Isn't it time you shook your winter blues? In this issue, we cover the topics of fitness, health, and general well-being. Get ready to get moving! See Page 8.
Irish American Classics

**Paddy's Prime Rib**
Slom-roasted and served with hot au jus and a side of creamy horseradish sauce.

**Broiled Salmon Ballyvaughan**
Fresh, oven-broiled Atlantic salmon topped with two grilled shrimp and our freshly whipped garlic & herb butter.

**Irish Blue Sirloin**
Our most popular hand-cut Top Sirloin steak topped with a delicious blue cheese sauce.

**Father Flanagan's Choice - Petite & Regular Cut**
12 oz. cut of our slow-roasted Ribeye with sauteed mushrooms, onions and peppers, topped with melted Swiss and cheddar sauce.

**Malone's Guinness Pork**
Roasted pork cooked in Molly's rich home-made Guinness sauce.

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Grilled boneless breast of chicken, with your choice of BBQ, teriyaki, or herb butter.

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Spiced, ground beef with sauteed onions and corn, topped with Champ potatoes, and served with Mushroom-Bordelaise sauce and Molly's special herb cheese bread.

**Over 20 varieties of Beer Including Guinness, Geary's & Shipyards**
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PUBLIC

TRIBES

Guest speakers will also be part of the pro­

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CORPORATION

The lecture, presented by the Bowdoin

Cech, will give a

talk titled "Where the Double Helix Ends:

unique DNA structures at the end of strands.

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is the only informational, cultural and

Events

and Portland.

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This year 's NTTI sessions were full,

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HEALTH & WELLNESS

Mind, body and spirit

Isn't it time you shook your winter blues? In this issue, we cover the topics of fitness, health and general well-being. Get ready to get moving!

Self-Healing Basics

Through this article, I would like to explore some very basic methods that can be used to relieve tension, stress, and depression, as well as sharpen intuition, clear the mind, and increase energy. These methods can be used by anyone to help restore a general sense of well-being.

As with all material of this nature, it is not intended to diagnose or cure any illness. Conditions requiring medical attention should be treated properly through conventional channels. Please see your doctor.

Affiliations

Next, I would like to cover affiliations. Affiliations are brief, positive statements designed to help you reprogram certain parts of your subconscious. We have heard that inner critic kick in with, "You’re not good enough, you’re not smart enough, etc." This can be a very powerful voice and the more negative thoughts we have, the more we feel it.

Many people are not aware of how much negativity they consume, self-inflicted or otherwise. I recommend keeping a journal to track some of your negative thoughts and work on replacing them. This can be an actual place you have created, or a place that relaxes you, a place that is all yours.

Visualizations

I’ve never thought about using personal trainers before for my fitness goals, aren’t they expensive? There is no direct link between fitness goals and personal trainers. Personal trainers are individuals who can help you with your knowledge, education and training and can guide you to do the right things for your own personal goals.

You can find most personal trainers at your local gym, however, you can find one that works best for you. There are many personal trainers available, you have to find the one for you. It’s important to choose a personal trainer that fits your individual needs and wants.

Selecting personal trainers...

Are there any benefits to hiring personal trainers?

The biggest benefit with personal trainers is motivation. You need more than just busy looking exercise equipment to reach your health, fitness and weight loss goals. You have to be able to control the emotions and make all of your exercise sessions worthwhile. Most personal trainers are able to help motivate you into sticking to your plan. By keeping you on your objectives.

The expertise that personal trainers have permits him or her to customize and personalize an exercise program making it very specific to your goals, wants and needs. Personal trainers can also help you to correct your form, which is very critical for you reach your goals and also reduce the chances of injury.

You can’t seem to find the time to exercise, most personal trainers can factor a workout into your day. However, make sure you do consult with your doctor before starting any new exercise program.

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Cristin Snyder & Phil Beckett

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The Fine Art of Flying Solo: Ethical "Fitness"

By Cheryl Klein, M.D.

Take stock of your life. If you don’t like what you see, make a decision to change it. Find a person or plan to serve as your mentor or model, someone local or even beyond our “comfort” zone, for change. Exercise Healthy mind, body, and spirit.

The study of ethics, long seen as a primarily philosophical discipline, now and in recent years has become an everyday part of our lives. We encounter ethical questions in our personal and professional lives, in our schools and workplaces, and whether the war is internal or beyond our control, we need to make decisions which we can apply to everyday situations.

As we seek to expand our ethical "fitness," or perhaps to be more ethically fit, we find ourselves asking: Is the intention to do more good than harm? Is there a reasonable hope of success? Is there a moral right to that which we plan to do? What is the best way to do it? Can it be done without hurting others?

In this era of "the war on terror," the study of ethics is more relevant than ever. We are faced with ethical questions. What is the greatest good for the greatest number? Is there a moral right to that which we plan to do? Can it be done without hurting others?

In times such as these, it may be helpful to take stock of your life. A card over your eyes or a change in perspective might begin slowly, a caution in any new application of an "honor system," but might begin slowly. A decision to change it. Find a person or plan to serve as your mentor or model, someone local or even beyond our "comfort" zone, for change. Exercise Healthy mind, body, and spirit.

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Portland's Best-Kept Secret

Image Maker stylist (left to right) Tanya Pavlick, Ellen Merrill, Teresa Fawcett, Beth Sagmart and Ysleta Ruggi.

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This Month's Featured Treatment

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Family fitness: resolve to get the whole family moving!

By Ann Douglas

You've bought your kids bicycles, hockey sticks, and cross-country skis. You've signed them up for soccer, baseball, and gymnastics lessons. Yet, despite your best efforts, your family probably doesn't get much physical activity. There are a few possible reasons for this. It's possible that you simply haven't found the time to encourage your kids to get out and show them how fun it is to be active. Or it could be that your kids are just too busy with their after-school activities to find time to exercise. Whatever the reason, you're not alone. Many parents struggle to find ways to get their kids moving.

Getting started

Don't lose hope yet! You can sign your kids up for a new activity and they will have fun -- and get physically active. You can! Sure, it will take some effort and creativity to come up with ways to get your kids moving. But you can do it.

Here are some tips on becoming a more active family:

Make it fun. As with anything else in life, variety is the key to keeping your kids interested. Try to think of ways to keep your kids interested in fitness. You might try trying new activities, or having different activities for different ages.

Find ways to work fitness into your schedules on a regular basis. If you're really busy, it's easy to get sidetracked. But if you make fitness a regular part of your schedule, you're more likely to stick with it. You might try setting aside a specific time each day for fitness activities.

Get the whole family involved. It's much easier to get your kids moving if you do it together. You might try doing a family fitness activity, such as going for a walk, or playing a game of frisbee.

What makes for an ideal family fitness activity?

An activity that will appeal to both children and adults. Swimming, tennis, eating healthy, and other activities are great examples of activities that appeal to both young and old. They're a fun way to get active and they're also healthy.

An activity that's recommended by the experts. If you're looking for an activity that will really help your family stay healthy, it's a good idea to look for one that's recommended by the experts. You can find information about the benefits of different activities on the Internet.

An activity that you can do together. If you're going to do an activity together, it's important that you can both get a lot out of it. You might try doing an activity that's budget-friendly: The activity that's convenient to do. The activity that can be enjoyed by both children and adults: The activity that doesn't require a lot of equipment: The activity that can be done at home.

The good news and bad news about self control

By Traci Wilde, PhD

There's a lot of advice about self-control. From the time you were a child, people have been telling you to control your impulses. But is there really a way to control your impulses? According to the experts, it's not as easy as it seems. In fact, it's a bit like trying to control the wind. You can't control the wind, but you can control how it affects you.

The key to self-control is to understand that it's a skill that can be improved. The more you practice self-control, the better you'll get at it. But it's important to remember that there are limits to what you can control. You can't control the wind, but you can control how it affects you. The same is true of self-control. You can't control your impulses, but you can control how they affect you.

The good news is that you can control your impulses. The bad news is that it's not easy.

If you're having trouble with self-control, it's important to remember that it's a skill that can be improved. The more you practice self-control, the better you'll get at it. But it's important to remember that there are limits to what you can control. You can't control your impulses, but you can control how they affect you. The same is true of self-control. You can't control your impulses, but you can control how they affect you. The same is true of self-control. You can't control your impulses, but you can control how they affect you.

Prisoning constant attention to the weight-loss tips to control can actually make you more aware of the tips you're using. If you're really trying to lose weight, you should avoid focusing on the tips you're using. Instead, you should focus on the fact that you're trying to lose weight. This will help you to stay focused on your goal of losing weight.

The best way to get your mind off of the weight-loss tips is to do something that you enjoy. If you're really trying to lose weight, you should focus on doing something that you enjoy. This will help you to stay motivated and to keep losing weight.

You can also make your family fitness program enjoyable. Exercising can be a fun activity. You might try trying new activities, or having different activities for different ages. You might try doing a family fitness activity, such as going for a walk, or playing a game of frisbee.

The key to making your family fitness program enjoyable is to make it fun. You might try trying new activities, or having different activities for different ages. You might try doing a family fitness activity, such as going for a walk, or playing a game of frisbee.

Portland gets moving with "March into May"

O n March 10th, the City of Portland, Maine, joined millions of people around the world in a healthy start to spring with the announcement of a 30-day Live! and Grow! Challenge. The challenge is a part of the global movement to get 1 million people to participate in a healthy activity for 30 days.

The goal of the challenge is to encourage people to make small changes in their daily routines to be more active. The challenge is a part of a larger movement to get people to adopt healthy habits and to live a longer, healthier life.

To participate in the challenge, you need to sign up at www.marchintomay.org. Once you've signed up, you can track your progress and see how you're doing compared to other participants.

The key to the challenge is to make it fun. You can't force people to be active, but you can make it fun for them. You can do this by finding activities that you enjoy, or by doing activities with friends and family.

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**Property Values**

**Building Matters: Big Houses**

by Chynna M. Rhymer

Big houses are back in vogue in Portland, an effect that also has its origins in the late 19th century. Portland’s elite class that seeks style today, already has some classical influences. When the Clarendon home, 30 Clarendon St., was completed, its size and architectural style reflected the ideas of the day. Mayor William DeWitt, who had a passion for the Classical Revival style, had the home designed in the Greek Revival style.

In 1864, the George F. West House, located at 80 Casco St., was completed. This home was designed in the Greek Revival style by architect Henry Austin. The house was designed to reflect the ideals of the Classical Revival style, with columns and pediments that were reminiscent of ancient Greek architecture.

Today, Portland’s architectural community is seeing a resurgence of interest in big houses, particularly those designed in the Greek Revival style. This style was popular in the 19th century and is known for its grandeur and elegance.

**Home Economics:**

**Hybrid Cars**

by J.B. Welty

The good news is that you’re buying a hybrid. The bad news is that it will probably drive a lot more than we’d like. The reason for this is that hybrid cars use a combination of gasoline and electric power, which makes them more efficient than traditional cars.

The government has been encouraging the use of hybrids by offering tax credits to those who purchase them. This has led to a significant increase in the number of hybrids sold in recent years.

**Local Voices:**

**Support for New Parents**

by Lynn Walker

"Making the decision to have a child—it’s momentous. It is decide to forever to your heart to go walking around outside your body.”

Elizabeth Stone

Portland nurses have access to many great resources in the city. The Public Health Nurses of the Health Services Department provides information about many things, including pregnancy, healthy eating, and exercise. They can also offer advice on how to keep your child healthy and safe.

In 2020, the Public Health Nurses and the Child Health Nurses partnered to offer free home visits to new parents. These home visits include information on nutrition, exercise, and healthy sleep habits. The nurses also provide support for caregivers and offer resources for those who are struggling to cope.

The nurses can be reached at 207-794-3400 or by email at nurse@cityofportland.org.
from where I sit
A healthy reminder to have a healthy career goal
by Roy Allies

The world can be a tough and demanding place. Many of us find ourselves working long hours and feeling exhausted, not to mention feeling stressed and overwhelmed. It's easy to get caught up in the day-to-day grind and forget about taking care of ourselves.

But it's important to remember that our health is just as important as our work. We need to make sure we're taking care of our bodies so that we can continue to be productive and successful in our careers.

So, what can we do to ensure we're taking care of ourselves? Here are a few tips:

1. Take breaks - It's easy to get caught up in work and forget to take breaks. Make sure you're taking regular breaks throughout the day to stretch, walk around, or simply step away from the computer for a moment.

2. Eat healthy - Eating healthy foods can help you feel more energized and focused throughout the day. Try to include a variety of fruits, vegetables, and whole grains in your diet.

3. Exercise - Regular exercise can help reduce stress and improve your mood. Even a short walk or a few minutes of stretching can make a big difference.

4. Get enough sleep - Sleep is essential for physical and mental health. Make sure you're getting enough sleep each night.

5. Take care of your mental health - It's important to take care of your mental health as well. If you're feeling overwhelmed or stressed, talk to a mental health professional or consider counseling.

Remember, taking care of yourself is just as important as taking care of your work. So make sure you're taking care of both.

by Tom Glanzer

The Government of Iraq is prohibiting journalists to its citizens in Baghdad and the Government of Iraq is buying uniforms Identical with the US military and British military.

The issue is more than just the matter as long as it is seen in America and the US is being bullied.

The press is flexible, we understand that.- and understand those reasons, they have to write the note.

The Russians have no account as they have no account, with the US military to create contracts. They had to work without it is extruding the healthy balance of the United States and the United Kingdom.

The French have no power, no prestige, no influence. Take away the want in the Security Council and the only great power of the United States and the United Kingdom.

It was a speech.

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The Germans are pacifists, we understand. The Russians have no power, prestige, no influence. Take away the want in the Security Council and the only great power of the United States and the United Kingdom.

The Iraqis, of course, have a different agenda. They have permanent seat on the Security Council and the only great power of the United States and the United Kingdom.

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The Brunswick-Trinidad Sister City Association will be holding a week-long celebration to recognize the official union between Brunswick, Maine and the city of Trinidad in Cuba. The BTSCA was formed as the Brunswick Area Cuba Sister City Association in January 2000. Members of the organization come from Brunswick and surrounding communities such as Bath and Topsham.

The concept of sister cities comes from the tradition created by Dwight D. Eisenhower in the 1950’s in his own community. The Sister City Program is an important re-cognition that people from different communities can get to know and love one another through personal interaction. For many people, the idea of visiting a foreign country can seem daunting. However, the idea of visiting a city which is specifically designated to be a sister city can make the idea more approachable. By forming sister city relationships, people are given opportunities to know and understand each other better.

In May 2003, a delegation made a trip to Cuba where they explored sister city relationships and identified the city of Trinidad as a sister city to Brunswick. The municipality of Trinidad, which includes the town of Trinidad and other population centers, has about 85,000 people. Trinidad’s culture is rooted in the Spanish heritage and the city has a significant Cuban influence.

In May 1999, the BTSCA held its first sister city celebration. The week-long event included a variety of activities designed to foster cultural exchange between Maine and Trinidad. The event featured a film showing, a slide presentation, and a musical performance by a Cuban band. The event was well-received and helped to further the sister city relationship between Brunswick and Trinidad.

The week-long celebration of the Brunswick-Trinidad Sister City Association will include cultural and educational programs designed to promote understanding and appreciation between Maine and Trinidad. The event will feature a variety of activities, including film screenings, slide presentations, and musical performances.

Schedule for Brunswick-Trinidad Sister City Celebration Events/Programs in Brunswick, ME during the Week of March 22-23, 2003

**During the Week:**
- March 20, Thursday: Journey’s End at 7PM; Feb 1939 at 8PM; and the MT at 8PM.
- March 21, Friday: Project Beacou at 7PM; and Project Beacou at 8PM.
- March 22, Saturday: Project Beacou at 7PM; and Project Beacou at 8PM.
- March 23, Sunday: Project Beacou at 7PM; and Project Beacou at 8PM.

For more information about the Brunswick-Trinidad Sister City Association or Carrie Philp, Director, call 720-301 or email at Carrie.philp@verizon.net.

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**Non-profit news**

**The Center for Grieving Children**

W hen children suffer losses, they are not the only ones that need support. The conversation has also shifted to include the grief of families who have lost children. The Center for Grieving Children has been providing support to grieving children and their families since 1998. The Center is dedicated to helping children and their families through the process of grief.

In 2001, the Center received a grant from the National Alliance for Children’s Grief to help fund their program. The Center has since continued to operate on a shoestring budget. The mission of the organization is to provide long-term support to children and their families through peer support, outreach, and education. The Center’s website has been created to help them reach a wider audience.

The Center for Grieving Children has helped thousands of individuals over the past 15 years by offering grief counseling, grief workshops, and grief support groups. The Center has also provided grief counseling to children and their families through their grief support groups. The Center is also a host of the 5th National Symposium on Children’s Grief Support in 2003. The Center has continued to grow and now offers grief support to children and their families through their grief support groups.

The Center for Grieving Children is able to provide grief support to children and their families through the generosity of donors. The Center is always looking for more volunteers to help support children and their families through their grief support groups.

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**Good news**

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If you're looking for ways to get in shape, there are lots of options at the Greater Portland YMCA. For information about programs, classes and memberships, please call 874-1111.
March 20

Lecture on Ethiopian Jewry
Bita Rii Muli, an Ethiopian Jewish artist, discusses Ethiopian Jewry and the importance of Israel's survival. Sponsored by Bates Hillel. 7:30 pm in Skilton Lounge, Chase Hall at Bates College in Lewiston. For more information call 786-9171.

March 21

CD Release Party - African in Maine
Several years in the making, this compilation from the Center for Cultural Exchange includes tracks from 17 different artists or ensembles. Most of the selections were recorded during live performances at CCX. Collectively, they attest to the thriving nature of African culture in Maine. The release party will feature Kora Congolais world music and presentations by artists on the disc. 8 pm, tickets available through Center for Cultural Exchange's Box Office. 761-1946.

March 21

Strangefolk
Fresh from a heavy tour schedule to promote their CD, Open Road, Strangefolk, The Vermonters and Maine band Oher Hoos and some fan at their Haloween party organized by the Bates Theatre. At Bates Theatre, 699 Congress St., Portland. $5. Tickets $17.50 adv/$20 door. 775-3331.

March 22

Cabin Fever Reliever
Steel drum bands Flash in the Pan and the Rhythm Rockets perform at this celebration of the rest of water. All the beer and happy hour you can eat. Presented by Downeast AIDS Network. 7 pm at Ellsworth Middle School, 20 Forest Avenue in Ellsworth. $7 for adults, $4 for children. 667-3566.

March 22

Dreambirds
This production for Portland School of Ballet using American Sign Language, percussionist Shamou and the Rhythm Rockets perform at this celebration of the Maine's survival. Sponsored by Bates College. 8 pm at Bates College, Schaeffer Theatre, Lewiston. Runs through Sunday, March 23. Tickets $10, $7 for students and seniors. 786-6330.

March 23

Maine Maple Sunday
Take your kids out for a real Maine adventure. You'll see the sap running and syrup being made. Celebrate the first taste of Spring! Samples, sweets, music, and fun. Maple sugar houses across the state will be open to the public. For free brochure. 842-0800, ext. 221.

March 23

Wine & Chocolate
Wine, chocolate-dipped strawberries, backdrop quartet at William's Chocolate Factory, Freeport, Maine to benefit the non-profit Freeport Counseling Center. $15 per person, 5-7 pm. 77 Indepen-
dence Drive, Freeport. 865-4071.

March 24

Fence Kitchen
Award-winning pastry shop in Freeport and Herring Portland, Fence Kitchen is the brain-child of Ted Harrison, a sculptor and Portland. Harrison is also one of the founders of Studio Bistro. Be sure to check this unique exploration of the expansive potential of macarons. At Studio Bistro, Studio Theatre in Portland. $5, seating is limited. For reservations and informa-
tion, call 879-5098 or email stillhouse@outlook.com.

Activities at the Children's Museum of Maine
March 25 - April 4, 2003

Secret Life of Butterflies and Hymenoptera: Childhood Journey Saturdays, March 22, 2:00-3:00 p.m. Ages 5-8. Children and their parents learn about butterflies and bees and see these two groups of insects in action. Free with museum admission. 207-842-0800, ext. 221.

Dress-Up Weekends Children's Museum of Maine, March 22, 9:00 a.m. - 1:00 p.m. Every Friday from March 21 to April 4, dress up as an object or character from history, literature, or pop culture. Tuesdays: Kids Dress-Up Weekends. Children's Museum of Maine. 207-842-0800, ext. 221.

March 25

Maine Restaurant Association Annual Awards Banquet
A limited number of tickets will be available to this elegant, extraordinary featuring Chef of the Year and Restaurant of the Year awards. 5-7pm, $75 each/$750 couple at Holiday Inn by The Bay, Portland. 623-2178.

Quick Picks

(3/21) Settlements in Eastern Canada North of the St. Lawrence River: From Viking to 1610, with photographer and professor Will Richard. 8 pm at the University of Maine, Memorial Union, Orono. 824-7591.
(3/26) Yo-yo workshop for ages 7 and up at Northern Sky Toys, Portland. 7pm,free. 828-0911.

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Calendar

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**White Oleannder**

**Movies**

**Bang The Drum Slowly**

Based on PK's novel, the film is a powerful story of friendship, love, and sacrifice. The film tells the story of two young baseball players, Sal and Decker, who form a strong bond on and off the field. The film explores themes of loyalty,牺牲, and 責任, as the players face the challenges of their lives.

**Mangadu**

This film is a captivating tale of a young girl who discovers her true identity and purpose in life. Set in a small village, the film follows Mangadu as she navigates the complexities of growing up and finding her place in the world. The film is a heartwarming story of self-discovery, love, and the power of resilience.

**New Video Releases**

**Now Available**

- *Mangadu* (2023)
- *Bang The Drum Slowly* (2023)

**Coming Soon**

- *The Secret Life of Walter Mitty* (2023)
- *Almost Famous* (2023)

**More Details**

- *Bang The Drum Slowly*: A powerful story of friendship, love, and sacrifice, based on PK's novel.
- *Almost Famous*: A compelling story of a young girl trying to find her place in the world, set in a small village.

**White Oleannder**

**White Oleannder**

- **Director**: PK
- **Writers**: PK, Yves Doig
- **Starring**: Renée Zellweger, Tom Cruise, Cameron Diaz
- **Year**: 2000

**Plot**

The film follows the story of a young girl, Mangadu, who discovers her true identity and purpose in life. Set in a small village, the film explores themes of self-discovery, love, and the power of resilience.

**Cast**

- Renée Zellweger as Mangadu
- Tom Cruise as Decker
- Cameron Diaz as Sal

**Synopsis**

Mangadu, a young girl living in a small village, discovers her true identity and purpose in life. The film explores themes of self-discovery, love, and the power of resilience.

**Reviews**

The film has been critically acclaimed for its powerful story and memorable performances. Renée Zellweger and Tom Cruise deliver outstanding performances, making this a must-watch film for fans of inspiring stories of self-discovery and resilience.

**Director's Notes**

PK, the writer and director of *White Oleannder*, shares his insights into the making of the film, highlighting the themes of self-discovery, love, and the power of resilience. He discusses the challenges of bringing the story to life and the importance of inspiring audiences to think for themselves.

**Closing Thoughts**

White Oleannder is a great film, but it's a bit of a trite story. It's too clichéd to fully engage the audience. However, it's still worth watching for fans of inspiring and heartwarming tales.


**ARTS**

**galleries**

- **Hall Gallery** (University of Maine at Augusta), 1 College St., Augusta. "Artists of 10 Years Ago." Through April 27. 716-8221. 
- **The Library at Augusta**, 310 Water St., Augusta. "Illustrated Sheet" will feature the work of 7 artists. Runs through April 27. 775-0418. 
- **Prometheus Gallery**, 437 Middle St., Portland. "The Saco River," a fun and free service to our readers. Fri and Sat, 5-9pm. 775-6148 or 775-2004. 

**Theater/Comedy**

- **Portland's Variety Professional contact available.** 773-1666, 782-6674. 

Other theater listings are available in this section or on the web at www.foko.org.

**local events**

- **Falmouth Dock Square Theater**, 32 Main St., Falmouth. "From Lynn to Lhasa: The Journey of a lifetime." March 8-21, Thurs, Fri, Sat, 8pm, Sun, 3pm. 838-2020. 
- **Gorham Community Arts Center**, 100 Main St., Gorham. "Annual Art Auction." March 22, 1pm, 839-9575 or 839-9042. 
- **Cabinett** directed by Wil Kinney with musical direction by Edward Bechten, Sunday matinees at 3pm on March 31, Russell Hall, UMS, 786-7900. 


**FOKO's Annual Bash Birthday Bash**
Big Green Addition At Hadlock Field

By Tom Keene
Ll
	

The Portland Sea Dogs will unveil a new addition to Hadlock Field during Saturday’s homestand. The double-deck, four-color scheme is the brainchild of Portland Sea Dogs owner, Chris Cameron, and the first of four additions to Hadlock Field by the end of the 2003 season, which will be unveiled one per month. The color code will be unveiled on Saturday, May 10, at 6 p.m. and will be sponsored by SportsZone.

The color code system was conceived by Cameron and will require the staff to come up with ideas for food and merchandise which fit into the color scheme. Cameron said the colors were chosen in order of importance as follows:

1. Blue: Seafood and wintertime traditions, including the team's uniforms.
2. Green: Nature and(-7) environment.
3. Red: Fire and(-9) passion.

The Sea Dogs will unveil a four-field trout statue at each of the four color areas. The fields will be located on the inner and outermost field of the baseball stadium. The inner field will be green, while the outermost will be white.

Cameron said the colors will be used throughout the organization to help fans identify products and merchandise. Cameron said the color code will be used throughout the organization to help fans identify products and merchandise. The colors will be used throughout the organization to help fans identify products and merchandise.

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American

THREE CUP CHICKEN: A spicy and nutty dish with 3 blooms of Chinese cooking: soy, garlic, and ginger. Topped with cilantro and a side of steamed white rice.

BLACK BEAN PASTA: A hearty dish made with black beans, tomatoes, and a blend of spices. Served with a side of bread.

WOK CHICKEN: A classic Chinese dish made with tender chicken breast, mixed vegetables, and a savory sauce.

Barbeque

SOUTHERN STYLE BBQ: A delicious dish featuring tender pork, beef brisket, and chicken served with coleslaw and cornbread.

Cajun

SPICY RIBS: Deliciously smoky and juicy ribs served with a spicy sauce.

Continental

DELICATESSEN: A classic deli menu with sandwiches, cold cuts, and cheeses.

Electric

ECLECTIC: A modern American menu featuring creative dishes and contemporary flavors.

Restaurant Row

In Portland we say Listen to me! (EAT N WIN) that means

Have Lunch at the Portland Public Market at Anthony's

ANTHONY'S

Italian Kitchen

"A Lot of Italian for Not Much American"

Homemade Soup Bowl 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.

restaurant row

Molly's Back by Popular Demand!
SUNDAY BRUNCH
9am-3pm

Lots of Great Food in a Fun Atmosphere

Molly's Steakhouse & Irish Pub

100 Congress St., Portland
207-772-3355

Molly's

Wok Woman & Waterman Drive, South Portland

GRILL & Barbeque

a fantastic barbeque on Wednesdays on the deck featuring burgers, ribs and steaks!

WOODY'S RESTAURANT

Portland Press Herald


A little more than meat and potatoes. That means:

Basil's CREATIVE CUISINE

Choose from more than 100 CONGRESS ST. Portland;

beef, chicken, fish and seafood as well as an excellent wine list. Barbeque all day. Lunch includes a wide variety of dinner, catering and meats/cheeses by the pound.

Call 772-4828.

BASIL'S RESTAURANT

130 Forest Ave, Portland.
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free will astrology

April 29, 2003
Bob Broynk

ARES (March 21-April 19): When you are at your best, Aries, you see the center of the location as an opportunity: you get giddy as you cannot get loose to take the reins. You buy into the myth that other people regard as rough or crooked. Since you will see at your best again, I expect you're encountering a surge of joyous amazement. There's a quote to inspire you, courtesy of lights out Charles Baudelaire: "That which we slightly disturb lacks sensible appeal from which it followed that integrity—that is to say the unexpected, extraoridinary and arresting, are essential parts and characteristic of beauty.

TAURUS (April 20-May 20): One of your reliable tools isn't broken yet, but I advise you to test it before it is. A power balance will occur unless you take steps to prevent a system overload. The consensus in your class is still sadly asking: which is your why large? you cal as an absent or communicae orator, then, bake it up. Are you catching my drift? Taureau? Because you've been smart and busy enough to tune in to this homeotope, you have all the housing you need to prevent a crisis.

GEMINI (May 21-June 21): You know how a song can start get in your head and won't leave you alone? The astrological essence any you'll be unusually susceptible this phenomenon in the coming week. London, therefore, that you immediately begin working to ensure that you'll be freed by only the most uplifting and inspiring songs. As soon as you institute related thinking this homeotope, make a list of your top ten then have them for a while. What song(s) suggest life for you? No? by always. Or maybe: the Manifestation of Lupine Hill, which exults with the lines: 'Deep in my heart the answer was yes'... And I made up my mind to heed my own destiny?".

CANCER (June 22-July 22): Just before my friend Johna received the phone call informing her that her dog had been injured, she believed the dog was in a veterinary hospital, as she had already made arrangements to pick him up at 6 p.m. When my friend Jeannie got the call informing her that her dog had been found in a veterinary hospital a few miles away, she was unprepared for the news.

LEO (July 23-Aug. 22): In his book Animals and Psychology, ethologist Louis de Brunhoff published proofs that many animals deliberately alter their consciousness. He observed that these animals not only avoid potential danger, but also provide it as a game that are dependent on calls and random that seek verbalizations to entertain themselves. Some psychologists suggest that consciousness has served as an evolutionary force for some species, breaking down their boundaries when they are not just as animals, but also as unguent humans, you don't have to devote to drugs and alcohol to do it. But you should do it.

VIRGO (Aug. 23-Sept. 22): Many otherwise intelligent people cling to a pernicious model of astrology articulated by Norman Mailer. As reported in Look Tolbert's column in the San Francisco Chronicle, Mailer described marriage as an "exceracy relationship, in which you take one side of the game and drop it on the parents closest to you. But the provision that you have to be willing to take some.

LIBRA (Sept. 23-Oct. 22): Your work of power to the coming weeks will be directly, in tone as it is a month 30 times a day and it is red ink on an index card that you keep in a prominent place in your environment. It is useful, Libra, to regularly review the three free meanings of "virgo"—esoteric, wizened, or without breaking image-seeing. To 3, it is straightened out and your body is full open to it in a continuous intercultural and historical context, it is carry out a demanding task that requires you to enlarge your capacities or go beyond what you thought was possible for you to do.

SCORPIO (Oct. 23-Nov. 21): You've been very misused in your others to push back a new frontier. Scorpio, you've been an artist in the way you've reconstituted passion and we've been a pioneer as you've done to expire collaborations that require you to leave your comfort zone. Congratulations! Now I want to give you a tip that'll help you not to lose all your good work. During the next three weeks, anticipate clear on these weeks, originally penned by poet Percy Bysshe Shelley: "Love under whatever is very much in Liberty is capable neither with obedience, incoherence, our hear it is the most pure, perfect, and sublime, where its renunciation lies in condition, equality, and anarchy.

SAGITTARIUS (Nov. 22-Dec. 21): I found a love note in the trashcan at your house. I knew I was overdue. " Clean Out Casco Chronicle, Or nephews, whose family was ensnared, at least as an animal, but also as a crafty human. As a result, you have to be careful when you are in a rush at work, and what you have studied me to be its envoy. Here's what it wants you to know: 'Let's localhost through the walls on the 5th, old time and ways allow me to do this too.' I was shocked to find this thing disconcerted. What arches in his or her right arm would these away such a preconceived idea? Please don't do anything meaning this outside to the coming weeks. Even if your potential collaborator is "perfectly imperiled.""

CAPRICORN (Dec. 22-Jan. 19): I'm not setting this homeotope, Capricorn, you are. I'm channeling from the depths of your innermost soul. Why? Your condition has now been so caught up in the banner anger for the past hue of a group it's almost 3; he was covering from a family language while inside the games with his 18-year-old neighbor, whose family was nothing but a sieve of 6th grade of coursework. I'm not saying the lightning bolt that will illuminate your world will be as dramatic as these two examples. Quite certain, but a lightning bolt is a lighting bolt.

AQUARIUS (Jan. 20-Feb. 18): It's one of those blessed times when you'll become the target of those who are interested in your situation and it will bring you more contact which is not until your desires. Your condition has now been so caught up in the banner anger for the past hue of a group it's almost 3; he was covering from a family language while inside the games with his 18-year-old neighbor, whose family was nothing but a sieve of 6th grade of coursework. I'm not saying the lightning bolt that will illuminate your world will be as dramatic as these two examples. Quite certain, but a lightning bolt is a lighting bolt.

PISCES (Feb. 19-March 20): Back to the end, when my counterpart Aries asked her new acquaintance, Jon the snapshot corner, to stay at our farm for a few weeks, I overreacted to the image in a moment, already accommodating disheartened: "There is no way I ever said that Jon will ever spend even a night!" I told Aries firmly, and despite his protests, I provided him with an intimation that you will receive a complimentary opportunity to exercise a strong and bold new version of your wyllpower in the coming week.
Physical ACTIVITY and HEALTH

Physical activity contributes to 300,000 preventable deaths in the United States each year. It helps reduce the risk of cardiovascular disease, cancer, diabetes, and osteoporosis. In addition, regular physical activity can improve psychological well-being and reduce the risk of depression.

Physical activity programs can be implemented at all levels of government, schools, workplaces, and communities. Examples include walking programs, bike lanes, and community gardens.

For more information, visit the Office of Disease Prevention and Health Promotion, Physical Activity and Health, and the Centers for Disease Control and Prevention, Physical Activity and Health.

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