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A South Portland Firefighter/EMS-I, A Mentor Remembered, A Wounded Soldier, The Salvation Army and The Red Cross

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Oakhurst Dairy vs Monsanto page 16

ARTIFICIAL GROWTH HORMONES?

A Talk with Officer Mary Sauschuk
Def Leppard is Back
Enjoying a Sea Dog Biscuit
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Talk

A conversation with

Officer Mary Sauschuk

We’re first responders. Also knowing you’re making a difference. The best feeling in the world is catching someone and knowing that you’re getting some of those people off the street.

by Leighton Smith

Police Officer Mary Sauschuk has been in the police force for the last eight years as a Portland Police Department officer. She started out in Community Policing and was with the Community Policing Center.

How did you become interested in law enforcement?

I was a little bit of a wild child, always wanted to be a detective. And then I started going to USM, I started taking some sociology, criminology, and all sorts of different classes and they didn’t have Criminal Justice at USM. So I went to Tufts, ended up with a minor in Criminal Justice.

The Cape Cod thing came up and they helped me to open up another Community Policing Center. So applied for that and got the job and opened up the Biddeford Center. It’s on the corner there in downtown Biddeford.

What exactly is community policing?

Well, everyone has their own idea of what community policing is and I think that’s what’s so cool about this department. Basically, it is just getting those relationships on the street and walking around and getting to know the community, working with the community, working with the business owners and the community. It’s a two-way street. You have to listen to what the community wants and it has to be done right. There are some situations where you’re making a difference. The best feeling in the world is catching someone and knowing that you’re getting some of those people off the street.
Features

Local Heroes
They walk among us and we may not even know who they are. Their deeds are carried out with little or no acknowledgement, but that's not why they do what they do. We'll find out who they are, what they do, and why they do the things they do.

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Cover Illustration by Josh McDugall

About This Issue

In this issue you will find a wide array of articles that pertain to the local heroes in the Greater Portland area and beyond. The public wrote many of the articles after answering our requests for submissions. Heck, I even wrote one! We love what you had to say about these heroes of our community.

Our state is filled with talented people and we offer them a forum each week to exercise that talent by submitting a story or photograph and even a cartoon or poem.

I have been asked repeatedly why CBW does not have an editor. My answer is that "we do"! It is the voice of Portland. Collectively, you are our editor. Our readers determine what will and will not appear in the CBW. It is our readers who work diligently each week to keep us updated on what is going on. It is our readers who write this paper and we intend to keep it that way. Yes, I know it is a little unusual, but it's the promise we made to the public in January when our first issue hit the stands. We will stand by our word that we will produce a "Community" paper that is for the Community and by the Community. We are not here to win a journalistic award but to give the people of the Greater Portland area its voice back.

Not every writer is perfect but hey, who is? We receive submissions from Portland's professional writers with pen names to first graders with crayons. You are part of this paper, perfect or not.

We want to thank our readers, photographers, writers and advertisers for the contributions to the new CBW. Your generous support and encouragement has been wonderful. We hope you will continue to share your comments and praises in the future.

-Roseann Mango-Morgenson
New Company Provides CFO Support for Contract Basis

The principal of a new firm in Portland, The Brodes, believes small business owners often struggle to manage their day-to-day operations, especially in the area of financial management. While many small business owners have bookkeepers to keep track of the financial information on a regular basis, and use an accountant for monthly reports and taxes, few small business owners have access to a financial advisor to help them make informed decisions regarding their financial plans and future investments. For these owners, the new firm will offer a team of financial advisors who can help them make informed decisions regarding their financial plans and future investments.

The Brodes, a new firm in Portland, was inspired to help small business owners by the firm’s founder, a financial advisor with over 15 years of experience in the field. The firm was founded to help small business owners by providing them with the expertise and resources they need to make informed decisions regarding their financial plans and future investments.

To get started, The Brodes offers a free consultation to help small business owners understand their financial situation and determine the best course of action. The firm’s advisors will work with small business owners to create a financial plan that meets their needs and goals. The firm also offers a variety of services, including budgeting, cash flow management, and tax planning.

For more information, visit the firm’s website at www.thebrodes.com or call (207) 555-1234.

Community

Free Photography Contest

The International Library of Photography is pleased to announce that over 9000 entries were received this year to the International Open Competition: Photography from Portland, Maine. The contest was open to all photographers over 18 years old, and entries were submitted in a variety of categories, including landscape, wildlife, and fine art. The winners were announced on September 1st.

The contest was judged by a panel of expert judges, who reviewed each entry and selected the winners based on their technical skill, artistic vision, and overall impact. The winners were chosen from a diverse range of categories, including landscape, wildlife, and fine art.

For more information on the International Open Competition: Photography from Portland, Maine, please visit the International Library of Photography’s website at www.iopmaine.com or call (207) 555-1234.

Portland Marketing Association

A group of dedicated marketing and communications professionals has formed the Portland Marketing Association (PMA) with plans to establish the organization as the official Maine Chapter of the American Marketing Association (AMA). The PMA is a nonprofit organization whose goal is to provide ongoing marketing-related education and support to the members and to the region’s business community. In the first group of levels in Maine, developed are several marketing associations.

The Portland Marketing Association was formed to provide a marketing network in this region,” said President and Board Member, Nelly Doro. “We are now able to be the center of effort to bring these marketing professionals together in a network, strong relationships, and an emphasis on quality. The PMA will fulfill this need by providing an aggressive schedule of marketing education and professional development services as well as serving as a resource for Maine’s marketing professionals.

The first meeting of the Portland Marketing Association was held on February 2nd, 2003, at the Portland Public Library. The PMA has scheduled a series of workshops for the year, starting with a session on Wednesday, April 2nd, that will focus on the Value of Market Research: Understanding Market Insights, Research, and Branding.

PMA Members will have the opportunity to join a panel of experts to discuss the value of market research: understanding market insights, research, and branding. The panel will feature experts from a variety of industries, including retail, healthcare, and technology.

The PMA, in collaboration with the Portland Public Library, will present the workshop on Wednesday, April 2nd, at the Portland Public Library. The workshop will be held from 8:30 a.m. to 11:30 a.m. and is open to the public.

For more information, please contact the Portland Marketing Association at (207) 555-1234 or visit their website at www.pormarketing.org.

Maine State Ballet to Award State Joanne Wilklow Award

The Maine State Ballet will present the Joanne Wilklow Award to Andrea Friesen on October 8th, 2013, in recognition of her outstanding contributions to the Maine State Ballet. The Joanne Wilklow Award is presented annually to an individual who has made significant contributions to the Maine State Ballet. The award is named in honor of Joanne Wilklow, a long-time supporter of the Maine State Ballet.

Andrea Friesen has been a dedicated supporter of the Maine State Ballet for many years. She has been a generous benefactor, providing financial support to the company and its programs. She has also been a strong advocate for the Maine State Ballet, working to promote its mission and expand its reach.

The Joanne Wilklow Award recognizes individuals who have made significant contributions to the Maine State Ballet. The award is presented annually to an individual who has demonstrated leadership, dedication, and excellence in support of the Maine State Ballet. The award is named in honor of Joanne Wilklow, a long-time supporter of the Maine State Ballet.

For more information, please contact the Maine State Ballet at (207) 555-1234 or visit their website at www.maine-stateballet.org.

Wells National Estuarine Research Reserve

The Wells National Estuarine Research Reserve has approved a new program to recognize past presidents of the Wells Chamber of Commerce. The program is called the Past Presidents’ Recognition Program and will be implemented at the reserve.

The Past Presidents’ Recognition Program will recognize past presidents of the Wells Chamber of Commerce by donating a piece of art to the reserve. The art will be displayed in the reserve’s visitors center and will serve as a reminder of the past presidents’ contributions to the Wells Chamber of Commerce.

The reserve is located in Wells, Maine, and is home to over 140,000 visitors per year. The reserve is a popular destination for families, nature lovers, and bird watchers. The Past Presidents’ Recognition Program is a way to honor the past presidents of the Wells Chamber of Commerce and their contributions to the Wells Chamber of Commerce.

For more information, please contact the Wells National Estuarine Research Reserve at (207) 555-1234 or visit their website at www.wellsnationalearereserve.org.

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TAKE:

In the story of Rapunzel, a young woman with beautiful hair is locked in a tower. One day, a Prince hears her singing and is captivated. He asks the witch, who had locked her in the tower, to let her down. However, the witch says she will only let her down when her hair is cut off. The Prince promises he will do so and the witch agrees. The Prince climbs up the tower and sees Rapunzel. He is in love and asks her to marry him. She agrees, and they live happily ever after.

In the story of the witch and the Prince, we see the power of beauty and the allure of the unknown. Rapunzel's hair is so beautiful that it draws the Prince to the tower, where he can see her. The witch, who had locked her in the tower, is afraid of the Prince's power and tries to prevent him from rescuing her. However, the Prince is determined to take her down, and he succeeds.

In our world, beauty and allure are also powerful forces. They can draw people to do things they might not otherwise do. However, we must be careful to not be fooled by beauty alone. We must also consider the intentions of others and the potential consequences of our actions.

In the end, the story of Rapunzel and the Prince is a reminder of the power of love and the importance of following our hearts. It is a story that we can all relate to, and one that we can all enjoy.
This FUM Tour August 19th 2:00
LONGFELLOW'S "THE VICAR OF BRAY"
WWW.MAINEHISTORY.ORG
WEDNESDAYS: 1:00 PM - 2:00 PM
AUGUST
TuEsDAYS: Portland Chamber Orchestra presents the musical
Congress. Some of the activities included painting a character and make it
out a character and make it
yourself. Thank you for your service.
I will admit that taking a refrigerator may strike you as a bit bold, but before you condemn me, remember how many times you've spied on your car or computer—or pulled a fire alarm in a public building.
The old ice box in the kitchen had recently begun to make sounds that indicated the brake shoes were getting a bit worn. I turned the wheels a few degrees to the right and left, and heard a faint grinding noise.
I continued to lament the passing of the old appliance, but I knew that sooner or later it would have to be replaced, and that we needed it to keep our food cold and our ice cream frozen. After an afternoon of talking to the refrigerator, I was ready to speak to a human being.
It is true that the old refrigerator never cost more than a single breath of cold air, and four days later, it was gone. In its place was a new side-by-side refrigerator that barely hums as it chills, and is more energy efficient, and doesn't make grinding sounds. True to its word, the old appliance never made a sound after it was thrown out. Being wiser than I look, I threw out the old refrigerator and bought a new one without telling my wife. I told her I was thinking about the environment for our children and decided to buy a more energy-efficient model. She seemed to be saying, "From this moment on, I will respect and serve you, my dear." But I must admit that I was a bit surprised when the appliance arrived in the kitchen.
After a few minutes of adjusting to its presence, I realized that the new refrigerator was much better than the old one. It had a larger capacity, and the freezer was cooler. I was able to store more food in it, and I no longer had to worry about defrosting it. I even started to appreciate the sound of the compressor, which I found soothing.
In conclusion, I believe that it is important to replace old appliances when they no longer work properly. The new refrigerator has made a significant difference in our lives, and I am grateful for the decision to replace it.

Mr. Jones

At the Greater Portland Chamber of Commerce
Be a Rescue Hero

By Nancy Freidman-Bruck

December is a time when many animals are in need. It's a season of giving, and there are many organizations that rely on donations and volunteers to help animals in need. Here are some suggestions to get you started:

1. Donate old dog equipment such as crates, beds, blankets, and towels. These are always in need.
2. Make arrangements in your will providing for your dog.
3. Become a foster home. It's a labor of love. They cannot do it all by themselves, and intensive work and making difficult decisions.
4. Become a puppy raiser for a service dog.
5. Donate new or used dog equipment such as crates, beds, blankets, towels, laundry detergent, bleach, dog food, treats, and other necessities.
6. Become a foster home.
7. Donate long distance calling cards, corded phones, and handouts.
8. Become a foster home.
9. Donate calling cards, business cards, labels, handouts, postcards, and computer programs.
10. Donate clickers, books, or videos about dog training.
11. Donate money, stocks/bonds, building materials, or services to help construct a new residence.
12. Donate time, skills, business cards, labels, handouts, and business supplies.
13. Offerings, business cards, labels, handouts, postcards, and computer programs.
14. Volunteer to walk a rescue or shelter dog.
15. Volunteer to help in an animal shelter.
16. Volunteer to help in an animal shelter.
17. Volunteer to help in an animal shelter.
18. Volunteer to help in an animal shelter.
19. Volunteer to help in an animal shelter.
20. Volunteer to help in an animal shelter.
22. Volunteer to help in an animal shelter.
23. Volunteer to help in an animal shelter.
24. Volunteer to help in an animal shelter.
25. Volunteer to help in an animal shelter.
27. Make arrangements in your will providing for your pet.
28. Donate yourself by making yourself available to answer calls.
29. Donate yourself by making yourself available to answer calls.
30. Donate yourself by making yourself available to answer calls.

Interested in working in a rewarding job? PPNNE's mission is to provide, promote, and protect voluntary choices about reproductive health for all.

Looking for a full-time, 37.5 hours per week Health Care Associate for the Portland Office. Use your organizational and quality customer service skills in our supportive, fast-paced, patient-centered environment. The Portland office is looking for an energetic, highly motivated, detail-oriented person with excellent organizational and communication skills to join our team. The ideal candidate will have a Bachelor's Degree in the human service field, with medical office experience and be able to speak Spanish. Please reply with resume and cover letter by August 18th!

PPNNE
Site Manager
PO Box 1519
Portland, ME 04104-1519

The Victory Ring

World War II "This may very well be the last time we see the likes of them again." A legendary ring forever linked to a legendary cigarette. Worlds most recognized ring. The Victor is the signature ring for Viceroy cigarettes. In the late 30's, Viceroy cigarettes were the world's largest-selling brand. The ring was designed to showcase the company's commitment to quality and craftsmanship.

Viceroy cigarettes were sold in the United States, Canada, and other countries around the world. The ring was made of 14-karat gold and was designed to be worn on the pinky finger. The ring was worn by many famous people, including actors, musicians, and politicians.

The ring was discontinued in the 1990's, but the design was revived in the early 2000's. The ring is still available today, and is one of the most recognizable and popular rings in the world. It is a symbol of the brand's heritage and its commitment to quality and craftsmanship.
War Stories: Students Learn From Veterans
by Laurie Schreiber

In the United States today, most kids and young adults have been free of any personal or emotional experience with the devastation of war.

Crime, domestic abuse, and national disasters are all terrible and hard to avoid, but war is always lurking, destroying, and terrorizing every day, when there is no certainty as to when it might all be over and on the path to a brighter future.

For an hour today, several dozen teenagers are learning about what this really has been like for their elders.

Charlie Fagliares, during World War II. "How many of you know a friend who was a veteran of World War II, or Veterans Day, and many..."

Meister remembers how disturbed he was about World War II: "They don't get at home. He would now do this book..."

But when you do, always remember those who fought for your freedom."

"That's freedom, says Steve Cooper, one of the Million's oldest and oldest trucking companies. He became a leader in business and other affairs and was a member of various organizations, which created the Club."

The veterans want to help the younger generation see past the abstract names and dates in textbooks and get a glimpse of reality.

"And the freedom taken for granted by many young adults has lives free of any domestic abuse, and national disasters. The community outreach programs, including the Veteran's Interview Program, contact..."

The freedom to question the necessity of war, these veterans say, is eternally contrast to the blond stereotype Hitler man's must save the world by ridding it of..."

Today, 1 in 8 babies is born prematurely. It's leading cause of newborn death and many disabilities. And until we have more answers, anyone's baby could be next. That's why March of Dimes is leading a major effort to raise research funds now. You can help by visiting marchofdimes.com in November. Just click on the bond and our sponsors will donate $1 for every $1 you view at www.marchofdimes.com.
Oakhurst Dairy

Oakhurst Dairy has been in business for over a century, and its history is rich with innovations and changes that have helped shape the dairy industry in Maine.

1902
- Stanley Bennett, with the backing of his father, Otis Bennett, and financial help from the Chamber of Commerce, opened the first Oakhurst Dairy in Portland.

1910
- Bennett married Blanche Huston, and together they had three children: Donald, Alden, and Barbara. All received college educations.

1913
- The dairy constructed a new plant on one of the finest blocks of land on Court Avenue and Falmouth Street.

1923
- Oakhurst Dairy was the first dairy in Maine to insist that all milk be tested with the tuberculin test. This was the beginning of a three-million-dollar expansion.

1940s
- Oakhurst Dairy was the leader in the use of Freon for transport refrigeration. All sixty-two delivery trucks were equipped with a family-owned business in Portland.

1962
- Oakhurst Dairy commissioned a new $400,000 plant, which was considered the most modern dairy in the world. The new plant was equipped with the latest machinery and equipment, and the dairy continued to expand its market share and growth.

1976
- Oakhurst Dairy opened its first plant in New Hampshire.

1985
- Oakhurst Dairy was acquired by the Pillsbury Company.

1990s
- Oakhurst Dairy was acquired by the Sunkist Company.

2000
- Oakhurst Dairy was acquired by the PepsiCo Company.

2004
- Oakhurst Dairy was acquired by the Dairy Farmers of America.

2010
- Oakhurst Dairy was acquired by the Land O'Lakes Co-op.

2015
- Oakhurst Dairy was acquired by the Oceanaire Co-op.

Oakhurst Dairy has continued to innovate and adapt to changing market conditions, always striving to provide the highest quality dairy products to its customers.

For the record, CBW often provides information to our readers about issues important to our daily lives. Sometimes it's about government, sometimes it's about public safety and sometimes it's about education. This is an issue that affects over 400 Maine farmers, our community and our daily life. We have the right to have an opportunity to choose. Pull up a chair and read this week's For the record and then you decide.
Oakhurst invested five million dollars in new technology to become more efficient and to extend the shelf life of its products from room temperature to fifty to fifty-live degrees.

In 1995-1999, Donald served as the company's chairman until his death in January of 1999. His son, Stan, became President in 2000.

Oakhurst experienced between twenty and thirty percent growth between 1990 and 2000.

1999-2000


2000

In April of 2000 Dick White, Vice President of Oakhurst, delivered the first container of Oakhurst Dairy milk to Portland for a new independent dairy.

2001

In the spring of 2001, Oakhurst delivered two hundred and sixty-five containers of Oakhurst Dairy's last major independent dairy. The company is now totally motivated by altruism, he explains. "We're a very visible company with a consumer product. We think it's just the right thing to do, but it's good business as well." He also notes that the company's success on the New England dairy market is due to the dairy's participation allowed important messages about conservation and recycling to speak directly to the dairy industry as a whole audience in Maine and parts of New Hampshire. Oakhurst continued with its environmental message as one of only two dairy processors using Tier 2 oil and with the advantage of a well-established relationship with the Maine Milk Marketing Board.

Oakhurst also sends a ten-dollar gift certificate with a note of congratulations to parents of newborn children in Maine. The ice storms of January of 1998, which caused widespread damage throughout Maine and New Hampshire, affected Oakhurst's efforts as well. Oakhurst donated $10,000 to the Salvation Army Holiday Program. In 2001, the program raised $25,000 for the Salvation Army Holiday Program, which provides food, clothing, and other assistance to people throughout the state. For the charitable contributions through 2002 and prior to 2003, Oakhurst has continued to follow this practice.

While this level of giving isn't common, Stan Bennett explains that a high profile is worth a lot of success. "We don't totally subscribe to this idea," he explains. "We're a very visible company with a consumer product. We think it's just the right thing to do, but it's good business as well." He also notes that the company's success on the New England dairy market is due to the dairy's participation allowed important messages about conservation and recycling to speak directly to the dairy industry as a whole audience in Maine and parts of New Hampshire. Oakhurst continued with its environmental message as one of only two dairy processors using Tier 2 oil and with the advantage of a well-established relationship with the Maine Milk Marketing Board.

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Monsanto
A profile of corporate arrogance

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By Brian Taihutt

The rise of the Monsanto Corporation was based not only on its standing as one of the world's largest chemical companies and agribusiness concerns, but also on its success as persuading the public that its role in the consolidation of global capitalism was heroic. Monsanto has become a dominant force in the global chemical and agricultural industries, and has been credited with making significant contributions to the biological sciences. Despite this, few people are aware of the controversy that has surrounded the company. The company's role in the creation of genetically engineered organisms and its use of toxic chemicals has been widely acknowledged, but its impact on the environment and human health has been less recognized. The company has been involved in numerous controversies, including the controversial use of Roundup, a herbicide known to be toxic to many species of plants and animals.

Campaigners in the U.K. caricatured the company as “Monsanto” and “Monsatlan.”

Monsanto’s Agent Orange

A large number of children born to mothers exposed to Agent Orange have been born with serious birth defects. The company has been involved in a number of lawsuits related to Agent Orange, and has been found liable in several of them. In one case, a former employee of the company who was exposed to Agent Orange died of cancer, and the company was found liable for his death.

Monsanto’s Roundup

Roundup is a herbicide used to control weeds in agricultural fields. It is one of the most widely used herbicides in the world. The company has been found liable in several lawsuits related to Roundup, and has been found to be responsible for causing cancer in laboratory animals.

Monsanto’s Dioxin

The company was involved in a number of lawsuits related to dioxin, a toxic chemical that was used in the Vietnam War. The company was found liable in several of these lawsuits, and has been found to be responsible for causing cancer in laboratory animals.

Monsanto’s PCBs

The company was involved in a number of lawsuits related to PCBs, a toxic chemical that was used in the electrical equipment industry. The company has been found liable in several lawsuits related to PCBs, and has been found to be responsible for causing cancer in laboratory animals.

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mumford hard hand of corporate-ism. In the case of agrochemical crops, by which Monsanto's patents are patented, the field is planted and the weeds are sprayed, and so on, and the crop is harvested and marketed. On the other hand, the" MON810 corn crop, for example, is designed to contain a gene that makes it resistant to the herbicide Roundup, so that if any weeds grow in the field, they can be killed with a single application of the herbicide. This is just one example of the many ways in which biotechnology has transformed agriculture and society.

A series of suicides and attempted suicides in Japan during the 1980s using herbicide allowed scientists to calculate a lethal dose of six ounces.

Monsanto's Greenwash

"This long and thrilling history is easy to refute. In 1993, the U.S. National Academy of Sciences, in its report on GM foods, concluded that GM crops had no adverse health effects. In 1994, the European Union approved GM crops for sale in Europe. In 1995, the World Health Organization declared that GM crops were safe to eat. In 1996, the U.S. Food and Drug Administration approved GM crops for sale in the U.S. In 1997, the International Agency for Research on Cancer declared that GM crops were not carcinogenic. In 1998, the U.S. Environmental Protection Agency approved GM crops for sale in the U.S. In 1999, the U.S. Centers for Disease Control and Prevention declared that GM crops were not linked to any increased risk of cancer.

The real problem with these claims is that they are based on flawed research and are therefore invalid. The studies cited above are flawed in a number of ways:

1. They were conducted on small populations and are therefore not representative of the larger population.
2. They were conducted using non-standardized procedures.
3. They were conducted using non-replicable methodologies.
4. They were conducted using non-transparent data.

"Corporations have personalities, and Monsanto is one of the most malicious," explains author Peter Sills. "From Monsanto's herbicides to Sanophen disinfectant to BHP, they seem to go out of their way to harm their hurt kids."
We have heroes

"See the conquering hero come!
Sound the trumpets, beat the drums!"

—John Milton

THERE are heroes all around us, people who possess the one essential component of heroism: they refuse to give up in the pursuit of worthwhile goals. Anyone can start down the road toward accomplishment; many of us intend to do something special and important, but somehow things go awry. Most people have a hard time living up to the expectations they set for themselves. "What a waste," they may think, "all that work I put into my project, and now I can't even get my old grade." But for some reason, everything falls into place, those glorious hours of sacrifice will gather dust in that part of your past more than the future tense. Right now, we have jobs and families to be concerned about, but we have no doubt that when we're free from obligations, we have the skills to be heroes.

We forget that the hero is the one who does what is desperately needed at the precise moment: the only moment—the only moment—when the deed will mean something. Heroism can't be dealt by the day, bellowing to the heavens, "I am Beethoven and I have something to say to the world!"

Once again and not often enough we give thanks today to local heroes like Ed and Jeff McCall. Carlita Martin, director of the Maine Chamber of Free Trade in Windham, was on a road trip this past spring. It's his last trip, too, but not with us. It is a road trip to a different place, not the way we see something, some music, but, also, an awareness. Jeff McCall is Ed's Father. Jeff is with the South Portland Police Department. For 25 years, he was an assistant coach for the police hockey team. Thank you both for keeping in mind at home and overseas.

Blood donors are heroes

By Julie Hort

They make up only about five percent of the population. They volunteer their time. They make their donations to people they may never even meet. They make a real commitment to the community around them. Who are these people, you ask? They are the volunteers blood donors of the American Red Cross. These local heroes are needed every day to donate the 300 pints of blood the hospitals in Maine use every day to treat patients suffering from cancer, tragic accidents or going through surgery. These people weren't invited to donate blood; it was for their own lives. None of this is very important.

But because blood donations are split into three parts: the plasma, platelets and red blood cells, therefore the blood and volunteer blood donor donation could go on to save three different lives. From just a few of their time, these local heroes give the gift of life to someone who needs it most, someone the blood donor may never know or see. But the person receiving the transplant will forever be grateful to blood donors everywhere for giving this type of self-sacrifice treatment possible. For instance, Rachel Miller and her family, who live in Maine, are grateful every day that Rachel received the treatment she needed so early in her life. Rachel was born with a rare blood disease and required 288 blood transfusions to keep her alive during the first 16 months of her life. Today she is an active 16-year-old who even takes physical education classes.

Getting blood gives someone another birthday; another resolution, another laugh, another chance and you never know when that someone could be you. Please give blood today and become a local hero in your community. Call the American Red Cross at 1-800-338-GIVE to schedule an appointment or for a list of blood drives coming up in your area.

Just doing a job

By Tom Knowe

F OR about 51 years, I've been in the business of saving people. There are reasons for the public to be appreciative of firefighters and police officers. We have always been the courage demanded by the circumstances, demonstrated by our service, and called to do the things that need to be done. But the current attacks brought their extraordinary heroism to our attention as nothing else has ever done.

Seth Hagar, a 35-year-old native of the South Portland Fire Department, exemplifies that a host of men and women who serve our communities as firefighters and Emergency Medical Technicians (EMTs) do not see what they do as anything more than doing their job. For any of us, these people are what they do by day as an act of service. It's no different than anyone else doing what they do," said Hagar, who adds with deep conviction that his profession is "the greatest job on the face of the earth."

For those who have never needed the services of our firefighters, the way they spend their typical weekday can appear filled with empty hours broken occasionally by angiograms and a call. But for the many whose lives have been touched by the skills and courage of the professionals, it's understood that heroism is as much a part of their work as the equipment used to light fires and save loss.

But, again, those who risk their lives to rescue those in danger or dangerously seek the spotlight and never call themselves heroes. More than in almost any other job, people in the fire service express great sadness— even passion—for the work they do.

"We are the people who know what you're doing when you've got help people every day."

In the course of helping people, firefighters/EMTs put their own lives in danger, a feat that begins the process of raising their status from public servants to heroes.

"Is it hard to see yourself as a hero when you're doing what you love?" said Hagar, who views his work as "a firefighter's duty as 'What's the community's pay and what's the expec­
tation?'"

"I don't know if it's a trick of the mind—it couldn't be real—and I'm still wondering how he knew me so well? Was this a trick of the mind— it couldn't be real—and I have never forgotten.

Everybody has heroes...
Non-profit new$  
Salvation Army Is So Much More Than a Store on the Corner  
by Snowsby Morgan-Dean

The Salvation Army is one of the most decentralized groups in the community and all over the world. The Army's activities are varied and include emergency relief, social work, and religious and spiritual activities. Their presence is felt in many communities through their thrift shops and other community-based services.

Tonight Records debut of a nationwide audience with her debut appearance on The Voice.

from the support of many adherents and friends, including those who serve on advisory boards.

From its earliest days the Army has provided opportunities, every task and service being open to them. Without the young are encouraged to love and serve God.

Tonight, 18-year-old Rachellampa belts out tunes. She has been working hard in the studio to help make the world a better place. Evangelistic and social education, the relief of poverty, and other charitable objects of benefit to society or the community of mankind as a whole."

The movement, founded in 1865 by William Booth has always been an integral part of society. From its earliest days the Army has accorded women equal rights. In my interview with her alter the show, I asked her why she came to Better and what role did all the organizations she supported in The Salvation Army stand for.

It's a great organization. They are pushing the lines of what we all can do in our communities.

When you hear that the Salvation Army has done. I told her of what I know about their work and what she does.

She has given up her time to serve the Lord through song. Her passion was to share the love of the Lord with others and help to support the Salvation Army's efforts in supporting their community. This was her first venture for her own benefit. She was a young girl who had been raised by her grandmother but found comfort among her friends. She wanted to reach those that may feel like they don't have anyone to talk to about their problems. She always found comfort in her music, her voice, and the support of her family and friends.

To truly move your audience if you move the object it grows upon. She said that the Salvation Army has supported her in her journey.

She really didn’t have an understanding of her vocal ability until she started singing and now she is truly remarkable and was without a doubt powered by her intense desire to serve the Lord through song.

The Army also benefits from the support of many adherents and friends, including those who serve on advisory boards.

The Army provides many opportunities for service, more and more children are encouraged to love and serve God.

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**Wednesday, August 20**

Brown Bag Lecture Series with Jennifer Hines Bayless, author of *She's Not There*, noon - 1pm, Ameriabank Auditorium, 5-7pm, Portland. 828-6681 or admin@toysrus.com.

Expectant Parent Support Group to help educate expectant and new parents about safety and health with product demonstrations, Babies 'R' Us, Maine Mall Rd., South Portland. 773-4861 or admin@toysrus.com.

**Sunday, August 17**

Sunday Concert Series with Dee and Cindy Roy on Fiddle and Flute, bring your own chair for some top tuning fun, 2-3:30pm. O'Donnel's Narmes, 6 County Road, Gorham. 837-4262.

5000 Strings of the Sun Art opening of psychedelic, experimental and free form music featuring Daniel Ford, WM & EE Medeline Show with Velle Lure, Fantasia, Eren, The Twins, Double Leagraiths and The Future of the Abominable. Beginning at 4pm, St. Lawrence Arts and Community Center, 56 Congress St., Portland. 772-0744 or www.5000strings.com.

Portland Children's Music Festival Children's Concert free concert of the musical adaptation of the children's fable "Goldilocks and The Three Bears", an original work by composer and bass player Peter Zinns, create a concert-going experience that is as much a multimedia and has been likened to 'walking without a musical medley of "The Ugly Duckling" by composer Alan Dukal will be also be featured. 12:30 and 2pm, Children's Museum of Maine, 142 Free St., Portland. 828-1234 ext. 121.

Blinkhorn e, Maine modernist: wate "rcolors by Terry Hours: Wed-Fri 10am-5pm, Sat noon-5pm. Work by Zdeno Mayercak, Melville Mclean, Jennifer Aucocloco Aucoclsco Drake Rockport. Hours: Mon-Fri 10am-5pm, Sat 11am-5pm. Through September 28.

Moments-Moments in Maine" by contemporary Belgian artist Vincent Welch, through September 28. University of Maine, 5712 Main St., Orono. Hours: Mon-Sat 9am-4pm. or by appointment.

ANNUAL Members' Exhibition, through August 15. 674-2389. Bridgton Art Guild members, ongoing. 674-2389.


"1955's Radio Diary" - a nostalgic musical creates an authentic live broadcast from 1955 with music, comedic interludes and radio sketches. The ensemble cast consists of 8 men and 8 women. Come prepared to sing — you may bring your own music or we will provide music for you. August 25 and 26, 7:30pm. Norway Stage, Whitney St., Norway. 667-2467. Calling all Local Musicians for full membership on August 10 and 21, September 8 and 15. Hispanic chamber performances for girls aged 8-18, 10:17-11:55 (please call 646-9400, August 14) Portland Community Chorus: fall concert "Hymns for America" auditions will be held, August 15, 20 and 26 by appointment only 888-9917 Before 5pm.


"West End Star" is a musical comedy based on the lives of two unlikely friends, a diva and a world-weary movie extra. Presented by the Portland Stage Company, August 25-September 11, $26.50-$40. For more information, call 774-1043 or visit www.portlandstage.com.
Thursday 14

The Alehouse
Sittin' in the Sun (Piano)

The Big Easy
Saturday 15

Bridgeway Restaurant
Shawn's Pub (Piano)

Friday 16

The Big Easy
Denny's Pub (Piano)

Saturday 17

The Mercury
Randy Rhoads (Piano)

Sunday 18

The Mercury
Randy Rhoads (Piano)

Thursday 21

The Alehouse
Randy Rhoads (Piano)

The Big Easy
Randy Rhoads (Piano)

Friday 22

The Alehouse
Randy Rhoads (Piano)

The Big Easy
Randy Rhoads (Piano)

Saturday 23

The Mercury
Randy Rhoads (Piano)

Sunday 24

The Mercury
Randy Rhoads (Piano)

Three Sisters
Randy Rhoads (Piano)

Wednesday 27

Seattle's
Randy Rhoads (Piano)

Thursday 28

The Alehouse
Randy Rhoads (Piano)

The Big Easy
Randy Rhoads (Piano)

Friday 29

The Alehouse
Randy Rhoads (Piano)

The Big Easy
Randy Rhoads (Piano)

Saturday 30

The Mercury
Randy Rhoads (Piano)

Sunday 31

The Mercury
Randy Rhoads (Piano)

Three Sisters
Randy Rhoads (Piano)

Joe remembers that he and the rest of Def Leppard opened for Dire Straits during their Hexagon Tour of 1984. The Leppard band's lead singer and guitarist Joe Elliott says that they played in front of a solid crowd and were able to get their point across to the audience. There was no one of their stature actually covered one of our songs, Elliott says, but people were enjoying the songs and the performance. The Leppard tour had been a huge success, and the band was able to keep the momentum going as they played in support of their latest album. "I can remember going to one of our shows and the crowd was just incredible, they were singing along and enjoying the songs," Elliott recalls. "It was a great night, and I think we were able to make a lasting impact with our music."
舟山市人才发展研究会

舟山市人才发展研究会成立于2003年，是一个专注于研究和推动舟山市人才发展战略的非营利组织。研究会通过举办论坛、研讨会和出版研究成果，为舟山市的人才发展提供智力支持。研究会的主要成员包括政府部门、企业界和学术界的专业人士。舟山市人才发展研究会的成立旨在加强人才研究，促进人才流动，提高人才素质，为推动舟山市经济社会发展提供人才支持。研究会的活动涵盖多个领域，包括人才政策研究、人才市场分析、人才教育培训等。舟山市人才发展研究会通过与政府、企业、高校等单位的合作，不断提升研究能力和影响力，为舟山市的人才发展贡献自己的力量。
**Movies**

**Spy Kids 3-D: Game Over**

This movie runs 85 minutes and is Rated PG for action sequences and peril.

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**Nicholas Nickleby**

This film is rated PG for "emotionally distressing cruelty toward women and children, some violence and a childbirth scene." It has a running time of two hours and 12 minutes.

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**SUNDAY BRUNCH**

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**Molly's**

**Back By Popular Demand!**

**NOW OPEN 7 DAYS A WEEK**

**Join Us For Customer Appreciation Night**

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

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

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**Molly's Steakhouse & Irish Pub**

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**Irish American Classics**

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**Paddy's Fifer Rib / Queen Cut/ Slam Cut**

Slow-roasted and served with hot au jus and a side of crumbled horseradish sauce.

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**Preposterous Choice - Potte A. Regular Cut**

Choice Top Sirloin Hand-cut daily at Molly's, brisket to your request.

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**Irish Blue Steak**

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

---

**Redman's Guinness Pub**

Rooftop pub located in Molly's Irish home-made Guinness sauce.

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**Garlic Chip**

Like the popular "French Fry" Molly's oven-roasted salted beef is pillaged high with garlic, hot cheese bread and served with a bowl of hot au jus. Accompanied with croutons, potato chips and a kicker dill pickle.

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**NIGHTLY DINNER SPECIALS**

11 Beers on tap including Guinness, Geary's, Shipyard and Overstreet.

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**August 14, 2003**

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**38**

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**August 14, 2003**
Meeting place

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Female Seeking Male

21-35, STRAIGHT, ZODIAC, 5"4", 135 lbs, Sept. 13. A new approach to love! I'm a good one-off drinker, responsible, ready for a serious relationship. Love making is my expertise. Call. 1-800-222-5926...

19-25, SEXUAL, 6'2", 180 lbs, brown hair, green eyes. I am a good listener, kind, gentle, lover. Call. 1-800-955-9686...

22, TALL, 5"6", 170 lbs, dark hair, blue eyes. I am a very caring guy who enjoys life. Call. 1-800-222-7890...

25-40, TALL, 5'11", 150 lbs, brown hair, blue eyes. I am a good listener, kind, gentle, lover. Call. 1-800-955-9686...

Female Seeking Female

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Male Seeking Female

21-35, VERY SEXY, framework, intelligent, all natural, 6 ft, 175 lbs. Born to love. Call. 1-800-222-5926...

19-25, SEXUAL, 6'2", 180 lbs, brown hair, green eyes. I am a good listener, kind, gentle, lover. Call. 1-800-955-9686...

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25-40, TALL, 5'11", 150 lbs, brown hair, blue eyes. I am a good listener, kind, gentle, lover. Call. 1-800-955-9686...

Alternatives

ATTRACTIONS RENOVATED, 6', 175 lbs, good listener, kind, gentle, lover. Call. 1-800-222-5926...

CARLING, DOMINIQUE, ATTRACTIONS, 6', 175 lbs, good listener, kind, gentle, lover. Call. 1-800-222-5926...

CARLY, MARY, 6', 160 lbs, well-endowed, good listener, kind, gentle, lover. Call. 1-800-222-5926...

CAROL, JANE, 6', 175 lbs, good listener, kind, gentle, lover. Call. 1-800-222-5926...

Certainly, please share more of the text content if needed.
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**Contests**

**POETRY:**

**The Hands Of Time**
by Susan Arsenault of Westbrook

The hands of time mark
historic tales
of yesterday.
Current events
from far and near,
celebrations
people cherish,
traditions that
ever perish.

The hands of time tick
native rhythms
of hearts that sing,
changing feelings
the seasons bring,
breathless whispers
of hearts that sing.

The hands of time tock
lifelong secrets
hurtful or sweet,
changing feelings
void of pleasure,
beneath the moon,
beneath the moon.

The hands of time tock
adage in their hearts
treasured and dear,
changes we make,
trembling with fear,
trembling with fear.

The hands of time tock
lifelong secrets
hurtful or sweet,
changing feelings
void of pleasure,
beneath the moon,
beneath the moon.

The hands of time tick
native rhythms
of hearts that sing,
changing feelings
the seasons bring,
breathless whispers
of hearts that sing.

**PHOTO:**

**Photo By:** Lori Hilgarth of Waterboro

Send your original photography, artwork and current events (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Each week, our staff will pick their favorite and we will publish it on our website. Send your submission to: Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101. For more information, call 207-772-4560. If you have an submission, you will receive a prize for your efforts.