11-27-2003

Casco Bay Weekly : 27 November 2003

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Music

The Wreck of Isidore Concert
To: News Editor
From: Roseann Mango-Morgenson
Vice President of Maine Publishing Corp.

Re: CBW to Become First Statewide Proactive Community Newspaper

It has been a terrific year for the new Casco Bay Weekly. We have worked very hard to make the new alternative newspaper an exciting community voice. We have had great success with the 35,000 papers we are currently printing, and we are proud to have created 11 new jobs. And we are so proud of our community and especially those who have contributed to rebuilding this newspaper.

Now it is time for another change. On January 15, 2004, the Casco Bay Weekly will become Maine's only statewide weekly newspaper, aptly named, The Maine Weekly.

Our parent company, Maine Publishing Corporation, will introduce The Maine Weekly to fulfill numerous requests to increase distribution and circulation. Covering every part of Maine from Kittery to Fort Kent, The Maine Weekly will begin with 52,000 copies and increase periodically to meet the needs of its readers and advertisers.

The Casco Bay Weekly, as you know it, will still be the voice of the Greater Portland Area as an insert into The Maine Weekly each week. Now, all our stories and advertisements will be seen by everyone in the state of Maine.

Should there be any question, please contact us at (207) 775-6601 and speak with me.
Features
Thanksgiving

It's one of the few days of the year when almost everybody in the nation does the same thing and feels the same way. Most of us will share a turkey dinner, and most of us will express thankfulness in some way.

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Upcoming Features & Ad Opportunities

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

Dec 4 Magic of Christmas

The Portland Symphony Orchestra's Magic of Christmas concerts return for their 24th holiday season as Maine's Christmas tradition with 15 matinees and evening performances at Merrill Auditorium, December 13-21. The past and present of The Portland Symphony Orchestra and the Portland Community Chorus will be featured along with what people will have to look forward to this year for the Magic of Christmas. Deadline for editorial contributions and advertising is November 25.

Dec 11 Holidays of December

The holiday season has begun and there is plenty to celebrate with the numerous holidays in December. CBW will fill you in on these joyous celebrations like Chanukah, Kwanzaa, Yule and Christmas. Deadline for editorial contributions and advertising is December 3.

Dec 18-25 Merry Christmas

Merry Christmas!
Deadline for editorial contributions and advertising is December 10.

For more information, contact us at 775-4601 or e-mail cbw@maine.rr.com.

Holiday Season Deadlines

Please make a note of our early content submission deadlines for our December issues.

Our final issue of this year will be published on December 18, but it will be available for two weeks. Our offices will also be closed at Noon on Wednesday, December 24 and will reopen on Monday, January 5.

Submissions for our first issues of the year (January 1 and 8) will be due by December 18.

Deadline for editorial contributions and advertising is December 10.

Green Electricity
Clean Renewable Energy Made in Maine
Electric Utilities all over America are offering a Green Power option. Now You Can Have It Too!

Green Electricity comes from Wood Chips, Sawdust and Small Dams.
100% American-Made! 100% Maine-Made!
Over 2000 Meters, Organizations and State Officials Have Signed Up.

What are the Benefits?

• Clean and Environmentally Friendly
• Strengthens Maine's Economy
• Provides jobs for Maine by Keeping Production in State
• Encourages increased National Security by Decreasing Foreign Energy Dependency

For more information, contact us at 207-729-9665.

Contact Maine Interfaith Power and light on the web at www.MEIPL.org or call (207) 729-9665.

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Get Ready for the holidays NOW!

Now booking for Pre-holiday Interior Painting.
Call now... still some dates available...
(207) 767-2069 John T.Ostrem
Specializing in high quality applications of exterior and interior finishes to beauty and protect your home.

Professional airless spraying and brushwork
Community notices

Coastal Maine Society Rewards Grant

The CHS in Brunswick has awarded a $1,500 grant to the Coastal Maine Society Rewards Grant. The grant was awarded to the City of Portland for its "Coastal Maine Society Rewards Grant" program. The grant will be used to support the Coastal Maine Society Rewards Grant program, which provides financial assistance to individuals who are struggling with substance use disorders.

Freeport.

The University of Maine at Farmington is now accepting applications for the 2023-2024 academic year. Please visit the University of Maine at Farmington’s website for more information.

MDA News

The Maine Department of Agriculture is hosting a series of workshops on the topic of "Managing Your Farm for Sustainability." The workshops will be held at various locations throughout the state. For more information, please visit the Maine Department of Agriculture’s website.

Press Release

The University of Maine at Farmington is pleased to announce the opening of its new Center for Environmental Studies. The center will be home to a variety of programs and initiatives focused on environmental sustainability.

Press Release

The University of Maine at Farmington is pleased to announce the launch of its new Master of Business Administration (MBA) program. The program will be offered online, providing flexibility for students from a variety of backgrounds.

Program Highlight: "Preparing for the Holidays"

This program will provide students with strategies for preparing for the holidays, including tips for budgeting, cooking, and decorating. The program will be held on November 23rd.

Press Release

The University of Maine at Farmington is pleased to announce the opening of its new Center for Creative Arts. The center will be home to a variety of programs and initiatives focused on the creative arts.

Press Release

The University of Maine at Farmington is pleased to announce the launch of its new Bachelor of Science in Engineering program. The program will be offered online, providing flexibility for students from a variety of backgrounds.
Thank You
To all of our clients, our sincere thanks for your continued patronage and to our team members a heartfelt thank you for your continued dedication and service!

Adopt a Pet: Cody
by the Animal Rescue League

This handsome boy has some of the most beautiful features on four paws. He has a full head of beautiful white hair, a full tail, and a full body. He is the picture of health and happiness. He is very affectionate and loves to be with people. He is a great dog and a great companion. He is very good with children and other dogs. He is a great dog for anyone who loves animals.

What about dipping or cigar smoking?
Cody can join many of the same activities as the Smokout. He is very friendly and loves to be with people. He is a great dog and a great companion. He is very good with children and other dogs. He is a great dog for anyone who loves animals.

What do you need to know about Cody?
Cody is a great dog and a great companion. He is very good with children and other dogs. He is a great dog for anyone who loves animals.

Holidays are not cancelled no matter what people say.

1. It's the time we take to prepare our thoughts. It's time for us to be in the holiday mood.
2. This is our chance to shine. Not only to shine but to show how much we appreciate this holiday season.

Now, when the relative in your dog's behavior hasn't been your favorite? Sometimes people don't easily make changes. They forget to think about what they can do to make changes. To make changes, they must first think about their dog and their way of life. If you have a relative who doesn't want to think about their dog and their way of life, it's a great time to start thinking about how much you want to think about your dog and your way of life.

Have you ever thought about the importance of your dog? It's the time we take to think about how much we appreciate our dog.

What do you want your dog to do?
Your dog can be an anxiety barker, so new families will need to teach a reliable leave it, or plan on doing what they can do to control the anxiety.

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Master and Commander

The opening sequence of Master and Commander: The Far Side of the World sets the stage with a unique变为的film creature. The film's core revolves around the theme of survival and sacrifice in the vastness of the ocean. The audience is introduced to the閠er before meeting any of the human characters. The film's main character, Jack Aubrey, is a dedicated and ruthless captain who leads by example and expects the same from his crew. His strong leadership style is apparent throughout the film, and he is often seen preoccupied with his duties and responsibilities.

The story of the film is simple. The crew of the HMS Surprise is sent on a mission to capture a British merchant ship, leading to a series of events that test their skills and resolve. The filmmakers have created a rich setting for the film, with a sense of time and place that the audience feels. It is a massive and impressive experience.

While the story is simple, the commitment to bringing the story to life on screen is impressive. However, the film's success also relies on the performances of the actors, particularly Russell Crowe, who plays the role of Jack Aubrey. He brings a depth and intensity to his character that is both captivating and memorable.

The film's opening scenes set the tone for the rest of the movie, with the intense faces of his stars Russell Crowe and Paul Bettany, and other supporting actors. The latter movie seems preoccupied with trendy what the Sahara is to sandy. Every minute Waltz and its mission to...
Karen McPhee, Director of The Center for Therapeutic Recreation, started the program in 1974. She, along with four full-time employees, four part-time employees, as well as volunteers after work, provide services to people with disabilities.

What is Therapeutic Recreation?

Therapeutic recreation is a profession that utilizes recreation and leisure activities experiences to help people who are physically disabled to get jobs. It is therapeutic in the sense that it helps people develop. It begins to change ideas and attitudes about different things and helps with getting a job.

Who makes up the staff?

People who participate are individuals who have some kind of disability. The person does not have to be disabled, but both have certainly been accommodating to us.

What services do you provide?

We have a wide range of activities for people with disabilities. Our program offers swimming, horseback riding, teaching of sports, and arts and crafts. We have seen a lot of those people when they returned to continue some of those programs. So that is why it continues to be one of the most requested services.

What is the benefit of aquatic therapy?

Well, for a lot of people it is equalizing their abilities. Water provides a variety of opportunities and people do not have to walk with a stick, but it creates it can be for them to move through the water. It is easier on their joints, especially if they have been wheel chair bound. It is a very natural activity for some people to learn and they learn it very quickly.

Long-term, where do you see your program going?

We see the Bristol School and the Special Programs Lab. We do a lot of activities for the children and we have a lot of children who have been in our program and have returned. We have a lot of children who have been in our program and have returned.

What is the cost of services?

There are costs. We charge registration fees. Some of the building organizations help pay some of the costs and we do not have a sliding fee scale, which helped a disabled people who might not be able to pay. We try not to turn anyone away because of cost. It is important that they know we do not charge fees.

How long has the center been open?

We opened in 1974. We were part of the City of Portland Recreation Department for the first eight years, the coordination we have, and became a nonprofit agency. We are now trying to stay open.

In what ways do you provide the services you offer?

We open our doors to the public. It is a very simple one with some of the social services agencies. We are also better to people who live in Portland.

What is the most popular activity?

It has been the most requested activity. It has been the most requested activity. It has been the most requested activity. It has been the most requested activity.

CBW is hiring a new group of extra-ordinary geniuses... because, making things happen is much more fun than watching things happen!

5 Spots Available! MARKETING PROFESSIONALS ONLY

Join our growing company of interns, apprentices and professionals today!

Send Resumes to: mentex@aol.com

Attention: Mr. Allen
Thanksgiving History

by Tom Keene

In 1789, the first national Thanksgiving proclamation was issued by President George Washington, but there is some disagreement among historians as to who actually drafted the proclamation. The idea of giving thanks for the first Thanksgiving was not the only one attributed to the Pilgrims. There were others, such as the Native American chief Massasoit, who had helped the Pilgrims in their early days in the New World. In fact, the Pilgrims would not have survived without the help of the Native Americans.

Massasoit was a member of the Massachusetts Wampanoag tribe. He had welcomed the Pilgrims to the coast of New Plymouth in 1621, and he had helped them to establish their settlement. In return, the Pilgrims had promised to protect the Wampanoag and to help them to maintain their way of life. The Pilgrims had also promised to provide the Wampanoag with food and supplies.

The first Thanksgiving was celebrated in 1621, after the Pilgrims had suffered from a harsh winter and a difficult spring. They had been able to survive by hunting and fishing, and by planting crops. But they had also been helped by the Wampanoag, who had taught them how to plant corn and other vegetables.

The Pilgrims had also given thanks for their good fortune by holding a feast. They had invited the Wampanoag to join them in their celebration. The feast had lasted for three days, and it had been a time of joy and happiness for all.

The first Thanksgiving was not the only one celebrated in colonial times. Other holidays were also observed, such as the Fourth of July and Independence Day. These holidays were often used as opportunities to give thanks for the country's independence and for the freedoms that it provided.

Today, Thanksgiving is still celebrated in the United States. It is a time of family and friends gathering together to share a meal and to give thanks for the many blessings that they have.

Thanksgiving History is a fascinating story of how a tradition began, and how it has evolved over time. It is a reminder of the importance of giving thanks for the blessings that we have, and of the importance of sharing those blessings with others.
PHOTOGRAMS
A photogram is a contact print, it is made by placing something opaque or translucent on light sensitive material and then exposing it to light. This blocks out part of the light, and makes a pattern or picture on the light sensitive material when it is exposed to light and processed.

Why Try?
“I believe that this nation should commit itself to achieving the goal, before this decade is out, of landing a man on the moon and returning him safely to the Earth.”

ONLY EIGHT YEARS LATER
“That’s one small step for man—
one giant leap for mankind.”
—Astronaut Neil Armstrong, July 20, 1969

If charity really “begins at home” and if, as former Massachusetts Senator Tip O’Neill said, “All politics are local,” let’s launch our own local action plan with deadlines and solutions for the challenges of our state and nation.

Forget the politics! Forget the “It won’t work or how much will it cost?” attitudes of hopelessness. If we can land a man on a piece of rock over 200,000 miles from Earth, why can’t we solve:

- Affordable Housing and Unemployment for all of Maine?
- Equity Opportunities for Small Business Employees?
- Dependence on Foreign Oil?
- Health Insurance for Everyone?
- Day Care?

Act Now! If you would like to participate in the planning of a statewide conference on how we all can make a difference NOW, e-mail Mr. Allen at mentex@aol.com.
What's For Dinner?

Portland Linda Jenkins Answers Life's Most Terrifying Question

by Paula Kerens

T

hese words that strike fear into the hearts of mothers— "What's For Dinner?" Linda Jenkins is one of those lucky souls to have already figured that out. In fact, Jenkins is on her 67th consecutive year of never having to wonder what's for dinner. How does she manage to make sure that every dinner at her home is perfect? Simple—she has mastered the art of organizing her meals, planning each week's menu in advance, and always having fresh, healthy ingredients on hand. In this interview, Jenkins shares her tips and tricks for making sure that even the busiest of days can be made more enjoyable with a delicious, home-cooked meal. So whether you're a busy parent on the go or simply looking for some inspiration in the kitchen, read on to learn from one of the best in the business.}

Inside Scoop

MacBerserer's Scouring

Jennifer Wadsworth

A $50 Pierre's Gift Certificate...
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It's a GREAT gift idea! Right now, a gift certificate for $50 worth of services at Pierre's costs just $25! Good for any service.

Offer ends December 24th!

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Scribbles

Oncotyping

For many clients, Jenkins' emphasis on healthy eating—low fat, low sugar and portion control—in the main attraction. Jenkins speaks to having a variety of fresh fruits, vegetables and lean proteins available for clients to choose from. "We strive to use fresh, locally grown ingredients whenever possible," Jenkins says. "This not only supports our local farmers, but also helps to reduce our carbon footprint."}

When the dead trees lost limbs they were "cleared" another field. The old field grew fast, better to brews and gages, later to trees. Many tribes burned the forest undergrowth once a year. These helped them all keep the land clear. But they made sure they burned the dead trees. The dead trees were left standing. As Jenkins puts it, "Dead trees are a good thing."}

MacBerserer's

Scouring

Linda Jenkins to start a "health food" company.

What it meant was replacing the packaging of the entire meal with a simple, easy-to-read list of ingredients. "This was a radical idea in the 80s," Jenkins says. "People were used to having long lists of ingredients and didn't know how to read them. Now, we're used to seeing a short list of ingredients, and it's actually easier to read."}

"As Lincoln said, "Ask not what your country can do for you, but what you can do for your country." We're working toward a healthier, more sustainable future for all of us. It's up to each of us to make a difference, and Linda Jenkins is doing her part. So let's all do our part to make a difference, and make sure that our future generations have a healthy planet to live on," Jenkins says. "Let's all work together to create a better world for all of us."
Restaurant ROW Announced

THREE DOLLAR DINNER 4:45-7:00 Commons St. Portland, 720-5559
WINDS & LOCAL 5:30-8:30 58 Middle St. Portland, 772-7750
THE DRAWING ROOM 5:30-9:00 17 Middle St. Portland, ME 04101
FISH & CHIPS 5:30-9:00 43 Forest Avenue, Portland, ME 04101
Asian/Chinese ORIENTAL TABLE 5:00-9:00, Sun of The Old Harbor Plaza, 772-9996, Fax: 772-9994
Main Event 5:00-9:00, Portland Ave. Portland. 772-9992 & 772-9995
Grange
BEACON STREET MARKET & GRILL 41 Middle Street, South Portland, ME 04106
Dine In & Take Away
11 am-9 pm

Take your Still Lobster, shrimp, scallops, clams, and brings home some fun!

Still Lobster, shrimp, scallops, clams, and brings home some fun!

CLAYTON'S THE GRILL 148 Congress St, Portland, ME. 253-5100.
The Grille in Portland. 772-6976.

WEST END AT 64
MURPHY'S 157 Middle St, Portland, ME. 761-9999.

THE WINE BAR 100 CONGRESS Portland, ME. 761-9999.

THE WINE BAR 100 CONGRESS Portland, ME. 761-9999.

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Dec. 11-14
Cumberland County Civic Center
Show times:

7PM-11PM, 12/11-12/14

Tickets start at $12.00!

For more information, please visit:
www.riskattack.org

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Co-Host Mike Leonard
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Sengchol Thai Cuisine
Authentic Taste of Thailand

A Taste of Thailand. Selections in Bangkok style

Authentic Taste of Thailand. Selections in Bangkok style

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Promoted by Maine Class Trade, Restaurant week.

A Taste of Thailand. Selections in Bangkok style

Promoted by Maine Class Trade, Restaurant week.

Sengchol Thai Cuisine

A Taste of Thailand. Selections in Bangkok style

Authentic Taste of Thailand. Selections in Bangkok style

Promoted by Maine Class Trade, Restaurant week.
The Wreck of the Isidore Concert

by Richard Cheadle

The Brick Store Museum is pleased to present a special concert, before and after the screening of the 1957 film "The Wreck of the Isidore," to commemorate the 70th anniversary of the shipwreck. The concert features Songs by Joyce Andersen and local historian Joanne Barwise, intertwined with music of Isidore fans and guitar aficionados nationwide.

The Wreck of the Isidore Concert will take place on Sunday, November 27 at 2:00 pm at the Brick Store Museum, followed by a screening of the film at 3:00 pm. Tickets are $12 at the door and $8 for students. For more information, call 775-1615 or visit www.woodpecker.com.

listening posts

Thursday 27

Acoustic Cafe

From the Night (7:30pm)
The Autumn

Saturday 29

Acoustic Cafe

From the Night: The Autumn

Tuesday 2

The Autumn


The Wreck of the Isidore Concert and 70th Anniversary Celebration of the Isidore Shipwreck will be featured in the program.

Calendar

11.27 to 12.3.03

Friday, November 28

41st Annual Rotary Christmas Tree Sale Sun Mill Creek Park, South Portland. 767-4802.

Michael Conrey performs at 7pm at the Atlantic Hall in Cape Porpoise. Conrey is often called the "One Man Festival" for his fantastic repertoire. Come to Christmas on the Farm and meet your local artists. It is an annual event featuring 22 Maine Artists and Craftspeople in an "Old Fashioned Atmosphere." Open Sun-6pm through November 30.

Saturday, November 29

41st Annual Rotary Christmas Tree Sale Sun Mill Creek Park, South Portland. 767-4802.

42nd Annual Down East Ski Club Sale 7am-4pm, USM Gym, Portland. 800-382-8425. New and used downhill and cross-country ski, boots, poles and snowboards. General public is welcome to enter items in the sale on Friday, November 28th from 1-4pm.

Walking Tour of All Things Fall in Portland "How the Irish Heritage Center, Congress Street, 601 Congress, Portland. Handy-Candy Variety Store Special Event, 11am at the St. Lawrence Arts & Community Center, 76 Congress St. Portland. 775-2004. This show will feature guest singers, dancers, performers and puppeteers. Show only.

Sunday, November 30

Coastal Maine Society Silent Auction 1-3pm, Merry Meeting Room of the Harraseeket Inn, 102 Maine Street, Freeport. The auction items will include gift certificates, golf memberships, travel vouchers and a ride for dog and cat items. The jazz band that Friends will perform contemporary and classic jazz standards. 725-5611.

Audiocast Little Shop of Horrors at the City Theater, 301 Main Street, Biddeford. Be sure to prepare a Broadway Song. Auditions will be held on Sunday from 1-4pm and Monday from 7-10pm.

Monday, December 1

World AIDS Day Commemoration & Rapid HIV Testing Event to be held in Cumberland at First Parish Congregational Church, 425 Congress St, Portland from 12-4pm.

World AIDS Day Resources Center for Maine Contemporary Art. The Coastal AIDS Network will honor World AIDS Day by the presentation of "AIDS Art 2003" at 6pm. The display will feature a display of art books created by Camden Hills Regional School.

Tuesday, December 2

Italy in September: A World Tour View 2-4:30pm, Maine Audubon, Glen Island Farm Rd., Falmouth, ME. 767-4802.

Southern Maine Chamber Singers will again fill the right with joy and warmth, when they perform their popular Joyous Sounds for a Festival Season at the Immanuel Baptist Church, 160 High St., Portland. 767-5525.

Stained glass special guests Stendahl and Cheville will perform at 7pm at the Central Maine Civic Center, 159 High St, Lewiston.
Funny bone

Riddles...
1. What is the largest possible number you can write using only 2 digits, nothing else?
2. Before Mt. Everest was discovered, what was the tallest mountain in the world?
3. Jenn is facetious. She gets pneumonia.
   Given those clues, what was the tallest mountain in the world?
4. Jennifer had a 3,000-pound weight on her back.
   And not-so-funny puns!

Trivia Quiz...
Question #1: In what state was Three Mile Island located?
Question #2: What are the French speaking Acadians of Louisiana called?
Question #3: In seeking longitude, which direction are you traveling?

Rebus Puzzle Brain teasers
A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

COFFEE

Answer:

Casco Bay Weekly

Greater Portland's Community Journal of News, Arts & Happenings

www.CascoBayWeekly.com

Contests

Photo by
Linda Zaccarco
of Portland

Answer:

Photo by
Matt Bilodeau
of Mechanic Falls