Pic 35)

Bintliff's American
to always be there. Owner Roger Bintliff is known
for his eclectic menu. Huge helpings, a homey
flavor and friendly service round out Bintliff's

Best Produce:

Portland Greengrocer

they win

"Leave No Child Behind"

What didn't Soffritto's win? The italian
restaurant has a definite Tuscan flair

Best Brunch:

Bintliff's guests is we? The Italian
restaurant has a delicious Tuscan flair
to the memories including Maine lobster ravioli and our favorite
Pineapples -- luscious olives, tomato-
tomato, garlic, anchovies and capers
over linguini. Charred Belledi Dolphins
steaks are also available, and daily
dessert specials that are to die for.

Best Coffee Spot:

Coffee By Design

Coffee By Design continues to wining awards, much
to the delight of owner Mary Allen Lindemann. The
business, which has three Portland locations, is a
family affair. Lindemann's husband and partner Dana
Spear is in charge of roasting each coffee bean to
flavor and the distinctive flavor of

Best Lunches! Best New Restaurant:

Best Dessert

Soffritto's

What didn't Soffritto's win? The italian
restaurant has a delicious Tuscan flair
to the memories including Maine lobster ravioli and our favorite
Pineapples -- luscious olives, tomato-
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dessert specials that are to die for.
Since 1998, Maine schools have been forced to close all or portions of their facilities because of air quality.

More than 560 of the 700 school facilities in the state have applied to Maine Re­
volving Renovation Fund; 80% of the applica­
tions were for air quality problems or roofs, a key element in maintaining a health­ful interior environment.

More than $500,000,000 of state and local funds is being spent to build new school facil­i­ties or renovate existing ones: a sub­stantial commitment of resources for a small, rural state like Maine. We have a collective responsibility to make sure that this investment is wisely spent.
He came in the coming weeks. It's the ideal astrological time to tame his evil twin. Can't win the war within us. He also had a way of being consistent, and habit of bearing a grudge, he also had a way to tune in to feelings that you desperately need to experience. And you will finally find that what could take you all your life to master. No one has ever signed to be played continuously for a long time. So don't be like my mother, clad only in petite, health professional. Kindhearted, honest. Enjoy camping, outdoor activities, going on mountain tops, going to flea markets, shopping, going up the mountains. As well, he has been ever the global warming? This winter has been even milder than the last one. As a result, the meat in my backyard has been blooming spring since last April, failing to take their usual substantial change October. I believe, but it's also a little tricky and coos - and distinctly not a healthy approach for a human being to emulate. So don't be like my unsign natural news, Scorpio. As relentlessly persistent and burning up as you've been lately, you need to take a rest.

SAGITTARIUS (Nov. 22-Dec. 21): It is a browse to move the sign to be played correctly, you need to be in the actual presence of a robust, massive white stallion. The man looks up at her briefly, then turns to his grudge, and finally the presence of a robust, massive white stallion. The man looks up at her briefly, then turns to his grudge.

CAPRICORN (Dec. 22-Jan. 19): I don't care if you've already guessed what this has to do with you, Aries. It's a perfect moment for you to come in the list of human fears, "showing on one's true self" is never included. "Dr. Erek" is a perfect moment for you to come in the list of human fears, "showing on one's true self" is never included. "Dr. Erek"

Aquarius (Jan. 20-Feb. 18): You will now have the power to see what has been invisible and to decipher codes that have been impossible. You'll shed a veil that has been covering your intelligence, and you'll lose a "hand" who has been undermining your understanding of it. And that's not all. Aquarius. Just as you will, you will shake yourself free of virile runic thunder, allowing you to tune in to feelings that you desparately need to experience. And you will finally find the words to cast the truths that have been dangerously fuzzy.

PISCES (Feb. 19-Mar. 20): One of the most enduring stories in ancient Greens has been the tale of events that helped create codes that are now indispensable. You've shed a veil that has been covering your intelligence, and you'll lose a "hand" who has been undermining your understanding of it. And that's not all. Aquarius. Just as you will, you will shake yourself free of virile runic thunder, allowing you to tune in to feelings that you desparately need to experience. And you will finally find the words to cast the truths that have been dangerously fuzzy.

Homework: Describe what you're doing to end the war within you. Write www.freewillastrology.com

To Place Your Free 40 Word Ad: Call: 1-800-973-3155 for a customer service representative or 1-888-232-9359 for our new 24 hour automated system

To reply to an ad: Call: 1-800-226-2190 • $1.99/minute or purchase a prepaid Block of Time to use on the 900 service with credit card: 1-877-811-5115

Homework: Describe what you're doing to end the war within you. Write www.freewillastrology.com
Best Food, continued from pg. 37

Best Burger:
The Great Lost Bear (P'g 37)

Best Sandwich:
Ciam's

Best Salad:
Beale Street Barbeque

Best Healthy Food:
Fries

Best Fried Clam / Best Lobster Roll
Two Lights Lobster Shack (P'g 38)

Best Vegetarian Food:
People's

Best Italian Food:
The Great Lost Bear (Pic 37)

Many thanks to everyone who helped put together this year's Best of Portland.

The article was written collaboratively by staff and intern Wendy Smith, who now know Greater Portland better than they ever imagined.

Special thanks to our volunteer photographers:
- Margo Beshuboff: Picture 1
- Cassie Gagnier: Pictures 21, 23 and 26.
- Michael Bonhag: Pictures 13, 15, 25 and 34
- Charlotte Smith: Pictures 14, 25, 35 and 36
- Adlene Osmers: Pictures 9, 9, 11, 14, 20, 27, 28, 37 and 38
- Josh McDougall: Pictures 6, 7, 10, 22, 24 and 36
- Jeremy Al-Mushar: Pictures 12, 13, 15, 16, 17, 29 and 31

And the biggest thank you of all to CBW readers for sharing your opinions with us!

quality time

Kids’ korner

By Abbie Ostrem: Pictures

Crossword

Funny bone

Riddles

1. What got wetter the more it dries?
2. What is most common yet seldom seen?
3. What kind of water leaves marks?
4. What kind of water leaves marks?
5. What kind of water leaves marks?

Cat Lessons: Fit for Humans

Improve and Exercise: Do not allow closed doors in your home. To make sure that they are not closed, you should open the door. Since the feline will be in control, it is easier to say "no" to "hello." The dog will have to leave the room, but the cat will stay in. It is not necessary to have a cat. In fact, some people believe that cats are not good pets because they are too independent. However, it is important to know how to deal with these pets. They can be a lot of fun, but they also require a lot of care.

Answers

1. What got wetter the more it dries?
2. What is most common yet seldom seen?
3. What kind of water leaves marks?
4. What kind of water leaves marks?
5. What kind of water leaves marks?

Silly's

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[No text related to the image]
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**& credit! For listings, toys, Christmas, Cash, trips, HOMES FOR the Distributor. Call us Toll Free REAL FORD, GAS TANKS Prices. $99.00 New Gas Tanks at Wholesale Cottages: we eekly rentals. Motel:ing.com**


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**The land is rich, the people poor, Are like no other sight that you have ever seen. But Ireland stands proud forever more. Across the Atlantic to distant Shannon's shore, And you'll never be the same as you were before. I'll take you home again Ireland, For you, and for me! Ireland, For you, and for me!**

**Ireland," for you, and for you! Ireland," for you, and for me!**

**Send your original photography, artwork and postage cards, poems, stories, etc. along with your name, address, telephone number and a stamp (under authorizing CFP to send your submission. Each week, our staff will pick their favorites and we will publish them in our newspaper with your name. You'll also receive a prize for your efforts.**

**Send your submission to: Beacon-Marginal, Director of Operations, Gov. Roy Foley, 13 Front Ave., Portland, ME 04101 (please include a SASE if you want your submission returned) or email Beacon@challenger.com.**
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