Earth-friendly business

Volume XV #14 casco bay weekly April 17, 2003

Careers in motion

Whether you’re landing that perfect job or finding happiness in the one you have, our careers are full of ups and downs. In this issue you’ll find advice for a smoother ride on the employment roller-coaster. Beginning on page 10.

Rise & shine

Movers & shakers

Yin & yang

Bohemian Gallery's new show celebrates all things spring.

Rapper takes Portland on their way to stardom.

Dress, Leather and Stone Martinis in Bringing Down The House retail on Old Couple.

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Premature birth affects more than 460,000 babies in the U.S. every year. Some are so small they must fight for their lives. Others suffer lifelong consequences such as blindness or mental retardation.

No one knows what causes nearly half of all premature births. But, you can help us find out. Join WalkAmerica and support March of Dimes' research and programs to help babies be born healthy.

Register on the Web at www.walkamerica.org or call 1-800-525-WALK. For more information call your local March of Dimes chapter.

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Health & Wellness

Living From The Inside Out
Good news? Bad news? Who knows? By Melissa Hurwitz

There is a story about an old man whose house has run away. The old man’s neighbors come to him, shaking his hands, saying, “Teach bad news!” The old man simply shrugs his shoulders. “Good news? Bad news? Who knows?” he says.

The next day, the old man’s house returns home, with him, a ball of wild horses. The old man’s neighbors come by, delighted, calling out, “Teach good news!”

“Good news?” the old man says, “Bad news?”

The next day, the old man’s son breaks his leg trying to ride one of the wild horses.

Again the neighbors come in, shaking their tongues and shaking their heads, lecturing, “Teach bad news!” Once again, the old man shrugs. “Good news! Bad news? Who knows?"

The next day, an army officer comes by the old man’s house. He is recruiting at healthy young men to go fight in the front line, where most of them will die. Because of this brooding leg, of course, the old man’s neighbors come by, delighted, calling out, “Teach good news!”

“Good news?” the old man says, “Bad news?”

It’s so easy, so tempting, to see the events of our lives as either good or bad. The right had news, the gross, light, the broken-down car; the world.

Not long ago, a friend and I were having an e-mail conversation about some issues that we were struggling to sort out. We were far from feeling helpful or constructive, but in an attempt to teach a lesson, I said, “If I was in your shoes, I would . . .”

My friend was devastated. How would she get out of this? The relationship would be ruined! She would never be able to trust me again.

Melissa Hurwitz is a registered counselor practicing in Portland. She can be reached at 207-774-4100.

Effective Strategies to Bring Life and Work into Balance

By Barbara Babkirk

It is a question constantly on our minds these days: How do we effectively bring life and work into balance? Having turned so many directions to deal with the pulls of family priorities and work commitments, many of us feel we are not managing either to our satisfaction. The effects of this struggle may be physical strains, fatigue, headaches, irritability, inability to concentrate, problems with eating, sleeping, or depression. These signs are warning and slow down what is happening, the opposite of most responses.

Fortunately, enough, there does not signify an important amount of time or effort can be made to bring everything into a balance. Not only is it difficult or impossible for us to control all external influences, we are also creatures who are not necessarily good at self-control. How can we control the events of our lives? How can we control our environment?

1. Be mindful of your environment

One of the best, yet effective ways to bring about change is to make changes in your environment. This change may be as simple as rearranging your furniture. Maybe putting your clothes in order. Maybe, just maybe, you are ready to take some time to deal with your environment. But we cannot ever really know how things will go, no matter how hard we try . . .

2. Focus your attention

Attention is what we need, but it often feels difficult to do. Attention is often what we need, but it often feels difficult to do. Attention is often what we need, but it often feels difficult to do. Attention is often what we need, but it often feels difficult to do.

3. Establish meaningful connections.

Sometimes, it is difficult to know what you have to gain. Sometimes, it is difficult to know what you have to gain. Sometimes, it is difficult to know what you have to gain. Sometimes, it is difficult to know what you have to gain.

While balance can be an elusive goal, these four strategies may help you feel more balanced.

Contact Barbara Babkirk for additional information. Barbara Babkirk is a presenter of classes, seminars, and workshops on various topics. She can be reached at 207-282-6481 or www.barbarababkirk.com.
### Features

#### 10 Careers In Motion
Whether you're landing that perfect job or finding happiness in the one you have, our careers are full of ups and downs. In this issue you'll find advice for a smoother ride on the employment rollercoaster.

#### On the Surface...
Photo essay by Charlotte Smith

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### Culture Shock

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- Restaurant row
- Visual arts
- Focal point
- Stage door
- Music
- Multimedia
- Dave Williams
- Movies
- Bringing Down The House
- Far From Heaven

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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 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. Starting today 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 Brewing in Maine

One special thing about Maine is the abundance of beer brewed 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.

#### May 8: True Believers

In this volatile time, many people find comfort in faith. From pages to protests, from inns to stables, the manner in which Portlanders practice faith is as diverse as the city itself. In this issue, CBW takes a closer look at the role of religion in our community.

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### CBW Weekly

A new advertising section in Casco Bay Weekly!

Now, small businesses have a great marketing option. We're introducing a new ad size at a great price, just for you!

All of these small business ads will be collected in a special section, so that consumers who believe in supporting Portland's small business community will know where to find you.

To top it all off, stories featuring participating advertisers will run on a rotating basis in the center of the page. In the larger center format, you're able to tell our readers all about your business.

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### Weekly contests

For more information, contact Rozanne-Maggie Morgansson at 775.6601 or email cbw@maine.rr.com. Space is filling fast!
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program, Portland, Maine

PORTLAND'S JOURNAl
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City Cares: Portland school program about Parkland housing empty

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Handling the Dreaded "What's your Greatest Weakness" Question

by Leslie Rothman

Your heads getuzzy and your knees feel like jello. If you’ve heard this question, join the crowd. Questions that probe for your weaknesses routinely get asked, and when awkwardly phrased can sabotage your candidacy. With little practice, you can stand out from most candidates with a thoughtful answer to the "weaknesses" question.

Why the "Weaknesses" Question is Asked

To learn how to handle this question, and any other question that forces you to speak to a negative attribute or situation. It is used to understand why you get asked in my experience, this question is asked to reveal the following attributes—classified as "mental intelligence"

Self-awareness: Does this person understand what their own liabilities are—what they are not good at?

Confidence: Does this person have the confidence to acknowledge they’re not perfect and share some level of vulnerability?

Self-improvement focused: Does this person work at improving those weaknesses?

Additionally, the interviewer is trying to determine whether the job and work environment is a good match with the candidate—see the things this person is really good at or getting them from being a strong performer in the job?

How are you using weaknesses frequently examined in this question that should be avoided?

Meaningful: Not sharing up any weaknesses or difficulties. No, you’re perfect, so the type of response can make an interviewer question your honesty, self-awareness and confidence.

Giving a "fluff" weakness: One that is so superficial that it’s so good as not owning up to any weaknesses (i.e., I’m not a good speller). With this response, you may get asked another.

A "tell-ah": Spilling your guts response. Getting flustered and naming several weaknesses.

Naming a "killer" weakness: A weakness that will negatively impact your ability to be effective in the job.

I’ve seen these all happen; sometimes an individual will make all of these mistakes, successively.

Developing an Effective Answer

The formula to answer the "Weaknesses" question successively has three steps.

Do your homework Think about the job you’re interviewing for and identify the core responsibilities. List the skills, abilities and traits these responsibilities require. Sometimes you are given that information in a job description, posting or advertisement. Often these attributes aren’t specifically named, but are critical to success.

Identify your weaknesses: Next, think about your weaknesses (those can be personality traits, lack of a skill, interest or experience) and identify a few that are "real" weaknesses. But even when you can clearly articulately, you really need to be able to overcome a core unprofessionalism. Far too often, any strength related to the outcome can turn into a liability. Be sure you can speak to a strength that has an "up side" and a "down side."

Plan for improvement: For each weakness, think about how you’ve worked on improving that weakness, or have learned to compensate for it. If you haven’t even thought to work on improving your weaknesses, now is the time to come up with plans to do that.

Let’s work an example: A salesperson needs to improve her public speaking skills. If you’re interested in career programming, administrative or account management requirements for all these jobs can do. Look at your strengths (e.g., detail orientation and the ability to methodically follow steps). Based on this, you’re not going to ven weaknesses like, "I’m not a very social animal," or "I get bored following sequential steps." This could be "killer" weaknesses in these jobs, and would indicate a job mismatch.

If you’re truly a detailed, methodical person, those abilities taken to the extreme can be turned into a non-threatening weakness. I’ve always been good at following established procedures, being meticulous and have never considered myself a creative person," or "conspicuously brainless creative idea that push the envelope," or "I’ve never considered myself a detail oriented person," or "I’ve never considered myself a critical thinker." Often, once your weaknesses list, is not linked to "core responsibilities," "I don’t consider myself to be a strong writer.

Now, the self-improvement part. I’ve been reading a book on creative thinking and trying to incorporate newer ways to approach my work. I’d really like to talk about what these new approaches are." (Watch out for more information about what you’ve learned from a difficult experience. This shows maturity, self-awareness and a desire to grow.

Listed below are some variations of the weaknesses or negative response questions you may get asked.

What is your greatest weakness?

What two personality traits do you think least about yourself?

What developmental or critical feedback have you received from past supervisors?

What would your peers say does of least about you?

You’ve named your strengths, now name your weaknesses.

Tell me about a situation where you feel like you blew it.

Describe a time when you felt you performed poorly.

Describe a boss that has been challenging for you to work with and why.

By preparing ahead and applying these basic steps, you can effectively handle those tough questions turning your impression into win.

Leslie Rothman has a combined total of 21 years of Career and Business Management experience ranging from career work at two universities and an independent career coaching practice to human resource management and experience at Teradyne, Inc. and Summa Four in New Hampshire and L.L. Bean in Maine. Leslie started workplace careers, and workplace strategies, and workshop services as "Developing Successful Workplace Strategies, and Workplace Strategies" in 1999. providing Career and Workplace Coaching and Consulting services to individuals and organizations.

www.cascobayweekly.com APRIL 17, 2003
local voices

The Maine Voices Project

At the beginning of April, the Maine Voices Project (MVP) announced a broad campaign to gather essays and other works from communities across the state. The project is a collaboration between Maine's writers, educators, and cultural institutions to gather stories that celebrate the natural world, people, and communities. The goal is to publish a book of selected essays and create a website with interactive features.

To participate, writers are encouraged to submit essays, poems, photos, or other works that explore the natural world and its impact on people and communities. The essays should be 500-750 words and can be written in any format.

Guidelines:

- Essays should be submitted online at www.maineproject.org.
- Essays should be written in English.
- Essays should be original and unpublished.
- Essays should focus on the natural world and its impact on people and communities.

The project is seeking contributions from all corners of the state, including rural areas, cities, and coastal communities. The essays will be selected based on their quality and relevance to the project's goals.

Please submit your essay by April 30, 2003.

Contributions are welcome from all levels of writing, from experienced writers to emerging voices.

For more information, visit the Maine Voices Project website at www.maineproject.org or contact umberto.may@maineproject.org.

Tom's of Maine Makes A Difference

Tom's of Maine started back in 1968 when Tom and Kate Chappell left Philadelphia for their new life in Maine. The couple decided that they wanted to get back to the land and began making natural toothpaste and other personal care products in their garage.

They sold their first natural baby shampoo in 1975, and the company has grown to include a wide range of personal care products, including natural deodorant, toothpaste, and body wash. Tom's of Maine is committed to using only natural ingredients in its products, and the company has been recognized for its commitment to environmental sustainability.

The company's mission is to "do a lot for the community in a variety of ways and provide a window for the world into the places and people of Maine." Tom's of Maine partners with local communities and organizations to sponsor events and programs that support the environment and the community.

In 1995, Tom's of Maine introduced the "One Company Makes A Difference" program, which allows customers to choose a local charity or community organization to receive a portion of the proceeds from their purchase. The program has helped support a wide range of organizations, including schools, hospitals, and environmental groups.

Tom's of Maine is also committed to the arts and culture in Maine. The company supports local artists and cultural organizations through sponsorships and donations, and it has sponsored a number of events and programs, including the Maine Voices Project.

In addition to its commitment to the environment and community, Tom's of Maine is also known for its commitment to the health and well-being of its employees. The company provides a range of benefits, including paid time off, health insurance, and retirement plans.

Tom's of Maine is committed to being a leader in sustainability and community engagement, and it is an inspiration to other companies and organizations across the country.

For more information, visit www.toms.com.
Pull The Plug on Energy Waste on Earth Day

By Charlotte Smith

Earth Day is Tuesday April 22nd. Here are some ways to help your environment and cut back on your energy waste during the holiday. The pharmacy was the first to adopt some of these practices and other offices were encouraged to implement them as well.

Preparedness-related tips include:
- Keep your emergency kit well-stocked.
- Use a timer for your water heater.
- Install window shade devices.
- Change your thermostat.

On Earth Day there are many things you can do that will benefit your environment and help the world around you.

- Prepare an emergency kit such as food, fuel, and medicines.
- Set a limit to your hot water usage.
- Use the best form of exhaust to venting and it's a simple way to enjoy the great outdoors.
- Take the day for a ride.

There are many ways you can help on Earth Day.

- Go to school
- Walk or bike to your desk and from school.
- Get involved in a community service.
- Turn off unneeded lights.
- Use natural light when suitable.
- Install emergency power settings.
- Go to school outdoors.

- Stay away from waste and plastic.
- Cook with solar power.
- Make your home more energy-saving.
- Take more breaks.

If you are ready for the success of any garden year when we look at too big a picture. There was a lot of waterkill this past winter. But down at the personal level there might have been some beautiful living happening. Cheery pictures are a more accurate representation of how we look at our gardens, as we walk through them and stop because of a blossom or seedpod.

In the middle of winter, when the garden is quiet, the photo's I've taken help me reflect. It's a sheer delight.

Ready, Set, Rippleffect!

To register now, contact 207.751.7870

Rippleffect

An Adventure on Cape Elbow to just a phone call away.

Breaking the cycle for a healthy lifestyle is often hard and often unwieldy. But there is a way to do it, and you can do it.

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- Use the best form of exhaust to venting and it's a simple way to enjoy the great outdoors.
- Take the day for a ride.

There are many ways you can help on Earth Day.

- Go to school
- Walk or bike to your desk and from school.
- Get involved in a community service.
- Turn off unneeded lights.
- Use natural light when suitable.
- Install emergency power settings.
- Go to school outdoors.

- Stay away from waste and plastic.
- Cook with solar power.
- Make your home more energy-saving.
- Take more breaks.

If you are ready for the success of any garden year when we look at too big a picture. There was a lot of waterkill this past winter. But down at the personal level there might have been some beautiful living happening. Cheery pictures are a more accurate representation of how we look at our gardens, as we walk through them and stop because of a blossom or seedpod.

In the middle of winter, when the garden is quiet, the photo's I've taken help me reflect. It's a sheer delight.

Ready, Set, Rippleffect!

To register now, contact 207.751.7870

Rippleffect

An Adventure on Cape Elbow to just a phone call away.

Breaking the cycle for a healthy lifestyle is often hard and often unwieldy. But there is a way to do it, and you can do it.

Pull The Plug on Energy Waste on Earth Day

By Charlotte Smith

Earth Day is Tuesday April 22nd. Here are some ways to help your environment and cut back on your energy waste during the holiday. The pharmacy was the first to adopt some of these practices and other offices were encouraged to implement them as well.

Preparedness-related tips include:
- Keep your emergency kit well-stocked.
- Use a timer for your water heater.
- Install window shade devices.
- Change your thermostat.

On Earth Day there are many things you can do that will benefit your environment and help the world around you.

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Dazed and unemployed
Where have all the college graduates gone?

By Margaret Winfrey

The newest addition to my rolodex is Barbara Sirois Babkirk. If you call her, she will answer, “Yes, this is Barbara Sirois Babkirk, owner of Barbara Sirois Babkirk, a presenter, writer, and speaker.” But she’s much more than that.

Barbara is also a recovering graduate, who has been out of work for six months. She is a self-described “workaholic” who used to work 50 hours a week. She now works 20 hours a week, and she is terrified of losing her job.

She has a Masters in Business Administration from the University of Oregon, and a PhD in Organizational Psychology from Stanford University. She has written several books on career development and personal development. She has also started a new business, Barbara Sirois Babkirk, a presenter, writer, and speaker.

Anyway, Barbara is not alone. She is one of the millions of college graduates who are unemployed. And she is not the only one.

The unemployment rate for 20-24 year olds is at an all-time high. According to the Bureau of Labor Statistics, the unemployment rate for this age group is currently at 10.9%. This is up from 4.4% in 2006.

But Barbara is not the only one. She is just one of many. And she is not the only one who is scared.

I spoke with several other graduates who are also unemployed. They all had one thing in common: they were scared. They were scared of losing their jobs.

“I’m just trying to get by,” said one graduate who has been out of work for six months. “I don’t want to lose my job. I’ve worked hard to get into this program. I don’t want to lose it now.”

Another graduate said, “I’m just trying to survive. I don’t want to go back to work for the same company. I want to do something different.”

But Barbara is different. She is not just scared. She is also determined.

“I’m going to make it. I’m going to find a job. I’m going to do it,” she said.

And she is not the only one. There are others who are also determined. And they are not alone.

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LOCAL MOTIVES

EVERY FRIDAY NIGHT
3:30-8:30
PORTLAND'S BEST BANDS
LIVE IN STUDIO
April 4th: Possu & Peters
April 11th: Extendo
April 18th: Mark Rankin
April 25th: Buckley Club

90.9 fm WMPG 104.1 fm
Great Radio, No Commercials.

Good news

OUR PLACES IN URBAN SPACES
Earth Day Celebration

On April 22, from 11 am to 1 pm, there will be a gathering of local residents, organizations, businesses, and community leaders to promote eco-minded choices to make our neighborhoods more sustainable. Envision PLACES IN URBAN SPACES! This four-hour event will be an opportunity to promote sustainable behaviors and share information on ways to make our neighborhoods more sustainable.

Good Morning Maine!

Docked at 3pm Aprillllth:'E
Incisive! Inquisitive! Intelligent! Entertaining!
A Production of Media Guys Inc
Weekly Talk-Radio For All
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25th:
Host J eff Weinstein
Check Out The Show's WEBSITE:
Saturday News Talk WLOB
www.GoodMorningMaine.com
Radio, No Commercials.
FM-96.3

Non-profit news

Laudholm Trust
Protecting historic Laudholm Farm at the Wells National Estuarine Research Reserve
Contributed by Laudholm Trust

Laudholm Trust is a non-profit organization formed in 1986 as a grassroots effort to protect historic Laudholm Farm in Wells, Maine. The Wells National Estuarine Research Reserve is managed by the University of Maine and funded by the National Oceanic and Atmospheric Administration.

Laudholm Farm is a historic farm located on 1,200 acres of land in Wells, Maine. The farm has been in operation since 1850 and is now managed by the Laudholm Trust. The farm is open to the public and offers a variety of activities for visitors to enjoy.

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North Star Garden Design

Creating gardens that inspire joy
Master Gardener Planning and Extensive horticultural studies
northernhonor@maine.rr.comfax: 207-798-8979

South Beach Designs

South Beach Designs is a landscape design and construction company located in Wells, Maine. They offer a wide range of services, including landscape design, construction, maintenance, and horticulture-related services. They work closely with their clients to create beautiful and functional outdoor spaces that enhance the natural beauty of their properties.

Stow Works

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Wells, tomatoes, paths, steps, and benches from upland granite
Beckwith, landscapers, and hardscape builders
Quality landscape design and construction

David Noll
207-645-4324
NorthStarGardenDesign.com

Good Photos.com

Michael Eric Bérubé
Photographer

www.GoodPhotos.com

Toll Free: 866.294.1613
Local: 207.452.2105

You Always Own Your Negatives
Colour, B&W, or Digital. Hourly Rates for Events, Portraits, Repro & Document
"Quality Photography Since 1985"
on the surface...
APRIL 17

Foot Screening
Problems with your feet? Come in for a free foot screening. General foot disorders, sport-related problems and diabetic foot issues are all welcomed.
Brighton Aves., Portland. 874-0846.

APRIL 18

Experimental film and video marathon
Cut your 18 'till 26 kids who cut about 19 hours of experimental films, 5pm-4am, free.
ICA, 7pm. 775-1052.

APRIL 19

Eleemosynary
Eleemosynary is a moving play about three unique and complicated women. Presented by The Originals, 7:30pm, $8/$10. Sara Evans Grand Hall, fee Mill. 929-5412.

APRIL 20

A Day in the Life of Portland Harbor
This exhibit documents the ways in which residents and visitors have viewed and altered the harbor from 1620 when Maine gained independence through the 1880s when share plowed sail to World War II and the present day
Portland Harbor Museum, Fort Road, SMCC Campus, South Portland. 799-6337.

APRIL 20

Kola Band
The Kola Band is one of the most popular bands in the Cape Verdean Diaspora. Their sound, which mixes roots from their country with jazz and bossa nova, will surely turn the St. Lawrence into a tropical jet line. Sat., April 19, 7:30pm, $15/$17. Convivial Bar, 775-5568 x1.

APRIL 21

The Ice Chronicles: The Implications of Climate Change
Presented by Paul Andrew Mayewski, Director of the Climate Change Institute at the University of Maine, hosted by Chewonki Foundation. Mayewski's talk will lay out results developed from the Greenland Ice Sheet Project Team, an expedition led by Mayewski, which involved 25 institutions and collected the longest high-resolution record of climate change that exists. Mayewski's expedition ranged from the Arctic to the Himalayas.

APRIL 22

Quick Picks

APRIL 22

Earth Day

APRIL 23

The Buffalo War
Be sure to catch this important documentary about the battle over the partly killing of America's last wild bison. Portland, 7:30-9pm.

APRIL 23

The Great Event

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April 22

Gay Day - Bowdoin Banana Vacuum Lunch Party Activities. Children must be accompanied by a parent or guardian. Open to all. 120, Colby College, Waterville.

April 23

Bowdoin Christian Fellowship, lpm, Richard Hall. Conference for College Students. 5:00pm, Cook Commons, Colby College, Waterville.

April 23

SEAFOOD

RIK YAMA SUSHI & SUSHI BAR

A Mt. Airy, Maryland, establishment. Featuring an array of fresh fish prepared by a master sushi chef. Enjoy our unique collection of sushi rolls, sashimi, and more. Call to place your order!

THAI

NEWXHAI THAI


JAPANESE

SUSHI KAIZEN

A Portland, Maine, establishment. Serving the best sushi in the area. Our sushi chefs use only the freshest ingredients to create a variety of mouth-watering dishes.

AMERICAN

TACO BELL

A Portland, Maine, establishment. Featuring delicious Mexican-inspired dishes including tacos, burritos, and nachos. Enjoy our fresh ingredients and bold flavors.

MEXICAN

AMIGO'S MARGARITAVILLE

A Portland, Maine, establishment. Serving the best margaritas in town. Our bartenders use only the freshest ingredients to create a variety of flavors.

HUNAN

PARKER'S HUNAN CAFE

A Portland, Maine, establishment. Serving authentic Hunan cuisine with a focus on fresh, local ingredients. Enjoy dishes like Kung Pao Chicken and Beef with Black Bean Sauce.

Cajun

LUMBERJACK'S CAFE

A Portland, Maine, establishment. Serving the best Cajun cuisine in town. Our chefs use only the freshest ingredients to create a variety of mouth-watering dishes.

Continental

BARRY'S MEXICAN MANOR

A Portland, Maine, establishment. Serving the best Mexican cuisine in town. Our chefs use only the freshest ingredients to create a variety of mouth-watering dishes.

Deli

HERALD & POST CAFE

A Portland, Maine, establishment. Serving the best deli options in town. Our chefs use only the freshest ingredients to create a variety of mouth-watering dishes.
listening posts

thursday 17

The Abyss
330 Fore Street (bar & live music)
Open Mic (21+ / no cover)
Brim's Bar
72 Commercial St
Open Mic (21+ / no cover)

friday 18

The Axxon
510 Commercial St
Live music & stage presence
The Consideration
269 Commercial St
Live music & stage presence
Jesus H. Youth (also at The Abbey)
211 Commercial St
Live music & stage presence

saturday 19

The Abyss
330 Fore Street (bar & live music)
Open Mic (21+ / no cover)
Brim's Bar
72 Commercial St
Open Mic (21+ / no cover)

monday 21

The Good East
524 Commercial St
Free Drinks
Captain Sams
173 Ocean St
Open Mic (21+ / no cover)

wednesday 23

The Good East
524 Commercial St
Open Mic (21+ / no cover)
The Imperial
212 Commercial St
Open Mic (21+ / no cover)
**Movies**

Bringing Down The House

*by Tom Keno*

**Rated PG-13 for language, sexual humor and drug material.** "Bringing Down The House" has a running time of 105 minutes. It is rated PG-13 with two out of five stars, one for Martin's perfectly comical delivery and another for a handful of effective scenes with Queen Latifah.

Watching Steve Martin bring down the house as host of the Academy Awards program a couple weeks ago was more exciting for me than the new movie Bringing Down The House.

Watching that kind of work made one realize that Martin, once the center of the comedic universe, may not be coming back to the big screen, but he was certainly making an effort with the effort to bring down the level of Martin Latifah. But this is an embarrassing overstatement of material stereotypes that come into fashion, but more proofs the truth.

Martin plays attorney Peter Sanderson, a nice guy who succeeded by being low on the heap. He marries Emily (Queen Latifah) and becomes a lawyer, but never rises to the top. It seems that a man who is stuck at the bottom is not likely to make it on top, and it would seem to me that Latifah is indeed working for him. It is hoped that her character is high up on an off-screen relationship with "Law & Order: New York."* 

Far From Heaven

*Rated PG-13 for mature themes, sexual content, brief violence and sexual references.** "Far From Heaven" made. You've never seen such vivid clothing before.

It's unfortunate that a film made. You've never seen such vivid clothing before. The cinematography of Ed Lachman, the second is an especially strong scene, as it brings to mind the best of Martin's brilliance. But this is an embarrassing reference. Yet there are some

Interest in the performances is solid, so rich, and with so many

average content, brief violence and profanity.

Far From Heaven was among the hottest items up for bid at the "Evening with the Pirates" as a potential client, daughter-in-law and her partner Howie, a gesture of sympathy, on his shoulder. This is seen by a visiting

From the stars of the second half of Bringing Down The House are far too lighted to be funny. Even the rich, the perfect mother and wife. Frank

Levy) who utters some of the funniest and also most embarrassing lines of the film. Peter

that sounds like many of the movies of the 1950's, and the soap operas of today. It's because that is precisely what For Heaven Do. For fans of soap operas, the stars are a soap opera with a touch of romance, a soap opera with a slant of mystery, a soap opera with a touch of romance.

Everything about Far From Heaven is made. You've never seen such vivid clothing before. The stars are a soap opera with a slant of mystery, a soap opera with a touch of romance, a soap opera with a slant of mystery, a soap opera with a touch of romance.

Far From Heaven features an especially strong scene, as it brings to mind the best of Martin's brilliance. But this is an embarrassing reference. Yet there are some

The film is made. You've never seen such vivid clothing before. The cinematography of Ed Lachman, the second is an especially strong scene, as it brings to mind the best of Martin's brilliance. But this is an embarrassing reference. Yet there are some

ratings would resort to Internet chat rooms for conversations that bring to mind the best of Martin's brilliance. But this is an embarrassing reference. Yet there are some

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The mind is powerful, driven by a source of inner knowledge. A camera of the mind can capture the imagination. Get in there and turn on the light. Your mental pictures of things that don’t exist yet are what we rely on for the last four class plays. I urge you to consider making a practice of being fluid, slippery, vagrant, scrambled, promiscuous, and think love thoughts from which all hate and anger have been exiled. (For those of you in the Southern Hemisphere, your Star? According to the astrological omens, it’s time to make your move to Aquarius, what is the metaphorical equivalent of the North Star? According to this science, it’s time.)

To begin working on a mastery of this demanding skill, you’ll have to suspend your theories about the way the world works and are enslaved. Their own messiah they must be, and are enslaved. (P.S. For those of you who are political activists, remember that truth is something that you have to work hard for, and not something that is out there waiting to be discovered.)

She filled her garage with cases of all nine varieties in her portfolio. HR: Does she really want the role? I asked the teacher not to give her that role, but she said, “What if you stumbled on a per­fect match?”

quality time

Kids’ Korner

Hurray! This week, I will write about a book that I recently read. It is called "Going Around," and it is a great story about a boy named Danny who is at an orphanage. Danny meets a new friend named Sam, and together they decide to escape from the orphanage and become a savings on an airplane. They hope to find an adventure and maybe even save the day.

Danny and Sam begin their journey from their orphanage. They plan to use a map and a compass to find their way to the airport. The flight is going to be long, but they are excited about the adventure.

The story is exciting because it shows the theme of friendship and the importance of believing in yourself. Danny and Sam are brave and determined to make their dream come true. They are an inspiration to all children who have overcome obstacles.

The book is very interesting and engaging. It teaches important life lessons such as perseverance and determination. I think that every child should read it.

Jokes

A: Why did the boy fly?
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just got better...

Irish American Classics

Paddy's Prime Rib / Queen Cut / King Cut
Slow roasted and served with hot au jus and a side of creamy horseradish sauce.

Pendleton's Choice - Petite & Regular Cut
Choice Top Sirloin hand-cut daily at Molly's & ironed to your request.

Irish Blue Sirloin™- Petite & Regular Cut
Our most popular hand-cut Top Sirloin steak topped with a delicious blue cheese sauce.

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

Malone's Guinness Pork
Roasted pork cooked in Molly's rich homemade Guiness sauce.

Penhallow's Pride
Grilled boneless breast of chicken, with your choice of BBQ, teriyaki, or herb butter.

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

Tartar Sauce
Like the popular "French Dip," Molly's oven-roasted sliced beef is piled high on a baguette and served with a cup of hot au jus. It comes with cottage potato chips and a kosher dill pickle.

The High Molly Reuben
Our version of this classic starts with thin-sliced corned beef brisket, piled high on marble rye bread with imported Swiss, sauerkraut and 1000 Island dressing. Served with Cape Cod kettle potato chips and a kosher dill pickle.

Keny Chicken Sandwich
Grilled chicken breast served plain, cajun, or teriyaki topped with mayo, lettuce, tomato & choice of cheese on thick slices of grilled Marble Rye Bread. Comes with Cape Cod potato chips and a kosher dill pickle.

Over 20 varieties of Beer Including Guinness, Geary's & Shipyard

Molly's Steakhouse & Irish Pub
66 Market Street, Portland • 761-4094
Mon - Thurs-Sat • Bar Open at 4:00 Dining Room Open 4pm - Close