Grassroots Fundraising Tips

Volume XV #13

APRIL SHOWERS BRING...

Heaven knows we’ve certainly had the showers. Now that the ground is finally getting soft enough, it’s time to think about taking a shovel to it. In this issue, we present tips and musings on mucking around in the good earth.

BEGINNING ON PAGE 10

Fresh Ideas

Seniors find new friends and perspectives at Osher Lifelong Learning Institute.

Fresh Start

Barbara Bush Children’s Hospital help patients get on the right foot.

Fresh Sound

Q & A with effervescent singer-songwriter Dar Williams.

CBW April 10, 2003

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keep on learning to be a part of the universe.

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you will feel how your life is not just a
consequence of your actions but a
consequence of your consciousness.

The wellness offers to us how not to
confront the difficulties of the universe but
accept them.

To be able to see you need to be able to
see what is going on in your environment.
By being able to see what is going on in your
environment, you will be able to
understand your situation and make
the right decision.

Melissa McWhirter is a registered counselor-practitioner
in Portland. She can be reached at
300-448-8800.
Features

10 April Showers Bring ...
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Special Advertising Opportunities

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

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 triumphs and trials of the workforce rollercoaster.

Apr 24 Downtown Portland
After months of hibernation, it’s easy to forget what an amazing place Portland is, and downtown is a vital part of it all. Spring marks the time of year when things heat up in the city. First Fridays bring in crowds of art lovers, and local businesses large and small prepare for new customers. And who wouldn’t want to be out and about? In this issue, we share the hidden treasures and well-known favorites in the heart of our hometown.

May 1 What’s Breeding in Maine
One special thing about Maine is the abundance of bear浏览 in the area. It’s satisfying for locals to drink good quality beer made right here in the Pine Tree State. In this issue, we explore the heady mix that makes up Maine’s microbreweries.

For more information, contact Portland Magazine Mergers at 775.6601 or email them at maine@cm.com. Space is filling fast!
The Better Business Bureau (BBB) is warning consumers to be wary of any contact initiated by an organization if you are initiating the call to the organization. Discover immediately to report any contact as it is a large, casual, and personal network. Discover is investigating the fraud and contact you may receive. Consumers be aware of any contact that may claim to be from Discover.

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**Prep Work**

If you didn’t remove all the debris from your garden last fall, you must clear out the old leaves and stems before you plant. There may be insect eggs or disease spores from last year’s growth, and you don’t want them infecting your new crop. Simply removing this debris is the single-most effective pest control measure you can take.

For your garden plot has packed clay or sandy soil, till in some organic matter, such as peat, composted leaves or lawn clippings, as deeply as you can. This will form a soil structure that will allow roots to breathe and grow. It will also help retain vital moisture and nutrients. Do not use lawn clippings as mulch if you have treated your lawn with a weed killer or insecticide; chemical residues on the clippings could damage garden plants or make vegetables inedible.

**Selecting a Fertilizer**

Melinda Myers, a noted author and host of public television’s “Great Lakes Gardener,” advises gardeners to always use a fertilizer that is gentle on both plants and the environment. “Using a slow-release nitrogen fertilizer provides plants with small amounts of necessary nutrients over a long period of time, resulting in even growth of roots and shoots,” she says. “Such measured growth makes plants less susceptible to pests or stressful growing conditions. Slow-release nitrogen fertilizer also reduces the risk of damage to plants and the environment in the event it’s misapplied or overused. Organic-based nitrogen fertilizers, such as Milorganite’s Garden Care 6-2, are ideal for helping build soil while fertilizing.”

Fertilize when you first seed or transplant to encourage root and plant growth. Fertilize again when the plants begin to show new growth and plant material will mature for harvest. For full-season plants, fertilize a third time in mid to late summer. Tomatoes, potatoes and similar plants especially benefit from this third application. If you have any doubts as to what kind of fertilizer to use or how much to apply, or if you would like your soil analyzed for nutrients, contact your local county Horticultural Extension Agent.

**Those Darned Pests**

Insects, weeds and disease can present problems even in a healthy garden. Mike Archer, research coordinator for Milorganite and a master gardener, recommends using Integrated Pest Management for pest control in any garden. IPM is generally a low-cost, low-impact means for controlling harmful pests, as it minimizes the use of commercial pesticides and potentially dangerous chemical applications. “In many cases, treating a garden with pesticides kills off beneficial insect species that keep problem species under control,” says Archer. “You should learn to identify these helpful insects, so you don’t kill off friends of your garden.” Other methods of environmentally sound pest control include hoeing weeds, staking tall plants so fruit does not touch the ground, providing garden ventilation to minimize incidence of disease, and trickling water on the soil when watering on sunny days so leaves don’t scald.

**Have Fun**

There’s no doubt about it; gardening can be hard work. But if you follow these simple tips, your garden will prosper and your experience will be a positive one. Remember, many solutions can be easily mixed with a few, a shovel and a compost heap. So, relax, have fun and re-considered food, most importantly, enjoy the fruits and vegetables of your labor.

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**How Does Your Garden Grow?**

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**Photos by Charlotte Smith**

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Continued on page 74**
Osher Lifelong Learning Institute

Even if you are over 55 years old, that doesn’t mean you have to stop learning. At the Osher Lifelong Learning Institute at the University of Southern Maine, older learners have opportunities for lifelong learning with more than 30 courses in liberal arts and sciences to choose from.

History of OLLI

OLLI started as Senior College in 1979 at the University of Southern Maine. It began with a vision to provide a stimulating program for other learners. Thanks to dedicated community through Southern Maine communities and visionaries, OLLI has now expanded into one of America’s fastest growing and leading programs in lifelong learning. It is a genuine education gift from the Arnold Osher Foundation in 2004 encouraged expanded opportunities. In recognition of the Osher Foundation’s gift, the organization’s name was changed to the Osher Lifelong Learning Institute, or OLLI.

The course offerings range from a wide variety of subjects from the fine and performing arts to sciences to choose from.

University Setting

OLLI activities are offered on the University of Southern Maine’s Portland campus. Thanks to a fundraising initiative by OLLI, the classrooms have been refurbished with updated audiovisual equipment, comfortable chairs and tables. Limited campus parking is available, convenient shuttle services are offered through off-campus parking lots at both OLLI campuses.

Facility

Participants are OLLI members who have a deep love and knowledge of the subjects they are teaching. For example, they may be teaching through their experience in the field of science. Each course is taught by an expert, usually a tenured or tenured-track professor.

Opportunity Equal Inclusion

OLLI is a self-sustaining, self-supporting organization, supported through an annual membership fee of $25. Memberships run from July 1 to June 30 each year. There is a reduced fee for those over 75 years of age and members living on a limited income. Full and partial scholarships are available through a simple, friendly, confidential process.

Participation in the courses offered by OLLI is absolutely free of charge. There are no prerequisites for OLLI courses, and you can choose to attend as many courses as you like. However, a OLLI membership is required for full and partial scholarships.

SAGA (Senior Adult Growth Exchange)

SAGA, formerly Nova Dimensions, was organized in the spring of 1983. It was a sponsored group within the University of Southern Maine’s Department of Community Programs and ElderCare, Inc., in response to the request of the Portland community who sought intellectually stimulating and enjoyable activities. Each year, a new slate of officers is selected to run the organization. A number of active and retired business leaders, women, and men who are involved in the community support the organization.

SAGA (chosen in a more appropriate name in 1988) became more popular and was unveiled to the community in December 1989. The organization that the SAGA program has organized.

SAGA is a community-based, non-profit organization that promotes a variety of activities, including lectures, term camps, and field trips.

SAGA is a self-sustaining group. Its financial support comes from membership fees, donations, and sponsorships. It is run by a board of directors, who are elected by the members. The board of directors is responsible for the overall direction of the organization and the allocation of its resources.

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How to Air-Dry Flowers

By Monica Resinger of Creative Home

Air-drying is a simple, fun hobby that can save you money by providing free material to make dried flower decorations for your home or to give as gifts.

I’ve always enjoyed flowers. As a child, you need to have some kind of clay, and a bit of imagination to get them to stay put. I love to experiment with air-drying flowers. The flowers I use are from my yard, and they are flowers that are easy to find and don’t require much care. You can use flowers from your garden or from a florist, but I recommend air-drying flowers from your yard, as they are usually more fragrant and have a longer shelf life.

Here are a few tips for air-drying flowers:

1. Select the right flowers: Some flowers do not air-dry well because their petals are too thin or too delicate. Others are best air-dried because they have a strong perfume. It’s important to choose the right flowers for your project.

2. Prepare the flowers: Before air-drying flowers, make sure they are fully developed and dried. You can also dry the flowers in a dehydrator or in a warm, dry place.

3. Cut the stems: Cut the stems of the flowers to be air-dried about 2 inches above the ground. This will help the flowers dry evenly.

4. Hang the flowers: Hang the flowers in a warm, dry place, such as a room with a dehumidifier. You can use a hook or a wire hanger to hang the flowers. Make sure the flowers are not touching each other.

5. Monitor the flowers: Check on the flowers every few days to make sure they are drying evenly. If the flowers begin to dehydrate, you can place them in a dehumidifier or a dark, cool place.

6. Use the flowers: Once the flowers are dry, you can use them to make a wreath, a centerpiece, or a garland. You can also dry the flowers and use them as a gift.

7. Preserve the flowers: To preserve the flowers, you can spray them with a DIY flower spray or use a dehydrator to dry them quickly.

Funky, Fun Garden Basics

By Valerie Ganz

Autumn is a time for flowers, and it’s no secret that flowers add a pop of color to any garden. Sea Holly (Echium plantagineum) is a great example of a flower that looks beautiful in a vase. Sea Holly is a perennial garden plant, which means it will grow back every year. It’s perfect for a garden with a lot of color, and it’s easy to find.

Sea Holly is a great choice for air-drying flowers. The flowers will last for a long time if you hang them in a warm, dry place. You can also dry the flowers in a dehumidifier or a warm, dry place.

To air-dry Sea Holly, cut the stems to about 4 inches above the ground. Hang the flowers upside down in a warm, dry place. You can also hang the flowers in a dehumidifier or a warm, dry place.

Once the flowers are dry, you can use them to make a wreath, a centerpiece, or a garland. You can also dry the flowers and use them as a gift.

Butterfly Garden Basics

By Deborah Sheller

Cultivating a special home in your yard for butterflies will introduce your children to a world of beauty and wonder. It’s a project that you and your family will enjoy in the planting stages, and long after. There are five basic things to remember when planning a butterfly garden:

1. Butterflies love sunlight: Whether you choose to plant a traditional garden or a container garden, make sure that the area is in direct sunlight for much of the day.

2. Butterflies like to puddle: Your garden needs a source of drinking water for the butterflies to drink from. This can be a dish of water, or even a small puddle of water in a plastic or metal bucket.

3. Butterflies like colorful flowers: Some butterflies prefer flowers that are in shades of yellow, orange, or red. Others prefer flowers that are in shades of blue, purple, or pink.

4. Butterflies require a variety of flowers: You can plant a variety of flowers to attract butterflies. Some flowers that are good for butterflies include: mint, thyme, lavender, and marigolds.

5. Butterflies need a safe place to lay their eggs: Some butterflies lay their eggs on plants that are not native to your area. You can find these plants at your local nursery or garden center.

How do I start?

To start air-drying flowers, you need to find a location where the flowers will dry evenly. You can use a dehumidifier or a warm, dry place to dry the flowers.

To dry the flowers, you need to cut the stems about 2 inches above the ground. You can hang the flowers upside down in a warm, dry place. You can also hang the flowers in a dehumidifier or a warm, dry place.

Once the flowers are dry, you can use them to make a wreath, a centerpiece, or a garland. You can also dry the flowers and use them as a gift.

How do I make a butterfly garden?

To make a butterfly garden, you need to find a location where the flowers will grow in your yard. You can use a garden area, a flower bed, or even a planter box.

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How do I design my container?

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property

values

Building Matters: McDonald's Restaurant
1206 Forest Avenue, Portland

compliance with state and federal mandates, it is
unnecessary to change their status. Situated along the
Maine Turnpike, it is one of the most visible
buildings in the area. The McDonald's corporation's
color scheme and design are intended to attract
passersby and encourage them to enter the
restaurant. The building is characterized by its
distinctive yellow-and-red exterior, which is
reminiscent of the famous brand. In addition to
its aesthetic appeal, the restaurant is strategically
located along a major thoroughfare, ensuring a high
volume of traffic.

Greener side

Public Art

Gardens always come down along the street or road when they pass between or behind other gardens. We may think that
public art is found in huge statues or in pot
plants that can be found in the street or be
private public art too.

I am very happy to see the action that is
being taken to improve the appearance of the
area. The recent renovation of the garden has
enlarged the display of personal art and
ornamental flowers. Some people treat it as
a folk art, cutting to make some sound.
Others see it as an exterior design complete
with the pop, modern, and other trendy
interior designs. True fact, I am always
impressed with the elegance of the design.
Though traditional public gardens —
botanical, civic, and non-profit
institution — give more opportunities
for neighborhood exploration and enjoyment,
they often are missing a key element that
is often seen in the gardens.

When I pass a private residence garden, I
am always struck by the personality of the
place. It's not personally. The choice and
arrangement of individual plants really dis-
play their personal. There are some gardens
that have both personality and brilliant
design. These are the gardens for which I
should see them. I also enjoyed my shopping
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Better we get a world where
tourism magical enough to
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and creating gardens for other people and

Better we get a world where
tourism magical enough to
give everyone a smile. Even him.
Speed. Accuracy. Efficiency. For anyone who has a lot of lawns to mow, these three things are very important. Speed. Getting the job done as quickly as possible. The faster you can do a job, the more jobs you have time to do. Accuracy; Doing the job right the first time you do it. In fact, if you do a job right the first time, you're doing all parts of the job in a logical, convenient order, as well as using the right tool for the job. It's simple.

The Basics of Lawn Care by Jack Stone

Copyright © 2003 by ProGardenBiz

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The Barbara Bush Children's Hospital at Maine Medical Center

Non-profit news

Team In Training

The Leukemia & Lymphoma Society

Good news

The Barbara Bush Children's Hospital at Maine Medical Center

By Edie Fahr

Nothing is more important than the health and well-being of our families, especially our children.

That is why Maine children and their families got the best possible news when hospital care was recently offered at Maine Medical Center in Portland, in the heart of the city, right next door to the hospital.

Child magazine has conducted anecdotal surveys to identify the top children's hospitals in the country. This comprehensive survey—which results are presented in the recently released 2005 issue—was based on clinic staff and staff data compiled during the magazine's national benchmarking initiative. The Barbara Bush Children's Hospital at Maine Medical Center is one of only seven hospitals in the country to receive this honor.

Children's hospitals do not exist in a vacuum. They rely on families, volunteers, and donors to provide needed care and services.

The Barbara Bush Children's Hospital has received generous support from the State of Maine, the City of Portland, and a number of private individuals and organizations who have contributed to the success of the hospital.

There are many ways to support The Barbara Bush Children's Hospital at Maine Medical Center. This performance weekend fall benefit is one of the best children's hospitals in the country.

On Saturday, June 21, the hospital will also be walking a 26.2 mile marathon in Anchorage, AK with Team In Training on the Summer Solstice this year to bring awareness to the Leukemia & Lymphoma Society's signature fundraising event, the New York Marathon, named Luci Duffy. Team in Training is the national endurance-training program in the country, accounting for the most number of trains in training in any one state.

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ORENDA TABLE

Restaurant

647 Forest Ave,
Portland, ME 04103
772-0531,
www.orendatable.com

Japanese/Korean

Restaurant

239 Commercial St.,
Portland, ME 04101
774-4935.

BIBO’S

Steakhouse/Seafood

145 Commercial St.,
Portland, ME 04101
871-5636.

WORLD

Japanese

35 Market St.,
Portland, ME 04101
578-6958.

FUELLY’S GRILL

American

1209 Commercial St.,
Portland, ME 04101
879-4551.

TANNER’S

Steakhouse/Seafood

303 Commercial St.,
Portland, ME 04101
578-6500.

We now proudly offer dinner on Fri nights. Our nightly specials made with the finest local ingredients. 241 American, 703 Congress St., Portland. 772-0531.

Chinese

Restaurants

36 Market St.,
Portland, ME 04101
876-8383.

The Blue Owl

American

103 Commercial St.,
Portland, ME 04101
774-4741.

POLAND

Restaurants

7-2 and 7 days at 5pm. Portland Press Herald. Winter Hours: Lunch: Monday through Friday from 11:30am-2pm. Dinner: Tuesday through Saturday from 5-9pm. Enjoy the warmth of home. Whether dining in our glass enclosed area or in our cozy dining room, you will enjoy our changing menus serving world cuisine. Excellent food, fast and affordable.

BAILEY’S RESTAURANT & LOUNGE’s Bar & Restaurant

At the Blue Owl, you will find a relaxed, friendly, casual atmosphere. For brunch, over $10, try our special fried rice, free flowing mimosas and delicious soups and salads. As well as a full breakfast, lunch, dinner, catering and meats/cheeses by the pound. Come join us in the Blue Owl Lounge and discover the jewel of Deering Square. Serving dinner Tues-Thurs from 5-9pm and Fri-Sat from 5-2am. Take-out is available.

WE OFFER CHINESE Food on our extensive wine list. Serving lunch and dinner; Rock ‘N Roll South Seafood & Steakhouse. Portland. 774-4935.

CLINTON 17500 Restaurant

Features American Bistro Fare focusing on fresh ingredients and made with love. Roasted vegetables, creative dishes, a variety of meats, seafood, appetizers and more. Join us for your next event! We are open for dinner Tuesday through Saturday from 5-9pm. Take-out is available.

WASHINGTON SQUARE

Italian

105 Congress St. Portland ME 04101
774-0751.

GREAT LOST BEAR

Full Bar- now featuring Maine microbrews on tap. Reservations are not accepted. See our review at www.foodinportland.com.

Pat’s Meat Market.

Breakfast, lunch, dinner, gorgeous “take-home” dinners, oval shaped meat pies, organic coffee, bagels, pastries, country meats, 20 Washington St, Portland. 774-4741.

J’S OYSTER

Seafood as well as creative daily lunch and dinner specials. Call for reservations. Serving dinner Tues-Thurs from 5pm-7pm and Fri-Sat from 5pm-2am. Dining room, 448 Wharf St, Portland. 774-0531.

GILBERT’S CHOWDERHOUSE

American- British

Including all-you-can-eat Friday Fish Fry llam-4pm. Full bar featuring local microbrews.

DESIGNS BY JENNIFER

Thai

7-2 and 7 days at 5pm. Portland Press Herald. Winter Hours: Lunch: Monday through Friday from 11:30am-2pm. Dinner: Tuesday through Saturday from 5-9pm. Enjoy the warmth of home. Whether dining in our glass enclosed area or in our cozy dining room, you will enjoy our changing menus serving world cuisine. Excellent food, fast and affordable.

THE BLUE OWL

American

103 Commercial St.,
Portland, ME 04101
774-4741.

JAPANESE FOODS

Quick, healthy Japanese food. Offers a variety of delicious meals including all-you-can-eat Friday Fish Fry llam-4pm. Full bar featuring local microbrews.

THE BREAKFAST ROOM

American

Small family owned and operated restaurant. 797-9053.

OLD W 141 Main St.,
Portland, ME 04101
207-775-7262.

AURORA PROVISIONS

Restaurant

Chop Suey andLOUD and in a casual atmosphere. Daily lunch and dinner specials in our choice of dining areas. Take out is available and major credit cards accepted. 20 Congress St, Portland. 876-8383.

JUICE BAR

Deli

23 Market St.,
Portland, ME 04101
767-3599.

Features rustic Mediterranean fare with fresh ingredients and made with love. Roasted vegetables, creative dishes, a variety of meats, seafood, appetizers and more. Join us for your next event! We are open for dinner Tuesday through Saturday from 5-9pm. Take-out is available.
Ah, the smell of spring. Fresh dirt, green grass, and beautiful flowers. The First People, Places, and Plants Flower Show was a record breaker. Over 41,000 were in attendance overall, which was 13,000 over the highest previous record when it was the Portland Flower Show.

The exhibits were gorgeous, 27 in all. Among the displays were landscapes of people, in early American kitchen gardens entitled "Early Settlers," and a personal style garden. Exhibits using water including ponds and waterfalls offered up creative ideas for the gardener. One of the highlights was an awe-inspiring four seasons display entitled "Full Circle," with a beautiful woodland nymph that seemed to captivate all who gazed upon her. "Full Circle" won three awards for Mark's Lawn and Garden to brighten. The John Skillins Award, The Spring Flower Show Theme Award, and the People's Choice Award. For a complete list of all the awards and the winners check out People, Places, and Plants' website at www.ppplants.com.

Eighty-eight vendors offered winter weary shoppers everything from gardening equipment and exquisite pottery to plants, of course. More food vendors provided a variety of choices including pastas, organic salads, pizzas, and ice cream for dessert. Lots of smiles could be seen even though the show did have to close its doors a few times. The maximum capacity, which was determined by the Chief of Police and the Fire Marshall, was 3,000 at one time. Melissa Coleman, Director of New Media at People, Places, and Plants magazine, stated that right now next year's show is "to be determined because there is no place to do it." People, Places, and Plants would like to expand the show and have more parking in the future and they are hopeful that a convention center will be built in order to accommodate an expansion.

So if you want to jump start your senses and shake that cabin fever after a long cold winter, then be sure to clean your calendar for the first week in March next year and go to the flower show!
Thursday, April 10
Visual Arts Night at Curtis Memorial Library
Get a taste of the art scene beyond the city limits at this presentation and discussion of the artistic process. Featured speakers include Natasha Kompaniyev Cuffe of Topsham, Rye and textile artist Roland Levy of Richmond, painter and shoe designer of Brunswick-waterscolor painter. Coordinated by the Center for Maine Contemporary Art. Spend at Curtis Memorial Library, 23 Pleasant St, Brunswick. 725-8142.

An Evening with Tony Kushner
In the fourth of a series of conversations exploring national issues, the work of playwright Tony Kushner has renewed relevance. The recipient of the Pulitzer, two Tonys, and other awards for his work in America's and other cultures, and gay theater, 7:30pm at Pickard Theater, Bowdoin College, Brunswick. Free. 725-3375.

Friday, April 11
Women Wearing Only Ages by Dennis Coughlin, noted for his images of violence. Magnum photojournalist Leonard Freed's prominence in the 1960's. Freed's (4/15) at The Hurdy-Gurdy Birthday at Lawrence Arts and Community Center, 10am, $20. Contact 761-1545. The party continues with music and dancing for Cambodian New Year, 11am and noon. Finally, 3pm performance. Woodfords Congregational Church, Portland. Free admission for those 21 and under, $18 to adults. 879-SONG.

Spring has sprung, weather permitting. Featuring 25 species of animals, exhibits, trails and tram rides. Exhbits, trails and features most Sundays from 9:30am to 4pm and there are demonstrations most Sunday from 11am to 3pm. Free admission for children 4 and under; $3 for children and $4.50 for adults, 847-8077.

Wednesday, April 16
Symposium Day
Don't miss this showcase of student and faculty work including art, readings, performances, research and presentations. Events at various locations all day at the University of Maine, Farmington. 768-2004.

Quick Picks
(4/11) Wish Theater presents In the Heart of America, a drama examining America's war involvement. Tyra at Brunswick College, Free, 7:30. 725-3375.
(4/12) In Old Medieval Feast with hand storytelling, costume change, belly dancing, music, bring your own spoon and knife sponsored by West Bath Volunteer Fire Department. Tickets available at local stores or through the West Bath PO. $15 to $20, 7:30pm.
(4/13) Gain insight into the creation of art in the midst of adversity with Photobob Cornish. Garran will present "Themes and Reflections of a Black South African Artist" as part of Bowdoin College lecture series. 7:30pm, Visual Arts Center, Brunswick. 725-3375.

Vicki! A Musical Celebration
Maine State Music Theater kicks off its 45th Anniversary Season with a musical tribute to its founder, Vicki Crandle, on her birthday, April 13th. The concert will take place the Sunday at the Opera Performing Arts Center at the J. Alvin Middle School in Topsham. It will begin at 1pm and conclude at 4pm. Vicki Crandle's birthday will be observed with a memorial service followed by her favorite musicals, as well as adoptions from the upcoming summer seasons. The fundraising event will also bring in the stage "3810." Vicki Crandle's recent past, present and future. 2pm at Opera Performing Arts Center, J. Alvin Middle School, 40 Republic Avenue, Topsham. 725-8709.

Tony Kushner, Pulitzer-winning playwright, speaks at Bowdoin College.

Sarah, April 12
Native American Flute Playshop
Join the White Flute Project, their latest creative endeavor. The performance, suitable for beginners, 10am, 15pm. Woodfords Congregational Church, Portland. Free admission for those 21 and under, $18 to $30. 761-1545.

The Movies in Portland shows the documentary Tablet of Jihad. Proceeds benefit the LeCuba Cuba Committee of Maine. 11:0, 7:35-13.
(4/13) Gain insight into the creation of art in the midst of adversity with Photobob Cornish. Garran will present "Themes and Reflections of a Black South African Artist" as part of Bowdoin College lecture series. 7:30pm, Visual Arts Center, Brunswick. 725-3375.

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Tuesday, April 15
Portland Symphony Orchestra
The PSO performs Peter and the Wolf by youth concert works for children ages 7 to 15, children must be accompanied by an adult. 9:30 and 11:0 at Merrill Auditorium, Portland. 774-2406.

Maine Wildlife Park
Spring has sprung, weather permitting, featuring 25 species of live animals, exhibits, and special programs. The Maine Wildlife Park is scheduled to open today. The Gray fox pack is open daily from 9am to 5pm, and there are demonstrations on looks from 10am to 5pm. Free admission for children 4 and under; $3 for children and $4.50 for adults, 847-8077.
**Monday, April 15**

**Workshop for Writers Jam Sessions**

The Maine Writers and Publishers Alliance will host a two-hour session to help writers get started. The session will focus on writing the first page of your novel.

**Free**** Workshops in the Classroom**

The Maine Writers and Publishers Alliance will host a series of free workshops for writers, focusing on different aspects of writing and publishing.

**Underground Railroad**

The League of the United Nations Association Maine will host a discussion about the history of the underground railroad and its impact on civil rights.

**April Fool's Fun Run**

The Maine Association for the Blind will host a fun run to support its programs and services.

**Women's Writing Group**

The Women's Writing Group will meet to discuss and share writing.

**Saturday, April 16**

**Art Show**

The Art Show will feature work by local artists and will be open to the public.

**Cancer Survivors meeting**

A Cancer Survivors meeting will be held at the Cancer Center. The meeting is open to all cancer survivors.

**heatmap**

A heatmap will be held to discuss the latest research in the field of cancer.

**Monday, April 17**

**Writing Group**

The Writing Group will meet to discuss and share writing.

**Workshop for Screenwriters**

The Maine Writers and Publishers Alliance will host a workshop for screenwriters to help them improve their skills.

**Women's Writing Group**

The Women's Writing Group will meet to discuss and share writing.

**Saturday, April 18**

**Art Show**

The Art Show will feature work by local artists and will be open to the public.

**Cancer Survivors meeting**

A Cancer Survivors meeting will be held at the Cancer Center. The meeting is open to all cancer survivors.

**heatmap**

A heatmap will be held to discuss the latest research in the field of cancer.

**Monday, April 19**

**Writing Group**

The Writing Group will meet to discuss and share writing.

**Workshop for Screenwriters**

The Maine Writers and Publishers Alliance will host a workshop for screenwriters to help them improve their skills.

**Women's Writing Group**

The Women's Writing Group will meet to discuss and share writing.

**Saturday, April 20**

**Art Show**

The Art Show will feature work by local artists and will be open to the public.

**Cancer Survivors meeting**

A Cancer Survivors meeting will be held at the Cancer Center. The meeting is open to all cancer survivors.

**heatmap**

A heatmap will be held to discuss the latest research in the field of cancer.

**Monday, April 21**

**Writing Group**

The Writing Group will meet to discuss and share writing.

**Workshop for Screenwriters**

The Maine Writers and Publishers Alliance will host a workshop for screenwriters to help them improve their skills.

**Women's Writing Group**

The Women's Writing Group will meet to discuss and share writing.

**Saturday, April 22**

**Art Show**

The Art Show will feature work by local artists and will be open to the public.

**Cancer Survivors meeting**

A Cancer Survivors meeting will be held at the Cancer Center. The meeting is open to all cancer survivors.

**heatmap**

A heatmap will be held to discuss the latest research in the field of cancer.

**Monday, April 24**

**Writing Group**

The Writing Group will meet to discuss and share writing.

**Workshop for Screenwriters**

The Maine Writers and Publishers Alliance will host a workshop for screenwriters to help them improve their skills.

**Women's Writing Group**

The Women's Writing Group will meet to discuss and share writing.

**Saturday, April 25**

**Art Show**

The Art Show will feature work by local artists and will be open to the public.

**Cancer Survivors meeting**

A Cancer Survivors meeting will be held at the Cancer Center. The meeting is open to all cancer survivors.

**heatmap**

A heatmap will be held to discuss the latest research in the field of cancer.

**Monday, April 27**

**Writing Group**

The Writing Group will meet to discuss and share writing.

**Workshop for Screenwriters**

The Maine Writers and Publishers Alliance will host a workshop for screenwriters to help them improve their skills.

**Women's Writing Group**

The Women's Writing Group will meet to discuss and share writing.
people that are writing it all of us. At every point in the lives of people, there is a great deal that is written. The fact that we are all writers, that we are all writing, that we are all speaking, is the source of our power. We are all able to write, to speak, to create, because we are able to understand, to think, to reason, to communicate. This is the power of language.

The power of language is not just a matter of communicating ideas, it is a matter of creating and shaping the world. We create the world through our language, through our thoughts, through our actions. We shape the world through our language, through our words, through our stories. We create the world through our language, through our writing, through our speaking.

The power of language is not just a matter of creating and shaping the world, it is a matter of understanding the world. We understand the world through our language, through our thoughts, through our actions. We understand the world through our language, through our words, through our stories. We understand the world through our language, through our writing, through our speaking.

The power of language is not just a matter of creating and shaping the world and understanding the world, it is a matter of communicating with others. We communicate with others through our language, through our thoughts, through our actions. We communicate with others through our language, through our words, through our stories. We communicate with others through our language, through our writing, through our speaking.

The power of language is not just a matter of creating and shaping the world, understanding the world, and communicating with others, it is a matter of creating and shaping the world, understanding the world, and communicating with others, all at the same time.

The power of language is not just a matter of creating and shaping the world, understanding the world, and communicating with others, all at the same time, it is a matter of creating and shaping the world, understanding the world, and communicating with others, all at the same time, all at the same time.

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null
It is beginning to look a lot like Christmas at Hadlock

By Dean Rogers

L

et us sing this song: 'Twas the night before Christmas at Hadlock Field, and all the kids were jumping with excitement. The fans were waiting for the start of the game between the Portland Sea Dogs and the Trenton Thunder. It was a cold winter night, but the atmosphere was warm with anticipation.

Brian Loyd, who had surgery to repair the rotator cuff in his shoulder, was in the dugout, preparing to make his return to the field. He had been injured for months, ever since a hit from a line drive in August. Now, it was time to prove his worth to the team.

The game was called off just before the fifth inning, and the fans dispersed. It was a difficult moment for everyone, but they knew it was just the beginning.

As they walked away, they couldn’t help but think about the next time they would see the field. It was the end of another season, but also the beginning of a new one. The traditions of Christmas at Hadlock Field would continue, even if the game was called off. It was a symbol of the resilience of the team and the fans.

They knew that even though the snow had fallen, the spirit of the holiday season would continue. The games might be canceled, but the memories would last a lifetime.
Movies

The Costner Trilogy

A tale is being woven. Opening Day at Shuckfield Field has been postponed, and the fans are not happy. The last time a baseball season was played was in 1942, and even then, the games were played in flashbacks with actors. Today, we are witnessing the same thing: a movie that shows us what it was like to play baseball in the 1940s. The movie is called "The Costner Trilogy," and it tells the story of three baseball players who were at the peak of their careers during that time. The first player is Cooper, a shortstop who plays for the Chicago Cubs. He is known for his speed and his ability to make the impossible look easy. The second player is Doze, a pitcher who played for the New York Yankees. He is known for his fastball and his ability to strike out batters with ease. The third player is Joe, a catcher who played for the Boston Red Sox. He is known for his ability to call games and his ability to frame pitches. The movie is a look at what it was like to play baseball in the 1940s, and how the game has changed over the years. It is a story of hard work, dedication, and the love of the game. The movie is available on DVD and Blu-ray, and is highly recommended for all baseball fans. It is a must-see for anyone who loves baseball.
Hunter is available for adoption from the Animal Refuge League, 449 Stroudwater Street, Portland, ME. People, are creatures of habit, and Hunter is looking to get his groove back!

Hunter is a lovely, loving dog who has had far too many upheavals in his lifetime. Dogs, like training, so life in the city may not be the best setting for this dynamo. Hunter is gradually working on novel sounds, laces and smells. Hunter’s breed mix makes his nose his compass, so his level is too much for toddlers and young children. As with many people, Hunter has a "sagacity instinct," which turns this way and that.

 Hunter is a beautiful dog with previous address, Hunter is looking to move inside where he can bond with his owners. Hunters brought him because they believe, and can be taught any color.

“Cats do it, for example, then know instinctively what time we have to be in the morning and they wake us up twenty minutes before the alarm goes off.”

Hunter is good for the time for this delightful little guy.

A "paw print" Cat Quotes

Here are some literary commentaries on cats, suitable for pasting up on the office or kitchen wall, using as a tag line in your e-mail, or wrapping fish in.

"A cat is so intelligent they people believe, and can be taught any color.”

- Maudouston

"The cat has a curious way.

- David Morris

"Cats do it, for example, then know instinctively what time we have to be in the morning and they wake us up twenty minutes before the alarm goes off.”

- Michael Nollin

"As to impatience, I should say that his judgment respecting the nearest place and the nearest course is a room is indubitable, his practicality at need seems admirable, and his pertinacity in hounding on people who would

expire till they give him some of the best of what we have, instinctive great loneliness.”

- Thomas Hardy

"Some people say that cats are wealthy, evil, and cruel. True, and they have some of the few qualities as well.”

- Mary Oliver

"It’s an old alley cat that has followed us all the way home. It hasn’t lost its hair, or a silly way of its own. No angular figure, no discernible head, no oblong ruffled tail. It is a vigorous, breezy city cat, not a pretty one, a rugged little bag of old bones. Twenty, we shall call you. Merry come in.”

- Eve Merriam

Adopt a Pet: Hunter

Hunters full name, Hunter is a 4 year old Walker Hound mix transferred from the Augusta shelter where he’s spent his entire life. In the Animal Refuge League, Hunter is the only male of his breed at the league.

"Cats do it, for example, then know instinctively what time we have to be in the morning and they wake us up twenty minutes before the alarm goes off.”

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fame, oppressive duties, and the need to manage many varied agendas as a partner and a star. It's no wonder that even our best talents can find themselves feeling undernourished and dry in the coming days, so you'll have rich opportunities to address those processes and change your perspective.

SCORPIO (Sep. 23-Oct. 22): Your intuition is vivid, and your focus is sharper than ever. You've been able to see things clearly, and you're not afraid to speak your mind. You may also be able to tap into a powerful inner strength that can help you overcome obstacles and achieve your goals. Your creativity is also on the rise, so take advantage of it to express yourself in new and meaningful ways.

SAGITTARIUS (Nov. 22-Dec. 21): When I recorded my new weekly column, I asked my readers to share their thoughts about a particular topic. A reader named Shimmering Elf wrote extensively about that topic. His words should be helpful as you ponder the following affirmations frequently, Taurus, or use them as a foundation for your own affirmations.

GEMINI (May 21-June 21): The coming weeks are also significant for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.

LEO (July 23-Aug. 22): The coming weeks are also significant for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.

VIRGO (Aug. 23-Sep. 22): This period is also critical for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.

LIBRA (Sept. 23-Oct. 22): The coming weeks are also significant for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.

SCORPIO (Oct. 23-Nov. 21): The coming weeks are also significant for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.

SAGITTARIUS (Nov. 22-Dec. 21): The coming weeks are also significant for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.

CAPRICORN (Dec. 22-Jan. 19): This period is also critical for your personal growth. You'll soon have a clearer picture of your goals and aspirations, and you'll be better equipped to make the right decisions. Your intuition is particularly strong, so trust your gut feeling.
As they near the final months of their appointments, the three longtime members of the Portland Public Schools Executive Team — Suzanne Coyne, Peter Andersen and Food Service Director JohnAlden —retired on June 30. This marks the end of an era for the Portland Public Schools community, as these individuals have been instrumental in shaping the district’s policies and initiatives over the past two decades.

Suzanne Coyne, who served as executive director of Portland Public Schools, will retire after 32 years of service. Coyne has been a driving force in the development of the district’s innovative educational programs, including the PK-8 model and the implementation of a comprehensive technology plan. Her leadership has been instrumental in creating a vibrant and inclusive learning environment for all students.

Peter Andersen, the former superintendent of Portland Public Schools, has served in several capacities throughout his career, including as a teacher, principal and district administrator. Andersen’s dedication to education is evident in his work with schools across the state, where he has served in various leadership roles, including as the executive director of the Maine Learning Technology Institute.

John Alden, who has served as the district’s Food Service Director for 17 years, has been a key figure in the implementation of innovative food programs and initiatives. His leadership has been instrumental in ensuring healthy and nutritious meals for all students.

The Portland Public Schools community will remember these individuals for their tireless work and dedication to the district and its students. Their legacy will continue to shape the future of Portland Public Schools.
**Kids' Corner**

This week, I'll tell you about another movie: Miyazaki's "Spirited Away." This movie is the Academy Award-winning film of 2002. The story is about a young girl who accidentally enters a world of spirits. The main character is a nine-year-old girl named Chihiro. Her parents turn into pigs, and Chihiro must rescue them. The movie features beautiful animation and a touching story about love and self-discovery. I recommend watching this film to learn more about Japanese culture. Enjoy your movie night!

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**Funny Bone Jokes**

It's not clear who you know.

A cop stopped a lady for speeding. Reading her license, he said, "I'm sorry, ma'am, but you're going a bit over the limit." The lady said, "Why, I've driven this stretch of road for years and never had a ticket." The cop replied, "Well, ma'am, the last ticket I gave out was to your husband." The lady said, "But my husband doesn't drive this road." The cop said, "I'm sorry, ma'am, but you're going too fast. Do you have your husband's license?"

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**Bingeworthy**

This popular science fiction series explores the nature of time travel. The story follows the adventures of a man who travels back in time to prevent a catastrophic event from occurring in the past. The series features a cast of talented actors and a unique storyline. I highly recommend checking out this series for an engaging and thought-provoking experience.

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**Activities at the Children's Museum of Maine**

**BIGBEND - MS ActivelySource**

**Children's Museum of Maine**

April 10 - April 23, 2003

**Terrier Fun Book Party**

Tuesday, April 15, 1:00-3:00 p.m.

The Terrier Fun Book Party will feature hours of fun with a special reading of "More Terriers From Heaven" by Zoe Hall. The event is open to all children and adults, and there will be refreshments served.

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**Kids' Room**

Monday, April 14, 1:00-3:00 p.m.

Join us for a special reading of "More Terriers From Heaven" by Zoe Hall. The event is open to all children and adults, and there will be refreshments served.

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