Many people have found themselves turning to faith in these troubled times, and the manner in which Portlanders practice that faith is as diverse as the city itself. In this issue, CBW provides a forum for our varied spiritual community. Join us as we learn about our neighbors and what their beliefs mean to them.

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Molly's Steakhouse & Irish Pub

Join Us For Customer Appreciation Night

Every Mon is 2 for 1 entrees and $2.50 Draught Pints

Every Thursday is Dinner for 2 Night:
Includes 2 Entrees and Bottle of Wine for $29.95

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1041 Brighton Avenue, Portland, ME (207) 828-1700
(by appointment only)
There have been a lot of myths about interval Training. So, you may be wondering what really makes it so beneficial to your health. Here’s a simple method that can help you get to the next level of fitness. Overall, it is an efficient way to improve your health. Here’s how you can benefit from interval Training:

1. **Increased Heart Rate:** Interval Training helps to increase your heart rate quickly, which is beneficial for overall fitness.
2. **Improved Oxygen Uptake:** This type of training helps to improve your oxygen uptake, which is crucial for overall fitness.
3. **Muscular Strength:** Interval Training helps to build muscular strength, which is beneficial for overall fitness.
4. **Increased Endurance:** This type of training helps to increase your endurance, which is beneficial for overall fitness.

Interval Training can be done in a variety of ways, including running, cycling, swimming, or any form of aerobic exercise. The key is to alternate between periods of high and low intensity, which can help to improve your overall fitness.

In conclusion, interval Training is a great way to improve your health and fitness. It is a simple and effective way to improve your overall fitness. If you are looking for a way to improve your health, then interval Training is the way to go.
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Many people have found solace in faith during these troubled times, and the manner in which Portlanders practice that faith is as diverse as the city itself. In this issue, CBW provides a forum for our varied spiritual community. Join us as we learn about our neighbors and what their beliefs mean to them.

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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 tanks of (poll) burning love.

May 22 Community Voices

WMPO radio is a vital part of Southern Maine's media landscape. What makes the station so unique is its exceptional representation of our community's diversity—virtually anyone can and does participate. In honor of WMPO's 50th anniversary, CBW takes a closer look at our favorite local voice.

May 29 Wedding

"They say when you marry in June, you will always be a bride," or so the song tells us. Wedding month is just around the corner. To our last issue of the month, we explore all things nuptial. And don't forget the tin cans!

For more information, contact Rosann Marge-McKee at 775.6601 or email cbw@maine.com. Space is filling fast!

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

May 15 Automotive

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'll be able to tell our readers all about your business.

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Casco Bay Weekly
May 8, 2003 Volume 15 Number 17
YOUTH ALTERNATIVES' LUCKY HOLLANDER RECEIVES AWARD FOR CHILD ABUSE PREVENTION WORK

PORTLAND — Lanny Hollander, one of Maine's most innovative and effective child abuse prevention advocates, has received the national 2003 Voices For Justice Award for her work in preventing children across the state and nation from becoming victims of abuse and neglect.

Fifteen years ago, Hollander, now the executive director of Portland's YOUTH ALTERNATIVES, began a program designed to identify and refer children placed in foster care, those in special classes, and those with special needs to community resources. This program, known as the Prevention Program, serves Maine children and youth who would otherwise go silent, and now more than 100 children have been served over the 15-year period.

Hollander was born and reared in Portland and has worked tirelessly over the past 24 years as the director of the program at YOUTH ALTERNATIVES. It was her work in the early 1980s that led to the launch of the program.

Hollander is an advocate for the prevention of child abuse and neglect and is a member of the Maine Coalition for Abused Children. She is also a member of the Maine Coalition Against Sexual Assault.

Hollander served as vice president for administration at Children's Circle in Portland and as the director of the Children's Circle Summer Camp, which she founded. She is now the executive director of the Children's Circle Foundation in Amman, Jordan.

Hollander is one of the few people in the world who have been honored with the Voices For Justice Award, which is presented annually by the National Center on Child Abuse Prevention.

The award was presented to Hollander at a ceremony in Washington, D.C., on March 17.

The ceremony was attended by members of Congress, the National Child Abuse Prevention Office, and other child abuse prevention advocates.

Hollander was honored for her work in preventing children from becoming victims of abuse and neglect.

COMMUNITY RESOURCE CENTER TO RECEIVE $25,000 FROM LINCOLN NATIONAL GROUP prostate cancer.

The Learning Center opened in October of 2001, and currently serves over 100 students in grades 4-12. The use of technology to provide resources to students with disabilities is a critical component of the Learning Center's programming.

The center's mission is to provide a supportive and inclusive learning environment for students with disabilities.

The Learning Center was created to provide a safe and supportive environment for students with disabilities to learn and grow.

The center provides educational, social, and emotional support for students with disabilities.

The center is a place where students with disabilities can explore their interests, develop their skills, and build their self-esteem.

The center is supported by community partners, including Lincoln National Group, who has provided a grant to support the center's operations.

The center is committed to providing a quality education to all students, regardless of their needs.

The center is staffed by highly trained and certified professionals.

The center is located at 925 Main Street, Portland, ME 04101.
Since America's founding more than 200 years ago, a broadly based, widely believed idea has ruled the hearts and minds of most native-born white, Anglo-Saxon Protestants: the idea that America was created as a "Christian nation."

A late as 1947, President Harry Truman wrote to Pope Pius XII that "America is a Christian nation." He certainly did not mean that the United States had an officially or legally preferred religion or church. Nor did he mean to slight adherents of non-Christian religions. But he certainly did mean to recognize that, its institutions and laws, were founded on biblical principles basic to the Christianity from which they flowed.

Professor Diana Eck of Harvard University argues in her recent book, A New Religious America: How a "Christian Country" Has Become the World's Most Religiously Diverse Nation, that "the presupposition that America is foundationally Christian" is being challenged by a new religious pluralism. Indeed, again according to Professor Eck, the newest American dilemma is no longer the problem of race, but the challenge to legitimize a greater religious pluralism.

America, the nation that developed and perfected the notion of a Christian, then, more recently, a Judeo-Christian ethic, is indeed in a period of transition. Gone is the continuity of American religious life. No longer is America a "Protestant-Catholic-Jewish country" as sociologist Will Herberg described it in the early 1950’s. In the last 30 years, especially in the past decade, all that has changed. A new style of ethnic and religious pluralism is emerging that is very unlike that of the "Protestant-Catholic-Jewish" past.

The reality of twenty-first century America is that there are larger and larger numbers of Hindus and Sikhs, Buddhists and Jains. There are more Muslims than Presbyterians, possibly even more Muslims than Jews.

For a city such as Portland and a state such as Maine — which a recent magazine article described as "one of the most unchurched states in the country" — and a state that is ranked as the "whitest (97%)" in the nation, the new religious pluralism, accompanied by new religious insignia and markers of religious identity worn by people of color, must seem extraordinarily out of place. Despite Mainers’ innate sense of independence, "foreign" expressions of religious belief "from away," can become the most visible targets for bigotry and violence.

Over the course of several months, beginning in the summer of 2001, individuals and organizations representing many of Maine’s religious communities met to discuss the implications of religious change. Several important questions were asked by this new organization, Interfaith Maine: what implications did the growing Muslim presence in Portland and Lewiston have for the social, religious and economic future of Maine? How could Christians and Jews welcome into their midst members of another monotheistic faith, many of them immigrants from diverse cultural and linguistic backgrounds? How could Christians and Jews work to overcome the prevailing negative stereotypes of Islam and Muslims in America and instead allow Maine’s Muslim community to take its rightful place as a contributing member to the State’s future?

On September 11, 2001, many of these questions, posed as "think pieces," assumed a critical and immediate significance. The backlash of violence and hatred against Arab Americans, Muslims and others, gave the members of Interfaith Maine an even greater sense of purpose.

The crisis was further exacerbated by the controversy over the Lewiston Somali Muslim community and the appearance of vicious and violent white supremacist groups who associated their cause with the September 11th attacks.

Now in its third year, Interfaith Maine continues to seek answers to several crucial questions: Can Maine, this most tolerant of states, which cherishes individuality and independence, accept the new cultural and ethnic diversity in its midst? Can Maine, this most tolerant of states, which cherishes individuality and independence, accept the new cultural and ethnic diversity in its midst?
**local voices**

**The Needle but no Damage Done: What it's really like to give blood**

by Alison Davis

While many people have misgivings about giving blood, there are a few reasons why they're not surprised. The Red Cross is a well-organized group that works hard to make sure that blood is safe. They have teams that work around the clock to make sure that blood is available when needed. Blood donation is a very important part of our society, and it's great to see how well the Red Cross is doing it.

Blood donors are asked to do this because their blood is needed. Blood is needed for patients in hospitals, for surgeries, and for those who need a blood transfusion. Blood donation is a great way to help others, and it's a great way to feel good about yourself.

We should all be proud of the work that the Red Cross is doing. They are doing a great job, and it's great to see how much they care about their community. We should all be grateful to the people who donate blood, and we should all be proud of the work that the Red Cross is doing.
Finding Strength In Stillness: Zen Buddhism

by David Jordan

“Never be a Buddhist,” said Barbara Rhodes, a Zen Master at a 3 week silent retreat. She was responding to a question about practicing compassion as a Zen Buddhist.

Zen is not following a certain set of written beliefs, Zen, which contains practices or exercises that stretch our awareness towards change. Nor is it about finding our own life and our body to bring into this moment. It is about being fully present in the moment. It is about letting go of the past and the future.

To practice Zen, we need to stop and become aware of our own thoughts and feelings. We need to be in the present moment, in the moment.

Zen is not a matter of adhering to a certain belief system, nor is it a matter of having a certain set of beliefs. It is about being in the present moment, in the moment.

Zen is not about following a certain set of rules, nor is it about having a certain set of rules. It is about being in the present moment, in the moment.

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Spiritual Community: State Street Church

By Susan Cahnman

If you stick around in this world long enough, things will change. When founded, State Street Church was actually the first Unitarian church in Portland. It needn't be so to provide the weatherproof outer trappings of the city with a house of worship. Of course, back in 1822, there wasn't much of us for our church to be built on, but we were definitely the outside of the church community. As the city of Portland grew, State Street Church became a church of the city's downtown. In the 1960s, when most churches that would move onto the city center to those sites. Without saying we have grown from the church to the center.

If you think life is tough now, you should try the 1850s. The church decided to move. We were not sure. Today, we have debated whether we should go in other ways. In the first few years of the church, we debated whether to go to war with civil groups. We decided to go to war with civil groups. Although the church was growing, and congregations split over the question of slavery, like most Congregational churches, State Street Church held a strong abolitionist stance. I've been wondering some of the because this month marks the anniversary of the Buddhist Church. It also provided financial underwriting for the holding of Portland's oldest black church, the Abyssinian Church. From the start our church was involved in the tough questions and moans of the day. Leadership for the movement, from the church's first days, to Portland, grew out of the established State Street Church. Bitterness, hatred, the church's financial involvement in the area was provided by the church's pastoral. Repeatedly, State Street Church has been the church of the community in ways it is easy to find. We have the correct phrases of our church. For example, State Street Church is known to many Portlanders only as a church.

Maine's Pagans are part of one of the fastest-growing religious movements in the U.S. According to the American Religious Identification Survey (ARIS) held in 2010 that nearly 30% of Americans identify themselves as Pagans, Wiccans or Druids, all terms that Pagans can be described themselves.

In this story, we will look at Pagans before this may sound scary, particularly when you find out that some Wiccans also call themselves witches. However, it is not scary. Pagans use words to differentiate themselves from the irrational, and also reflect their beliefs in the source of nature and the inspiration they draw from plants and animals.

Pagans don't work in the church, we don't even believe in this. Although we acknowledge the presence of evil in the world. We don't do unreasonable things to bad and sanction the fact, our path leads to a little too puny, and many of us are making habits of our own. We don't want to return to your kids. Many of our rules and customs that are used to teaching our community to be taught to our children, and what Pagans generally believe that we are not. In order to right you, yes but I'll tell you. It's not, we're not going to have you sit it.

So what do Pagans do? Many of us, especially those to Maine, were drawn to this group of religions because of their reverence for nature. There's a slight difference here between what most mainstream faiths believe - that nature is God. That doesn't stop Pagans by just a few things and recognize. We have heard that the church, featuring a broad, modern language, music, and high energy, the 11:00 Gathering on any more to speak to the spiritual and social needs of our community. We also serve. We do not serve to the community but also to the spiritual community of people who have been looking for spiritual, but not necessarily religious, group. We come to build a spiritual community for people who have been looking for spiritual, but not necessarily religious, group.

We also do not do what we do to be open to our socio-constructive mission. We are not the only thing we talk about. We are a church that is open to the public and transgendered community. This is a huge group in our city and in our neighborhoods, and we feel part of our community is to be a church where people can participate, regardless of sexual orientation or identification.

We also feel something in the community of a community of people dealing with mental health issues. There has also been a part of our work and our community. Even times when we were toward the end of the church, those who always have people that have loved and been aware as they worked out their own paths within their own communities.

It is not merely allowing people into our community that rotates. We are calling them to be honored and transformed by the grace of God. Souls and the churches, doers, and lovers, neighbors, hosts, 'your neighborhood's activities,' we have shared with each other in the past 10 years. It is feeling people into a Christian community that is bringing in grace that has mattered most.

Stephen Cahnman is Director of Spiritual Life Development at State Street Church.

Pagans in Maine

By Jane Anderen

Pagans are part of one of the fastest-growing religious movements in the U.S. According to the American Religious Identification Survey (ARIS) held in 2010 that nearly 30% of Americans identify themselves as Pagans, Wiccans or Druids, all terms that Pagans can be described themselves.

If you haven't heard of Pagans before this may sound scary, particularly when you find out that some Wiccans also call themselves witches. However, it is not scary. Pagans use words to differentiate themselves from the irrational, and also reflect their beliefs in the source of nature and the inspiration they draw from plants and animals.

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Pagans are part of one of the fastest-growing religious movements in the U.S. According to the American Religious Identification Survey (ARIS) held in 2010 that nearly 30% of Americans identify themselves as Pagans, Wiccans or Druids, all terms that Pagans can be described themselves.

If you haven't heard of Pagans before this may sound scary, particularly when you find out that some Wiccans also call themselves witches. However, it is not scary. Pagans use words to differentiate themselves from the irrational, and also reflect their beliefs in the source of nature and the inspiration they draw from plants and animals.

Pagans don't work in the church, we don't even believe in this. Although we acknowledge the presence of evil in the world. We don't do unreasonable things to bad and sanction the fact, our path leads to a little too puny, and many of us are making habits of our own. We don't want to return to your kids. Many of our rules and customs that are used to teaching our community to be taught to our children, and what Pagans generally believe that we are not. In order to right you, yes but I'll tell you. It's not, we're not going to have you sit it.

So what do Pagans do? Many of us, especially those to Maine, were drawn to this group of religions because of their reverence for nature. There's a slight difference here between what most mainstream faiths believe - that nature is God. That doesn't stop Pagans by just a few things and recognize. We have heard that the church, featuring a broad, modern language, music, and high energy, the 11:00 Gathering on any more to speak to the spiritual and social needs of our community. We also serve. We do not serve to the community but also to the spiritual community of people who have been looking for spiritual, but not necessarily religious, group. We come to build a spiritual community for people who have been looking for spiritual, but not necessarily religious, group.

We also do not do what we do to be open to our socio-constructive mission. We are not the only thing we talk about. We are a church that is open to the public and transgendered community. This is a huge group in our city and in our neighborhoods, and we feel part of our community is to be a church where people can participate, regardless of sexual orientation or identification.

We also feel something in the community of a community of people dealing with mental health issues. There has also been a part of our work and our community. Even times when we were toward the end of the church, those who always have people that have loved and been aware as they worked out their own paths within their own communities.

It is not merely allowing people into our community that rotates. We are calling them to be honored and transformed by the grace of God. Souls and the churches, doers, and lovers, neighbors, hosts, 'your neighborhood's activities,' we have shared with each other in the past 10 years. It is feeling people into a Christian community that is bringing in grace that has mattered most.
Weekend Question 1531

The week's answer is provided below. If you have a question for us, please feel free to send it to us.

The rewards of my position are many. I can worship in a setting which is meaningful to me, engage in important dialogue with people of all ages and backgrounds, and benefit from the opportunity to be close to my congregants during the most important events of their lives.

-Rabbi Carolyn Braun

Tradition With An Eye to the Future: Temple Beth El

Contributed by Temple Beth El

Temple Beth El is a conservative congregation of approximately 360 families located in Portland, Maine. It is affiliated with the Synagogue for Conservative Judaism of America and other groups and represents the large range of approaches through which Judaism can and should be practiced. The community's challenge is to be an opportunity for individual meaning to religious expression.

The temple's mission is to be an educational, supportive, and viable community which observes Judaism in the conservative tradition and which is dedicated to the preservation of values and skills. Temple Beth El believes in the diversity of Judaism, its history, and its traditions, and is committed to their spiritual, intellectual, and religious growth.

Since its establishment in 1878, Temple Beth El has become the major religious center of the New England Jewish community north of Boston. It has been a pioneer on issues ranging from social service to the development of educational programs from infant to adult education. Temple Beth El carries out this mission through the mitzvah of tikkun olam, the repair of the world. It has been a pioneer on issues ranging from social service to the development of educational programs from infant to adult education. Temple Beth El carries out this mission through the mitzvah of tikkun olam, the repair of the world. It has been a pioneer on issues ranging from social service to the development of educational programs from infant to adult education.

The Jewish tradition requires its children to be educated in their faith's history and observances. Temple Beth El's Hebrew School responds to the essential needs of teaching and learning. Our Hebrew School program works to make children and the immediate Jewish heritage, while producing a solid foundation of cultural skills and knowledge. Family participation in the school and home is a vital component of our educational program.

Temple Beth El strives to present a wide range of learning, teaching, and holiday observance programs. We are particularly active spiritual community. Temple Beth El is engaged in the process of developing innovative programs to meet the needs of the changing community. The congregation is engaged in ongoing educational projects to meet the needs of the changing community.

Keeping the Faith: Islam in Portland

By Najib Alshaikh

"In Al Hamdulillah relationships were nastag- fenu hu wnta-..." -The Imam chant as he begins his Friday Sermon. Seated cross-legged on the room with its spartan carpeted floor are lines of the faithful. Many of them cannot understand what the Imam is saying in Arabic. However, they sit and wait patiently for the Imam to translate his sermon into English. Faith is expression in Islam.

The Muslim community in Portland is a particularly active spiritual community. This goes well beyond the local mosque community in Portland. Nearly a century ago, Muslims who had settled in the city of Portland were the first to establish a mosque. Today, the Muslim community in Portland is a particularly active spiritual community. Temple Beth El has long been a pioneer on issues ranging from social service to the development of educational programs from infant to adult education.

In the past 10 years, there has been a significant increase in the number of Muslims in the Portland area. This increase has been due to a number of factors, including the influx of refugees from the Middle East and Africa, and the growing number of students and workers who have chosen to live in Portland.

The Muslim community in Portland is a particularly active spiritual community. Temple Beth El has long been a pioneer on issues ranging from social service to the development of educational programs from infant to adult education.

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Rabbi Carolyn Braun is proud of the community she shepherds. "It's an honor to be the rabbi of a community that is active in all areas of Jewish life. It's an honor to work with dedicated team of Jewish women in key leadership positions. It's an honor to be the female congregational president in the country.

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Non-profit news
Amistad Comes to Portland
contributed by City of Portland

Amistad, America’s most significant institution, is the largest in the nation, serving millions of people nationwide. It is an extraordinary, bold, and independent organization that has been serving the community for over 100 years. This spring, the Amistad activist will make an appearance in Portland, the city that Portland was too few.

The Amistad activist will be in Portland from May 2 to May 16.

Governer Baker joined a crowd of volunteers in Portland on Thursday, April 28, to honor the Amistad activist, named for the City of Portland for her contributions to the Amistad activist cause. As the governor marched in the parade, the cheers of the crowd echoed through the streets. The Amistad activist is an inspiration to all of us, and we are honored to have her here in our city.

Harriet Tubman was a graduate of Boston College and is receiving her law degree from George Washington University. She has been a leader in the Amistad activist movement for over 20 years. The Amistad activist is a symbol of hope and strength, and we are proud to have her here in our city.

The Amistad activist is a symbol of the struggle against oppression, and we stand with her in this fight. Together, we will continue to fight for justice and equality for all.

Marcia Fay

Greener side
Sacred Place

This past weekend, the city of Portland hosted a groundbreaking ceremony for the new Portland Harbor Park. The park is a beautiful place to relax and enjoy nature. The park features walking paths, a playground, and a picnic area.

The Portland Harbor Park is a wonderful addition to our city, and we are grateful for the efforts of those who made it possible.

The Park is open daily from sunrise to sunset. We encourage you to visit and enjoy the beauty of this new park.
Modern Spiritualism

Spiritualism is a contemporary religion based easily on faith but also on scientific proof. The first active Spiritualist community in Portland was established in 1858. The Spiritualist church continues to grow in Maine. With the popular acceptance of the idea of "healing," the church's practices have expanded over the years to include mediumship, séances, and other spiritual practices.

Spiritualism has been defined as an organized movement in the United States and in other parts of the world, with its roots in the 19th century. Its guiding principles include the belief in the existence of spirit guides and the possibility of communicating with the dead.

The Church of God
By G. Wayne Brown, D.Min.

We will know that beautiful southern Maine is a great place to live, learn, and raise families. And many of us will point to a recent George F. Young study as evidence that the region is the most religious place in America, with its high rates of church attendance and strong community ties. Yet, the experience of being spiritual in Maine is not always easy.

The Church of God of the Seventh Day Adventists

The Church of God of the Seventh Day Adventists is a global church with over 7 million members in more than 180 countries. It was founded in 1863 by a group of people who believed in the return of Jesus Christ and the establishment of a theocratic society on earth.

Since its inception, the Church of God has emphasized the importance of education and has established schools and colleges to train its members for leadership roles.

The Church of the Inner Light

The Inner Light Spiritualist Church is a denomination of the Universal Spiritualists, which was founded in 1878 by Charles Fillmore, a contemporary of William Evans. The Church of the Inner Light is one of the largest and most influential Spiritualist churches in the United States.

The Church of the Inner Light believes in the existence of a spiritual world and the possibility of communication with the dead through mediums.

The Church of the Inner Light holds regular services, which include readings from the Bible, spiritual teachings, and spiritual music.

The Church of the Inner Light is also known for its social and charitable work. It has been involved in many philanthropic endeavors, including the establishment of a hospital and school for children.

The Church of the Inner Light is a member of the United Church of the Inner Light, a federation of Spiritualist churches that was established in 1881.

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The Church of God of the Seventh Day Adventists is a member of the Seventh-day Adventist Church, which is one of the largest Protestant denominations in the world.

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Ready, Set, Ripplefect!

June 30 to August 25
Portland Waterfront

See Keping That Time to Atomech Challenge Ropes Course

Sailing (Cape Island only)

Hiking/Landing Trip

Cow Island

Dine and two more sessions

Two Days, Two Nights: overnight

Fishing and camping packages

Certified Maine Camp Guide

www.ripplefect.net

汽車 你 想 已 經 派 遞 你 們 旅 行 時 輕 便

You always said you’d travel when you retired.

Ready, Set, Ripplefect!

June 30 to August 25
Portland Waterfront
guests 8 to 12
One, two, and four person вы receptions are available for special events, or the entire 2,000-acre park is available for private rentals.

Certified Maine Camp Guide

www.ripplefect.net

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

www.ripplefect.net

For reservations, contact 207.781.7770.

Jenner Photography and Video (Maine)

Two years of service in the hospitality and tourism as an employee and a manager, the team at Jenner Photography and Video has the expertise to help you make the best of your experience in Maine.

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Abbie Ostrem: 1. Sparrow Church, Cape Elizabeth 2. Sacred Heart Church, Portland
3. Etz Chaim Synagogue, Portland 4. Some Catholic humor
5. St. Peters Catholic Church, Portland 6. Immaculate Conception, Portland
9. State Street Church UCC, Portland
**Calendar 5.8–5.14.03**

**Friday, May 9**

**Concert for Peace**
Presented by Peace Action MAINE, featuring music, stories and poetry, to support passage of Senate Bill 1771, a bill to end torture and secrecy in the war in Afghanistan and to bring the war home. 7pm, First Parish Unitarian Universalist Church, 159 Water St., Portland. 772*5900.

**“Les Acadiens”**
Abroad a young Franco-American in Waterville who must decide whether to remain close to his family and support them with his job at the mill, or leave to join the American forces as they fight in World War II. Les Acadiens will be presented Friday, May 9, beginning at 7:30pm. Performances will also be held May 10 at 2pm & 7pm, and Sunday, May 11 at 2pm. The Children’s Theatre of Maine, 317 Marginal Way, Portland. Tel: 229*5467. May 9, May 10, May 11 at 2pm. What You Can Do Day, May 9 at 2pm is Menomen and Penny Night; Saturday, May 10, May 11 at 7pm.

**Opening at the Wiscasset Bay Gallery with a reception from 2-5pm. Saturday, May 10.**

**In Bloom- A Celebration of Spring**
Opening at the Wiscasset Bay Gallery with a reception from 2-5pm. Light refreshments will be served and bouquets of fresh cut flowers will complement the art.

**“Solar for Every Budget”**
Have you wanted to convert your home or business to solar but thought it would be too expensive, unattractive or too difficult? Learn the basics of how solar works, how to figure out your energy needs and how to begin the process on every budget, 7pm, free, Solar Warehouse, 25 Lyman St., Arundel. 985-9586.

**Saturday, May 10**

**David Mallet**
The Singer/Songwriter will be performing at First Parish UU Church of Kennebunk, Route 1 and 35, 8pm. 229-0212.

**Sunday, May 11**

**The State Street Jazz Band**
Will be performing at the Church for Children High to help children in Batam in Indonesia. The band and upcoming events will support MAP/MEY CHICHE in helping children in a shelter and transitional house in Portland. Right at the corner of Commercial and India Streets to Eastern Prom Park along with the State Street Traditional Lori Band. Food, beverages and Teddy Bears will be available. Come walk along the promenade and enjoy the music. Teddy Bears will be available to support the vulnerable population. Mother’s Day, 7–9pm, Eastern Prom Trail, Portland.

**Monday, May 12**

**Middle Eastern Ensemble**
Don’t miss this opportunity, led by Isfandiar, to hear the real violence and his amazing, five-member ensemble in an acoustically marvelous, intimate theater setting. 8pm, St. Joseph’s Church, 100 High St., 2nd floor. 879-5498 or sthouse@earthlink.net.

**Saturday, May 10**

**“Creativity and the Ceramic Arts”**
Discussion and demonstrations with Spalding (leaping) Davis. An accomplished potter and sculptor, she will discuss the creative process as it pertains to the ceramic arts and beyond, 7pm, Center for Maine Contemporary Art. 228-2075.

**Sunday, May 11**

**“The Road to High Street”**
Rehearsed, directed and performed by Bobbi Butler, performing a multimedia story and music from a life of juggling and street performing in San Francisco 1966-1998. Open Mic is at 7pm, 10 minutes solo, Apra Old Town Cafe, 108 Main St., Portland. 828-0617.

**Monday, May 12**

**Mary C. Page**
The Ceramic Arts and Beyond show will be presented at the Wiscasset Bay Gallery with a reception from 2-5pm. Saturday, May 10.

**Tuesday, May 13**

**“The Road to High Street”**
Rehearsed, directed and performed by Bobbi Butler, performing a multimedia story and music from a life of juggling and street performing in San Francisco 1966-1998. Open Mic is at 7pm, 10 minutes solo, Apra Old Town Cafe, 108 Main St., Portland. 828-0617.
Serenity House Benefit
Walk:
854-9157.

Kids' Fair featuring Velcro Olympics, pony rides, Cello concert, Katie Franich, Bowdoin student voice recital by seniors Kate (silent), 8pm

Portland Museum of Art, 7 20th St., Portland. 729-6333 or www.portlandmuseum.org.

Anne's Amistad, 3:30pm, 773-0002.

Recruiting "Tools," to bring alternatives to militarism with Michael Wingfield, "Islam in the Aftermath of 9/11". Portland, at 7pm. 774-4357.

"Sitting Down with" open to all genres, 7pm, Portland. 729-6333 or www.portlandmuseum.org.

Saturday, May 12
The Greater Portland Language Arts Society will host the 20th Annual Poetry Reading Fest and 5th Annual Poetry Reading Competition. 7pm, Portland. 725-3375.

Friday, May 9
7 Cool Dance Parties, Barley, West Coast Swing and out-of-town double沼泽, Rosario Ballroom, 785-6000.

Art steps (rain site: Morrell Lounge, David Bowdoin's female a cappella group, 'M is for Mainia,' Brunswick. 725-3375.

Bowdoin Christian Fellowship, 7pm, Hubbard Room, Social Center, 6200 College, 785-7090.

Maine Art/Outdoors Alliance, 3-5:30pm, The Charles Bridge, 2173 Congress St., Portland. 404-8336.

"Islam in the Aftermath of 9/11". Portland, at 7pm. 774-4357.

Sitting Down with" open to all genres, 7pm, Portland. 729-6333 or www.portlandmuseum.org.

Saturday, May 12
The Greater Portland Language Arts Society will host the 20th Annual Poetry Reading Fest and 5th Annual Poetry Reading Competition. 7pm, Portland. 725-3375.
Musical events:

**FESTIVAL**

"JAM.FEST" is a spring celebration of music that takes place in downtown Portland, Maine, from May 2-18. The festival features a variety of musical events, including concerts, chamber music, and vocal recitals. For more information, visit [jamfest.org](http://jamfest.org).

**THEATER**

- "Chicago," a musical, will be performed at the Portland Stage Company, 2 New Eng. Rd., Portland, 828-0617.
- "The Comedy of Errors," a Shakespearean farce, will be performed at the Portland Stage Company, 2 New Eng. Rd., Portland, 828-0617.

**ART**

- "Day of the Dead," an exhibit of contemporary art, will be on display at the Frist Art Museum, 100 Franklin St., Nashville, 615-320-3000.
- "Sculpture," an exhibit of modern sculpture, will be on display at the Portland Museum of Art, 100 Fore St., Portland, 207-775-6148.
- "Installation," an exhibit of contemporary installation art, will be on display at the Institute of Contemporary Art, 275 Congress St., Portland, 207-842-3355.

**MUSEUMS**

- "Russian Masters," an exhibit of Russian art, will be on display at the Portland Museum of Art, 100 Fore St., Portland, 207-775-6148.
- "American Art, 1810-1910," an exhibit of American art, will be on display at the Frist Art Museum, 100 Franklin St., Nashville, 615-320-3000.
- "Impressionism," an exhibit of Impressionist art, will be on display at the Portland Museum of Art, 100 Fore St., Portland, 207-775-6148.
- "American Art, 1810-1910," an exhibit of American art, will be on display at the Frist Art Museum, 100 Franklin St., Nashville, 615-320-3000.
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Music directory

Listening posts

The Undergrouncl3

The Stench of Lysistrata

20:

The Stench

The Sound of Lysistrata

The Redhead

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Movies seen

In Standing in the Shadows of Motown

As a business in its heyday, Motown was not just a place to record music or to record hits, but a place to make music that could be heard. The Motown Records Story is a testament to the power of music and the people who made it. It is a story of success and failure, of triumph and tragedy, all told through the eyes of the people who were there.

The documentary centers around several Motown musicians, including several musicians from the band The Temptations and The Four Tops. The musicians are interviewed individually, discussing their memories of working with Motown, and their lives both before and after their time at the label.

The Motown Records Story is a touching tribute to the people who made Motown a success. It is a reminder of the power of music to bring people together and to make a difference in the world.
American

THREE SHARKS EATERY & Bar
1910 Commercial St. South Portland, ME 04106
365-9875

AMERICAN

TWO SHARKS offers a unique dining experience with
a menu that features a mix of classic American dishes
and hearty portions. Known for its delicious burgers
and hand-crafted beers, this establishment is a favorite
among locals and tourists alike. Considered one of the
finest dining spots in town, Two Sharks is a must-visit
for anyone in search of a fulfilling meal. ADDRESS: 29
Commercial St., South Portland, ME 04106. PHONE:
365-9875.

MARTYS: AIC GREEL
300 Falmouth Rd., Yarmouth, ME 04096
207-847-8745

AMERICAN

MARTYS is a casual dining restaurant that
offers a wide array of dishes to suit
every taste. From tender steaks and
grilled seafood to hearty sandwiches
and a variety of salads, there is
something for everyone at
MARTYS. ADDRESS: 300 Falmouth
Rd., Yarmouth, ME 04096. PHONE:
207-847-8745.

CJEN

RABIES' KITCHEN
464 Commercial St., Portland, ME 04101
207-772-1100

AMERICAN

RABIES’ KITCHEN is a popular
restaurant known for its
eclectic menu that
includes items from
derived cuisine.
Locals and visitors
alike rave about
the restaurant’s
intimate ambiance and
table service. ADDRESS:
464 Commercial St.,
Portland, ME 04101.
PHONE: 207-772-1100.


delicatessen

DAYTON’S
250 Commercial St., Portland, ME 04101
207-772-1010

AMERICAN

DAYTON’S is a classic deli
located in the heart of
Portland. Known for
its delicious hot pastrami
sandwiches, the restaurant
offers a wide range of
sandwiches, soups, and
catering options. ADDRESS:
250 Commercial St.,
Portland, ME 04101.
PHONE: 207-772-1010.

188 CONGRESS: A True American Entrepreneurs’ Society
188 Congress St., Portland, ME 04101
207-772-1100

AMERICAN

188 CONGRESS is a
restaurant that
features a menu
with a focus on
American cuisine.
The establishment
is known for its
creative dishes and
exceptional service.
ADDRESS: 188 Congress
St., Portland, ME 04101.
PHONE: 207-772-1100.

EDIC

112 CHICKEN
225 Commercial St., Portland, ME 04101
207-775-1111

AMERICAN

112 CHICKEN is a
restaurant that
specializes in
a variety of
American dishes,
including sandwiches,
salads, and
entrees. ADDRESS:
225 Commercial St.,
Portland, ME 04101.
PHONE: 207-775-1111.

Continental

PAUL’S: A True Continental
104 Commercial St., Portland, ME 04101
207-772-1100

AMERICAN

PAUL’S: A True Continental
is a restaurant that
features a menu
with a focus on
continental cuisine.
The establishment
is known for its
creative dishes and
exceptional service.
ADDRESS: 104 Commercial
St., Portland, ME 04101.
PHONE: 207-772-1100.

JAPANESE/AMERICAN

WICKED SUSHI
111 Commercial St., Portland, ME 04101
207-772-1100

AMERICAN

WICKED SUSHI is a
restaurant that
features a menu
with a focus on
Japanese-American
fare. The establishment
is known for its
delicious sushi and
creative dishes.
ADDRESS: 111 Commercial
St., Portland, ME 04101.
PHONE: 207-772-1100.

Thai

THAI SUSHI: A True Thai
99 Commercial St., Portland, ME 04101
207-772-1100

AMERICAN

THAI SUSHI: A True Thai
is a restaurant that
features a menu
with a focus on
Thai cuisine. The
establishment is
known for its
delicious sushi and
creative dishes.
ADDRESS: 99 Commercial
St., Portland, ME 04101.
PHONE: 207-772-1100.
"If you don't know the game you can't write a great sports story."

- Buster Globo, sportswriter

---

**Adopt a Pet: Tootsie**

**Tootsie** is available for adoption from the Animal Refuge League, 449 Stroudwater Street, Westbrook. (207) 373-4560

Tootsie is a sweet and playful young terrier mix who loves to snuggle and nap in a sunny spot. She is friendly with other dogs and cats and would be a great companion for anyone looking for a low-energy pet.

**Adopters**

Please, let us know if you have any questions or concerns! We are here to help you.

---

Simone, a professional dog trainer, offers the following tips for managing children and dogs:

1. **Teach your kids to respect dogs**
   - Teach your children not to pet dogs. Dogs do not like to be petted, especially by strangers.
   - Teach your children to wait for a dog to allow them to touch it.

2. **Engage in activities that build trust**
   - Engage in activities that help children and dogs bond, such as playing fetch or hiding and seeking.
   - Teach your children to begin working with a dog under supervision.

3. **Teach your kids to stand and stand like a tree**
   - Teach your children to stand and stand like a tree when a dog approaches.
   - Teach your children to stand and stand like a tree when a dog makes a move to bite.

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**Sea Dogs**

Fri 5/9 vs Trenton (NY Yankess)

Portland, ME at Hadlock (

207-767-2069

John T. Ostrum

---

**Terra S Capes**

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May

18): "I am superior to you only in

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WANTED:

35-37-YEAR-OLD, VERY NICE,

and

37-YEAR-OLD, VERY NICE,

LET'S MEET! ARE your nights cold like winter? let's get

left your interests, work

north for

L/O/S

18

175 lbs, vegetarian, N/S, looking for yogini

Cancer (21-Jun to 22-Jul): On or near the western Ontario border is Hearst, wandering the Globe travelling for rock concert shows, and selling bootlegging. While walking by, you may spot a few local characters. You might want to approach them, but be careful of their intentions. Including me, we have an event planned for this week.

Leo (23-Jul to 22-Aug): I'm still not sure what you are doing in your love life, your parentheses existence, and the part of your life that you have been missing. In the coming week, I suggest you focus on your ability to navigate with others. You may find that your ability to communicate with others will be enhanced. You may also find that your ability to get what you want, please may thrive.

Virgo (23-Aug to 22-Sep): Depending on how you define the north west and what you are seeking. You might want to consider the possibility of finding a new relationship or new friends. You might want to explore the possibility of finding a new opportunity for your personal growth. In the coming week, you may find that your ability to navigate with others will be enhanced.

Maine.

You be attractive, healthy and

from Maine, desperately seeking

18-25,

I'm

Widd in the coming week.

For our new 24 hour automated system

New upgrades that are
easier than ever!

Meeting place

is back!

(and growing fast!)

TO PLACE YOUR FREE 40 WORD AD, CALL:
1-800-972-3155
For a customer service representative or 1-888-232-9539

For the very best in astrology, call

1-800-972-3155

or 1-888-232-9539
Churches - Baptist

First Baptist Church
North Portland, ME 04107
(207) 803-0885

Central Baptist Church
Portland, ME 04103-4223
(207) 779-1826

First Baptist Church
280 Casco St
Portland, ME 04102-3026
(207) 775-2211

Baptist Church
773-2211

Assembly of God Church
72 Federal
Portland, ME 04101-4904
(207) 773-0748

Churches - Pentecostal

Furnace Avenue Church
729 Congress St
Portland, ME 04103-4923
(207) 773-0777

Churches - Catholic

Catholic Church of the Assumption
287 Congress Street
Portland, ME 04101
(207) 772-7776

St. John the Evangelist
411 Main Street Suite 3
South Portland, ME 04106
(207) 777-2000

St. Louis Bertrand Parish
150 Stevens St
Portland, ME 04102
(207) 772-4220

St. Peter Church
72 Federal Street
Portland, ME 04101
(207) 772-4220

Churches - Presbyterian

Central Park Presbyterian Church
729 Congress St
Portland, ME 04103-4923
(207) 773-0777

Churches - Lutheran

American Lutheran Church
287 Congress Street
Portland, ME 04103-4223
(207) 779-1826

Churches - United Methodist

Cape Elizabeth United Methodist Church
290 Ocean Drive
Cape Elizabeth, ME 04107-2016
(207) 775-2211

Some Local Houses of Worship

Portland, ME 04104

Portland Church of Christ International
118 Boardwalk Rd
Cape Elizabeth, ME 04070
(207) 775-2211

Churches - Christian Science

First Church of Christian Science
430 High St
Portland, ME 04103-4223
(207) 775-2211

Churches - Evangelical Covenant

Christchurch
1650 Congress St
Portland, ME 04103
(207) 779-1826

Churches - Episcopal

Tapestry Church
330 Congress St
Portland, ME 04103
(207) 779-1826

Churches - Quaker

Quaker Meeting House
287 Congress Street
Portland, ME 04103
(207) 775-2211

Churches - United Church of Christ

Voluntary Congregational Church
287 Congress Street
Portland, ME 04103
(207) 775-2211

Churches - Non-Denominational

True Buddha Society of Maine
1400 Congress St
Portland, ME 04101-4904
(207) 775-2211

Churches - Jehovah's Witnesses

Churches - Non-Denominational

True Buddha Society of Maine
1400 Congress St
Portland, ME 04101-4904
(207) 775-2211
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For More Information, Please Call:
The CF Family Support Group of Greater Portland at 829-3161

Maline Discovery Museum in Danger

This is a great museum to go to with your kids if you are a kid, do to with your parents if you are a parent.

You must go to the front desk and ask for your passport. Then you must go to the clock house on the left, ask to sign in front of you, and the desk where you sign in front of you is where the passport is. If you don't have a passport you can sign up at the front desk of the Maline Discovery Museum.

On the first floor you will be brought to Nature Trails. This area has many handson activities such as a kiosk that gives you the second floor, which gives you a much better understanding of what is going to be the best part of the Nature Trails exhibit. It also has a place where you can go on a bus ride and see the outside of the building. On the other side of the river is a deck where you can see the inside of the building.

On the second floor is the place known as Brookside. This is where many things from famous books, such as 'The Cat in the Hat' to 'Charlotte's Web', are on display.

This is a great place to go if you are in the area of Orono and need to explore a museum. It is a great place to go for over 5 years.

Jokes & Riddles

1. What are the first three things you do when you go to bed?
2. What is the best way to smuggle a sliced potato through a doorway?
3. What is the greatest benefit of the Internet?
4. What is the most dangerous thing you can do?
5. What is the best way to learn something new?

Funny Bone

Sense of humor is the best weapon in life. It can make any situation more enjoyable and positive. Laughter is the best medicine and a cure for almost any ailment. The key to a healthy mind and heart is to have a good laugh every day.

Kids' korner

by Brit Atlee

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POETRY:  
CATHERINE WALLS OF BRUNSWICK

Heavenly Blessing

Angel eyes stare down upon me
My lifeless body is what they see
Pick me up for I am falling
If you shall save me there must be no stalling
Deeply descending with a slim chance of survival
My body lifts gently because of your arrival
I became aware
When I took a stare
Into those angel eyes
And saw the heavenly skies
Thank you angel for being there when I needed you most dearly
You showed me a brighter light so clearly
And to this I give great thanks sincerely
When I was almost forever lost...
You showed me the at a more affordable cost
There is a moral to this story:
To all woes there is a right
To every darkness there is a light

PHOTOGRAPHY:  
TINA RUEL OF PORTLAND

"Michael the Archangel"

at the Calvary Cemetery, South Portland
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