12-11-2003

Casco Bay Weekly : 11 December 2003

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The holiday season has begun and there is plenty to celebrate. With the numerous holidays in December, CBW will fill you in on joyful celebrations like Chanukah, Kwanzaa, Yule, and Christmas.
Create the Ultimate Party Tray: Choose 4 Appetizers & 1 Delicious Entree. Book your holiday party catering now. No Minimum. Can seat 30-40 people (private rooms) and up to 80 people at any time. Call now for reservations or more information. Gift Certificates Available. Tune in 101.9 WPOR to win a free gift certificate!
December 11, 2003 Volume 16 Number 46

Features
Plenty to Celebrate
The holiday season has begun and there is plenty to celebrate with the numerous holidays in December. CBW will fill you in on joyous celebrations like Chanukah, Kwanzaa, Yule and Christmas.

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MORNINGS ARE GETTING BETTER IN GREATER PORTLAND WITH THE HELP OF Tim Hortons!
As one of the most successful franchised in Canada expanding into the United States, with over 2300 locations, we know it takes the time and full efforts of people like you, in applying your relevant management experience and personal dedication to:

BECOME A Tim Hortons FRANCHISEE!
The franchise includes training, site selection and a store opening crew, plus support in advertising, marketing and field personnel and more. If you share our high standards of integrity and long-term commitment to the business, your employees and the community, please contact Janet Draughn at (814) 781-4230 or by fax at (814) 781-4235.

Visit our web site at www.timhortons.com

Upcoming Features & Ad Opportunities

Dec 18-25 Happy Holidays
Promotional offers on gift cards and advertising in December.

Jan 1 Happy New Year!
Deadline for editorial contributions and advertising in December 11.

Jan 8 Holiday Season Deadlines
Please make a note on your edit calendar submission deadlines for our December and January issues. Our deadlines will allow you to advertise in our December issue and appear in our January issues. For advertising, please contact a member of our sales team at (970) 719-1642; fax all ads to (970) 719-1643.

Holiday Season Deadlines
Please make sure your sales content submission deadlines for our December and January issues. Our deadlines will allow you to advertise in our December issue and appear in our January issues. If you have questions, please contact a member of our sales team at (970) 719-1642; fax all ads to (970) 719-1643.

Cone Day Weekly
December 11, 2003 Volume 16 Number 48

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WMPG presents two events
for hip hop supremacy
IRON FADER 1
DJ BATTLE
Friday, December 12th
@ The Center for Cultural Exchange
all ages $7 / donation $8 pm
single set battle
all contestants must register in advance
date of 60 Days out 781-4233
cash prize $399

IRON MIC 4
MC BATTLE
Saturday, December 13th
@ SPACE
Head to Head battle
contests must register by 6pm of the event
unlimited registration
$500 cash prize and one Shure Mic
live performances by Nsnderthal Youth, Unauthorised, DJ Jen

Cone City Weekly DECEMBER 11, 2003 5

Ostrim Photography

www.ConeDayWeekly.com
Community

Flying Changes Center for Therapeutic Riding is Accepting Registrations

The Center is nationally accredited with the North American Riding for the Handicapped Association and has provided services to special needs and at-risk children and adults since 1992. Among the benefits to students is the promotion of responsibility and cooperation with others through horseback riding. Students learn to work with a success-oriented experience, improving balance and coordination and enhancing social skills through the special efforts of their mouse-handled horse. Certified Therapeutic riding instructors conduct sessions and goals that are developed in conjunction with the individual's psychiatrist or counselor. Students learn to work with their teachers on a one-to-one basis and receive training in service to others. To date, EWM has been rewarded by the generosity of this community.

Many hands are needed, though, including time such as: Archival maintenance and data entry, book files, glove, fences, barn, horse, and animal care. If interested, please email Sarah or call 207-775-6601, ext. 3.

Contributors

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Our Casco Bay is a publication of Casco Bay Weekly, 5051 Broadway, Suite 600, Portland, ME 04101. Phone 207-775-6601 Fax 207-775-1615

Readers feedback

Good News

I was delighted to see that in the November 25, 2005 issue of CL, there was an article about the world-famous Peking Opera. The students and their当数 have been doing a wonderful job of performing in this year's show. The students are also involved in other activities, such as dance and music. They are very talented and dedicated. Thank you for the article.

Kathleen R. Rose
Phippsburg, Lincoln Middle School

We want your letters!

Casco Bay Weekly encourages your comments and ideas, and we welcome your feedback on any aspect of the world. We are especially interested in hearing from our readers in the Portland area. Please send your comments or ideas to us at: 5051 Broadway, Suite 600, Portland, ME 04101, or by email to: letters@cascobayweekly.com.

SUBMISSIONS

Casco Bay Weekly welcomes submissions of original, unpublished work in all genres. We accept prose, poetry, and art. Submissions should be sent to our office at 5051 Broadway, Suite 600, Portland, ME 04101 or by email at: letters@cascobayweekly.com.

By sending your work to us, you agree to our terms of use, which includes granting us rights to publish your work in any manner we see fit.

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Happy Holidays? Tips to Ease The Pain of Grief During the Holiday Season

by Brook Noel

For many, the holidays bring about a time of joy and celebration. However, for those who have lost a loved one, the holidays can bring about increased loneliness and sadness. In fact, a recent study by the National Alliance for Grieving Children found that 40% of parents and caregivers who have experienced the loss of a loved one report increased stress and sadness during the holiday season.

Those who have experienced the loss of a loved one are often found to be less involved with their holiday traditions. Instead of participating in holiday activities such as decorating, baking, or giving gifts, they may choose to spend more time alone. This can lead to increased feelings of loneliness and sadness.

The contrast between what we see and how we feel only compounds the loneliness within. Brook Noel, author of the noted book "Grief's Grip During the Holidays: Talk, Talk, Talk," says, "Through the many cherished activities, those who have experienced the loss of a loved one may feel awkward bringing others.

Let your body lead you.

Grief's grip can appear in many ways. It may be as simple as the feeling of not wanting to do something anymore. Or it may be as complex as wanting to do something but feeling blocked by the grief. Here are some tips for easing your grief:

1. Go for a walk or go to a new place.

2. Find a place of solace, whether it's a park, a church, or a local restaurant.

3. Take a deep breath and imagine yourself in a place that brings you peace.

4. Listen to music that evokes feelings of warmth and comfort.

5. Talk to someone who understands what you're going through.

6. Find a creative outlet, whether it's painting, writing, or dancing.

Adopt a Pet: Baron

by The Animal Welfare League

For those who have lost their family, holiday traditions can be difficult to embrace. However, the loss of a dog can be particularly devastating. Baron, a seven-year-old chocolate lab, was surrendered because his family became homeless.

Since Baron's surrender, he has been living at the Animal Welfare League of Greater Baltimore. Baron is a playful and energetic dog who loves to play fetch and tug-of-war. He also enjoys spending time with his human friends and is a great companion for everyone.

With the help of BARCS, Baron has been given a second chance at a loving home. If you're interested in adopting Baron, please contact the Animal Welfare League of Greater Baltimore at (410) 767-6000.
Our Holiday Gift to You

This year, our JEWELRY SALE starts
december 11th, with 15% off your entire purchase!

- 9 a.m. to 6 p.m., December 11th

Call 207-357-0600 for information.

Foreside Outlets

Ben Bridge Jewelers

Please note: Sales tax applies to all purchases.

Grind Local

by Kay Bobos

The Maine Resource Center of Southern Maine

(FRMC) is a nonprofit organization dedicated to improving the lives of men in our communities. Through a variety of programs and services, FRMC aims to foster positive change and promote healthy relationships among men.

One of the organization's main programs is the Leadership Training, which focuses on helping men develop emotional intelligence and leadership skills. The program is designed to inspire men to make positive changes in their lives and in the lives of others.

The Leadership Training program is open to men of all ages and backgrounds. Whether you're looking to improve your own life or help others, FRMC's Leadership Training can provide the tools and support you need to achieve your goals.

If you're interested in learning more about the Leadership Training or FRMC's other programs and services, please visit their website or contact them directly.

For more information, visit www.marec.org

Contact: 207-700-6800

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Macy's

Non-profit News

Men's Resource Center of Southern Maine

by Kay Bobos

The Maine Business Center of Southern Maine (MBC), a nonprofit organization, recently received a grant from the Maine Economic Development Authority (MEDA) to support its Leadership Training program.

The grant will help the Center to expand its program and reach more men in our communities. The Center is dedicated to helping men develop emotional intelligence and leadership skills, and the grant will enable them to reach a wider audience.

The Center's Leadership Training program is open to men of all ages and backgrounds. Whether you're looking to improve your own life or help others, the Center's programs can provide the tools and support you need to achieve your goals.

If you're interested in learning more about the Leadership Training or other programs offered by the Maine Business Center, please visit their website or contact them directly.

For more information, visit www.mbcmaine.org

call toll free 207-700-6800

- 11 Casco Bay Weekly
Jeanne grew up surrounded by belly dance and began her study of the dance as an art form ten years ago. She has been teaching forms of dance for over fifteen years. Check her out at Gilsland Farm Audubon Center in Maine. She is celebrating feminine energy, and men also belly dance and my take on that is that (in contrast] belly dance is very strong, progressively sexual, but people have no trouble letting their kids learn hip-hop but they are always concerned if their daughter does... I want to teach belly dance. Belly dance teaches you to be proud of your body, to understand the strength of your body and the power of your body--giving you all the tools you need to keep your body healthy and strong even after you have kids. You are creating the continuity of life, which obviously starts in the human form. And while it's very relevant about the elder you are, for example, the more comfortable dancer you'll be because you have more experience.

When and how did you come to practice this dance? I would dance, so I always saw it, but I didn't study it as an art form to perform until I was an adult. I began studying it nine or ten years ago when I was pregnant. I was, so I've seen it all my life. It's celebrating feminine energy, and men also belly dance and my take on that is that (in contrast] belly dance is very strong, progressively sexual, but people have no trouble letting their kids learn hip-hop but they are always concerned if their daughter does... I want to teach belly dance. Belly dance teaches you to be proud of your body, to understand the strength of your body and the power of your body--giving you all the tools you need to keep your body healthy and strong even after you have kids. You are creating the continuity of life, which obviously starts in the human form. And while it's very relevant about the elder you are, for example, the more comfortable dancer you'll be because you have more experience.

The beauty of belly dancing is that it's not celebrating a particular body--giving you all the tools you need to keep your body healthy and strong even after you have kids. You are creating the continuity of life, which obviously starts in the human form. And while it's very relevant about the elder you are, for example, the more comfortable dancer you'll be because you have more experience.

You've performed in some noteworthy events, including The yogurt shipments at the Lowell Auditions. What's that like? It's Ian's. It's very exciting. The yogurt shipments was my absolute favorite thing I've ever done with belly dance. The reason was that I was eight weeks pregnant at the time, and that was the most amazing experience of my whole life with belly dance because it was so good for people to see me. And I think that I was really able to use belly dance in a way that could encourage women to support food and women's wear and land and loved it and I'll never forget that.

Last words for those curious about belly dancing? This is a tough dance to teach kids. It requires love and trust and love and trust and love. Love them. That's why I do it. The other thing that I do want to do with this class is that it's beenSuch an obvious good for people to see me. And I think that I was really able to use belly dance in a way that could encourage women to support food and women's wear and land and loved it and I'll never forget that.

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A Primer On Winter Holidays

By Steffan Douglas Morin

DECEMBER 11, 2003

As we near Thanksgiving in two weeks, all of us are already anticipating the season of giving. In this modern age, we may not give gifts in the same manner as our ancestors did, but the spirit of giving remains. The season of Giving is not just about expressing love and appreciation to those in our lives, but also about supporting community and giving back to others.

The season of Giving is celebrated in various ways across different cultures and traditions. The traditional celebration of Hanukkah, which begins on December 22, is a time for families to come together and share in the joy of giving.

Hanukkah is a time of year that celebrates the freedom of the Jewish people from the oppression of the Greeks. It is a time of light and celebration, with the Hanukkah menorah being a symbol of hope and freedom. During Hanukkah, families light the menorah each night of the eight-day festival, with each day featuring a new candle.

The season of Giving is also a time to remember loved ones who have passed, as it is a tradition for families to light a candle in their memory. This act serves as a reminder of the love that this act creates.

In conclusion, the season of Giving is an important time of year that allows us to come together and express love and appreciation to those in our lives. As we celebrate Hanukkah this year, let us remember the importance of giving back to our communities and supporting those in need. Happy Hanukkah!
Investing in your holiday gift giving

More than once this year, I’ve heard my relatives and friends say, “We’re so hard to get a gift for.” This seems to have everything to do with not having anything they need or want. There are some great stock options out there that everyone would love to receive even more than gifts. For the most part, people you know well are the ones on your gift list, and picking out stocks for someone you know can be a lot of fun. With that in mind, take your gift list, sit down in front of the computer, go to www.stockpick.com, and then select some of the companies listed.

If you’re just getting started with investing, you might want to start with stocks ranging from $5 to $10 a share. (There is a whole variety of stocks that would be fun for your children and maybe a few big hits.)

MAXELL (MAXE): $19.97 a share
MARCHMONT (MARM): $23.24 a share
MARS (MARS): $18.61 a share
MCDONALDS (MCD): $39.40 a share
MICROSOFT (MSFT): $27.09 a share
MISTY (MSTY): $17.86 a share
MIXED (MIXD): $13.05 a share
MOMENTUM (MOMT): $20.50 a share
MOMENTUM: $5.97 a share

For the teenagers there are a lot of options through the clothing stores and online.

ABERCOMBIE & FITCH (ABCF): $51.37 a share
AEROSPACE (AIRC): $16.98 a share
AEROPOSTALE (AR): $10.75 a share
AIRWAY (ARY): $2.50 a share
ARGUS (ARGU): $17.86 a share
ARMY (ARMY): $13.05 a share
AWS (AWS): $2.50 a share

One last suggestion is to give out Kwanzaa. There are some great Kwanzaa stock options that you can give to your gift list, sit down in front of the computer, and then select some of the companies listed.

Investing in your holiday gift giving

By Abbie Otis

The seven principles are:

1. Umoja: Unity
2. Kujichagulia: Self-determination
3. Ujamaa: Cooperative economics
4. Nia: Purpose
5. Kuumba: Creativity
6. Imani: Faith
7. Nia: Purpose

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The idea has come up with the idea. That idea was Kwanzaa, a celebration of African roots and black unity in America. The idea has taken hold and now over 20 million people celebrate Kwanzaa in the U.S., Canada, Europe, and South Africa. The celebration was named for the African term for “harvest,” which means “red fruits.” It is based on African harvest traditions and is celebrated annually during the seven days after Christmas. The celebration begins on December 26 and ends on January 1.

Kwanzaa A Celebration of Family, Community, and Culture

By Royce Carlson

The seven principles are:

1. Uhuru/Kujichagulia: Self-determination
2. Ujamaa: Cooperative economics
3. Nia: Purpose
4. Kuumba: Creativity
5. Imani: Faith
6. Nia: Purpose
7. Umoja: Unity

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2. Ujamaa: Cooperative economics
3. Nia: Purpose
4. Kuumba: Creativity
5. Imani: Faith
6. Nia: Purpose
7. Umoja: Unity

This year is the 16th year of celebrations—Kwanzaa. Kwanzaa is a time for reflection, unity, and hope. The celebration of Kwanzaa continues to grow. This year, the theme of the celebration is “Economic Justice and Social Unity.”

Black Nativity-In Concert is back and it's better than ever!

By Aaron Robinson

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**Movies**

__The Missing__

Tom Sullivan's latest film starring Tommy Lee Jones and Cate Blanchett.

__Skyline__

_The Story__

We have something different this week as an article about opinions in the film.

__Lobster Pot Facts__

A new walk-in to the Family Center for Falmouth is a big draw for people who have never been. The center is well-stocked with lobsters, and people love to watch them. But Ron Howard is a good director of action and talent, he's too much of a softie.

__The Hangman__

Wallpapering & Painting Co.

* Admissions for public to visit to Falmouth.

**PORTLAND PIRATES HOME SCHEDULING**

__Cumberland County Civic Center__

December

- 7:00pm Thursday
- 7:00pm Sunday

January

- 7:00pm Thursday
- 7:00pm Friday

February

- 7:00pm Thursday
- 7:00pm Friday

March

- 7:00pm Thursday
- 7:00pm Friday

April

- 7:00pm Thursday

May

- 7:00pm Thursday

__NORTHWEST PENINSULA__

__Visit USM's Southwestern Pleasure__

Get out of the house and into the universe!

**The Missing**

_The Story__

Tom Sullivan's latest film starring Tommy Lee Jones and Cate Blanchett.

__Skyline__

_The Story__

We have something different this week as an article about opinions in the film.

__Lobster Pot Facts__

A new walk-in to the Family Center for Falmouth is a big draw for people who have never been. The center is well-stocked with lobsters, and people love to watch them. But Ron Howard is a good director of action and talent, he's too much of a softie.

__The Hangman__

Wallpapering & Painting Co.

* Admissions for public to visit to Falmouth.

**PORTLAND PIRATES HOME SCHEDULING**

__Cumberland County Civic Center__

December

- 7:00pm Thursday
- 7:00pm Sunday

January

- 7:00pm Thursday
- 7:00pm Friday

February

- 7:00pm Thursday
- 7:00pm Friday

March

- 7:00pm Thursday
- 7:00pm Friday

April

- 7:00pm Thursday

May

- 7:00pm Thursday

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Books

The Boys' Crusade: The American Infantry in Northwest Europe, 1944-1945
By Paul Fussell

This section discusses how the troops felt, that the war was not a crusade. They did not want to be seen as crusaders, but rather as soldiers. This crusader mentality was propagated by the propagandists, who wanted to depict the troops as a sacred mission. The troops did not want to be associated with this, as it made them appear weak. The term "crusade" was used to describe the war effort, but the troops did not see it as such. They were soldiers, doing their job.

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Funny bone
Riddles...
1. What English word can have 4 of its 5 letters removed and still retain its original pronunciation?
2. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
3. In your sock drawer, you have a ratio of 5 pairs of blue socks, 4 pairs of brown socks, and 6 pairs of black socks. In complete darkness, how many socks would you need to pull out to get a matching pair of the same color?

April. The second child was named May. What was the third child's name?

... Brain Teaser

Brain Teaser....

How many wolves can you spot in this picture?

Contests

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