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Casco Bay Weekly : 25 September 2003

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Movie seen
Once Upon a
Time in Mexico
25

Volume XV
#37 casco bay weekly
September 25, 2003

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...
You Deserve a Career You Love

The demand for Cosmetology and Massage Professionals has never been better.

This is the perfect time to join this rewarding field.

Massage and Polarity programs created by Nancy Risley, RPP and taught by instructors trained by the PRI Educational Development Company.

Cosmetology programs designed by Pivot Point International and led by Teresa Favazza.

Applications Now Available For Fall Classes

Financial Aid Available to Those Who Qualify

Headhunter

Spa Tech

INSTITUTE

772-2591 • www.headhunterinstitute.com
Culture Shock
22 Restaurant Row
25 Movies
Oscar Show Time in Mexico
28 Calender
30 Happenings
31 Stage Door
32 Visual Arts
33 Focal Point
Descendants Spokes
35 Music

October 2nd issue will feature the musicians and the venues that make Portland a great place to hear live jazz. If you own a place where jazz is played, or if you're part of a jazz band—or if you just like any of the many varieties of this unique American music style and want your favorite group profiled, let us know. Deadline for editorial contributions and advertising is October 9th.

Theatre in Maine
The theatre is alive and well in and around Portland, Maine. From the Portland Players, Maine's oldest community theatre to the Schoonahouse Arts Centre at Saco Ponds, there is a fun piece about a diving dog about to be held in Portland, and beyond. Deadline for editorial contributions and advertising is October 9th.

Winterize Your Life
For some of us, the coming of winter means skiing, snowmobiling, hunting and a hundred other things you need cold weather to enjoy. For others, winter means staying indoors and shopping for spring. But for everyone—winter people and summer folk alike—certain things have to be done in and around our homes to ensure a safe winter, warm and happy winter. Our October 23rd issue will explore the world of winterizing our lives, from car to pool to clothing. Deadline for editorial contributions and advertising is October 15th.

About This Issue
Here is our 37th issue. We thought this would be a perfect time of year to create a paper dedicated the Maine's great outdoors. What a beautiful time of year it is to be out in the crisp cold. Portland Trails will fill you in on some great outdoor activities that are taking place.

Cover:
Brisk walk. That's one of the great parts of our city. and state for that matter. Maine Outdoor Heritage offers a Winning Ticket: Proceeds Benefit Outdoor Recreation, Conservation and Wildlife.

Photo:
Arrested Development: Boy land 's Property Values.

Ad:
What About Forgiven e ss Father?

Maine Outdoor Heritage
Mid-Coast Maine Club

Arrested Development: Boy land 's Property Values.
There is to know about Maine's mud-dwelling, get a meal. Call from Maine and beyond, browse exhibits in plankton through microscopes, identify clams www.wellsreserve.org.

Throughout the day, visitors will view convenient for even the most inexperienced many to experience sea-life with the eco-friendly option of shipping the ocean.

We always expect that the specimens we ship will be used to their greatest potential. In class hosting the Tidepool Kit becomes a field gist for the company.

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Interested in Your Community?

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Interested in Your Community?
Supercharge Your Diet to Ward Off Dental Disease

by Tye Veidt

You know that brushing and flossing are important, but have you gotten into the habit of thinking about your teeth and what you eat? Your diet can have a significant impact on your oral health. Eating a balanced diet with a variety of foods can help prevent tooth decay and gum disease. A healthy diet rich in fruits, vegetables, and lean proteins can provide essential nutrients for healthy teeth and gums. Avoiding sugary and acidic foods can help prevent tooth decay. Furthermore, the fluoride in water and certain foods can strengthen tooth enamel.

A national study from the University of California, San Francisco, found that a diet rich in fruits, vegetables, and whole grains, along with lean proteins, can help protect against tooth decay. The study also found that people who ate a lot of fruits and vegetables had a lower risk of tooth decay than those who ate a lot of processed foods. The researchers suggested that a diet rich in fruits, vegetables, and lean proteins can help prevent tooth decay and gum disease.

Instead of sugary snacks or碳酸饮料，try the following foods to promote healthy teeth and gums:

- Fruits: apples, pears, strawberries, blueberries, grapes
- Vegetables: broccoli, carrots, bell peppers, kale
- Nuts: almonds, walnuts, cashews
- Seeds: sunflower seeds
- Fish: salmon, sardines, cod
- Yogurt: high in calcium and beneficial bacteria
- Herbs and spices: garlic, ginger, cinnamon, turmeric
- Water: stay hydrated to keep your mouth healthy

Remember, good oral health starts with a healthy diet. Include these foods in your diet and see your dentist regularly to maintain healthy teeth and gums.

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CONTEST!

Do you have a funny story about your dog’s behavior? Really, really funny? Send us your best 200 words or less. The top two stories will be published in the October 16th issue. Please include your dog’s breed and age at the time of the incident.

1st place: 825 gift certificate to www.DogPanther.com
2nd place: Free dog treat bag for your furry friend

Please send your entries to: Bad Dog Contest
Email preferred-Gooddogzl@aol.com. Please put Contest in the heading.

So, who is your favorite bad dog? Please share your stories and photos with us. We love hearing about the mischievous antics of our favorite furry friends and how they earn their title as a bad dog. Share your story with us today!
Non-profit news

WMSJ’s 10th Anniversary Concert Coming in November

by Bonnie Maggioncalda

F or the 10th year, Michael W. Smith has been generously giving his time within the limits of his work and ministry. For the last 10 years, MercyMe has been your home for Positive Mix Music that is safe for the whole family. So to celebrate their 10th anniversary, they would bring them all together for the largest concert in WMSJ history.

MercyMe is a nonprofit organization that has been a long standing contributor to our community by providing uplifting family friendly music associated with positive messages and encouraging a lifestyle of health and spiritual growth. They have been known to travel to other countries such as Africa to bring hope to those children sick by starvation and severe poverty. They break down the barriers those remote areas to increase awareness and raise awareness that will give children the gift of life so many have already experienced by their music and teaching and reaching out to those children.

Their next big venture (aside from the concert) is “Car the Van” headquarters of Southern Maine families benefitting over the last five years from JFY 99/75 and “Can the Van” drives. Once again, they’ve partnered with the Salvation Army to distribute the food to those in need in our community.

The holidays mean spending time with our families outside the house, and having a big meal to celebrate. For many families in the southern Maine area, the resources are not available to purchase the food needed to prepare even a modest meal. It is estimated that each of the families that receive a box of food from “Can the Van” will be able to enjoy the simple pleasures of sharing a traditional Thanksgiving dinner with their loved ones. For more information call WMSJ at 1-800-434-3448.

Visit site for more information on how you can join WMSJ in supporting our community. The website has listings for upcoming events, fundraisers, and concerts they have scheduled. Their website has listings for upcoming events, locations and times. More than 200,000 tickets are sold for The Celebration Tour featuring Michael W. Smith and MercyMe, including all 40 general reserved seats. This year, radio station WGME 13 will offer all concert-goers a special, limited quantity of exclusive reserved seats. This special offer will be good for the first 1000 customers who purchase their tickets. Don’t wait too long, as less than half the ticket rooms to become available with Michael W. Smith, MercyMe, and WMSJ on Thursday, November 10. We hope to sell out all 4000 tickets with these very exclusive seats.

Edy’s has made an initial $50,000,000 donation to City of Hope and will contribute an additional $1.00 (up to a total maximum of $250,000) for every pink ribbon consumers clip and send in to City of Hope this spring and we are delighted to announce this generous financial support that will help the City of Hope continue to provide the most advanced research and treatment centers worldwide, touching the lives of millions of people everywhere.

Good news

Clip a Pink Ribbon from an Edy’s Ice Cream Carton to Support National Breast Cancer Awareness Month

by Edy’s Family

Edy’s has partnered with City of Hope, a world-renowned cancer research and treatment center, on working together to raise up to $250,000 for breast cancer research. Specially marked cartons of Edy’s ice cream now feature a pink ribbon, the universally recognized symbol of breast cancer awareness.

Breast cancer is the second leading cause of cancer deaths among women. One out of eight women in the U.S. will develop breast cancer in her lifetime.

An estimated 211,660 women,mothers, sisters and loved ones will be diagnosed with the disease this year.

City of Hope is working every day to make breast cancer not only treatable, but curable and one day, preventable.

Edy’s linked its partnership with City of Hope this spring and we are delighted to announce this generous financial support that will help the City of Hope continue to provide the most advanced research and treatment centers worldwide, touching the lives of millions of people everywhere.

For more information about how you can support City of Hope’s lifesaving research and treatment programs, please call 800-HOPE, or visit the website at www.cityofhope.org. City of Hope—Where the Power of Knowledge Saves Lives. City of Hope National Medical Center and Beckman Research Institute of the City of Hope, are National Cancer Institute-designated Comprehensive Cancer Centers. City of Hope is one of the world’s leading research and treatment centers for cancer and other serious illnesses including diabetes and HIV/AIDS. The work conducted at City of Hope is shared with medical centers worldwide, touching the lives of millions of people everywhere.
ne with disabilities have to live in the institutions, they will tell in the name of advocacy. Only to see managers come called behaviors and incidents so that they don't lose the money that they are for two years and we had a waived home and all three individuals were considered high behaviors. Where everyone could be themselves.

One night a middle manager comes in and actually starts yelling at one of the individuals for no reason at all and after a few minutes the whole house is in a state of chaos. The police had to be called as one of the individuals fell to the floor.

I am talking about the system that supposedly cares for these individuals and needs the state and federal (govern­ments) everything that it can get. Some of the agencies in the private sector did start out with good intentions but as they became larger the cancer set in. Not one agency in the private sector is immune from this malignancy.

What is this malignancy? It is simply the malignancy of greed and the end, and yes the end that comes with that greed. I wanted to find a word about what has gone wrong to the people cared for and lived over the years.

These agencies would have you think that we have come far from the days of Fordland and no longer do people with disabilities have to live in the institutions, but believe me if you talk to these individuals they will tell you the name of advocacy. I am not sure how many of us have seen people with disabilities really made to become better people in the community and only to see managers come to these agencies and demand that they be removed.

This is an indictment of the private sector and it is my hope to expose the real agencies. There are some agencies with individuals with disabilities who are making more than $30,000 a year for their agency.

In these agencies there are drugs that are sold to the patients and they are making more than $30,000 a year for their agency. In this case the individual has moved to the one who is taking the money and the other is taking the individual.

The virtual erosion of our privacy is in the absence of real choices. We have been able to maintain a sense of personal dignity by creating a space in which we can express our identities. The creation of legal boundaries has been a way to maintain our identity. As an example, the creation of the state of the art facilities is not for the purpose of providing us with a sense of personal freedom but to maintain our identity.

In addition, the virtual exists to help us adapt to the virtual world. The virtual world is not a place where the public finds help or support. The virtual world is a place where the public finds help or support.

The building's main entrance will be comprised of a vast open area on one side and a large open window on the other. The window will be made of reflective glass and will be a place where the public finds help or support.
We'll all know how versatile and quick microwave cooking is by getting dinner on the table, but not many of us take advantage of its speed in the morning—you know, when we're really short on our preparation time. I've gathered a few tips to help take some of the guesswork out of preparing my most important meal of the day in the microwave oven. That's right, it's even easier to get a delicious breakfast in bed than your body understands.

**Veggie Frittata**

* Savory and satisfying with a hidden egg.

1. In a microwave-safe bowl beat the eggs, stir in the vegetables, and add the seasonings. Microwave at 100% power for 2 minutes, or until the eggs are set, then stir, cover, and serve.

**Seven-Minute Cinnamon Buns**

* Easy to eat.

1. Preheat the oven to 350°F. Line a 9x13-inch baking dish with nonstick cooking spray. In a large bowl, mix the cinnamon-sugar mixture. Place the biscuits in the prepared dish, cut side down. Sprinkle with cinnamon-sugar mixture. Bake, uncovered, until the biscuits are golden brown, about 12 to 15 minutes. Serve warm.

**Skyline**

* From the Southwestern Planetarium

**Where the Aliens Are**

**by Edward glaciers**

The recent story of a potential planet revealed outside our solar system, New we know today that there was no life. However, we decided to examine this planet's surface for the possibility that it could support life. In the days ahead, we'll be exploring the possibility of life on this planet. We'll be examining the planet's surface, looking for signs of life, and what we learn will be shared with you. Stay tuned for more updates on the New Life Finding Expedition.

The Lady Captain's Ring

* "I Want to Wear My Ring All the Time!"*

Woman told us what her special diamond ring would mean to her as she and her fiancé said yes. We were moved and created a whole collection of contemporary designs for her to cherish. The Lady Captain's Ring was designed to be worn for everyday wear, giving you a taste of the ocean every day.

Cross Jewelers

95 State Street
Portland, ME 04101
1-800-433-2983
www.crossjewelers.com

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Portland Trails

by Donna Scott

That's one of the great parts of our city, and state for that matter. Your favorite outdoor activity is within a quick drive or brisk walk.

The Maine-iac Scuba Club started out with eight members. On September 20, 2002, working with the Maine-iac Divers and Preservation Corps and the Portland Trails Preservation Trust, the club hosted an international clean-up dive with the Mid-Coast Marine Conservation Committee.

In addition to volunteers, Portland Trails contracts with certified environmental service organizations in the Maine-iac Divers Club, the Mid-Coast Marine Conservation Committee, and the Portland Trails Preservation Trust, which helps to create a thirty-mile network of multi-use trails within Greater Portland that will link neighborhoods, parks, schools, and businesses.

The Club boasts a variety of divers ranging from ages 19-60, including a certified Edie LeClair, 60, and Dick Smith, 60. "It's more than a sport or a hobby. It's also involved with other dive clubs in New England and Acadia National Park. They have had special trips to Cozumel, in Belize or Cozumel. In Belize or Cozumel, I dive," LeClair says. "It's good for diving in warmer waters," adds Smith.

"Currently we have thirty members, but we started out with eight members," LeClair explains. "Last year we had more than one hundred and fifty people that showed up for our final meeting." Their trail usually averages about four group dives a year along the Maine coast at spots such as "Meadow Light," Rapin Hill's Camp, Fort William, Lighthouse in Bailey Island and Bald Eagle Light - historically known as the "Northwest Coast." They also dive the Presumpscot River Preserve.

"I have to be able to dive at 100 feet in open water," Smith says. "If you have a course average 825 and be last for certain number of weeks.

"After getting basic certification, advanced diving is the next step. After advanced diving certification, taking courses in depth diving, advanced diving, overhead swimming, night diving, "LeClair explains. "We have over five thousand feet of scuba diving. And for that you need the equipment. You can rent the equipment or buy it after certification. "Another piece of equipment used in diving is a computer that tells you how deep you have been, how wide you have been, and water temperature and the amount of air you have left to go down." Smith adds. "The equipment for scuba diving can be very costly, but LeClair points out, "If you get certified you only need a mask, jacket, and fins. You can rent the equipment or buy it after certification."

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Bears Referendum to End Use of Bait and Hunting Dogs

Maine citizens are now circulating an initiative petition to put an end to the baited or ringed bear hunting scheme. A state initiative is a unique aspect of Maine law, but the initiative is a first step in a march to ban all hunting of bears and wolves.

Maine Residents for Bear Referendum to End Use of Bait and Hunting Dogs

Thoughts on bear baiting, the predominant hunting method in Maine. In the October proceedings, yet few Mainers know about the 'outdoor' proceeds. Occasionally, the Outdoor Heritage instant scratch ticket is a hit, with the added benefit of supporting Maine's outdoors conservation education along the Fore River near downtown Portland. A joint effort with one of the state's several natural resource agencies (in this case, the Audubon Society). The program was established in 1992 by the Maine Dept. of Marine Resources.

Maine Dept. of Marine Resources.

Maine Outdoor Heritage Program Offers a Winning Ticket

The program is also a great learning tool for students. To find out more about archaeology and how you can become a member of the team, John Mosher led the dig. At the Choice View Farm site, digging is done in a manner similar to that of an archaeological excavation. The number of artifacts has been recorded. Fieldwork was conducted by the Maine Historic Preservation Commission. To find out more about the team, contact John Mosher at 1-800-444-1212.

Portlands Trail, Maine Conservation

September 20, 2004, 10:00 a.m. to 3:00 p.m.

Delving Into The Past

By sticking it out in the field, digging is oftennecessary to find the artefacts. By July everything was all set and I even became a member of the team. Julia had never been on a dig before and was enthusiastic about the work.

The first thing that�e\'d to do was to find a flake. If you are not sure if something is really a flake, there is always a chance that you are finding an artifact.

Some of the artifacts have a connection to archaeology, whether it was past or present. I have always been interested in archaeology. My mother and daughter took a course on how to conduct an excavation. Each day there was at least one dog on site. Allie, a Golden Retriever, belonged to Jan Hargraves, and her owner, Maxine was the owner of the farm. Some of the artifacts were provided by Kent, the next door neighbor. Some of the artifacts were provided by Kent, the next door neighbor. Some of the artifacts were provided by Kent, the next door neighbor. Some of the artifacts were provided by Kent, the next door neighbor. Some of the artifacts were provided by Kent, the next door neighbor.

If you have a hobby, or if you would like to play an active role in preserving our heritage, the Outdoor Heritage tour is a great opportunity. This is a great way to learn about Maine's natural and cultural history. Each year the program receives nearly $200,000 in grant funds from the Maine Dept. of Conservation, Citizens' Conservation and Recreation Fund. To find out more about archaeology and how you can become a member of the team, contact John Mosher at 1-800-444-1212.

Each day begins with the setting up of the site. The shovel is a great tool for digging. Every square meter is labeled north, south, east and west. Digging is done in a manner similar to that of an archaeological excavation. The number of artifacts has been recorded. The project is funded by the Maine Historic Preservation Commission. To find out more about the team, contact John Mosher at 1-800-444-1212.

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Fragments from the Past

1. Ed (right) from Friends of Menemsha Digging with Alle.
2. Volunteers and team members hard at work.
3. A hard-earned break.
4. The art of sifting.
5. A volunteer looking at a screen.
6. A good-sized chunk of rubble.
7. Screen sifting for artifacts.
Can't you see I'm busy?

By Matt Sauer

When last we met, I described my wife's rule with ordering that when her friends visit, they don't knock when they leave our home. They knock when she is asleep, when she is not home, and when she is ascending the stairs.

I still think the office is too small for her, though she has been ordering me to move to a bigger one. She said it was all right when she was pregnant, but now she has a better use for the space.

We've had a lot of visitors this past month, and she doesn't want me to be disturbed. She says she needs her rest, and I understand. We've been having a lot of work lately, and she needs to be able to concentrate.

But I don't mind the visitors. I enjoy having a lot of people around. It makes me feel alive. I like the sound of their voices and the sight of their faces.

Now, I'm not saying I don't like my wife. I love her very much. It's just that sometimes she can be a little bit too demanding.

Anyway, that's all. I'll be back to my usual routine soon. In the meantime, I'll be busy keeping the office tidy and the house neat and orderly. That's what I like to do. It makes me feel good.

The Daily GRIND
A big part of the way life should be is sharing time with others. Kids discussing what's up as they walk to school, parents chatting in the car, chatting with a stranger in the checkout lane—sharing building community one moment at a time. In this issue, we devote a page every week to humor & quandaries for all ages. We hope you enjoy sharing them with others, either in person or online. Gather your friends, share a joke, pass it on—spread the joy and the laughter. Happy reading & sharing!
Thursday, September 25
Nature Writing Talks, explore the roots and results of the nature writing tradition in a free talk presented by Dr. Owen Gillingham, 7 pm, Wells Reserve at Laudholm Farm 646-1555.
Ali Olson, 7:30 pm, spoken word artist, poet and activist performers at the Chase Hall Lounge, Campus Avenue, Bates College Lewiston.
An Evening With Adrianna Rich, 7:30 pm, Poetry reading and discussion at the Memorial Hall, Pickard Theatre, Bowdoin College, Brunswick, 725-3257.

Friday, September 26
Japanese noh drama, demonstrated by professor and scholar Stephen Conner, 8 pm, Olin Arts Center Concert Hall, Lewiston. 207-584-4050. Japanese "noh" is the oldest form of Japanese theater and grew out of 14th century Chinese performing arts and traditional Japanese dance.

Saturday, September 27
16th Annual Artvita Apple Festival, Acton Town Hall, Acton. A day of activities include good eats and entertainment 453-5259.
14th Annual Cornish Apple Festival sponsored by Cornish Association of Businessmen, 435-2672.
Civil War Encampment, Willowsbrook Museum, Newfield. Company A, 3rd Regiment will present living history, military demonstration, period clothing, food and music. 775-2784.

Sunday, September 28
Muse, 4-6 pm, discussion/network gathering for creative minds in Room #240 at 222 St. John St., Portland. 507-5259.
Civil War Encampment, Willowsbrook Museum, Newfield. Company A, 3rd Regiment will present living history, military demonstration, period clothing, food and music. 775-2784.

Monday, September 29
Call Review Open Poetry Reading, 7:30 pm, Center for Cultural Exchange, One Longfellow Square, Portland. 701-0899.

Tuesday, September 30
Take to Time, 10:30 am, for toddlers 2-3 years old. Warren Memorial Library, 854-5081.
Pumpkin Printing for children, 1:30-3:30 pm, Tuesday through Saturday each week in October, Creative Resource Center, 130 Forest Ave, Portland. 797-0550.
Objects of Influence: USM Art Faculty, Art Gallery, Gorham. 780-5400. Opening reception will be held 4-7 pm.

Wednesday, October 1
Brown Bag Lecture Series, McKay Jenkins, Noon-1pm, River Autho­rities, Portland Public Library, 5 Monument Square, Portland. 871-1730.

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Activities at the Children’s Museum of Maine

September 25 - October 2, 2003

**HAPPENINGS**

**Thursday, September 25**

- **Baby Bash**
  - September 25
  - 11 a.m.
  - Special event for parents and their infants to enjoy stories, songs, music, and dancing. Visit www.cmom.org for more information.

- **Little Rock Morning Café**
  - September 25
  - 8:30 a.m.
  - Special topics and preschool programs. Art into animation, storytelling and more. Call 207-774-2801 for information.

**Saturday, September 27**

- **Open GIS Seminar**
  - October 2
  - Noon-1 p.m.
  - Every Wednesday, 33 Thomas St., Portland. 874-8683. Free to participants.

**Sunday, September 28**

- **Civil War Reenactment**
  - September 28
  - 11 a.m.-4 p.m.

- **Autumn Tree Collage**
  - September 28
  - 3-5 p.m.

**Monday, September 29**

- **Read-Aloud Time for Children**
  - September 29
  - 10-11 a.m.

- **Babes in the Woods!**
  - September 29
  - 3-5 p.m.

**Tuesday, October 1**

- **Morning Tales**
  - October 1
  - 9-11 a.m.

**Wednesday, October 1**

- **Open Morning Drop-in Group**
  - October 1
  - 10-11 a.m.

- **Classroom Connections**
  - October 1
  - 11:30 a.m.-12:30 p.m.

**Thursday, October 2**

- **Explore the Museum, Meet Other Parents and Share Your Ideas**
  - October 2
  - 10 a.m.-12 p.m.

- **Cape St. Claire Tree Farm**
  - October 2
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

**Friday, October 3**

- **Babes in the Woods!**
  - October 3
  - 10-11 a.m.

- **Calvin’s Cafe**
  - October 3
  - 11 a.m.-12 p.m.

- **Morning Tales**
  - October 3
  - 11:30 a.m.-12:30 p.m.

- **Cape St. Claire Tree Farm**
  - October 3
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

**Saturday, October 4**

- **Morning Tales**
  - October 4
  - 10 a.m.-12 p.m.

- **Cape St. Claire Tree Farm**
  - October 4
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

- **Morning Tales**
  - October 4
  - 11:30 a.m.-12:30 p.m.

- **Cape St. Claire Tree Farm**
  - October 4
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

**Sunday, October 5**

- **Civil War Reenactment**
  - October 5
  - 11 a.m.-4 p.m.

- **Autumn Tree Collage**
  - October 5
  - 3-5 p.m.

**Monday, October 6**

- **Read-Aloud Time for Children**
  - October 6
  - 10-11 a.m.

- **Babes in the Woods!**
  - October 6
  - 3-5 p.m.

**Tuesday, October 7**

- **Morning Tales**
  - October 7
  - 10 a.m.-12 p.m.

- **Cape St. Claire Tree Farm**
  - October 7
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

- **Morning Tales**
  - October 7
  - 11:30 a.m.-12:30 p.m.

- **Cape St. Claire Tree Farm**
  - October 7
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

**Wednesday, October 8**

- **Morning Tales**
  - October 8
  - 10 a.m.-12 p.m.

- **Cape St. Claire Tree Farm**
  - October 8
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.

- **Morning Tales**
  - October 8
  - 11:30 a.m.-12:30 p.m.

- **Cape St. Claire Tree Farm**
  - October 8
  - 11 a.m.-3 p.m.
  - Cape St. Claire. 774-0465. Free admission.
visual arts
OPENINGS/CLOSINGS

Friday, September 26

Hue for August Kwemba, "White Horse" at the University of Maine, Orono. Hours: Mon-Fri 10am-4pm. Call (207) 581-3053.

Saturday, September 27

Peter Newcomb at Maine College of Art, 300 Ocean Ave., Portland. Hours: Mon-Fri 9am-5pm, Sat 10am-4pm. Call (207) 775-4000.

Sunday, September 28

Her Travers-Lozier at the Aldrich Contemporary Art Museum, 90 New York Ave., Ridgefield, CT. Hours: Tues-Sun 10am-5pm. Call (203) 438-4519.

Tuesday, September 30

Edmund de Waal's "Walls of Bones" at the Museum of Fine Arts, Boston, MA. Hours: Tues-Sun 10am-5pm. Call (617) 426-3200.

GALLERIES


MUSEUMS

John Hancock at the Boston College Museum of Art, Chestnut Hill, MA. Hours: Tues-Sun 10am-5pm. Call (617) 552-3450.

The Art of the Cut at the Museum of Fine Arts, Boston, MA. Hours: Tues-Sun 10am-5pm. Call (617) 426-3200.

CALL FOR ARTISTS

A Paper Reformed: national paper call exhibition for primary consideration will be considered for inclusion in the exhibition. The submission fee is $25. To enter, send 10 to 20 pieces of work and a résumé to: The Paper Reformed Exhibition, 217 River St., Portland, ME 04101. The submission deadline is October 31, 2003. For more information, call (207) 772-1961.
ATTACHMENTS: MARKET'S HOME/LEISURE, 46, petite, attractive, friendly, intelligent, wants to share special moments. Drop me a line Hopefully yours too. You are an interesting Gentleman. Part for fun and companionship. The sky's the limit. So attractive DWF. We are NJS.

LOOKING FOR a warm, friendly, romantic Lady, 31-YEAR. OLD, PETITE SWF, 5'2", 85 lbs, not married, desiring to share special moments. Drop me a line. Hopefully yours too. You are an interesting Gentleman. Race open...

BIO: "I'm a strong, independent woman looking for a strong, independent guy. I'm 5'6" 130 lbs, with brown hair and hazel eyes. I'm an avid reader and love spending time outdoors. My ideal match is a man who shares my interests and values."

WANTED: Looking for a boyfriend, someone who's not afraid to stand up for what he believes in. I'm 27, 6'2" 200 lbs, with black hair and blue eyes. I'm a nurse and love spending time with my family.

I am a middle-aged woman looking for a partner in life. I am physically fit, 60-year-old, 6'1", 195 lbs, with blonde hair and blue eyes. I love hiking, cooking, and spending time with my family."

In your waking life, you should expose the dangers that nourish your soul. This uncannily satisfying suspension to indulge in a brief ogle. That way we could get over the stirred-up attitudes that beset us, and have a lovely afternoon.

Free Will Astrology: Week of September 25th

MEET HERE: 207-828-0000

Comment on Nietzsche's belief that "One must have chaos within oneself in order to be a dancing star." Testify at www.freewillastrology.com.
This one’s for the kids!

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Tickets are available through PostTix in person or by mail at 26 Middle Street, Portland, ME 04101.
For more information or to change by phones, call PostTix at 840-9000.
To purchase tickets online, visit PostTix at www.posttix.com.

Tickets also available at all Bob Morse Music locations, the CD Authority, Twin and Country Credit Union, and Wright Express.

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