Winterize Your Life

For some of us, the coming of winter means skiing, snowboarding, hunting and a hundred other things spring. But for everyone—especially people who live in colder climates—certain things have to be done in order to ensure our homes are safe, warm and happy residences.

Beginning on Page 14
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

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Features

Winterize Your Life
For some of us, the coming of winter means skiing, snowboarding, heating and a hundred other things you need cold weather and snow to enjoy. For others, winter means staying indoors and waiting for spring. Here are some tips for every­
one—winter people and summer folk alike—that certain things have to be done in and around our homes to ensure a safe, warm and happy winter.

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Upcoming Features & Ad Opportunities

Reach your target audience by advertising your product or service in an Issue of CBM featuring Industry-specific content.

Oct 30 Trick or Treat
Happy Halloween! In this issue, we will be going beyond the candy and costumes and take a closer look at this spooky holiday. Share with us your favorite local ghost stories or a story of how you celebrate Halloween. Deadline for editorial contributions and advertising is October 22.

Nov 6 Fashion
It's easy to be fashionable in a city like Portland with all the cool shops and boutiques within walking distance. Whether you like to dress like your favorite rock star or do some looking out for a night on the town, we will tell you on what to wear and where to buy it so you can dress to impress. Deadline for editorial contributions and advertising is October 22.

Nov 13 Hunting Season in Maine
Hunting season officially starts in Maine. Our state offers the best in bear and moose hunting on the East coast. What some people may not know is that you can't just go hunting whenever you please. There are classes to take and you can only hunt specific animals certain months. We will fill you in on what it's like to go hunting in Maine. Deadline for editorial contributions and advertising is November 3.

For more information, contact Rosemarie Margo-Morgenson at 775.6601 or e-mail dmw@mainemanager.com. Space is filling fast!

Inside This Issue

DIY seem too easy? We all know that some of the greatest orders of outlets is to "do it yourself" after the holiday season. You are all so tempted to buy the "do it yourself" kit and just stuff our lawn equipment in the garage or shed. We also know that you don't want to think of the long cold days ahead, but the truth is we talk more than before. It is, our spring will be much easier to enjoy and less costly. So what are you waiting for? Get your lawn maintenance and gardening supplies in order now. You will also want to remember the following.

The fall season of the new CBM will prepare you for the spring in every way. We know that everyone is busy in the fall, but everything may soon need some help on your to-do list. In the spring, we will have put a lot of emphasis on fall yard maintenance, get everything ready now and you won't need as many trips to the yard center.

Dig it or dit it? We are not going to get into too much detail here.

Every weekend we will need to take care of our yard and we will need to do it right. You have to continue to take care of your lawn and garden, and make sure it is in the best shape possible. We will also be featuring some of our favorite DIY ideas in the fall and the winter seasons.

For more information, contact Rosemarie Margo-Morgenson at 775.6601 or e-mail dmw@mainemanager.com. Space is filling fast!

PORTLAND REGIONAL CHAMBER

We are pleased to host a luncheon with special guest Adel A. Al-Jubeir, Foreign Affairs Advisor, the Kingdom of Saudi Arabia.

Join us for this remarkable opportunity to hear directly from Adel A. Al-Jubeir, the Foreign Affairs Advisor to Crown Prince Abdullah, the de facto leader of the Kingdom of Saudi Arabia, Al-Jubeir, one of the primary spokespeople for the Saudi government, will discuss U.S.-Saudi relations, including the global war on terrorism, oil and the economic climate for U.S. companies in Saudi Arabia.

At the conclusion of his remarks, Al-Jubeir will take questions from the audience.

Details:
Luncheon at Holiday Inn By the Bay
Date: October 27, 2003
Time: Noon - 1:30 p.m.
Address: 88 Spring Street
Portland, Maine
Cost: $15 per person

Please register with credit card payment no later than noon, October 24, 2003. Telephone the Chamber Office, 772-1382 at 220
or online: www.portlandregion.com / chamber events and programs.
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World Affairs Council of Maine
Garrand and Company To Develop Web-Business
Holliston Research Institute
Garrand and Company, a marketing communication agency and the Holliston Research Institute, announced today that they have entered into a partnership that will provide business-to-business services. The Holliston Research Institute is a nonprofit organization that conducts research and provides information on the impact of technology on education and the workplace. With this partnership, Garrand and Company will offer a comprehensive suite of services, including marketing, advertising, and public relations, to help Holliston Research Institute achieve its goals.

Project Need Awards $2 Million to Portland
The Institute received 933 applications for the Project Need Awards, which provide funding for research and development projects. The awards are made to support research that has the potential to improve the competitive position of Maine businesses. This year’s awards include grants to companies in fields such as biotechnology, software development, and communications.

The cool crisp winds of Maine’s autumn return after an extended period of summer-like weather.

Community notices

Garrand and Company’s new media division, Devollia, will be unveiling its site to the public in late autumn, with a focus on providing comprehensive marketing communications for businesses.

Compass Project Need

On September 1, the Compass Project, a local planning group for youth, took possession of a new 2,500 square foot space at 137 Arundel Street in Portland. The group raised over $70,000 to fund the building.

Compass is a community-based youth group that focuses on providing a safe and supportive environment for young people. The group has a strong emphasis on education, health, and personal development.

Key Bank and Designs By Lucinda Fund Raisers For The Maine Cancer Foundation

Breast cancer research, education, and support are especially important to Key Bank, which has committed to funding the Maine Cancer Foundation. Created by Lucinda Viele, founder of Designs By Lucinda, the organization raises money for important breast cancer research initiatives. The event includes a fashion show, a silent auction, and a live auction. The proceeds from the event will support the Maine Cancer Foundation’s work.

The 2004 Maine Mall Harvest Days and Maine Root Festival

The 2004 Maine Mall Harvest Days and Maine Root Festival has drawn renewed attention to the importance of healthy eating and living.

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Bark 'N Roll

A little girl named Laurie's birthday is in November. "That's not just any birthday," she tells me. "That's my first birthday!" It is. The celebration of her first birthday is a milestone for little girls everywhere. It's a time to look back on the year and remember all the wonderful things that have happened. But it's also a time to look forward to the future. For Laurie, her first birthday is just the beginning of a long and happy life. She will have many more birthdays to come, and each one will bring new adventures and memories. So let's take a moment to celebrate this special day with a special girl. Happy birthday, Laurie! May your life be filled with love and joy, laughter and fun, and may your dreams come true."
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We Can Help.
Katie Warren, Jr.

I wanted to really build a professional trade out of the handy man industry because the professionalism had been lost.

by Leighanne Smith

Katie Warren, Jr. had been chiseled from the third since seven years ago. He has had national endorsements including a syndicated show on CBS.

When did you start this business?

I was at an all-time low in my life. I was trying to build a company and a rat ran across my feet. I woke up and saw these little red blood cells. I felt like I had failed. It created a spark in my life. And I woke up to a whole new idea. It was right here in Portland. The whole idea of how to really professionalize a very fragmented industry came to me in the kitchen, out of the hands of a man industry because the professions had been lost.

How long does winterizing take?

As long as they know what to look for. It is in place and is tight. Many people have tried different techniques for many years. I believe that winterizing should be done by the pros.

What are some winterizing tips for houses?

You need to guard against the cold and the heat. A lot of people just want to find more time with their families.

The same rationale was also behind turning off the beer after a play. For all the right reasons, they don’t do that with a fight.

The details of the game are now well known to all within the ballpark. Expecting to meet the players, the players had seen one of the best teams in the major leagues.

I've always found some of the more interesting lines while moving smoothly along to often unsettling conclusions. I think she is brilliant. Her prose is beautifully rendered, either you like her or you don’t; there seems to be little middle ground. I think she is brilliant.

Two tickets to paradise

The day was perfect for October baseball: a bright, sunny 65 degrees without a cloud in the sky. The atmosphere around Fenway Park was electric.

Blaine Riggle is the general counsel to the parent company of Pierre’s. By the time he was 21, Riggle had turned $4,000 into a $30 million business. He is proud of the fact that he has never taken a paycheck from the company. Blaine Riggle is the general counsel to the parent company of Pierre’s.
Winterizing Your Life

For some of us, the coming of winter means skiing, snowboarding, hunting, and a hundred other things you need cold weather and snow to do. For others, winter means indoors—learning and wishing for better things. But for everyone—winter people and summer folk alike—certain things have to be done to protect our homes and ensure a safe, warm and happy winter.

Protecting Your Home During Winter

by Owen Parke

T he winter season presents potential problems to the homeowner that can be especially costly. Proper preparation and preventative maintenance can help you and your home make it through the cold weather. Listed below are several general tips to keep your home from costly repairs:

• Have a qualified contractor inspect, clean and service your heating system annually.
• Clean ducts and cold air returns.
• Insulate duct and dirt from electrical heating elements.
• Block leaky pipes and patches before they become problematic and expensive.
• Store as many outside items as possible.
• Check the caulking around your windows.
• Remove and store water accessories.
• Store garden tools in a clean, dry place.
• Once the snow has started to fall, remove the leaves from your plants.
• Take large piles of leaves and rinse well.
• Store rusted leaves in a trash bag.
• Turn off water at inside shut-off faucets.
• Drain and close faucets.
• Close the flue in your furnace when you are not using it.
• Have a professional inspect and clean heating elements.
• Use a chemical to prevent pipes from freezing.
• Keep the house heated to a minimum of 65 degrees to prevent pipes from freezing.
• Run the water at all faucets.
• Make sure steps and hand railings are in good repair.
• Watch the speed of the leaf blower.

Heating Systems

• Avoid 'leaf shine' products which clog the flowing leaves in the leaf blower.
• Use a chemical to prevent pipes from freezing.
• Turn the water at inside shut-off faucets.
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Cardener Develops 'Clean and Feed' Technique to Winterize House Plants

Owen Parke

I f you’re like most people, your houseplants are a testament to the work you have put into keeping them healthy. But how easy is it to keep them humming through the winter months? Here are some tips for winterizing your houseplants.

1. Clean and Feed

Every house and office space creates dust and pollutants, which can settle on the floor of your houseplants, affecting their growth. A tip is to turn on a fan to circulate the dust in the room.

2. Rinse and Remove

Remove shriveled leaves and trim back dead stems and branches.

3. Tickle the Soil

Tickle the soil monthly with a fork or spade to aerate it. This will help the soil retain moisture and oxygen, which is essential for plant health.

4. Cover the Houseplants

Cover the houseplants with plastic or a cloth to protect them from the cold.

5. Water

Water the houseplants only when the soil is dry. This will help prevent root rot.

6. Fertilize

Fertilize the houseplants every month during the growing season.

7. Store the Houseplants

Store the houseplants in a cool, dark place during the winter months.

8. Repot

Repot the houseplants in spring when the soil is dry.

9. Reduce Watering

Reduce watering the houseplants to once a month during the winter months.

10. Prune

Prune the houseplants to remove dead or damaged leaves.

For more information, visit the author’s website: [www.howtowinterizehouseplants.com](http://www.howtowinterizehouseplants.com)

Winterizing Your Life

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Winter Maintenance for Mowers

By PAM"R

It is tempting at the end of mowing season to wheel your mower into the garage and forget about it. But, a little maintenance now will protect your mower throughout winter and ensure it will start in spring. Although some details will vary depending on your specific mower and whether it is a push-behind or riding model, the basic steps are the same. It boils down to cleaning, inspecting, lubricating and servicing the fuel system and battery. Stop using a thorough cleaning, say, John Held of Simplicity Manufacturing. Removing dirt and grime makes it easier to move dirt and grime makes it easier to find problems such as worn fuel line or a cracked electrical cable. Next, touch up scratches and dings with paint to prevent rust.

Then lubricate. The owner’s manual will indicate lubrication. Where oiling is required, use motor oil. Where greasing is needed, apply lithium grease.

After you have checked the blade for excessive wear or cracks, inspect the mower for a few minutes to determine the load throughout the system. Also check for leaks in the gas can if you won’t use it or other equipment.

To help prevent corrosion on the pistons and cylinder walls, some manufacturers suggest removing the spark plug and squirting some oil into the spark plug hole. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. 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Manufacturers generally recommend you drain the fuel system or treat fuel with an automatic trickle charger, but the best choice is to remove it, fully charge it and store it in the mower over the winter. Also treat fuel in your gas can and cylinder walls, some manufacturers suggest removing the spark plug and squirting some oil into the spark plug hole. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary. If you haven’t changed the oil recently, do so now. If the oil is visibly clear, you can leave it in the mower over the winter. Always check the air filter and clean if necessary. Leave it in the mower over the winter. Although this won’t do any harm, says Held, it is probably not necessary.
Greener Side

Bringing in the babies
by David Medin

I t is the case, the babies have grown quite large, but it is not a big deal. They include a minor species of butterfly, a bumblebee, a caterpillar, and a spider. The three latter are very common and they do not receive much attention. The bumblebee, however, is quite unique and it is very interesting to watch it fly around and observe its behavior. It seems to be quite content and it enjoys the company of its friends. The caterpillar, on the other hand, is quite interesting as well. It has a yellow body with black stripes and it is very active. The spider, however, is quite different. It has a black body with red stripes and it is very shy. It seems to be quite sensitive to the presence of other spiders and it tries to avoid them at all costs. Overall, it is quite interesting to observe these baby animals and their interactions.

Random

"FeederWatchers" Help Track Decline of Crows and Chickadees
by Allison Hochachka

A s a part of the Project FeederWatch team, I am involved in tracking the decline of certain bird species, and one of the most concerning is the sharp decline in the number of crows and chickadees. In the past decade, these birds have experienced a significant drop in population, leading to concerns about their future survival. It is crucial to understand the reasons behind this decline and to take action to protect these species. Project FeederWatch, established by the Cornell Lab of Ornithology, plays a vital role in this effort. By engaging the public in monitoring bird activity at feeders, we can gather valuable data that help us understand the trends and patterns in bird behavior.

North Star Garden Design

Creating gardens that inspire joy
by Mac Berserker

North Star Garden Design offers a range of services to help you create beautiful and sustainable outdoor spaces. Whether you're looking to enhance your home's curb appeal or create a peaceful retreat, our team of experienced designers can guide you through the process. From initial consultations to final installations, we ensure that every project is tailored to meet your specific needs and preferences. Contact us today to bring your garden vision to life!

MacBerserker's Scrumulous Computing

Panther and the G5
by Matt L. Radhoven

O utline

- Introduction
- Panther and the G5
- Performance Comparison
- Conclusion

Introduction

Panther is a new operating system that was announced by Apple in October 2003. It is the latest in the Panther series of operating systems, following after Tiger and Leopard. The Panther operating system is designed to improve upon the features and functionality of its predecessors, offering a more user-friendly and powerful computing experience.

Panther and the G5

The G5 processor is a significant upgrade over the G4 processor, offering faster performance and more power. The G5 processor is capable of handling more complex tasks and running more applications simultaneously, making it an ideal choice for users who require high performance.

Performance Comparison

To compare the performance of Panther and the G5 processor, we conducted a series of benchmarks and tests. The results showed that the G5 processor outperformed the Panther operating system in terms of speed and efficiency. The G5 processor was able to complete tasks faster, run applications smoother, and provide a more responsive user experience.

Conclusion

In conclusion, the Panther operating system is a significant improvement over its predecessors, offering a more user-friendly and powerful computing experience. However, the G5 processor outperforms the Panther operating system in terms of speed and efficiency. This makes it an ideal choice for users who require high performance. Overall, both Panther and the G5 are excellent choices, but the G5 processor is the clear winner.
**Contests**

**Movies**

**Kill Bill, Vol. 1**

This movie runs 110 minutes and is rated R for strong bloody violence, language, and some sexual content. The most exciting and enjoyable movie I have seen all year.

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**W o o d B l o c k P r i n t**

**B y : J O H N B O W D R E N O F P O W N A L**

**O n H u m a n F o l l y a n d H u m a n W a s t e**

By Douglas Woodsum of Waterville

CRP apologizes for reeking the last two lines of Mr. Woodsum's poem since the poem has been reprinted here.

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**C a l e n d a r**

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**T u e s d a y , O c t o b e r 2 4**

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**S u n d a y , O c t o b e r 2 6**

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**M o n d a y , O c t o b e r 2 7**

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**Reevelindbergh I: $30 pm, author to speak about Mart, Scarborough. Sponsored by Maine Emergency.**

**Witches 5746.**

**Cool Science**

**Cool Science - Vomology/2pm**

More on Vermont’s emerging science scene. A look at how one can recognize your health and improve on energy efficiency.

**L.D. A Kid 1-4pm**

*Anonymous*

**Cultural Creations – Papel Papeles**

**October 26 2:30-3:00pm**

*Peruvian Papi* offers an introduction to Peruvian paper craft and explores the sharing of the language of paper. Join me at the Shelburne Farms' The Currant in Peterborough, NH.

**Pumpkin Carving Party 1pm**

Why not add the flavor of pumpkin carving to your general family fun? Sure, you can come out that day. But why not do this as a regular activity? After all, it’s the end of the year and the only way to enjoy the fall is to carve pumpkins.

**Stage Door**

The Children’s Museum of Maine presents the 1st Annual Maine State Musical, “The Little Mermaid.” Performances are Oct. 23-25 at 7:30pm, and 25th at 2pm.

**Openings**

**Friday, October 24**

**Galleries**

*The uniquely designed head-hugging pillowcase Made of 100% cotton flannel!*

**Benefits Include:**

- Saving on energy bill
- Keep your head warm (is that the point of a head pillow?)

**ANNUAL HARVEST FAIR**

Distinctive Creativity at Maine Craftsmen

**Saturday, October 25**

**FMI: Call 767-3114, P.O. Box 224, Freeport, ME 04032**

**Marketing Position Available**

Qualified individual must be well experienced in professional advertising sales.

All applicants must have at least five years experience in large accounts and provide references. The right candidate should have office management skills as well as proficiency in Macintosh and Excel. Experience in Quark and InDesign software is a plus.

Maine Publishing Corp., is an equal opportunity employer and will consider all applicants meeting this minimal criteria.

Please send all resumes to my attention Roseann Mango-Morgan, via e-mail at cbw@maine.sn.com. Please do not send as an attachment but include it in the body of the e-mail. You may also fax it to: (207) 775-1615. To mail your resume, please send it to P.O. Box 1138, Portland, ME 04104-1138.
What is the coldest part of the North Pole?

At the equator we have the climate of the "tropics." If you travel due north into the Arctic, the climate gets colder and colder. This is due to the fact that the Earth's axis is tilted at an angle of about 23.5 degrees. As you move away from the equator, the angle of the Earth's surface to the sun changes, resulting in cooler temperatures. The coldest part of the North Pole is the North Pole itself, which is located at the center of the Earth and has the fewest sunlight hours per year.

And Riddle:

Question: There is an ancient invention still used in some parts of the world today, that allows people to see through walls.

Answer: A window.

Across:

1. A small fruit that grows on a tree
2. A type of tea
3. A large type of fish
4. A type of soup
5. A type of pasta
6. A type of seafood
7. A type of beef
8. A type of cheese
9. A type of dessert
10. A type of meat
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