8-28-2003

Casco Bay Weekly : 28 August 2003
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.

Beginning on Page 16
From the famous East Village La MaMa Experimental Theater Club
a New York City Premiere comes home to Maine
In recognition of National Recovery Month September 2003
The Maine Alliance for Addiction Recovery proudly presents

ULTRA LIGHT

a true fishing story

A Full Hour Production
Written by Michael Gorman
Directed by Brian Glover

"Mike Gorman has written a beautiful, moving play about his brother..."
—THE BOSTON PHOENIX August, 2001

"Mike Gorman's new play "Ultra Light" was produced by New York's legendary La MaMa Experimental Theatre Club...The work uses the principles of fishing as a metaphor for one brother's attempt to reel the other in from the dangerous waters of drug addiction."
—CAPE ANN NEWS August, 2001

"Addiction is the unspoken epidemic of our time. Hopefully the arts have been integral in bringing this problem into the light. I believe our communities will be enriched by this remarkable performance."
—Dr. Joe Py, Discovery House, Portland August 2003

Portland Stage Company
September 4 to 7 Box Office: 207-774-8445
Pine Street Theater, Bangor
September 17 to 19 Box Office: 207-942-3333
The Grand, Falmouth
September 18 to 21 Box Office: 1-800-363-8500
Tickets: $10 to $30
For ticket & tour info call the theater box office, or
www.ultra-light.org

Two brothers, their love for fishing...
and the intrusion of addiction.

Opening night at Portland Stage Company has been graciously sponsored by Mercy Hospital. We thank them for their support.

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August 20, 2003 3
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.

Bangor Theological Seminary • New England Bible College • Cheverus High School • The Circle of Mercy Education
MECA • NEA: Helping Parents Help Their Children

Saint Joseph's Combines Academic Excellence and Beautiful Setting • From "Color and Calligraphy" to "Constructive Conflict Resolution" • Northeast Technical Institute
UNE Welcomes New Students • Skillin School Playground Project • New Initiatives at Skillin School

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

Sept 4 • What's Cookin'?
For many, cooking is just a daily task to satisfy hunger. But to some it's a passion, an artful hobby 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 such 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 lives with our readers. Please contact us by the end of August for this special issue about "How the loss of 9/11 live 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, who 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.

Sept 25 • Maine Outdoors
Be it hiking, hunting, camping, or skiing you can be sure your favorite outdoor activity is within a quick drive or brisk walk. That's one of the great parts of our city, and state for that matter. CBW will fill you in on when and where all of your favorite outdoor activities will take place. Deadline for editorial contributions and advertising is September 17.

For more information, contact Rosann Mango-Morgan at 775.6661 or e-mail cbw@mainen.com. Space is filling fast!
Maine State Ballet Announces Auditions for The Nutcracker

The Maine State Ballet will hold auditions for its annual production of The Nutcracker on Saturday, September 11th. The auditions will be held at the Portland Stage Company on Exchange St., Portland, Maine.

The production will feature a large cast of holiday favorites, including the snow queen, the sugar plum fairy, and the Mouse King. The ballet will be performed at the Roman Seating Company, Portland, on December 11th and 12th.

For more information, please contact the Maine State Ballet at 207-775-6000 or visit www.maine-stateballet.com.

Maine Maritime Museum Will Host Special Event

The Maine Maritime Museum will host a special event on Saturday, September 11th, honoring the hard work and dedication of those who have served in the U.S. Navy. The event will take place from 10:00am to 2:00pm and will feature a variety of activities, including a patrol boat display, a U.S. Navy tribute, and a special performance by the Maine State Ballet.

For more information, please contact the Maine Maritime Museum at 207-775-4861 or visit www.maine-maritimemuseum.org.

September Stampede 5K

Come to the Sanford YMCA for a fun-filled 5K walk/run on Saturday, September 11th. The event will feature a variety of activities, including a 5K race, a kids race, and a family fun zone.

For more information, please contact the Sanford YMCA at 207-544-4024 or visit www.sanfordymca.org.

Community News

American Society for the Prevention of Cruelty to Animals (ASPCA)

The ASPCA is pleased to announce the 2010-2011 ASPCA Community Grant Program. The program will support organizations that are working to prevent animal cruelty and promote the well-being of animals.

Application deadline: September 15, 2010

For more information, please visit www.aspca.org/community-grants.

Bacteria Sources Discovered in Webhannet Watershed

A team of researchers from the University of Maine and the University of New Hampshire has discovered three new sources of bacteria in the Webhannet Watershed. The findings could have significant implications for water quality and public health.

For more information, please contact the University of Maine at 207-777-5163 or visit www.umaine.edu.

Casco Bay Weekly

We want your letters!

Please send your submissions (no more than 500 words) to: L. Beach, Casco Bay Weekly, 51 Forest Street, Portland, ME 04101. E-mail: letters@cobayweekly.com. Be sure to include your address and phone number.
By Shawn LeBrun Certified Personal Trainer

The Single Most Important Factor in Fitness

Or, with a negative attitude: 2. You’re going to do the bare minimum when it comes to working out and not thinking what you can. With a positive mindset, you’re going to go to the gym once a week. Once there, you won’t give up until you feel the burn. When it comes time to enjoy a healthy eating regimen, you’re not going to be quite as strict as you should be. If you’re going to give up, do it in a positive manner.

The first step in modeling your life potential is having a positive attitude towards fitness and eating healthy, because it all seems so negative and you’re setting a negative example.

You realize that recognition will pay off and that all of your workouts and times slipping the pants will get you there. You’re going to approach your workouts and nutrition with a positive attitude, and you’re going to be patient. You’re going to work out and eat healthy with a positive attitude and you’re not going to give up on your goals. You’re going to keep working and eating healthy with a positive attitude and you’re not going to give up on your goals. You’re going to keep working and eating healthy with a positive attitude and you’re not going to give up on your goals.

Shawn LeBrun is a personal trainer and owner of the LeBrun Fitness training company www.shawnlebrunfitness.com. He can be reached at the website or at shawnlebrunfitness@yahoo.com.

Books

A Moose and a Lobster Walk into a Bar...
By John McDonald

John McDonald is an authentic rural Mainer. As such, he has heard a lot of stories, true and otherwise, in bars and feed stores or at lazy restaurants like Moody’s Shore and Fat Boys. Fortunately for us, he has a good ear and a memory to match. Some of the stories in this book are as he heard them and others have the names changed to protect the guilty. Still others are the best combinations of similar stories and many of the characters are composites of real neighbors and Mainers characters he has met during his lifetime.

Of course no anthology of Down East humor would be complete without satirical references to Mad Season, Black Flies and Summer Complaints (tourists) and there are more than a few of those as well. This is a good read for a summer day or any other time. It won’t challenge you mentally or put you to sleep. This is pure cotton candy. Or maybe fish food.

To learn more about John McDonald’s fabulous book, you can find it online at:
http://www.shawnlebrunfitness.com/index.html

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from where I sit

A Challenge to be Selfish

by Michael E. Shriver

Be selfish! Take up the challenge that goes to this money. It will make you rich and give you a great right now. It will help your community. It will help your neighbors. It will help the world. It will help your community.

Non-profit news

Cowboy Ball Round Ups Fund For Equest's Special Riders

by Katie Leclerc

Equest, a nonprofit Therapeutic horseback riding program, is running an apples-and-sweat shirt cider fundraiser this week. The Cowboy Ball, Square dance at the local country club in November, is sponsored by the organizers. Help Equest! Make a donation to support the program. It makes a difference! Help to raise money for Equest. It will help to support the program.

The Cowboy Ball

The Cowboy Ball is held to support Equest. The event will be headlined by Katherine Joelle. The event will be held at the Portland Public Market in Maine. Local stores around the area will be donating cider and hanging out to support this cause. This is a country dance. There is an entry fee and a potluck.

By the way, the theme of the Cowboy Ball is "Western." A potluck is a silly way to remember the causes of the people around us and enjoy the causes we support. This is a silly way to remember the causes of the people around us and enjoy the causes we support.

The Portland Public Market

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**TAX PROBLEMS?**

by Nancy Freyman-Smith

The dog days of summer are coming to a close. You still have time to catch up on your seasonal tasks. Remember when it comes to animals, there is always something new to learn and always more than one way to look at a problem. All recommendations are positive reinforcement.

Visit www.CascobayWeekly.com for all rated 4 stars or out of a potential 5.

Get Reading!

*The following books are all rated 4 stars or higher.*


2. *Carnie Clark: Dogs Are From Planet Dope and We Are From Planet Normal.*

3. *You Are Having Problem Behavior with Your Pet and You Don't Know Why.*

4. *Adopt a Pet: Cleo* by Nancy Freyman-Smith

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**family for me**

**Here Comes The Dugout**

by The M. Carbone

In an earlier issue, we alluded to theOCKETED downpour we would see for the Portland Sea Dogs. Well, all that is now a memory. The time has come for the Portland Sea Dogs to move into the dugouts. They did just that last week.

If you need to reach Julian, or obtain more information about the sea dogs or any of their upcoming games, you can call 1-877-505-0545.

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**North Star Garden Design**

Creating gardens that inspire joy

Marianne Gagne, owner of North Star Garden Design

David Neufeld, David Neufeld organizes Random Chaos as owner of North Star Design.

---

**Greener Side**

Garden Calculus Made Easy

by David Neufeld

1+1+1+1+1=5

Reduction is the solution. The rules of dividing perennials apply to anyone who has more than one plant. The plant is simply divided into multiple plants by cutting it up. The removed plants can either go into your own garden or into friends' gardens. The results can be a wider variety of plants and colors, with some plants being more stable or grounded than others. By reducing the number of plants, you can achieve the same amount of space with fewer plants.

---

**North Star Stoneworks**

Walks, terraces, paths, steps, and bench seats from aged granite.

 pls 671-1311 (in the Portland area), 671-1313 (outside the Portland area)

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**press box overtime**

by the reframed league

Julian is no stranger to baseball or any other sport. His dedication to the sport is obvious from his wide array of skills and his positive attitude, which makes him a joy to have around. Julian's love for sports is evident in his dedication to baseball, which he often does with his foster dad, and he'll be happy to have us as his team. Julian's desire to participate in his favorite sports is inspiring.

---

**Paw print**

Last Minute Summer Reading

by Dr. Ian Dunbar

The summer months are a great time to get your child interested in reading. The following books are all rated 4 stars or higher.

1. *How to be the Leader of the Pack and Have Your Dog Love You* by Jean Donaldson

2. *Cleo: The 11-Year-Old Boy* by Nancy Freedman-Smith

3. *The Dog Days of Summer* by Nancy Freedman-Smith


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**STORY TIME**

Portland Public Library

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207-828-7011

www.portlandpubliclibrary.org

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**WGMJ 13**

For Me

A Family

by Webster's World of Music

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**THE MANHOLE**

by Webster's World of Music

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www.BTGAdmin.com
**Define Your Image**

**The Daily Grind**

**Leave a Message**

By Marietta James

This is a true story. It's happened to you, and it will happen to you. And it will always be people like you in this story.

I saw a friend in the supermarket checkout lane, and when he spotted me, his mouth was moist as usual. First, he embraced me, then patted my head. Then, to the checkout lane, he carted me off. Glancing back, he began to implore me. "How can I contact you?" The usual line.

I was not pleased, of South America. She explained that gentle Boy Weekly will always be people like you in this story.

"I'll call you from those days, and you never pick up your keys, you never old man." (For the sake of decency, I changed the actual language.)

So I began to plan (generally use my imagination) a scheme to see me, he interrupted. "I don't believe that you don't answer the phone! What was it as emergency?"

"Why? I begin to explain that I always pick up the phone if the caller identifies himself or herself, and again, as easy take: 'What are you so hypertension I can't talk to me anymore? Who do we do so much for you, for guinea pigs? (That's me.)

"Why, yes, my dear, and bear your burden. We cannot be to alert police that a stranger was inside and you."

My patience, never my long will, had reached its limit, but contrivance did this bearing man without a heart, and was as bare as my previous, you selfish, precious, you!

And I know in to the major purposes of American society to say Ad Astra: It's a concept that will force the mind's instinctual gratification in every area of life. We do not want to wait—indeed, we oft wait for anything.

"It and Field needs up to 30 seconds to do your busy work. However much the Happy Man to the shop, we do not do the work of God forthwith we should be just as well.

To do is my wonder that having to leave a message is almost impossible. We ask, "Does this know what is calling?" Most of all people, wait for a return call?"

When our beloved is too, his love must be chosen for. I want you to speak to me, but she is not understanding. That's the usual line.

I can't do that, then you are not. If I'm in the house, and can't only that you are

---

**Skyline**

By Edward G. Stock

You are an inhabitant of a galaxy. Allow me to work with you for a moment as you gaze into the night sky. The Moon, the planets, and every star you observe are all part of a part of a comprehensive overview of our solar system. The Sun is the bright white dot in the center of the image. Vast space surrounds it, filled with billion of other stars.

In a galaxy, there are billions of stars. Each star is surrounded by a cloud of gas and dust, called a nebula. These nebulae are the birthplaces of new stars. As the gas and dust in a nebula collapses, it forms a rotating disk. This disk is called a protostar. If the protostar becomes hot and dense enough, it will ignite nuclear fusion, and a new star is born.

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**Southworth Planetarium**

University of Southern Maine

94 Falmouth Street Portland, Maine

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**Huge Sporting Yard Sale**

Sat. and Sun. Aug. 30 and 31 from 9:00 am to 5:00 pm, adjacent to the Subway Pines Hotel, Route 30, North Windham, Maine. Antiques and modern fishing rods, reels, lures, crossbow (basket), nets, tackle, hunting knives, canoeing, much collection & user by Fishing hunting related, all men of outdoor related gear.

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**Language Classes**

The Language Institute

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AUGUST 28, 2003

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**ART WANTED**

Send your original photographs, artwork, and illustrations for consideration. Each week our staff will pick their favorites and publish them in our paper with your name. You'll receive your prize for your award-winning photo, artwork, or illustration. See contest page for details.

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**Organizer**

Don't forget to order your own copy of the 30th edition of The Maine Road Atlas. If you order today, you'll receive a 10% discount, plus you'll help finance the next printing. Order now, and the road will be called East Coast Road Atlas. To order, visit www.immersionprograms.com.
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, towels, and sunscreen, it’s time for books, pens, and notebooks. You’re going back to school.

Cheverus High School

By Jack Dawson, Director of Admissions

On Tuesday, September 1, Cheverus High School will open its doors to the largest and most diverse student body in its 150-year history. The new school will welcome the first female students to the faculty of the fall of 1989 and lead to a full fall of 2003 this coming season. The comprehensive renovation to eastern Portland’s Cheverus High School has not yet been complete, as well as close to thirty faculty members transferred into the upper grades.

Cheverus students, faculty present at school and community, had an initial year in which both the school’s transformed and hockey championship were realized in a long two years.

The Circle of Mercy Education

By Debra Lincoln-Lazell

And September 1, along with the new school year, the Cheverus High School annual report is published in our yearbook at Cath­erine McAuley High School. The 2003-2004 school year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine. The positive new school year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine. The positive year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine. The positive year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine. The positive year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine. The positive year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine. The positive year marks the 150th anniversary of the Founding of the Sisters of Mercy in Maine.

New England Bible College

Greeting from the New President

By Andrew K. Johnson

New England Bible College officially welcomes you to the New England Bible College family on Sunday, October 12, 2003, from 1:30 to 3:30 in the Library. The festivities will include a family-style lunch, a tour of the campus, and an opportunity to meet with faculty, staff, and students. We look forward to seeing you and hearing your thoughts about our campus and the way we work together as a community.

Bangor Theological Seminary

By John J. Keating

Now it’s the 125th year of serving students at Bangor Theological Seminary. As one of the oldest and most respected graduate institutions in the United States, Bangor Theological Seminary has a long history of providing excellence in theological education. The Seminary offers a range of degrees, from master of divinity to doctor of philosophy, and provides a broad range of courses in the fields of biblical studies, systematic theology, and practical theology. The Seminary is committed to preparing students for a variety of careers, including ministry, education, and academic research. The Seminary is located in Bangor, Maine.

NEA: helping parents help their children

By Davis Lyon/Brock and Kathleen Green

Parents are often asked to help their children in the classroom. However, many parents feel overwhelmed by the task of helping their children with homework and understanding the curriculum. This article provides tips and strategies for parents to effectively support their children’s learning.

What Makes a Good School?

By Davis Lyon/Brock and Kathleen Green

The National Association of Secondary School Principals (NASSP) has compiled a series of guides to help parents navigate various aspects of their children’s education. One of the guides is a Parent’s Guide to School involvement, which provides information on how to become involved in your child’s education.

The National Education Association (NEA) has compiled a series of guides to help parents navigate various aspects of their children’s education. One of the guides is a Parent’s Guide to School involvement, which provides information on how to become involved in your child’s education.

Cheverus High School is located on a beautiful campus in Portland, Maine. The school is surrounded by the natural beauty of the city and the ocean. The school is known for its small, friendly environment and the personal attention given to each student.

The school offers a wide range of courses, from art and music to science and math. The school also has a strong focus on athletics, with teams competing in a variety of sports.

The school has a strong tradition of academic excellence, with a focus on preparing students for success in college and beyond. The school is consistently rated among the top schools in the state and the country.

Parents are encouraged to become involved in their child’s education by attending meetings, volunteering, and participating in school activities. The school offers many opportunities for parents to become involved, including parent-teacher conferences, school events, and volunteer opportunities.

Parents are also encouraged to get to know their child’s teacher and the school’s administration. The school’s administration is always available to answer questions and provide support.

The school’s website is a valuable resource for parents, providing information on school events, policies, and procedures. The website is also a place to connect with other parents and to get information on how to become involved in your child’s education.

The school is committed to providing a safe and supportive environment for all students. The school’s administration is dedicated to ensuring that all students have the opportunity to succeed and to reach their full potential.

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Saint Joseph's combines academic excellence and beautiful setting

Lifelong Learning at USM Continuing Education

Northeast Technical Education

Skilling School

Playground Project—Building a better, safer and fun future for our children
With the school year right around the corner, kids of all ages are getting ready to hit the books. At the Koala Day Care in Westbrook, five-year-olds get ready to take the next big step—kindergarten. These kids seemed cool as cucumbers about the idea of starting a new school in a few weeks. Here's how they answered some of Leigh-ann Smith's questions.

**Are you nervous about going to school?**

Brianna: *Nope, I'm not afraid of anything.*

Eric: *I got new shoes that my mommy bought me... hey!*

**What will you bring on your first day?**

Carter: *I'm going to bring my toy motorcycle.*

**What do you think you'll do at school?**

Kaija: *I will get to see my girlfriend, Isabella.*

Kenny: *Go on field trips.*

Weiley: *I get to play with my Ninja Turtle everyday.*

Allie: *I'm going to sign up for soccer.*
Looking over the shoulders of Todd Jackson, we get an inkling of the gesture that he plans to make before the touchdown.

PHOTOS TOM KEENE

**Dirty Pretty Things**

*Father Knows Best. Son Knows Better.*

**Dirty Pretty Things**

It doesn’t happen often, but on the film *Dirty Pretty Things*, the Keens—father and son—are in complete agreement that this is a superb movie. It is rated R for sexual content, disturbing images and language and has a running time of 107 minutes.

By Tom Keane

**Dirty Pretty Things** is a social revenge story set in a hard, ugly world. The main characters are Okwe (played by Chiwetel Ejiofor), born in Nigeria, living illegally in London, and Senay (played by Audrey Tautou), born in Turkey, living illegally in London. Okwe is a Nigerian doctor living illegally in London, but the small cut he makes when he holds an organ for the first time sends him on a path that will ultimately lead him to Senay—his opposite, a Turkish immigrant. Okwe is a sweet movie set in a hard, ugly world. The main characters are Okwe and Senay from the other desperate immigrants is that our protagonists have seen, the director’s attention to the performing and the editing is impeccable. He has placed the scenes and people the way meant to be placed in the movie, and the shots are polished and polished.

The story asks a question that is not easy to answer, and the film offers an emotionally satisfying ending, answering most of the questions that need to be asked, but it does not have as much weight as it has in other movies. The Third Man.

One scene in particular drives home just how deep the immigrants’ condition is, and the length some will go to improve it. Okwe is courting to destroy the dreams of the up-and-coming business. Senay can’t foresee the total cost of the operation being worth it.

The movie was directed by Stephen Frears, who is best known for films like *Amelie*, *Dirty Pretty Things*, *la Vie en Rose*, and *Safe*. The film tells the story of four main characters: Okwe, Senay, Lorraine, and Steve. The story is one of life. What separates them is the way they talk about their lives, and the way they talk about their lives is what I believe to be the most important. In a way—

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The story asks a question that is not easy to answer, and the film offers an emotionally satisfying ending, answering most of the questions that need to be asked, but it does not have as much weight as it has in other movies. The Third Man.

One scene in particular drives home just how deep the immigrants’ condition is, and the length some will go to improve it. Okwe is courting to destroy the dreams of the up-and-coming business. Senay can’t foresee the total cost of the operation being worth it.

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The Joy of Meeting Rachael Lampa
By Alyss Morgan, age 12

On Monday, August 4, I saw the most amazing Christian concert ever! Rachael Lampa is eighteen years old and only four feet eleven inches tall. She has the most spectacular voice I have ever heard. She has achieved almost every girl dream of. Most of us dream of being a singer and practice singing into a hairbrush in front of a mirror. Rachael has made it even sings her songs to the latest style of music. and boy does she rock! Rachael is also one of the sweetest teens I've ever met. Funny is not stuck on herself like some other girls.

She is just like us. I want to be myself, and like her, not be afraid to be me. Meeting her has made a difference. I hope I can grow up and make a difference too.

Rachael's newest CD "BLUR" was made to reach teens, and it did. Not just me but every other teen at her concert for the Salvation Army's Pavilion in Old Orchard Beach. It was packed and her band was rocking! I was very surprised at the massive crowd of teens there that lined up for autographs after the concert. They were having fun in the sun.

She loves the Lord and praises Him with her music and that's very cool. Meeting Rachael Lampa made my summer and got me thinking about how she made a difference. I hope I can grow up and make a difference too.

The Joy Of Meeting Rachael Lampa
By Alyss Morgan, age 12

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**Calendar 8.28 to 9.3.03**

**Thursday, August 28**

- "Whispers of the Ocean" American artworks with a touch of Oriental, group show through September 21 at the Coolidge Center for Arts. Westfield, 190 Main St., Wells. Gallery hours: Mon-Sat 10am-6pm, Sun 1-5pm or by appointment. 207-646-6607.
- "Mars" Viewing during the upcoming starfield and meteor shower, Brimstone Reef, 4262 Rt. 1 and 9 in Wells, 603-563-8151 or www.wellsverse.org.

**Friday, August 29**

- "Coolidge Talk" Why the Wells Reserve is not a development. Founding president of Laudholm Trust will discuss how inexpensive submerged oil sand projects could be done. Laudholm will tell a story of local, human interest, culture, biology, and history. Laudholm Trust. 2pm, Laudholm Farm, Wells. 207-536-7415.
- "Art of Sea and Sky" prints, create a beautiful piece of painted art using actual fish and other sea items. Maine Discovery Museum, 74 Main St., Bangor. 207-706-2300 or www.mainediscoverymuseum.org.

**Saturday, August 30**

- "What I Did on My Summer Vacation" the fall show of the season welcomes back many of the most popular and talented artists for the group show. First opening reception will be held on August 30th and the exhibit will continue through October 13. The Gallery at Chase Hill, 10 Chase Hill Rd., Lower Village, Kennebunk, 207-967-0049.
- "Fleek" USA Airline Art exhibition in celebration of USMA's 125th anniversary, kicked off showcases our many talented alumni. The art exhibition, curated by Linda Hamor, associate curator of Contemporary Art at Fogg Art Museum, Harvard University, encompasses work in a variety of media. Exhibit will continue through September 20 of the Art Gallery, Universify of Southern Maine, Portland. 212-649-7722 or 212-995-1100.

**Sunday, August 31**

- "Write Out Loud" a poetry reading with poets including Marie Borroff, who lives in Maine four months out of the year, from 10am - 2pm at the covered, open-air marketplace. Bring your own chair and sign up for a table reading.

**Tuesday, September 2**

- Peace Action Maine Disarmament meeting, 4pm, Peace and Justice Center, 1 Pleasant St., 4th floor. 755-0680.
- "Seasonal Balance" oil paintings by Vicki McMurry. McMurry's vast landscapes, bathed in warm light, reveal her encounter with the summer of 2003. An opening reception will be held on September 5th and the exhibit will continue through September 29, Gallery at The Casco Bay Gallery, Congress St., Portland. An artist reception will also be held on September 5, First Friday art walk, from 5-8pm.

**Wednesday, September 3**

- "Portwest" Work lends off the school year by having their annual ice cream social. For every school age student, a bag of free school supplies will be handed out. Everyone who stops by Portwest West, 181 Breakwater St., Portland, 207-503-6305 received free ice cream. People will also have a chance to sign up for all of Portwest's outreach programs. 705-0150 or www.portwestwest.com.
Atlantic Ocean (weather permitting).

Thursday, August 29

The Metropolitan Baptist Cathedral Ensemble will perform, rain date Sunday, September 25.

Friday, August 29

Free Fitness Class - Take a Pilates, Yoga, or Aerobics class at 9am, 10:30am, and 11:30am.

Saturday, August 30

Family Day at the Portland Observatory - Admission is free for all children and adults.

Sunday, August 31

Art Adventures - Books and Books

Monday, September 1

Art Adventures - Books and Books

Tuesday, September 2

The "Father's Day" movie and pizza party at the Portland Observatory.

Wednesday, September 3

Join the Friends of the Portland Observatory for a special screening of "The Day After Tomorrow."
EECNEL.

A Gallery in Harpswell

Show opening reception.

by Joan Dickens, opening reception

Living in

Hours: Mon-Thurs


"More Moore, Christopher Keister and John Knight, through members.

Aucocisco Gallery at The Eastland

High St.,

C.W. White Gallery 656 Congress St.,

236-2875

Drake

Dale 81 Market St.,

Eagnell Gallery Main St., Stonington.

"Belgian Elan
estates of Leonard Baskin and Daniel Hodermarsky, h

Elizabeth

Flameut

10am-5pm. Sun

!0am4pm.

Bridgton Art Guild members, ongoing. 674-2389.

Sundays l-5pm or by appointment.

Sundays l-Spm or by appointment.


USM,
of Tuscany",

Gorham. Hours:

University

Gla88 Gallery

Orient,

"Home Sweet Yarmouth Home."

PHOTO MAINE HISTORICAL soam

memory Network www.mainememory.net For more

events based on the exhibit and geared towards adults

and the Maine Historical Society, for

Wadsworth-Longfellow House, Center for Maine History

and the Maine

Memorial Museum maintenance and collections.

The exhibit, which includes in addition to the items in the exhibit--including numerous maps of

Maine from the 1400s to the 181st century--have never been on public display before.

In Maine, has been very popular with museum visitors

including trees, rock,

across the country.

PHOTO ABBIE OSTREEM

The exhibit seniors.

Students

say that they really enjoy working on the exhibit,

and the students really enjoy working on the exhibit.

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Got Funk? Syl-Chi Keeps It Real

by Elia Vivas

S

igh up if you’ve heard this one before: a light bulb and a girl walk into a bar—a mensagem 1,000 Watts, a keyboard, a toaster, a computer—usually, a college student and a hair stylist. What do they all have in common? They are about to play funk. This band is fluent. But it’s not just the years of playing together that are responsible for the energy. The kids really know their stuff. The energy is intense, indeed. And it is this energy, combined with a few other critical elements, that will make the music so good. Sly-Chi, although not entirely exempt from this, has managed to bring a certain soulfulness to its shows. The music is inspired by the band at one of the many blazin’ live shows they’ve become known for, always posted on the web.

The Station 272 2
Three Sisters 45 Danforth 1
Pub 21 (Fifties Route/21)
Plush 54 Wharf St, Portland. 775-3356.
The Well 510 Congress St, Portland. 772-3310.
The Iguana 54 Wharf St, Portland. 773-5747.
Clyde’s Pub 173 Ocean St, South Portland. 799-5418.
The Breakaway 510 Commercial St, Portland. 799-4135.

Maine’s own music scene is home to some of the most talented musicians and bands. The Well, for example, is known for its diverse and very interesting lineup.

On Tuesday, 31 August, the annual Music directory will be published in the magazine, featuring some of the best shows in town.

Music directory

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<th>SALE PRICE</th>
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<tbody>
<tr>
<td>$29,915</td>
<td>$3,000</td>
<td>$26,915</td>
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<td>$37,050</td>
<td>$2,500</td>
<td>$34,550</td>
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### C-Class New Vehicles

Come With A 4 Year/50 000 Mile Scheduled Maintenance. 

<table>
<thead>
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<tbody>
<tr>
<td>'03</td>
<td>E320W Sedan</td>
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<tr>
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<td>E320S4 Sedan</td>
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<td>'03</td>
<td>C240 Sedan</td>
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<tr>
<td>'03</td>
<td>CLK320 Convertible</td>
<td>$45,900</td>
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<td>SLK 320 Roadster</td>
<td>$37,900</td>
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<td>$35,400</td>
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</table>

### Other Select Pre-Owned Vehicles

- **'99 E430W4 Sedan** $43,900
- **'00 E430W4 Sedan** $42,900
- **'99 E430W4 Sedan** $42,900
- **'00 E320W4 Sedan** $33,900
- **'00 E320W4 Sedan** $32,900
- **'00 E320W4 Sedan** $31,900

### Style, Unlike any other

- **'03 Nissan Murano SL** $25,900
- **'03 Toyota 4Runner** $27,900
- **'02 BMW 318 XI AWD** $33,900
- **'00 Honda Accord EX** $28,900
- **'01 Dodge Durango** $26,900
- **'01 Dodge Durango** $25,900

### Special Offers

- **'03 E550 Convertible** $58,000
- **'03 E550 Convertible** $55,000
- **'03 E550 Convertible** $52,000
- **'03 523 Sedan** $21,900
- **'03 523 Sedan** $20,900
- **'03 523 Sedan** $19,900