Starry Night

On August 27, 2003, Mars will be only 34,650,000 miles away from the earth, the closest it’s been in recorded history. And that’s just one of the interesting things you’ll see in the night sky over Portland this month. We’ll let you know what’s up and where you can find it without straining your neck.

Beginning page 18.
Applications Now Available For September

This is the perfect time to join this rewarding field.

Programs created by Nancy Risley, RPP and taught by instructors trained by the PRI Educational Development Company. These unique and time tested programs are offered exclusively by Headhunter Spa Tech Institute™

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Talk

A conversation with Bob Cariddi

"You have to be willing to have hundreds of bad exposures for a single one that is even reasonably good. One of the biggest challenges here in Maine is really the weather."

Bob Cariddi does not mean by trade, for his true passion is the instrument and astrophotography. All astrophotography is done from the observatory in Buxton, ME.

How long have you been interested in astronomy?

Actually there was a bit going on in the early 80s with the space race. We were first starting to use space flight. That’s where I was born, but he was a young boy. But I recall watching all the stars across the sky until daydreaming and looking in the mirror.

What kept your interest in astronomy?

I'm a very patient person and I don't get frustrated easily. I don't worry about the atmosphere. If the atmosphere isn't cooper­ating then you're not going to get any kind of picture. If you have to be willing to have hundreds of bad exposures for a single one that is even reasonably good. One of the biggest challenges here in Maine is really the weather.

What is the Perseid meteor showers and it's just you un­derstanding. The other thing about astronomy in particular is that it's the all of everything. If you un­derstand how astronomy works you understand the planets, the stars, the galaxies. If you understand how solar system works you understand the sun, the moon, the stars. If you understand how the universe works you understand the universe by figuring out how these systems work through science. I don't just look large I look through the Newtonian Reflector. I just basically know what it was. All the schools thought it was an airplane that bad caught fire and burned. You can imagine what it would look like through a telescope or binoculars if you understand the way things work through science. I think it's a way for me to understand my way in the universe by looking at how these systems work through science. It's not just looking through a telescope, it's understanding the dynamics of the universe by figuring out how these systems work through science.

Take us back to your first photograph of a solar eclipse in 1973. What was that like?

It's an amazing process, it's very difficult. You have to be extremely patient. You have to be willing to have hundreds of bad exposures for a single one that is even reasonably good. There are so many challenges here in Maine because of the weather. But it's going to happen again in November. I believe it is November 7th, this is the Perseid meteor showers. And this is down in New South, Mountaintops in Hawaii and South America. So it is no on maybe the next eclipse in May we should become. If we have an eclipse that is going to happen again in 20 years and 2024, it will take until 2040 to get an eclipse.

You have done some astrophotography. What is that like?

It's a nightly event. What it is like? It's very difficult. It's frustrating. It's very difficult. It's frustrating. It's frustrating. It's frustrating.

Do you own a telescope or film photography, it is one that is even reasonably good. One of the biggest challenges here in Maine is really the weather.

The other thing about astronomy in particular is that it's the all of everything. If you understand how astronomy works you understand the planets, the stars, the galaxies. If you understand how solar system works you understand the sun, the moon, the stars. If you understand how the universe works you understand the universe by figuring out how these systems work through science.
Starry Night Portland

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Getting Started in Astronomy

Interested in Film Astrophotography?

Here Comes Mars!

Starting from Scratch—Building your own Telescope

Skyline: The Moon and Mars • Knowing the Stars

PHOTO ESSAY: Kiroastro.com Astrophotography by Kirk Rogers

The Maine Solar System Model • Astronomy Links

Name a Star • Cosmos and Consciousness Comes to Maine

The Way Life Should Be

Health & Wellness

• Special Topics
• More People Going to the Dentist, Getting More Fractures Due

Paw Print

• Dog Whispers
• Adopt A Pet: Pan-O

Property Values

Fair Field Inside America's Biggest House

Greenside

The Big Star

Inside Scoop

4th National Pub Festival in Ranger August 23-24

Quality time

• Lullabies • Penny Phone • Kids: Dunker

Culture Shock

Books

The Lake House

26 Restaurant Row

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• War
• The Jane Thing

Calendar

34 Happenings

35 Stage door

36 Visual Arts

38 Music Seen

Tour Neil Sedaka Band

39 Music

Special Advertising Opportunities

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

Aug 28
Back to School

Summer will be on its way out and the kids will be going back into the schools. Put away the bathing suits, coolers, and grab your pencils, pens, and notebooks. You're going back to school. Deadline for editorial contributions and advertising is August 20.

Sept 4
What's Cookin'?

For many, cooking is just a daily task to satisfy hunger, but to some it's a passion, an art form that you can make a living at. All throughout Portland there are numerous restaurants made possible through the creative force of the chefs. We will take a look at what makes cooking a fun activity. Deadline for editorial contributions and advertising is August 27.

Sept 11
9/11 Issue

Our September 11 issue will focus on those who lost their lives in the 9/11 terrorist attacks through the memories of those left behind. If you lost a friend or relative on that devastating day, CBW would like to help you share their tales with our readers. Please contact us by the end of August for this special issue about "How the List of 9/11 lives on in our hearts." Deadline for editorial contributions and advertising is September 3.

Sept 18
Local Artists

One of the great things about Portland is the abundance of artists living in the area and the numerous opportunities to have the public see your work. We will take a look at professional artists whose work you may have seen in one of the many galleries in Portland and local art students with amazing potential in the art community. Deadline for editorial contributions and advertising is September 10.

For more information, contact Roseann Mango-Fernandez at 273.6601 or e-mail diary@maine.com. Space is filling fast!
Local Children to Dance with World-Class Russian Ballet

As many as 1,000 local children will have a once-in-a-lifetime opportunity to dance in Moscow Ballet’s production of The Great Russian Nutcracker. The show’s New England tour will feature a full Russian, Arabian, Chinese and Spanish divertissements. Roles are available for children of all levels of dance ability and ability to speak Russian. The company is pleased to welcome new junior company members including December, 2019.

As part of the company’s commitment to the arts education and cultural exchange, local children aged eight to early teens will be selected to participate in the New England tour with a full Russian cast. The children will have the opportunity to work with experienced professional dancers and take part in performances throughout New England. The children will be part of a full Russian, Arabian, French, Chinese and Spanish divertissements. Roles are available for children of all levels of dance ability and ability to speak Russian. The company is pleased to welcome new junior company members.

Legal and Ethical Issues for Improved Pain Management—A Conference

The Maine Pain Council and the Maine Pain Practice Center will be holding a Pain Management Conference on Thursday, June 11th at the Crowne Plaza in Portland. The conference will cover a wide range of topics related to pain management, including pain assessment, treatment options, and ethical considerations. The event is open to healthcare professionals, including nurses, physicians, and nurse practitioners. For more information, please contact the Maine Pain Council at (207) 288-5555.

Casco Bay Weekly

Volunteer Opportunities

The new service, called “Volunteer Opportunities List/Our Town,” will help connect community members with volunteer opportunities in their area. The initiative is a partnership between the Casco Bay Weekly and the Portland Regional Chamber of Commerce.

1. Quick and easy access from any computer or mobile device to volunteer opportunities throughout Casco Bay Watershed.
2. Direct links to the agency’s website for more information about the position.
3. Time-saving for anyone who is looking for volunteer opportunities.
4. Easy to use and can be searched by location, skill set, or any other criteria.
5. Opportunities are updated regularly, so there are always new options available.
6. Volunteers have the chance to make a difference in their community while also gaining valuable experience.
7. The program is free to local organizations and open to anyone who wants to volunteer.

To learn more about Volunteer Opportunities List/Our Town, please visit casocabayweekly.com/volunteer-opportunities.

 hemat: Martin Segal, Managing Editor; Michael Lebowitz, Production Manager; Abbie Berube, Marketing Advisor; Michelle A. Rich, Art Director; Betty Espenson, Fax Editor; Dara Fournier, Copy Editor; Bob Montgomery, Social Media Manager; Joe Sanfelippo, Webmaster. Casco Bay Weekly is published by The Casco Bay Weekly Publishing Co., Inc., 550 Forest Ave., Portland, ME 04102. Tel: 207-772-0004. Fax: 207-772-1615. Email: editor@casocabayweekly.com

We want your letters!

Please send your submissions to the article “Volunteer Opportunities List/Our Town.”

Photography: Courtesy of the Portland Maine Convention & Visitors Bureau; Casco Bay Weekly

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Casco Bay Weekly

Volunteer Opportunities List/Our Town

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Books

The Lake House
By James Patterson

Jame Patterson's book The Lake House is a sequel to The Shining. In this novel, the story of the flashlight brand is continued. The novel tells the story of Max, a mathematician, and Panther, a woman who have been living in the lake house. When Panther and Kit go to rescue them at The Hospital, they are captured and put in cages just like the children. They experience what the children lived like when they were kept at The Hospital. The book ends with several questions unanswered.

The Lake House was a great suspense novel that kept you turning the pages in anticipation of the ending. It is a pro­ con­ ceed­ ed­ with­ the­ e­ n­ l­ of­ ta­ ic­ ty­u­ in­ t­ e­ a­ s­ d­ e­ m­ o­ r­ d­ s­ d­ e­ i­ c­ s­ d­ e­ n­ s­ e­ d­ e­ n­ t­ s­ d­ e­ a­ s­ e­ s­ f­ r­ e­ s­ t­ d­ e­ f­ c­ e­ n­ t­ s­ a­ l­ d­ i­ a­ r­ u­ r­ n­ e­ n­ t­ s­ o­ n­ p­ a­ r­ e­ c­ d­ d­ e­ o­ r­ e­ n­ d­ e­ d­ d­ e­ n­ t­ s­ o­ n­ p­ a­ r­ e­ c­ d­ d­ e­ o­ r­ e­ n­ d­ e­ d­ d­ e­ n­ t­ s­ o­ n­ p­ a­ r­ e­ c­ d­ d­ e­ o­ r­ e­ n­ d­ e­ d­ d­ e­ n­ t­ s­ o­ n­ p­ a­ r­ e­ c­ d­ d
Moneys out of (NEVER ANY consultation fee, consultation.)

Critical Insights of Portland, Maine may have a great thing in the world to figure out what seems like weekly discoveries about our universe that will gladly welcome you to the market for a telescope or binoculars for observations, a star party is a wonderful way to see the ASNNE web site www.asnne.org or by writing to ASNNE, P.O. Box 1338, Kennebunk, ME 04043.

Many people-standard and non-traditional market research techniques to help us understand what college students think about tobacco. We get the kind of information that had always eluded us before.

Next year's research will launch a campus pilot program to challenge students' information on the campus environment.

The American Legion's Tobacco Free Maine media campaign.

Critical Insights conducted a unique year-long research inquiry among students on selected college campuses. The firm used ethnographic techniques, a signature of its qualitative research, and a series of Internet-based surveys. The resulting insights into the mindset of college students formed the strategic underpinnings of the subsequent media strategy.

This year's research found that tobacco control, including assign- ments on behalf of the American Legacy Foundation's truth campaign, the Massachusetts Department of Public Health, and the Florida Department of Health.

Additionally, for the last six years, the company has served as the research and evaluation subcontractor for the Healthy Maine Partnerships/Partnership for a Tobacco Free Maine media campaign.

Critical Insights also presents monthly discussions on a wide variety of astronomy-related topics that are open to the public. All events are free of charge. Visit our web site or call the Observatory office.

We look forward to seeing you at an all-time high. Awe-inspiring photos from the Hubble Space Telescope, the Magellanic Clouds, M51, and more will be on display. The observatory, a 16' x 32' roll-off roof design, houses two marvelous telescopes. The LX-200 Zeiss refractor and a 16" Meade Schmidt-Cassegrain reflector. The photometer is especially suited to planetary observing, while the Meade is best used for deep sky objects such as galaxies, star clusters and nebulae. Club members and guest observers will be present to answer questions, which are always a variety of presentations through which to look. Services to the market for a telescope or binoculars for observing, a star party is a wonderful way to 'test drive' a variety of equipment. The club hosts one public star party and one family night per month. They are on the third Saturday of each month.

Please see the ASNNE web site, www.asnne.org for exact schedules. For more information, contact the Observatory office.

Insights is the largest research organization founded in 1982 to promote the Astronomical Society of Northern New England (ASNNE) located in Kennebunk, Maine.

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BTG

An article by Nancy Freedman-Smith

The world's training tips are for everyone who's ever had to hire a trainer with wagging tails.

And then there are some that are for people who just need a better way of keeping their dogs alive.

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Pillows as Art

To Martin James

I said to my dear wife, "This may sound like a silly question, but why are the pillows on one side of the bed piled up so neatly for you, and on the other side of the bed piled up so neatly for me?"

"It is a silly question," she said, "but I'll answer it. That is an artistic arrangement. It is a study in angles."

"Ridiculous," I thought you had back that long pile, something you complain about, Personally, I think that's it."

The next day, and said, "It is an art, my dear. The arrangement is just a wonderful detail."

Before you start calling me petty, think about this: I hate hard all day. I like to plop into bed, pull my quilt up over my head and sleep. The way I had things arranged, I was less than perfect, but I was trying to do it right.

Some of you of the female persuasion are right, if only in kind. I'm an artist!"

If I could paint nude antelopes, and if they were all, what do they look like in clothes?"

And it's only more true the plane, the landing..."

Of course, the next time I go to my workshop, I'll be working on the painting. I won't be able to find a certain tool to complete the painting."

"Looks like a gang of wild animals making soup on a stove," I said."

"My goodness, you're a Neanderthal," she said.

"It's a silly question," she said, "but why are the pillows on your side of the bed piled up already?"

"It's not an artistic arrangement. It's a study in angles."

"Some of the men may understand. My four brothers will talk when you're gone. They may understand."

"Dope of the day," but a certain look on the bench, I won't be able to find a certain tool to complete the painting."

"Look, dear," I said."

"I'm going to paint an antelope, and if they are all, what do they look like in clothes?"

"This idea of painting the Sistine Chapel, just so I can grab some sleep. "All those people watching me."

"Some of you of the female persuasion are right, if only in kind. I'm an artist!"

"Silly me. I just thought you had them that way so I'd have something to complain about."

"Wow!"" she said, "What a fine, off-white ceiling like that."

"I work hard all day and like to plop into bed, pull my quilt up over my head and sleep. The way I had things arranged, I was less than perfect, but I was trying to do it right.

"Dope of the day," but a certain look on the bench, I won't be able to find a certain tool to complete the painting."

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"Some of you of the female persuasion are right, if only in kind. I'm an artist!"

"Silly me. I just thought you had them that way so I'd have something to complain about."

"Wow!"" she said, "What a fine, off-white ceiling like that."

"I work hard all day and like to plop into bed, pull my quilt up over my head and sleep. The way I had things arranged, I was less than perfect, but I was trying to do it right.

"Dope of the day," but a certain look on the bench, I won't be able to find a certain tool to complete the painting."

"Some of the men may understand. My four brothers will talk when you're gone. They may understand."

"Dope of the day," but a certain look on the bench, I won't be able to find a certain tool to complete the painting."

"Look, dear," I said."

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"I work hard all day and like to plop into bed, pull my quilt up over my head and sleep. The way I had things arranged, I was less than perfect, but I was trying to do it right.
The National Folk Festival is the oldest multicultural arts event in the nation. Ever since its first event in 1938, the National has brought tremendous economic development benefits, estimated at $1 billion a year to the region through support to the local economy. The festival serves as the Festival's five performance stages in Bangor, which has a very strong economy. In 2001, the National Folk Festival will feature a wide range of music, dance exhibitions and workshops, ethnic food, storytelling, craft exhibits and demonstrations, featuring the finest craftspeople and exhibiting artists from all 50 states and more than 100 countries. The festival's artistic diversity is complemented by a delicious variety of ethnic and regional food specialties available for sale throughout the festival area.

We have sold our Public Market location to Romeo's of Scarborough but ....... We are still on Middle Street. Our Family has reunited (a Father and three beautiful kids) and are together and ready to serve you. Together we are starting our 12th year on Middle Street. Stop in and give a bite. National Farmers' government is committed to helping all people have access to nutritious food.
Satisfy and enjoy. The best starting point is the same person you are buying it for knows where to point it in the constellations as possible is important to finding your way. Astronomers use constellations to identify where celestial objects are located. As you can see through binoculars if you know where to look. You will need to know where to look through binoculars if you want to use them to look at fainter objects. This will also be the case when it comes to using a telescope. The upside down image provided by most astronomical telescopes is a result of the way the telescope is designed. The pace of learning is up to the individual. Joining a astronomy course through a university, and reading books on the subject can help the person who is trying to learn how to find their way around the sky. Point and look. The most incomprehensible thing about the universe is that it is comprehensible. As Albert Einstein once said, "The most incomprehensible thing we know is how to find our way around the sky."

**Getting started in Astronomy**

By Roger Graef

Skyline From the Southwold Planetarium

Moon viewer

The Moon is at its last quarter on August 31. This last quarter moon is about two weeks past the new moon. It is a great time to view the moon with binoculars and telescopes. The moon is now at a phase where it is not as bright as it was during the full moon, but it is still bright enough to see details. The moon will be visible in the eastern sky after sunset. The moon will be at opposition on August 22. This means the moon is directly opposite the sun in the sky. The light of the sun is reflected off the moon, making it visible from Earth.

**Skyline**

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- The moon will be full on the 4th of July, appearing as a bright white object in the eastern sky,
- The planet Mars will be at opposition on August 22, making it visible in the eastern sky after sunset,
- The planet Jupiter will be at opposition on August 29, making it visible in the eastern sky after sunset,
- The planet Saturn will be visible in the eastern sky after sunset,
- The planet Uranus will be visible in the eastern sky after sunset,
- The planet Neptune will be visible in the eastern sky after sunset,
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**Star Born**

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- The star Cepheid was born from a supernova explosion. The Cepheid is a star that pulsates in brightness at a regular interval. These stars are used to measure distances in the universe. The Cepheid was born from a supernova explosion. Supernovae are the result of a massive star's core collapsing under gravity.
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**Knowing the Stars**

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- The Southwold Planetarium's Guide to the Night Sky and Galaxy
- How to read the constellations
- The stars and their stories
- The planets and their orbits
- The moon and its phases
- The night sky and its wonders
- The sun and itsUMMY
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**Here comes Mars!**

By Bob Ruppers

The red planet, named for the God of War, is the subject of countless kid's adventure, cultural and mystical stories, and even a couple of movies. It is also a major part of astrophoto culturality, as its thin atmosphere, warmer temperature, and relatively bright red hue make it an ideal subject for long-exposure photography. Indeed, the planet Mars is currently the target of a number of scientific missions, including the Mars Express Spacecraft and the Mars Reconnaissance Orbiter, which are exploring the planet's surface and searching for signs of past or present water.

The Mars Express Spacecraft is expected to arrive in December 2003. Part of this spacecraft is the plan to search for subsoil water using an instrument named Trace Gas Orbiter. Mars also shows signs of active volcanoes, with recent studies suggesting that it may have a subsurface ocean.

Astronomers often use telescopes to explore the night sky, and Stellafane Hill in Springfield, Vermont, is a popular location for this. The Hill is home to the Stellafane Observatory, which was founded in 1887 and is the oldest and largest amateur astronomical association in the world. The observatory is a testament to the passion and dedication of its members, who have contributed to our understanding of the universe for over a century.

**Starting from scratch—building your own telescope**

By Tim Evans

F or many amateur astronomers, their first telescope was a simple one, perhaps purchased from a store or built from a kit. This article will explore the basics of building a telescope from scratch, providing tips and advice for anyone looking to build their own. Building a telescope can be a rewarding experience, allowing you to customize the design and components to your specific needs and preferences.

The first step in building a telescope is to choose the type of telescope you want to build. There are many different types of telescopes, each with its own advantages and disadvantages. Some common types include Refractor, Reflecting, and Cassegrain telescopes.

Once you have chosen the type of telescope, the next step is to design the telescope. This involves selecting the materials you will use, determining the size and shape of the components, and deciding on any additional features you want to include. This can be a fun and creative process, allowing you to tailor the telescope to your specific needs and preferences.

The next step is to build the telescope. This involves assembling the components and attaching them to each other. This can be a challenging process, but with patience and attention to detail, it can be done successfully.

Finally, you will need to test the telescope and make any necessary adjustments. This involves setting up the telescope and looking through it to see how it performs. You may need to make adjustments to the focus or the alignment of the components, and this can be done using a variety of tools and techniques.

Building a telescope from scratch can be a rewarding experience, allowing you to create a telescope that is tailored to your specific needs and preferences. With careful planning and attention to detail, you can create a telescope that will provide years of enjoyment and discovery.
The Great IC 1805

The Pleiades Star

Astrophotography by Kirk M. Rogers

Bay Weekly

Telescope: Pentax 6X7.

Exposure: I at 45

Minutes.

Film: E200.

Date: July 12, 2002.

This is a single medium-format shot taken from Spruce Springs State Park in north central Florida. This was shot at the equator, surrounded by red. At lower left is the star Antares (Alpha Scorpii at magnitude 0.6), the 9th brightest star in the night sky. At top right of the shot, is the globular M80. The nebula NGC 6231 is the great knot, associated with blue nebulosity from 100 million years to 100 million years ago. It is right of the line, Antares in the globular M80, below right of the line M80, above top left of the line. Antares is in the constellation Scorpius, and the globular cluster is in the constellation Sagittarius.

This shot was composed of two 6X7 shots scanned, stacked and enhanced by Ross Dickman.

Mars attacks!

Taking advantage of Mars’s closest approach to Earth in years, astronomers using NASA’s Hubble Space Telescope have taken the space-based observatory’s sharpest views yet of the Red Planet. The telescope’s Wide Field and Planetary Camera 2 snapped these images between April 27 and May 6, 1999, when Mars was 14 million miles (87 million kilometers) from Earth. From this distance the telescope could see Martian features as small as 12 miles (19 kilometers) wide.

Photo credits: Steve Lee (University of Colorado), Jim Bell (Cornell University), Mike Wolff (Space Science Institute), and NASA.
Astronomy Links

- International Year of Astronomy 2009 (www.iya2009.org)
- Medieval Star and Planetary Models (www.unsw.edu.au/dstl/york/)
- British Astronomical Association (www.astrosoc.org)
- National Radio Astronomy Observatory (www.nrao.edu)
- Project StarDate (www.stardate.org)
- Sky & Telescope (www.skyandtelescope.com)
- Space Weather (www.spaceweather.com)
- AMSU (www.uconn.edu/amsu)
- NASA (www.nasa.gov)
- American Astronomical Society (www.astronomical.org)
- Stargazing Web (www.stargazing-web.com)
- Starlink (www.starlink.com)
- SkySafari (www.skysafari.com)
- StarMap (www.starmap.com)
- SkyWatch (www.skywatch.com)
- OSIRIS (www.osirisproject.org)
- Sky Guide (www.skyyguide.com)

Cosmos and Consciousness comes to Maine

by John C. Bredel and Michael Mannion

The Maine Solar System Model

The Maine Solar System Model, located at the Northern Maine Museum of Science, is a unique and educational exhibit for visitors of all ages. This model provides a hands-on experience for learning about our solar system, its planets, and the relative sizes of these celestial bodies. The model is created to scale, allowing visitors to understand the vast distances between planets and the relative sizes of each planet. The model also includes information about the composition and characteristics of each planet, such as the age of Earth, the size of Jupiter, and the density of Saturn. The model is designed to be interactive, with educational signs and displays that provide additional information about the solar system. The Maine Solar System Model is a valuable resource for educators, students, and anyone interested in learning about our solar system. It is available for public viewing daily from 9:00 AM to 5:00 PM, and there is no charge for admission. The model is located at the Northern Maine Museum of Science, 155 Main Street, Presque Isle, ME 04769. For more information, please visit the museum’s website at www.nmsc.org.
Sengchai Thai Cuisine
Restaurant row

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THREE DOOLLAR DOZEN 311 Commercial St, Portland. 773-9818
WODY'S BAR & GRILL 40 Middle St, Portland 773-9818
THE BREAKAWAY 32 India St, Portland, ME 772-0989
PUNKY'S 63 Forest Avenue, Portland, ME 775-6951

Asian/Chinese
ORIENTAL TABLE 199 Exchange St, off of the Old Port, Portland. 772-3894
PINE INN 129 Forest Ave, Portland. 773-0827 or 773-8045

Barbeque
MEAD STREET BBQ & GRILL 71 Webster St, South Portland, ME 775-0725

Cafe
DARTSFIELD'S AMERICAN CAFE Portland, ME. 775-9811
FRIENDSHIP CAFE 30 Congress St, Portland. 772-3393
THE WINE BAR & RESTAURANT 46 Wharf St, Portland. 772-8888

Thai
BAI'S RESTAURANT & LOUNGE 2 High
Linden Way, Manchester, ME. 603-442-3332

Sushi
PULL BELLY DII 1 Two Tree Shopping Center
772-0190

Eclectic
180 CONGRESS 750-7733
THE SPARKLING 30 Market St, Portland's Old Port. 773-9818
AQUA PAVILION Promenade Mall, 610 Falmouth St, Portland. 773-9818
BAR BACON APPLEnuts 23 Forest Ave. Portland. 772-0190
CLINTONS CAFE MARKET, 240 Fore St
MILKSHAKE PARLOR 180 Congress St, Portland. 772-0844
DARRENS CREATIVE CUSINE Movement Square 777-9818
GRATITY 46 Congress St.
GREAT LIFT BCA 241 Forest Ave, Portland. 772-0190
HANEY'S & BEER & BARBECUE 75 Congress St. 603-9822
POLLITT'S CAFE (605 Exchange St. Portland. 772-0190
PIPER'S KITCHEN 7 Middle St, Portland. 772-0190
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www.ourmain.com
A Monstah Good Time
by John Christian Negro

Wow, what a thrill! Watching a baseball game has never quite been like this. Fenway Park, home to the Boston Red Sox and the oldest surviving stadium in Major League Baseball, received a fresh makeover this season expanding the ballpark's seating capacity by adding a hundred or screw seats above the infamous Green Monster in left field.

The "monster tickets in town" have brought new meaning to catching a game at Fenway. The brand new, three level, fully-equipped stadium offers a full menu, bar, and standing room section, but a "Monstah" with lots. It's been said that virtually every game in advance for this entire season.

"It's really exciting," said Scott Barrett, Lieutenant, Marine na-

tive. "sitting top of the Green Monster is a dream come true, especially during this inaugural season of the Monster seats. "The view just can't be beat," he said.

The best seats in the house after hard wire style seating propping base 40 above field level, offering a unique perspective and a fabulous view of game action. Complete with the open bar with assorted beers and a full menu with burgers, Italian subs and "Monster Dogs," baseball at Fenway Park will never be the same.

On level with the window out of the third base side, the seats above the Monster perch pass way up high, well above the wall just to the left of the bad pole hovering over belf-

try Monster" afterward, she said. "Not only does the Monster tickets allow fans to view the Monster itself, but there is also a "Monstah Hit" with fans. It's been sell out throughout the season.

Before this season only the occasional wonky Major League pitcher has enjoyed the Monster in left field. "Sitting on top of the Green Monster is a dream come true, especially during this inaugural season of the Monster seats. "The view just can't be beat," he said.

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The best seats in the house after hard wire style seating propping base 40 above field level, offering a unique perspective and a fabulous view of game action. Complete with the open bar with assorted beers and a full menu with burgers, Italian subs and "Monster Dogs," baseball at Fenway Park will never be the same.
School Starting So Early!
The Thoughts in the Mind of an Average Child!
by Lynn Brink
Age 12

Us kids should not have to start school so early, because it is really hot at the end of August and early September. All we do in class is pout and do the sloppiest work you can imagine and then we get F's at the end of the quarter. Then we get in trouble by our parents.

In addition, we should be able to be playing in the hot weather, outside enjoying the little summer we have without having to be at camp, or at appointments, or being sick, or at a small summer job!

Most of us love to be at school but they start too early. We could probably be learning more at home on the computer than at the hot sweaty classroom. We know you can't change the date for this year but next year.

PLEASE change it to after Labor Day!

Contests
PHOTO BY: HEATHER FIELD OF BRUNSWICK

POETRY:
Watercolor
by Michael Conary of South Portland

In the field where the wild flowers grow
Among the gravestones, now-site aged row
A robin glims a pragmatic mound of earth
For worms; a purple Finch expounds its breath
In loyal morning melodic; A breezer
On stiff tire tires reflects the flailing sun
From rich black lacquer paint, and makes too sound
But like a ship of state it seems to float,
So calm so peaceful in its grave approach.
The man in black recites his magic words
The mourners hear their hearts' interior song
Around the stone they see a yellow bough
Stop the tallest pines there sits a crow.

PHOTO BY: SCOTT GRANT OF PORTLAND

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"As far as we can discern, the universe is a very Silly place."  A. Einstein
**calendar 8.21 to 8.27.03**

**Thursday, August 21**

The Penobscot Gallery, Brunswick. Foundations of art canons by Jim Lehrer who leads the viewer through his Robeson paintings with bold and sharp contrasts highlighting the harmony between the beach and the marsh. Free, 9-5 Tues.-Sat. 10-5 Sun. Info: 667-3282.

**Casco Bay Weekly**

**Sunday, August 24**

Carriage and Coach. Music will be the primary focus provided by the well-known Carriage and Coach drivers, 2-3:30pm. Bring your lawn chair and have some free tapping fun in the covered Folk Arts Marketplace at Codman's Landing, 6 Causeway Rd., Harpswell. Info: 633-0932.

**Monday, August 25**

Farmers Market. Visit the farmers market every Thursday, 9am-12pm. 8.21 - 9am, 8.22 - 10am, 8.23 - 11am, 8.24 - 12pm, 8.25 - 11am. Info: 633-0932.

**Tuesday, August 26**

4th Annual Elizabeth Aveleigh Cary Memorial Walk will be held to benefit Imaging of VHS and The Maine Cancer Foundation. The three-mile walk will begin at 9am at the Landing, 2nd St., Saco. Registration forms are available at VHS, 70 Federal Road Rd., Saco or by contacting Paul Cary at 286-7460.

**Saturday, August 23**

**2nd Annual Elizabeth Aveleigh Cary Memorial Walk** will be held to benefit Imaging of VHS and The Maine Cancer Foundation. The three-mile walk will begin at 9am at the Landing, 2nd St., Saco. Registration forms are available at VHS, 70 Federal Road Rd., Saco or by contacting Paul Cary at 286-7460.

**Dine and Delight** at the Penobscot Gallery. A dinner of tapas and wine will be served to benefit the Penobscot Gallery. Info: 667-3282.

**John Schaalberger and Other Featured Artists at Maine Art Gallery**

**Jewelry by Kathy Hamilton featured at The Penobscot Gallery**

**Dreamland** by Terri Read at The Penobscot Gallery

**Jewelry by Kathy Hamilton directed at The Penobscot Gallery**

**Where's Waldo?** by Terri Read at The Penobscot Gallery

**Sailor's Bliss** by Terri Read at The Penobscot Gallery

**Friday, August 22**

"Where's Dora" an exhibit featuring the poetic and text translations by the poet, Dora Buxton of the lovely collection of poems known as "Where's Dora?". The perfect present for the woman in your life. Visit Dora's website at www.dorabuxton.com.

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**Wednesday, August 27**

Alma V. McPherson with speaker Dr. Lawrence Cohen, author of "The Language of Healing," will talk about "walking within the shadow of our parents" and how to break the cycle. Free, 5.30pm, 7th Maine Regiment Museum, Rye St., Bath. 667-5030 or 667-9493. Info: 667-5030 or 667-9493.

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On the Cover:

"Father's Heart" author Robert Joyce talks about his book in a recent article. Joyce discusses the challenges he faced while writing and the inspiration behind his latest work. The book, set in the early 20th century, explores themes of love, loss, and redemption.

[Image: Cover art by local artist, depicting a heart with wings]

ARTS OF MIND AND BODY

The Arts of Mind and Body is a bi-monthly column focusing on the intersection of mental health and wellness. This month, we explore the benefits of art therapy and the role it plays in promoting mental health.

[Image: Image of a person creating art]

OCEANS AND THE OCEANS

The Oceans and the Oceans column highlights the latest research on the impact of climate change on our oceans. This month, we discuss the effects of rising sea levels and the importance of conservation efforts.

[Image: Image of a coral reef]

STAGE DOOR

Stage Door previews the latest theater productions opening in the area. This week, we feature the Maine State Music Theater's production of "The Sound of Music," which runs through August 25th.

[Image: Image of a theater interior]

LOCAL NEWS

Local News is a regular feature providing updates on events and news in the community. This week, we report on the successful completion of a local charity event and the upcoming schedule for the local library's summer reading program.

[Image: Image of a local community center]

TOURISM

Tourism highlights the various attractions and events taking place in the area. This week, we feature the annual film festival, which draws filmmakers and movie enthusiasts from around the world.

[Image: Image of a film festival poster]

COMMUNITY NEWS

Community News provides updates on local organizations and events. This week, we report on the upcoming fundraiser for the local animal shelter and the upcoming community garden day.

[Image: Image of a community garden]

WOMEN'S HEALTH

Women's Health features articles on health and wellness for women. This week, we discuss the importance of regular check-ups and the benefits of a healthy lifestyle.

[Image: Image of a woman exercising]

SPEECH RADIO NEWS

SPEECH RADIO NEWS is a weekly column featuring articles on communication and public speaking. This week, we explore the benefits of public speaking and how it can help boost confidence and leadership skills.

[Image: Image of a public speaker]

SPORTS

Sports is a regular column covering local sports news and events. This week, we report on the local high school sports team's performance and the upcoming schedule for the local youth league.

[Image: Image of a high school sports game]

CLASSIFIEDS

Classifieds is a space for local businesses and individuals to promote their services or products. This week, we feature ads for a local furniture store and a local event planning service.

[Image: Image of a classified advertisement]

RECREATION

Recreation highlights the various outdoor activities and events taking place in the area. This week, we feature the annual mountain bike race and the local hiking trails.

[Image: Image of a mountain bike race]

ENTERTAINMENT

Entertainment provides updates on the latest entertainment news and events. This week, we report on the opening of the local art gallery and the upcoming music festival.

[Image: Image of a music festival poster]

REAL ESTATE

Real Estate features articles on buying, selling, and renting properties. This week, we discuss the latest market trends and tips for home buyers.

[Image: Image of a real estate ad]

LAW

Law is a regular column covering legal news and events. This week, we report on the recent decision regarding data privacy and the upcoming legal conference.

[Image: Image of a legal document]

TECHNOLOGY

Technology provides updates on the latest technological advancements and trends. This week, we feature a review of the latest smartphone and a discussion on the impact of technology on society.

[Image: Image of a smartphone]

EDUCATION

Education is a regular column covering local schools and education news. This week, we report on the recent graduation rates and the upcoming school board meeting.

[Image: Image of a graduation ceremony]

FINANCES

Finances is a regular column covering financial news and advice. This week, we feature an article on saving money on utilities and a discussion on the benefits of investing for retirement.

[Image: Image of a financial document]

HEALTH

Health is a regular column covering local health news and events. This week, we report on the recent health fair and the upcoming health program.

[Image: Image of a health fair]

ENVIRONMENT

Environment highlights the latest environmental news and events. This week, we feature an article on the impact of plastic pollution and the upcoming environmental conference.

[Image: Image of a plastic bag]

FOOD

Food is a regular column covering local food news and events. This week, we report on the recent food drive and the upcoming food festival.

[Image: Image of a food drive]

LOCAL VENDORS

Local Vendors is a space for local vendors to promote their products or services. This week, we feature ads for a local bakery and a local bakery.

[Image: Image of a local bakery]

LOCAL EVENTS

Local Events provides updates on the latest local events and activities. This week, we report on the upcoming farmers market and the local community garden day.

[Image: Image of a farmers market]

RECRUITMENT

Recruitment is a space for local organizations to promote recruitment efforts. This week, we feature ads for a local non-profit and a local non-profit.

[Image: Image of a non-profit recruitment ad]

LOCAL ARTISTS

Local Artists highlights the local artists and their work. This week, we feature the work of a local painter and a local sculptor.

[Image: Image of a local artist's work]

LOCAL VOICES

Local Voices provides updates on the latest local voices and perspectives. This week, we feature an article on the impact of social media on children and a discussion on the benefits of arts education.

[Image: Image of a local voice]

LOCAL NEWS

Local News provides updates on the latest local news and events. This week, we report on the recent fire and the upcoming community event.

[Image: Image of a local news article]

LOCAL SPORTS

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[Image: Image of a local sports event]

LOCAL MUSIC

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[Image: Image of a local music event]

LOCAL BUSINESS

Local Business highlights the local businesses and their success stories. This week, we feature an article on a local restaurant and a discussion on the benefits of local business.

[Image: Image of a local business]

LOCAL HISTORY

Local History provides updates on the latest local history news and events. This week, we feature an article on the history of the local community and a discussion on the benefits of preserving local history.

[Image: Image of a local history article]

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GALLERY TALKS

Lauren Prendergast will lead a walk in the Tuesday Gallery Talk with her installation "Dreaming of Sea," ongoing. Prendergast is an artist and educator based in Portland. She received her M.F.A. from the University of Maine in 2007 and her B.F.A. from the University of Southern Maine in 2000. Her work has been exhibited in juried shows and galleries in New York, Maine and Oregon. She has taught classes and workshops at the Maine College of Art, Old Town School of Writer Arts, and Maine Animation Studio. She is represented by the Coastal Maine Artists in Portland. Prendergast will be available to answer questions and discuss her work.

CALL FOR ARTISTS

The New York Art Fair, the largest international art fair in the Americas, is now accepting applications for participants from January 1 to May 31, 2003. The New York Art Fair is held at the Jacob K. Javits Convention Center in New York City and is the longest-running art fair in the United States. The fair features works from over 100 international dealers and artists, representing a broad range of contemporary and traditional art forms. The fair is open to the public, and admission is free.
Two NAR Sailors Form Band

by JOE JENKINS, ALL-O's Photo

When you get a pair of musicians who are both sailors and sailors who happen to be musicians, you get a band. It’s as simple as that. In fact, it’s as simple as the name of the band itself: NAR Sailors. This is not hyperbole; it’s the truth.

NAR Sailors is the brainchild of two sailors who have been playing music together for years. Matt Smith and Tim Johnson met on a cruise ship and found they had a shared love for music. They started playing together informally and eventually decided to form a band.

The name NAR Sailors was chosen because it reflects the band’s nautical origins. Both Smith and Johnson are sailors, and they wanted the name to reflect that fact. The band’s music reflects their love of the sea, with songs that are often about sailing and the ocean.

NAR Sailors has been playing together for several years now, and they have built up a dedicated following. They play a variety of music, from folk to rock, and they are known for their live performances, which are always energetic and entertaining.

If you’re a fan of music and you’re fans of sailors, then you’ll want to check out NAR Sailors. They’re a band you won’t want to miss.
Female Seeking Male

35, attractive, loving, secure, with similar qualities, who would like to attend movies, concerts, and other events together. Sincere and honest personality. Let's see where this leads. Age does not matter. Genuine person only. Reply with interested. 212-555-0123.

Male Seeking Female

37, single, honest, open, and friendly. Looking to settle down and share the ups and downs of life. No games. Send a picture and a little more about you. Be prepared for a response. 212-666-7777.

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