Rites of Spring

After housebound winter months of memorizing every smudge on the wallpaper, it's no wonder we're all ready to refresh our nests. In this issue, you'll get lots of tips for Spring, when a young Master's fancy turns to home renovation.

BEGINNING ON PAGE 10

New Beginnings
Portland Tree Watch Company is a model of adaptive reuse.

New Initiatives
Penacook River Watch makes a difference.

New Market
Wild's Treasure Hunt goes syndicated.
Thank You CBW
Readers for voting us
Best Ethnic
Restaurant 2003!

The curry sauce had nuance and layers of distinct flavor including a light touch of coconut milk and heat that developed subtly in the mouth. After the dishes we sampled, we committed to return as soon as possible to continue our journey through the exotic menu.

Food: ★★★★
Atmosphere: ★★★★
Service: ★★★★

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Family Art Workshop
Saturday, April 19, 10 a.m. - 1:30 p.m.
Explore works by American artist Donald Sultan in this family art workshop! 

Family Art Workshop
Saturday, April 26, 10 a.m. - 1:30 p.m.
Explore works by American artist Paul Cadmus in this family art workshop! 

Children's Museum of Maine
2003 Annual Auction
Thursday, March 27, 6:30 to 9:30 p.m.
Dinner and auctions

Children's Museum of Maine
2004 Annual Auction
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Dinner and auctions

For more information, call 774-5916 or visit museum.org

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Absence Makes The Fear Go Yonder!

Emotions are controlled by a combination of reason and action. When the
majority of the brain's thought processes are focused on one emotion, the other
emotions are less noticeable. For example, if you are feeling angry, the
angry thoughts will be more noticeable than the thoughts about love or
delight. But when you are feeling happy, the happy thoughts will be
more noticeable than the thoughts about anger or fear. When you are feeling
sad, the sad thoughts will be more noticeable than the thoughts about
happiness or joy.

In fact, if you are feeling sad, you may not even be aware that you are
feeling sad. Instead, you may be focusing on other things, such as
work or family. This is because the brain is naturally programmed to
focus on the most important things, which are usually related to
survival. So when you are feeling sad, you may not even be aware
of it. But if you do notice it, you can take steps to change your
emotions and find a more positive way of thinking.

If you are feeling sad, you can try to

- Focus on the positive things in your life, such as
  - the people you love
  - the things you enjoy
  - the activities you do
- Write your thoughts down, even if it's just
  - a list of things you are grateful for
  - a list of things you are looking forward to
- Talk to someone you trust, even if it's just
  - a friend
  - a family member
  - a counselor

These are all ways to change your emotions and find a more positive
way of thinking. And if you do, you will feel better.

Your thoughts can affect your mood, so it's important to focus on
positive thoughts. This will help you feel better and live a
happy life.

Clutter-Clearing and Your Authentic Self

Have you ever felt so discouraged, your life so out-of-control, the universe so unresponsive to your needs and desires, that you couldn't
help but just had to clean up?

Recognition is an important step in managing the clutter in your life. You can't
just clean a room without first identifying what's there. And you can't
just change your life without first understanding what needs changing.

识别是改变生活的一重要步骤。你不能在没有先确定有什么需要改变的情况下，就改变你的生活。你不能在没有先确定有什么需要改变的情况下，就改变你的生活。

When you identify the clutter in your life, you can begin the process of
clarifying your goals, priorities, and actions. You can then take
steps to change the things that are not working for you.

When you identify the clutter in your life, you can begin the process of
clarifying your goals, priorities, and actions. You can then take
steps to change the things that are not working for you.

In this article, I will present a simple technique for identifying and dealing
with clutter in your life. You can use this technique to

- identify the clutter in your life
- clarify your goals, priorities, and actions
- take steps to change the things that are not working for you

I will also explain how to identify clutter in your life, how to
clarify your goals, priorities, and actions, and how to take steps to
change the things that are not working for you.

Identifying Clutter

Clutter is anything that doesn't work for you or make you feel good.

Clutter can be physical, such as

- items in your home that you don't use or need
- papers that you don't want or need
- clothes that no longer fit or don't make you feel good

Clutter can also be mental, such as

- thoughts that don't work for you or make you feel bad
- beliefs that don't work for you or make you feel bad
- fears that don't work for you or make you feel bad

You can identify clutter in your life by asking yourself:

- What doesn't work for you or make you feel bad?
- What thoughts don't work for you or make you feel bad?
- What beliefs don't work for you or make you feel bad?

Once you identify the clutter in your life, you can begin the process of
clarifying your goals, priorities, and actions. You can then take
steps to change the things that are not working for you.

Clarifying Goals, Priorities, and Actions

Once you have identified the clutter in your life, you can begin to clarify your
goals, priorities, and actions. You can do this by asking yourself:

- What do I want to achieve?
- What is most important to me?
- What steps can I take to achieve my goals?

You can then take steps to change the things that are not working for you.

Taking Action

Once you have clarified your goals, priorities, and actions, you can take
steps to change the things that are not working for you.

You can do this by:

- Doing things that work for you and make you feel good
- Avoiding things that don't work for you or make you feel bad
- Taking actions that are in line with your goals, priorities, and actions

You can then take steps to change the things that are not working for you.

Conclusion

Identifying clutter can help you

- identify the clutter in your life
- clarify your goals, priorities, and actions
- take steps to change the things that are not working for you

You can use this technique to help you improve your life, reach your goals,
and live a happier life.

I hope you find this article helpful.

Richard Vegas

Lotus Pond Coaching

leh@lotuspond.com

Richard Vegas is a popular recording artist and internet marketing professional.
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After housebound winter months of memorizing every smudge on the wallpaper, it's no wonder we're all ready to refurbish our nests. In this issue, you'll get lots of tips for Spring, when a young Mainer's fancy turns to home renovation.

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For the record
Bailed For Narcotics Of Greater Portland

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

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 are other ways of conveying meaning, such as theatre, dance, and the visual arts. In honor of Portland's Arts Week and to recognize our first full distribution partnership between Face Magazine, CBW celebrates various communication art forms.

Apr 10 Gardening Issue
With springtime comes the realization that Mainer's thumbs are not actually blue, but green! We'll revel in the colors, smells and plain old hard work of gardening. Join us for this issue; we're sure it will change your definition of "vegetative state."

Apr 17 Careers in Motion
In this tight economy, employment is a subject occupying the thoughts of many. There are also those who currently have satisfying and interesting jobs, and have great stories to tell. In this issue, we'll examine the thrills and chills of the workaday rollercoaster.

For more information, contact Joanne Maye-Morgan at 775.6607 or email cbw@mainemedia.com. Spare a Ming fast!
Casco Bay Weekly

MARCH 27, 2003

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MAINE DEP COMMISSIONER DAWN GALLAGHER ADDRESSES MENTALLY RESPONSIBLE MARINAS PROJECT
PORTLAND — Dawn Gallagher were recognized for their environmental efforts at an awards ceremony at the Maine State House last Friday. On behalf of the Maine Marine Trades Association, Casco Bay Clean Boats, and Maine Project, and the Maine Department of Marine Resources, Gallagher presented the 2003 Casco Bay Clean Boats Clean Marina Awards to four marinas for their dedication to environmental stewardship.

The Casco Bay Clean Boats Clean Marina Awards are given for the highest possible scores for their dedication to environmental stewardship. The awards of $100 and $25 are given to the marinas that received the highest and second highest scores, respectively. The awards are presented at the Maine State House each year.

Four marinas were recognized for their dedication to environmental stewardship. The awards were presented to: the Portland Yacht Club, Casco Bay Yacht & Tennis Club, and Portland Yacht Club, all of Portland; and the North End Yacht Club, Bath, all of Bath.

Seven marinas were recognized for their dedication to environmental stewardship. The awards were presented to: the Portland Yacht Club, Casco Bay Yacht & Tennis Club, and Portland Yacht Club, all of Portland; and the North End Yacht Club, Bath, all of Bath.

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Seven marina...
Making Your Kitchen Work for You
By Barbara Schmidt

The kitchen often becomes a family hub, the heart of the home for daily activity and entertainment. For this reason, the design of a kitchen space should address how the room is used on a daily basis, how it is used to cook, eat, and entertain. There are important steps in creating an efficient kitchen space.

Whether you are building from the floor up or simply remodeling, kitchen space planning has the most profound impact on a kitchen’s effectiveness.

The Kitchen Pro

Ask any chef and they’ll tell you that cooking with the right equipment makes all the difference in the world. The design of a kitchen space should address how the room is used on a daily basis, how it is used to cook, eat, and entertain. There are important steps in creating an efficient kitchen space.

Competing Spots

- Gallon-sized and gallon-sized appliances can be very handy but tend to block up space. Consider these tips to manage clutter so that something functions with your culinary projects.

- Where’s your workstation? It’s good for your kitchen to have a space for your prep work and tools or you may find yourself rushing from one area to another.

- Min and Max. It is perfectly acceptable to equip your kitchen with compact units that blend functionality and fashion. Some may argue that space-saving features, like a drainboard or colander, are essential to your home’s interior looks like the set of a snazzy cooking show. But be honest with yourself. Are you really going to use that color wheel for the right job is also an extremely important safety issue. Using the wrong blade can result in potentially serious injuries.

- Properly dispose of these areas could result in an electrical shock. For example, there are different types of circular saw blades and sanding cuts for different types of material. Depending on the material that needs to be cut—wood, plastic, or metal—a different saw blade is required for each cut. Using the wrong blade can result in potentially serious injuries.

- A key decision is choosing between a home equity line of credit or a home equity loan. In general, home equity loans let you borrow against what's known as equity in your home. Home equity lines of credit let you borrow a fixed amount or a variable amount. Home equity lines of credit are subject to interest rates and fees, but they also offer more flexible repayment terms.

- A revolving home equity line of credit lets you borrow against the equity in your home. Home equity lines of credit let you borrow against what's known as equity in your home. Home equity lines of credit let you borrow against what's known as equity in your home, and they can be used to finance major purchases, pay off credit card debt, or make home improvements.

- Remodeling can also increase the value of your home. However, if you want the return on your investment to be more than you might appreciate, then you'll need to consider the cost of the renovation. The average cost of a bathroom remodel is around $22,000, while the average cost of a kitchen remodel is around $65,000. Remodeling can also increase the value of your home, which can be a smart move in the long run. However, the cost of a kitchen remodel is often more than the return on your investment. Home equity lines of credit let you borrow against what's known as equity in your home, and they can be used to finance major purchases, pay off credit card debt, or make home improvements.

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Maine Student Web Design Competition Now Under Way

Maine Student Web Design Competition Now Under Way

The Maine Student Web Design Competition is now open! Students in grades 9 - 12 are invited to submit their best web design projects for a chance to win cash prizes and opportunities to exhibit and showcase their work.

Who Can Enter?
All maine student currently enrolled in an accredited Maine Middle or High School who are at least 13 years of age and not yet have completed 12th grade are eligible to enter the competition.

The Competition:
Students are encouraged to work in groups of two to six members and/or teachers. Each student group must submit one web design project that is unique and original. The project should demonstrate creativity, technical skills, and a thorough understanding of web design principles.

Eligibility:
- Open to all Maine State students currently enrolled in grades 9-12
- Must be at least 13 years old to enter
- Must not have graduated from high school

Prizes:
Cash prizes will be awarded to the top three entries, as well as opportunities to exhibit and showcase their work at the Greater Portland Landmarks annual conference and other events.

Submit Your Entry:
Entries must be submitted online by April 30th, 2023. To enter, visit the Greater Portland Landmarks website, click on the Competition tab, and follow the instructions to submit your entry.

Contact:
For more information, contact Greater Portland Landmarks at info@mainecf.org or call 207-773-7700.

Greater Portland Landmarks, 200 Main St., Portland, ME 04101

www.mainecf.org
Tips for Decorating Your Living Room

By Helen Marak

In the home, the living area, or the receiving room, is one of the busiest rooms. It’s also the room guests initially see and form an impression about the home. Therefore, the living area must be not only well-decorated, well-laid out and inviting to guests and family members, but it should project a home, comfortable yet elegant image.

The Greeks were inspired by lofty ideals of beauty. And those same ideals can be translated and applied to create and decorate your living area, in a setting befitting to your particular home. With a combination of imagination, good taste, and balance, any living area can be transformed into one that is salon-like and formal at times.

Getting your mind in the game:

Before you begin your home redecorating project, it’s important to have a plan. Even the best planners can be thrown off by unexpected obstacles. And when you’re not prepared, you may waste time and money on unnecessary purchases. So, it’s important to lay out a game plan before you start your project. And, it’s always a good idea to take a walk around your home and assess the current state of affairs before you begin your project.

A small tip of the hat:

A few weeks ago, I was hired to redecorate a client’s living room. The house was in need of a complete renovation, but the living room was in good shape. The client wanted to give the room that same feel. What does that mean? It’s a feeling — if only you could transform your home as often as you change your moods!

Lighting: Endless possibilities with a small budget

Everyone’s eyes are overcharged — many people are now experiencing light sensitivity, and for good reason. But you can still create a beautiful atmosphere at any cost. A good lighting system will allow you to see in a variety of lighting scenarios, and all your clients will be able to see their own unique preferences. So, when you review your plans, consider lighting in your living area. You can arrange your furniture to allow for balanced lighting and create a comfortable atmosphere.

REARRANGING FURNITURE:

Your living area can create an inviting place and create a lasting impression to your guests.

Some tips to remember:

1. Make sure the furniture is balanced.
2. Do not block the windows.
3. Keep the flow of movement.
4. Make sure the furniture is comfortable.

Mudroom transitions:

What is the best way to transition from your home’s living area to your entryway? A mudroom is a perfect transition. It’s a place where you can remove your shoes and hang your coats. It’s also a place where you can store your shoes and coats. It’s a place where you can store your shoes and coats. It’s a place where you can store your shoes and coats.

5. Make sure the mudroom is well-lit.
6. Make sure the mudroom is well-ventilated.
7. Make sure the mudroom is well-organized.

Tips from your friends:

Rent A Husband for the Season

By Akie Warren

As a homeowner, you’ve probably been faced with a difficult decision. Whether you’re a first-time homeowner or a seasoned vet, there are certain obstacles that come with owning a home. And when you’re facing these obstacles, it’s important to have a plan. So, it’s important to lay out a game plan before you start your project. And, it’s always a good idea to take a walk around your home and assess the current state of affairs before you begin your project.

Helen Marak, Incubate Design

周六 walking

SIC Blog

Washing Window Tricks

By Valerie Linares

Washing windows doesn’t have to be a chore. Here are a few tips to make the process easier and more enjoyable.

1. Use a squeegee to remove any excess water.
2. Use a glass cleaner to remove any soap residue.
3. Use a microfiber cloth to polish the window.
4. Use a vacuum to remove any remaining water.

Helen Marak

Spring cleaning

Helen Marak

Spring cleaning

Helen Marak

Spring cleaning

Helen Marak

Spring cleaning

Helen Marak

Spring cleaning

Helen Marak

Spring cleaning

Helen Marak

Spring cleaning

Helen Marak
Buildings: Portland Star Match Company
65 West Commercial Street, Portland

June 20 to August 25
Portland Waterfront

Recently, the Portland Star Match Company was resuscitated by an old building on its waterfront. The company was previously a match factory, but today it is a creative hub. The building underwent a comprehensive renovation, turning it into a lively space for artists and creatives. Visitors are invited to explore the building's interior, which now features galleries, offices, and performance spaces. The renovation highlights the company's commitment to preserving historical architecture while adapting it for modern use. Visitors can enjoy art exhibitions, concerts, and workshops throughout the summer. The Portland Star Match Company's new role as a cultural hub reflects a broader trend in cities worldwide to repurpose historic buildings for contemporary uses. This initiative not only revitalizes urban spaces but also serves as a reminder of the importance of preserving our industrial heritage.

Building values

Portland Star Match Company
65 West Commercial Street, Portland

...and additions to its original brick structure.

The design team resuscitated an old building by adding the existing steel and concrete. The building's renovated interior is now a vibrant hub for creativity, offering opportunities for artists and creatives to thrive. Visitors can experience a broad range of activities, from gallery exhibitions to performance events, all housed within the refreshed structure. This transformation underscores the potential of repurposing historic buildings to foster innovation and community engagement. The Portland Star Match Company stands as a testament to the importance of preserving our architectural legacy while embracing the future.
One Maine-Portland to Help Distribute "Maine Parents’ Kit" Helps Keep Teens Safe

The Public Health Districts of the City of Portland’s Health and Human Services Dept. announced today the development of a new initiative to reduce alcohol and tobacco use among youth in Portland. The One Maine-Portland Coalition brings together many organizations working to promote health and prevent substance abuse among Portland youth. Under this project, funded through the Maine Office of Substance Abuse (OMSA), local coalitions and many additional organizations are working to reduce tobacco and alcohol use among 12- and 17-year-olds in Portland.

The Public Health Districts of the City of Portland’s Health & Human Services Department is the lead agency of the One Maine – One Portland Coalition. The four coalitions are Healthy Portland (composed of the City of Portland, the Governor’s Collaborative on Southern Maine, the Children’s Collaborative (composed of United Way of Greater Portland), the Girls’ Collaborative (composed by Girls’ Alliance) and the Health Advisory Council of Portland City Council. Portland Mayor Major Charlotte has said this is "winning the best practices and making a community-wide effort to deal with two persist­ent problems - abuse-are the goals of this groundbreaking coalition effort. The City’s Charles Redfield and Public Health Commission President are proud that the lead agency in this effort—we will do what needs to be done, and do great service to creating a smoke-free, alcohol-free community. We need the participation of parents, to bring a truly collaborative approach to this effort." In addition to the Redfield, many other organizations, including groups led by and focused on youth, are participating in this "Maine Parents’ Kit" campaign to address this problem and make best use of local resources. According to Margaret Jones, Director of Prevention & Education for the One Maine, "Many youth are participating in the One Maine-Portland project in the experiment of increased collaboration among different organizations. All of these organizations have worked together before in similar ways—now we will be continuing our experience and re­source development and implementing the best ways to have a great benefit for the young people of Portland."

Along with these organizational partners, all members of the community who can take a role in the health of Portland’s young people are encouraged to become a part of this "Maine Parents’ Kit" campaign. One Portland business owner, decided to participate in this new project for two reasons. "It is important for all of us to see the right example for our children," Jones believes. "Keeping young people safe, supported, church members, parents, etc., everyone needs to work together to provide an alcohol-free community. The longevity of parents becoming informed and involved is a key element of this project. The Maine Office of Substance Abuse (OMSA) recently released the results of a survey showing that Maine parents drastically underestimate the likelihood that their children might be drinking alcohol. While only one parent out of five thought that their child had participated in binge drinking (five or more drinks in a row), a full 20% of the time, 12th graders saying the survey represented the past year's experience and considered just one episode of binge drinking in the two weeks prior to the survey.

Maine Parents’ Kit Offers Practical "How-to" Resources for Parents

Apart of this effort, the One Maine-Portland Coalition wants to outreach every parent in Portland with resources to reduce alcohol use, says Larry Nellis, Executive Director of Youth Alternatives. "Empowering parents with practical information is one way we want to reach our own kids, as well as be involved in helping change the mindsets kids get about alcohol and tobacco throughout the community." The Maine Parents’ Kit is a free guide that offers practical tips, useful hints, and valuable resources to help Maine parents monitor and prevent alcohol use by their teen. One goal of the Maine Parents’ Kit campaign, which is a high-profile advertising campaign to bring the awareness of Maine Parents that, when it comes to alcohol, their teen’s message is in and at a time. The campaign goes the "questions". "Your two and a half dollars really pay off.

While only one parent out of five thought that their child had participated in binge drinking (five or more drinks in a row, a full 23% of the time, 12th graders saying the survey represented the past year's experience and considered just one episode of binge drinking in the two weeks prior to the survey.

The Presumpscot River Watch is an environmental organization that has been working to protect the Presumpscot River in Maine since 1972. The river, which runs through the towns of Casco, Falmouth, Westport, Gorham, Westbrook, and Falmouth, is a vital part of the greater Portland area. The river is known for its scenic beauty, rich wildlife, and important role in the local economy. However, the river has faced numerous challenges over the years, including pollution, development, and habitat degradation.

In the 1980s, the river was identified as one of the most polluted in the United States, with high levels of pollutants such as heavy metals, pesticides, and raw sewage. These contaminants had serious consequences for the river’s ecosystem, including the loss of fish populations, the decline of aquatic plants, and the destruction of wetlands and other habitats.

To address these issues, the Presumpscot River Watch was established in 1989. The organization’s mission is to protect and restore the health of the Presumpscot River and its surrounding areas. To achieve this goal, the Presumpscot River Watch has implemented a variety of programs and initiatives, such as water monitoring, habitat restoration, and public education.

The Presumpscot River Watch is committed to making the river a healthy and thriving ecosystem for generations to come. The organization’s work is supported by a dedicated community of volunteers, partners, and supporters who are passionate about protecting and enjoying the river.

In the past year, the Presumpscot River Watch has continued its efforts to protect the river by implementing new programs and initiatives. These include the Presumpscot River Watch, which is a citizen science project that engages volunteers in collecting water quality data along the length of the river. In addition, the Presumpscot River Watch has partnered with local schools and communities to promote environmental education and conservation.

The Presumpscot River Watch is a vital asset to the Portland region, and its work is essential to the continued health and well-being of the Presumpscot River and its surrounding communities. By working together, the Presumpscot River Watch and its partners are making a difference for the river and the environment.

The Presumpscot River Watch is a 501(c)(3) non-profit organization that relies on the support of donors and volunteers to continue its important work. To learn more about the Presumpscot River Watch and how you can get involved, visit their website at www.presumpscotriverwatch.org.
2020
finishes can be highly opposing and contrasting, and yet floor mats, and the elaborate needlework of kimonos and obis. The initial color and/or brush stroke is the final result. Western and graphic. Texture.

The topic of eastern influences on western interiors is a very broad subject. Many countries, such as China, Japan, Tibet, etc., have had an influence. Therefore, I have chosen to focus on one country for this article, Japan.

**DISPLAY**

Western homes typically use an object as the pretense for a decor, such as a fireplace, a painting, or an elaborate window treatment. Eastern interiors, on the other hand, focus on a central object, such as a hearth (tori), a garden, an altar, or an elaborately painted screen. Japanese homes also have common display areas, called tokonoma. Objects placed in these areas generate two types of feelings, either (1) a natural or serene feel, by playing up the odd number of objects together, or (2) an ordered and disciplined environment, by using very minimal. For people, three calling blocks in a cup would be ordered, and four potions on a shelve would be disciplined.

Japanese displays are Riko. In other words, a Japanese all may display a scroll, one war, and set of pots on a shelf. Eastern cultures tend to value and make objects. This is probably for two reasons. (1) indoor space, and (2) visual polishes, outside the house, the population increases. Japanese displays are a reflection of the seasons, festivals, or heroes. In the summer, these displays evolve in the quality and craftsmanship.

Instead of existing objects, westerners tend to "display" it all. I guess it's because they've still got someone who's given something may come over and we won't have it. A westerner would also tend to display a red velvet or a gold velvet, because no one would create harmony by taking away. In Eastern, less is more, order is harmony, and there's no place for everything and everything is in its place.

**Tips for a Pleasant Smelling Home**

By Liz Wolfman

If you're anything like me and the scent of something pleasant can instantly lift your mood, then a house that is pleasantly smelling will be a constant lift-booster. Here are some ways to do it.

1. As in as possible, keep shoes and clothes from the house from care at least they don't stay away. Put them in the closet. Back to the haystack. Back 30 minutes or until beans are slightly browned. Cook 30 minutes before serving.

**BROWNIE BATTERS**

Peanut butter and chocolate are often considered a "non-color" in western society, often seen as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society, as a "non-color" in western society.
American

THREE DOZEN SUSHI'S A RESTAURANT and pub is the hot dots of food fan and bar patrons. Specialties include 3 dozen sake, steamed clams, steamed eel and fish, chips, and prepared with fresh seafood. We also serve a variety of burgers, sandwiches and many vegetarian entrees. Specials change daily! 210 Commercial St, Portland. 772-3310.


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CRISPAN'S CAFE 79 Middle St, Portland. 772-2857. A True American Bistro, featuring fresh & fun Pub Food All Day. Come in and experience all the fun and delicious pub food we offer. Choose from our extensive list of beers and wines. Open 11:30am-9:30pm. 435-2836.

PAT'S GROCERIA CAFFE 92 Middle St, Portland. 772-4064. Open Sun-Mon 12-9, Tue-Fri 7-2, Sat 12-12. Takeout also available. 92 Middle St, Portland. 772-4064.

OISHII 79 Fore St, Portland. 772-4848. Serving authentic Japanese and Korean cuisine, featuring a full range of sushi, dumplings and more as well as locally secured Portland and Japanese dishes presented by New York sushi chef Ken Tanyai. Open Mon-Sat 11:30am-2pm for lunch, 4pm-10pm for dinner. (across from the Portland Public Library). 772-4064.

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When remodeling an existing home, you're working with personalities which dictate the character and style of the new addition. The challenge is to be able to reflect that in my work.

More designing and building custom homes in South Carolina for twenty years, Dick decided to return home to Portland to retire. But, not one to sit around, he continues to do remodeling and light construction.

Dick Lowe of Portland

Painting and staining are artforms to me. I love what I do, and when my clients are happy I'm happy.

John Ostrem of Cape Elizabeth

Nobody wants to come home to a mess.
March 27
L/A Arts Exhibit
This 14th annual exhibition features works by more than 90 Maine artists. A reception will be held from 5-7pm. The show continues through May 3, at which time the artwork will be auctioned.闽南画廊, Lewiston-Auburn College, Lewiston, 782-7234.

Il Trovatore
Opera lovers rejoice! Verdi’s creation, which includes some of the finest arias ever written, will be performed by Tenor Leo O’Sullivan and presented by PCA Great Performances. Wearing holding opera tickets is 7:30pm to 7:15pm from the organ before the show begins. $34 to $59.775-5568.

March 28
Spring for Life Art Auction
The 17th annual auction benefits The Frannie Peabody Center, provider of services to persons with HIV and AIDS. The work of more than 70 Maine artists will be up for bid. 7-9pm at the Eastland Park Hotel, Portland. $25 to $150. 780-0554.

March 29
Old House Trade Show
If you’ve got an old house that needs work, or a project intended to renovate your old house, check out the Old House Trade Show. The event will be held from 9am to 5pm at the Cumberland County Civic Center, Portland. $7 to $11. 775-5574.

March 30
Curtis and Loretta
If traditional gospel music is your bag, you won’t want to miss this Acapella Trio. Portland Public Library, Portland. $5 to $10. 780-4942.

March 31
Harlem Globetrotters
Hustle up for your seats when the Globetrotters, host of 2003’s most entertaining exhibit, visit the Cumberland County Civic Center, Portland. $10 to $27. 775-3221.

April 2
Her Past Around Us: Interpreting Sites for Women’s History
This event is part of the Spring 2003 Women in the Environment Lunch Series and Women’s History Calendar 2003. Contribution to this morning sustains book will offer collections on the area. Wallflowers at the press, 7:30pm at the Lewiston Public Library, Lewiston. 782-7234.

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Quick Picks
12/29 "Lisa hunting on Monday hill"* Recommended for ages 10 and up on April 26. Maine Theatre, Portland. $6 to $8. 828-7177.
12/30 Country singer and Massachusetts native Jana "Joan" Fredericks. 7pm at the Maine Theatre, tickets $8 to $10. For reservations, call 828-2010.
12/31 "Rondo of the north." An folk session documentary will be screened with original music performed by The Flax Ridge. 7pm at the Maine Theatre. Portland. $8 to $10.
12/31 "Seattle with Rhododendrons:" A hike and 7pm at the Maine Theatre. Portland. $8 to $10.
**HAPPEIENGS**

**Thursday, March 27**

- **Bowdoin College Museum of Art** in cooperation with the trustees of the Maine Museum of Art presents "Knowing Yourself: Aspects of Duality and Ambiguity." 4:30-6 p.m. in Classroom, Bowdoin College, Brunswick. 725-3697.

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- **Pierre's School of Cinematography** 357 MARDI, WAY PORTLAND, ME 04103

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**Friday, March 28**

- **Franco Family Center (11th Annual Art Auction), featuring art, antiques, jewelry and personal gifts.** 10 a.m.-3 p.m. at the Franco Family Center, Portland. 874-1175 or www.youthalter.org.

- **The Willimogons of Bowdoin College, for the promotion of the college, its students, faculty and local community, to promote excellence in the performing arts.** 7:30 p.m. at the Center for the Performing Arts, Bowdoin College, Brunswick. 725-3747.

- **Walking Mick & Travelling Rover - Wildlife Sanctuaries.** Hosted by Justin Smith 

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**Saturday, March 29**

- **Big Perch Gallery: Seeing and Local Bird Calling.** 7-9 p.m. at the Maine Audubon Society, 1103 Spring St., Portland. 772-1147 or light@maine.rr.com.

- **Maine Genealogical Society** Ongoing sessions every third Wednesday. 7 p.m. at the Reiche Library, Bowdoin College, Brunswick. 725-3697.

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**Sunday, March 31**

- **8th Annual Bird Dog and Gun and Wine Valet Tournament in the Eagle, eighty-sixth edition of the wine and gun, and other wines, and to celebrate the annual meeting of the club, at the Maine Audubon Society, Bowdoin College, Brunswick. 725-3697.

- **Moody Jay and the Lost Interiorists** It may be too late for our kids to have any respect for the blues, but we can still enjoy it. 8 p.m. at the Port City CAFE, Portland. 774-1913.

- **Maine Audubon Society** Guided Bird Watching Tours. 9-11 a.m. at Commercial St., Portland. 774-1913 or info@maineaudubon.org.

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**Monday, March 31**

- **Museum of Art** Barriers: Access to Art. 10 a.m.-2 p.m. at the Maine Museum of Art, Portland. 797-4066 or info@maineart.com.

- **Maine Audubon Society** Guided Bird Watching Tours. 9-11 a.m. at Commercial St., Portland. 774-1913 or info@maineaudubon.org.

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**Tuesday, April 1**

- **Shoos for Kids:** A selection of children's books, and imagination in their last winter season, especially for children's literature. 10 a.m.-2 p.m. at the Maine Museum of Art, Portland. 797-4066 or info@maineart.com.

- **Avenue International** Moms, kids and some other stuff from the Avenue International. 10 a.m.-2 p.m. at the Maine Museum of Art, Portland. 797-4066 or info@maineart.com.

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**Wednesday, April 2**

- **Tuesday Tuner** (VACANT): every Tuesday of the month, at the Maine Museum of Art, Portland. 797-4066 or info@maineart.com.

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**Thursday, April 3**

- **Maine Audubon Society** Guided Bird Watching Tours. 9-11 a.m. at Commercial St., Portland. 774-1913 or info@maineaudubon.org.

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**Friday, April 4**

- **Sunday Night Radio** (VACANT): every Sunday night, at the Maine Museum of Art, Portland. 797-4066 or info@maineart.com.
Daily Reed: The exhibition features the works of several artists, including Verner Reed, Veronica Benning, Estelle Roberge, John Kelley, Lori Tremblay, and Henry. The exhibition runs from April 17 through March 29. Hours: Mon-Fri, 10am-5:30pm, Sat, 10am-4pm, or by appointment.

From Then to Now: This exhibit explores the lives of ordinary people, with a focus on the work of recent works by Louis Meyer, Matthew Meyer, and others. Included are works by Joseph Blackburn, Paul Adams, and others. The exhibit runs through April 19. The exhibit will be accompanied by a new edition of the magazine American Modernism. On Saturday, March 29, 8pm, there will be an evening of spoken word, performance, and poetry, featuring selected works by local artists. The event is free and open to the public.

Hampton: The exhibit features works by John H. Hallord Gallery. Through April 14. Exhibits include "The Perfect Kitchen," which explores the lives of American craft artists in all media. Hours: Mon-Wed, 10am-2pm, Thu-Sat, 10am-5pm, Sun, 10am-4pm, or by appointment.

Lewiston: "Betsy's Class" is on view at the Lewiston-Auburn College, February 28 through March 31. The event features a selection of works by local artists. The exhibit will be accompanied by a new edition of the magazine American Modernism. On Saturday, March 29, 8pm, there will be an evening of spoken word, performance, and poetry, featuring selected works by local artists. The event is free and open to the public.

Portland: "The Perfect Kitchen," which explores the lives of American craft artists in all media. Hours: Mon-Wed, 10am-2pm, Thu-Sat, 10am-5pm, Sun, 10am-4pm, or by appointment.

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Focalfpoint: Life Weavers To Honor Maine's Women of African Descent. Dance, Fashion and Spoken Word Performance to Highlight A Special Evening Of Praise & Celebration. On Saturday, March 29th at 8pm, there will be a special evening of spoken word, performance, and poetry, featuring selected works by local artists. The event is free and open to the public.

Auditions: The Water Harbor Theatre Company and Focalpoint Productions will hold auditions for "King of the Rodeo." Auditions will take place on April 3 at Thorne Hall, 120 High St., Lewiston. The auditions will be open to all. The event is free and open to the public.
The article includes a list of different bars and restaurants in Portland, Maine, along with some musical events taking place in each. The text also mentions the Alehouse, where concerts take place, and the Portland Public Market, which is a popular gathering spot.

The article also mentions a music event at the Portland Public Market called "Big Goings On at the Alehouse." The event features various bands and musicians, including The Airborne, The Big Easy, and The Woolly Mammoths. The event is described as a fun and lively gathering with a variety of musical styles.

The article also includes a mention of The Portland Public Market, which is located in the Old Port area of Portland. The market is known for its fresh produce, seafood, and local crafts.

The article concludes with a mention of a music event at The Portland Public Market called "3-Day Music Carnival Geno's Version of Woodstock." The event features a variety of musical performances, including a concert with The Portland Pub Band.

Overall, the article provides a snapshot of the vibrant cultural scene in Portland, with a focus on the music and events that take place in the city. The article highlights the diverse range of musical styles and venues that contribute to the city's unique character.

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**Books**

**Susan Sargent's New Country Color: The Art of Living**

(With Jake Chapline, Erik Roth (photographer))

Susan Sargent, an American artist and author, created a home design breakthrough company that sells sophisticated, well-executed, and beautiful designs. The based on her own New England home, Sargent's work is known as "New England Home". This book is a suitable companion with its artwork and architectural photos. In "New England Home", her patterns can make your surroundings look even more interesting, personal, and vivid. It is an example of one of those rare books on design as a guide to creating a "period" plan. It will be coming out in February. The book is a comprehensive guide to creating your own personal design style, and the book itself is actually part of what you are designing. It is a must-read for anyone who wants to create beautifully in their own home.

**The Supernatural Side of Maine**

By CJ Stevens

If you believe in ghosts and goblins, and things that go bump in the night, then pick up this book and read it. The author will give you a glimpse of the "Supernatural Side of Maine." It is filled with stories of the supernatural, of the paranormal, of the world of the unknown, and what can you feel in your heart. This book is low-profile, comfortable, wearable... it's complete. Some locals are evil-minded, so be prepared to have a good time. The story is told at a slow pace. There are no tricks in this book, and no facts are included. In fact, the facts are told as they are. There are many stories of people who see ghosts, and of people who feel the presence of the supernatural. The author of the book is a writer who has written many books on the supernatural, and her work is filled with facts and stories of the supernatural. It is a must-read if you are interested in the supernatural and the unknown.

**The Pebble Beneath the Floor**

If you believe in ghosts and goblins, and things that go bump in the night, then pick up this book and read it. The author will give you a glimpse of the "Supernatural Side of Maine." It is filled with stories of the supernatural, of the paranormal, of the world of the unknown, and what can you feel in your heart. This book is low-profile, comfortable, wearable... it's complete. Some locals are evil-minded, so be prepared to have a good time. The story is told at a slow pace. There are no tricks in this book, and no facts are included. In fact, the facts are told as they are. There are many stories of people who see ghosts, and of people who feel the presence of the supernatural. The author of the book is a writer who has written many books on the supernatural, and her work is filled with facts and stories of the supernatural. It is a must-read if you are interested in the supernatural and the unknown.
The key to a fix would be pitching, and the key to pitching, and also acting in the 1988 film, playing Ring Lardner, one of the best sportswriters ever. While there are a few moves that presented the White Sox might earn more than a living wage, most as mere employees of a tyrant who benched power over the game and the players. And it was probably illegal, but it has such a plot and doesn't reveal it, would ever eight from baseball for life. He said that no one played hide and seek, but "Eight Men Out" presents the White Sox series. While Williams was telling, Chic...
Ephedra: A Price too High to Pay

By John Christian Hageny

Ephedra: A Price too High to Pay

With the recent death of Baltimore
to the cardiovascular system, or by people
serving limits and follow warning labels
and precautions.

The Rand Corporation.

Mr. Bechler died from ephedra. He died
in Mr. Bechler's system does not mean that
the drug include Sinex(R) and other
prescriptions and asthma and
sinus medications.

Ephedra: A Price too High to Pay

Mr. Bechler’s death.

Mr. Bechler’s death and
the death of Mr. Bechler.

Mr. Bechler died from
some respiratory system
effedrines, and other
medications.

Mr. Bechler died in his
system at the time of death.

Mr. Bechler died from
ephedra. He died from
natural shrub-like plant found in desert
areas, including the southwestern United
States, Mexico, and Central
America. Ephedra
serves as a stimulant in
some cosmetics and
medicines. It is also
used in some dietary
supplements.

The FDA says at least
100 deaths have
been linked to ephedra.

The key to the
question is crossing the line? Is the possibil­
ity of steadily
prospects of steadily
improving
the sport's image?

The Maine Freeze puts the finishing
touches on its preparations
for the 2003 season, and the result
is a winning team.

The Maine Freeze is a franchise team of the
Women's Professional Football League (WFL),
which has teams in several states.

The women's league was
launched in 1999 and
is now in its second season.

The Freeze hosts the
Philadelphia Phoenix, NWFA
Division, at noon on Saturday,
June 14th. All games at the
Freeze's home field are
scheduled for 2 p.m., except June 1st, a
home game against the
Massachusetts Mutiny.

The season began
May 17th against these
Rochester Raptors, and
the season finale
is set for June 28th
against the
Philadelphia Phoenix.

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REINVENT... (Aug. 23-Sept. 22): It's the Grunting Season, my luck will multiply and your alignment with Casco Bay will be good advice beginning around April 21, but covering a host of insightful new answers to them. If you have been making promises your future doesn't even want you to keep, this is the time to give yourself to uninhibited departures from evening. It's high time you started growing twice as fast.

In April, if you're looking for , you've come to the right place. The astrological omens suggest you should hang out in a helium-filled balloon, and send it aloft on a windy day.

Those who aren't like you. Cultivate safety and security is to regularly seek out Leo. It's high time you started growing twice as fast.

APRIL will be a time that provoke your copious sighing. Gazing at gorgeous love long and slow?
Irrigating much more than the housing is total of 350 hours of sweat equity, which becomes the families' down payment on their Habitat house.

Volunteers provide most of the labor, and individuals and corporate donors provide money and materials to build Habitat houses. Partner families themselves invest hundreds of hours of labor - "sweat equity" - into building their homes and the homes of others. At closing Habitat for Humanity provides a no-interest 20-year mortgage, which makes home ownership a reality for families that would not qualify for a conventional home mortgage. Their mortgage payments go into a revolving fund for Habitat that is used to build more houses.

The greatest Portland Habitat affiliate has been building houses together with neighbors in need of shelter since 1985. By the end of this year, the Portland affiliate has constructed a total of 90 homes in the area.

The Three Basic Requirements to qualify for a Habitat House are: homeownership, sweat equity, and capacity to help. Homeownership is defined as "the capacity to help" and requires a $1400 annual income.

Some Important Facts: The homeowner pays Habitat for half of her home through a no-interest mortgage, and its cost is based on the cost of materials (whether donated or not) and other costs. This includes labor that must be paid for, such as excavation and electrical and plumbing services. Habitat homeowners must be living in substandard housing, which can be anything from a house or apartment that is too small to accommodate a growing family, to a shack where rain leaks in. If you would like to share in the spirit of community, you are invited to consider volunteering at various Habitat sites in the Portland area.

A kickoff celebration will be held April 12th from 9 a.m. to 3 p.m. at 443 Falmouth Street in Portland. For more information on either of these events, please contact Anna Good at 772-151.

For more information, please contact Jeanne Boudreau at 772-2153.

**WHAT LIST**

**For Construction Sites:**

- Land, little bit sites for new Habitat homes
- Scatching: Eight natural sailcloth backings with cross-brack and wheel plans
- No paint needed at this time

**For the Office:**

- Computer (IBM-compatible, Windows
- Fax machine
- Phone: 577-4120
- Address: 22 West Street

If you're considering a donation or a discount sale of much needed Habitat, call Steve Brown, Executive Director, at 772-1040.

Young Lawyers Committee To Habitat For Humanity of Greater Portland

For the past 3 years David Levesque has led a group of lawyers from the Maine State Bar Association volunteering at various Habitat sites in the Greater Portland area. The Young Lawyers group has determined that adequate housing is important to our communities and as a public service project has been deeply involved with Habitat for Humanity. This year the Young Lawyers Group will be working on the Mays Street project in 1994 and has grown from then. Now it six three projects work days a year, to help that community can grow into something more.

But the Young Lawyers aren't all work and no play when it comes to Habitat, thanks to Levesque's initiative, the Maine State Bar Association is sponsoring a golf outing on July 28, 2005, with the proceeds benefitting Habitat for Humanity in Maine.

Construction Update: Habitat is currently completing the final interior work on their Standish project, which will be available to volunteers by the end of March. Habitat will begin the Addison Street project in early April and hope to be ready by July 1.

Volunteers provide most of the labor, and individual and corporate donors provide money and materials to build Habitat homes. Partner families themselves invest hundreds of hours of labor - "sweat equity" - into building their homes and the homes of others. At closing Habitat for Humanity provides a no-interest 20-year mortgage, which makes home ownership a reality for families that would not qualify for a conventional home mortgage. Their mortgage payments go into a revolving fund for Habitat that is used to build more houses.

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For more information, please contact Jeanne Boudreau at 772-2153.
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**Paddy's Prime Rib / Queen Cut / King Cut**
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**New Style Salmon**
Fresh, oven-baked Atlantic salmon topped with two grilled shrimp and our freshly whipped garlic & herb butter.

**Grilled Chicken**
Our popular, hand-cut Top Sirloin steak topped with a delicious blue cheese sauce.

**Father Thanksgiving**
12 oz. cut of our slow-roasted ribeye with sauteed mushrooms, onions and peppers, topped with melted Swiss and cheddar cheese.

**Makeover's Guiness Pie**
Roasted pork cooked in Molly's rich homemade Guinness sauce.

**Postboard's Prime**
Grilled bone-in breast of chicken, with your choice of BBQ, terykaki, or herb butter.

**Shepherd's Pie**
Sliced, ground beef with sautéed onions and corn, topped with Clump potato, and served with Mushroom-Bordelaise sauce and Molly's special homemade Guiness sauce.

**Gordie's Dip**
Like the popular "French Dip" Molly's bone-in roast beef is piled high on a baguette and served with a cup of hot jus. It comes with a choice of potato chips and a horseradish pickle.

**The Mile High Molly's Escondido**
Our version of this classic dish with thick-sliced corned beef tenderloin piled high on marble rye bread. Includes a cup of安全事故 potato chips and a horseradish pickle.

**Kerry Chicken Sandwich**
Our tasty version of this popular sandwich, served with terykaki topped with mayo, lettuce, tomato, choice of cheese on thick slice of grilled Marble Rye Bread. Comes with a choice of potato chips and a horseradish pickle.

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**Raymond - $288,000**
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- 1 bath

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