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## Casco Bay Weekly : 5 February 2004

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FEB. 5, '04

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WEEKLY™**

VOLUME ONE - ISSUE FOUR

FEBRUARY 5 2004



*Suicide*  
*A year gone by*



LIZ CUTTING REMEMBERED

- Daily grind: Camouflage communication
- A talk with David Pontbriand
- Extreme Leigh: Dog sledding
- Skyline: Seeking the Seven Sisters

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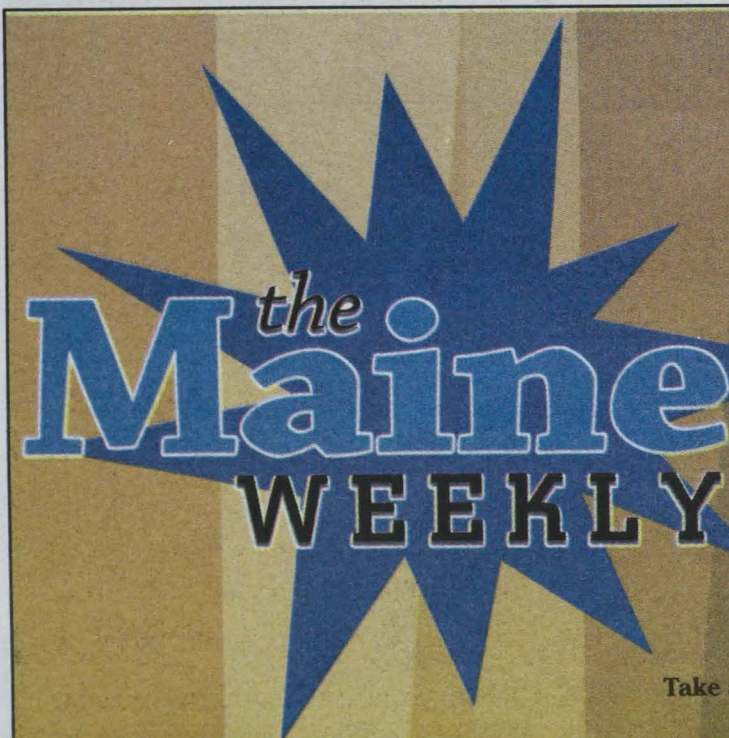
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**Touch Tank**  
February 10

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**Preschool Play: Music & Songs from around the world**  
February 11  
10am & 10:45am

Join Marcus Gale for rhythms and music of world culture.

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10 Saturday 7:05pm Wilkes-Barre/Scranton  
16 Friday 7:05pm Manchester  
18 Sunday 4:05pm Providence  
23 Friday 7:05pm Hartford  
24 Saturday 7:05pm Lowell  
30 Friday 7:05pm Lowell  
31 Saturday 7:05pm Bridgeport

### February

6 Friday 7:05pm Worcester  
7 Saturday 7:05pm Providence  
11 Wednesday 7:00pm Albany  
16 Monday 7:05pm Lowell  
20 Friday 7:05pm Springfield  
21 Saturday 7:05pm Lowell



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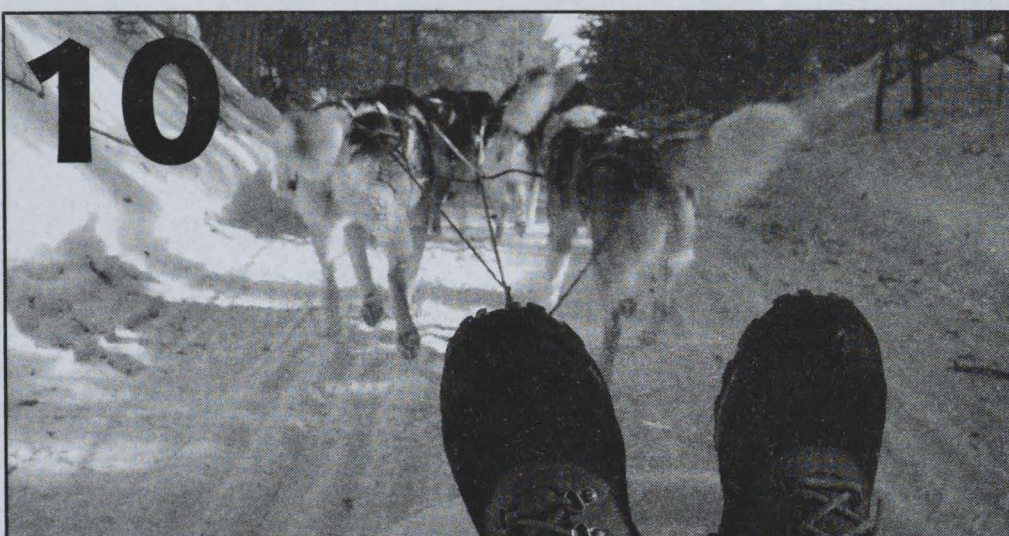
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**Spring is coming ... it's only five weeks away**  
But that's not soon enough for those affected with Seasonal Affective Disorder, or SAD. We'll explore the causes, symptoms and treatments of this often disabling illness.

### And on a romantic note ...

Valentine's Day is a holiday to express your feelings to the one you love, whether it be through words or gifts. We'll examine this holiday from past to present, to see why some anticipate it and others would rather disregard it.

4 [www.TheMaineWeekly.com](http://www.TheMaineWeekly.com)

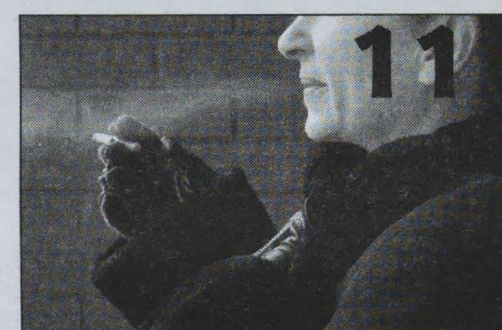
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## February 19 Josh Groban in Maine

Still revved from his appearance at the Super Bowl singer Josh Groban talks to The Maine Weekly.

Cover Illustration: Rene Ibarra • Photo: Jim Rand

## the Maine WEEKLY

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# Talk A conversation with David Pontbriand

"I am kind of a rare species in that I learned myself, almost completely. As I advanced I had advisors on the way, but I pretty much learned on my own."

by Leigh-ann Smith

David has been playing the sitar for over twenty-five years. He teaches locally and plays concerts throughout New England. To find out more about his concert schedule visit, [www.davidpontbriand.net](http://www.davidpontbriand.net).

### What is a sitar?

Well, it's obviously a stringed instrument and its history goes back about 700 years. In India the music is really an oral tradition and it is hard to trace the history of instruments and how they developed. It is usually made from teak wood; the sound resonators are made from gourds. They have a special way of curving the strings and making them very hard and thin. The strings are made out of piano wire and originally were made out of gut, like most stringed instruments at that time. There are a few ideas of how the modern sitar became about. One was a Persian instrument called the sehtar. It didn't look a whole lot like the sitar. And then the 'been', which was a standard north Indian instrument and then the sitar came along.

### Is the sitar then mostly played in northern India?

Yes, the northern Indian music has been subject to many changes and influences over the years. I think the north became a lot worldlier classical art form. It [northern music] has gotten away from its close ties to religion, like the southern music, which is still played in temples. The northern music can be heard anywhere from temples to concert halls. The north Indian music is called Hindustani, which is what I play.

### How did you learn how to play the sitar?

I am kind of a rare species in that I learned myself, almost completely. As I advanced I had advisors on the way, but I pretty much learned on my own. And that's kind of unusual.

### What drew you to the sitar?

Hearing Ravi Shankar. In 1973 my wife came across a sitar hanging in a shop. She called me and asked, "I found a sitar. Should I get it?" Since I was really interested in the instrument. I said, "Well...yes I think you should." So she brought it home for me. I actually played that instrument for twenty years.

### So, can you find them locally?

No, not really. Maybe if you were to shake down the whole city of Portland then you might be able to find 25 of them. Back in the end of the sixties beginning of the seventies there was a sitar explosion. The interest The Beatles had in the sitar set of this whole chain of reaction, not just Indian music but Indian instruments and everything else. With this interest the Indian importers shipped the sitars here by the thousands. They were everywhere. It seemed like everyone had one and most of them were not great instruments, maybe suitable for a wall hanging. They're probably in peoples closets or in basements now. Mine was custom made in 1998.

### What type of music do you play?

It is considered classical music. But it has a long history, a long evolution. As a matter of fact, I think it is the oldest continual music tradition on the planet. It has been an unbroken chain of players for the past 3,500 years. Of course that is a guess because there is no written record of it, since it is an oral tradition. But they believe the beginnings of it to be around 3,500 years ago.

### Is it as difficult to play it as it looks?

It is in some ways. I mean, wanting to master any instrument is difficult. It depends on what level you want to play at. Say you wanted to learn to play guitar. Almost anyone can learn to play guitar but not everyone can play at a certain level. But with the sitar it's more dif-



PHOTO LEIGH-ANN SMITH

ficult at the beginning. It's a lot of attention to detail. You can't just pick it up and start playing it, like you may be able to go into a guitar shop and do with a guitar. It needs a certain setup, continual tuning. You have to continually work on the way it sounds because there are unique things about the way it sounds.

### Can you describe the sound?

It is known for having a buzzing kind of sound. Most players don't use much of the buzzing sound, but Ravi Shankar is famous for that sound. He is probably the most famous sitar player so people tend to think that is how a sitar sounds. Most players nowadays use a tone that is much cleaner. The strings create an atmosphere, or ethereal background.

### Do you usually perform as a soloist?

I sometimes perform with a band but often time I perform with an accompanist, a tabla

player. A traditional combination is a sitar and a tabla.

### What is a tabla?

It is a two-piece drum. Each one has distinctive sounds it makes and they go together to make a phenomenal palette of sounds. One hand stays on one drum and the one stays on the other.

### Have you put out any CDs?

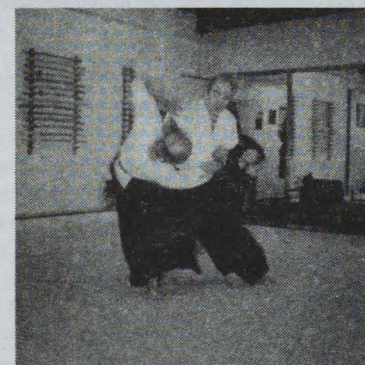
No, actually I have been working on one for quite awhile but I am very hard to please. I think it is probably about time to turn the job over to someone who can take what I have done and make it for me. But I do need to put something out because people ask me all the time.

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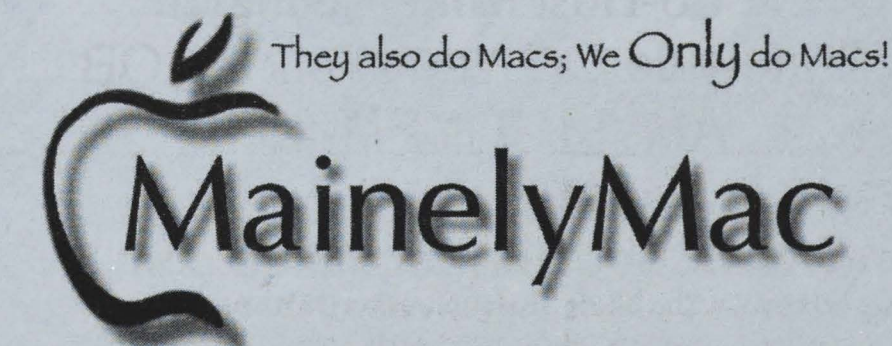
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## feedback from our readers

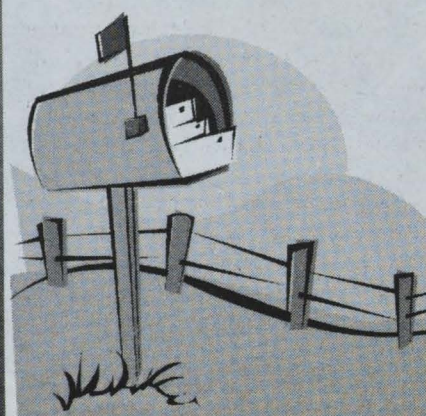
### Appreciate Martin James

As a writer I know how much it means to be appreciated. Therefore, I want to commend Martin James and *The Daily Grind*. His writing has a nice edge, satirical humor and is of general interest. I, too, share his thoughts re: "the Christmas Letter." The one I wrote was titled "No News Is Good News," and I suggested that those who planned to write one should send the cost of mailing to their favorite charity.

Beatrice Comas  
South Portland

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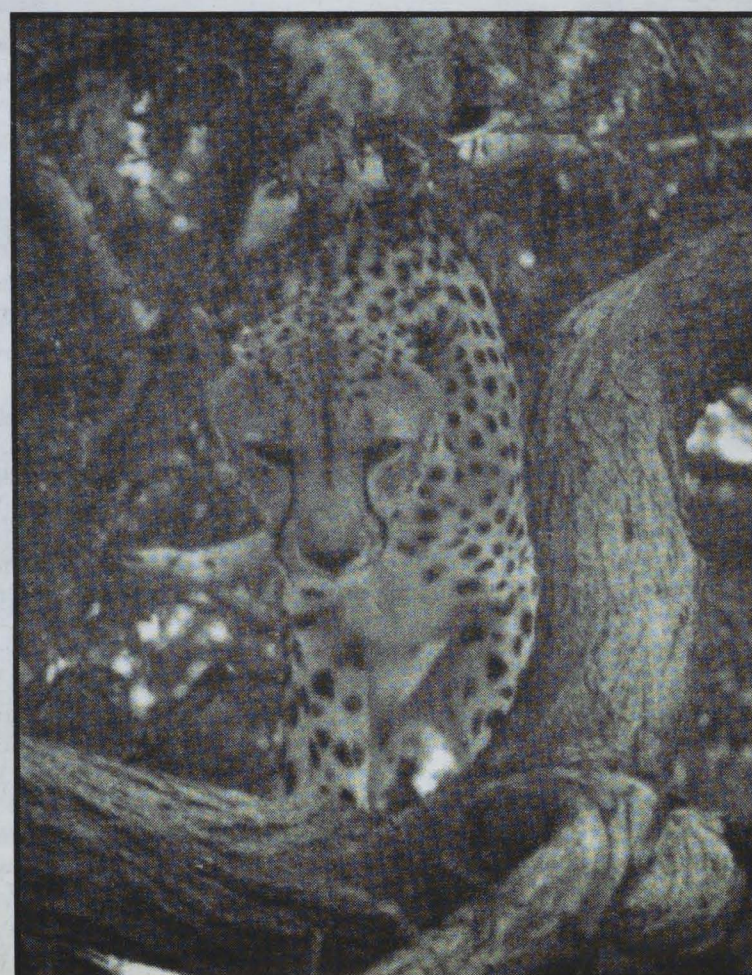
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## Contests



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Photography by J. Scott Rickman  
of Scarborough

Send your original photography, artwork and writings (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing TMW to publish your submission. Send your submission to: Contest Department, The Maine Weekly 11 Forest Ave., Portland, ME 04101 (please include a SASE if you want your submissions returned) or e-mail to: cbudir@maine.rr.com.)

## THE Daily GRIND

### Camouflage Communication

by Martin James

As we head into the season of presidential politics, this might be a good time to examine the nature of the beast. Specifically, I refer to the habit of politicians to wander far afield from the topic when asked a question.

It has always seemed almost miraculous how these public servants can avoid uttering a single meaningful word while talking for several minutes. And I've often wished I could learn that skill. Wouldn't it be wonderful to be able to bedazzle the world with eloquence, bending others to my will while promising little or nothing that I could be held to in a court of law.

For lack of a better term, I'd like to call this befuddling use of language Camouflage Communication. To camouflage means to conceal by disguise or protective coloring; this mode of speaking disguises the truth and colors the facts.

Consider for a moment an example of political wordsmithery as Mr. Office Seeker answers the question from the press:

"Sir, do you agree with the incumbent about the need to reform our tax system?"

"I want to thank you for asking that question, for it provides an opportunity for me to express my admiration for my worthy opponent, who has served admirably for so many years and is, at this particular point in time, and in my own considered opinion, ready to be raised onto the world stage as a respected statesman. As to the issue of tax reform—something that I might add has always been at the forefront of my agenda in all my discussions prior to seeking this lofty office in service to my fellow Americans—this is far too complex an issue to attempt elucidation in the few brief moments afforded to me in this venue. Please feel confident that, should I be successful in winning the public trust to an extent that lifts me from my humble beginnings into the office I now seek, tax reform will be a priority of the highest magnitude. I will not rest until the thorny issues that dampen the quest for true reform have been thoroughly researched and judiciously pondered by the wisest minds I can gather about me, and openly and fairly deliberated by the very people who will have sent me to our nation's capitol and endowed me with power and authority. On that you may rest assured. And again, I thank you for raising a subject that affects us all, and not only us but the generations to come. Next question, please ..."

Have you ever wondered how a politician might react if he left public service to become, for example, a baseball umpire? Imagine the call from behind the plate of a former mayor, governor, or legislator as the batter disagrees with his call.

"Strike Three—Yer out! However, in the spirit of fairness, I must address the obvious displeasure you have evidenced both verbally and as also reflected in your visage. Notwithstanding the fact that the final pitch of your recent at bat was down the heart of the plate and at sufficient height to be viewed as a strike according to the rules of the game we all love and call our National Pastime, it is my considered opinion that, with your many years of experience in this beloved game of ours, your opinion and wisdom, gained from the observation of countless pitches hurled in your direction could conceivably and now indeed have led you to an alternative view. Therefore, in the spirit of compromise

that has always marked my public life, I will award you possession of first base. However, I must add this caveat to your occupation of that and any subsequent bases: Any run scored following a successful batting attempt by one of your teammates will not result in the tally marked by your crossing becoming a part of the official outcome of this contest. Next batter, please ..."

A much more disturbing situation for use of this technique would be at a wedding. Imagine the problems created if the groom used Camouflage Communication at his wedding.

In response to the traditional question from the minister, "Will you have this woman to be your wedded wife, the CC expert might say:

"I'm glad that you asked that question, Reverend, for it provides me an opportunity to express my appreciation and admiration for the blessed institution of matrimony. From time immemorial, this has been the highest and most holy estate into which two people can enter, for it upholds ..."

I could go on, but you get the idea. Why can't people just say "I do" or "I don't"? Why can't we say "yes" or "no" and let it go at that?

What we need is the kind of no nonsense, direct communication practiced by my father. There was never a moment when I did not understand precisely what he meant. Let me give you one perfect example from my early days of driving his car.

As I was walking out the door, my father said, "Be home by nine. Fill the tank with gas. If you are late, you won't use my car for one month. If you don't fill up the tank, you won't use my car for one month. Do you understand?"

I nodded that I understood, but he made me repeat the two simple commands, along with the consequences for failure.

For some reason, I returned home much later than the hour he had assigned, an hour so late that I was unable to fill the tank of Dad's Plymouth with gas. Sleeping late the next morning, I didn't hear my father leave. I did, however, hear him return. The whole neighborhood heard him.

They heard him as he walked very quickly along our street because his heavy steps sounded much like a small army marching to war. They heard him because he was mumbling loudly but incoherently as he marched home. They noticed him because this was a man who didn't like to walk: "I paid good money for a car—why should I let it sit in the driveway?"

He would drive just a few blocks down to the corner store for a tin of his pipe tobacco rather than let his car sit around gathering dust. But on this morning, he had set out on a trip of nearly a hundred miles—a trip which ended when the car ran out of gas ten miles from home.

When my bedroom door flew open and the sun poured in, all I saw was a huge, sweating, angry figure who seemed to be glowing.

"Let me explain what 'home by nine' and 'fill up the tank mean,'" bellowed the towering man. "And furthermore, let me explain that in this case, one month plus one month do not add up to two months."

No Camouflage Communication was used by this man. Not then, and not ever.

Martin James learned his lesson well and never uses Camouflage Communication, except when his dear wife says, "You do love the cats, don't you?" and he answers, "Of course I do, my dear."

## for the record Employee Group to Buy Maine Businesses

Community Asset Partners, LLC (CAP, LLC) of Portland announces today the pre-launch of the first employee-owned portfolio of community-based businesses in the state of Maine. By entering into a definitive agreement to purchase certain assets of Endeavor Holdings Corp., the acquisition will include Maine Publishing Corp., parent company of The Maine Weekly and the soon to be launched publication The Maine Woman. CAP, LLC also holds option agreements on several additional businesses, which it expects to add to its portfolio by May 31st. A council of five individuals presently governs CAP, LLC each with variable business experience and skill sets. This council will grow to include additional members as the organization unfolds its business plan.

CAP, LLC intends to grow its community of companies as a socially responsible initiative for proactive community economic development and as an example of how local citizens can support Main Street through their investment decisions. CAP, LLC is the predecessor to an ESOP or employee stock owned plan, wherein loyal workers can earn stock as they stay on with the company. Worker owned companies have evolved slowly since Louis Kelso first invented the ESOP model in 1956.

However, with the trillions of dollars currently held by baby boomers in privately held companies, the race is on to provide workers the same equity opportunities as founders. Both workers and founders benefit from favorable tax laws and the community benefits as well through sustainable business asset succession planning.

CAP, LLC expects to grow its portfolio of companies to include established businesses of all shapes and sizes. By bundling several market tested community-based businesses together, CAP, LLC expects to grow its workforce to several hundred associates from several northern and southern Maine counties with combined gross revenues of several million dollars. A typical target company is one that has been in the community for at least 5-10 years where the founder is interested in staying involved, but not with all the headaches a sole-proprietor typically has to endure. Administrative and staff resources can be shared, larger contracts can be sought with multiple community partners and local workers who want to stay in Maine but seem to have less career options will now have more. Interested parties may contact Roy Allen via email [mentex@aol.com](mailto:mentex@aol.com) or call him at 775-6601 for more information.

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## Skyline From The Southworth Planetarium

### Seeking the Seven Sisters

by Edward Gleason

The following is one half of a telephone conversation between a planetarium employee and the constellation Orion. (Yes, we called collect.)

Oh, Orion, what have you done now?  
As though it were not enough to have seduced Artemis, Goddess of the Moon, now you're in love with seven women! Not one. Not two ... but seven. Moreover, these women are all sisters. Sisters talk, you realize. They all know of your feelings. And, Orion, none of them is in the least bit interested in you. You sort of have this reputation amongst women, you see. It all stems from that rather unfortunate incident with Oenopion's daughter.

Yes, we all see the seven sisters: Lovely women bathing in the azure-tinted filaments of the western evening sky. Maia, Taygeta, Alcyone, Electra, Celaeno, Sterope and Merope are all more than worthy of any man's affections. We see you every night pursuing them in lustful earnest across the heavens. Yet, be assured that neither persistence nor heartfelt expression will ever awaken in them any reciprocation of sentiment.

Now, if that were not enough to dissuade you from your pursuit, realize also that the seven sisters have just been transformed into stars. Didn't expect that, did you?

How did that happen?  
It's all Zeus' doing. You remember Zeus, don't you? You should. Rumour has it that you were born out of his urine, hence your name ... Oh, sorry, didn't realize you were sensitive about that.

Anyway, Zeus is also possessed of a wandering eye and amorous spirits. If you don't believe me, ask his wife Hera. He's had relations with three of those sisters. Which ones? Hmm ... let's see. Maia, Taygeta and Electra. That's why they all bore him children ... No, Orion, I'm not making fun of you. Just thought I'd, well, point out the obvious.

Be that as it may, Zeus discovered you chasing these poor women. He has a rather jealous nature and was not about to permit

you to capture these sisters.

Thus, he turned them into stars. You have to admit, Orion, they are indeed beautiful stars. They form what astronomers call an open star cluster: A gathering of stars held together by mutual gravi ... what was that? Hey, listen, there is no need to shout! It is your own fault for being so foolhardy as to set your sights on seven women at the same time.

Yes, I know. Yes, it's true: trying to seduce a star would be kind of stupid.

Anyway, the Pleiades is a star cluster that appears as a cloud of light in our western evening sky. The whole cluster is about 410 light years away. You see, Orion, a light year is the distance light travels in one year. That distance is about 5.8 trillion miles. Multiply that number by 410 and the result is well, a darn large number...

What? Well, I can understand if you couldn't care less about the definition of a "light year." I mention it because Zeus wanted to be certain that quite a bit of space was put between you and those sisters. If you're still interested in them, you'd better start walking. You can see them right there in the sky: The Pleiades star cluster. A beguiling sight in the western evening sky tonight. It is perched on the back of the v-shaped Taurus the Bull.

And that's another thing, Orion. That bull separates you from the Pleiades, anyway. So, combine the fact that they are protected by a bull ... are trillions of miles away ... and are no longer women and you are out of luck.

Hey, what was that sound?  
Hello? Hello?  
Sigh Hunters!

If you considered today's article to be interesting, perhaps you'd be interested in a brand new course at the Southworth Planetarium. Entitled, "Night Sky Mythology," this course begins on Thursday, March 18, 2004. The class meets every Thursday for four weeks between 6-8 p.m. in our star dome. Learn the stories of the constellations and the mythologies of the sky! There is a \$30 enrollment fee. Call 780-4249 for more information.

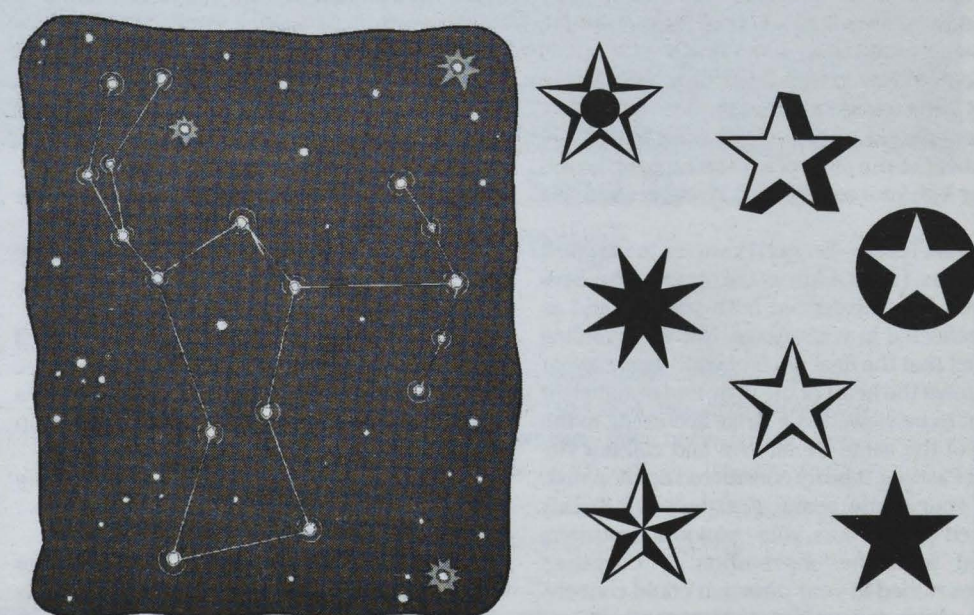


ILLUSTRATION ART TODAY

## Health & Wellness

### Skin Care Tips for the Winter Months

by Dr. Peter Helton

As a board-certified dermatologist specializing in cosmetic dermatology, I've devoted my life to making people look better, feel better about themselves, and solving problem skin. But underlying outside beauty is health, particularly as it relates to skin. Taking proper care of your skin can do more to enhance your appearance than all the lotions and creams applied to cover up unhealthy skin. Proper care can even help you avoid the rashes and other diseases which necessitate an expensive visit to a dermatologist.

The winter months pose unique challenges. Constantly switching between dry indoor air and harsh cold and wind outdoors removes moisture from the skin. While creams and lotions replace some of that moisture, it is far better to take steps to prevent moisture loss in the first place. 1. The skin is the body's largest living organ. General health rules regarding nutrition, proper rest and exercise all contribute to the overall health of the skin.

There are special rules relating to healthy skin. Here are a few that are important during the colder months.

- First, keep well hydrated. This is easier to remember during summer, but is just as important in winter. Continue to drink at least eight glasses of water a day. This keeps skin moisturized and flushes toxins out of your body.
- Next, use sun block. Although skin is less exposed in winter, ultraviolet rays can be particularly intense on clear winter days. Even when cloudy, UV rays still penetrate. If you go skiing, UV exposure is even greater. Bottom line: use a good sunscreen that blocks both types of ultraviolet radiation - UVA and UVB.

- 2. Keep out the chemicals. Your skin wasn't designed to deal with dish soap, bleach, hair coloring and thousands of other everyday chemicals. Many common cleaners and solvents specify the wearing of gloves. Always follow such advice. Even products that don't require gloves can still rob oils and moisture from the skin, leaving it dry, cracked and irritated. This even applies to antibacterial soap. As you can't wear gloves all the time, I recommend Gloves In A Bottle at the website [www.glovesinabottle.com](http://www.glovesinabottle.com), which I will explain in more detail later.

- 3. Use gentle cleansers on the face. The face is more delicate than other parts of the body and deserves special treatment. I recommend Cetaphil from Galderma Laboratories [www.galderma.com](http://www.galderma.com) for people with dry skin.
- 4. Get rid of dead skin. Most "dry skin" is actually skin that is ready to fall off. Exfoliation should be part of your regular routine. Use a washcloth when washing your face and then work up to something like a loofa if you can. Exfoliation helps moisturizers and other skin care products do a better job. By exfoliating your skin before you apply moisturizer, it isn't blocked by dead cells.

#### Using Your Body's Defenses

As I mentioned above, keeping your skin healthy requires protecting the skin and

keeping out the harsh chemicals. The skin is designed as a barrier between your internal organs and the outside world, so it is already very tough. But it wasn't built for the range of chemicals that we come in contact with today. It is well known that these chemicals are harmful if swallowed. Many are also bad for the skin.

For example, if you get bleach on your hands, it won't kill you, but it can affect your skin. Even if you wear gloves while cleaning, you certainly don't when washing your hands, reading the newspaper or the many other day-to-day activities that remove skin moisture. There are other parts of the body such as the feet, which become dry and rough. Even your elbows or the parts of the arms which touch the edge of your desk when working on the computer need help.

Moisturizers can replace what is lost, but they are not an ideal solution. To begin with, they don't prevent the absorption of chemicals into the skin. Then, there is the problem of the body's response to the moisturizers. When the body thinks it has enough of something, it cuts down production. For example, drinking caffeine raises the body's production of adrenaline, giving you more energy. Over time, however, the body compensates for caffeine by cutting down on adrenaline production. It gets to the point where people can't wake up in the morning until that first cup of coffee hits their bloodstream.

The same applies to moisturizers. Constant use makes the body think it has enough moisture and it cuts back on producing its own moisture. The answer, like so many other aspects of medicine, is prevention not curing.

This is where Gloves In A Bottle enters the picture. It is a moisturizer designed to bond with and protect the skin. It seals the skin to prevent the loss of your own natural moisture as well as providing additional moisture. Most skin products are simply oil or lanolin based and so they sit on top of the skin where they can wash right off when you clean your hands or do the dishes. Gloves In A Bottle, on the other hand, does not wash away since it is absorbed into the outer layer of skin. It acts as a protective barrier that keeps your own natural moisture while repelling outside chemicals. It is gentle and suitable for all skin types and is a great way to prevent many of the skin problems that wind up in visits to the doctor.

I would not advise using it for severe problems such as open wounds or skin that is so cracked it is bleeding. You should definitely see a physician in such cases. But after the application of the appropriate medication, Gloves In A Bottle can often improve the absorption and effectiveness of the medicine. Consult with your doctor and act accordingly. Normal, daily activities can rob your skin. Follow the above tips and keep your skin soft and healthy.

Dr. Helton practices Dermatology in Newport Beach, California and writes monthly articles on aspects of skin care.

### Get out of the house and into the universe!

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# Extreme leigh™

## Over the snow and through the woods Dog sledding with Paws For Adventure

by Leigh-ann Smith  
photographs by Michael Poliskey

The cold air burns my cheeks as we speed down the trail. "Nikolai haw" is the command given to the lead dog, Nikolai, as he effortlessly turns to the left. I am amazed that a dog can follow a command so well and know to turn left. I look over my head. The tiptop of the trees bend together in places, only letting patches of the crystal clear blue sky peak through. As I take a big breath of this crisp, clear air my nose begins to burn with my lungs following suit. I smile thinking back to all the times I have spent outside in weather like this when I was growing up.

My attention then falls onto the dogs. I look at them, running in unison, gliding over the snow. They seem so at ease in their work. Jen also seems at ease in her work.

They all work together as a team, with Jen being in total control of the dogs. "Good pups," she yells to encourage the dogs to keep them going.

Jen Wallstrom began dog sledding seven years ago. "I wanted to learn it [dog sledding] so I began volunteering at a local kennel. I did things like taking care of the dogs and cleaning up after them. In turn for volunteering I was given two puppies. I bred those dogs and then started building my own team," explains Jen, who has about 15 dogs she uses for her team. "I began dog sledding on my own about four years ago and then started Paws for Adventure." Paws for Adventure, based out of Brownfield, is the company that Jen has started to let people experience dog sledding themselves. "People can come for either a five or three hour tour of the White Mountains or the wilderness western Maine."

Heading along the groomed path Jen stops the dogs allowing a few skimo-bilers to go by us. She asks if I would like to try. I eagerly jump up and get onto the back of the sled with her. The sled we are riding on is hand-made, like most of her gear. "This is a larger sled than I am used to. I borrowed it from a friend." The sled consists of two runners, made out of wood, that are covered by plastic. The handle is smooth curved wood and the front of the sled has planks that lie across it, with padding to make sure the ride is a little more comfort-

able. She yells, "Come on pups," and we are off again. This perspective is even better than just sitting back and being a passenger.

The dogs are aligned perfectly, two by two, forming a team of eight. "I start the pups at two to three months with training and at four to five months I try plugging them into the team. These dogs are bred to do this. They are workers and need to have a job." But like many individuals these dogs have their own personalities. "Dogs are like us and they have their own personality quirks. You have to learn these quirks and traits to make sure your team will work," continues Jen.

Continuing on our trip we come across some more snowmobilers who have stopped. Jen and slow down the so we can speak to them. "There are some more dog sleds up ahead. We just passed them."

"OK, thanks," replies Jen. Jen turns to me and explains the other team is probably from the kennel where she learned. "I see them frequently out here. We're friends. Many of the dogs they have are related to my pups." I nod my head. "This should be interesting. Let's see how the dogs respond."

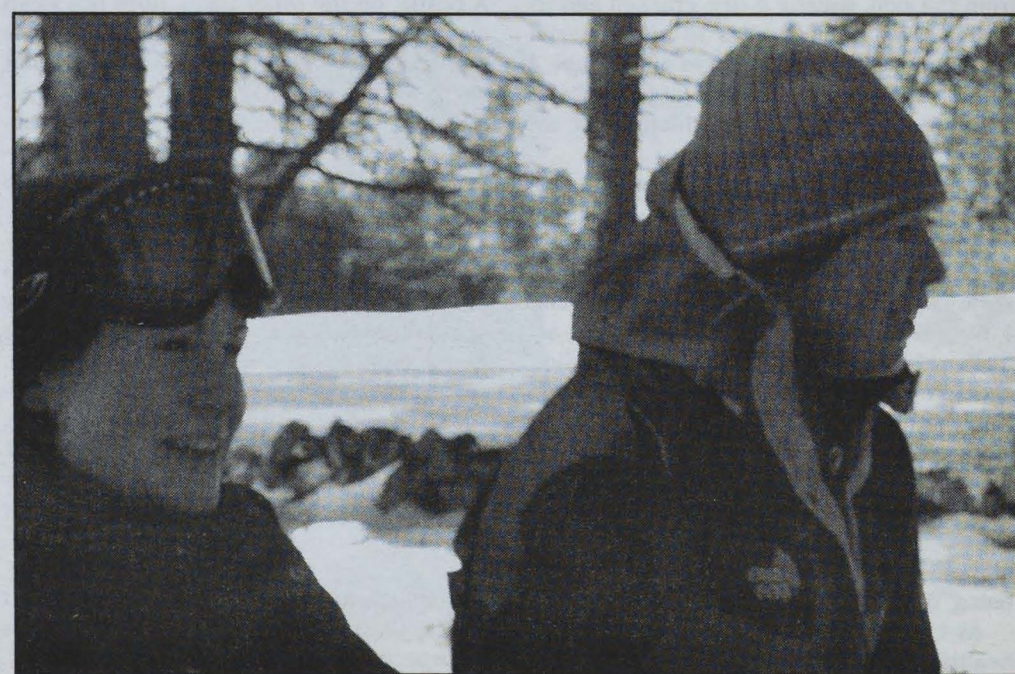
As we make a corner around a bend there is the other team coming up the path. "Nikolai on by," Jen yells several times as the dogs try to stop and sniff at each other. But Nikolai gives up almost as soon as Jen yells her command and we're off again, swooshing down the path.

Back to our conversation, Jen seems at ease talking while making sure the dogs are going where they are supposed. "I am out almost everyday," she says. "Some days though, if I am not feeling up to it or am in a bad mood, I won't bother taking the dogs out, because they can sense that sort of stuff. They tend to be more difficult on days which I might not really feel like doing it." But I can tell those days are few and far between. Jen really loves these dogs and it shows.

Our eight-mile trip soon came to end. My photographer, Mike and I comment on how fast that the eight miles went by and how nice it was to get out and do something different. I guess that is what is great about dog sledding. With all the typical winter activities in our state, like skiing and snowmobiling, it is nice to have an option that is truly unique.

For more information on having your own Paws for Adventure, Jen can be reached at [mush@pawsforadventure.net](mailto:mush@pawsforadventure.net) or (207) 935-2242.

Leigh's view (top) from the sled. Two of the dogs (left) resting after finishing the eight-mile loop. Jen shows Leigh (right) how to put a harness on Nikolai, the lead dog. Leigh and Jen (at right) behind the helm of the sled, enjoying the clear, crisp day.

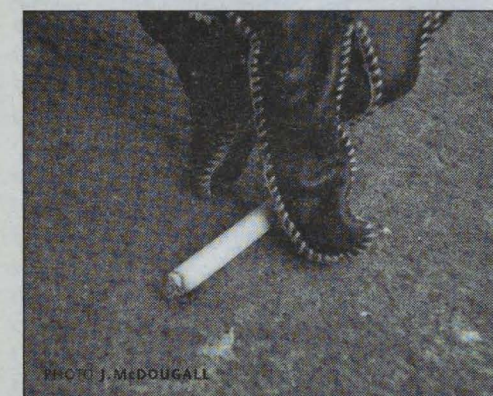


Extreme Leigh will be a monthly column where we will try to put our co-worker through extreme adventures, and make her write about her experiences. We look forward to months of jumping from planes, bungee jumping, and bear wrestling. She doesn't know about that one yet.



## casco bay weekly™

## Smoking Ban Thoughts



by Michele Morris

I'll never forget the day I held a cigarette to my lips for the first time. Why remember such a day as this? Because it's a dark day when you decide you'd love to kill a bit of yourself with each drag. Of course, I don't remember what I was thinking that day, or why I thought I should embark on such a worthless habit, but the damage has been done. I'm a smoker, though I can safely say, after college and after the beating my lungs have taken, that I'm a mild smoker. But we all know that doesn't change anything. I've attempted to quit but without much success. I've only been able to cut down on the number of cigarettes I have on a daily basis. And I've always explained away my attempts at quitting by telling myself that I'll quit when I'm good and ready. How bizarre that that moment has never come along? The real truth is that I need help quitting. And how lame is it that I can't afford to buy those cessation packs they sell at drug stores; is it that I can't afford them or don't want to afford them?

Sure, I do need help quitting smoking, but what about those who don't smoke and never have? They need help trying to escape the second-hand smoke that is, over time, just as deadly as being the smoker.

Ask and you shall receive. A recent smoking ban that has taken affect within Maine bars is making it easier for non-smoking patrons and workers to breathe. The passage of this ban didn't come without a fight from both sides. I was in an Old Port bar before January 1 of this year (the ban went into affect January 1, 2004) and a gentleman approached me with a petition that yielded names of those who opposed the ban. Before he could even give his own argument, I simply said, "Well, I'm a smoker as you can see (I was enjoying my nicotine stick at that moment) but I agree with the ban 100 percent. So, no, I won't sign the petition." The gentleman looked at me funny then turned and tried to get other patrons to sign. The friends I was with who are also smokers looked at me funny too but that didn't—and doesn't—change the way that I feel about the issue. I used to bartend in my hometown and I can honestly say that there wasn't a time I left that bar when I didn't have a headache from the second-hand smoke that I inhaled my entire shift. I might also add that when I did bartend I rarely had a cigarette. Why bother when you can have one constant cigarette for

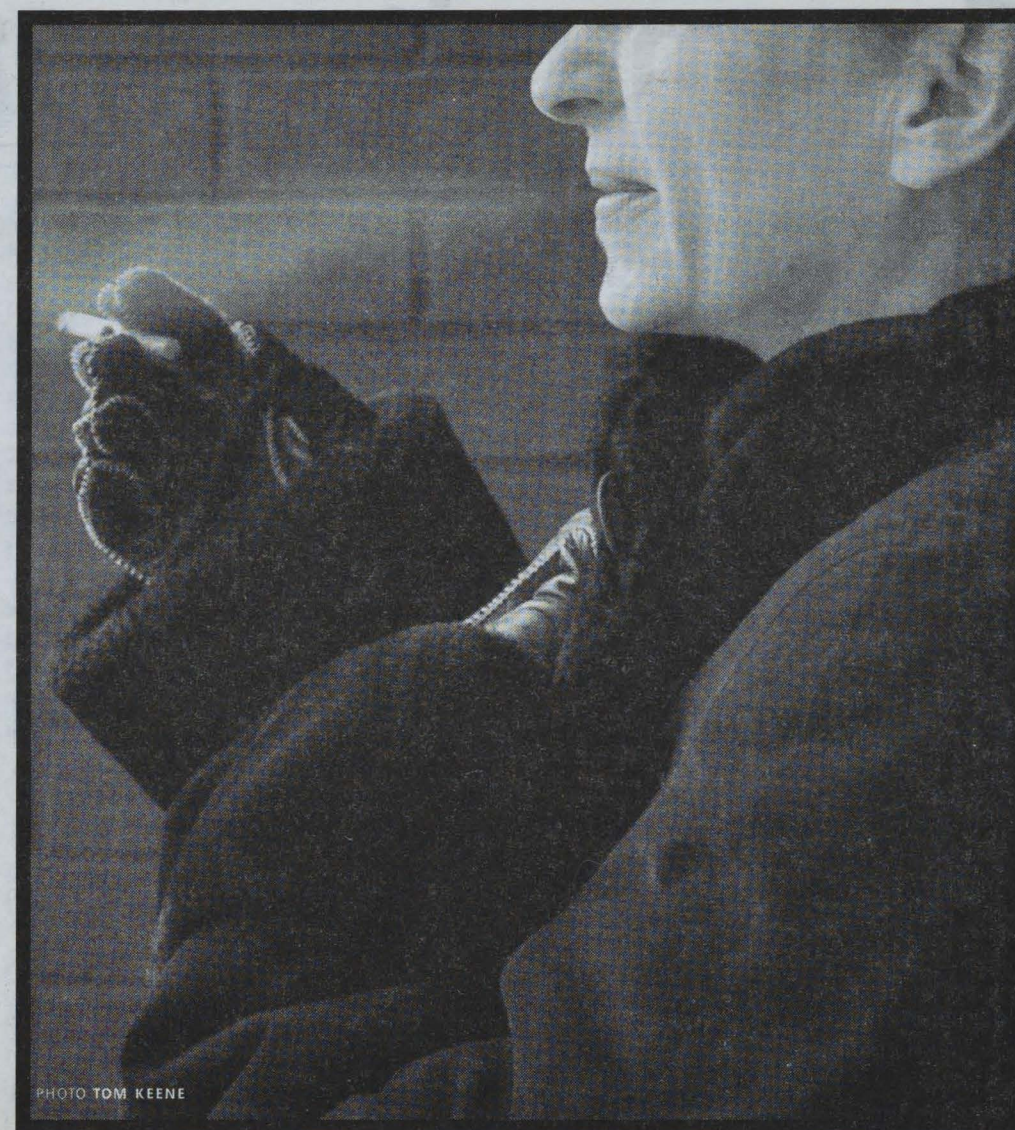
hours at a time? I can only imagine how those who aren't smokers work in such conditions. At least in Portland those workers don't have to put up with it anymore.

The biggest argument that the smokers have is that they feel they shouldn't be told where they can and cannot have a smoke. This sounds like a sturdy argument, but is it?

Then there is the fairness factor. It's not fair to boot patrons who smoke out of an establishment and likewise it isn't fair for those who don't smoke to be exposed to the smoke that floats throughout the air in said establishments. Now we've run into a conundrum. In my humble opinion, when it comes to a person's health, one should not have to be exposed to smoke. They've gone to certain lengths to care for their health and therefore should not have to pick and choose where to go so they can escape second-hand smoke. The question that comes up following this statement would have to be "Why should we have to go outside to smoke?" And the answer, again in my humble opinion, is simply you just have to. The momentum swings in favor of those who are healthy ... and smart enough to make the choice not to smoke. Sure, I may be labeling myself stupid for smoking, but I am, and I'm not afraid to admit that. Bottom line, I feel that no one should have to suffer by my choice to smoke. It just makes sense that way. And whether I have to go outside for a smoke, be it in the winter or summer, I would never become so lazy not to.

How are the bars faring after the ban? It's still too soon to tell, but you'll find that there will not be any more services such as running a tab. I had been part of some discussions on the subject where those starting a tab and walking out to have a smoke in between drinks would cause bar owners to lose cash or be prone to less business. Maybe so, but a friend once told me convincingly, that those who would boycott bars would soon be back—they would miss the social aspect of going out and they would miss that time with friends. So you have to go outside to smoke ... is that so hard? I have to say that this ban has made it possible for me to drink an entire beer without having a smoke, which can only help the lungs recover before I have my next one. And with any hope, this ban may even help in my desire to quit smoking someday. A girl can dream, can't she?

I was recently in the same bar where I rejected the petition and I have to say that it was nice to walk through the bar without the stench of smoke. It definitely made it easier to breathe, and you know, I think the beer even tasted better. If none of this helps sway smoker's thinking out there, just think: There was a time you could smoke anywhere, in movie theaters, grocery stores, work places. It was just going to be a matter of time before they yanked it out of bars. Our choice to smoke is a deadly one; that choice should only be of consequence to us, not others. Lastly, I've got to plead for the bar owners to place standing ashtrays outside of their establishments—cigarette filters are not pretty and they shouldn't be filling up our sidewalks. That's another story all together.





# Community *notices*

## Maine Cheese Guild Sponsors Beginning Cheesemaking Workshop

**NORTH BROOKSVILLE** The Maine Cheese Guild will offer a Beginner Goat Cheese Making Workshop on Saturday, March 6, 2004, from 10 a.m. to 4 p.m. at Sunset Acres Farm in North Brooksville, Maine.

Participants will have the opportunity to make several different kinds of goat cheese, including soft spreadable chevre, feta, and fresh, drained cheeses. There will be ample opportunity for hands-on experience, as well as learning about different cheese cultures and enzymes, equipment and supplies needed (most of which are probably already in your kitchen), sanitation, recipes and other resources.

The workshop will be taught by Anne Bossi. Anne has been milking goats and making cheese for her family for over 30 years. For the past five years she has been making cheese commercially. She and her husband milk about 65 dairy goats and make cheese daily year round.

All equipment and supplies will be provided at the workshop. Bring only a bag lunch. Curd will be in various stages of development so the entire process can be seen (and handled) from start to finish. Handouts will be available and participants will be able to take home some cheese. Directions will be sent upon confirmation. Brooksville is 15 minutes from Blue Hill, 35 minutes from either Ellsworth or Bucksport.

There is a fee for the workshop. Pre-registration with a deposit is required by March 1.



PHOTO ART TODAY

Registration will be on a first-come basis, with a class limit of 12. If fewer than three people register, the workshop will be rescheduled and deposits will be returned.

For further information or to register, please call 207-326-0816 or email cheesewhiz@prexar.com. For more information about the Maine Cheese Guild, please check the web site: [www.mainecheeseguild.org](http://www.mainecheeseguild.org).

## "The Edge" Holding Auditions for Sidekick

**AUBURN** On February 6 from 3-5:30 p.m. and February 7 from 11-1 and 2-4 p.m. "The Edge" is holding a two-day audition for a sidekick/co-host. The show first began airing on local access in Auburn in 2001 but has since caught the attention of a national casting agent and producer. The goal is to produce 13 episodes of the show—which will then be pitched to local network affiliates around the country and eventually to national syndicators.

For these upcoming episodes, we're looking for fresh talent. We are casting a sidekick who is ideally between the ages of 16-22 (although we will consider anyone who is interested). Auditions are CLOSED and will last 10 minutes. They are simple—be prepared to chat about yourself and be spontaneous, curious and yourself. They will be held at the Auburn Fireside Inn Hotel off Exit 12.

For more information on how you can sign up for auditions, please go to [www.jsass.com](http://www.jsass.com). If you want to sign up for a date immediately, please email [theedgegetv@go.com](mailto:theedgegetv@go.com) and submit your request. You will be emailed confirmation of a date and time. Please note that only requests entertained will be those that arrive via email at the address provided. This is a very exciting time for "The Edge." In March, the show heads to Los Angeles for a taping on the set of "Will and Grace" followed by exclusive behind the scenes interviews with the cast as well. If you or someone you know might be interested in auditioning, be sure to sign up.

## Maine PBS Seeks Volunteers for The Great TV Auction

**LEWISTON** Maine PBS is looking for volunteers to join in the fun with The Great TV Auction. Maine PBS is seeking "go-getters" throughout Maine and eastern New Hampshire to assist with the 2004 auction. The Great TV Auction needs volunteers to pick



Do you want to be Jake's sidekick?  
PHOTO JSASS.COM

up items from their communities and deliver them to one of Maine PBS' convenient drop-off locations. The organization provides contact information and training, and only asks that volunteers provide the time and energy. Maine PBS connects audiences in every community through The Great TV Auction, an annual televised event and the largest single fundraiser that, in 2003, raised more than \$550,000 for quality, noncommercial programming. Maine PBS' goal is to give every business proprietor and artisan an opportunity to participate in this event.

The Great TV Auction is a 10 day event that will be televised on Maine PBS, April 23 through May 2, 2004. If you would like to volunteer, please call Pam Smart, volunteer coordinator, at 1-800-884-1717.

For more information or to donate, please call the auction office at 1-800-884-1717.

## Norway Savings Bank Pledges \$12,887 To The Riding To The Top Capital Campaign

**WINDHAM** Riding To The Top (RTT), a non-profit organization dedicated to providing therapeutic horseback riding services to children and adults with physical, emotional and/or learning disabilities, recently received a \$12,887 Capital Campaign Pledge from Norway Savings Bank. Riding To The Top's \$1.4 million dollar Capital Campaign will fund the expansion of therapeutic programming, the creation of a year-round facility at the Windham farm and establishment of an Operating Endowment.

"The generous \$12,887 pledge from Nor-

way Savings Bank is an excellent example of the Bank's proven dedication and commitment to building strong communities, and we are thrilled to have the Bank's support for our Campaign," said Sarah Bronson, PT, Executive Director of Riding To The Top.

Riding To The Top annually serves nearly 250 children and adults with disabilities from over 40 towns in Maine. RTT's program receives help from over 200 volunteers who provide 5,000-plus hours of assistance. Riding To The Top believes that experiencing horses and horseback riding is a powerful tool for improving the lives of people with disabilities and that helping others is a powerful tool in building stronger communities. RTT's Capital Campaign is being chaired by Michael Fralich and Marianne McGettigan who state: "RTT's program should be able to operate with uninterrupted services to our clients. Building a year-round facility at our farm in Windham is the logical and essential next step in our work. At the completion of this Campaign, every day will be a good day to ride for our clients."

## Winter Fun for Families at Wells Reserve

**WELLS** The Wells Reserve at Laudholm Farm hosts an afternoon of seasonal fun on Saturday, February 7, from noon to 4 p.m. With or without snow, the second annual Winter Family Fun Day will have games, crafts, and activities for all ages.

Outdoor fun, weather permitting, will include a snow sculpture competition, an igloo-building demonstration, wildlife tracking, snowshoe walks, nature walks, sledding, and a modified scavenger hunt called letterboxing. Indoors, we will make animal track casts, bird masks, paper fish models, snowflakes, and pine cone bird feeders.

Wells Reserve educators will also do an insulation demonstration. Find out first hand how whales and seals stay warm in frigid water.

Snowshoes will be available, courtesy of Eastern Mountain Sports, and free hot drinks will be provided (please bring a mug). There is a fee per family.

The Wells National Estuarine Research Reserve is at 342 Laudholm Farm Road, just off of Routes 1 and 9 near the Wells-Kennebunk line. Please dress warmly. Call (207) 646-1555 or visit [www.wellsreserve.org](http://www.wellsreserve.org) for more information.

## Governor Baldacci's International Community Breakfast

**PORTLAND** World Affairs Council of Maine is continuing the tradition of hosting its Governor's International Breakfast, this year with Governor John Baldacci. This annual event has taken place since 1995, and provides a unique opportunity for the Governor to address Maine's international connections and future plans with the people of Maine. The topic of Governor Baldacci's presentation is Promoting Trade Across Borders: The Importance of Establishing International Business Relationships. The Governor will discuss the impact of his 2003 fall trade mission to Northern Ireland and share his insight on the value of creating relationships with businesses and international dignitaries in order to encourage trade beyond Maine's borders.

In addition, Richard Coyle, President of the Maine International Trade Center, will discuss The North East Atlantic Region (NEAR), a new economic cooperation initiative being launched by Maine with its Canadian neighbors.

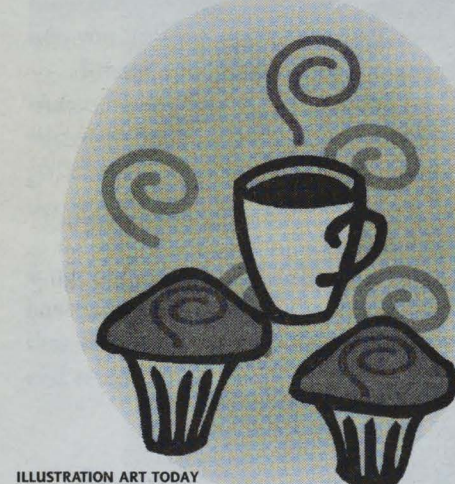


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This unique Community Breakfast is open to the public. It is being held on Thursday, February 12, 2004 at 7 a.m. at the Holiday Inn by the Bay, 88 Spring Street in Portland. To attend, one must register by Friday, February 6 by contacting [triffin@wacmaine.org](mailto:triffin@wacmaine.org).

To learn about other upcoming and informative World Affairs Council events, please visit [www.wacmaine.org](http://www.wacmaine.org) or call 207-780-5383.

## Christian Music Festival Accepting Registrations

**PORTLAND** The sounds of Christian music—performed by choirs, instrumentalists, bands, ensembles and soloists from churches throughout Southern Maine—will fill the air Saturday, May 1 at Woodfords Congregational Church at the 14th Annual Spring Festival of Christian Music.

Registration forms have been sent to music and choir directors throughout Greater Portland and Southern Maine. The deadline to submit applications is March 1. Selection will be made on a first-come basis.

"This year, we plan to fill Woodford's large sanctuary, not only with music of all kinds, but with a large and diverse audience, as well," says Beth Harmon of Cumberland, festival coordinator.

In addition to performers from a dozen or more churches, a highlight of the annual event is a hymn sing-along, this year directed

by Harmon and accompanied by Harold Stover, the festival's guest organist and the choir director/organist at Woodfords Congregational Church.

The Spring Festival of Christian Music benefits the Protestant Hospital Ministry, an ecumenical non-profit group that supports the Protestant chaplaincy program at Maine Medical Center. From its inception in 1974, PHA has provided bedside ministry to Protestant patients who have come to MMC from throughout the state. Groups or individuals interested in participating in the festival should contact Beth Harmon at 829-3393 or email her at [woodtone@nls.net](mailto:woodtone@nls.net).

## Glickman Family Collection on Inter- religious Studies Established at USM

**PORTLAND** Albert and Judy Glickman established the Glickman Family Collection on Inter-religious Studies in support of USM's Academic Council for Post-Holocaust Christian, Jewish and Islamic Studies. "Al and I are truly excited to be able to initiate this collection in support of the vital and timely inter-religious work taking place right here in Portland, at USM's Academic Council for Post-Holocaust Studies," said Judy Glickman recently. "We, as human beings, need to come together through knowledge and understanding of one another. Education is the key. These books and materials will be readily available to all students, faculty, staff and the entire community."

The books will be chosen by a committee of Jewish, Christian and Muslim faculty scholars selected by Abraham J. Peck, director of the Academic Council in consultation with University Librarian David Nutty. The books will be a resource for many of the classes offered at USM, and will be designated as part of the Inter-religious Collection with a bookplate.

According to Peck, "the Glickman Family Collection on Inter-religious Studies will be a cutting-edge collection of scholarly materials that focus on the changing nature of inter-religious relations between Jews, Christians and Muslims at a time of increased conflict and much needed dialogue between the three great monotheistic faiths."

In the fall of 1997, the University of Southern Maine renamed its Portland campus library the Albert Brenner Glickman Family Library after receiving a gift from the Glickmans that allowed USM to begin the completion of the top three floors of the building that had been empty since the library's opening in the fall of 1993. Those three floors will be open for use in early April 2004. When they chose to make their initial gift to the library the Glickmans said they felt "the heartbeat of a university is the library."

## The Community Partner Fair at PATHS

**PORTLAND** Service learning projects that involve Portland students in meeting community needs will be highlighted at an event on Tuesday, February 10 from 3:30 to 5:30 p.m. in Room 250 of the Portland Arts and Technology High School, 196 Allen Avenue, Portland.

The Community Partner Fair will bring together several community organizations needing assistance and students and teachers who are interested in doing such projects. Students from Youthink, a project working to

deepen youth involvement in the city of Portland, will kick off the event.

Service learning is a growing trend, both nationally and here in Portland. Students engaged in service learning projects identify real needs in their communities. They then research, propose and implement solutions as part of their academic curricula. Since 2000, classes in the Portland Public Schools have done several dozen projects, such as building trails, mapping natural areas and researching the impact of a casino on Maine.

For three years, service learning projects were supported through a grant from the Corporation for National Service to the Portland Partnership. The work is continuing this year with funding from the KIDS Consortium and LL Bean.

For more information, please call Kathy Cole, the Partnership's service learning coordinator, at 874-8210.

## Portland Partnership Needs Volunteers to Serve on Board of Directors

**PORTLAND** The Portland Partnership needs volunteers to serve on their Board of Directors. The Partnership is a non-profit, tax-exempt educational organization supported by the Portland Public Schools, grants and private donations. Created in 1989, the Partnership works to maximize and support comprehensive parent, business and community involvement in local schools.

The Board is comprised of students, business members, educators, parents, school staff and community agency representatives. Each Board member is elected to serve an initial two-year term and re-elected to serve successive one-year terms. The entire Board of Directors meets monthly on the first Thursday from 3:30 to 5 p.m. at DiMillo's Restaurant in Portland. In addition, board members are expected to serve on a subcommittee that may meet monthly.

If you are interested in serving or would like more information, please contact Susan L. Steele, Director, at 874-8236 or [steels@portlandschools.org](mailto:steels@portlandschools.org).

## The Great Chili and Chowder Challenge

**PORTLAND** Treat your family and friends to a hearty hot lunch of Chili and Chowder from the area's best restaurants and caterers at the Great Chili and Chowder Challenge, sponsored by PROP's Foster Grandparent Program, will be held Sunday, February 8, 2003, 12:30-3 p.m. at Holiday Inn By The Bay, 88 Spring Street, Portland. Tickets are available at the door or by calling PROP at 773-0202.

A Special Preview from 11:30-12:30 will be held before the event opens to the general public. Preview guests sample the products and speak with the chefs about their recipes prior to the event's opening to the general public. Tickets to this Preview are limited to 100 people and are available at the door or by calling 773-0202.

Come join the fun, cast your vote for the "Best" that Greater Portland has to offer for Chili and Chowder and support programming for seniors, children and families with special needs. PROP's Foster Grandparent Program offers diverse opportunities for seniors, 60 and over, to volunteer with children and families with special and exceptional needs.

Over 135 Foster Grandparents, are volunteering in Cumberland and York Counties, in schools, child development centers, hospitals and in homes with families with children with special needs providing one-to-one guidance for children with learning disabilities, children requiring assistance in academic subjects and children in need of individual attention, nurturing and support. For more information contact Susan Lavigne or Linda Angel at 773-0202 and [slavigne@propeople.org](mailto:slavigne@propeople.org) or [langel@propeople.org](mailto:langel@propeople.org).

## Adopt a Rescued Rabbit

**WESTBROOK** Rabbits are currently the third most common animal abandoned at shelters and in need of loving homes, so the Animal Refuge League has joined Petfinder.com, the House Rabbit Society, and the American Society for the Prevention of Cruelty to Animals in declaring February "Adopt-a-Rescued-Rabbit Month."

Rabbits are intelligent, social animals capable of forming lifelong bonds with their human companions, and they make excellent pets. Whether housed in a small city apartment or a spacious country home, the quiet well-mannered house rabbit will be a welcome addition. Domestic rabbits do best in an indoor environment where they have plenty of interaction with other family members and of out-of-cage exercise time, toys for entertainment, grooming and veterinary care, including spaying and neutering. They are capable of being litter-box trained, and their playful antics will warm your heart for years to come. After all, a well cared for house rabbit has a life span of five to ten years.

If you decide a rabbit is the right addition to your household, make adoption your first option by visiting the Animal Refuge League at 449 Stroudwater Street, Westbrook. The shelter currently has a variety of breeds, colors and ages from which to choose, and all will be spayed or neutered as part of the \$40 adoption fee.

Learn more about the needs of these warm-hearted creatures. Visit [www.rabbit.org](http://www.rabbit.org), [www.petfinder.org](http://www.petfinder.org), and [www.ascpa.org](http://www.ascpa.org) for a host of bunny facts regarding proper nutrition, veterinary care, spaying and neutering, grooming and play.

Contact the Animal Refuge League for special Adopt-A-Rescued-Rabbit Month promotions and events by calling 854-9771 or visiting our website at [www.arlpg.org](http://www.arlpg.org).



PHOTO ART TODAY

**We welcome your community notices.**  
*We will accept notices from nonprofits, government agencies  
and notices about public gatherings. Please, no prices in notices.*  
**Must be less than 300 words and  
include your address and daytime phone number.**  
**Send to: Notices, The Maine Weekly, 11 Forest Ave., Portland, ME 04101 or  
e-mail: [cbwdir@maine.rr.com](mailto:cbwdir@maine.rr.com)**

**See your  
Notice here in  
The Maine  
Weekly!**





# That Was Liz

compiled and edited by Paul Woodfin

## Elizabeth Catherine Cutting

September 22, 1985 — February 9, 2003

Recollections by Angie Cutting

Mike and I were both home, we have a tiny house. He was probably 4 feet away in a little office and she was in her bedroom and I was downstairs, sewing. She'd been up for about an hour.

She had a lazy eye and was legally blind in one eye. And she got off the bus one day—she wore a patch most of first grade and the year before (kindergarten and first grade)—and she got off the bus and said you know what the boy asked me? And I said, What Elizabeth? He asked me if I lost an eye. And I said, What did you say to him? She said, Yeah, I lost it in a fight. You want to fight? They didn't ask her any more.

She had gotten chosen in 3rd grade or 4th grade to sing a solo at the Christmas concert, so they're singing a song, the whole choir, and she was just singing the chorus part, and then she would sing again. So she had reached the end of a phrase and before she had a chance to continue the audience thought she was done. Well, Oh my gosh! Did she just stop and stare at them. We clapped for her, and then when we finished clapping she kept singing. Other kids might have gone off stage because, alright, you're done, but she wasn't done because even if they clapped she knew she had some more lines. Yeah, she always wanted to be in the spotlight, she loved it. She loved it.

She'd done dishes because that was one of her responsibilities—she had to do dishes. Actually thinking about it, it was unusual...she got up, got dressed and went down and did the dishes. especially since she was grounded, she wasn't going anywhere she would have stayed in loud pajama pants, until, probably all day. But she was dressed and came down and did her chore and then she came up to her room.

One of her friends... (many of her friends came in and out all the time and stayed over.) But this little girl I didn't see her here. This girl was more of a casual friend or a school friend and not one who came home. She was at Liz's birthday celebration and she said, "Y'know, some kids threw stuff at me in the cafeteria and Liz picked it up and threw it back at them." Even at the cost of getting in trouble with the administration. It was like the underdog, she took up for them. It didn't matter if she liked you, if you were being treated unfairly she still was going to take your side. It was a sense of justice.

She played basketball, even made the travel team, and nobody ever knew she couldn't see out of one eye. She was just about 5' 1". She just passed me, just barely. She never told and she didn't want anyone to know [about the eye]. She wasn't the best basketball player but she played with a lot of enthusiasm. One time (she was so short) you know how you make a bounce pass? You bounce the ball one time and then it goes to the player you're trying to pass it to. So the bounce pass was between some-

...and then I see you smiling at me  
from up in the sky where mama told me you'd be  
it's been almost ten years  
since you were taken from life  
mama says I'm like you, tio of mine.

I wish I had known you better  
if only you'd lived a bit closer  
but I remember watching TV  
and falling asleep on your shoulder  
I was only seven but my memory's fine  
we can hang out in Heaven, tio of mine.

"Tio of Mine" by Liz Cutting

body who was tall's legs. That was Liz.

She talked to her dad for a minute. I came back up and talked to her for a second. I actually asked her if she was going to dry the dishes, "Are you going to come down and finish and dry the dishes?" She just kind of stared at me. At first she hid something under the pillow which was her journal probably. It's her private journal. I would never have read her journal while she was living. We all honored our privacy.

I would say she was almost fluent in Spanish. She took three years and she would practice when we'd go to Texas and visit my family. We grew up in South Texas and spoke more Mexican and she learned Spanish in school. There were times that she would ask Mom is this "fish" or whatever. I'd say I don't know what you're saying because Mexican Spanish is different. She loved speaking in Spanish and holding onto the heritage. She would call me and she would say "I just want to talk to you so [my friends] don't know what I'm saying." And we would talk back and forth and she would always end the conversation by saying "Te amo" (I love you). I would always say "tambien," which means me too.

It was a science class—she wrote songs about the material, all the information was in song. So she went to her teacher after

the teacher had already told the counselor and the principal about the letter saying that she flunked that class and she said, I know I flunked your class and I'm really sorry that I didn't turn in the work (here's Elizabeth working her way) and she says, but I did do the work. I know that you can't pass me but I really just want you to hear what I did. And the teacher said Okay, fine Liz. (Y'know, she was persistent.) So she performed her work. The teacher said, the counselor's going to really be upset with me but you just got an A+.

So I go downstairs, I was sewing, Mike was in the computer room, the office. Then she shot herself. Shot herself in the head. I hear Michael scream. I came upstairs. He was holding the wound. I called 911. I couldn't find a pulse. I was on the phone, I started doing mouth to mouth. It was real obvious that she didn't have brain function. Her doctor said it was pretty much instantaneous that the brain function was gone.

Maybe I should take it on faith  
But lately that's in short supply  
Someone somewhere has a plan  
Mine is not to question why.

"So Many Loves" by Liz Cutting



Illustration: Simon Adams

Liz was absolutely THE most confident person I've ever met. I mean she met a stranger [on the way back from a concert] and explained to him, in probably a minute or two conversation, how she was going to be famous someday...And he said how HE was going to be famous, he was going to be a writer. They exchanged names and numbers and then he gave her a free hot dog. I mean stuff like that happened to her all the time...like complete strangers, she acted like she knew them all her life. She always flashed her huge bright smile. Everybody loved Liz, I mean, if you met her, you loved her.

I think everyone, it doesn't matter who you are, there was some sort of infatuation with Liz when you met her whether it's a [romantic attraction] or it's like, Wow, this girl's amazing! She had so much charm, so much confidence.

Some songs she made were really funny and some songs she made were really sad. And those sad songs may have been a slight foreshadowing but I like to think that that was her way of dealing with things as opposed to the end result.

—Tom "Thumbby" Bozeman

She was very talented. I have a poem on my wall. She just said the funniest things. And she would say the nicest things. Some of the lines are: "Once I tried to hate you because I was scared. I couldn't sleep, I'd close my eyes and you'd be there. Words that I'd stutter to words never said, you're stuck in my throat, you're stuck in my head."

At any whim she would tell you how much you meant to her.

—Eliza Rae

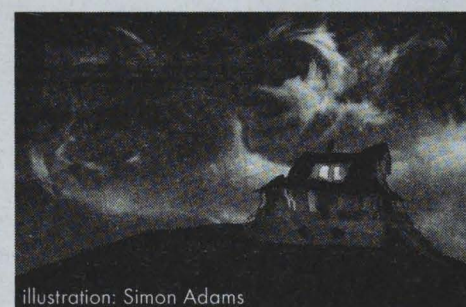


Illustration: Simon Adams

She would have been the last person that I could ever imagine...I think there must have been something there that none of us realized because she was so outgoing, always so confident. I don't know that anyone had a hint of what was to come. I had no clue. And I still have no clue. The only thing I can imagine is there was something that she did not and could not share with anyone. I have no clue what that would have been. I always wish that she would have talked to me about it, or to someone but I

don't think she ever did. She must have just gotten lost somewhere. I mean, she must have.

The last person I could have imagined that could have done this is her. It's just so hard, it would have been so good if she was still here because I know she would have been making so much progress, playing on the radio. She would have had, I mean, God knows what opportunities by now.

—Tom "Thumbby" Bozeman

...the whole Liz story has been haunting me.

I was so stunned by her suicide. I was amazed that she was a teen at the time and was thinking What a talent...this kid really has it together!

When I got a CD from WMPG to listen to... I was fascinated to hear the words of this very young talent, who gave up too soon. Of course the recordings are "rough"—they are live—but the lyrical quality and potential...WOW! One of the songs that left the biggest impression is called "Sky Dive." She writes "I wonder what old Freud would say right now as I hit the ground." Is that chilling, or what?

—Laurie Jones



to go through some teen years being open with people about our sexuality, and therefore each other when people didn't accept us. People not accepting Liz wasn't usually an issue. People loved her, and if you didn't she'd make you like her. She had that way about her. People just within a minute-long conversation wanted to know so much more about her. She always had so much to tell.

There was no doubt in my mind that someday Liz would be on a stage doing what she loved to do just like Ani DiFranco, one of her biggest idols. We all knew she had so much to live for and so much going for her. But I suppose she just didn't have those same feelings. She had a lot going for her with her music, but she was also very intelligent and was excited to start college.

The day she took her own life was the day my life came to a halt. I had called her house looking for her because I had heard rumors about a gunshot. After asking if Liz was home the phone was given to her sister Vicki, who told me that Liz has committed suicide. I was in total shock, the whole thing just came out of nowhere. How could my best friend, someone I talked to every day, my partner in crime, my little Mexican sister be dead? It was all too much

Best friends  
aren't supposed  
to just leave like that.

to handle. The emotions I experienced I can't even explain with words. It was so unreal, for weeks after I still had this thought running through my head that I could call her house and she would answer, but in the back of my head I knew she wasn't home. I would always break down in the hallways at

school just thinking that she was never going to run and sing in those halls again. To this day I still have a hard time dealing with the fact that I cannot talk to her, I cannot see her anymore. Best friends aren't supposed to just leave like that. Best friends are people that you are supposed to share your life with, experience things with. I had to deal with this without her—one of the hardest things I've ever done by myself.

But I know Liz will always be there watching over me, she's not the type of soul that would just leave people stranded, she's still here. I know it.

—Shawn Little



# A Cool Canal on the Other Side

by Liz Cutting

Truth be told, I'm scared out of my mind. I'm scared to fail at life and end up with three kids in a cruddy house that I'll probably live in until I die. It's been a long time since I knew exactly why I get up in the morning. I used to know, like religion, I used to know. I used to be able to sit in a church for hours and get excited about God doing great things for me. I just believed that life was good and pretty and roses smelled nice and felt soft and air was clean.

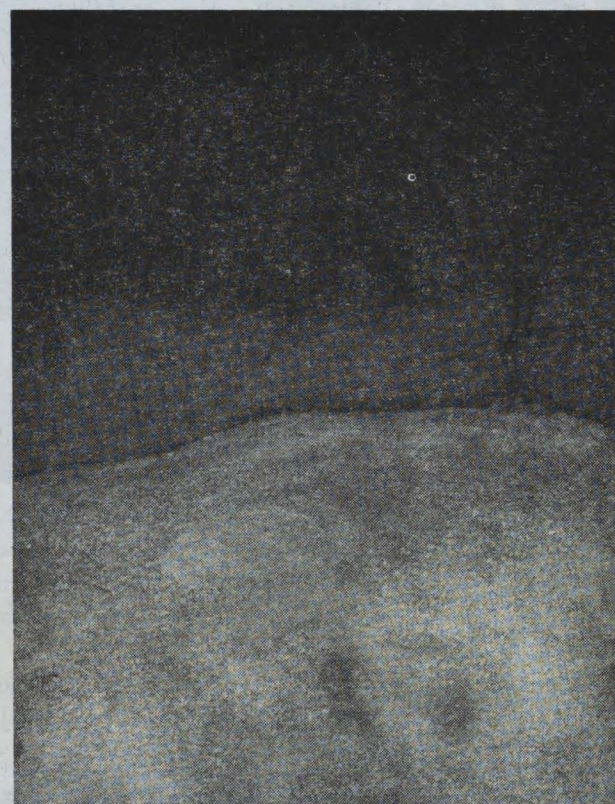
I'm seventeen and all around me I see drooping petals and smog. Yes, I am seeing the "real world" and it's scaring me to death. No, not really, death isn't an option anymore. I just keep on plugging along like a tortoise that is crossing the interstate, so slowly. I don't know if there's a cool canal I can glide into on the other side. I don't really believe in cool canals anymore. Am I a malcontent? I dated one once, she was awful. I loved her deeply. I had no choice in the matter, I just did. They say "misery loves company" but maybe it's the other way around, maybe company loves misery. I wanted to fix her. I wanted to be her cool canal.

I opened up my history binder from last year and I had all these good quotes in it, inspiring words. Things like, "your attitude affects your altitude" and "you get what you give," and my favorite, "you can swim or you

can drift." I used to swim everyday last summer. Full out backstroke, butterfly, breast stroke, the Australian crawl I'd do whatever my body could take. Now I don't, I go to school and tell myself to focus but I just let the future close in on me faster and faster like winter nights that cut the day so short.

So what is this essay about? Am I a malcontent or an achiever? Do I strive to better myself or self-destruct? Some days I can't remember if I am who I started out to be. I hope nothing is ever enough. I called Leila, my future wife, and told her exactly what I want out of life tonight. I want lots of money in the bank but almost none in my hands. I want a girlfriend who likes me a little tortured and tired and will make me laugh and rubs my back. I want someone who understands that I am a musician and it's not just something I do. I want a bathroom with a phone in it.

I am a simple creature. OK, no I'm not. But I like to say I am. It sounds good in songs. If my life were a movie, I'd wink at you before the credits rolled. "LIFE," written, directed by and starring Liz Cutting. Am I a malcontent or an unfinished reel of film? I am weary of the former and praying for the latter. Nothing is impossible, nothing unlikely.



illustrations by Rene Ibarra

## A Chaplain's Perspective on Suicide

by Tom Keene

In eight years of service as a chaplain in nursing homes and hospitals, and as one who has officiated at the funerals of several young people who have taken their own lives, I can say with terrible certainty that those who lose someone they love to suicide continue on in a state of stunned bewilderment for years and years.

Indeed, the feelings of guilt and helplessness never leave. The father whose son killed himself forever asks, "Why didn't I see his pain? Am I so selfish a man that I ignored the obvious distress simply because I didn't want to be bothered?"

A grief-stricken mother asks, "Why did I tell my daughter to shut up that dreadful afternoon? Would she still be alive if I'd just listened instead of yelled at her?"

Friends who spent hour upon hour in school with a teen who later committed suicide look back at what they

feel they could have done to help their friend. Believing in their heart that they missed something that—had they been paying attention—could have prevented the death is the common torment of the friends left behind.

In counseling these wounded people, it has become clear to me that there is no way to convince them that they

could not have stopped the death of their son or daughter, their friend.

Yes, it is true that we miss signs and indications, we ignore cries for help—but only in looking back after the death. At the moment they happen, we usually see just another bump in the life of the other, similar to the problems we ourselves face on a daily basis. These things are annoying, even disturbing, but they don't push us over the edge into wishing we were dead.

Then we look back and say to ourselves, "Of course—why didn't I see? How could I have been so blind and callous?"

It's common for friends and family to revisit the days and weeks before the suicide; it's important to understand as much as possible about the underlying causes. But too often, those who mourn the death believe that they have

found something they could have done or said that would have prevented the death.

For example, when a teenager had to move away when a parent was transferred, the teen called a friend back home and said, "Come on up here for a visit." Even though it was just a couple hours away, the friend declined. When the

relocated friend committed suicide, nothing could convince the distraught teen that not making the trip was the cause of death.

Even worse, friends back home, when they heard about the invitation to visit, the refusal to go, and the suicide, let it be known, "I would have made the trip for my friend—there would have been no suicide because I am a true friend."

The truth of the matter is much different. If someone is intent of ending their own life, there is rarely anything others can do.

Of course, some suicidal thoughts have been dissipated by the intervention of others, and many dis-

tressed people have found enough encouragement to continue for a while. But in the end, no one can ever know if something said or done—or left unsaid or not done—would have changed the fact that someone committed suicide.



## A Survivor's Perspective on Suicide

by Isaac Shainblum

I remember my mother found my father. He had hung himself in one of the upstairs attic bedroom closets. She was still holding onto a piece of yellow twine-like rope and she was crying and shaking badly. You see, not only was it naturally a shocking, horrible thing, but my mother was diabetic and having a bad reaction, as well. Not surprising, of course. I was home for some reason so I caught all this. I also remember the cops bringing down my father's body covered by a white sheet and them making sure that I closed the door so my mother at least wouldn't see that.

So I have some idea about all the anger, rage, hurt, embarrassment and ugliness the survivors face, at least from my own experience. The relatives—aunts, cousins, etc. —strangely felt (I suppose) that it was within their right to demand answers to the "why did he do it?" And "how?" "Didn't you know something was wrong?" "...was he depressed?" And "why didn't anyone get help for him?" (We actually all did try and pleaded for months.) I felt somehow responsible myself by their "accusations."

You see, it's very easy to make assumptions. And then there are the friends or relations who simply don't know

what to say, and they turn away. I think this is so because they simply have no words of comfort or are too shocked and stunned themselves. But somehow the silence hurts the worst. I wondered what they were thinking.

I recall that most of my anger towards my father was probably my reaction to how his death affected my mother. My father's side of the family (for the most part) was frankly quite hostile to my mother throughout my parents' marriage for reasons I could never really understand, and this certainly didn't help things, to say the least. In retrospect my father was someone I would consider "a hard man." In other words he was never one to be able to express his own feelings, not towards me or other family members. Maybe part of it was the generation he came from.

To me the most difficult part of all this is the hurt it leaves us with, the unanswered questions we'll never get to ask. Ultimately the anger, rage and hurt, while I don't think ever totally goes away, it does become more manageable. A very dear friend of mine recently commented that, Do we ever really know people? We only know the part of them they allow us to see. I think that's the beginning of the healing.

I host a radio program called *The Locals* on WMPG in Portland. Before appearing on my show Liz had performed twice, in March and August of 2002, on the station's live Friday evening program, *Local Motives*, once host-

ed by Jan Wilkinson and another time when I was the guest host. That's how I met Liz. I was naturally very much taken by her talent and her stage presence. She had such a great time during those live appearances that she wished to return, and for some reason, I think due to some kind of station policy or whatever, it wasn't to be. So I'm not sure exactly how it transpired, but I eventually invited Liz to appear on my show which airs very early Sunday mornings from 3:30 to 6:30 a.m. Liz performed on *The Locals* on November 24 and again on December 21, 2002 (I recall it was the winter solstice and she commented that she was born on the autumnal equinox, September 22.) Those shows became the two live broadcasts where we kept the tape rolling and (so gratefully) caught all of Liz's between-song banter and music on those two very chilly early mornings. It wasn't until much later, when I learned of Liz's passing that I felt it would be very fitting to keep her music alive and allow others to hear her amazing gift, as well as to honor her memory in some way. So I decided to produce a CD of those two performances. A website has also been set up in Liz's memory. There you can find sound clips of her music and info about ordering the CD: <http://doctoraudio.us/lizcutting.html>

Sadly, we had even made plans for her to appear again on my show. But on a couple of occasions, weather I think and another time I think she overslept, she wasn't able to make it. I even remember I had already set up a couple of mics for her. Her good friend Eliza later told me that Liz felt very bad about not showing. She felt she had let me down.



photos from Liz's appearances on WMPG, taken by Jim Rand

## Teen Suicide: Beyond the Statistics

If an examination of the statistics about suicide in general, and teen suicide in particular, is one's sole source of information about this tragic crisis of hopelessness, then only a dim picture is revealed. Statistics and estimates, facts, figures and reports do not begin to tell the story of why some people consider ending their own lives the only answer to life's often harsh reality.

Even so, considering the facts and figures surrounding the difficult, taboo topic of teenage suicide is an overwhelming study. To look behind the numbers at the faces of the teens who took their own lives and the numbed friends and family they leave behind is discouraging to those who seek to help and devastating to those left to mourn and wonder what they could have done.

According to statistics gathered from the Centers for Disease Control, the federal and state governments and other sources, suicide is the third leading cause of death for 15-to-24-year-olds. Only accidents and homicide take more teen lives. To put that statistic into perspective, suicide is the 11th ranked cause of death for all age groups in the U.S.A.

What the statistics show is that about a third of teens who end their lives have made a previous attempt. Fully one half of suicide victims had a history of depression, substance abuse, aggressive behavior—either alone or in some combination.

Among the findings of a study of teen suicide by the New York Psychiatric Institute, teenagers often commit suicide "shortly after a stress event;" incidents range from some disciplinary action or school crisis to an argument with a girlfriend or boyfriend or a job-related problem. That study also suggested that "high levels of anxiety or anger are commonly present

just prior to death."

Another study said that those who attempt to end their own lives to "block unbearable pain ... it is often a cry for help." The report also said that these people, in their distress and isolation, don't believe there is anyone to turn to for help. "They were intent on stopping their emotional pain, not on dying."

Research by the Florida Suicide Prevention Coalition (FSPC) shows that "boys complete suicide five times more often than girls; girls attempt suicide more often than males." While there is no firm data on attempted suicide, the ratio is believed to be about three to one, female to male. It's estimated that for every completed suicide, there are as many as 25 attempted suicides. The FSPC report states, "If there is a suicide every 17 minutes, there are six new survivors as well."

One fact is known: more people kill themselves than are killed by others.

Unless a person has been to that point of despair that can cause someone to contemplate taking their own life, the very idea is foreign. Those who are able to cope during even the most painful passages of life look upon those who view death as a better option than continuing to live, can't possibly understand.

This creates an almost insurmountable problem for depressed, angry teens who seek help and are given advice so off-target and unhelpful as, "Cheer up; This too shall pass; I've been there, pal—I know how you feel."

The desperate teen can't believe this—the horrors they face can't possibly be shared by another human being, and so they withdraw deeper into their painful world.

One of the most harmful attitudes surrounding suicide is the taboo nature society has adopted over the years about ending one's own life—about even speaking metaphorically about it.

Certainly it's not a pleasant subject, but the very act of refusing to discuss it can push dangerously depressed teens closer to the edge of considering the act to actually planning how to end their life. And at the very time they need to know someone will listen.

Even when a teen makes statements like, "I'd be better off dead," or "You won't have to listen to me much longer," we feel constrained; it's too dangerous to talk about killing ourselves or to listen to another describe their own plans to do so.

In times of crisis, the most helpful action we can take toward a potentially suicidal youth is to listen. We don't need to offer advice. We simply must be willing to listen.

The next best thing to do is to become actively vigilant. Even teens who don't talk of suicide often show signs of stress and strain, of depression and anxiety so crushing that it must reveal itself somehow. Look for something as obvious as a previously neat dresser becoming sloppy. Notice subtle changes in eating habits; be aware of changes in the way a teen reacts to life. Pay careful attention when a friend who was active in life begins to withdraw from the people and things that once brought pleasure.

The facts are clear, the statistics horrifying, the lives affected by suicide expand far beyond even friends and family. There are no easy answers, no simple formulas or guidelines that will ease the pain of deeply troubled young people.

At many railroad crossings there is a sign posted that warns: "Stop – Look – Listen." Maybe that's good advice for us when we see a friend in trouble. Stop what we're doing, look deeply into our friend's eyes and listen very carefully to every single word they say.

—by Tom Keene



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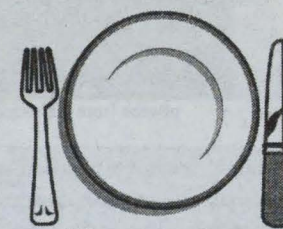
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## MacBerserker's

Scurrilous Computing

### End of January '04 Rants and Raves

by Marc L. Rubinstein

**A**s I write this on January 25, 2004, the Mac is now 20 years and one day old, CBS's *Sunday Morning* is 25, and I am getting older all the time, as are we all. But, are we getting any wiser?

The latest PC virus/worm problem is not the Bagel one, which is finally slowing down (though Mac users would hardly know, as it also was a Windows only plague), but one which attacks PCs through Symantec's Norton Live Update; you know, that software installed with Norton Anti-Virus for Windows that automatically scans for new virus definitions ... and opens the door on your computer for those moments so a hacker can take it over. Not get into it ... *Take It Over!* Cool deal, eh? Sure am glad I have a Mac, aren't you?

Oh, and since I am writing this actually about two weeks before you see it, you have probably seen our new Computer Tutor column by Scott Johnson. Welcome him, as I do, warmly. If you have to use a PC, listen to him. He'll steer you straight.

Good Job, Scott!

The reason I know some of you have read his column is that some have already contacted me by e-mail or phone worried about the specters of spyware and the always-active viruses and worms. I have to reiterate for all, there is currently not ONE SINGLE virus on Macintosh OS X and there hasn't been a new one for OS 9 and earlier in years. In fact, there are fewer than 50 known active viruses, worms or Trojan Horses in the entire Macintosh world. When you compare this with the over 56,000 Windows-only viruses and over 11,000 generic PC viruses (not Windows specific), Mac owners of any OS can breathe a big sigh of relief.

And there is no spyware currently appli-

cable to Macs, especially if you use OS X's Safari browser and not Internet Explorer (if you do, as I have suggested before Safari was out, there is a patch, so go to Microsoft or Apple's sites to get it ... or just update to the current version).

Oh, and remember GarageBand, that new piece of the Apple iLife suite (along with iTunes, iPhoto, iMovie and iDVD) that I told you about a few weeks ago? Remember I loved it? Well so have a host of others. Since that article David Pogue has written glowingly in the New York Times about it, Bob, Dr. Mac, LeVitus has raved about it in the Houston Chronicle, on various web news sites and on web radio, and wildly favorable articles have been written for the *Washington Post*, *Wall Street Journal*, San Jose's *The Mercury News*, and so many others. All agree it is cool. All agree it is easy. All agree if you love music, if you ever wanted to make your own, whether a musician or not, this is for you.

Go to <http://www.apple.com/ilife/garageband/> and check up on it. Apple has a neat QuickTime video with Elijah Wood from the Lord of the Rings movies talking about iPhoto, Tony Hawk of skateboarding fame speaking about iMovie, and Grammy-award-winning musician Sheryl Crow talking about GarageBand.

Till next time, Happy Computing!

Marc L. Rubinstein, as president of Mainely-Mac in Gray, helps thousands enjoy their Macs and take pride in doing so. Andy Gore, an ex-student, old friend and one-time Editor-In-Chief of Macworld for five years, called him in print while still editor of MacUser, "a frothing-at-the-mouth, speaking-in-tongues evangelist for the Macintosh platform." Although frothing less and using only one tongue nowadays, he still advocates for the Mac and loves doing so.

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## press box

### Sea Dogs coaching set for 2004

by Tom Keene

**T**he Boston Red Sox have announced that Ron Johnson will manage the Portland Sea Dogs again this season, his second with the team in Portland's second year as Boston's Double A team. The only new face on the coaching staff is batting coach Russ Morman, who was profiled in this column last week.



Bob Kipper is returning for a second season as pitching coach for the Portland Sea Dogs.

Returning for a second season as pitching coach for the Portland Sea Dogs is Bob Kipper.

Selected by the California Angels in the first round of the 1982 draft, Kipper played eight seasons in the major leagues and compiled a 27-37 record with the Angels, Pirates and Twins.

After shoulder surgery in 1993, Kipper signed with the New York Mets in 1994, appearing in nine games with Triple A Norfolk of the International League before being released.

Kipper returned to professional baseball the following year as the pitching coach for the Frontier League's Evansville Otters. Staying in independent baseball, Kipper joined the Winnipeg Goldeyes of the Northern League for three seasons, beginning in 1996. His first pitching staff led the league in ERA and in each of his three seasons in Winnipeg, he kept his team's pitchers at or near the top in ERA in spite of playing in a hitter-friendly ballpark.

The veteran big-leaguer then went south to join the Boston Red Sox organization as pitching coach for the Fort Myers club in the Gulf Coast rookie league but was promoted to the Single A Lowell Spinners before Opening Day. He moved south again after one year to guide the Augusta Greenjackets pitchers; in his first season, his staff ranked second in the Single A South Atlantic League. Under Kipper's tutelage, the Greenjackets rose to the top in ERA in 2001.

That performance brought Kipper back to the big leagues in 2002 as the Red Sox bullpen coach. Boston posted a 93-69 record during Kipper's season there; the pitchers led the American League with the most strikeouts while holding their opponents to the league's lowest on base percentage.

In his first year with the Sea Dogs, and Portland's first season of affiliation with the Red Sox, Kipper's pitchers posted a 3.98 ERA, which placed them fourth among the 12 teams of the Eastern League. Against Sea Dogs pitchers, the league batted .264.



Pirates goalie Maxime Ouellet (#27) has just made a save—one of 25 he made during a recent game at the Civic Center against the Lowell Lock Monsters. Portland lost the game 3-2. PHOTOS: TOM KEENE

#### Portland Sea Dogs to host job fair

The Portland Sea Dogs will host their annual Job Fair on Saturday March, 6 from 10 a.m.-2 p.m. The Sea Dogs are looking for part-time, seasonal employees for the upcoming 2004 season.

The Job Fair will be held in the Portland Room located on the First Base side of the concourse. No appointments are necessary but resumes are strongly recommended.

Seasonal opportunities are available in the following areas: Souvenir Shoppe, Ticket Takers, Ticket Sellers, Receptionist, Mascot Services, Batboys (must be at least 16-years-old), Food Services, Bartenders, Grill Cooks, Prep Cooks, Stand Workers, and Sky Box Waitstaff.

If you are unable to attend this year's Job Fair, an application may be obtained by visiting the main office at Hadlock Field Monday-Friday, 10 a.m.-5 p.m. The Sea Dogs request no phone calls.

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# shane kinney

## Shake It Up Baby!

I know I often speak ill of the holidays, but there are good things that come out of them on occasion. Sometimes someone can say something so meaningful that your stress is gone, you find direction in your life, and suddenly you can make sense of this crazy world. Or, you could do what my parents did and buy me a blender.

Milkshakes. Oh yeah, milkshakes. Aint nuttin' better than a milkshake. Chocolate, vanilla, mocha, I refuse to discriminate, for I embrace them all. I am an equal opportunity consumer of all things cold, thick, and creamy. There are so many race wars in our world; if only we could embrace each other the way we embrace milkshakes. Is it any coincidence that the milkshake Mecca is called Friendly's? No, it isn't. Friendly's is a place to put your hatred on the shelf and embrace inadequate service from people whose uniforms have more stains on them than a civil war actor. You look past these minor germinating details and belly up to heaven where everyone and everything is equal. Follow my lead.

sive F-spot. Six months, and a few hundred dollars later, we realized our impulses had spun out of control. We had to make a choice. We had to quit, or we had to plead to our parents to enable our disease. Well, as you know, we got the blender and we refuse to kick.

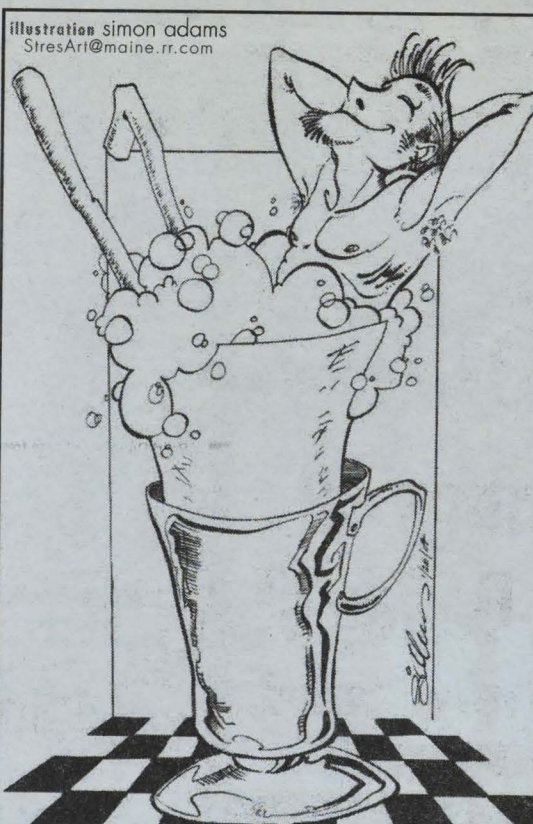
**Before you venture into this dangerous, taboo world, I must warn you of the side effects. First, weight gain. Yep, the paunch is creamy, but the smile is wide.**

Why would we? We can keep our nasty habit to ourselves. To us, you are all in a different reality. A false reality. We're living life the way it was meant to be lived—happily. Our indulgences are met while you squander for fat-free dressing. Phooey to you, I'm feeling Friendly.

Before you venture into this dangerous, taboo world, I must warn you of the side effects. First, weight gain. Yep, the paunch is creamy, but the smile is wide. I'll deal with that when it gets to be a problem. The second side effect is objectification. I've found that when I drive by a farm, I look at cattle differently. I used to look at them as cute animals that could excrete in a projectile manner for my amusement at a fair that featured sub-par roller coasters; causing me to find amusement in said poop. Now I only view them as meat. I stare into a moocow's glazed, milky, and confused eyes and I think of only two things—Steak and Shake. Perhaps this cow is seeking only friendship with nothing more, while I think medium rare with a tad of London pub sauce, with a coffee flavored Oreos cookie Shaner blizzard. Hell yeah!

At the cost of this animal's decovining, (no, it's not a word, take it easy Microsoft) I've found peace in the world. I never considered myself racist, but for those with racial views, here's a tip. View all people as different flavors of milkshakes. The world will taste a whole lot better. Double thick, make it quick, I have a meeting to attend. My name is Shane, and I like milkshakes.

Shane Kinney still enjoys beer, so buy him one at Shane Kinney's comedy showcase every Sunday night at 8:30, at the Comedy Connection in Portland. Call 207-774-5554 for more info, or check [www.shanekinney.com](http://www.shanekinney.com) for details.



I found the healing power of the milkshake while studying tantra. Actually, I wasn't really studying it, I was watching HBO's *Real Sex*, trying to spark a little fire between my lady and me, and they got to that gratuitous part that they get to in every episode where a group of middle aged men disrobe and dance together. In an attempt to rekindle the doused flame, I figured a little dessert was in order. Serenity now, from a Friendly cow.

My girl was in bliss as she seductively sipped her double mocha. I sat confidently in the booth, knowing I had found the elu-

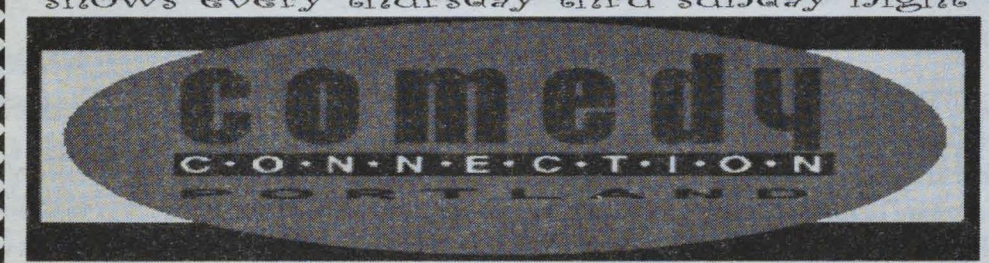
"The male is a domestic animal which, if treated with firmness, can be trained to do most things." —Jilly Cooper

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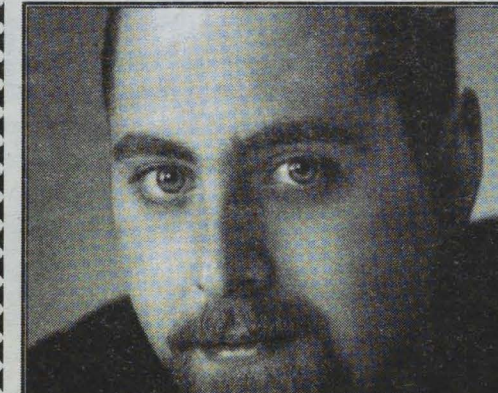
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# The Wisdom Weasel

ANECDOTES TO STEAL AND USE

## Cable Bill

by Daniel Bookham

There cannot be a single person in the country who would deny that the deciding factor in the presidential election is how the candidates look on television. Well, perhaps one person, but he is clearly insane. Given that the boob tube has effectively dominated American political discourse since the Nixon/Kennedy debates, it behooves a candidate to become as familiar with camera angles as with cloture.

In recent years politicians have known that they must prepare for the superficiality of television, while at the same time dealing with an electorate that grows ever more cynical regarding their images. How can they square this circle of getting enough cathode-ray time with the need to demonstrate their leadership qualities?

Luckily (and with a weary predictability) I have a solution. In the guise of Cable Bill, Face Magazine's occasional TV critic, I often find myself forced to flop down on the couch with remote in hand to wallow in the fetid goop of reality television. Despite their apparent inanity and pointlessness (eat rat poop! on a first date! on an island!) these shows are wicked popular, especially with the coveted but disengaged 18-35 demographic. Why don't contenders for the White House forgo photo-ops and debates and instead agree to appear together on a series of reality shows?

Tomorrow morning, therefore, I'm going to call all the campaigns, fax the president, and doorstep Pat Callaghan in order to suggest the following political reality shows. When this baby takes off, just remember where you were when you read this column.

**CANDIDATE MOLE:** Nine people go into the primaries seeking the Democratic Presidential nomination. However one is a Republican! Which candidate is trying to sabotage the Democrats? (Sadly, I had to scrap this idea at an early stage as Joe Lieberman made himself too easy to pick out.)

**CROSSING OVER WITH JOHN EDWARDS:** In this one the personable senator from North Carolina—with the Bill Clinton accent and the Al Gore hair—helps members of a studio audience get in touch with relatives who have passed over into the

other realm. By this I don't mean the afterworld, but rather the more prosperous part of the "two Americas" Edwards talks about in his stump speech. The poorer relatives can then threaten to call the IRS on their rich cousins/brothers/kids unless they cough up some dough.

**AVERAGE JOE:** In this one, a regular old Yale-educated lawyer and senator from Connecticut tries to win the heart of a skittish electorate despite having the ugliest policies this side of Crawford, Texas. How far will he go to debase himself in order to woo his fickle mistress? Will the craggy good looks of suspected Frenchman John Kerry foil his attempts to snag a love so far out of his league?

**QUEER FACTOR:** Watch the candidates totter on a tightrope while trying to balance their support for civil unions with their denials that they favor gay marriage! Watch Howard Dean eat crow! Watch George W. Bush spew garbage! I'm telling you, it's a surefire hit!

**SURVIVOR-THE ELECTORAL COLLEGE JUNGLE:** Outwit, outlast, outcast, or something. The candidates form two tribes—'Democrats' and 'Republicans'—and try to best each other at a series of 'primaries' in order to win 'delegates.' (We had to abandon this one during taping as both Wes Clark and John Kerry kept flashing back to their Vietnam days and had to be physically prevented from fragging Dennis Kucinich. George Bush never showed up, either, sending word instead that he had a 'heavy cold' and would be competing from the comfort of the Texas Air Guard officer's club bathrooms.)

**THE APPRENTICE:** Candidates for the presidency have to master a series of business challenges, including extorting campaign contributions, peddling government contracts, and appointing CEOs to the bodies that regulate their industries. At the end of the show everyone gathers in the boardroom to hear Chief Justice Rehnquist tell them they are all fired, and he is appointing George W. in their place.

You have to admit that if you had to choose between watching the shows outlined above, or two sweaty men gripping podiums while leering nervously at Jim Lehrer, my new televised campaign concepts would win out every time. After all, why put up with reality, when there's reality TV? A shot of a presidential candidate's face after he has just eaten a lizard spleen would probably tell you a lot more about him than a carefully crafted debating point. Besides, if you want presidential behavior on TV, you can always watch *The West Wing*.

The Wisdom Weasel lives, eats, and writes in Camden. Contact him: wisdomweasel@hotmail.com.

**Why don't contenders for the White House forgo photo-ops and debates and instead agree to appear together on a series of reality shows?**

"The world is a tragedy to those who feel, but a comedy to those who think." —Horace Walpole

## BookReviews Joe Gutenberg

**Midnights**  
© August 1982  
Random House  
200 pages, \$11.95  
(Ruminator Books  
paperback,  
April 2000, \$14)

**Mr. Apology and Other Essays**  
© October 2003  
Houghton Mifflin  
336 pages, \$24

In the last few weeks I've read both the first and the most recent non-fiction books by Alec Wilkinson, a reporter for *The New Yorker* for over 20 years. *Midnights*, subtitled *A Year with the Wellfleet Police*, is a terrific account of an eight-man force operating just down the road from Cape Cod National Seashore, an area overcrowded in the summer but mostly deserted in winter.

*Midnights* reminded me a great deal of Richard Sassaman's *Bar Harbor Police Beat* (LeLilo, third printing 2002), also about a small-town force (this time in Maine) operating under similar seasonal conditions just down the road from Acadia National Park. Both books neatly chronicle both the mundane and the fascinatingly oddball specifics of local police work, a far cry from the violent glamour depicted on TV shows like *Cops*, *Miami Vice*, or *Homicide*. You can see that even at this level, it's a difficult, stress-filled job. Sassaman's book, however, is largely compiled from newspaper reports, and he takes care not to name names, just to list the incidents. Wilkinson, who lived his story, tells all, including personal interviews with everyone on the force. Just out of college in 1975, he actually served as its ninth man, in a town where his parents had had a summer home for 30 years, and which he knew well.

In a place like Wellfleet (or Bar Harbor), unlike on TV, guns are rarely, if ever, fired. (One officer, when he gets a chance but takes five shots to dispose of an already badly wounded seagull, realizes he wants a more powerful handgun.) Sometimes they're not even there, as Wilkinson mentions in his chapter on the

force's police cars: "Next to the radio on the passenger's seat was the shotgun. There was always one in each cruiser except for the week the chief went hunting in Maine and took one of them with him."

The author was not a particularly competent policeman. "I used to love driving the police car," he says, "I also never really got the hang of it." As for his gun, "The smallest target I ever hit was the side of a hill." And it was "an immense relief," he writes, when the year he had resolved to work was over.

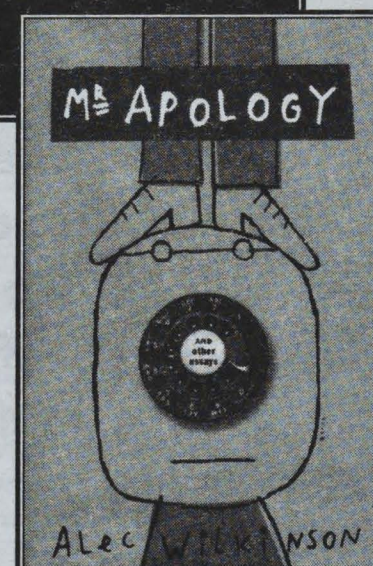
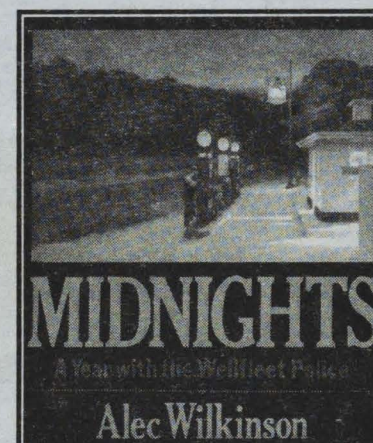
Not competent at police work, maybe. *Midnights*, though, is beautifully written, and Wilkinson's autobiographical memoir hits its literary target squarely in the bull's-eye.

*Mr. Apology*, a collection of Wilkinson's work for *The New Yorker* and a few other magazines, is even better. His subjects in the book's first section are all over the big-city map, including typical New York City characters like Jean-Pierre Fenyo ("The Free Advice Man") and cab driver Ioan Oprisiu (who wants to drive his taxi to the Arctic Ocean, maybe across the Bering Strait). Others include New York Rangers goalie Mike Richter, Gregg Sutter (chief researcher for novelist Elmore Leonard), and musical celebrities like Paul Simon, Bob Weir, and Ry Cooder. All the pieces are superb.

The book's middle section is more personal, as the author writes about the problems of raising his son, and his writing instructor (and his father's best friend), the novelist William Maxwell. The final, more grim section contains the title essay, about a performance art piece that gets out of hand; another on a puzzling epidemic of blindness that afflicted 150 Cambodian women who escaped from the Khmer Rouge; and "Conversations with a Killer," a long look at Wilkinson's prison visits with serial killer John Wayne Gacy.

The non-fiction crew at *The New Yorker* has released some impressive books in recent years (Robert Sullivan's *A Whale Hunt*, Bogs by Lawrence Weschler, and *The Orchid Thief*; by Susan Orleans). The books about single subjects usually are more successful than the collections.

Wilkinson, on the other hand, shines here with shorter essays, rising for some reason above his contemporaries. Is he more literary? More psychological? More thoughtful? Is it because he's...if I was getting paid *New Yorker* rates to write this, I'd take more time and try to nail down just the right word for you.



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## \*\*\*\*\* ON DVD \*\*\*\*\*

### Capturing the Friedmans

\*\*\*\*\*

This movie runs 107 minutes and has not been rated by the MPAA. I rate this documentary with five out of five stars. It is a fascinating and entertaining chronicle, filled with shocking revelations of tortured souls and legal injustice, gripping personal drama, and downs.

**C**apturing the Friedmans is essential viewing for anyone who believes in any kind of distinction between fiction (narrative) and non-fiction (documentary) movies. The movie demonstrates how the truth in a situation can be distorted by perceptions and personal biases. *Friedmans* is categorized as a documentary, but the movie has as many different and conflicting versions of reality as it has interview subjects. This movie proves that reality is more subjective than any work of fiction.

In 1988, Arnold Friedman, a respected New York teacher, husband, and father of three sons, was arrested for possession of child pornography. The detectives (some of whom are interview subjects in the movie) investigating the case learned that Friedman had been giving weekly computer lessons to local children in his home. The suspicious officers interviewed some of the children, and determined that Friedman had sexually abused his students on many occasions. Not only that, but his youngest son Jesse, who helped his father teach the class, had also abused the children. The Friedmans insist that they are innocent.

The movie's director, Andrew Jarecki, interviews members of the Friedman family, the arresting officers, the Friedmans' lawyer, the now-grown-up victims, the judge in the case, and others. But some of the most interesting footage was shot by the Friedman family. Old Super-8 home movies are shown, as well as video footage that David Friedman, Jesse's older brother, shot at the time. While the interviews tell many sides of the story, the home movies detail the most personal aspect of *Capturing the Friedmans*—the disintegration of a family. The members of the family gang up on each other, manipulate each other, lie

to each other (and possibly to themselves), but mostly argue and analyze their situation, usually with an air of disbelief at the absurd nightmare their lives had become.

Jarecki shows as many sides of the story as can fit in a 107-minute movie. But sometimes, just reporting the developments in the case is enough. Since we become familiar with the Friedmans through the intimate footage, a single development generates repercussions that interest us on a very human level. We are eager to learn how a person will react to a given piece of news. For example, it first appears that Arnold Friedman is guilty of the crimes he was charged with, then it seems he is innocent, and finally that he is guilty of the crime, but not in the instances for which he was charged. It is interesting to see how Friedman's



**...the home movies detail the most personal aspect of *Capturing the Friedmans* — the disintegration of a family.**

sons tend to be forgiving and protective of their father, while it drives his wife further away from him, and, consequently, the sons from their mother.

After watching *Capturing the Friedmans* twice, I have formed an opinion of my own about the facts of the case. But another viewer might reach a different conclusion. Andrew Jarecki's movie encourages the audience to think, talk, and judge for themselves.

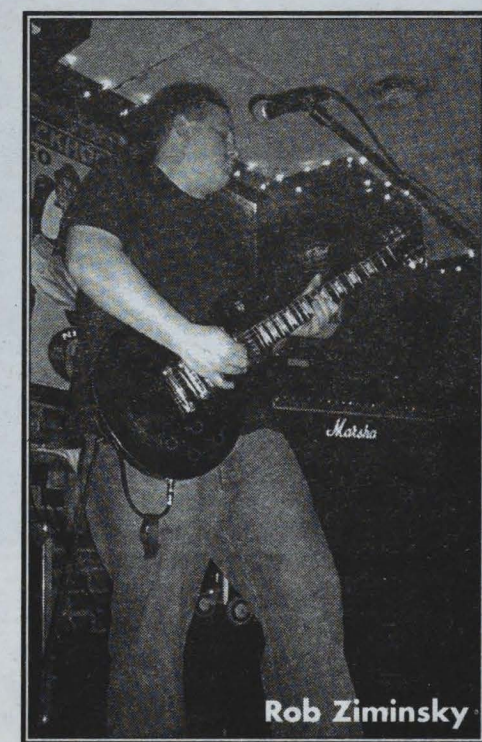
—Andy Keene



by Michele Morris

**T**he Portsmouth, NH-based funk/hip-hop band Solid8 is coming to the Alehouse on February 7. Front men Andrew May and Greg Hoey describe best why you should attend their gig in the lyrics to their song "New Perspective": "A new perspective / collective and perceptive / mastermind the mystery just in time for you to see." Just in time for you to see and experience the up-and-coming band that has got so many people talking. Blending infectious beats, hard-line guitar riffs, intricate guitar work that traces the background of each song, coupled with May and Hoey's quick, witty, and socially-conscious delivery, Solid8 is making noise throughout New England and are soon to be making much more. The band has been asked to headline The Know More Tour, a political support event, in which Solid8 and others will tour across the country during April and May playing a

range of venues to encourage younger folks to get out and vote. I recently got in touch with the band and asked them a few questions to get more acquainted:



Rob Ziminsky

"Brain: an apparatus with which we think we think." —Ambrose Bierce

**FACE:** When and how did the band come together?

**Solid8:** Rob, Andrew, Matt and Tobias (former bass player) first came up with the idea of creating a groove-oriented ensemble in the summer of 2001. Rob, Andrew and Matt had been on and off co-musicians for years and had decided to try something out of the ordinary for themselves as songwriters. Solid8 went through line-up changes and naturally our musical style evolved to its present state.

**FACE:** Who do you guys listen to? Who influences your sound?

**Solid8:** J5, Outkast, I.C.P., Public Enemy, Shootyz Groove, Sly and the Family Stone, Neil Diamond, Radiohead, Miles Davis, Herbie Hancock, Blackalicious, Styles of Beyond, and Rufus Wainright.

**FACE:** Wow, quite a range! In a band of this size and with this many diverse influences how does the songwriting process work?

**Solid8:** One of us might come up with a groove, head, framework, and we all contribute our part of the puzzle in some fashion. The lyrics are written by Andrew and Greg and are done either collectively or individually.

**FACE:** What's been your experience playing live?

**Solid8:** The live experience varies by the audience or venue. It always changes. The one thing we've learned is that we cannot expect anything because we're usually wrong. This mentality always keeps us ready to adapt and take each show as it comes.

**FACE:** So what can the audience expect at a live Solid8 show?

**left2right:** Andrew May, Greg Hoey and Matt Carano



**If they're nodding their heads, we know that we've got 'em.**

**Solid8:** Always high energy, high impact. And we expect the audience to participate instead of being the standard cover band at a bar environment. If they're nodding their heads, we know that we've got 'em. Solid8 portrays a party atmos-

phere. We like to whip out old school covers with a blend of socially aware, in the pocket originals.

**FACE:** How did Solid8 wind up being the headliner for The Know More Tour?

**Solid8:** We had worked with Dean Clegg, owner of SRC sound and the facilitator of The Know More Tour in the past. He really supports our sound and saw the opportunity to meld his vision with our live show. The mission of The Know More Tour is to inspire political awareness in the youth of America. Our goal is to drastically increase the voter turnout of the college-age demographic. We consider it a great honor that Dean Clegg chose us to be his voice for this project.

**The one thing we've learned is that we cannot expect anything because we're usually wrong.**

**FACE:** It IS quite an honor. It sounds like an exciting opportunity both for the cause and to get your music heard!

**Solid8:** We look forward to the exposure, relish the challenge and believe in the cause we're supporting. So naturally, it is a thrill we're looking forward to.

Of course, before they head out on tour, the band (Andrew May, Greg Hoey, Matt Carano, Rob Ziminsky, Kim Bird and John May) will be making a stop in Portland. The upcoming show will be their second appearance at the Alehouse and their sixth visit to the city. To find out more about the band and to

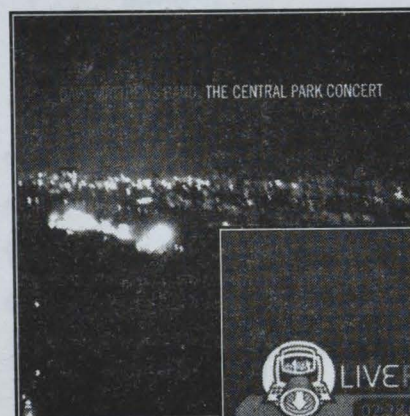


# Got Funk?

by Eric Poulin

**The Central Park Concert  
Dave Matthews Band  
(Bama Rags/RCA Records)**

**Live Phish 2.28.03  
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In the spirit of "funkiness" being an elusive musical quality potentially attainable by any band, and given that much of the music I review could be annoyingly labeled by music-genre simpletons as "jam

band" music, and given that the two biggest contemporary "jam bands" recently released triple-disc (that's right, TRIPLE-disc) live albums, and given that this sentence has far too many givens, I thought I'd review the Dave Matthews Band's and Phish's latest releases. Both bands have adopted the strategy of releasing a series of high (sound) quality live albums to appease their fan-base's insatiable demand for live recordings. I must say I'm a big fan of this strategy, most ambitiously pursued by Pearl Jam who've to date released live albums that number somewhere in the vicinity of 900,000 (give or take a hundred thousand). I've never been a big fan of bootlegs because I can't stand to listen to my

favorite bands drowned out by that idiot sitting in front of the bootlegger discussing the various levels of "kickass-ishness" of the tunes.

Dave Matthews Band and Phish have released a more manageable number of live albums than Pearl Jam have—five and a hefty twenty-six respectively—and they've been a bit choosier, selecting stand-out shows rather than entire tours to release. Still, the question of whether or not they should be even choosier remains with such an influx of material. Readers, the following is my attempt to best answer that question with that familiar arrogance and subjec-

tive conviction to one's own aesthetics you've come to expect from music reviewers.

Both albums are complete, mostly unedited performances. Hence, both are revealing portraits of the bands doing what their fans claim they do best, playing live. Of course, fans of Ratt probably thought they were pretty good live too. Still, there is a reason both of these bands' concerts are such a big draw. What's interesting is that the Dave Matthews Band has managed to cultivate a "jam-band" reputation by stretching their songs out (like the almost twenty minute version of "Two Step" on *Central Park*) while remaining a dominant pop band on mainstream outlets like MTV and the largely vacuous waste-land of popular radio. What one comes to realize while listening to *The Central Park Concert*, however, is that while the band has some pretty long songs, those songs' musicality is often lacking. While the band's saxophonist, Leroi Moore, has gotten noticeably better, Boyd Tinsley continues to grate. Leroi's playing on songs like "Jimi Thing" and "What Would You Say" has become more thoughtful than on the band's other live albums (perhaps he learned something from Macco Parker who appears with the band on *Live in Chicago*).

Boyd Tinsley, however, stubbornly refuses to put any thought or dynamics into his playing, instead choosing to fall back on a now old and limited bag of tricks. His solo on "Dancing Nancies" that—judging by the crowd's reaction—is supposed to be the climax of the song, is aimless and disappointing. One wonders if the crowd is reacting to the light show, or perhaps they're all simultaneously discovered a penny on the floor and are whooping in glee together by sheer coincidence. Whatever the case may be, I hesitate to think that it's the music that elicits such a response.

Eric Poulin is the DJ of Sound Contrapositione airing Wednesday evenings from 8:30 to 10PM on 90.9WMPG and online at WMPG.org. You can email at [epgofunk@hotmail.com](mailto:epgofunk@hotmail.com)

simple piece, but the words and tone were clear and moving. I felt the same about Yair Rozenblum's "Shir Lashalom," a peace song of moving intensity, and amplified by solid solo singing by Sara Foster, Susan Mathews and Heather Ford.

Much of the music choices were obviously driven by the group's mission, which is to foster unity among women and to promote justice in the greater community of the world. From Bernice Johnson Reagan's "Ella's Song" ("We who believe in freedom cannot rest..."), to Fred Small's "Everything Possible" ("...the only measure of your words and your deeds will be the love you leave behind when you're done."), the message was clear. The group values equality and diversity and justice, and sings them into life.

Of course there were lots of women's group favorites, among them: Holly Near's "Singing for Our Lives" and "Hay Una Mujer," Labi Sassi's "Something Inside So Strong" and Ysaye Barnwell's "On Children." For "On Children," which Beller-McKenna

dedicated to her daughter Lydia, she stepped down from her podium and joined the group in song; they are so well-trained that they confidently sang as one with no one between them and the audience.

Warmly humorous songs were not only funny, they were well sung. "59 Cents," a caustically funny song, hit home in many ways. Kathy Rochon's solo in "Work Song," was gutsy and sure, as was the group's singing. "No Chicken" was sassy and clear as a bell, with Shelley Sorensen soloing (she had also acquitted herself nicely in "Ella's Song"). "Caffeine Blues" was funny because it was well sung; its humor would have been lost if it had been sloppy. Though I doubted that *The King and I* Medley and the traditional "Annie



Laure" would please as much as the more mission-driven material. I was proven wrong. The purity of voice production and ensemble singing, and the earnestness of these women in expressing the message of the music were breathtaking.

Pianist/accompanist Deana Ingraham Gurney was always assured and correct and, well, downright musical. From the assured phrasing of "Everything Possible" to the piano rag of "Music in My Mother's House" to the bluesy jazz of "Work Song," she was always good, and added immensely to the musicality of the evening. Interpreting by veteran Meryl Troop and newcomer Holly Maniotti were beautiful; where interpreting could easily have detracted from the performance, these two were so in sync with the singers and their material that they were like a beautifully-sung descant to the rest. This group has set the bar very high with this concert. I told my partner that I was almost afraid to go to their next concert because this one was so good. But I'll be there on May 22nd for Singing to the Waters. You might want to be there, too!

—Peter Allen

Peter Allen is an ESL teacher in SAD6, a free-lance classical baritone soloist and one of the five members of Referendum, an a cappella group based in Portland.

"Humor is always based on a modicum of truth. Have you ever heard a joke about a father-in-law?" —Dick Clark

## Thrills & Spills with Will

Reviews by Will Ralston

### Mathematics, Art of Progress They Walk Among Us

The formula has worked for years. Take four or five sullen guys from the U.K., add melancholic harmonies, intelligent music and lyrics, and a moaning, desperate voice. Radiohead christened the method and bands like Travis and Coldplay soon followed suit.

They Walk Among Us is, in regards, very similar to these bands. Their music is powerfully produced with majestic, multilayered jams, and while lead singer Richard Proctor lacks the trademark whine of Chris Martin or Thom Yorke, that very well may be a nice, new twist to the U.K. rock phenomenon.

However, unlike the other British groups, They Walk Among Us lacks any real persuasion; there is no driving force behind the lyric content of their music. Radiohead thrived upon isolationism

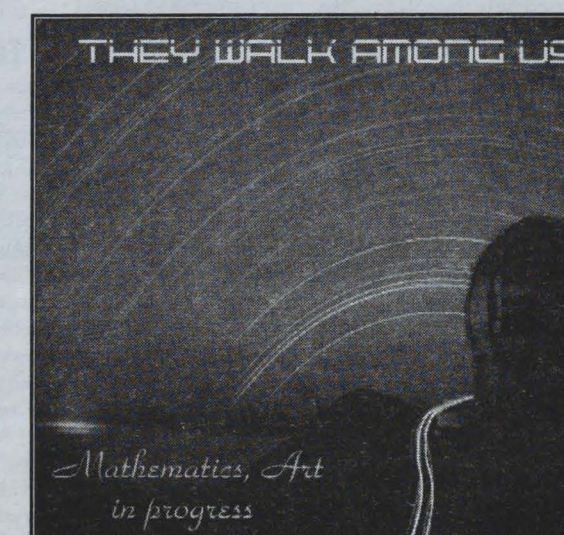
and alienation, Coldplay rallies against corporate takeover, but in their latest album, *Mathematics, Art of Progress*, TWAU fights against...love and relationships? C'mon, you guys are from teeny little Wales, there must be something else to bitch about.

That's not to say the album is a failure. Produced by Greg Haver and Richard Jackson, who tallied a big recent score with indie hit Super Furry Animals, the album has the weight of a sonic ton. Produced in a very, un-indie manner, the album features piercing guitar overdubs, powerful vocals, and outstanding effects that create an almost overwhelming aura. The guitars are heavy, the rhythm section is heavy, the vocals are heavy; the album in general leaves you feeling compressed.

But after the opening standout tracks "Telescopes," and "Hit the Ground Running," (both ominous, cryptic, tunes that sound like they are being partitioned to us from another planet), the album suffers greatly. The

rest of the songs are excellent musically but utterly lacking lyrically.

"It Goes On," "Girl on a Wire" and "You and Me" are a bunch of love mush makeout songs. Proctor lets down his



musical pedigree with his garbage lyrics, as he and fellow guitarist Paul White blast around with great technical precision. Their intricate dual attack sounds embarrassingly intelligent compared to the sixth grade poetry being thrown out.

By the time, "1 AM GMT" is playing (the sixth track) you will find yourself asking two questions:

1) What is the need for strings, really ever, on any rock 'n' roll song?, and... 2) This can't be another fu#@ng love tune, can it?

The next cut, "Acroplane," seems to be a shift back in the right direction, but then the chorus comes around, and you are immediately turned off again, "You are my aeroplane/ You are my long distance call/ I need you alone." Very touching.

TWAU has a storied pedigree to live up to. British bands are notoriously whiny, but not nearly as lovey-dovey as they are made out to be. Most bands actually have lyrical depth, something TWAU needs to comprehend. The music is quite obviously there for the group, and

once the topics change into something with a little more profundity, then they could very well join the ranks of the powerful U.K. bands.

## CDReviews

### Time Will Tell The Robert Cray Band Sanctuary/BMG

From the initial snaky licks of "Time Will Tell," Robert Cray's new CD, you know you're getting another recording that doesn't go out until it passes muster with him. This new recording offers a couple of new twists to a body of work rooted in blues and R&B, but which has left some aficionados wondering.

Since his 1980 debut, *Who's Been Talkin'* on the to-be ill-fated Tomato label, Cray's career has not been one to just keep the blues flag flying, yet that's where it begins.

His Pacific Northwest upbringing, and his long association with San Francisco and its scene are of a more slick styling than say, Chicago, but Cray's tenure under Texas legend Albert Collins certainly made its mark.

His later '80s work on the Hightone label and the Grammy-winning *Showdown!* (that landmark collaboration with Collins and Johnny Copeland) on Alligator set the stage for Cray to be introduced in the blues revival. A young, lean, relegenic dude was perfect to lead the way, and while *Strong Persuader*, the 1986 Mercury release dropped out his one Top 40 hit, "Smoking Gun," there was more.

A clean Stratocaster sound, and a voice like Sam Cooke (a likening I've heard time and again from varied

critics), Cray delights and yet confounds those who wonder what they're getting. Well, all you have to do is listen to anything he's done and you get music that is formulaic in terms of the progressions, but you don't get the same-old, same-old.

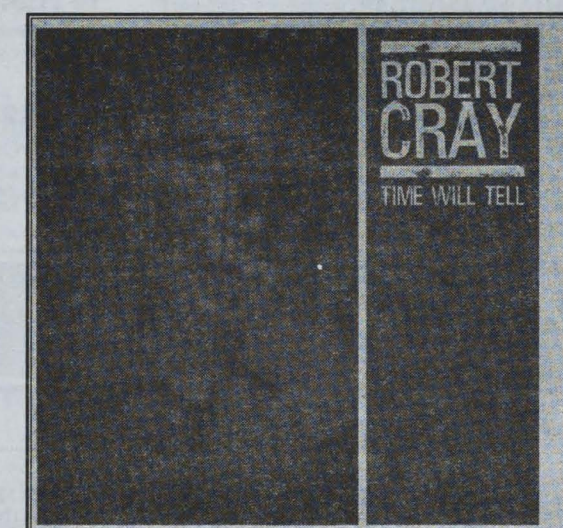
Cray has left the blues covers in the past recordings, concentrating on his own writing. It is on *Time Will Tell*, as on others, literate, dealing with themes beyond the usual blues stuff and giving a deepening sense of where he's at.

Only five of the CD's ten tracks this time are Cray-penned, but they are strong and stand up well to past works. You know how it is, there's always that one song or two that you know and like from someone, and

then anything new kind of has to be compared there? Well, I don't do that with Cray, perhaps because I've got too much of his stuff.

Anyway, "Survivor" kicks off the CD, and Cray makes it pretty clear where he is on the war... "You're trying to change a country you don't understand," he chides a certain administration. The Strat lick is a blues-driven, revolving one that gets your attention, and the marching troops heading off into the distance are about as political as he's been.

"Time Takes Two" is a traditional theme that showcases Cray's soulful side, a sensitive work on which he pleads for that second person to "heal a broken heart." The track musically includes some of the best soloing I've heard from



him ever. "Whole Lotta Lovin'" is another song of seduction without any overt sexual overtones. It also contains some fine, understated chords, with the band filling in, as they do everywhere. The guitar of Cray gets center stage for the most part, but is part of the ensemble in doing its part and no more than necessary.

Keyboardist Jim Pugh contributes three songs, with "Up In The Sky" showing he's a force to be reckoned with as a writer, too. Cray's vocals soar with the heartfelt tribute to an elderly couple, perhaps Pugh's parents, I don't know. That was one of the more surprising tracks, as was the Latin-influenced "Distant Shore." The track is fast and dense, underpinned by keyboards and organ, letting Pugh and Cray stretch out musically. Another anti-war track, Cray again handles the lyrics with a controlled attack, getting the sense out he's behind it without losing it.

The other two tracks come from Kevin and Bonnie Hayes (the former Cray's longtime drummer, the latter a writer of note who fronted a popular Frisco-area band for years), and "Back Door Slam" is a blues track, combining uptown swagger and old themes, i.e., "I'm the dust in your broom," and "the 3 a.m. phone call." Another of their heartkicks back to blues themes as well, "What You Need (Good Man)." Again, minimal chords propel the action, along with Karl Sevareid's thumping bass.

There are some steps up and out on *Time Will Tell*. The current incarnation of Cray's band is solid as ever, and again the songs and the performances are standout. Cray remains rooted in the music he grew up with, but is ever exploring and expanding that base. He may not take the monumental steps that contemporaries have at once or are trying in other areas. Doesn't matter, for it suits Cray and his body of work in a proper fashion.

—Tory Gates

"I think age is a very high price to pay for maturity." —Tom Stoppard







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## free will astrology

Week of February 5 • ©2004 Rob Breznay

**ARIES (March 21-April 19):** Writing in "The Week" magazine, editor-in-chief Bill Falk reminisced about how earlier in his career he churned out three opinion columns a week for newspapers. It was tough. "The truth is," he said, "there were many weeks in which I didn't have three fresh opinions of any value." These days, he added, he couldn't handle a gig like that. As he's matured, he has become suspicious of his own certainties. "Opinions are highly overrated," he concludes. "Most concern passing phenomena that, six months or six years from now, become utterly irrelevant." I propose that we make Falk your patron saint for February, Aries. The astrological omens suggest that this is a perfect moment to enjoy the humility and grace that come from nurturing compassionate ideals instead of agitated opinions.

**TAURUS (April 20-May 20):** You might want to get a history book and read up on the Greek army's defeat of the invading Persian forces at Marathon in 470 B.C. While you're at it, look into the ragtag band of Texan soldiers that won independence from Mexico at San Jacinto in 1836, or the continental army's pivotal victory over the British redcoats at Saratoga in 1777. I make these suggestions not because I think you will literally be going into battle, Taurus, but because I believe you'll soon be moved to defend and even expand your freedom. Meditating on history's successful struggles for liberation might inject an inspirational dose of martial energy into your campaign.

**GEMINI (May 21-June 20):** You're in a phase of your yearly cycle when fate will conspire to expand your perspective, get you naturally high, and turn you into an explorer. To align yourself with these cosmic tendencies, you might want to charter a supersonic MiG-25 Foxbat plane to ferry you to the upper edge of the atmosphere, where you can see the curvature of the Earth. Other good ideas: Sail over Tanzania's Serengeti Plains in a hot-air balloon; paraglide off the sea cliffs at Oahu's Makapuu Point; or take a class in shamanism at a local yoga center.

**CANCER (June 21-July 22):** I predict that in 2004 you will become far more discriminating about what images and information you allow to enter into the holy temple of your mind. You may even put up protective barriers that keep out the media's toxic psychic wastes and your friends' bad moods. I also predict that if you "don't" become more discriminating, you will lose touch with your own deepest desires and end up trying to be something you're not. In conclusion, fellow Cancerian, you sure as hell better remember how naturally telepathic you are, and how easily you take on other people's feelings as if they were your own.

**LEO (July 23-Aug. 22):** After English, astrology is my second language. Like a language, it's both logical and messy; it's useful in making sense of the world, yet full of crazy-making ambiguities. At its best, astrology is a playful study of the metaphorical link between the human psyche and the sun, moon, and planets. It's not a science. It's an elegant system of symbols, an art form with a special capacity to feed the soul and educate the imagination. When regarded as a precise method for predicting the future or when used to pander to the ego's obsessions, it becomes a deserving target for satire. So there you have it, Leo, I've clarified the essential views that underlie all I do in this horoscope column, and which therefore color the relationship between you and me. Now I challenge you to do what I just did: Get together with the people you care about and articulate the fundamental assumptions that form the basis of your connection.

**VIRGO (Aug. 23-Sept. 22):** I rarely employ my mediumistic skills, but a host of spirits was just clamoring to address you this week. So I agreed to channel five of them, on the condition that they'd be brief and to the point. Here, then, are your advisors from the other side of the veil. First, Werner von Braun: "Research is what you do when you don't know what you're doing." Second, A.A. Milne: "One of the advantages of being disorderly is that one is constantly making exciting discoveries." Next, Ralph Waldo Emerson: "Sometimes a scream is better than a thesis." Casey Stengel: "You're lost but you're making good time." Harry S. Truman: "If you can't convince 'em, confuse 'em."

**LIBRA (Sept. 23-Oct. 22):** "Any sufficiently advanced technology is indistinguishable from magic." So proclaimed science fiction writer Arthur C. Clarke in his book "Profiles of the Future: An Inquiry into the Limits of the Possible." To a medieval peasant, for instance, television would have appeared to be pure sorcery. Here's my corollary to Clarke's principle, Libra, just in time for your season of wonder and mystery: "Any sufficiently unexpected blessing is indistinguishable from a miracle."

**SCORPIO (Oct. 23-Nov. 21):** "How can one's heart and brain stand all the things that are crowded into them?" wrote nineteenth-century composer Robert Schumann. "Where do these thousands of thoughts, wishes, sorrows, joys, and hopes come from? Day in, day out, the procession goes on." Sound familiar, Scorpio? If I'm reading the astrological omens correctly, the flood that Schumann described has recently reached tsunami proportions in you. You simply can't go on like this. As the closest thing you have to a soul doctor, I regard it as my duty to prescribe massive doses of spacious silence. Quiet your thoughts, slow down your pace, and drop out of every frenetic game, at least for now.

**SAGITTARIUS (Nov. 22-Dec. 21):** Back in the 1980s, an old pal of mine was a girlfriend of Democratic presidential hopeful John Kerry. I'm hoping if he's elected in November, she'll arrange for me to get a tryout as his astrological advisor. Who knows? Maybe he already reads this column. You there, John? Here's my counsel for you and your fellow Sagittarians. As tempting as it might be to dramatize the differences between you and your competitors, your best bet in the short run is to sion get bogged down in detailing what's wrong. Instead, be passionate about beauty and truth and justice. Strong women are the key to your next success. Ask more from them than ever before. And make sure that in the midst of your noble push to the frontier, you keep nourishing your roots.

**CAPRICORN (Dec. 22-Jan. 19):** Here's Big Secret of Life #27, crucial for your meditations in the coming weeks: Whatever you choose to focus your attention on, you will get more of it. So for example, if you often think of everything you lack and how sad you are that you don't have it, you will tend to receive abundant evidence of how true that is. If, on the other hand, you dwell on the good things that make you feel grateful to be alive, they will probably multiply. You are a great wizard, Capricorn. Why not use your powers to practice white magic on yourself instead of the other kind?

**AQUARIUS (Jan. 20-Feb. 18):** This will be an elephant-wearing-a-parachute-as-it-falls-through-the-sky kind of week for you, Aquarius. It'll be a successfully-shoplifted-Bible-kind of week, a using-bottles-of-Dom-Perignon-champagne-to-put-out-a-fire-kind of week, a rewriting-a-Shakespeare-play-and-selling-it-to-a-Hollywood-producer-kind of week. "Improbable" should be your nickname. "Prodigious" should be your word of power. If you don't receive a magic prezel or a golden booger from a talking raven in your dreams, I'll be shocked.

**PISCES (Feb. 19-March 20):** Red alert! Your behavior is beginning to have an eerie resemblance to the guy who regularly stands on a street corner in Beijing and offers himself up as a punching bag. At least he makes money from it, charging stressed-out jerks about \$6 to smack him around for two minutes. But I can't see "any" benefit coming to you for the way you're letting yourself be abused. Please stop this perverse form of entertainment immediately. Find a better strategy for encouraging intimate contact with people.

**Homework: What quality or behavior in you would most benefit from healthy self-mocking? Tell how you keep yourself honest. Write: [www.freewillastrology.com](http://www.freewillastrology.com).**

## Good news

### Young Adult Starting Group for Others Affected by Cancer

by Lynn Shattuck

Evans Spear was a healthy 19-year-old freshman at the Maine Maritime Academy, training for ROTC when his life suddenly morphed. After a few months of feeling fatigue, loss of appetite, and having night sweats, he went for a chest x-ray. That day, he discovered that instead of going to Cancun that Friday for spring break with his friends, he'd be going home to tell his parents and three brothers that he'd just been diagnosed with Hodgkin's disease, a cancer of the lymphatic system.

Evans began treatments soon after, and worked throughout the summer. He went back to school the following fall, and went into remission, hoping his life would return to normal. Unfortunately, his cancer returned that winter and the strain of the treatments became a full time job. He moved back to Portland and watched his college life slip away from him.

In the three years since his diagnosis, Evans, now 22, has been through chemo and radiation treatments, bone marrow and stem-cell transplants, a remission and relapse. Meanwhile, his friends continued their college experiences, and are now going through the adventures and trials of twenty-somethings.

Evans has a supportive family and was also offered various assistance in the form of groups or one-on-one support, but he found that the people he was paired with were much older than he was, leaving him unable to relate. He explains, "Having cancer and being a 20-year-old is a very difficult thing, because you're trying to become independent from your family. If you're under 18, you have the Maine Children's Cancer Program, and if you're over 30, you might have a

family of your own and have already fulfilled some of your goals. The ages 18 through 30 are a very dynamic time in a young adult's life. This is a period when we should be striving to achieve our goals but our lives have been put on pause.

Recently, Evans decided that if he couldn't find a place where he could meet other people his age going through similar struggles, he would make it happen himself. He contacted the Cancer Community Center and began creating a program for other young adults whose lives have been affected by cancer, whether they have cancer themselves, or have been affected by loved ones facing cancer.

"This group has to happen, because everyone I've talked to in this age group feels the need, feels there's a void that needs to be filled. The premise for this group is just to get people who are in the same age group together, and are in a similar place in life. My idea is something for everybody—going out hiking, playing sports, watching movies, hanging out. Hopefully bonds will naturally happen."

The group will host its premiere meeting on February 5 at 6 p.m. at the Cancer Community Center in South Portland, and will discuss the future format of the program. Please contact Dawn or Michele at 207-774-2200 or 1-877-774-2200, or email Dawn at [dpellet@maine.rr.com](mailto:dpellet@maine.rr.com), to let them know you're planning on attending.

"Having support is absolutely key. Something to keep you busy, something to do that you can say you're proud of. Starting this group has been such a positive thing for me, and I've received such positive feedback from the community. It's so important that this age group be acknowledged."

## Non-profit news

### Winter Walk Against Violence at the Auburn Mall

by Chris Fenno

We decided to use Maine winters to our advantage," says Chris Fenno, executive director of the Abused Women's Advocacy Project (AWAP). "It's easy to hold sponsored walks in the spring or summer or fall. We thought we'd turn the idea on its head and walk in the winter instead."

That's why several hundred people will be pulling their walking shoes out of the back of their closets on February 7, 2004, to take some laps around the Auburn Mall—inside the mall, that is. It takes 10 laps to walk five kilometers, Fenno figures.

"The Winter Walk Against Violence is our biggest fundraiser of the year," she says. Over the years, the walk has also become a way for AWAP supporters to meet each other and become friends. This is the 11th year the walk has been held.

AWAP serves abused women and their children in Androscoggin, Franklin, and Oxford counties. (However, women from around the state and around the country have also been helped by AWAP.) The organization is 26 years old. Fenno says that many people form teams to walk together. Groups from high school honor societies, businesses, and even book groups walk together.

Playing on the winter theme, all walkers will receive an ice scraper. People who collect \$100 in pledges also will get an AWAP long sleeved T-shirt. And those who collect \$150 or more will receive a fleece scarf.

Walk sponsors include WCSH-6, Geiger, Tam-

pax, Central Maine Medical Center, Pineland Lumber, Auburn Savings, the Lewiston Sun-Journal, Mechanics Saving Bank, Peoples Bank, and Patience Johnson Realty.

Although AWAP has helped thousands of women find safety and build new lives, the overall incidence of domestic violence continues to grow. Statistics show that every nine seconds, another woman is beaten somewhere in the United States. Nationwide, 50 percent of homeless women and children are fleeing domestic violence. And historically, half the homicides in Maine every year are related to domestic violence.

While continuing to offer full support and advocacy services to abused women, including a 24-hour hotline and a safe shelter, AWAP has also started to expand its services to include more community outreach and education. It pioneered a project in Maine that helps teenagers understand what abuse is, and how to prevent it. Despite the constant need for emergency services, AWAP is working to strengthen its preventive services as well.

"We've had several nice stories of people who were in our shelter as kids coming back to help as adults," she says. She especially recalls one young man who bought a bus ticket for a woman to come to AWAP from a distant state. He'd lived in AWAP's shelter for a while as a child.

"He said to her, 'Go to AWAP. They can help you.'"

If you are interested in walking on February 7, you can call 795-6744 or visit [www.awap.org](http://www.awap.org). Click on Events, and then on the Walk link.



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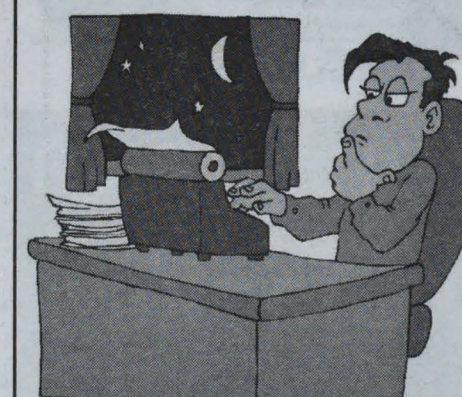
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**46-YEAR-OLD FEMALE, EUROPEAN** descent, seeks active Man who enjoys swimming, boating, motorcycles, travel and dining. ☎85043

**47-YEAR-OLD WIDOW, NO** children at home, likes the beach, long walks, talks, candlelight, music, bowling, pool. Average-looking, blonde/green, 5'7", hopeless romantic, seeking Male. ☎85008

**50S LADY, 5'4", 135 lbs,** blonde/blue, attractive, sensual, seeks tall, H/W/P Man for dancing, dining, movies, conversation, loving life to the hilt, for many adventures. Southern Maine. ☎85014

**ARTICULATE, ARTISTIC BUT** not artful Woman, 50, quite smiley, passionate about music, dance, animals, nature, friends, social justice. Seeks bighearted, in-touch-with-himself, progressive, feminist Man of curious bent, 38-65, who'd appreciate this complex, curvaceous, unique Woman. ☎85061

**ATTRACTIVE ASIAN FEMALE** looking for a good Guy, 40s, for dating, friendship. Romantic, passionate, outdoor type. In good shape. Quiet times are a must! ☎85197

**CENTERED, SINCERE ART** enthusiast, DWPF, 56, silver/brown, 5'4", light drinker, loves seashore, jazz, blues, eclectic cuisine, gardening, walking. ISO sharing S/DWPM, 50s, N/S, stable work and home, mental and physical health, SOH, strong interests and inquiring mind, for LTR. Portland area. ☎85168

**DANCE WITH ME!** DWF, 5'3", solid build, brown hair, brown eyes, upbeat but laid-back, beautiful smile, dimples. Seeking slender Male, 30-55, clean-cut, easygoing but energetic, financially secure and knows how to treat a Lady. Call me, let's dance the night away! ☎85058

**DWF, 39, 5'5", full-figured,** brown/brown. Mother of a 12-year-old. Work full-time. Enjoy music, dancing, outdoors, go to the gym daily. Honest, caring, loyal. Looking for honest, caring, open Man. Looking for a monogamous relationship. ☎85027

**LONELY CITY GIRL.** Plus-sized SWF, 43, 5'9", brown/hazel, enjoy dining in or out, slow dancing, walks on the beach, quiet evenings, cuddling and holding hands. Desire S/DWM, 40-50, for friendship, LTR. Portland area only. ☎85007

**TIRED OF SEARCHING?** I'm right here. DWF, 40s, 5'3", reddish-brown/brown, friendly, loyal, lovable, seeking Male. Enjoy cozy cuddly times with right person. If you're honest, caring and seeking the same, give me a call. You will

never know unless you try. ☎85085

**FEMALE SEEKING FEMALE.** I'm 49, hardworking, do lots of overtime. ISO a Female who wants to be a good friend, who enjoys sports, dining, dancing, outdoors, walks. Friendship first. Let's see where it goes from there! I'll respond to all! ☎85024

**SEEKING SINCERE, HAPPY,** secure Woman to balance my qualities. I'm family-oriented, easygoing, athletic and romantic. Catch me with your smile. ☎85041

## Male Seeking Female

**37-YEAR-OLD, VERY NICE,** handsome, intelligent, athletic and financially secure. Enjoys skiing, golfing, sports, fitness and being with friends. Seeks slender, sexy, intelligent, fun, 25- to 37-year-old SWF with similar interests, for dating, possible LTR. ☎85013

**A GIRLFRIEND WANTED** by a SBM, 40, professional job, special, handsome, laid-back and gentle. Love people, nature. Desperately seeking big beautiful Woman who show true colors and honesty. For dining out, long drives, quiet times at home. Race open, 170 lbs+. ☎85144

**ATTRACTIVE, EASYGOING SM,** 46, good sense of humor, open-minded, outgoing, zest and passion for life. Looking for Lady with same. Enjoy long rides, music, walks on beach, mountains. Looking for Lady who's also sensual, passionate and romantic (as I am). ☎85175

**BEST FRIENDS AND more.** SWM, 37, 5'11", 180 lbs, dirty blonde/blue, sincere, caring, thoughtful, likes reading, movies and sports. Looking for 27- to 40-year-old Female, pretty and fit, for genuine relationship. No children yet, please. ☎85215

**CARING, HANDSOME, ADVENTUROUS** SBPM, 48, 5'7", well-traveled, funny, well-educated. Seeking daring, playful, adventurous, intelligent, tall White Female, small to full-figured, with sense of humor, for friendship, romance, dating, relationship. (CT) ☎85212

**CREATIVE, ROMANTIC, N/S** SWPM, 5'10", 150 lbs, 44. Enjoys the outdoors, concerts, theater, antiques, NPR, crafts, camping and travel. Seeking fit, active, confident S/DWPF with great SOH, who shares some of these interests, to share relationship full of conversations, companionship, fun. ☎85020

**DWM, 35, LIGHT** brown/blue, likes sports, camping, outdoor activities, having a good time. Looking for SF for dating, maybe LTR. Must have good sense of humor and love to have fun. Age and race unimportant. Kids ok. ☎85042

**EASYGOING DWM, 44, 5'10", 180** lbs, N/S, light drinker, financially secure, seeking Female. Enjoy almost anything outdoors (biking, motorcycling, hiking, kayaking, camping, softball, basketball), beaches, movies, music and variety of other things. If this interests you, give me a call! ☎85038

**GREAT QUALITY TIME,** great benefits. Are you absolutely positively seeking someone? Are you 40-60, N/S, N/Drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative, romantic? I'm all of that... plus. It's your move. Male seeking Female. ☎85003

**HEALTHY, COMPASSIONATE** QUEBECOIS, 6', 44, seeking Woman with heart, intellect and kindness to match wit's and laugh with. If you enjoy discourse, the arts and long walks, let's rendezvous soon to spark an interest. ☎85052

**LONELY CITY BOY, 43,** hardworking, hazel eyes, 6'4", enjoy dining in or out, dancing, walks, quiet evenings, cuddling. ISO Female. ☎85050

**NEW TO MAINE.** Male, 37, enjoys traveling, camping, sports, hopeless romantic. Seeks Female, 28-42, with similar interests. ☎85214

**ROMANTIC SWM, 47,** looking to meet easygoing, romantic, reasonably in-shape SWF, 35-45, with a romantic side. I enjoy sports, movies, dancing, dining, going to the beach, concerts and life. If interested, call! Hope to hear from you. ☎85000

**ROMANTIC, HONEST, SINCERE** SBPM, 37, 6'1", muscular build, seeking S/DWPF for friendship, possible LTR. Let's share travel, dining, dancing, sports. (CT) ☎85081

**ROSES, CARROT CAKE.** SWM, 6'1", grayish hair and beard, light blue eyes, physically, emotionally and spiritually fit. SOH, romanticist. Seeking attractive SWF, 49-55, who is also seeking a partner and knows she deserves love and nothing less. ☎85154

**SM, 47, 5'10", 160 lbs,** good-looking, in-shape, enjoy all outdoor sports, well-educated, hardworking, read extensively. Seeking attractive, in-shape Woman who is adventurous, intelligent, sensuous and is comfortable in heels or hiking boots, for fun and hopefully LTR. ☎85033

**SW GENTLEMAN, 36,** tall, slim, fit and getting better. Sincere, sensitive, poetic, listens. Varied interests inside and out. No interest in marriage, children, picket fences. Like own space. Seeking tall, shapely, compatible Lady, 35-43, for dating. ☎85016

**TALL, BORN-AGAIN CM, 52,** average-built, like sports, music, the beach. Would like to meet born-again Christian Woman with similar interests, for fun, friendship and possibly a future. ☎85030

**THIS ONE'S 4 U.** SWM, 49, 5'9", rugged 185 lbs, gray/green, never-married, never-smoked, social drinker, well-groomed, painfully honest, romantic, self-employed. Love kids, fishing, camping, traveling, weekend getaways, museums, boating. Diligently looking for slim, well-dressed Gal for monogamous relationship. ☎85198

**VERY POSITIVE PERSON.** SWM, 40, full of life, SOH, big heart, self-employed, nice smile, lotsa fun, sports, travel, romantic evenings. Seeks Female soulmate for the finer things in life. (MA) ☎85009

**52-YEAR-OLD WM, 5'10", 195** lbs, brown/brown, seeking M for friendship, dating, possibly more. You be: 35-60, prefer N/S, social drinker, no drugs. Interests: dining, dancing, having fun times, quiet times... sitting by a fire, beach walks. Sincere, honest, caring. Let's connect. ☎85001

**BRUNSWICK AREA. HUMOROUS,** young-looking WM, 52, 5'6", 165 lbs, brown/brown, ISO honest, sincere, loving M, 45-55, N/S, N/D. Call me and let's get together. All calls will be returned. ☎85152

**COUNTRY BOY ISO** slim, healthy, sexy M, 18-30, in search of older M for friendship, companion and good times. Me: slim, WM, 50. Call. ☎85219

**DECENT GUY, ENJOY** work, passionate about interests, like to meet someone to share them, easygoing, enjoy going out and having a good time with friends. Interests: brunch on Sunday, movies, plays, new restaurants, cycling. I'm masculine, fit and looking for same. ☎85065

**LIFE. NOT A rehearsal.** What if I did or didn't do this or that? So I'm doing this. If we meet and it's worth the meeting, bravo! I'm middle-aged Man seeking realistic, romantic Man to help solve the riddle called life. ☎85132

**MALE, 5'7", 130 lbs,** smoker, looking for friendship, possible relationship. Seeking Male, 18-50. ☎85015

## I Saw You

**WESTBROOK DUNKIN' DONUTS,** 12/10, evening. You: wheat bagel, half-butter. Me: blue hat, red coat. We spoke and I wanted to introduce myself but did not. Please call! ☎85201

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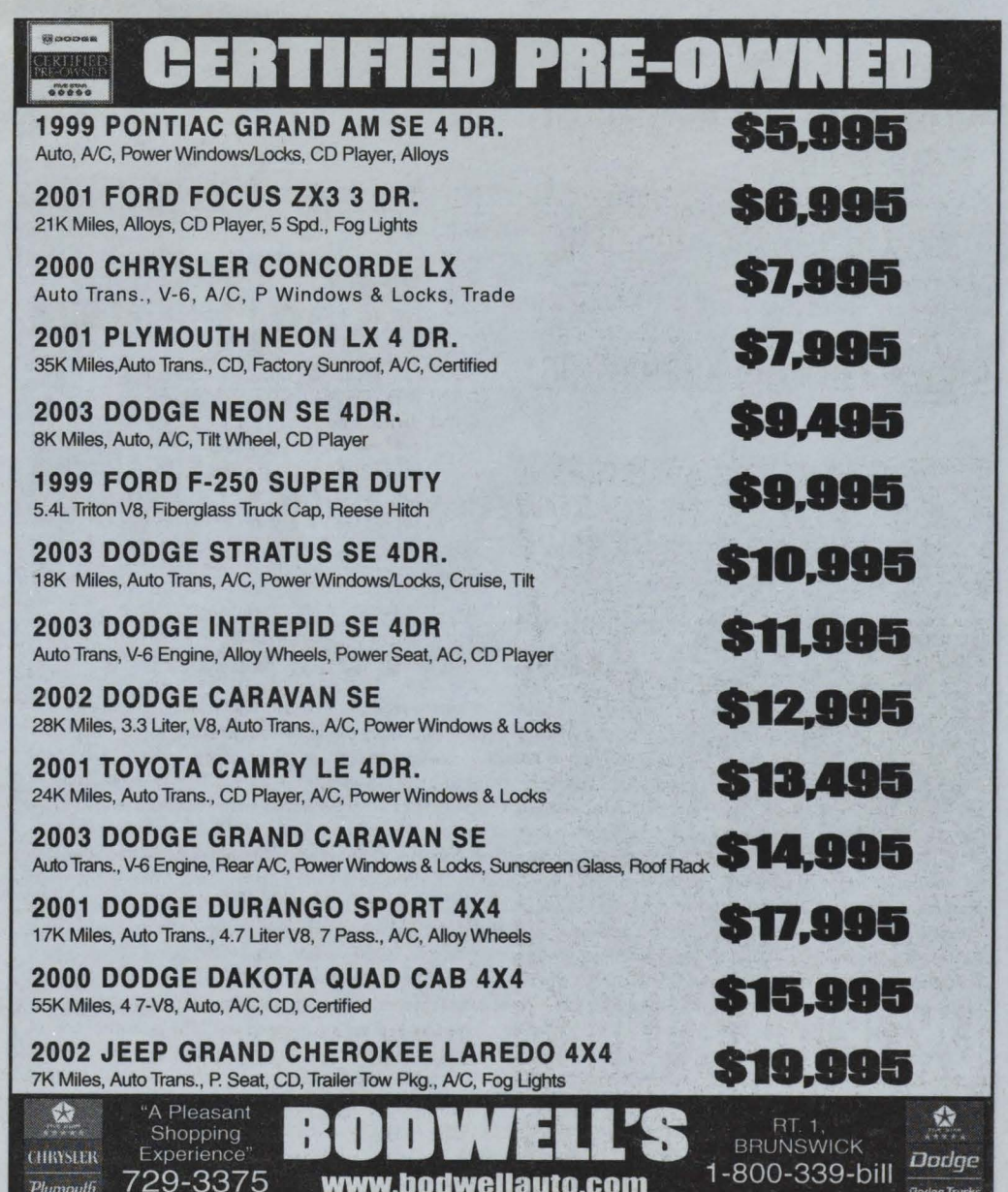
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For a motion picture being shot in the Portland and mid-coast area; looking for man between 65 and 75, well-built, at least 6 feet tall; handsome not required, but should have distinctive features, preference for dark hair and solid, natural, out-door look. No acting experience required; role does not require the actor to speak. Fair compensation and meals. Please reply and send picture to Geoffrey Leighton, 1355 Royalsborough Rd., Durham, ME 04222 Or geoffleighton@leightonimages.com



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# quality time

## Funny bone

### Silly Jokes

Why did cavemen draw pictures of hippopotamuses and rhinoceroses on their walls?

Because they couldn't spell their names!

What is the noisiest game?

Squash - because you can't play it without raising a racket!

Where do flies go in winter?

To the glass foundry to be turned into bluebottles!

Why did the king go to the dentist?

To get his teeth crowned!

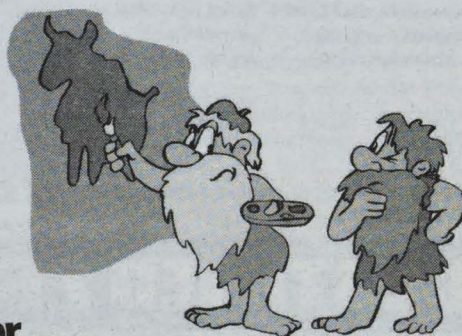
Why are you covered in bruises?

I started to walk through a revolving door and I changed my mind!

How do you prevent a Summer cold?

Catch it in the Winter!

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### Something to Ponder ...

Let us not look back in anger, nor forward in fear, but around in awareness.

James Thurber (1894-1961)

LAST WEEK'S  
ANSWER

MAY LAND ROLF  
OLE ALOE EVIL  
MISSOURI LATE  
ASL FALLED  
NOIR AFIRE  
OPTIC REIFIER  
PEC ABIDE SAY  
ECHELLE SALSA  
CLASP SEEN  
SKYLAB EWE  
ANOABIPHASIC  
NORIERIE OWE  
EWER DENT SOL

### Adopt a Pet: Chief

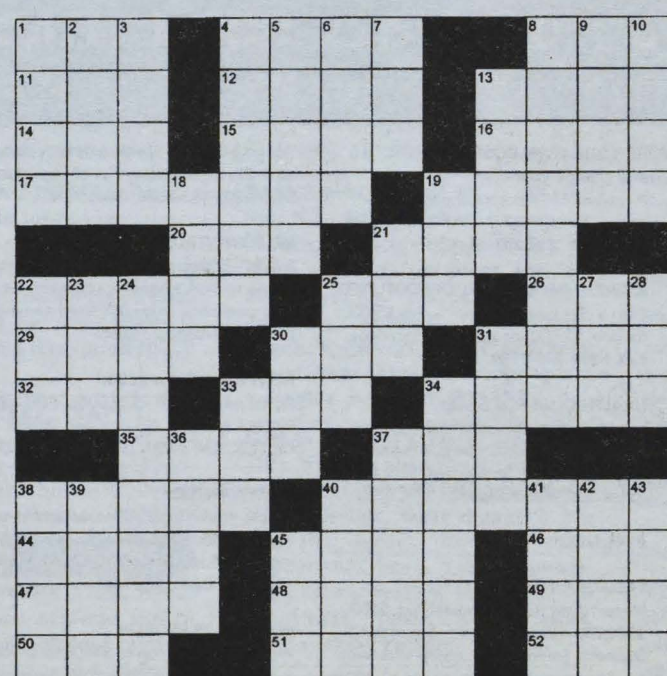


Transferred from an overcrowded shelter in Clay County, West Virginia, Chief is a 1-year-old Walker Hound mix found emaciated and lonely way back in June. Nursed back to health under the watchful eye of his caretakers, Chief has been waiting to hitch a ride north for weeks. Chief is so incredibly charming, sweet and loving that all are smitten with his professorial looking wrinkled brow and respectful interactions. Chief is learning how to play and takes great joy and comfort in being with people who talk to him, pet him and make him feel secure. Under that serious expression lurks a very funny little clown! Chief is tolerant, goofy and well-mannered with other dogs, and does seem at all intrigued by the actions of cats. Chief melts with attention from kind, respectful children, and he has all the makings of a wonderful, wonderful companion and friend. Chief is easily startled by loud noises, sudden movements and the usual sounds of a home. It will take a bit of time to help Chief with this transition, but once acclimated to a home he will never want to leave! Typical of his breed, Chief is battling an ear infection, but with short-term medication this will be resolved. Chief looks older than his age, but his hard year of life may have aged him a bit. Chief is blessed with the beautiful bay of his breed, so apartment living will not be the best setting for him. Chief just loves to be with people, and will not be an ideal candidate for 9-5 solitary living, although with another dog for companionship he may be much different in a home environment than in his kennel. Chief is a transfer dog. His adoption fee is \$125.00 to defray the cost of transportation and vaccinations for the shelter of origin.

Chief is available for adoption from the Animal Refuge League, 499 Stroudwater Street, Westbrook. (207) 854-9771 or [www.arlgo.org](http://www.arlgo.org).

A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, co-workers sharing a joke, chatting with a stranger in the checkout line—that's building community, one moment at a time. Towards that end, we devote a page every issue to humor & puzzlers for all ages. We hope you'll share them with whoever's sitting across from you as you read this—whether it's your son or daughter or the guy at the bus stop.

## Crossword



ACROSS

- 1 Football org.
- 4 Prolonged dull pain
- 8 Entire
- 11 Bullfight cheer
- 12 Bow
- 13 Comply
- 14 A score at the plate
- 15 Pallid
- 16 Jewish calendar month
- 17 Archaic Middle Eng.: seems to me
- 19 Latin: override olive
- 20 Twixt waist and knees
- 21 Platter

car

- 26 Gov. agency
- 29 Similar
- 30 Crony
- 31 Soon, shortly
- 32 Dress edge
- 33 Triangular forward sail
- 34 Thin
- 35 Boyfriend
- 37 To shake
- 38 Renaissance oboe
- 40 Japanese tangerine
- 44 1.6 kilometers
- 45 Ship
- 46 4 quarts (abbr.)
- 47 Distinctive smell
- 48 Voiced

49 Long-term memory

50 Jewel

51 IX

52 Affirmation

DOWN

1 Heavy-set

2 'Cheers' patron

3 Smoke duct

4 Microscope viewer

5 Plea

6 Inhibit

7 Vacations (Brit.)

8 Female sheep

9 Eye nerves

10 U-shaped harp

11 Boat movers

12 Air pollution

13 Shroud

14 Asian dress

15 Unattractive

16 Member of a boat's crew

17 Charity

18 Vase-shaped pitcher

19 Asian country

20 Air pollution

21 Shroud

22 Asian dress

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49 Charity

WMFG  
90.9 and 104.1  
Greater Portland Community Radio



Annual  
**FAT TUESDAY  
CELEBRATION**

**FEBRUARY 24**

6:30 am - 7 pm - New Orleans Music on WMFG  
11:00 am - 7 pm - Cajun Cooking Challenge  
FREE! sample & vote for the best!  
7:00 pm - 10 pm: Leroy Thomas  
& the Zydeco Road Runners LIVE!  
(\$5 suggested donation)

Join Us all day at the USM Woodford Campus Center  
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FEBRUARY 5, 2004

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Cape Cod  
3 bedroom  
2.5 bath  
(Ad #51756)

**Poland Spring — \$469,000**



Victorian  
10 bedroom  
6 bath  
(Ad #25935)

**Windham — \$265,000**



Family Home  
4 bedroom  
2.5 bath  
(Ad #2480)

**Rumford — \$71,900**



Cape Cod  
4 bedroom  
1 bath  
(Ad #14307)

**Waldoboro — \$95,000**



Cape Cod  
4 bedroom  
1 bath  
(Ad #15939)

**Scarborough — \$374,000**



Colonial  
3 bedroom  
3 bath  
(Ad #18313)

**Belgrade — \$229,900**



Colonial  
3 bedroom  
2 bath  
(Ad #26459)

**Augusta — \$209,000**



Colonial  
3 bedroom  
2.5 bath  
(Ad #26557)

**Sherman Mills — \$167,900**



Victorian  
4 bedroom  
3 bath  
(Ad #27538)

**Newry — \$699,000**



Colonial  
5 bedroom  
2.5 bath  
(Ad #28649)

**S. Berwick — \$299,000**



Cape Cod  
3 bedroom  
2 bath  
(Ad #31752)

**Sanford — \$178,000**



Split Level  
4 bedroom  
2 bath  
(Ad #32141)

**Boothbay Harbor — \$495,000**



Shingle Style  
4 bedroom  
2.5 bath  
(Ad #33149)

**Wells — \$489,900**



Colonial  
3 bedroom  
2.5 bath  
(Ad #38602)

**Bethel — \$325,000**



Gothic Revival  
3 bedroom  
2 bath  
(Ad #39424)

**Madison — \$114,500**



Victorian  
4 bedroom  
1.5 bath  
(Ad #41044)

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