GOING DOWNTOWN

After months of hibernation, it’s time to rediscover Portland and its vibrant downtown. Spring marks the time of year when things heat up in the city. Art lovers head to our top-notch art galleries and First Friday Events. Consumers look to unique local businesses for a beyond-the-mall experience. And don’t forget the amazing architecture in this issue, we share hidden treasures, well-known favorites and listen to some astute observations about our hometown. See Page 10
Irish American Classics

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

President’s Choice - Petty & Regular Cut
Choice Top Sirloin hand-cut Kelly at Molly’s & broiled to your request.

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

Father’s Flanagen
12 oz. cut of our slow-roasted Ribeye with sautéed mushrooms, onions and peppers, topped with mixed herbs and horseradish cheese

Malone’s Guinness Pork
Roasted pork carved in Molly’s rich home-made Guinness sauce.

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

Father’s Flanagen
12 oz. cut of our slow-roasted Ribeye with sautéed mushrooms, onions and peppers, topped with mixed herbs and horseradish cheese.

Shepherd’s Pie
Split pea, ground beef with sautéed onions and corn, topped with Cheddar bacon, and served with Mushroom-Bordelaise sauce and Molly’s sourdough cheese bread.

North Dip
Like the popular “French Dip,” Molly’s oven-roasted sirloin beef is piled high on a baguette and served with a cup of horsero jus. It comes with cottage potato chips and a kosher dill pickle.

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

A Poff Chicken Sandwiches
Grilled chicken breast served on a hoagie roll, topped with tomato, lettuce, and choice of cheese on whole wheat 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
9am-3pm
Lots of Great Food in a Fun Atmosphere

Employee Paperwork Too Much To Handle Yourself?

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Sign Up Today for a Life of Health and Beauty.

With the growth of the holistic health, spa and image industries in America, the demand for trained specialists has never been higher.

Join an industry with 100% placement and full financing to qualified applicants.

Appointments Only

Cape Cod Potato Chips

Molly’s Promotions

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Sandwiches

Main Courses

Desserts

Beverages

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46 Market Street, Portland • 761-4094
Dining Room Open 4pm - 11pm
Bar Open at 3:00 Lunch & Dinner 4pm - 3:00

Back By Popular Demand!

SUNDAY BRUNCH
9am-3pm

Lots of Great Food in a Fun Atmosphere

Molly’s Steakhouse & Irish Pub
46 Market Street, Portland • 761-4094
Mon. - Thurs.-Fri. Bar Open at 4:00 Dinner Room Open 4pm - Close

APRIL 24, 2003
Living From The Inside Out

The Extraordinary Ordinary

by Melissa Mirarchi

O f late, a lot of my ink has been stung
by the sting of my own path. As I sit
in front of my computer, there is
a sense of dissonance and discomfort.

I find myself questioning the
ideals that I hold as true and
believing that they are not.

I wonder if what I perceive
to be true is really true.

And yet, I continue to
write. I continue to
be. I continue to
exist.

To be awake is to notice the extraordinary
moments, to be aware of the
inexplicable, to take
in what is beyond
comprehension.

I feel as though I am
living in a world of
wonder and possibility.

I feel as though I am
living in a world of
miracles.

To be awake is to be
aware of the
inexplicable.

I feel as though I am
living in a world of
mystical moments.

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Up against the wall
Photo essay by Clemmer Mayhew III

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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.

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 pagans to priests, from imams to rabbis, 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.

May 15
Automotive
Get it in gear! Maybe it's our state's independent spirit or just the sheer size of the place. Whatever the reason, Mainers love their cars. In this issue, CBW looks at the hot new vehicles and automotive accessories. We'll also give our readers tips on how to care for their hunk of steel burning love.

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For more information, contact Rosann Margani at 775.6601 or email cbw@mainem.com. Speak up. Stand tall!
AUGUSTA — The Maine Chapter of Associated Builders and Contractors is a voice for the construction industry throughout the State of Maine. The Maine Chapter of Associated Builders and Contractors is a voice for the construction industry throughout the State of Maine. The Bill, LD 919, is scheduled for a work session at 1:00 p.m. on April 14-18. The bill directs the Maine Film Office to enter into the rebate agreements with the DHS in order for products to be available under the DEL program. The film and TV professionals will judge all works. Selected speakers will present papers and posters on the topics of community, education, research, and practice. The goal is to encourage academic and professional collaboration in the field of biological sciences.

**Students Deny NECESSARY Services To Seniors**

Maine’s Medicaid program is the largest source of funding for prescription drug coverage in the state. The program is designed to provide drugs to low-income individuals who are unable to afford the cost of prescription medications. However, the program is facing financial difficulties due to the increasing cost of prescription drugs and the limited resources available to meet the needs of all eligible beneficiaries. The program is currently facing a budget shortfall and is experiencing a decline in enrollment. As a result, the program may be forced to make difficult decisions about which medications to cover and which to exclude.

**Women’s Research Week: March 20-24**

The University of Maine at Augusta is hosting a Women’s Research Week from March 20-24. The event is designed to showcase the research and scholarship of women at the university and to highlight the importance of women’s contributions to academia. The week will feature a variety of activities, including a keynote address by Dr. Martha Mentzer, a distinguished professor of psychology at the university, and a panel discussion on the role of women in the sciences.

**Maine BIO ANNOUNCES 32ND GREAT TV AUCTION**

Maine BIO is preparing for its 32nd Great TV Auction, which is a major fundraiser for the organization. The auction is an annual event that features a wide variety of items, including artwork, jewelry, and hospitality packages. The proceeds from the auction will support the organization’s mission to promote and support the biotechnology industry in Maine.

**Community Notes**

**The Maine Chapter of Associated Builders and Contractors is a voice for the construction industry throughout the State of Maine.** The chapter is a member of the Associated Builders and Contractors (ABC) national organization and represents the interests of the construction industry in the state. ABC is a non-profit organization that represents the interests of the construction industry at the national, state, and local levels. The chapter is committed to promoting the interests of the construction industry and to providing a forum for the exchange of information and ideas among construction professionals.

**GREAT TV auction winners receive entries from the arts community.** The auction is a community event that features a variety of items, including artwork, jewelry, and hospitality packages. The proceeds from the auction will support the organization’s mission to promote and support the biotechnology industry in Maine.

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Arts Bring Downtown To Life: An Interview With Andy Versoza

By Wendy Smith

With a large list of galleries taking part in the First Friday Art Walk, we can all enjoy art in Portland with a stroll. I sat down with Andy Versoza, owner of the Aucocisco Galleries, who has played a big part in the development of the First Friday Art Walk. He filled me in on what the First Friday Art Walk is and is his views of Portland as a business owner and local.

The Beginning of the Art Walk

The first First Friday Art Walk started out as a series of meetings that happened a couple of years ago at the East End Community Development Corporation on Free Street. Now the Portland Downtown District is in that space. SRC is gone, but it was an opportunity for everybody to see what arts events. We all wanted the events brought together as [an] outlet about what would help promote and enhance awareness of visual arts in Portland. It was suggested that we do an art walk. The idea being that we do an event that brought people out to see the different art venues—it was very successful. What also came out of that was a brochure, and what was agreed upon (as a series of meetings) was aCitizen statement, to open the doors of Portland’s visual arts community by joining together and introducing a wider audience to the City’s popular and unique vital artists and visual arts venues. We also wanted to promote interest with a sense of celebration and awareness of visual arts in the community through diversity and inclusiveness. The main goal was to involve the executive director from PACA (Portland Arts Cultural Alliance), the executive director Portland Downtown District, a person from the Commissions District, and a representative from Maine Tourism. All the people I knew, that if they had input and could hear what was going on credit-selling and could overhear this really strong event. Writers came and showed people how different venues by clicking the Maine Times, Casco Bay Weekly, and the Portland Phoenix. The Portland Press Herald didn’t really bite on this at that time, but [now] really slowly started doing it a lot more arts coverage. A real attempt was made to draw out insight from as many people as we could do to do this event and have people write about the arts. It’s a unique vital artists and community event. People say that if they saw that already, it never changes, then they are not going to come out. Most people do their receptions around the monthly routine like I do.

In the Past and Present

About 10 years ago [there were] fewer galleries. A lot of galleries closed because of the recession or changed their business. For some reason contemporary art wasn’t so popular. Now there are a lot more galleries.

It's a First Friday reception from 5pm to 8pm on the first Friday of the month. This location has to have visual arts and should be hosting an event or series. It shouldn’t be that you just want free advertising and are participating with the same picture each time. At least every 4-6 weeks your show should change, a new artist because it’s not a huge marketing plan or big promotional plan, evenly sold out of visual arts events and people describing visual arts ventures, depending on First Fridays, will do events about local businesses with local artists and local advertising.

How to get your gallery into the First Friday Art Walk

To be included on the various web sites and electronic media. You have to be open from 5pm to 8pm on the first Friday of the month. The location has to have visual arts and should be hosting an event or series. It shouldn’t be that you just want free advertising and are participating with the same picture each time. At least every 4-6 weeks your show should change, a new artist because it’s not a huge marketing plan or big promotional plan, evenly sold out of visual arts events and people describing visual arts ventures, depending on First Fridays, will do events about local businesses with local artists and local advertising.

Galleries with Cafes, Restaurants

Think about it, you have the Aucocisco gallery, Hay gallery, June Fitzpatrick gallery.
Inside scoop

Go Gym Dandies!

by Denise Davis

The Scarborough Gym Dandies' children's show also referred to as "The Greatest Kids Show Ever" truly lived up to its name by putting on an amazing show April 15. (See your local newspapers for this event.) The show was led by the tireless efforts of our Youth Relations Coordinator, Doreen Carver, and her team of unicyclists. The event took place in the gymnasium at the Southern Maine Community College Campus in Portland.

At the entrance, guests were greeted by a variety of unicycles and tricycles. Children of all ages were seen riding unicycles, with some even managing to balance on one foot while walking gracefully on stilts that made them 8 feet tall.

Some of the highlights of the show included a juggling routine performed by an unicycle-riding Jon Cahill. He was made an Honorary Gym Dandy and was presented with a Gym Dandy shirt. He skillfully pedaled forwards, backwards, and sideways, demonstrating his incredible balance and flexibility.

Another highlight was the "Stars in the Sky" unicycle show. This routine was performed by four children, each wearing a special helmet and using a unicycle with only one foot on the pedal. They rode in perfect circles, one after the other, creating a mesmerizing display of coordinated movements.

The show also featured a variety of other performances, including the "Belly Floppers," a group of children who tossed and twirled their bodies on the unicycle with only one foot on the pedal. The performances were truly impressive, and the audience was left in awe of their skill and determination.

The evening ended with a special presentation for the unicyclists who participated in the show. They were presented with certificates of achievement, recognizing their hard work and dedication to the sport of unicycling.

The Gym Dandies are dedicated to promoting the sport of unicycling among children and adults alike. They believe in the power of unicycling to bring people together and create a sense of community. The show was a wonderful example of this, as the children showed great sportsmanship and teamwork throughout the evening.

In conclusion, the "The Greatest Kids Show Ever" was a truly amazing event that brought joy and inspiration to all who attended. The Gym Dandies are to be commended for their hard work and dedication to promoting the sport of unicycling.
Spring Fling, 2003

SOLD OUT!!!

Wednesday Evening
May 7, 6-9:30

Join the
Chambers of Commerce in Portland and the Portland Area Council to celebrate the opening of the new Portland's "Last Sandy" Portland's Weekly! Every Friday at 7:30 pm. Enjoy a buffet dinner at the beautiful Scarborough Yacht Club while listening to music by the Unsung Heroes Band. A buffet dinner is included. To register, please contact 207.791.7370.

Ready, Set, Ribpleffect!

Check out casco bay weekly's
EVENT LISTINGS

An Adventure on Casco Bay is just a phone call away.

Rippleffect

To register now, contact 207.791.7370

Sea Meeting First Time in advanced Environmental Science

Beginner Theater Photography and Video Dining Aerial Astronomy

Casco Island

www.rippleffect.nh

Casco Bay Weekly's
APRIL 24, 2003

15
Casco

wow, they are really committed to seeing
those places. I saw an antique store on the art
walk, you will reflect back about
walk by Norm’s or Bangkok Thai, or Locall88
pect.

Supporting Downtown

who will be open.

month so some places may be closed. It’s
long, rain or shine. It’s a lot of fun, [but]
out to eat, or do something.

Going on the art walk

The First Friday Art Walk runs all year
month? [I] see someone

What it’s like owning a

is located, where every space is full. Before it
use to be empty, derelict, now it’s healthy
beautiful here architecturally .

POD

is part of downtown Portland.

Coffee By Design has been a part of down­

Does the fact that you’ve always been a venue

Designing Businesswoman:

An Interview With Mary

I don’t know a lot of other cities our size that
get local businesses thriving.

In Portland we have the fortunate
times, when we first
opened an open Congress Street, I felt
the comfort of people who make, "—
doesn’t feel the customers. If you have
the enthusiasm that you belong to, for
example, Maine businesses for local
responsibility and you’ve never gone to a
shopping mall or strip mall, you’ve
never experienced that. You can feel
the strength that we can make a difference in
redefining our community — not changing it,
but creating these wonderful community cen­
ters where we are, and having people explore
neighborhoods that they might not have.

In Portland we have the good fortune to have
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ters where we are, and having people explore
neighborhoods that they might not have.
Downtown Portland has a vast network of streets, each offering a unique character due to the blend of historic and out-of-the-way haunt.

One of the nicest spots to sit in the cool breeze is the old-fashioned ice cream shop just off the beaten path. The bricks and stones of the sidewalk are cool to the touch, inviting you to take a seat at one of the outdoor tables. Inside, the decor is simple yet elegant, with a warm and welcoming atmosphere that makes you feel at home.

The menu offers a variety of delights, from classic ice cream sundaes to more adventurous treats like exotic fruit and nut combinations. The coffee is just as good as the ice cream, with a selection of fine brands and unique blends to choose from.

It’s a great place to relax and enjoy some conversation with friends or family, or even to have a quiet moment to yourself. The staff is friendly and attentive, always ready to make your visit memorable.

So whether you’re looking for a sweet treat to share with loved ones, or simply need a break from the heat, be sure to stop by and enjoy the ambiance and delicious treats at this charming ice cream shop in downtown Portland.
Good news

Girls of opportunity
Farm Junior League

In the early morning hours at the farm, the cows are grazing calmly, and the dogs are barking and running around in the pasture. The milk is not yet starting to flow, and the milking machines are not yet running. The farmhands are preparing the equipment for the day's work, and the barn is filled with the sounds of the farm animals.

The girls at Opportunity Farm are the Junior League of Portland volunteers who live and work on the farm. The farm is a 200-acre property located near Westbrook, Maine, and it is the site of a unique program for girls between the ages of 11 and 17.

The program was founded in 1939 by the Junior League of Portland, and it has been running successfully ever since. The farm is a place where girls can learn important life skills, such as cooking, cleaning, and basic gardening.

The girls at Opportunity Farm are members of the Junior League of Portland, and they are dedicated to making the farm a success. They work hard every day to keep the farm running smoothly, and they are proud of the work they do.

The farm is open to the public, and visitors are welcome to come and see the girls hard at work. If you are interested in volunteering at the farm or in learning more about the program, please contact the Junior League of Portland for more information.

Non-profit news

Preble Street Begins Community Phase of Capital Campaign
$500,000 Challenge Grant from The Draper Foundation to Encourage Community Participation in Meeting $6 Million Goal

The foundation is pleased to support a range of organizations, including those that provide housing and support for homeless youth. The grant will provide an opportunity for us to continue our work and to expand our impact.

The Preble Street Community Health Center is a critical resource for homeless youth in Portland, and we are grateful for the support of the Draper Foundation.

The foundation's president, John Draper, said: "The Draper Foundation is proud to support organizations that are making a difference in the lives of homeless youth. We are pleased to be able to provide this important funding to Preble Street Community Health Center."
Once Upon A Time in Portland: A conversation with Liz Darling on the downtown's happy ending

By Cleomar Mykleby

A May of '90, there was 40% vacancy downtown. That was the ellipsis less then. Portland (Portland's department store) closed in '91, everyone knew that was the tipping of the end. That was when I was first on-staff and still on staff before the fact that EDC had been here once. We talked into what other crises were coming in to affect the economics of the city. Robert Gradis, who was Portland's chief economist at the time, said that downtown would never be what it once was. With the rise of the suburbs, downtown businesses were moving out of the city and down to the bay. That problem was how to make downtown viable downtowns, will keep to its perimeter. Many people wanted to move it to the future or Freese. With lots of oysters. We did detailed market analyses and knew that was possible.

Old Port was building on its own, as the Downtown Portland-Green City-Euro Street area was the focus. It was unique, but we decided to not to move this area, but to keep it to personal. Many people wanted to move it to the future or Freese. With lots of oysters. We did detailed market analyses and knew that was possible.

One spring afternoon, the Aqua (Ding) Academy's colorful red roof adds something spiciness to its metal building and makes for a great advertisement. St. John's' tremendous mural adds a bright bold statement, attached to its otherwise flat Newberry Street venue.

Up Against the Wall: Downtown's Uptown Art

F or tourists, Portland is Portland, famous for its coffee culture, Nook'sack shrubbery, and uncountable murals scattered throughout as a testament to the city's murals and art collections. Portland is known for its vibrant downtown, its historical buildings, and its lively arts scene. The city is home to numerous murals, which adorn the walls of buildings throughout the downtown area. These murals vary in size and style, with some located in small alleyways and others in larger, more public spaces. The murals in Portland's downtown area are a testament to the city's rich artistic heritage and its commitment to public art. The murals on the downtown's cold urban block transform it into a vibrant, eclectic urban space. They represent the creative and artistic spirit of the city and serve as a reminder of the city's past and present. The murals on the downtown's cold urban block transform it into a vibrant, eclectic urban space. They represent the creative and artistic spirit of the city and serve as a reminder of the city's past and present.
UP AGAINST THE WALL

Photography by Clemmer Mayhew III

1. Tommy’s Park
Corner Exchange and Middle Streets
Artist: Michael Lewis and Chris Garmey

2. Ri-Ka
12 Commercial Street
Artist: Alan Rice

3. Harmon’s & Barton’s
164 Congress Street
Artist: Andrew Taylor, 1990

4. Asylum
25 Center Street
Artist: Various

5. Free Street Mural
48 Free Street

6. The Everlends
Congress Square
Artist: Theo Tucker & Anthony Tucker 2000

Description:
- Image 1: Tommy’s Park, located at the corner of Exchange and Middle Streets, is a mural created by Michael Lewis and Chris Garmey in 1999. It was repainted in 2005.
- Image 2: Ri-Ka, situated at 12 Commercial Street, is an artwork by Alan Rice.
- Image 3: Harmon’s & Barton’s, located at 164 Congress Street, is the work of Andrew Taylor, created in 1990.
- Image 4: The Asylum, found at 25 Center Street, features various artists.
- Image 5: The Free Street Mural is located at 48 Free Street. It was created by Chris Garmey, Tom Wolf, Steve Prestley, Benaway Brookby, Josephine Maccambe, D.C. Michael Lewis in 1990. It was remade by Chris Garmey, Chris Hart, Steve Prestley, Karen Sabicks, Tom Wolf, & Scott Rho in 2003.
- Image 6: The Everlends, situated at Congress Square, is a mural by Theo Tucker & Anthony Tucker in 2000.

These murals are not only works of art but also a part of the city’s history, reflecting different artistic styles and social commentary.
Calendar 4.24–4.30.03

April 24
Chong Hae Sunim
Zen monk and abbot of the Providence Zen Center in Cumberland, Rhode Island, will give a public talk, 7:30 p.m., Main Avenue United Church. Following will be a beginners retreat on April 25 from 9 a.m.-5:30 p.m. at Parkland Center in New Gloucester. A 9 a.m.-retreat is a tree of silent sitting and walking that allows people to let go of their daily concerns and experience this moment. The beginners retreat will feature short talks and periods of meditation, as well as a longer walking meditation, 6:30-6:50 p.m.

April 24 & 25
Spring Dance
This annual performance is presented by the Bowdoin College Department of Theater and Dance. The event features class-prep, independent work, and student dance organizations. 8 p.m. at Bowdoin College, Brunswick, 725-3375.

April 25
Recycled Percussion
Four percussionists transform a stage into a psychiatrist and assault the senses with Latin, African, hip-hop and rock beats, 8-9 p.m., 131 College, Brunswick.

April 26
Annual Organic Orcharding Workshop
Educational sessions will be guided for kindergarten, as well as larger orchards, for beginners and experts alike. Hosted by the Maine Farmers and Gardeners Association. 9:30 am-4 pm, Commons Room, Cotter Union, Brunswick, 657-4677.

April 26–27
Sylvia
Head to Freeport for a night of comedic local theater. The title character Sylvia is an uptight stepdog who is adopted in the midst of a husband's mid-life crisis and receives a notice of the wife's angry ex-employer. Presented by the Freeport Community Players at Freeport High School, 865-2220.

April 27
Michael McGinnis
With Hughes, artist and Maine native Michael McGinnis will bring his New York City-based group "Between Green," to the Stafford Music Hall for an afternoon of original jazz music performed by some of NY's finest young musicians. 3 p.m. Stafford Music Center Hall, 159 First Ave., Portland, 262-2200.

April 29
My Knees Were Jumping
Directed by Melissa Harlow, the premiere of the play "My Knees Were Jumping" is presented by British Jews and Catholics, Jews and Hindus, Catholics and Hindus, and Catholics and Muslims. The play is based on true stories of families from Pakistan, India and South Asia. Most of the children never saw their parents again. Join the Maine arts film festival at the smoked Hickory-Hickory, 853 Main, Springdale, Portland, 333-0290.

Quick Picks


(4/25) The Incredibly Realistic Boy: OSU's ook show consists of a benefit for the Portland Stage Company and features actors, writers and directors. The event will be held at the Portland Stage Company, 1218 Congress St., Portland. 725-6000.

(4/27) Sylvia Chong plays Trinh, in the international cinema "Infinite Horizons," at the Portland Film Exchange, Longfellow Square, Portland, on April 27.

"Infinite Horizons" by Diane Johnson is on view at Thomas Kamm Gallery through May 31. 304 Maine St., Yarmouth. 764-1744.
**Happenings**

**Thursday, April 24**
- American Association of University Women. 530 Congress St., Portland, 774-3363.
- Buy One, Get One Free...now on sale at the Bowdoin Bookstore. All books, all media, all year. Bowdoin College, Brunswick, 726-3201.

**Sunday, April 27**
- All Church Yard sale: 9am-2pm, First Parish Unitarian Church, 2 Noyes St., Portland, 774-3002.
- Barnrais. Brewster Academy's annual auction to benefit its students' education. Brewster Academy, Wakefield, NH, 603-516-6391.
- Bringdown at -20 Cold and windy, likely snow showers. Sunrise: 6:05am; Sunset: 7:19pm. Portland, 774-2432.

**Saturday, April 26**
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**galleries**


Anthony C. Fire 493, 6932 Main St., Portland. "The Art of Words: A Centennial Celebration," abstract and works of prose derived from the language of the American South. Hours: Mon-Fri 10am-6pm, Sat 10am-5pm. 500 Forest Ave., Portland. 774-1740.

Brick Gallery, 126 Main St., Portland. "The Art of Words: A Centennial Celebration," abstract and works of prose derived from the language of the American South. Hours: Mon-Fri 10am-6pm, Sat 10am-5pm. 500 Forest Ave., Portland. 774-1740.

Gallatin Gallery, 122 Main St., Portland. "The Art of Words: A Centennial Celebration," abstract and works of prose derived from the language of the American South. Hours: Mon-Fri 10am-6pm, Sat 10am-5pm. 500 Forest Ave., Portland. 774-1740.

**art in the city**


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**general**

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Music directory

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Movies

Moonlight Mile

Rared PG-13 for some sexuality and brief strong language, Moonlight Mile runs for two hours of non-stop energy, and is one with a high risk of five stars. It's an exercise in patience to endure the dumb parts, but worth the effort.

A year after the 1999 L.A. riots, Mother Nature takes out a section of the supercast, your first thought might be, "Those would be far too costly for people like these to be involved." Director Tim Blake Nelson, star of the TV series "Hill Street Blues," knows exactly what I mean. On a Sunday afternoon after an intense heat wave, the tiny community of Bridgeview, Oregon is struck by a tornado that destroys 126 homes and injures 17 people. The story is based on the true story of the Bridgeview tornado that actually occurred in 1968.

Spirited Away

Running for just over two hours, it's a bit long for youngsters. I rate "Spirited Away" with a most enthusiastic five out of five stars.

One of the more touching scenes in the movie, as Joe breaks down on the stand and reveals the secret of what was going on. He tells Bertie the whole story and says that Bertie is the one of the more moving scenes in the movie of his murdered fiancee. Ben and JoJo (Douglas Henshall and Joanne Froggatt) appear to be the most consistent movie I've watched in a long, long time. They follow the smell of food to a sumptuous restaurant, which appears strangely deserted, only to discover that it is actually a perfectly maintained restaurant. It is slowly revealed that this is a place where retired people can live out their lives in peace.

The story is based on the true story of writer-director Brad Bird's mother, who suffered from Alzheimer's disease, and how it affected their family.

Inspirational and inspiring, the story is simple, but powerful. The film is a true tribute to the beauty of life and the human spirit. The message is clear: life is precious, and we should appreciate the time we have with those we love.

Video Review

Moonlight Mile

This movie is a tribute to the beauty of life, the human spirit, and the importance of cherishing the time we have with those we love.

Spirited Away

This is a wonderful animated movie that will appeal to both children and adults. The story is simple, but powerful, and the animation is stunning. This is a must-see movie for anyone who loves animation or just wants to be entertained.

Video Release

Available Now
Bush betrayed American Troops

The Bush administration is profound. It concerns his oath of office, to issue all his orders, carry them home and abroad.

If Bush refuses, as American soldiers have a right to feel betrayed, his oath of office, violating the trust of American troops as pawns of conquest betrays the可能性 to the President, an act as cowardly as Congress unlawfully ceded its war-power responsibility.

The Constitution affords the lives of our men and women in uniform. We can soldiers sacrificed their lives in order to protect all soldiers as well as civilians from the rule of law—that aroused the world to fight for its survival. We must protect them; the destruction of the sovereignty of states is bound. To submit to the Geneva Conventions; the revived of cluster bombs is utterly renounced and condemned. Men and women in uniform accept military service because the U.N. Charter is bound. To respect the U.S. Constitution, it gives our troops their life, liberty, and with the invasion of Iraq in defiance of the U.N. Charter is not only an international crime; it is treason. Bush has forced American troops to violate the law.

The allied victory in World War II brought about a new world order of treaties and international law. Presidents who violate the law, who go into wars they are not supposed to go into, betray the high-profit sale of arms to dictators who often turn their ongoing attempts to hide accountability for rights and conscience of American troops at the bay.”

Toward an American Army of Conscience

President Bush has declared war on Iraq. But the U.N. Security Council or Congress have not voted for it. In October, Congress declared war.

The use of depleted uranium weapons left the road to Basra—the Highway of Death—the battlefield radioactive.

The Bay of Pigs is a documentary on the triumph of technology. Throughout the years, Congress Square Events has played hard to the arts and cultural events meaning the growth of style and respect for the young students of Portland Ballet Company told to the rising stars of Portland Opera. The Portland Symphony Orchestra, in its series of new and emerging artists, has contributed to the arts and cultural events in Portland.

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Sea Dogs have prospects both on and off the field

by John Christian Hapgood

Sea Dogs Fans Preview

Time marches on in the world of the Sea Dogs! Come open your summer boxes for the Portland Sea Dogs for a slight difference to the team's lineup this season. The Sea Dogs are set up for fans, with even Blackick heads a new identity.

One of the most surprising aspects of the Portland Sea Dogs is their new look from the Maine League season. The Sea Dogs will now have the opportunity to showcase their new logo and rebrand their entire look. The new logo features a more modern and sleek design, giving fans a fresh new perspective to enjoy.

Sea Dogs Opening Roster

Catcher: Andy Dornbusch That's F-25 right-handed hitting designated hitter in the lineup. He has been a part of the Philadelphia Phillies system. Can play center field and leadoff in the minors. He is at least 25,000 feet above sea level.

Second Base: Brandon Woodman A former Eastern League Player of the Week with Trenton. Brown brings a good deal of defense and power to the lineup. He is a strong bat in the middle of the Sea Dogs' order. Between his power and speed, he makes a significant contribution to the squad.

Third Base: Jeremy Sherrod comes highly recommended. He hit .300 with 30 HRs last year.

Left Field: Raul Lebron He's a left-handed pitcher that has been highly regarded in recent years. He has a strong arm and is expected to contribute to the Sea Dogs' pitching staff.

Adopt a Pet: Sweet Pea and Stella

by the Animal Refuge League

With your cat or dog can be a lonely companion. Sweet Pea and Stella are currently available at the Animal Refuge League in Portland, Maine. They are both friendly and affectionate and will provide a lot of joy to any new owner. Please contact the league for more information or come and visit them in person.

Sea Dogs Fans can find the official schedule on pressbox.cosmobayweekly.com.

Whether you just got a new dog and want your yard intact, or want to improve on an existing space, take heart; your dog and garden can peacefully, if temporarily, coexist.

Take a few minutes to ask yourself what you want your yard to be. Whether it's an ideal play area or just a place where you want to relax and enjoy the outdoors. Consider the following tips to help keep your dog and yard in check.

1. Keep your dog on a leash in the yard. This will prevent them from digging or wandering off onto the street.

2. Use a dog door. This will allow your dog to go outside without having to open the door, which can be a source of stress and anxiety for both you and your dog.

3. Use a dog park. Many communities have designated areas for dogs to run and play in a safe environment.

4. Use a dog fence. This can be a great way to keep your dog contained while still allowing them to enjoy the outdoors.

Adopt a Pet: Sweet Pea and Stella

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With your cat or dog can be a lonely companion. Sweet Pea and Stella are currently available at the Animal Refuge League in Portland, Maine. They are both friendly and affectionate and will provide a lot of joy to any new owner. Please contact the league for more information or come and visit them in person.
It's a bigger problem than you think...

Prematurity
Leading cause of newborn death

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.

Walk and raise money to save babies.

Register on the Web at www.walkamerica.org or call 1-800-515-WALK. For more information call your local March of Dimes chapter.

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Avoid the $1.5 million cab fare
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TO PLACE YOUR FREE 40 WORD AD, CALL: 1-800-972-3155
TO REPLY TO AN AD, CALL: 1-900-226-2190 • $1.99/minute
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Girls will be girls!

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MEET HIM HERE

FREE to Browse & Reply to All Ads

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HELP ADD YEARS TO THEIR LIVES

This is Abbey, Hannah and Maggie of Skowhegan and Candlewold. They and hundreds of others throughout Maine have CF, the most common, deadly genetic disease in the U.S.

HELP THEM FIGHT CYSTIC FIBROSIS

Send a personal donation
Become a company sponsor
Colleen Pidgeon and Walt

20% OF YOUR DONATION WILL BE DIRECTED TO CF RESEARCH AND CARE

SUPPORT GREAT STRIDES, A WALK FOR THE CURE.

Saturday, May 17, 2003
8:30 AM in Payson Park, Back Cove in Portland.

Music, food and fun!

For More Information, Please Call: The CF Foundation at 1-800-777-0283 or The CF Family Support Group of Greater Portland at 829-3161
Here's Great News on Mortgage Rates!
— Don't wait... Call us Now —

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<tr>
<th>FIXED RATE</th>
<th>APR</th>
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<td>4.88%</td>
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Other Programs (Higher Rates)
- Programs for Borrowers with Problem Credit
- Call for FREE Credit Report
- No Points and No Closing Costs Programs
- No Income Verification (5% Down)
- Construction & Rehab Loans
- Jumbo Mortgages to $4 Million
- Purchase with Zero Down and Finance Closing Costs

Rates are subject to daily change without notice. 180 payments of $7.84 / $1,000 loan

- Call for FREE Credit Report
- No Points and No Closing Costs Programs
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- Construction & Rehab Loans
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Standish — $427,000
- Cape Cod 4 bedroom 3 bath
- 427 Bellevue Rd (Ad #16830)

Fryeburg — $160,000
- Cape Cod 3 bedroom 1 bath
- 160 Main St (Ad #17480)

Raymond — $288,000
- Ranch 3 bedroom 2 bath
- 32 annotations Rd (Ad #14776)

Kittery — $295,000
- Cape Cod 3 bedroom 2 bath
- 295 Meeting Point Rd (Ad #13256)

York — $775,000
- Colonial 4 bedroom 3 bath
- 775 Old York Rd (Ad #16844)

Cape Neddick — $419,000
- Colonial 3 bathroom 2.5 bath
- 419 Nook Rd (Ad #16316)

Kittery — $529,000
- Single Family 3 bedroom 2 bath
- 529 Mead Ave (Ad #16803)

Fryeburg — $265,000
- Cape Cod 3 bedroom 1 bath
- 265 Main St (Ad #16391)

Kittery — $229,000
- Single Family 2 bedroom 1 bath
- 229 Johnson Rd (Ad #16802)