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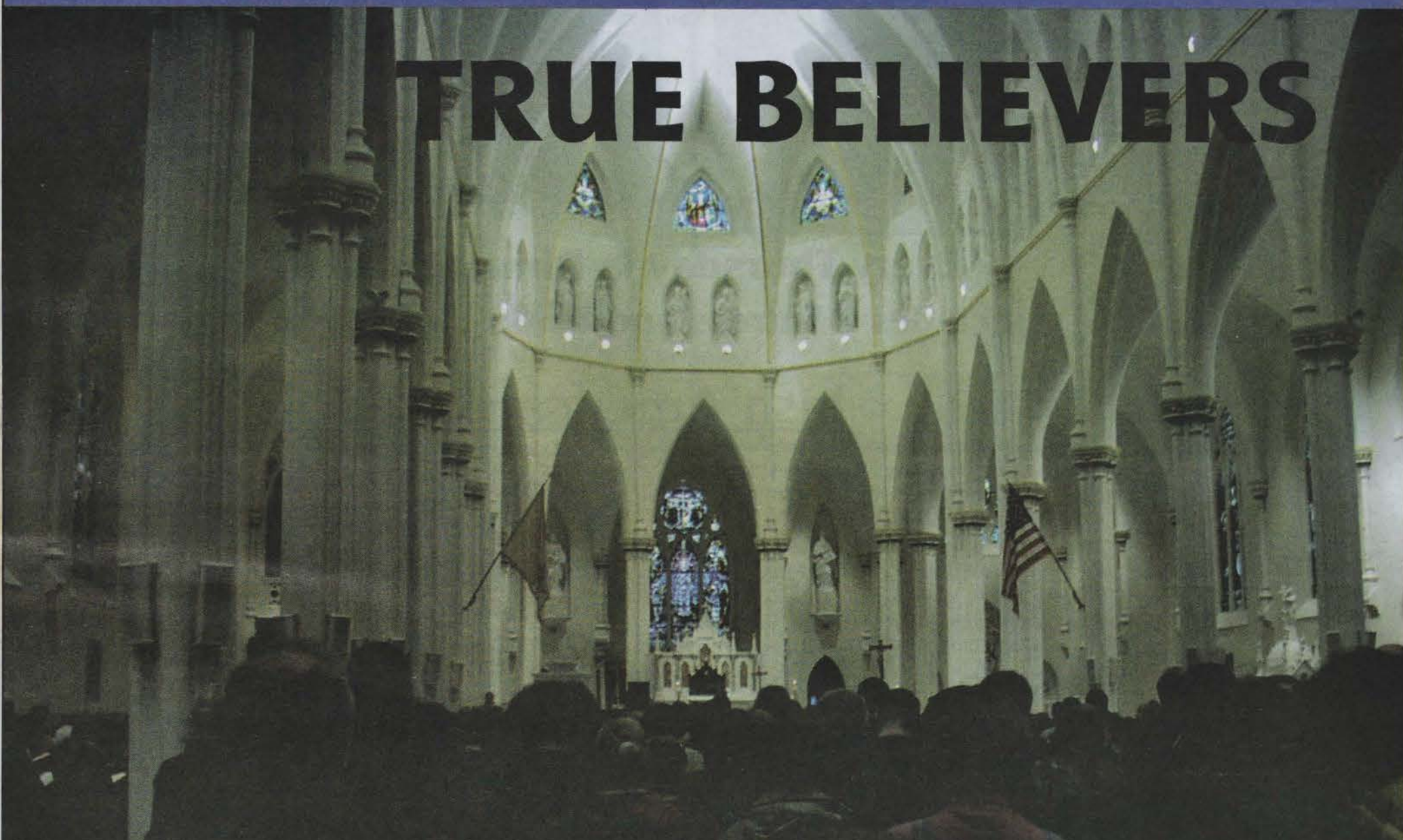


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Volume XV #17 casco bay weekly May 8, 2003

GREATER PORTLAND'S COMMUNITY JOURNAL OF NEWS, ARTS & HAPPENINGS

MAY 8, '03



TRUE BELIEVERS

Many people have found themselves turning to faith in these troubled times, and the manner in which Portlanders practice that faith is as diverse as the city itself. In this issue, CBW provides a forum for our varied spiritual community. Join us as we learn about our neighbors and what their beliefs mean to them.
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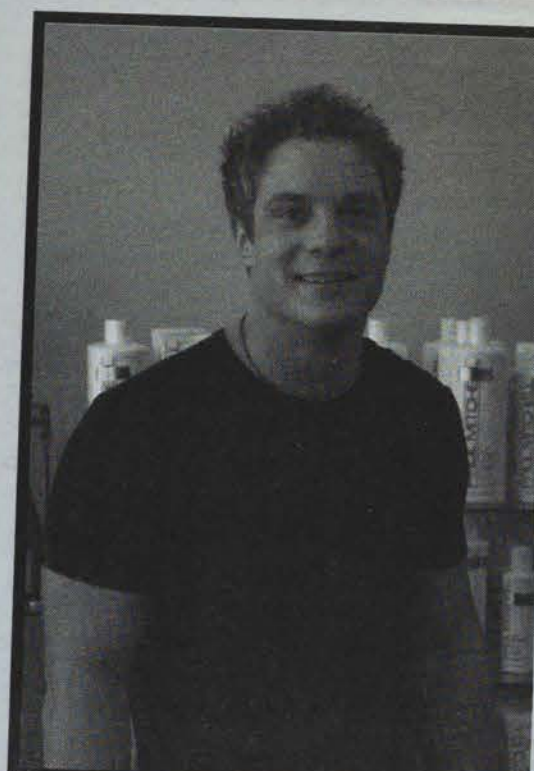
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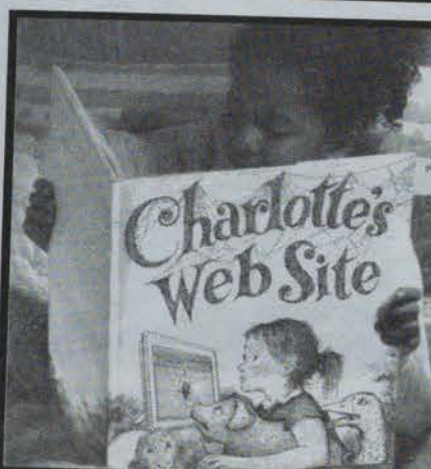
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health & wellness

Living From The Inside Out Saints and Scoundrels

by Melissa Mirarchi

I once got a letter from my good friend, Peter, who was on a retreat in Vermont. He wrote, "There's the usual assortment of saints and scoundrels attending this retreat." I nodded knowingly as I read. "Isn't that the truth," I mused. "There are always some jerks showing up at those things." Then I read the next line of Peter's letter, "We each take our turns being both."

"Whoa now, Peter! Hold on just a minute," I thought. "We're the good guys. We're saints, not scoundrels. I mean, at least not me!" Peter's words shook me. They made me think.

It seems most of us can see ourselves in one way, but not another. We're saints, not scoundrels. Caring, not callous. Exciting, not a bore... or the other way around, but that's another column. Either way, we've defined ourselves. We know who we are and who we're not. At least, we think we do.

There are two major problems with our self-definitions. First, because they're so limited, so are our possibilities — "I could never do that!" we protest with great fervor. "That just would not be me." We constrain ourselves, making sure we are true to who we're supposed to be. We build our own cages, cut off our options and restrict our humanity.

That's where the second problem comes in. As Michel de Montaigne put it centuries ago, "Every man beareth the whole stamp of the human condition." The whole stamp, the vile and the sublime. When we deny this, when we disown any part of our humanity, it will come back to haunt us; we'll witness in others whatever we reject within ourselves. And we won't like it. We won't like them. We'll want them to go away.

So we cannot stand our self-righteous neighbor, our controlling boss, that rude cashier. They each embody what we despise, what we would never be. We all do this. Even leaders of nations will point their fingers and pronounce each other evil, each convinced that they are good and that war has the power to eliminate the darkness.

On a personal level, projections can lead to bitterness, estrangements, prejudice, and road rage. On a much larger scale, they can, and do, turn into witch-hunts, slavery, holocausts, wars, and bloody ethnic cleansings.

Whatever the outcome of our projec-

tions, whether they lead to unspoken resentments, a war, or a holocaust, they are always very costly.

How can we know when we're projecting, when we're seeing in someone what we won't see in ourselves? It's one thing to notice a characteristic, without becoming unduly affected, but when what we see really drives us crazy — when we run into someone we just cannot stand — that's a good indication that we are projecting. It is also, always, an invitation for us to take a look inside, to begin the reclaim a long-abandoned part of who we are.

But why would anyone want to acknowledge that what they're repulsed by is part of themselves? The answer is simple and very compelling: when we can acknowledge every part of our humanity we are truly free.

There is no more need to constrain ourselves, to live up, or down, to our self-definitions. There's no need to be defensive, or to care how others see us; when we're fully human we have nothing to hide. There's no need to avoid our pompous neighbor; her arrogance can't rattle us because we know we have the capacity to sometimes be arrogant, too. So what? We're both just human. I think it was a Buddhist sage who said that the demons will torment us for as long as we resist them; they'll only stop when we finally invite them in for tea. So it is with our projections. We need to invite them back in.

Whenever we take back a projection and reclaim any part of our human nature, our capacity for compassion grows, for others and for ourselves. After all, we realize, we're all the same jumble of darkness and light.

There's a story of a man who is talking with his son. The man tells his son, "There are two wolves within me: one is kind and the other cruel. The two wolves are fighting inside." The son asks his father, "Which one of them will win?" The father answers, "The one that I feed." When we come to understand that we bear the whole stamp of the human condition, we become free to choose which parts of our nature we're going to feed.

Melissa Mirarchi is a registered counselor practicing in Portland. She can be reached at becoming@maine.rr.com.

health & wellness

Interval Training: A Great Way To Spice Up Your Workouts

by Lynn Bode

There's been a lot of buzz recently about Interval Training. So, you may be wondering what it really is and, more importantly, why you should incorporate it in your fitness workouts. Well, if you want a workout that can help propel you to the next fitness level, burn more calories, increase your speed, improve your power and more, then it's time to learn more about this effective technique.

A simple definition of Interval Training is: short, high-intensity exercise periods alternated with periods of rest. These higher and lower intensity periods are repeated several times to form a complete workout. Here's a basic example: walk for 5 minutes at 3.5 MPH, walk for 1 minute at 4.2 MPH and then repeat this sequence several times.

Most people spend their workout time only performing continuous training exercises. These are exercises where the intensity level is basically constant throughout. An example of this is walking at 3.5 MPH, at 0% incline for 30 minutes.

Continuous training is very effective and should not be eliminated from your weekly workouts. However, it's recommended that you include both Interval Training and continuous training sessions as part of your fitness regimen.

Why should you include Interval Training? As previously mentioned, there are many benefits to this type of training and execution is relatively simple. Interval Training can help you improve cardiovascular fitness, increase speed, improve overall aerobic power, burn more calories, break-through a plateau, increase workout duration, reach new exercise levels, expand your workout options and increase your workout threshold — just to name a few.

Plus, this training method has useful applications for beginners, intermediate exercisers and even conditioned athletes.

The Fitness training method utilizes periodic increases in intensity. Typically the higher-intensity levels range from 2-5 minutes in duration and are followed by lower-intensity periods that also range from 2-5 minutes. And, a critical element in Fitness Interval Training is determining the appropriate level for the higher-intensity periods. This level should not exceed the anaerobic threshold (which is usually reached below 85% heart rate reserve).

Incorporating Interval Training methods into your exercise routine is actually quite easy. Since the majority of exercisers fall into either the beginner or intermediate

category, we'll focus on getting started with those techniques.

To begin, choose the type of exercise: walking, jogging, swimming, biking, etc. Next determine your lower-intensity level. This is usually somewhere between 50-65% target heart rate. This will be your baseline, lower-level intensity. Then simply increase the intensity-level up to where you feel like you are working hard to very hard, but avoid reaching a level over 85% target heart rate. If monitoring your heart is not feasible, instead use the RPE scale where 1 is basically at rest and 10 is working extremely hard. For example, if you find that when you are exercising at a comfortable level you rank a 5, then bump up to a 7 for the higher-intensity intervals.

You may choose to systematically raise and lower your intensity (e.g. 2 minutes lower intensity followed by 1 minute higher intensity and repeat) or you can alternate more randomly by raising and lowering the level at your discretion. To increase your intensity, you may choose to change the speed, incline, or some other variable.

Interval Training can be especially helpful in situations where you are trying a new form of exercise. For example, this can be very beneficial when first learning to jog. If you attempt to jog continuously without building up to it, you will probably fatigue quickly and even give up. However, if you begin with intervals of walking interspersed with jogging periods, the workout will be much more enjoyable and effective. Also, you will be more likely to stick with the program and achieve the end result — continuous jogging.

Now that you know the benefits of Interval Training and the basic techniques for it, why not give it a try for yourself. Not only will it provide health benefits and improved fitness levels but it is also a great way to avoid workout boredom. Plus, with Interval Training workouts often are more enjoyable, go by quicker, and improvement results come faster. So why not try spicing up a stale, run-of-the-mill workout with Interval options? You may even find yourself excelling in an activity you were skeptical of even trying.

Lynn Bode offers her personal training services online through her company, WorkoutsForYou.com. Workouts For You provides even the busiest of parents affordable, personalized exercise programs (via the Internet) for losing weight, toning-up, building muscles & increasing stamina.

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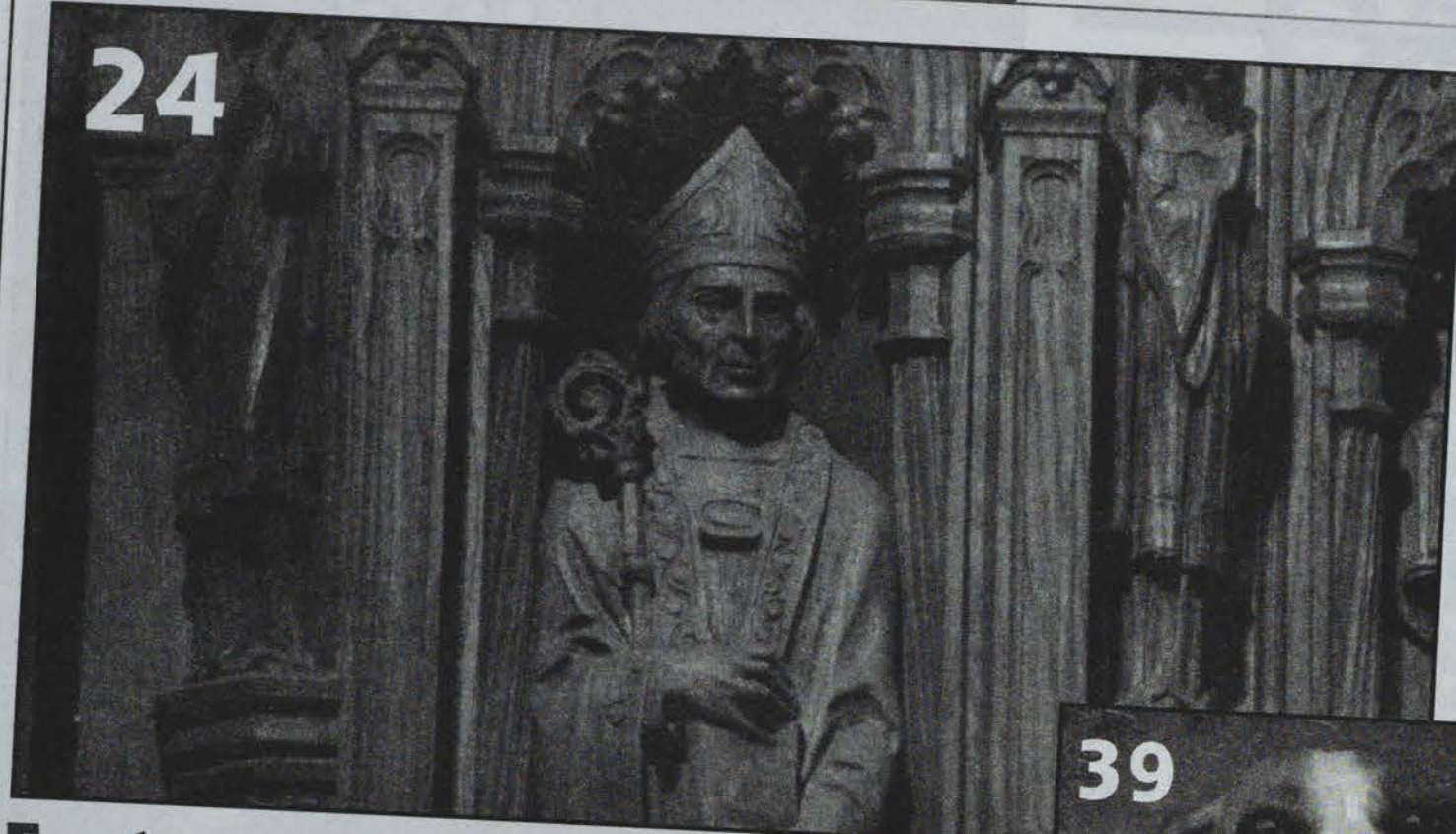
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Special Advertising Opportunities

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

May 15 Automotive

Get it in gear! Maybe it's our state's independent spirit or just the sheer size of the place. Whatever the reason, Mainers love their cars. In this issue, CBW looks at the hot new vehicles and automotive accessories. We'll also give our readers tips on how to care for their hunks of (oil) burning love.

May 22 Community Voices

WMPG radio is a vital part of Southern Maine's media landscape. What makes the station so unique is its exceptional representation of our community's diversity—virtually anyone can and does participate. In honor of WMPG's 30th anniversary, CBW takes a closer look at our favorite local voice.

May 29 Wedding

"They say when you marry in June, you will always be a bride," or so the song tells us. Wedding month is just around the corner. In our last issue of the month, we explore all things nuptial. And don't forget the tin cans!

For more information, contact Roseann Mango-Morgenson at 775.6601 or email cbw@maine.rr.com. Space is filling fast!

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community notices

YOUTH ALTERNATIVES' LUCKY HOLLANDER RECEIVES NATIONAL AWARD FOR CHILD ABUSE PREVENTION WORK

PORTLAND — Lucky Hollander, one of Maine's most experienced and effective child abuse prevention advocates, has received the national 2003 Donna J. Stone Award for her work in protecting children across the state.

Hollander serves as vice president for advocacy and prevention services at Youth Alternatives and as the director of the Cumberland County Child Abuse & Neglect Council. She was nominated for the award by the Maine Children's Trust, which oversees the program Prevent Child Abuse Maine.

Donna J. Stone conceived and founded the national Prevent Child Abuse America program in 1972, serving as a volunteer board member until her death in 1985. The national award was established in 1985 in her memory and is given to only one person each year.

"Like Donna, Lucky Hollander has a keen understanding of the issues facing families today and has worked tirelessly over the past two decades to prevent the abuse and neglect of Maine's children," said Michael J. Tarpinian, president of Youth Alternatives. "Because of her persistence and vision, the child abuse councils in each of Maine's 16 counties remain strong."

Hollander led a statewide initiative that resulted in legislation creating a task force to study and implement home visiting through-out Maine. From that, a grassroots coalition called "Start ME Right" was created to advocate for funding for early childcare initiatives, which resulted in the most money ever allocated to prevention in Maine.

Hollander also has helped bring child abuse prevention and community building to other corners of the globe, working with the Jordan River Foundation in Amman, Jordan, for three weeks in 1999 and six weeks in 2001.

"The list of Lucky's contributions to the field of child abuse prevention could go on and on. She provides a voice for the children of Maine who would otherwise go silent," Tarpinian said.

"Lucky serves as a true champion for children and families in Maine," said Jan Clarkin of the Maine Children's Trust. "We congratulate her for being named the recipient of the 2003 Donna J. Stone Award."

Youth Alternatives relies on federal, state and local grants, foundations, United Way organizations, corporate support and individual donations. For more information, visit online at www.youthalternatives.org, call (207) 874-1175 or e-mail info@youthalternatives.org.

WERU-FM'S FULL CIRCLE SUMMER FAIR GEARING UP

BANGOR — Community Radio WERU-FM 89.9 & 102.9 is making plans for its fourteenth annual Full Circle Summer Fair to be held at the

Blue Hill Fairgrounds on Sunday, August 9 and Sunday, August 10.

This family event, which attracts thousands of people each year, is filled with activities to suit one and all: two stages of live music featuring nationally renowned artists such as Chris and Meredith Thompson, Ellis Paul, and the Divine Maggees; a wide variety of public speakers; a children's area where the young ones can make crafts; lots of delicious food and quiet picnic areas in which to enjoy it; organizations sharing information about their services; and many vendors selling crafts and offering demonstrations.

Booth space is still available for vendors and organizations. Applications can be obtained by calling WERU-FM at 469-6600 or by writing WERU-FM, P. O. Box 170, East Orland, ME 04431.

For more information, please call (207) 469-6600 during weekday business hours.

AMERICAN CANCER SOCIETY'S RELAY FOR LIFE CELEBRATES SURVIVORSHIP IN FALMOUTH

FALMOUTH — This year, 7,000 people in Maine will be diagnosed with cancer, and many of them will survive the disease. On Friday, May 30 at 6pm at Falmouth Middle School local cancer survivors will come together to celebrate life in the American Cancer Society Relay For Life's Survivors Lap. This "Lap of Hope" and reception kicks off the American Cancer Society Relay For Life of Falmouth.

"The Survivors Lap is a highly emotional yet inspiring part of the Relay For Life event. The walk shows that we can win the battle against cancer. Also, those who are still going through treatment truly feel inspired being with cancer survivors during the reception," said Cathy Sanders, a Relay participant and eleven-year survivor of a bone marrow transplant. Charles Sanders, her husband, was diagnosed at the same time and is a ten-year survivor of breast and prostate cancer. For more information about the Survivors Lap or Relay For Life of Falmouth, contact Donna Muto of the American Cancer Society at (800) 464-3102, press 3, or (207)373-3703.

Relay For Life is an 18-hour event that brings together teams from local businesses, schools, churches, and families for camaraderie, food, fun, music, entertainment, and a night under the stars while team members take turns walking or running on a track. Organizers of this seventh annual Relay For Life of Greater Portland hope to raise \$150,000 for the American Cancer Society's research, education, advocacy and patient service programs. Sponsors of this year's event include: WB-51, UPN-35, WBLM/WCYY, WHOM, Hanaford, Papa John's, and Greg Powers Entertainment.

The American Cancer Society is the nationwide, community-based voluntary health organization dedicated to eliminating cancer

Casco Bay Weekly welcomes your community notices.

Please keep your thoughts to less than 300 words (longer submissions may be edited for space reasons), and include your address and daytime phone number. Send to Notices, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com

as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

FOUNDATION TO HONOR MAINE'S NEWEST AND OLDEST RESIDENTS

STATEWIDE — Maine Initiatives, a fund for change, is dedicating this year's Watering Can Awards dinner to Maine's newest and oldest residents, who have helped create Maine and continue to contribute to its economy, environment and way of life.

The dinner, to be held Thursday, May 8, at Taste of Maine Restaurant in Woolwich, will recognize Passamaquoddy Donald Soctomah, Lewiston's Many And One Coalition, and philanthropists Lincoln and Gloria Ladd of Wayne.

Native Americans were Maine's first people. Donald Soctomah, the Passamaquoddy cultural preservation officer, is best known for his successful effort to remove offensive Indian language from the names of state places.

Somalis, on the other hand, are among the state's most recent arrivals. The Many And One Coalition has united new and old Lewiston residents to say no to intolerance, address misperceptions of the town's growing Somali population, and promote a healthy, welcoming community.

Maine Initiatives also makes one philanthropy award each year. This year the group is honoring Lincoln and Gloria Ladd of Wayne, who have made a lifelong mission of cultivating a secure environment for their immediate community and Maine as a whole.

The Watering Can Awards reflect the foundation's motto, "Water to the roots and plenty of it." For dinner information or to register to attend, contact Maine Initiatives, 622-6294, mein@gw.net, www.maineinitiatives.org.

NAMI WALKS FOR THE MIND OF AMERICA

PORTLAND — It's time to sign up! Help us raise awareness about mental illness by walking on May 10th in Deering Oaks Park. Registration is at 9am for the Maine's first annual NAMI (National Alliance for the Mentally Ill) walkathon. NAMI walks are happening in 12 states across the nation during May. All proceeds from the Maine walk will benefit NAMI Maine. We need people to form their own walk teams and to sponsor others! For more information, please call Sue at NAMI Maine today: 1-800-464-5767.

MAINE PBS TO AIR YOUTH VOICES SPECIAL

STATEWIDE — The television stations of Maine PBS will broadcast a special, one-hour Youth Voices program produced by students from around the state on Sunday, May 11 at 7pm.



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CBW is actively seeking submissions of all kinds from our community of readers. Photography, comics, articles, proposals and letters should be mailed to: Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mailed to cbwdir@maine.rr.com

WHO WE ARE AND WHERE TO FIND US

Every Thursday 30,000 copies of CBW are distributed free throughout Greater Portland, at outlets from Brunswick to Windham to Biddeford and at selected York County locations. Casco Bay Weekly is also on the Web at www.cascobayweekly.com

For information about display advertising, call 207-775-6601 or email cbw@maine.rr.com.

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This program features public service announcements about issues relating to alcohol use and the role of social norms in underage drinking. Produced by young people between the ages of 12 and 22, this year's Youth Voices represents the communities of Eastport, Jonesport, South Portland and Standish.

In addition to the public service announcements, the show includes a documentary created by the students in which various school members and substance abuse specialists share their opinions and observations about underage drinking and public misunderstandings.

While Maine PBS producers and camera crews provided technical guidance and support, the young people were responsible for the creative focus, approach and style for the program.

In the second half-hour of the show, Maine PBS will be joined by students who will discuss the project. Viewers will also have the opportunity to call in with their questions or comments about underage drinking.

The Youth Voices special will be rebroadcast, in a half-hour program without the call-in portion, on Saturday, May 17 at 1pm and Sunday May 18th at 1:30pm.

The program is a production of Maine PBS,

produced in partnership with the Maine Office of Substance Abuse, a division of the Department of Behavioral and Development Services, and in cooperation with the United States Office of Juvenile and Delinquency Prevention, proud supporters of the statewide Youth Voices outreach initiative.

Youth Voices explores issues of alcohol use through the eyes of Maine's youth, and is currently in its fourth year of production on Maine PBS. There are 12 Youth Voices groups in the state with approximately 180 middle, high school and college students involved. Each group has 10 to 15 members.

For more information visit www.mpbce.org.

MAINE AUDUBON HOLDS STATEWIDE FUNDRAISER FOR THE BIRDS

PORTLAND — Maine Audubon will be holding a statewide Birdathon from Saturday, May 17 through Monday, May 26. A fundraising event similar to a walkathon, Birdathon participants count birds and collect pledges — from 25¢ to \$10 or more — for each bird species seen.

"Anyone can participate in the Birdathon, even if they've never birded before," says Judy Walker, Maine Audubon's staff naturalist. "It's all about getting people outside and enjoying nature."

Last year Maine Audubon's staff team counted 147 species in one day, helping to raise \$13,500 for Maine Audubon's chapters, sanctuaries and programs like bird banding and environmental education.

"A lot of people don't even realize there are that many birds in Maine," says Walker.

The public is invited to participate. For more information on the Birdathon or Migration Celebration, or for a Birdathon packet including rules and a pledge sheet, call (207) 781-2330, ext. 234, or email birdathon@maineaudubon.org.

JUNIOR ACHIEVEMENT NAMES THREE LEADERS TO MAINE BUSINESS HALL OF FAME

SOUTH PORTLAND — Junior Achievement Inc. (JA) has announced the selection of three Maine

business leaders to its Maine Business Hall of Fame. The three inductees are: David T. Flanagan, John Leonard and Elaine Rosen. Flanagan, Leonard and Rosen will be inducted into the Hall of Fame at a dinner in their honor on May 13 in the new Grand Ballroom of the Portland Marriott.

"These three exemplify the best and brightest of the Maine business community," said Michael Stone, Senior Vice President for Private Banking at Banknorth and chair of the Maine Business Hall of Fame selection committee. "They are leaders who have used their energy and intellect to attain great results for their organizations and their community. In keeping with Junior Achievement's mission of teaching students the economics of life and what it takes to be successful as citizens, consumers, and creators of wealth, they are close-to-home examples for Maine young people."

A former Chief of Staff under Governor Joseph Brennan, Flanagan was an attorney at the respected Portland law firm of Pierce Atwood. In 1994, he was hired as President of Central Maine Power Company. He took charge of the company, helping to lead it through difficult times of deregulation and through the Ice Storm of 1998.

An insurance veteran with Travelers, Leonard was recruited to Maine in 1993 to become president of the fledgling Maine Employers' Mutual Insurance Company (MEMIC) which had been created as a result of a crisis in workers' compensation in Maine. Since then, to the surprise of early naysayers, he has led the 10-year-old company to financial stability while helping to create a culture of safer workplaces throughout the state.

Rosen joined Unum in 1975 and left the organization in March 2001, after a 14-month transition period as Special Advisor to the newly merged company. She has served as Trustee or Director for many community organizations, and her current major project is as Chair of the Capital Campaign for the Preble Street Resource Center in Portland.

Since establishing the virtual Maine Business Hall of Fame in 1990, the organization has honored 41 of Maine's outstanding business and community leaders as Laureates. Anticipated net proceeds from this event will make it possible for 500 students to participate in a JA classroom program.

Junior Achievement was incorporated in Maine in 1965 as a nonprofit economic organization to teach high school students how business works and what it takes to be successful in life. The program has since expanded to incorporate programs at every grade level in support of achieving the Maine Learning Results standards for career preparation. Today, almost 11,000 students participating in JA in-school programs, led by almost 400 community volunteers. These volunteers are successful in life and become sharing, caring role models, mentors and coaches for the students. More than 100 schools throughout the state of Maine currently host programs. There is no cost to schools, with funding coming from Maine businesses, foundations and individuals that know the value of an educated and prepared workforce.

For sponsorship and ticket information, please call Junior Achievement at 591-9005.

GREATER PORTLAND BBBS HOSTS BIDS FOR KIDS CHARITABLE AUCTION

PORTLAND — Greater Portland Big Brothers Big Sisters will host over 400 guests at the Holiday Inn by the Bay in Portland for their annual Bids for Kids Auction taking place Saturday, May 10.

There will be a large silent auction followed by a live auction presented by auctioneer Tom Saterley. Over 200 hundred items will be auctioned off, including original fine art, jewelry and vacations. Matches of the year among volunteers and youth will be honored and the evening will include live jazz music and a light dinner buffet.

Tickets are \$50 per person and tables of ten are available. For more information and tickets, call 773-KIDS or visit them on the web at www.greaterportlandbbbs.org.

COMMUNITY LEARNING CENTER TO RECEIVE \$2,500 FROM LINCOLN FINANCIAL GROUP FOUNDATION

PORTLAND — On Tuesday, May 6, Portland West's Learning Center was presented with a check for \$2,500 from Lincoln Financial Group Foundation.

The Learning Center opened in October of 1999, and currently has over 30 students registered, averaging 12 students a day, Monday-Thursday from 3-5pm. Students, grades 3-8, have the opportunity to receive homework assistance, have supervised access the Internet in the computer lab, tap into their creativity in art projects and learn life lessons such as "What does respect mean?"

Dedicated volunteers provide over 2,000 hours of tutoring each year to the children in the Learning Center as well as share their expertise in arts and crafts in a supportive and caring environment.

Over 50 percent of the children who attend the Learning Center are students who speak English as a new language and some speak more than one language.

For many of our students, the Learning Center provides educational opportunities, such as computer training and private tutoring, which would otherwise be financially inaccessible.

For more information about the Learning Center, please call Liz Webber at 775-0105.

COMMITTEE UNANIMOUS ON RENEWABLE ENERGY STUDY

AUGUSTA — The Legislature's Utilities and Energy Committee has voted a unanimous ought-to-pass report on LD 1312, sponsored by House Speaker Pat Colwell (D-Gardiner). The amended bill directs the Public Utilities Commissions to study rates for renewable sources of electricity, and recommend cost-effective approaches to reviving Maine's home-grown renewable energy market.

The Utilities Committee House chair, Lawrence Bliss (D-South Portland), said, "This is an important step that will protect the environment while seeking ways to support our existing small power renewable energy businesses, such as hydroelectric plants and biomass generators. We look forward to the result of the PUC review."

The amended version of LD 1312 gives spe-

cific directions to the PUC, saying that it 'shall examine mechanisms designed to ensure a secure, adequate and reliable supply of electricity for state residents and to maintain and increase the state's use of renewable and indigenous resources.' It specifies examination of "small hydroelectric plants, biomass generators, and hydrogen-based fuel cells."

The PUC is directed to complete its study by the end of this year to allow legislative action in 2004, during the second session of the 121st Legislature.

SNOWE STATEMENT ON FEDERAL COURT RULING STRIKING DOWN PROVISIONS OF CAMPAIGN FINANCE REFORM

Washington, D.C. — U.S. Senator Olympia J. Snowe (R-Maine) today made the following statement following a ruling by a federal appeals court in Washington that struck down key provisions of the new Campaign Finance Reform law. The three-judge panel this afternoon ruled that the new ban on corporate "soft money," and the Snow-Jeffords provisions governing issue advertising, violated Constitutional protections. The ruling sets the stage for appeal to the United States Supreme Court—an outcome anticipated by both advocates and opponents to the law. As author of one of the pillars of the legislation, Senator Snowe is an intervenor to the legislation.

"With the ruling this afternoon, I will be closely scrutinizing the decision along with other defendants and their representatives. While I am disappointed in the court's ruling, this is not an unanticipated ruling from the District Court for the District of Columbia. It now sets the stage for consideration by the United States Supreme Court, and I am confident the high court will find the law Constitutional."

"Our so-called 'Snowe-Jeffords' provision was meticulously drafted in consultation with noted Constitutional scholars—indeed, 70 law professors and scholars from all across the country have officially supported the constitutionality of the Bipartisan Campaign Reform Act, including specifically the Snow-Jeffords provision. It is not only good policy and a critical means of putting elections back into the hands of the American people—it is also consistent with first amendment rights. I look forward to a positive ruling from the Supreme Court."

The Snowe-Jeffords provision, first adopted in 1998, requires disclosure of individual donations over \$1,000 for third-party broadcast advertisements that reference a federal candidate and run 30 days before a primary or 60 days before a general election. It will prohibit the direct or indirect use of labor union or corporate treasury funds for these ads in the same time frame.

ERRATA

Volume XV #15:

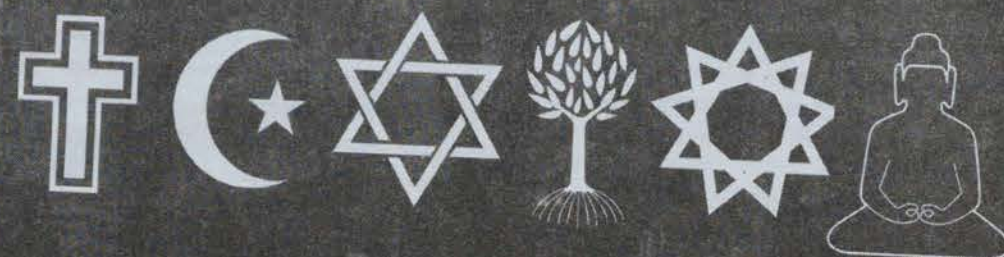
The authors of the Good News article on the Opportunity Fram were Quincy Hentzel and Erin Zwirn.

Volume XV #16:

Liberal Cup was left out of our Maine Microbreweries Directory.

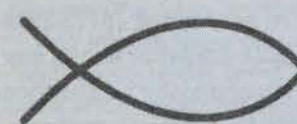
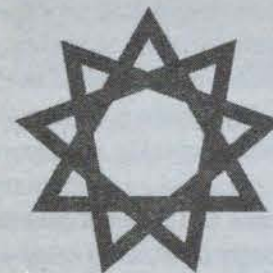
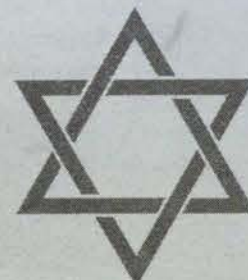
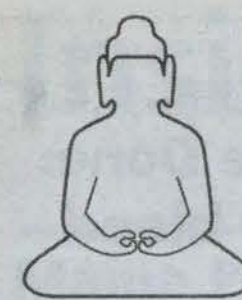
cascobayweekly.com MAY 8, 2003

TRUE BELIEVERS



Many people have found themselves turning to faith in these troubled times, and the manner in which Portlanders practice that faith is as diverse as the city itself. In this issue, CBW provides a forum for our varied spiritual community. Join us as we learn about our neighbors and what their beliefs mean to them.

PHOTO BY CHARLOTTE SMITH



True Believers: The New Religious Maine

by Abraham J. Peck

Since America's founding more than 200 years ago, a broadly based, widely believed idea has ruled the hearts and minds of most native-born white, Anglo-Saxon Protestants: the idea that America was created as a "Christian nation."

As late as 1947, President Harry Truman wrote to Pope Pious XII that "America is a Christian nation." He certainly did not mean that the United States had an official or legally preferred religion or church. Nor did he mean to slight adherents of non-Christian religions. But he certainly did mean to recognize that this nation, its institutions and laws, were founded on biblical principles basic to the Christianity from which they flowed.

Professor Diana Eck of Harvard University argues in her recent book, *A New Religious America: How a "Christian Country" Has Become the World's Most Religiously Diverse Nation*, that "the presupposition that America is foundationally Christian" is being challenged by a new religious pluralism. Indeed, again according to Professor Eck, the newest American dilemma is no longer the problem of race, but the challenge to legitimize a genuine religious pluralism.

America, the nation that developed and perfected the notion of a Christian, then, more recently, a Judeo-Christian ethic, is indeed in a period of transition. Gone is the continuity of American religious life. No longer is America a "Protestant-Catholic-Jewish country" as sociologist Will Herberg described it in the early 1950's.

In the last 30 years, especially in the past decade, all that has changed. A new style of ethnic and religious pluralism is emerging that is very unlike that of the "Protestant-Catholic-Jewish" past.

The reality of twenty-first century America is that there are larger and larger numbers of Hindus and Sikhs, Buddhists and Jains. There are more Muslims than Presbyterians, possibly more Muslims than Jews.

For a city such as Portland and a state such as Maine — which a recent magazine article described as "one of the most unchurched states in the country" — and a state that is ranked as the "whitest (97%)" in the nation, the new religious pluralism, accompanied by new religious insignia and markers of religious identity worn by people of color, must seem extraordinarily out of place. Despite Mainers' innate sense of independence, "foreign" expressions of religious belief "from away," can become the most visible targets for bigotry and violence.

Over the course of several months, beginning in the summer of 2001, individuals and organizations representing many of Maine's religious communities met to discuss the implications of religious change. Several important questions were asked by this new organization, Interfaith Maine: what implications did the growing Muslim presence in Portland and Lewiston have for the social, religious and economic future of Maine? How could Christians and Jews welcome into their midst members of another monotheistic faith, many of them immigrants from diverse cultural and linguistic backgrounds? How could Christians and Jews work to overcome the prevailing negative stereotypes of Islam in America and instead allow Maine's Muslim community to take its rightful place as a contributing member to the State's future?

On September 11, 2001, many of these questions, posed as "think pieces," assumed a critical and immediate significance. The backlash of violence and hatred against Arab Americans, Muslims and others, gave the members of Interfaith Maine an even greater sense of purpose.

The crisis was further exacerbated by the controversy over the Lewiston Somali Muslim community and the appearance of vicious and violent white supremacist groups who saw the issue as a potential breeding ground for their anti-Semitic and racist views.

Now in its third year, Interfaith Maine continues to seek answers to several crucial questions: Can Maine, this most tolerant of states, which cherishes individuality and independence, accept the new cultural and ethnic diversity in its midst? Is that

Continued on page 14

"We believe that real religious diversity means nothing less than the airing of our religious differences, not in isolation, but in the form of education, dialogue and community building."



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The Needle but no Damage Done: What it's really like to give blood

by Aimsel Ponti

While many people have valid reasons why they can't or won't give blood, there remains a significant number that are either just plain afraid or feel like it's too much of a hassle. I am here to tell you this: it only hurts a tiny bit and the American Red Cross is a solid organization with its act together. They will have you in and out as quickly as possible.

The demand for blood is constant. Furthermore, according to Harold Craybill, the Director of Operations for the Red Cross here in Maine, only 5% of the American population who are eligible to donate blood actually do.

Trust me — I've had a tattoo, foot surgery and a needle stuck down my throat when I had tonsillitis — that stuff hurts — a lot. Donating blood consists of a quick prick to your finger to draw a small amount for a hemoglobin test and then the pinch in your arm when the needle enters the vein. Yes, sometimes it takes them more than one try, though this is rare and yes, your arm is left bruised. Some people feel slightly faint afterwards; this is normal.

These things are minor. What is major is how your blood can be used by: a cancer patient, someone in surgery, a car accident victim, someone with heart disease, etc. A single donation can help three people because it gets divided into red cells, plasma and platelets. Let me add here that I know all this stuff because Harold as well as Dawn Gaffa, the Manager of Donor Recruitment, were supremely helpful and loaded me up with tons of information. They want the publicity. Can you blame them? Let me hit you with a few more statistics to sway you toward donating. Every day, 300 units of blood must be donated to meet the state's needs. Blood can't be stored indefinitely. 42 days is the max. The requirements to donate are as follows:

You must be at least 17 years old, weigh at least 110 pounds and be in good health the day you donate. What's more, you can give blood every 58 days so once you donate for the first time, The Red Cross will call you to schedule repeat visits, which is ultra convenient. Yes, it took kind of a long time — I was there for almost two hours. Yes, I ate too many cookies in the "cantina" post donation area. However, I felt great on an emotional level because this didn't cost me one nickel — only a bit of time. I have but one sour comment and it's really directed at the FDA not at the American Red Cross. When chatting with Harold

Craybill I asked if it was true that a gay man is ineligible to donate blood. "It's one of those things that I agree that it's not fair but it's also unfair for instance if you spent three months in the UK," he explained. So no, if you're a man who has had sex with another man since 1977, you can't donate blood. According to Craybill this FDA requirement was implemented very early on in the AIDS epidemic. I am no expert and am hesitant to make a profound comment on this other than that it's too bad, in this age of safe-sex that this requirement is still in effect.

This leads me to the last part of the



blood donation process worth mentioning. The health historians are now required to verbally ask you a list of questions, whereas in the past you filled a form out yourself. This is a rock-solid requirement and these questions MUST be asked to every potential donor; even Sister Mary from the local church gets asked if she's ever paid for sex. My advice is to just answer these questions quickly and move on. It's easy to want to add commentary and humor on some of them but just let the tech get through them as quickly as possible. So there you have it. The American Red Cross is located on 524 Forest Ave in Portland and can be reached at 775-2368 to schedule an appointment or to ask any questions. It's a way of making a difference in your community that doesn't cost anything and can really help someone. Lastly, just when you thought nothing rhymed with hippopotamus ... I give you: Phlebotomist.

Aimsel Ponti is a blood-donating, half-decaf drinking freelance writer living in Portland and mourning the loss of singer Nina Simone on April 21st. She can be reached via e-mail at aimselponti@yahoo.com

Inside scoop

Maine PBS Presents All New Episodes of Made In Maine

Contributed by Maine PBS

Maine PBS will be airing four all new episodes of *Made In Maine*, Thursdays nights at 8:30pm throughout May. Maine PBS' Emmy award winning series that explores Maine businesses, people and products with host Lou McNally is currently celebrating its 15th season.

On May 8, "Learning on the Job" examines businesses that encourage employee development including Jagger Brothers in Springvale, Faithworks in Auburn and Career Center in Machias.

The following week on May 15, "First Impressions," explores businesses designed to make just that. Cityside Events in Portland, Couleur Collection in Falmouth, and stationery manufacturer William Arthur of West Kennebunk all have experience in creating a memorable business contact.

Bakeries are featured on May 22. "Making Dough" features segments on Borealis Breads in Wells, Slate's Bakery in Hallowell and the Brick Oven Bakery in Bangor, which boasts a

the state. *Made in Maine's* dedication to its mission has led to a number of nominations and awards, that are a salute of excellence not only for the Maine PBS staff, but also for its viewers and underwriters.

The one thing most Maine people have in common is that they all do some kind of work. Maine people tend to take a great deal of pride in their state. This feeling of pride, coupled with a strong tradition of self-reliance, is reflected in the workplace and in the goods and services they produce. These traits are what *Made In Maine* hopes to reflect and encourage.

The host of *Made In Maine* is Lou McNally. He has been the host since it began in 1988. Lou's had the opportunity to visit many Maine businesses, and enjoys bringing the viewer inside to see what makes each business so unique and successful. Prior to *Made in Maine*, Lou served as the host to the popular *So You Think You Know Maine* series.

Lou is currently a candidate for a Ph.D. in



Lou McNally with Marcia Feller, owner of Couleur Collection of Falmouth.
PHOTO COURTESY OF MAINE PBS

family connection to former US Senator William Cohen.

On May 29, "A Flair for Fashion" highlights Daylily Weaving and Dyeworks in Baileyville, which offers graceful clothing and colorful accessories for women; Rogue Wear in Lewiston, an active attire manufacturer; and Michelle Henning Porcelain Jewelry in Harpswell.

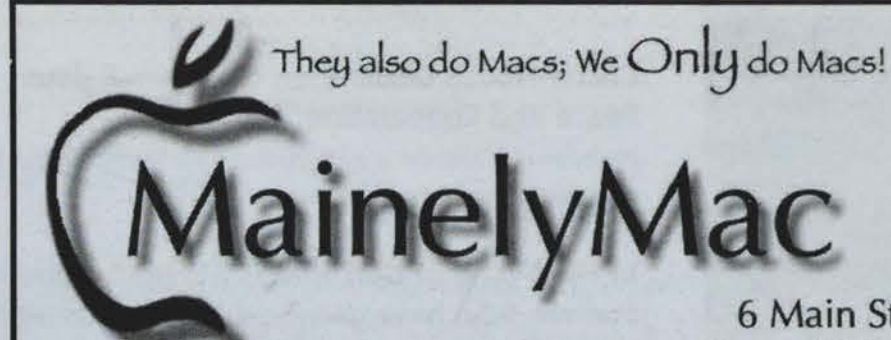
All *Made In Maine* episodes this season will include segments titled "Made It In Maine" that revisit companies featured in one of the series' previous 14 years. Businesses to be featured in these segments in May include Maine Oxy in Auburn, the Freedom Café and African American Cultural Center in Waterville, the Friar's Bakehouse in downtown Bangor, and Heart & Sew in Kennebunk.

Maine PBS is very proud of its flagship series *Made In Maine*. For over 14 years this series has informed viewers about the breadth and variety of Maine business. It has explored issues concerning businesses, and visited many different types of workplaces all across

Global Climate Change from the University of Maine at Orono. He was nominated for Small Business Journalist of the Year in 2000, and holds two New England Emmy Awards for Outstanding Host for the years 1999 and 2000.

Made In Maine is shot on location and presented in a magazine format. Typically, two segments are assigned to producers who bring their own style to a documentary approach. The host, Lou McNally is at a third location where he conducts interviews and guides the viewers in and out of the other segments. The program is now in its 15th year as one of Maine PBS's most popular locally produced shows. See what all the buzz is about on Maine PBS Thursdays at 8:30pm throughout May.

Made in Maine host Lou McNally has been nominated for a 2002 New England Emmy in the category of Outstanding Achievement in Hosting or Interviewer. Winners will be announced on May 4. Good Luck, Lou!



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www.maineadclub.com

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For the fifth year in a row, the Ad Club of Maine is joining forces with the Maine Public Relations Council and United Way to provide help and expertise to area non profits as a part of the United Way's Day of Caring on Thursday, May 15th. We will gather together media representatives, advertising executives, designers, public relations specialists, web designers and fund raisers to join forces to help area non profits with their communication needs. And we always have a great time doing it! If you can help, or if you are a non profit needing assistance, please contact Thomas Hillman, Swardlick Marketing Group at thillman@swardlick.com. Thank you.

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Blaine House Declaration on Interreligious Peace and Cooperation

(Based on the "First Declaration of Alexandria of the Religious Leaders of the Holy Land" January 21, 2002)

In the Name of God who is Almighty, Merciful and Compassionate, we, who have gathered as religious representatives from the Muslim, Christian and Jewish communities on this extraordinary day of remembrance, declare our commitment to ending the violence and bloodshed that denies the right to life and dignity and dishonors the name of the Creator.

According to our faith traditions, killing innocents in the name of God is a desecration of God's Holy Name and defames religion in the world.

We are people who worship God, yet we acknowledge and respect our differences; the Jewish people worship God and await the coming of the Messianic age; Christians worship God as revealed in their Savior, Jesus Christ; Muslims worship God and believe Muhammad to be his last prophet.

We want to send a message of reconciliation to the people of Maine and to the world. We seek a day when our three faiths can gather in the spirit of these words

Our God and your God is one (Quran 29:46)

O Lord, our Sovereign, how majestic is your name in all the Earth (Psalm 8)

We seek common ground. We affirm that through our patriarch Abraham and his sons Isaac and Ishmael, we share a common heritage. When Abraham died, his sons joined together in peace to bury him in the city of Hebron. We join together in that same spirit as Jews, Christians and Muslims to affirm our common quest for peace and to celebrate our common heritage. We affirm each other's right to practice his or her faith free from bigotry, intolerance and judgment.

On the first anniversary of the September 11 tragedy, we join together and follow the light of peace. We invite members of all Maine's faith communities, its political leaders, its educational leaders and all of its residents to join us by signing their names to this Declaration.

We ask the people of Maine, the peace state, to discover their common humanity and to appreciate and learn to live peacefully and constructively with the profound differences that define the religious pluralism of our nation and our world.

That is the very least we can do to honor the thousands who one year ago today at this very time lost their lives to a terror and an inhumanity that we condemn.

Augusta, Maine
September 11, 2002

enough? Indeed, one can have diversity and tolerance and still witness the creation of religious and ethnic ghettos with little contact between them. We believe that it is far too dangerous a notion to think that diversity without engagement will lead to anything but difficulty and danger. We believe that real religious diversity means nothing less than the airing of our religious differences, not in isolation, but in the form of education, dialogue and community building.

The model proposed by Interfaith Maine is part of the larger work of the organization: to draw on the strength of many religious traditions, including those voices that have rarely been included in Maine, helping them to discover their common humanity and to live peacefully and constructively with religious and cultural differences.

On two occasions, three days after the September 11, 2001 terror attacks, and again on September 11, 2002, former governor Angus King called on Interfaith Maine to represent Maine's religious communities in moving ceremonies of remembrance. On the first anniversary of September 11, Interfaith Maine members read from the "Blaine House Declaration," an agreement between Jews, Christians and Muslims to work together for an atmosphere of religious freedom, equality and justice and to promote the concept of Maine as the "peace state."

We live in perilous times. The events of September 11 only crystallized the reality that religion and religious conflict continue to be among the most serious "flash points" in a world of never ending war and suffering.

The Florida based Center for Reduction of Religious Based Conflict has identified no less than 18 nations where some kind of religious based conflict is taking place. Those conflicts include Jews, Muslims, Christians, Hindus, Buddhists and Bahais.

Unlike much of the rest of the world, the United States has long been safe from major religious based conflict. September 11 has changed all that. Since then, and with the widening of the conflicts in the Middle East, ignorance, fear and hostility have become a part of the American religious scene.

We hope that through the work of many dedicated men and women of religious communities as diverse as Islam and Buddhism, Bahai and Paganism, Interfaith Maine will keep the long proclaimed "clash of civilizations" from becoming a reality. By a more inclusive re-shaping and reenvisioning of the religious ethic that guides our moral and ethical values, we will again be able to say with pride "as Maine goes, so goes the nation."

Abraham J. Peck is the director of the Academic Council for Post-Holocaust Christian and Jewish Studies at USM and the president of Interfaith Maine.

Finding Strength In Stillness: Zen Buddhism

by David Jordan

"Never be a Buddhist," said Barbara Rhodes, a Zen Master at a 3 week silent Zen retreat. She was responding to a question about practicing compassion as a Zen Buddhist.

Zen is not following a certain ideal or set of written beliefs. Zen, which means trance or concentration, is a practice that starts by focusing on our awareness of our breath and our body to bring us into this moment. Day by day, words fly at us from all directions — TV, newspaper, bus ads, banner ads on the web — enticing us to create our ideal life. With Zen mindfulness, we can learn to find a silence of mind, a spaciousness that takes us to the experience of our life and the wisdom therein. Over time, as we notice the breathing, the question may naturally arise, "who breathes?" or "what is breathing me?" If you ask yourself, "who am I?" you may come up with a few answers but then your thinking hits a blank wall. This is the mind before words, before thinking — one's "don't know" mind. "The truth is beyond all words," says Sengstan, a early Zen teacher. But we must throw even these words away, throw away this article, to find our body, our breath, our "original nature."

I began Zen while working on my graduate degree in writing poetry. I had started to meditate as part of the writing process and it became more and more a regular routine, until I read my first Zen book, *Three Pillars of Zen*, a favorite starter book of my generation of Zen students. In 1976, I did my first Buddhist retreat at Karne Choling in Vermont. In 1980, I did my first Zen retreat with Zen Master Seung Sahn in Boulder, Col-

orado. The other participants and I were in a hot tub at Boulder Springs, when splash — a naked Zen Master was beside me. Young and new at this, I hadn't read about this in the Zen books — naked Zen Masters! But wasn't the naked truth what I was looking for, after all?

To practice Zen, we need to stop and be still. It takes patience to be quiet — to still ourselves so we can listen to all that is going on. It is like stopping to be still in a forest as we peel back the layers of sensation — the sound of a chickadee, a car on a distant road, the caress of a breeze, our stomach rumbling. It means letting go of some control and allowing things to happen. Listening to these inner movements and following them where they lead — like a jazz player follows the developing rhythm — lets your heart show you the way and keeps your head from talking you out of it. Through this, we can discover the completeness of the moment — and ourselves. As we open to the moment, we can respond to whoever or whatever is there — our spouse, a friend, a sunset, dirt on the pavement. We can open our heart to help. We can "just do it," a saying of Zen Master Seung Sahn long before Nike popularized it in their ads.

Bob was a psychology student who attended a Zen talk by Zen Master Barbara Rhodes. He had never been on a weekend

retreat before but wanted to, even though the oral defense of his doctoral thesis was on Monday. As the Head Dharma Teacher at the retreat, I checked to make sure his decision was grounded before I let him in. The first day went fine for him, but the second day he struggled. It was difficult, painful and he spent much of the time standing behind his cushion (which was permitted in this style of Zen). He was glad he made it through and was so energized that he ached his defense on Monday. I love this story, mostly because I loved Bob's willingness to let go and follow his heart, his intuitions.

Zen talks about this as "effortless effort," or as Zen Master Seung Sahn translates the phrase, "just do it." He also used to say, "Don't check." Once you do it, don't question it. If you make a mistake, let it go and go on from there. The point is to learn to respond totally and fully to each moment of our life, each person in our life. We can learn to surrender our thinking mind, our talking to itself, "ego," to the moment. It may continue rambling on, but we can give it less power and less attention.

Because Zen meditation is beyond particular beliefs, it leads to truths that are beyond a particular religion. It is a practice to discover a direct experience of the truth. As such, Catholic monks in some monasteries have practiced it as a way of deepening their religious practice. Zen Master Se-

ung Sahn led retreats at Gesthemany, a Trappist monastery best known for Thomas Merton, a well-known author and poet.

That the truth is beyond words is something people can come to on their own. My uncle Bill Jordan, a dairy farmer and a musician, spent a lot of time gardening towards the end of his life, "nearer God's heart in a garden." In the silence and the spirit of the garden, he found meaning that he put into his request for his funeral; he wanted only the playing of Bach's *German Requiem*. Words couldn't really speak the truth he wanted to express at the end of his life. So we sat and listened to the music, and then the silence. The truth is beyond all words.

Chogyam Trungpa Rinpoche used to talk about meditation as making friends with oneself. It is the path to the intimate experience of surrendering to the moment, fully living and feeling the presence of each moment of our life. It doesn't come quickly, but it is an important job. It is the job of living one's life with awareness. "Get clear and help others," says the teacher. On this journey, we start here. Now. This moment. This breath. In and out.

Who are you?

David Jordan is a Senior Dharma Teacher in the Kwan Um Zen School.

THE HUMAN ROUTE

(Poem used in Zen Buddhist Meditation)

Coming empty-handed, going empty-handed- that is human.

When you are born, where do you come from?

When you die, where do you go?

Life is like a floating cloud which appears.

Death is like a floating cloud which disappears.

The floating cloud itself originally does not exist.

Life and death, coming and going, are also like that.

But there is one thing which always remains clear.

It is pure and clear, not depending on life and death.

Then what is the one pure and clear thing?

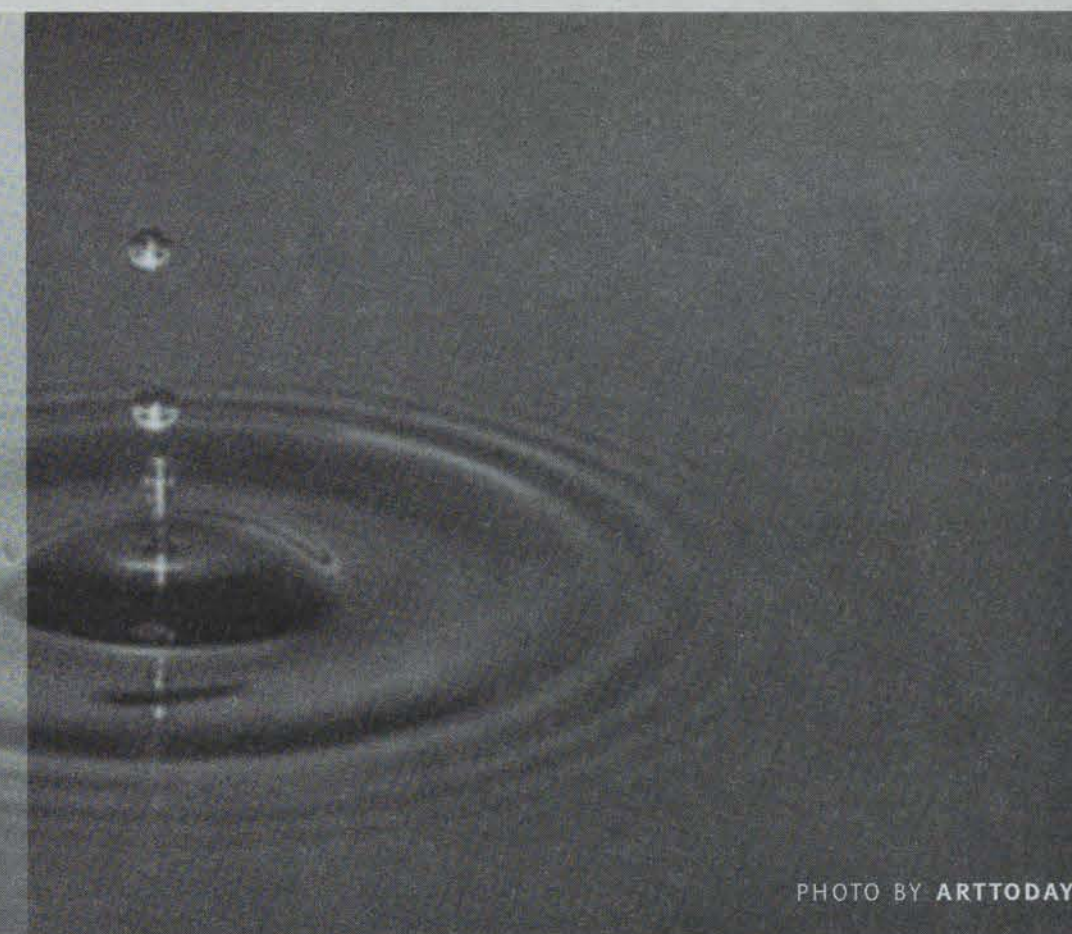


PHOTO BY ARTTODAY

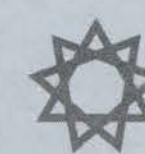




PHOTO BY MICHAEL ERIC BÉRUBÉ

Spiritual Community: State Street Church

by Stephen Carnahan

If you stick around in this world long enough, things will change. When founded, State Street Church was actually the first suburban church in Portland. A need was felt to provide the western fringe of the city with a house of worship. Of course back in 1852, there wasn't much of an urban fringe for our church to be sub of, but we were definitely the outsider in the church community. As the city of Portland grew, State Street Church became a church of the central city. Most churches that have moved have gone from the center to the fringe. Without moving we have gone from the fringe to the center.

If you think life is tough now, you should try the 1850's. The decade before the Civil War was rather uncivil. Today we have debated whether we should go to war with Iraq. In the first few years of the church we debated whether to go to war with South Carolina. The nation was coming apart, and communities split over the question of slavery. Like most Congregational churches, State Street Church took a strong abolitionist stance. (We are celebrating some of this heritage this month with the arrival of the Amistad). It also provided financial undergirding for the founding of Portland's oldest black church, the Abyssinian Church.

From the start our church was involved in the tough questions and issues of the day. Leadership for the Women's Suffrage Movement in Portland grew out of determined State Street Church women. Likewise, leadership for the civil rights movement in the area was provided by its church's pastors. Because we have been here so long, and been involved in the community in so many ways, it is pretty easy to fail to have the correct picture of our church. For example, State Street Church is now known to many Portlanders only as a concert hall. We have had a great many artists perform here, from Dan Hicks and His Hot Licks to the DePonte String Quartet. But we are not a concert hall. Nor is State Street Church a social service agency, though we do a great deal of that as well. And State Street Church is not a political action organization, though much that is political has come through our work. We do many weddings every year, but we aren't a catering hall. Although the Bangor Seminary uses space in our building to prepare people for ministry, we are not a school.

State Street Church is a spiritual community. Despite everything else that has happened over the past 150 years, and though we have gotten off, back on, and back off track many times in our history, this has remained constant. The primary way in which State Street Church serves its community is through providing the opportunity to become spiritually strong and healthy. We teach and encourage people to seek to know God, and to follow in the path of Jesus Christ. This is no easier a thing to do today than it was in 1852. Trying to live a Christian life today means swimming upstream in our culture. We are here to support each other in this. We are a spiritual community.

Of course, if someone is really going to try to follow Jesus' way, it's going to involve a great deal of service to the community. So over the years State Street Church has been very involved. We have pro-

vided meals, clothing, tutoring, emergency financial support, and many other programs that were needed at different times. Currently we run a Clothes Closet that gives clothing to people in need. This particular program, in fact, was the direct result of one of the worship services, in which we focused on a story Jesus told about clothing people in need. This story struck one of our members so forcefully that she began the process that led to the clothing program.

This is exactly what we mean when we say that first of all we are a spiritual community. When people are touched by the story of Jesus, it changes them. The longer one is a practicing Christian, the harder it gets to turn away from people in need. As people become spiritually stronger they find themselves motivated to do good for others. What a different world we would be living in if people gave the care to their souls that they give to their bodies, their homes, or even their cars.

Another major change in our church came through one member who read a book about new ways churches can structure their worship services. This led to a discussion between six people about a new kind of program on Sunday morning. There was recognition that many people in our community do not find their spiritual needs met by a "traditional" church service. So we began a new program for those people. We call it the 11:30 Gathering, and the goal is to build a spiritual community for people who have been uninvolved, disaffected, or unaffected by traditional churches. We have advertised this primarily through flyers in the neighborhoods around the church. Featuring a band, modern language, informality, and high energy, the 11:30 Gathering is one more way to meet the spiritual and social needs of our community.

We have also done our best to be open to our entire community. We want to model the very thing we talk about. We are a church that is open to the gay, lesbian and transgendered community. This is a large group in our city and in our neighborhood, and we feel part of our service to the community is to be a church where people can fully participate, regardless of sexual orientation or identification.

We also find ourselves in the center of a community of people dealing with mental health issues. This has always been part of our work and our community. Even at times when we tended toward the stodgy or overly formal, there have always been people who have kept us honest and aware as they worked out their own struggle within our community.

It is not merely allowing people into our community that matters. We are calling them to be touched and transformed by the grace of God. Despite all the meals, clothes, dollars, and hours neighborhood fairs, "meet your neighbors" activities, we have shared over the years, it is inviting people into a Christian community that is living by grace that has mattered most.

Stephen Carnahan is Minister of Spiritual Life Development at State Street Church.

Paganism in Maine

by Jane Raeburn

Maine's Pagans are part of one of the fastest-growing religious movements in the U.S. Columbia University's American Religious Identification Survey (ARIS) found in 2001 that nearly 300,000 Americans identify themselves as Pagan, Wiccan or druid; all terms that Pagans use to describe themselves.

If you haven't heard of Paganism before this may sound scary, particularly when you find out that some Wiccans also call themselves witches. Honestly, it's not scary. Pagans use words to differentiate themselves from the mainstream, and also to reflect their beliefs in the sacredness of nature and the inspiration they draw from pre-Christian religions.

Pagans don't worship the Devil; we don't even believe in him, though we acknowledge the presence of evil in the world. We don't do unspeakable things to babies and animals; in fact, our pets tend to be a little too pampered, and many of us are raising families of our own.

We don't want to recruit your kids. Many of our groups have rules against admitting minors to a ritual or teaching group without a parent's permission, and Pagans generally believe proselytizing to be wrong. If our path is right for you, you'll find us. If it isn't, we're not going to hassle you about it.

So what do Pagans do? Many of us, especially here in Maine, were drawn to this group of religions because of their reverence for nature. There's a slight difference here between what most mainstream faiths believe — that nature is God's creation — and what Pagans believe — that nature is God. That doesn't stop us from working together with people of many faiths on projects like beach clean-ups, environmental activism and general charity work.

Instead of building churches, we often gather outside, at least when Maine's weather permits it. (There's usually about 15 minutes between ice-out and the start of black fly season.) Our ceremonies range from the highly structured to the very free form.

Instead of worshipping one God, many of us acknowledge the existence of many deities (polytheism); others recognize the divinity in everything that exists (pantheism). You'll very seldom see a Pagan who doesn't revere feminine deities (or who reveres the feminine nature of Deity) in some way. Many women have been drawn to Paganism because they seek a faith that honors femininity and acknowledges women's spirituality. Maine's Pagan groups in-

clude both mixed-gender and all-female groups. In addition, most Pagan traditions honor same-sex relationships, and many gay and lesbian people have found a welcome among us.

Our groups (covens, circles, groves, etc.) tend to be loose-knit and small, meeting in people's living rooms and on college campuses. Many, perhaps most, Pagans are solitaries who aren't members of groups, though they may participate in the overall community. In addition, Maine is starting to see multi-group Pagan efforts, including the state's first Pagan organization, the Earth Tides Pagan Network; a new group, the Maine Pagan Clergy Association; and a Pagan presence in state interfaith organizations.

When you say Pagan or Wiccan, many people's thoughts turn to spells and divination. Lots of us do read Tarot cards or practice other forms of divination, but you'll find that a skilled Pagan reader is more likely to encourage you toward greater self-confidence than to predict a tall, dark, handsome stranger entering your life. And if you ask a Pagan to do a spell for you, she'll most likely end by showing you how to do it for yourself.

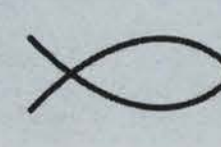
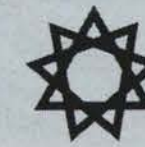
That's one of the essential things about Paganism; an emphasis on personal responsibility, rather than an authority figure telling you what to do. Your choices are all your own; and so are the consequences of those choices. If you want to explore your spirituality deeply — and there's no requirement that you do so — Paganism can give you some tools to do so.

If you're looking for Pagans, you won't find us all in Goth makeup and scary outfits. In fact, we come in a wide range of personalities and come from a wide spectrum of society. Maine has Pagans in business, healing, education, and the arts. There are Maine Pagans in elementary school, and Maine Pagans in their 70s. We wear business suits, Bean boots, high heels, military uniforms and (yeah) jeans and flannel shirts.

Want to explore more? There are several good basic books on Paganism (including, ahem, *Celtic Wicca* by Jane Raeburn) available at libraries and bookstores. If you're interested in the history of the movement, I highly recommend *Triumph of the Moon* by Ronald F. Hutton. If you're interested in getting to know Maine's Pagan community, stop by the Maine Pagan Resource Page (<http://www.janeraeburn.com/maine>) for ideas.



PHOTO BY MICHAEL ERIC BÉRUBÉ



"The rewards of my position are many. I can worship in a setting which is meaningful to me, engage in important dialogue with people of all ages and backgrounds, and benefit from the opportunity to be close to my congregants during the most important events of their lives."

-Rabbi Carolyn Braun



PHOTO BY ABBIE OSTREM

Tradition With An Eye to the Future: Temple Beth El

Contributed by Temple Beth El

Temple Beth El is a conservative congregation of approximately 500 families located in Portland, Maine. It is affiliated with United Synagogue of Conservative Judaism of America and offers an open and inviting atmosphere through which each congregant can find an opportunity for individually meaningful religious expression.

The temple's vision is to be an embracing, supportive, and vibrant community which observes Judaism in the conservative tradition and which is devoted to the perpetuation of Jewish values and culture. Temple Beth El honors the diversity of its members, and is committed to their spiritual, intellectual, and religious growth.

Since its establishment in 1947, Beth El has become the major regional center of Conservative Judaism north of Boston. It has been a pioneer on issues ranging from social action to the equal participation of women from its inception. The Beth El community made its mark under the leadership of Rabbi Harry Sky in the 1960s with its involvement in human and civil rights issues and in the 1970s when it installed one of the first female congregational presidents in the country.

With the hiring of Rabbi Carolyn Braun in 1995, Temple Beth El became the largest conservative synagogue in the nation to be led by a woman. The addition of Cantor Ruth Ross and Educational Director Avis Smith to the professional staff in 1999 have further provided Temple Beth El with the distinction of hosting an outstanding and committed team of Jewish women in key leadership positions.

Rabbi Carolyn Braun is proud of the community she shepherds. "It's an honor to serve as rabbi to Temple Beth El," she said. "From this position I have the privilege of interpreting and teaching our tradition to our congregants and the greater Portland community. The rewards of my position are many. I can worship in a setting which is meaningful to me, engage in important dialogue with people of all ages and backgrounds, and benefit from the opportunity to be close to my congregants during the most important events of their lives."

The Jewish tradition requires its children to be educated in their faith's history and observance. Temple Beth El Hebrew School responds to the essential needs of teaching and learning. From kindergarten through high school, Beth El's educational program seeks to instill love and appreciation for the remarkable Jewish heritage, while providing a solid foundation of concrete skills and knowledge. Family participation in Shabbat and holiday observances is a central component of the Hebrew School experience.

Temple Beth El strives to present a wide spectrum of stimulating learning experiences for children and adults of all ages. In addition to its Hebrew School and Adult Education programs, it regularly sponsors interesting and provocative speakers. These individuals may come from other local, national, or international settings to address Beth El and the Portland community on topics such as Jewish history and observance, Jewish ethics, family and life stages, current Jewish political issues, Jewish diversity and life style choices, and rituals from birth to mourning.

Beyond educating the greater community, Temple Beth El is engaged in improving life in the city it calls home. In addition to the rabbi's speaking engagements to expand interfaith understanding, the congregation is active in volunteer outreach. On Sunday, May 18, Beth El members will participate in a Habitat for Humanity home building project at a job site in Portland. The synagogue's Social Action Committee develops and carries out projects that help make the Portland community and world a better place. The Caring Committee provides assistance to senior citizens; their activities include visiting members in hospitals, nursing homes, and at home and driving members to the store or appointments.

In response to the congregation's needs and growth, Temple Beth El is currently undergoing major renovation and expansion. After a decade of planning and fund-raising, the first phase of Temple Beth El's construction project began on Thursday, August 9, 2002. The building campaign is called *Kulanu*, which means "all of us." In that spirit, the new facility will offer something for everyone, including a new school wing, a new and improved kitchen, social hall and administrative offices. A new small sanctuary, and a library/media center are also planned.

This physical growth of Temple Beth El is representative of the spiritual growth and increased inclusion strived for by the synagogue's members. "Temple Beth El is an institution of ongoing learning," said Rabbi Braun. "It is a place where we can encounter, question, and re-encounter the Jewish tradition together, in an embracing and supportive atmosphere. As Jacob said in the book of Genesis, *Ein zeh ki im bet elohim*, 'This is none other than the abode of God, and that is the gateway to heaven.'"

Keeping the Faith: Islam in Portland

By Najim Animashaun

"In Al Hamdu-Lillahi Nahmaduhu wa nasta-eenuhu wa nastagfiruhu wa nasta'adi..." The Imam chants as he begins his Friday Sermon. Seated cross-legged on the room with its spartan carpeted floor are lines of the faithful. Many of them cannot understand what the Imam is saying in Arabic. However, they sit and wait patiently for the Imam to translate his sermon into English. Faith is expression in Islam.

The Muslim community in Portland is a particularly active spiritual community. This said though, it is not the first Muslim community in Maine. Nearly a century ago, Muslims would gather 20 miles south of Portland on Fridays for the same ritual, and probably, in the same language. How times have changed! Our community is active both at the community level and at the individual and household level in outreach and interfaith activities in the greater Portland area.

Portland's Muslim community is surprisingly diverse, with Muslims from all over the world. Muslims from Somalia form the largest single national grouping, but Muslims from Iraq, Egypt, Ethiopia, Libya, Morocco, Malaysia, Indonesia, Bangladesh, India, Pakistan, the United States, Canada, Britain, Mali, Nigeria, Ghana, Senegal, Afghanistan, Azerbaijan, Bosnia, Turkey, Rwanda, Kenya and yes, Israel, are listed among our congregants.

Living in America in the post 9/11 era has been both a challenge and an opportunity. A challenge in that the events of 9/11 put Islam in the spot light and Muslims in the hot seat, and an opportunity for Muslims in Maine to present an accurate view of Islam and to set the record straight. The community has participated and been represented at several interfaith events and services, including the September 14, 2001 vigil held by former Governor Angus King at Blaine House.

A heightened sense of awareness of community and community spirit is an integral part of the fulfilling the rights of the sacred months in Islam. Ramadan falls within this period and for the last 2 years community members have invited members of the larger community to a community iftar (breaking fast) during Ramadan. Eid ul-Adha also falls during this period. It is a time when Muslims sacrifice lambs to commemorate the sacrifice by Abraham of his son. During this festival (Eid ul Adha) Muslims gather together to share food and good wishes with loved ones, neighbors and to feed the poor.

Fulfilling daily spiritual and meditative duties is not easy. Muslims have to pray five times a day. At least 3 of these prayers fall within the working day. In the summer months this is more challenging as the prayer times change with the rising and setting of the sun. Many Muslims have found accommodating employers who give them both time and space for performing their religious obligations. There have been a few incidents where this matter has led to disputes between Muslim employees and their employers.

Maine is very much home to Muslims. While fulfilling our duties on time and with devotion is more challenging in this environment, it is also, in the case of many Muslims for whom Maine is both a refuge and a home, the only place to safely practice their religion. This community seems to be realizing this as they start to put down roots in Maine, by buying houses, establishing businesses and encouraging family members to come and make their home in Maine. These are also signs of the community's growing comfort with and confidence in Portland and Portlanders. However, below the surface lurks fears of being cast as the sinister "other". Many Muslims are apprehensive about both official government activities and regulations perceived by Muslims to be targeting them and elements with the society that thrives on threatening and harassing members of the Muslims community. This is heightened by the fact that the most visible members of the Muslims community — the women because of their dress — are also the most vulnerable members.

Muslim Mainers are here to stay. The more confident Muslims are in Maine, the more embedded and involved they will be in the social and spiritual life of Portland.

Najim Animashaun is an attorney, a Muslim community leader and a member of Interfaith Maine.

More profiles of faith on page 22



VERSES FROM THE KORAN

If the future dwelling place with God be specially for you, but not for the rest of mankind, then wish for death, if you are sincere. 2:88

Say ye: We believe in God, and that which has been sent down to us, and that which has been sent down to Abraham and Ismael and Isaac and Jacob and the tribes: and that which hath been given to Moses and to Jesus, and that which was given to the prophets from their Lord. No difference do we make between any of them: and to God are we resigned Muslims. 2:130

Say to those who have received the Book, and to the common folk. Do ye surrender yourselves unto God? If they become Muslims, then are they guided aright: but if they turn away, your duty is only preaching. 3:19

Say: We believe in God, and in what hath been sent down to us, and what has been sent down to Abraham, and Ismael, and Isaac and Jacob, and the tribes, and in what was given to Moses, and Jesus, and the Prophets, from their Lord. We make no difference between them. 3:78

Be good to parents, and to kindred, and to orphans, and to the poor, and to a neighbor, whether kinsman or newcomer, and to a fellow traveller, and to the wayfarer, and to the slaves whom your right hands hold: verily God loves not the proud, the vain boaster. 4:40

Shall they have a share in the kingdom who would not bestow on their fellow men even the speck in a date stone? 4:56

When you judge between men, ... judge with fairness. 4:61

All is from God. 4:80

Be helpful to one another according to goodness and piety, but be not helpful for evil and malice. 5:3

And let not ill-will at any, induce you not to act uprightly. Act uprightly. 5:11

He who slays anyone, unless it be a person guilty of manslaughter, or of spreading disorders in the land, shall be as though he had slain all of mankind: but that he who saves a life, shall as though he had saved all mankind alive. 5:35

God loves those who deal equitably. 5:46

Be emulous, then in good deeds. To God shall you all return. 5:53

God loves those who do good. 5:93

Non-profit *news*

Amistad Comes To Portland

contributed by City of Portland

Amistad America, Inc. is a national, non-profit educational organization. Its mission is to promote reconciliation and harmony among races through ownership and operation of Freedom Schooner *Amistad*. *Amistad* visits ports nationally and internationally as an ambassador for friendship and goodwill. It serves as an icon and catalyst for teaching the historic lessons of perseverance, cooperation, leadership and justice inherent in the Amistad Incident of 1839. The schooner is a floating classroom and monument to the millions of souls that were broken or lost as a result of the insidious Transatlantic Slave Trade. The home port for Freedom Schooner Amistad is Long Wharf in New Haven, Connecticut.

This spring, the schooner *Amistad* will make

Court, the Amistad Incident put to the test our young nation's conviction that all people are created equal. The lessons of tolerance, understanding, and justice that predominated the Amistad Incident in 1839 are no less relevant today.

The City of Portland and the Maine Conference have taken a leadership role in bringing the *Amistad* to Portland for several reasons. The United Church of Christ's involvement in the abolitionist movement can be traced back to this event. In the late 1990's, the Church was one of the driving forces pushing for a replica of the *Amistad* to be built and to travel the world promoting human justice. The fruits of this labor will be on display when the *Amistad* comes to Portland.



The schooner Amistad will be in Portland Harbor from May 7 to May 14.

PHOTO COURTESY OF AMISTAD AMERICA, INC.

its first and only scheduled stop in Maine, arriving in Portland Harbor on May 7 and staying through May 14. The City of Portland and the Maine Conference of the United Church are proud to host the *Amistad* and have planned a week of educational, cultural, and spiritual events to celebrate and remind us of the importance of freedom and human justice.

In 1839, 53 Africans, who were illegally kidnapped from West Africa, mutinied aboard the cargo schooner *La Amistad* and took command of the vessel. After 63 days at sea, the ship was apprehended by the U.S. Coast Guard and sailed to New London where the captives were held in jail on charges of murder. Hearing of the plight of the imprisoned Africans, members of New England Congregational churches befriended them and took their case to the Supreme Court. The case took on historic proportions when former president John Quincy Adams argued on behalf of the captives before the United States Supreme Court and won. In 1841, the 35 surviving Africans were returned to Africa. This incident is considered the first human rights case argued in the American court system.

The story of *Amistad* is one that too few people know, but one that is particularly topical. In its day, the Amistad Incident generated widespread interest and further exposed many of the issues that were at the root of the slavery debate. As the first case of its kind brought to the Supreme

"The Freedom Schooner *Amistad* is a reminder of a significant historical event, one that is important to pass along to those in our community, and especially to our children," said Key Bank President Kathy Underwood. "It's about a struggle against oppression, and provides us a valuable lesson about freedom." Key Bank donated \$50,000 to help bring *Amistad* to Portland.

Discussions on race and cultural diversity can be challenging, especially here in Maine. The most recent U.S. Census indicates there is minimal racial diversity in the state. This trend is changing. As more people of color and diverse ethnicities are making Maine their home, communities are struggling with the transition of meeting the needs of the new residents.

The goals of the *Amistad* events are to be fun, educational and to encourage a conversation about race and a greater understanding about the diverse cultures in our communities. We want the *Amistad*'s stay to make a bold statement about Maine's commitment to promoting racial and cultural diversity. The *Amistad*'s visit is considered the beginning of a dialogue that will continue long after the schooner has left Portland Harbor.

To find out more about the schedule of events and when you could tour the ship, go to www.ci.portland.me.us/amistad.htm.

Good *news*

Maine Humanities Council's Center for the Book is Named for Harriet P. Henry, Maine's First Woman Judge

by Susan DeWitt Wilder

Governor Baldacci joined a crowd of well-wishers in Portland on the evening of April 28 to honor Harriet P. Henry as the Maine Humanities Council named its Center for the Book for her. He proclaimed the 28th the "Harriet P. Henry Center for the Book Day." Dorothy Schwartz, executive director of the Council thanked the many donors who made possible the home for the Center for the Book. "The Council has grown tremendously in the last five years and it is because of Harriet's influence that our programs have expanded to new audiences. The Center for the Book programs use literature and discussion to bring us to a better understanding of ourselves and others. We reach thousands of Mainers—pre-school children and their parents and care providers, men and women who are just learning to read, prisoners and probationers, youth at risk, and general readers."

The Harriet P. Henry Center for the Book

In 1997, the Library of Congress chose the Maine Humanities Council to host the Maine Center for the Book. The home of the Council's reading and early literacy programs, the Center is now named for Harriet P. Henry, former board chair, a long-time supporter of the Council and Maine's first woman judge. A challenge grant from the National Endowment for the Humanities (NEH) made possible a campaign to raise funds to buy and renovate the Center for the Book offices, at 674 Brighton Avenue in Portland, and to create the nucleus of a program endowment. The Council has now raised more than the first million of the \$1.15 million campaign, completing the NEH challenge.

Bruce Cole, Chairman of the National Endowment for the Humanities, sent congratulations to both the Council and its donors, saying, "We thank them all on behalf of the humanities in America. We are confident that the new home for the Council and the Harriet P. Henry Center for the Book will serve the citizens of Maine well as they continue to seek deeper understanding of the humanities, of our nation, and of the world."

Harriet Putnam Henry

Nationally recognized as an expert in marine law and coastal management, Harriet P. Henry became Maine's first woman judge in 1973. She soon became known as an advocate for women judges, and for her work in the areas of child abuse and child welfare.

Harriet Henry is a graduate of Smith College and received her law degree from George Washington University and moved to Maine in 1958 with her husband Merton G. Henry where they raised three children.

Harriet's extensive civic service includes membership on the board of the original Maine Commission on the Status of Women and the Cumberland County Child Abuse and Neglect Council. She chaired the Portland Housing Authority, the Maine Commission on the Future of the Courts, the Professional Ethics and Judicial Responsibility Committee of the National Conference of Special Court



Judge Henry at the Center for the Book named in her honor.

PHOTO COURTESY OF MAINE HUMANITIES COUNCIL

Judges, and the Child Abuse Committee of the Women Judges Foundation for Justice.

Among Harriet's many honors are an Honorary Doctor of Laws from Bowdoin College and from the University of Maine, and the Maine Commission on Women's Woman of the Year Award. Her board service includes, in addition to the Maine Humanities Council, the Maine Historical Society, Westbrook College, Sweetser Children's Services, the National Center for State Courts and, as a charter member, the National Association of Women Judges.

Susan DeWitt Wilder is the Director of Development and Communications Maine Humanities Council. For information on the programs of the Harriet P. Henry Center for the Book, see www.mainehumanities.org or call toll-free

greener *side*

Sacred Place

by David Neufeld

Humankind does not create sacred places. Vast amounts of time and unsolicited devotion make them real. Although the great sacred places on Earth appear over-used in print, their physical and spiritual reality is impossible to resist.

The Grand Canyon, Denali (Mt. McKinley), Kilimanjaro, Fujiyama, Sagarmatha (Mt. Everest) to name only an overwhelming few, fill the more than casual visitor with a sense of the infinite. Occasionally, we humans construct holy places on or near them. These shrines allow us quiet, reflective, time in the presence of greatness.

Stand on the rim of the Grand Canyon for five minutes or an hour. You will be touched. Walk inside the Canyon alone and you will be changed.

Holy places carry the imprint of humanity. A tenth-century church, a prehistoric stone circle, a monastery; they served a purpose, sheltered people not unlike ourselves and gave them landmarks. A thousand years of prayer in any one place would leave an impression, a reverberation. People and the natural world were required partners then. Fire provided scant light and warmth. Wind and animal voices were the only sounds heard.

Today, when we seek a connection to the sacred, we want it to be close to home. We are not a culture of holy pilgrimages. Fortunately, the most accessible of sacred places is above our heads, the sky, or as the ancients called it, the heavens. But even that is obscured by urban lights.

What we can create within the orbit of our home is a sanctuary. This is a place where we can be close to nature and our quieter selves, where we can remember past moments when we touched the infinite, where we can even give value to getting away, going on a pilgrimage, being alone under the heavens.

Successful sanctuaries combine elements of the personal, the holy, and the sacred. Although we cannot import a thousand years of prayer (a science fiction-esque concept), we can create an environment where we are reminded of those qualities. This would be a meditative place. We will need seclusion. A small personal-size space. A portal to the sky would be good.

We can also use the power of natural elements. Stone, aside from its quality of strength and permanent containment, reminds us of vast amounts of time. Water is malleable, reflective, provides sound and altered imagery, and reminds us of the force of life. Vegetation, in all its forms, can provide fragrance, food, shade and remind us of the transient nature of life.



PHOTO DAVID NEUFELD

Over time, our sanctuary will be imbued with our prayer, our meditation. It may never become a holy place, and less likely a sacred place. Yet it can give us the link to our most ancient selves, the part of us that stands in awe when we see the sky on the clearest of nights, when the physical reality that we are looking at countless galaxies slips between our ribs and hits us where it counts.

David Neufeld helps people create their dream gardens. His thoughts and work can be found on the web at www.northstargarden.com.

property *values*

Portland's golden age of architects, builders, craftsmen, designers, and engineers would be more shocked than awed if they could see how today's graffiti writers have bombed and blighted the city's buildings with artless scrawls.

The art and design of buildings and public spaces furnish the aesthetic foundation that establishes our unique sense of place. The National Trust for Historic Preservation has selected Portland as one of this year's "Dozen Distinctive Destinations." Its buildings deserve to be protected.

In every neighborhood, buildings have been defaced and some permanently damaged by anonymous "taggers" whose work is related more to arsonists and anarchists than artists. The city's main streets and squares have been stained by back alley sneak attacks. The Baxter Building, once Portland's Public Library and one of the city's architectural gems. Every day that the Baxter Building remains a crazy quilt for spray cans and magic markers it destabilizes the city's Arts District and sends a mixed message about MECA's stewardship. The desecration of historic buildings by spray can snipers is as lethal as owners who practice intentional demolition by neglect.

The Baxter Building was a gift to the City of Portland from one of its most prominent citizens. It is the city's only major surviving Romanesque Revival building and one of the most significant examples of its style in New England. It is a contributing building in a National Register Historic District and is individually designated by the city. I have never seen a building listed in the National Register of Historic Places as splattered as the Baxter Building.

"We do not condone graffiti on our buildings," states Beth Elicker, Vice President for Administration and Finance at Maine College of Art. "It is costly for us to remove graffiti, and it often reappears as soon as we have it removed. It is an ongoing battle for many downtown property owners."

Tom Kane, who is associated with the Portland West Neighborhood Association, serves as coordinator for the city's graffiti removal program. "During the past several years the city has removed more than 3,000 strikes covering more than a quarter-million square feet of space," said Kane. "And still, there are numerous buildings and signs that have been vandalized."

"The Baxter has been in its present condition for quite awhile," he added. Yet not everyone can agree on the degree of displeasure that graffiti provokes. The view from an ivory tower may not be the same as a street-level shopkeeper.

"Graffiti art is not by definition a crime, if it is done with the permission of a property owner. The crime is issue is one for the police. Vandalism, trespassing, etc., are crimes, even if the perpetrator is creative, self-congratulatory and has an enthusiastic audience," says Greg Murphy, Vice President for Academic Affairs and Dean of the College at MECA.

But public art should also have public approval, and I would not include MECA's neighbor across Congress street, the Sun Oriental Market, as being a part of Mr. Murphy's "enthusiastic audience." Recently, the market's Congress Street facade was brutally abused by graffiti vandals. It was removed within several weeks after being "tagged."

"Shame," said Wonbae Park, the owner of the market, "I feel shame for whoever did this. The police must do something. I hope young people realize that this is violence."

Graffiti: Wall-to-Wall Scrawl

By Clemmer Mayhew III

Urban scrawl is as destructive as the sprawl that chokes our scenic rural landscapes. Many of Portland's streets are becoming a rogue's gallery for visual static.

Ever since graffiti emerged from New York's subway underground and the Lower Eastside's abandoned tenements, it has metastasized onto city walls from Skid Row to Park Avenue. Apologists and advocates espouse a reactionary mix of cryptic theories glamorizing their disenfranchisement with everything from historical links to cave drawings and hieroglyphics to hip-hop, Vaughn Bode comics, and break dancing. After more than forty years of pursuing rap sheets more than portfolios, tagging crews look more like slang gangs than artist's colonies.

The walled-in world of an artist's studio is a galaxy of logic away from trespassing on someone's property at three o'clock in the morning with spray cans. There is a difference between art and life, between nude figure models in a life drawing class and appearing naked in front of the lobster tank at Hannaford's. Although some notable artists have grafted some of graffiti's icons and motifs into their work, this hasn't diminished the criminal impact of these random acts of malicious mischief.

"We don't have a syllabus which teaches the techniques or history/philosophy of graffiti," says Greg Murphy, Vice President for Academic Affairs and Dean of the College at Maine College of Art. "If a student chooses to use graffiti as an influence or even as a process, then their instructors would demand that the student's work — both in images and in writing — demonstrate an understanding of the issues surrounding the art form."

Graffiti is criminal mischief, according to Sgt. Peter Wentworth of the Portland Police Department.

"It is a prosecutable offense and depending on the amount of damage either a misdemeanor or felony," said Wentworth. "The chief understands some people

think its art but you will be arrested if you are caught in the act."

Graffiti is a cat and mouse game that has lead many talented people down dead-end alleys. Iconoclasts gratified by whiffs from the aerosol paint, they test their skills like safecrackers. Intoxicated by the adrenaline rush of eluding the cops, they share their latest mission impossible conquest with their irreverent mosh pit of fellow conspirators.

Some cities have adopted militant zero-tolerance policies towards graffiti. As an integral part of their beautification and public works efforts, these locales have a graffiti team that removes the offense within days of it being put up. Also, penalties have increased with jail time and fines. And for some convicted pen pals, their community service work must be spent removing graffiti.

Alice Spencer, chairman of the city's Public Art Committee, is alarmed by the inroads that graffiti has made in Portland.

"I am concerned about what has happened to the Baxter Building," said Spencer, "and it does concern me that the Tommy's Park mural has been defaced. It is a much loved cultural icon and looks out on a public space."

If only these creative individuals had become phantom gardeners. Imagine a midnight landscape crew with trowels and shovels planting wildflowers and trees throughout the city. Portland would once again flourish as the City on the Hill, a bright and shining light attracting the true revolutionaries who come to channel their uncontrollable energy into constructive changes that make a meaningful mark on the world.

For more information about graffiti removal call Tom Kane, coordinator for the city's graffiti removal program, at 775-0105.



Modern Spiritualism

by Rev. Gloria Nye, NST, CM

Spiritualism is a contemporary religion based not only on faith but also on scientific proof. The first active Spiritualist community in Portland was organized in 1850. Today there are numerous Spiritualist churches and camps in Maine. With the popular acceptance of the television show, *Crossing Over*, featuring the work of medium John Edward, Spiritualism continues to grow in the 21st century.

Spiritualism has existed as an organized religion in the United States for more than a century while many of its principles have been practiced worldwide since ancient times. Its philosophy has evolved as greater understanding of Universal Truths and Natural Laws are made self-evident.

A Spiritualist's view of God is of an Infinite Intelligence that permeates all of creation and who is aware of the death of the tiniest ant as well as the birth trauma of a new sun in another galaxy. God is not anthropomorphic in nature, meaning that God looks like man and reacts the same way. Spiritualists recognize God as the all-inclusive energy of divine love. Spiritualists also believe that to find God, one only need to go within.

Spiritualism regards Universal Laws of Nature as an orderly expression of an Infinite Intelligence that connects all to the other, on both spiritual planes and physical planes of existence. The process of seeking and living in compliance with Natural Laws constitutes true religion. For example, the Ten Commandments teach that stealing is a sin. In Spiritualism, stealing is not just perceived as being a sin, but more importantly, that it is the breaking of a Natural

Law that will have its own repercussions. For example, stealing may invoke the Natural Laws of Cause and Effect, for every action, a reaction; or the Natural Law of Compensation, as we sow, we shall reap.

Spiritualists believe the existence and personal identity of the individual continue after the change called death. It acknowledges that there is no separation between God, our neighbors, and us or between the angelic kingdom and us. There is nothing in nature that proves energy is destroyed, rather it is only transmuted into another form. Spiritualists believe spirit evolves into its higher self at death, but the personality is essentially retained.

Through the phenomena of Spiritualism, communication with our spirit loved ones is a fact that has been scientifically proven. We are not asked to accept any belief on faith alone. Rigid testing on many mediums by the great scientific minds of the day proved beyond a doubt that communication was occurring. With the advent of new equipment, a recent university-sponsored study proved that the spirit communication, imparted to the subject through the medium, was being received from an outside force!

Spiritualists believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you do ye also unto them." It affirms the moral responsibility of individuals to make their own happiness or unhappiness through the obeying or disobeying of nature's physical and spiritual laws. The highest and best intentions of an individual are always honored. Our thoughts are

magnetic in nature and what we believe to be true in our lives we create through bringing people and circumstances to us. For example, if you believe yourself to be unlovable, you will attract those individuals to you who don't love you.

Spiritualism holds there are no hell or damnation, no devil, and no demons. There are only unenlightened spirits. We believe in a loving God that totally forgives our actions, but will not release us from the consequences of our choices. We are not here to be shown how bad we are, or how weak we are. We are here to be shown how powerful we are in creating our own realities.

Spiritualism affirms the precepts of prophecy and healing are divine attributes proven through mediumship. In speaking of his gifts of prophecy and healing, Jesus said, "All these things and more can you do also."

For further information please contact Mary Bruce at 831-0702 or Rev. Gloria Nye at 786-4401, glorygirl@midmaine.com.

Rev. Gloria Nye, NST, CM, serves as the pastor for the Inner Light Spiritualist Church. Rev. Nye is an ordained Spiritualist Minister, a National Spiritualist Teacher, and a Certified Medium. Her classes and seminars are devoted to the development of Modern Mediumship. She is a respected Inspirational Speaker and was a featured medium during the 108th Annual Convention of the National Spiritualist Association of Churches in Vernon, Connecticut. Rev. Nye is a feature writer for *The National Spiritualist Summit* and is currently writing a children's spiritual mystery series for the *Spotlight Magazine*.

The Church of God

by O. Wayne Brewer, D.Min.

We all know that beautiful southern Maine is a great place to live, have fun and raise a family...but for many of us it can even be better! A recent George Barna poll found that Americans' views about life satisfaction are shaped by their faith and religious practice. Even though Maine is listed as one of the most unchurched states in America, more recent information is showing that churches known as "Pentecostal" or "Charismatic" are among the fastest growing in our northern New England region. "The Church of God" is in fact a "Pentecostal" Christian church. The term "Pentecostal" relates to the Day of Pentecost 2,000 years ago in Jerusalem when the disciples of Jesus experienced the supernatural power of the Holy Spirit of God. From that day onward, the Scriptures record that miracles of divine healing, supernatural revelation, religious conversions and changed lives became the norm for the early, rapidly growing Christian Church.

In 1896, many members of the Church of God experienced a spiritual outpouring they identified as the "Baptism of the Holy Spirit." Because it was similar to the experience of the early Christians on the day of Pentecost, it came to be called a Pentecostal experience, an enrichment of the Christian life through the power of the Holy Spirit that empowered believers to be effective witnesses of Christ. The principle dis-

tinctive of the Church of God as a Pentecostal organization is its belief in speaking with other tongues as the Spirit gives the utterance and that this is the initial evidence of the baptism in the Holy Spirit.

Since its beginning, The Church of God has been a "movement" — a moving church that is activated by the Holy Spirit. It is not just a regional or national movement, but a global movement with a mission of ministry to all humanity. Today in nearly 150 countries and 6,000,000 members strong, the Church of God's guiding mission is to carry the Good News that Jesus Christ "loves you and can give you peace, joy and a personal relationship with your Heavenly Father."

First and foremost, the Church of God is a determinedly Christian church. It is built upon the person of Jesus Christ, the Son of God. The doctrines and practices of the church are based upon His teachings.

The Church of God subscribes to the following five foundational Christian doctrines:

1. The inerrancy and infallibility of the Bible.
2. The virgin birth and complete deity of Christ.
3. The atoning sacrifice of Christ's death for the sins of the world.
4. The literal resurrection of the body.
5. Christ's second coming in bodily form to

earth.

The Church of God has aligned itself with the basic statement of faith of the NAE (National Association of Evangelists) the largest association of Evangelists in the USA. Members of NAE subscribe to a common statement of faith. The Church of God can be described as positioned in the mainstream of Evangelical Protestantism.

The Church of God is a truly caring church. It not only operates a large number of orphanages and mission works throughout the USA and the world, but also has homes for troubled youth and unwed mothers. The "Operation Compassion" ministry provides medical assistance through "Helping Hands," provides for children's needs through "Children of the World" and reaches out in love to those in the inner city through "Caravan of Compassion."

In greater Portland and the surrounding areas there are several Church of God congregations who would love to meet you.

Check out our national website at www.churchofgod.cc (our International Offices are located in Cleveland, Tennessee.). Wherever you live, the area Church of God congregations welcome you to come and experience the presence of Jesus Christ and see for yourselves how He can bring real hope, new life and peace into your life.

education

Junior League of Portland to Host Children's Literary Event

Blueberries & Moose to Support Community Projects, including New Trauma Center

by Angela Crocker

Blueberries & Moose: A Festival of Maine Children's Literature will be held on Saturday, May 10 in downtown Portland from 11am to 3pm. The Junior League of Portland Maine, in partnership with Longfellow Books, will be hosting the event. *Blueberries & Moose* is a free-admission event.

More than 25 Maine authors and illustrators will be at the event, taking place in Longfellow Way (outside of One City Center). They will be signing books, holding workshops, and reading from their works. Original artwork, in the form of custom-painted children's step stools, will be sold through silent auction. Other children's activities will include custom peanut butter and jelly sandwich making with creative fixings, a temporary tattoo parlor, story hours every hour, treasure hunts, writing and drawing classes for kids.

Participating authors and illustrators include Amy MacDonald, Anne Sibley-O'Brien, Cathryn Falwell, Charlotte Agell, Cherie Mason, Chris Van Dusen, Frederick Lipp, Jennifer Jacobson, Joanne Lannin, L.A. Meyer, Lisa Jahn-Clough, Loretta Krupinski, Lynn

Plourde, Melissa Sweet, Phil Hoose, Scott Nash, Steven Constanza, Toni Buzzee and the Maine Writers & Publishers Alliance.

Blueberries & Moose is a free event with all the proceeds from book, foodservice, and workshop sales going to support the Junior League's community projects, including the development of a new Trauma Center. The center, a collaborative effort between the Junior League, the Community Counseling Center and other community organizations, will help those who have experienced emotional or physical trauma. Its goal will be to provide seamless comprehensive services and support for individuals impacted by trauma.

The Junior League has been making Greater Portland community a better place for children for more than 80 years. In prior years the League has hosted various forums in which Maine authors discussed their works. This year, we decided to combine our interest in literary works and children. *Blueberries & Moose* will hopefully become an annual event, providing an engaging, lively forum for kids and families to interact with some of Maine's best literary talent.

The Junior League of Portland is a non-profit organization of women committed to promoting volunteerism, developing the potential of women and improving the community through effective action and leadership of trained volunteers. Its purposes are exclusively educational and charitable. The Junior League of Portland was instrumental in developing many local organizations, including the Children's Museum of Maine, Beacon Teen Center, Center for Grieving Children, Preble Street Resource Center, Kids First Center and The Children's Theatre of Maine.

The new Trauma Center would better service those in need and provide better allocation of community resources by developing a working interconnectedness, allowing individuals to enter the system once, be assessed, receive immediate or crisis services, and be directed to longer term care as appropriate. Trauma Center collaborators would have a common way of looking at trauma, provide consistency in their assessments and assume continuity of care. Community resources would be effectively utilized by providing choice to clients, but at the same time not unnecessarily duplicating services. Today, no such center exists in Maine, but organizations like the Junior League of Portland and Community Counseling Center would like to see such a center in the near future.

The *Blueberries & Moose* festival will be taking place at Longfellow Way outside One City Center. Longfellow Books is an independent bookstore located in downtown Portland and is a hosting partner for the event. The bookstore sports a swell staff, eclectic inventory and an energetic events and school outreach program. Longfellow Books feels quite blessed to be booksellers in a community that reads so voraciously and with so many talented authors and illustrators.

Angela Crocker is the chair of the *Blueberries & Moose* Committee. For more information about *Blueberries & Moose* or the Junior League of Portland, please go to www.blueberriesand-moose.com or call (207) 775-7271.

Ready, Set, Rippleeffect!

To register now, contact 207.791.7870

June 30 to August 25

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One, two, and four week sessions
9 am to 4 pm daily
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ages 13 to 19
3:7 staff to student ratio
One and two week sessions
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Tues, Wed, Thurs. overnight
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Meals included
Certified Maine Sea Kayak guides

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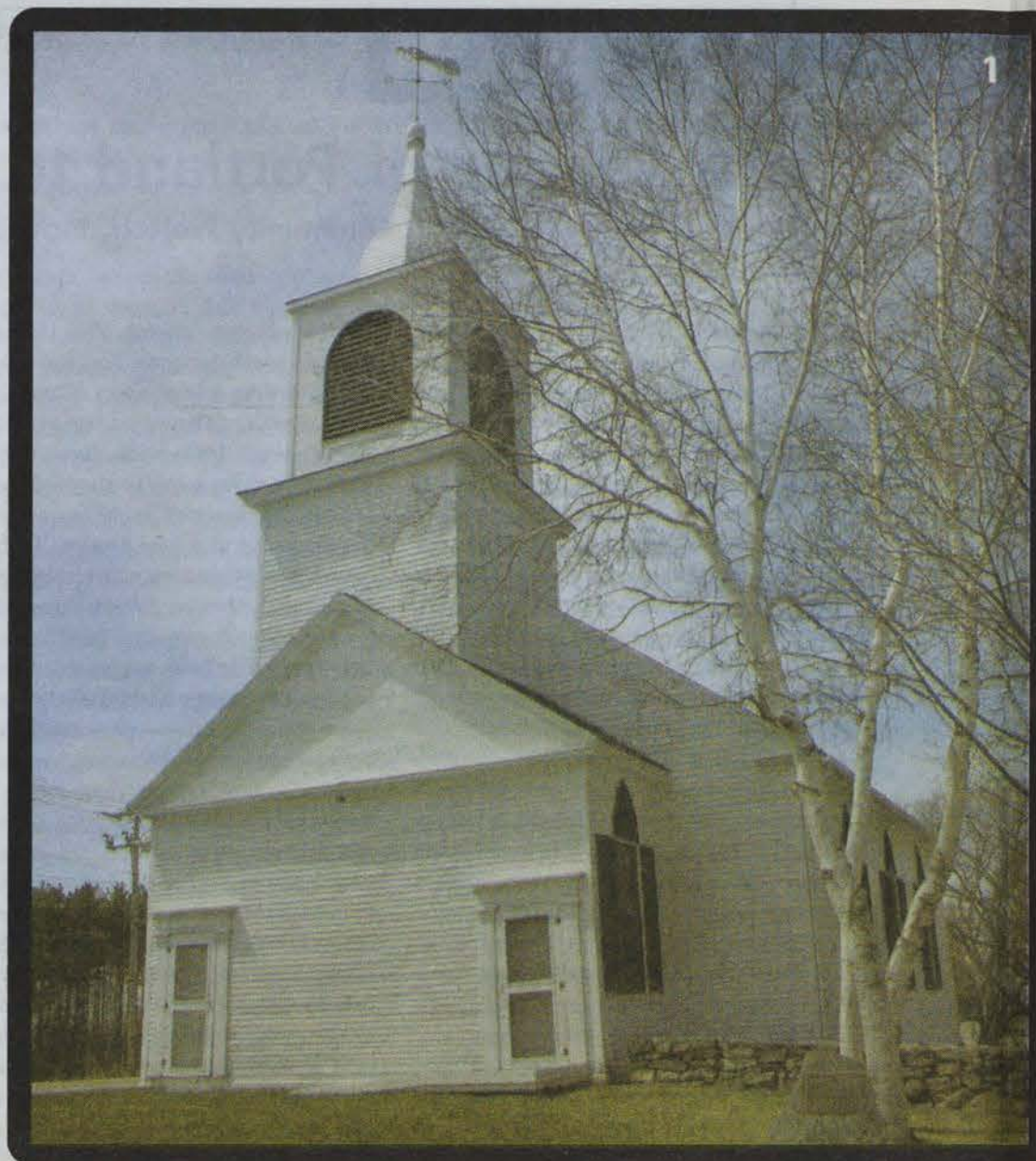
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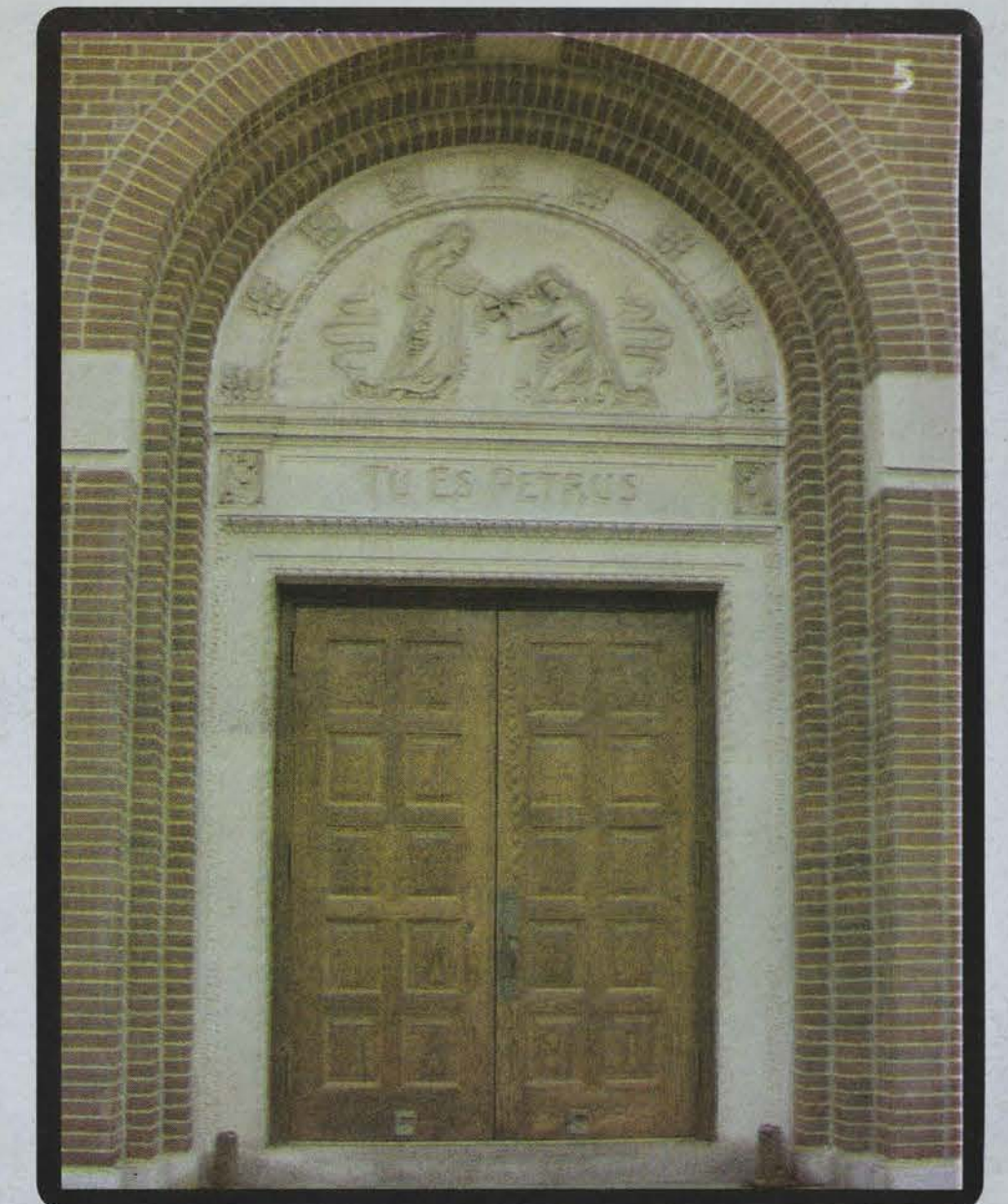
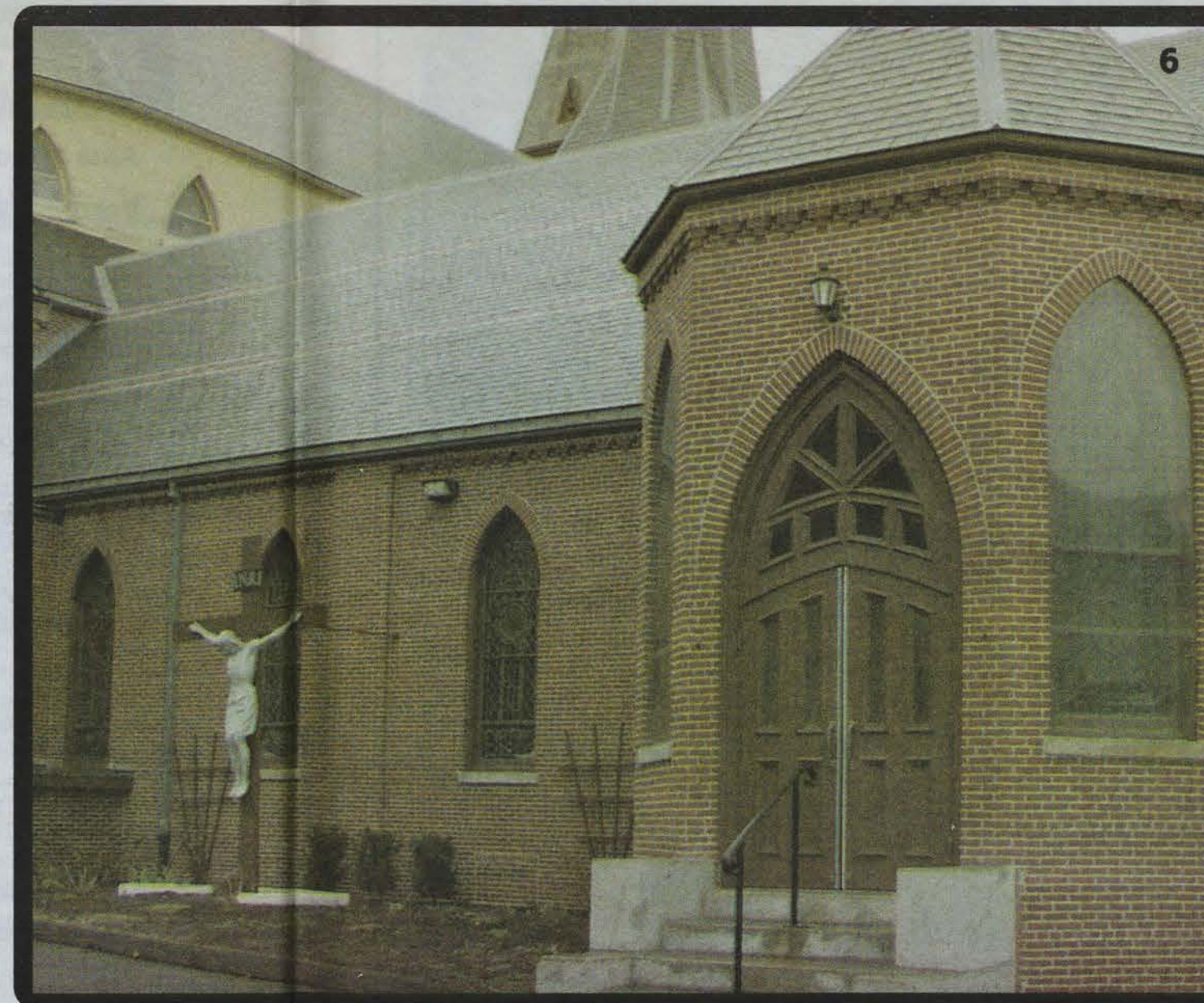
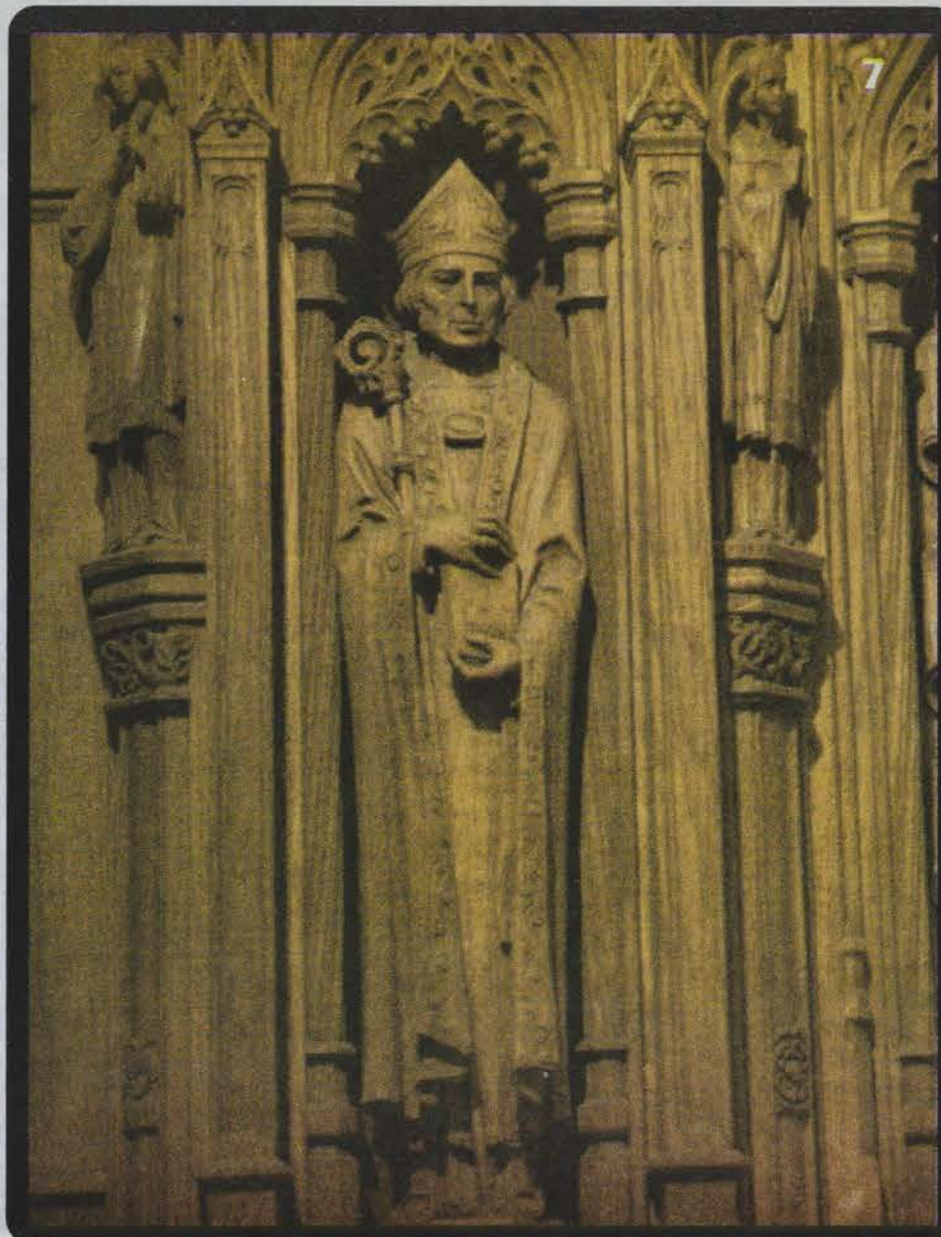


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• FAITH •

Abbie Ostrem: 1. Spurwink Church, Cape Elizabeth 2. Sacred Heart Church, Portland
3. Etz Chaim Synagogue, Portland Wendy Smith: 4. Some Catholic humor
5. St. Peters Catholic Church, Portland Charlotte Smith: 6. Immaculate Conception, Portland
Michael Eric Bérubé: 7. St. Lukes Cathedral, Portland 8. St. Peters Catholic Church, Portland
9. State Street Church UCC, Portland



Calendar 5.8-5.14.03

Submissions to the calendar must be received in writing by the Thursday two weeks prior to publication. Send your listings to Calendar, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, or e-mail: listings@maine.cc.com.

Friday, May 9

Concert for Peace

Presented by Peace Action Maine, featuring Inanna, Sisters in Rhythm percussion and vocal ensemble, The Rebecca Wing Ensemble with original jazz, world and classical music, readings on non-violence and information tables. All proceeds benefit Peace Action Maine. 8pm, \$10, State Street Church, 159 State St., Portland. 772-0680.

"Les Acadiens"

About a young Franco-American in Waterville who must decide whether to remain close to his family and support them with his job at the mill, or leave to join the American forces as they fight in World War II. Les Acadiens will be performed May 9 - May 25, Fri 7pm, Sat 2pm & 7pm, and Sundays 2pm, The Children's Theatre of Maine, 317 Marginal Way, Portland. Tix: \$6/\$8; Sat., May 10 at 2pm is Pay What You Can Day, May 9 at 7pm is Memere and Pepere Night: grandparents get half-off the price of an adult ticket if they bring a grandchild. 828-0617.

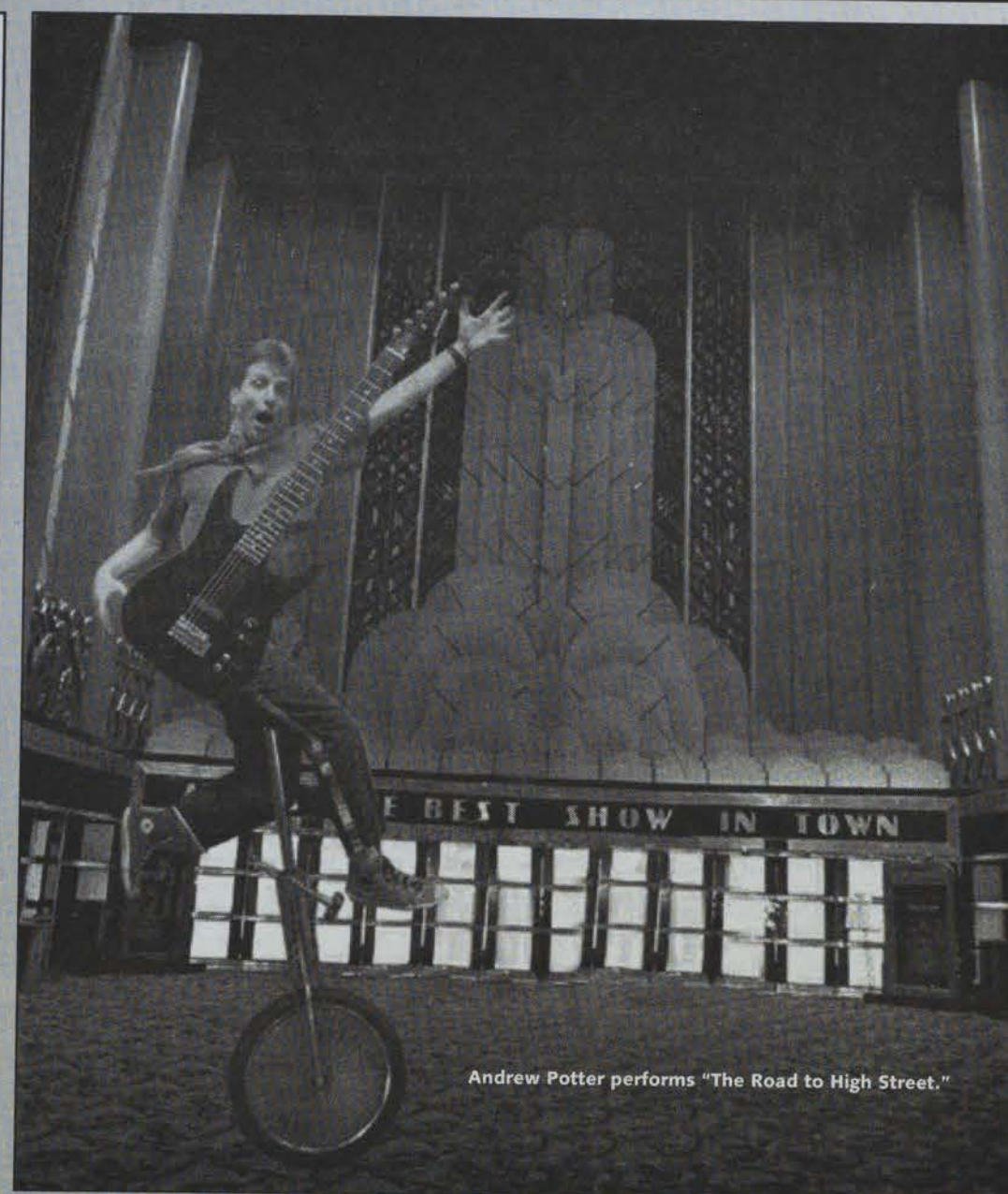
Saturday, May 10

"In Bloom- A Celebration of Spring"

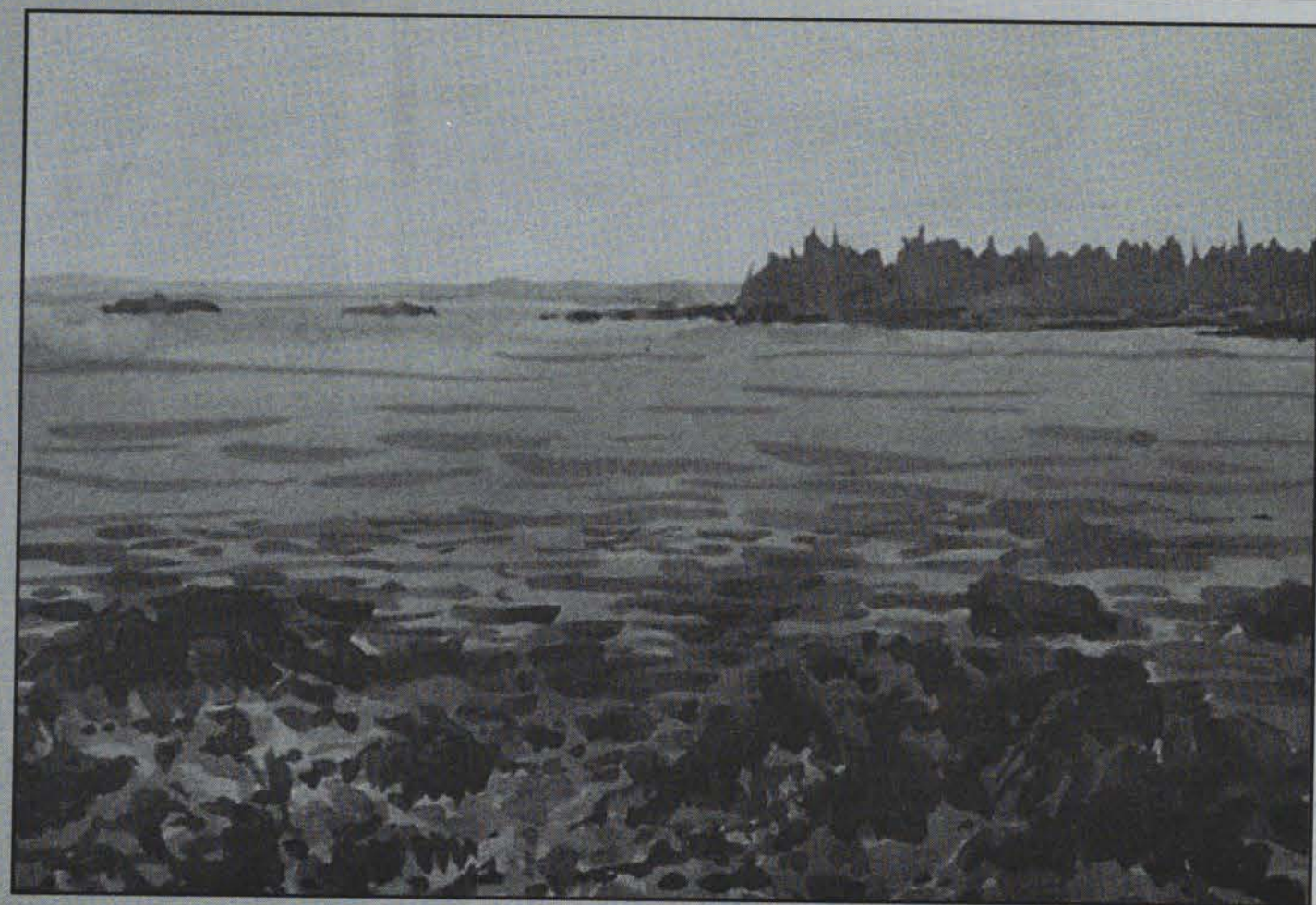
Opening at the Wiscasset Bay Gallery with a reception from 2-5pm. Light refreshments will be served and bouquets of fresh cut flowers will compliment the art.

"Solar for Every Budget"

Have you wanted to convert your home or business to solar but thought it would be too expensive, unattractive or too difficult? Learn the basics of how solar works, how to figure out your energy needs and how to begin the process on every budget, 1pm, free, Solar Market, 25 Limerick Rd., Arundel. 985-0088.



Andrew Potter performs "The Road to High Street."



See Tom Higgins', "Deer Isle, Summer Afternoon," watercolor, at the Wiscasset Bay Gallery.

Quick Picks

(5/8) Maine Youth Action Network regional meetings for networking and resource sharing for Maine youth and school-based peer programs, 4-6:30pm in five locations. (800) 698-4959 x335.

(5/9) "3 Cool Dances" Party, Hustle, West Coast Swing and Salsa all night long, 8pm-midnight, Maine Ballroom Dance. 773-0002.

(5/9) Cello concert, Katie Franich, Olin Arts Center Concert Hall, Bates College, Lewiston. 786-6135.

(5/10) Africa Sails Presents Canoe to Amistad, 2-3pm, Maine State Pier, Commercial St., Portland. 347-5144.

(5/10) Blueberries & Moose: A Festival of Maine Children's Books, 11am-3pm, Monument Way, Portland.

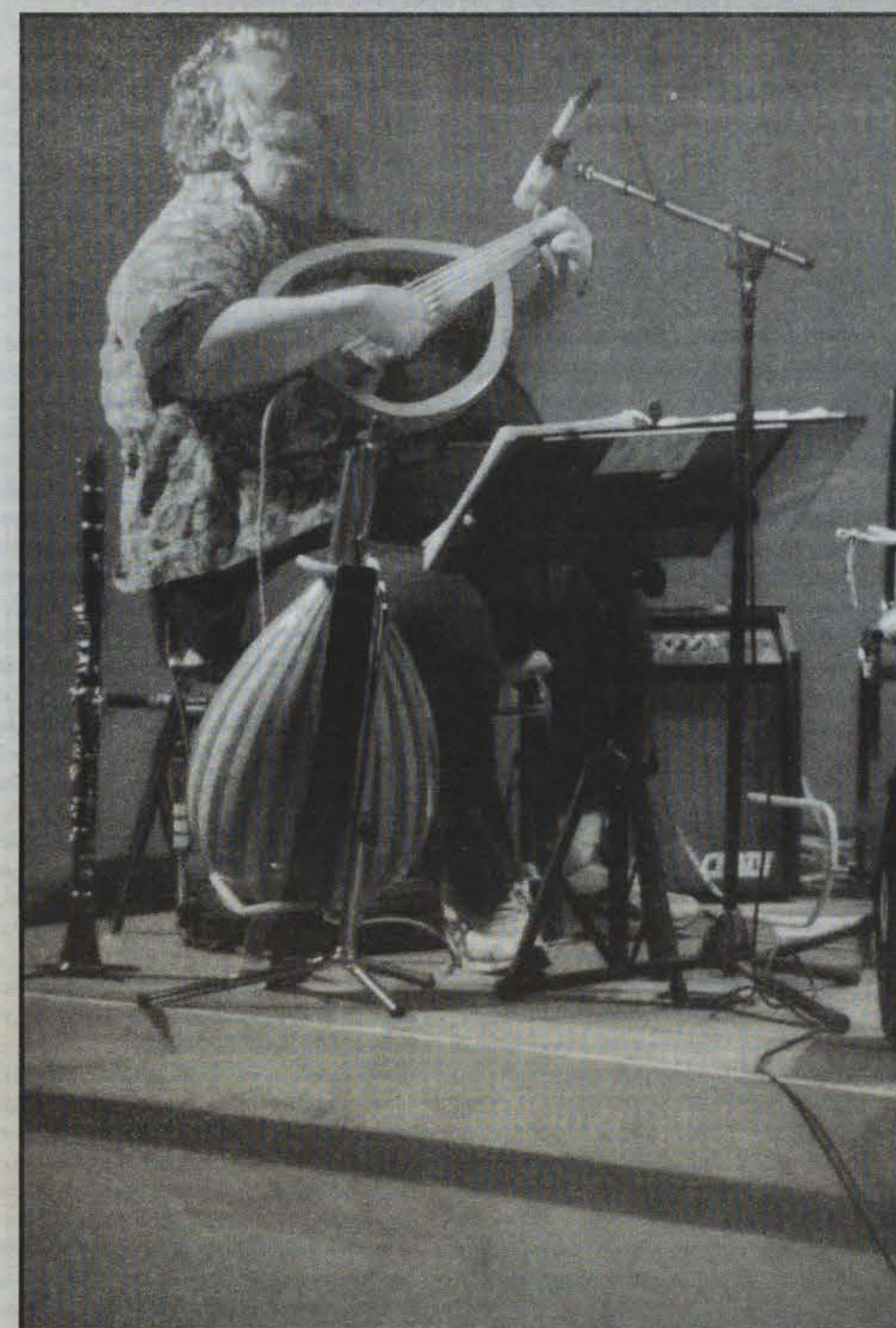
(5/10) Life in Space, 2:30pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

(5/11) The Charles Shipman Payson 20th Anniversary Celebration, Mothers get in for 20 cents all day, Portland Museum of Art, 7 Congress Square, Portland.

(5/12) "Faces of Iraq" slide show with photojournalist Jim Harney on the people of Iraq, 6-8pm, 180 Jewett Hall, UMA, Augusta. 623-0427 or 582-3929.

(5/13) Noonday concert: Edward Gabrielsen, tenor, 12:30pm, Olin Arts Center Concert Hall, Bates College, Lewiston. 786-6135.

(5/14) Members of Bowdoin College's senior class give a finale concert, 7:30pm, Gibson Hall, Room 101, Bowdoin College, Brunswick. 725-3747.



Al Gardner and his Middle Eastern Ensemble performs at the Stillhouse Studio Theatre on May 12th. Photo: Tim Harbeson

Saturday, May 10

David Mallet

The Singer/Songwriter will be performing at First Parish UU Church of Kennebunk, Route 1 and 35, 8pm. 229-0212.

Sunday, May 11

The State Street Jazz Band

Will be performing at the Cherish the Children Walk to help Homeless Babies in Maine. This and upcoming events will support MAPS/MY CHOICE in helping children living in a shelter and transitional house in Portland. Begin at the corners of Commercial and India Streets to Eastern Prom Park along with the State Street Traditional Jazz Band! Food, Beverages and Teddy Bears will be available. Come walk on a stroller-friendly trail with family and friends to support this vulnerable population. Mother's Day, 1-5pm, Eastern Prom Trail, Portland.

Monday, May 12

Middle Eastern Ensemble

Don't miss this rare opportunity, led by Al Gardner, to hear this oud virtuoso and his amazing, five-member ensemble in an acoustically marvelous, intimate theatre setting. 8pm, \$10 suggested donation, Stillhouse Studio Theatre, 108 High St., 2nd floor. 879-5498 or stillhouse@earthlink.net.

Tuesday, May 13

"Creativity and the Ceramic Arts"

Discussion and slide presentation with Squidage Liljebald Davis. An accomplished potter and sculptor, she will discuss the creative process as it pertains to the ceramic arts and beyond, 7pm, Center for Maine Contemporary Art. 236-2875.

Score

Portland Service Corps of Retired Executives, a volunteer organization supporting small business is holding a workshop, Writing a Business Plan - Why you need one and when to revise it, 6-9pm, Score, 100 Middle Street, 2nd floor, Portland. 772-1147 or SCORE@gwi.net.

Wednesday, May 14

"The Road to High Street"

Storytelling/Spoken Word Open Mic for Grownups, with Andrew Potter performing a multi media story and with music from a life of juggling and street performing in San Francisco 1981-1995. Open Mic is at 7pm with 20 minute slots, 8pm featured teller. Company of Girls, 10 Mayo St., Portland. 879-1886.

listings

HAPPENINGS

Thursday, May 8

Bowdoin Christian Fellowship, 7pm, Hubbard Hall, Conference Room, Bowdoin College, Brunswick. 725-3375.

Bowdoin's female a cappella group, 'Miscellania' performs their "Spring Sing," 4pm, Hubbard Hall Lobby, Bowdoin College, Brunswick. 725-3375.

Bowdoin World Music Ensemble, 2pm, Museum of Art steps (rain site: Morrell Lounge, David Saul Smith Union), Bowdoin College, Brunswick. 725-3747.

Maine Initiatives annual awards dinner, 5pm, Taste of Maine Restaurant, Woolwich. 622-6294 or meinitt@gwl.net.

Maine Youth Action Network regional meetings for networking and resource sharing for Maine youth and school-based peer programs, 4-6:30pm in five locations. (800) 698-4599 x335.

Friday, May 9

"3 Cool Dances" Party, Hustle, West Coast Swing and Salsa all night long, 8pm-midnight, Maine Ballroom Dance. 773-0002

Artscape: Robots & Aliens, 3:30pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

Auction hosted by BayKeeper Group, 5:30pm (silent), 8pm (live), Portland Yacht Services, 58 Fore St. Portland. 799-8574.

Bowdoin student voice recital by seniors Kate Pantelides and Dana Kramer, 7:30pm, Gibson Hall, Room 101, Bowdoin College, Brunswick. 725-3747.

Cello concert, Katie Franch, Olin Arts Center Concert Hall, Bates College, Lewiston. 786-6135.

Concert for Peace presented by Peace Action Maine, featuring Inanna and The Rebecca Wing Ensemble, 8pm, \$10, State Street Church, 159 State St., Portland. 772-0680.

Drum Council Procession: Amistad, 1:30-2:45, City Hall Steps, Congress St., Portland. 780-0234.

Kids' Fair featuring Velcro Olympics, pony rides, face painting and a bouncy house, 2pm, Campus Quadrangle (rain site: Morrell Gymnasium), Bowdoin College, Brunswick. 798-4134.

Official Welcome Ceremony: Amistad, Maine State Pier, Commercial St., Portland.

"The Quiet American" (film), 7:30pm, The Grand, Ellsworth. 667-9500 or www.grandonline.org.

Saturday, May 10

Africa Sails Presents Canoe to Amistad, 2-3pm, Maine State Pier, Commercial St., Portland. 347-5144.

Alternative Health & Wellness Expo, 120 Vendor Booths, 9am-6pm, Whittiermore Center, 28 Main St., Durham, NH. (603) 433-5784.

Baked Bean Supper, 5-6pm, Westbrook-Warren Congregational Church, 810 Main St., Westbrook. 854-9157.

Blueberries & Moose: A Festival of Maine Children's Books, 11am-3pm, Monument Way, Portland.

Bowdoin student voice recital by seniors Shannon Elf and Anne Cavanaugh, 7:30pm, Gibson Hall, Room 101, Bowdoin College, Brunswick. 725-3747.

Candlelight Underground Railroad Memorial Walk: Amistad, 8-9:30pm, Casco Bay Lines, Commercial St., Portland. 772-7249.

The Downeasters Barbershop Chorus and Quartets, 1pm and 7pm, Scarborough High School. 253-1659.

Genesis Night - relax, refresh, re-energize and be

creative, 7pm, every Sunday, The Well, 369 Forest Ave., Portland. 828-1778.

Historic Plant Sale, 9am-12pm, Strawberry Banke Museum, Portsmouth, NH. (603) 433-1100.

Join the Center for Grieving Children for the 12th Annual Pet and People Walk presented by Peoples, 9:45am, Payson Park, Portland. 775-5216.

Juggling Festival, 11am, Clifton Daggett Gray Athletic Building, Bates College, Lewiston.

Life in Space, 2:30pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

"Recruiting for Peace: Adopting School and Organizing Tools," to bring alternatives to militarism into Maine schools, 9am-3:30pm, Augusta. 442-0901 or natkemper@gwl.net.

Rockets! 1pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

Serenity Jump 2003 - Serenity House Benefit & Fundraiser. 774-2722.

Songs and Rhythms of the African New World: Amistad, with Michael Wingfield, 11:30, 1:30 & 2:30, Children's Museum of Maine, 142 Free St., Portland. 828-1234.

Sudanese Play & Emanuel Kembe: Amistad, The Center for Cultural Exchange, 1 Longfellow Square, Portland. 761-0591.

Technique Seminar with Mandy Ball, 7pm, Maine Ballroom Dance. 773-0002.

Tour Portland Observatory & East End: Amistad, 12 & 2pm, Portland Observatory, Congress St., Portland. 774-5561 x104.

Used Clothing and Equipment Sale, 9am-12pm, St. Anne's Church, Main St., Gorham. 353-8727 or 892-4324.

Wescustogo Dance Series, 6pm-midnight, Wescustogo Hall, Rt.115, North Yarmouth. 865-9014.

A World Affair & Auction presented by The Root Cellar, a Christian outreach ministry for Portland's East End community, 6:30-9pm, at The Root Cellar. 774-3197.

Sunday, May 11

Alternative Health & Wellness Expo, 120 Vendor Booths, 9am-6pm, Whittiermore Center, 28 Main St., Durham, NH. (603) 433-5784.

Bowdoin student piano recital by senior Gloria Shen, 3pm and David Bielak, 7:30pm, Gibson Hall, Room 101, Bowdoin College, Brunswick. 725-3747.

Brunswick Regional Youth Orchestra, 3pm, \$5, Olin Arts Center Concert Hall, Bates College, Lewiston. 786-6135.

The Charles Shipman Payson 20th Anniversary Celebration, Mothers get in for 20 cents all day, Portland Museum of Art, 7 Congress Square, Portland.

Gorham Community Chorus presents its Spring Concert, 7pm, Gorham High School. 773-0602.

The Maine Wildlife Park is having WBLM Day with radio DJ Mark Persky. Contact 657-4977 or www.mainewildlifepark.com.

Mother's Day - Museum open free with special family activities all day, 12-5pm, Strawberry Banke Museum, Portsmouth, NH. (603) 433-1100.

Musical extravaganza five High School bands will face off, 2pm, McAuley Performing Arts Center, Portland. (207) 878-4554.

Peace and Justice Center of Eastern Maine's 15th anniversary, panel discussion/food/dance and concert, 4pm, Brick Church, 126 Union St., Bangor. 942-9343 or info@peacectr.org.

The State Street Jazz Band will be performing at the Cherish the Children Walk to help Homeless

Babies in Maine, Mother's Day, 1-5pm, Eastern Prom Trail, Portland.

Stories in the African Tradition with storyteller Valerie Tutson: Amistad, 11, 2 & 2:45, Children's Museum of Maine, 142 Free St., Portland. 828-1234.

"Visions of Flight," 2pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

Monday, May 12

Drink, Art and Open Mike presented by Maine Writers and Publishers Alliance, 6:30pm, Local 188, Longfellow Square, Portland. 729-6333.

"Faces of Iraq" slide show with photojournalist Jim Harney on the people of Iraq, 6-8pm, 180 Jewett Hall, UMA, Augusta. 623-0427 or 582-3929.

Lunch with Captain of Amistad & Afternoon of Music and Storytelling, 12:30-4pm, Orien Auditorium, Topsham. 729-4486.

RBPA Annual Awards Dinner, 6pm, Embassy Suites. 874-2414 or www.rbpa.org.

Tuesday, May 13

Alphabet Soup! 1:30pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

The Charles Shipman Payson 20th Anniversary Celebration, special tours of art form the '20s, 10:20am, 12:20pm & 2:20pm, Portland Museum of Art, 7 Congress Square, Portland.

Noonday concert: Edward Gabrielsen, tenor, 12:30pm, Olin Arts Center Concert Hall, Bates College, Lewiston. 786-6135.

See & Do Family Art Activities, 10-11am, Portland Museum of Art, 7 Congress Square, Portland.

Wednesday, May 14

Artscape: Star Art! 3:30pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

Auburn Community Band Concert, 7pm, Olin Arts Center Concert Hall, Bates College, Lewiston. 786-6135.

The Charles Shipman Payson 20th Anniversary Celebration, celebrate being 20 with free admission if you are years old, Portland Museum of Art, 7 Congress Square, Portland.

Figure Drawing, artists should bring supplies, easels provided, 6-9pm, \$7, Olin Arts Center, Room 259, Bates College, Lewiston.

Members of Bowdoin College's senior class give a finale concert, 7:30pm, Gibson Hall, Room 101, Bowdoin College, Brunswick. 725-3747.

Mystery writers Julia Spencer-Fleming, Kate Clark Flora and Lea Walt discuss their craft and read from their works, 7pm, Nonesuch Books, Mill Creek, South Portland. 799-2659.

Storytelling/Spoken Word Open Mic for Grownups, 7pm. 879-1886 or Moosetel@maine.rr.com.

Ongoing

Amnesty International meets the second Tues. of the Month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30pm. Free. 874-6928.

Art Night Out - workshops held on Monday evenings from 5-8pm, 352 Cottage Road, So. Portland. 799-5154

Caregiver Support Group hosted by Hospice of Maine, six Mondays, April 7, 14, 28, May 5, 12 and 19, 3-4:30pm, Hospice of Maine. 774-4417.

Co-Dependants Anonymous, a 12 step fellowship of people whose common purpose is to develop healthy relationships, meets every Tuesday

evening at Brighton Medical Center, 3rd floor, small conference room, from 6pm-7:30pm. 878-6632.

Computer Access open to the public, Wed & Thurs, 6-8pm, Portland West, 181 Brackett St., Portland. 775-0105 x27

Creative Resource Center Activities Kids ages three and up are welcome to drop in Tues-Sat at the Creative Resource Center, 1103 Forest Ave, Portland, from 11am-5pm. 797-9543.

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous, meets every Tues at the Woodfords Congregational Church, 202 Woodfords St., Portland, at 7pm. 774-4357.

Divorce Support Group The Greater Portland Spiritual Separated and Divorced Support Group meets every Tuesday, 7pm, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland. 797-9374.

Dual Recovery Anonymous (DRA) self-help recovery program for those recovering from addiction and emotional problems meets every Monday at 3:15pm, McGeachey Hall, 216 Vaughan St., 1st floor group room AND every Tuesday at 1pm, Breakfast Room at Community Resource Center. 774-HELP.

The "Father's Heart" worship and praise ministry, hosted by Prophetic Destiny Ministries, 3-5:30pm every third Sunday of every month. Sky-Hy conference center, 32 Sky-Hy Drive, Topsham. 725-7577.

Food Not Bombs The group distributes free food to the masses in Monument Square, Portland, every Sun from 2-4:20pm. 774-2801.

Free School event where artists, craftspeople, dancers, and teachers of all kinds offer workshops to the public, free, every first Monday of the month, Portland West, 181 Brackett St., 7pm.

Free Workshops to educate parents about child safety, and about proper/legal car seats for children, and about the new laws in effect. Every second Tuesday, 6pm, Babies-R-Us in South Portland.

Friendly Poets from Portland sought in free contest, send one poem of 21 lines or less to Free Poetry Contest, 2255 N University Pkwy Ste 15 # 196, Provo, Utah 84604 or www.friendlypoets.com. Deadline for entries is May 24.

Geographic Information Systems Clinic, open to anyone with a GIS questions, research, problem, research idea, or general interest, 9:30-11:30am, Wednesdays; and Open GIS Seminar, noon-1pm, Wednesdays, Room 302, Bailey Hall, USM Gorham. 780-5063.

"Getting Started" workshop providing an important overview to historic home ownership and preservation. Walker Memorial Library, Main St., Westbrook, Saturdays, 9am-4pm.

Girl Scout Summer Camp - Girl Scouts of Kennebec Council is accepting registration for its resident summer camp programs located in Kittery Point, Reidfield and Bridgton. Financial assistance is available. 800-660-1072 or 772-1177 or annej@gksc.org.

The Grand is accepting applications to audition for their first annual Star Search to be held on June 20 and 21, The Grand, Ellsworth. 667-5911.

The Greater Portland Maine Genealogical Society meets the first Sat of the month at the Falmouth Congregational Hall, 267 Falmouth Road, Falmouth, 2pm. 797-7927.

The Greater Portland Parkinson Support Group meets the fourth Sun of the month at the Falmouth Congregational hall, 267 Falmouth Road, Falmouth at 2pm. All those with Parkinson's, as well as their

families and friends are welcome. 797-8927 or 774-3312.

Gregorian Chant at the Cathedral of the Immaculate Conception (corner of Franklin & Congress) every Tuesday at 7:30pm, six Tuesdays of Lenten/Passiontide music, and six Tuesdays of Easter music, ending May 27.

Inner Light Spiritualist Church, Sunday services. Healing Service 6pm, Main Service 6:30pm, Memorial Chapel, 2nd floor, Williston-West Church of Christ, 32 Thomas Street, Portland. 831-0702, 786-4401 or glorygirl@midmaine.com.

International Open Amateur Photography Contest - free entries must be postmarked June 30, 2003 or submitted on line. www.picture.com or (410) 363-4800.

The League of United Latin American Citizens meets the fourth Thurs of the month at the Reiche School, 166 Brackett St., Portland, at 6pm. 767-3642.

Look Good, Feel Better, sessions for women with appearance-related side effects from cancer treatment, 1-3pm 2nd Monday of each month & 5:30-7:30 4th Monday of each month (except Memorial Day, May 26) Cancer Community Center, Route 1, South Portland. 774-2200.

1st Annual Maine Screenwriting Competition. Maine residents are encouraged to submit their completed, feature-film screenplays. The top three winners will be awarded cash prizes during the 6th Maine International Film Festival in Waterville, in July. 624-7631 or www.filmmaine.com.

Maine Writers and Publishers Alliance presents informal writers' jam sessions open to all genres, 7pm, second Thursday of each month, Mr. Paper-back Café, Lewiston. 729-6333 or sarah@mainewriters.org.

Maine Writers and Publishers Alliance presents "drink, art & open mic" open to all genres, 7pm, second Monday of each month, Local 188, Longfellow Square, Portland. 729-6333 or www.maineewriters.org.

Man to Man Monthly discussion group meets first Thurs of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9pm. Free. 865-2048

NAMI CHOICES support group for family and friends of people with mental illness meets the second and fourth Monday of every month at 7pm at the Dana Center, Maine Med. 775-5242.

Natural Great Peace: The Essential Message of the Buddhist Teachings, 6-8pm, Wednesdays through May 14, Rigpa Maine, 169 State St., Portland. 675-2438.

Over comers Outreach - a 12 step Christian program, weekly meeting of men and women recovering from addictions using the Bible as their guide and acknowledging Jesus Christ as their Savior, 7-8:30pm, Park Avenue Church of God, 28 Park Ave., Portland. 773-3947.

People's Free Space where people can connect to their community, share resources and ideas through food, information, art and events, every 1st and 3rd Wednesday of the month at Portland West, 181 Brackett St., 7pm.

Poetry Slam, 8pm, 2nd Tuesday of each month, Alehouse, Market St., Portland. 329-9481.

Pineland Farms education and outdoor activities facility including hiking and special programs for families; open 9am to 4pm daily, fees and events vary. 926-3914.

Ranger Bean's Discovery Woods environmental exhibit, featured programs, activities and events. Tues-Sat 10am-5pm. Sun noon to 5pm. Children's Museum of Maine, Portland, \$6. 828-1234.

Ribbon Flowers activity for ages 3 and up, 11am-5pm, Tue-Sat each week in May, Creative Resource Center, 1103 Forest Ave., Portland. 797-9543.

Roast Beef Supper held the 3rd Saturday of each

month, 5pm and 6pm, Sebago Lake Congregational Church, Rt. 35, Sebago Lake Village. 642-4911.

Salvation Army Senior Center Drop-in center for serving people age 60 and over in the Greater Portland area Hours 9am-3pm Monday through Friday and monthly field trips, 297 Cumberland Ave, Portland. 774-6304.

Sangha/Meditation Practice, first and third Sunday of each month 10-11am. Greeneleaf Studio, Freeport, free, all are welcome. 865-0744.

Scholarship available for students pursuing a Bachelor's Degree in earth or biological sciences. The Maureen D. Keller Undergraduate Scholarship Fund was established in memory of Dr. Keller, a research scientist at Bigelow who died in 1999. Deadline for applications is May 15, 2003. 699-9600.

SEALS swimming, a local USA swimming Team, invites you to a one week free trial session beginning April 28 and ending the last week of July. FMI: Seal-swimming.com.

Sing rounds and women-centered chants, 1:15-2:15 p.m., Wednesdays when classes are in session, Honors Building basement, open to the public. 780-4321.

Sister Space, a lesbian social group, meets the last Saturday of every month. All lesbians are welcome! 5pm-9pm, Williston West Church, 33 Thomas St., Portland. 878-6632 or 892-3135 or sisterspace@yahoo.com.

Sitting Meditation in the Tibetan Buddhist Tradition, as taught in the Tibetan Book of Living and Dying. Open session, instruction provided. Sundays 9-11am, Rigpa Maine, 169 State St., Portland. 657-2438.

The Stage at Spring Point's Young Actors Institute is now accepting applications for summer 2003. Open to students in grades 9-12, applications are due by May 20. 828-0128.

Storytelling/Spoken Word Open Mic for Grownups every 2nd Weds of the month at Company of Girls, 10 Mayo St., Portland. 7-9, \$3 suggested donation. Jean Armstrong. 879-1886 or moosetel@maine.rr.com.

Survivors of Suicide bereavement support group for family members and close friends of one who has died by suicide. Second and fourth Mondays at 7pm in classroom #1 in the Dana Center at Maine Medical Center. Contact Connie Korda 871-4226.

Therapeutic Massage Services offered by the USM Lifeline Center for senior populations, pregnancy and athletes. 780-4170.

Tuesdays with Zola Prophecy 2000. The Era of racing technology, cultural changes, political challenges, and religious questions are covered with some of Humanity's best experts dissecting Biblical and Worldly Concerns. 7pm, West Falmouth Baptist Church, Mountain Rd., Falmouth. 773-0871 or 797-4066.

Underground Railroad Tours Peace Action Maine member Wells Staley-Mays gives tours of Portland's Underground Railway and other sites important to African-American history. Complete tour is two hours or less. 772-7249.

USM Ice Arena public hours, 9:10-10:30am, Monday-Friday, \$4 public/staff, \$2 under 18, under 6 free, please call 780-5991 for updates.

USM Southworth Planetarium astronomy shows featuring 7pm, Fridays & Saturdays; laser shows featuring 8:30pm, Fridays and Saturdays; children's shows 3pm, Saturdays and Sundays; star shows \$4.50 adults, http://www.usm.maine.edu/planet. 780-4249.

Women in Black Vigils Women in Black "stand in silent vigil to protest war, rape as a tool of war, ethnic cleansing and human rights abuses all over the world. We are silent because mere words cannot express the tragedy that war and hatred bring." Vigils take place Fridays at Temple and Spring streets from 12-1pm, and at Congress and High

streets from 5-6pm.

Woman's Writing Group - Women from all walks of life and with varying writing skills are encouraged to participate. Every 2nd and 4th Monday of the month, 7pm, 58 Fore St., Bldg #6, Old Port.

Writing Apprenticeship workshop, May 8 - June 5, 7-9pm, Brunswick. 729-6333 or www.maineewriters.org.

Yarmouth Historical Society's Maine Reading and Discussion Group will discuss Bill Caldwell's, Rivers of Fortune, 7pm, Bay Square, Yarmouth. 846-6259.

YMCA swim lessons registration deadline April 24. 874-1111.

Zoom Into Action - Maine PBS will air a new season of locally produced Zoom segments featuring Maine kids from all over the state beginning on March 31. www.mpb.com.

WORKSHOPS/LECTURES

Thursday, May 8

Homeschoolers workshop, 2:30pm, Maine Discovery Museum, 74 Main St., Bangor. 262-7200 or www.mainediscoverymuseum.org.

Saturday, May 10

Chewonki Sustainable Energy Conference 2003, lowering our personal CO2 emissions to address global warming, 8am, Chewonki Foundation's Center for Environmental Education, Wiscasset. 882-7323.

Fabric Stenciling Class, 1st of 2 Saturdays, 4pm, Portland Fiber Gallery, 463 Stevens Ave., Portland. 780-1345.

"Fun with Needle felting," must bring scissors and 2"-5" cellulose sponge or foam pad, and lunch, 9:30am-1:30pm, Portland Fiber Gallery, 463 Stevens Ave., Portland. 780-1345.

"Edging the Rat Race: Marketing for Artists and Writers," 9:30am-4pm, Center for Maine Contemporary Art, 116 Union St., Rockport. 236-2875 or www.maineewriters.org.

"Solar for Every Budget" with S.M. staff, 1pm, Solar Market, 25 Limerick Rd., Arundel. 985-0088.

Sunday, May 11

"Islam in America: Past & Future," by Solayman Nyang, author of "Muslims in America," 2-4pm, Luther Bonney Auditorium, USM Portland. 780-5311.

visual arts

Casco Bay Weekly visual arts listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication. E-mail: listings@maine.rr.com.

openings/receptions

Friday, May 9

Heron Point Gallery, 76 Maine St., Brunswick. Margaret McDonald, Oil Painter. Opening reception 5-8pm.

Saco Bay Artists Gallery, 22 Washington Ave., Old Orchard Beach. "Birds 'n Blooms," watercolors by Sylvia Goss. Opening reception from 6-8pm. 934-3050, 934-2930 or 284-9949.

Saturday, May 10

Wiscasset Bay Gallery, 67 Main St., Wiscasset. "In Bloom-A Celebration of Spring." Opening reception 2-5pm. 882-7682 or wiscassetbaygallery.com

galleries

Area Gallery, Woodbury Campus Center, University of Southern Maine, Portland. "The Art of Words & Images." Hours: Mon-Thurs 8am-8pm. Fri 8am-4:30pm. Sat. 9am-3pm. 780-5009.

Aucisco Gallery, 615A Congress Street, Portland. Stephen Burt Paintings and Drawings: "Desire & Conflict." Hours: Wed-Sat 12noon-5pm.

Aucisco at Eastland Park Hotel, 157 High St., Portland. Susan Amons: New Monotypes - Vernal Migrations through May 31. 775-2227.

Bayview Gallery, 75 Market Street, Portland. Plein Air paintings of Maine artist Stefan Pastuhov, through May 31st. Hours: Mon-Sat 11-5 and by appointment. First Friday hours until 8pm. 773-3007.

Center for Maine Contemporary Art, 162 Russell Ave., Rockport. "Next Generation" and "Coastal," through June 7. Hours: Tues-Sat 10am-5pm.

Colby College Museum, Waterville. 872-3228. Forty etchings and lithographs by James McNeill Whistler depict daily life in Europe, ongoing.

C.W. White Gallery 656 Congress St., Portland. "RE: Emerging Abstraction" by Deborah Bohnert, Linn Bruce, Zoo Cain, John O'Shaughnessy, David Snow, Adam Tice and Adam Wiedmann through May 26. Hours: Wed-Sat 11am-6pm. 871-7282.

Fare Share Commons Gallery 447 Main St., Norway. Work by Casco painter Om Dev Reynolds through May 31. Hours: Thurs & Fri 3-6pm. Sat 10am-1pm.

Filament Gallery 181 Congress St., Portland. "Mélange a Trois, wolfpaws, tea and crumpets," through June 7. Hours: Thurs-Sat 11am-6pm and by appointment. 221-2061.

Firehouse Gallery 1 Bristol Rd, Damirsco. "Rise and Shine" featured artists: Eshter Garcia Eder, Heidi Daub and Melita Westerland Brecht, through May 17. Hours: Tues-Sat 10am-5pm. 563-7299.

Galeryrie, 240 US Route 1, Falmouth. Islands In The Sun, Watercolors by David Clough through May 31. Group show of gallery artists Verner Reed, Veronica Benning, Estelle Roberge, John Kelley, Lori Tremblay, and Henry Peacock. Hours: Mon-Fri 10am-6pm. Sat 10am-4pm. 781-3555.

Gallery at the Clown, 123 Middle Street, Portland. Coastal Imagery-Continents apart, Jeremy Barnard, Photography of Scotland & Jill Disque, Shoreline Paintings in Acrylic through May 28. Hours: Mon-Wed 10am-6pm. Thurs-Sat 10am-7pm. 756-7399 or www.the-clown.com.

The Gallery on Chase Hill 10 Chase Hill Rd., Lower Village, Kennebunk. Scholarship show, a group show through June 30. 967-0049.

Gallery Seven 49 Exchange St., Portland. Exhibit of work by American craft artists in all media, ongoing. Hours: Mon-Thurs 10am-6pm. Fri-Sat 10am-9pm. Sun 12-6pm. 761-7007.

Greenhut Galleries 146 Middle St., Portland. "Maine Moments," paintings by Margaret Gerding through May 31. Hours: Mon-Fri 10am-5:30pm. Sat 10am-5pm. 772-2693.

Heron Point Gallery, 76 Maine St., Brunswick. Margaret McDonald, Oil Painter through May 30. Hours: Tues & Thurs 10-4. Fri 10-1 and by appointment.

June Fitzpatrick Gallery 112 High St., Portland. "Studies in Structure" drawings from the work of Karl Blossfeldt by David Wolfe through May 31. Hours: Tues-Sat 12noon-5pm. 772-1961.

June Fitzpatrick Gallery @ Maine College of Art 522 Congress St., Portland. Sculpture by Duane Paluska. Hours: Tues-Sat 12noon-5pm. 879-5742 x283.

Long Hall Gallery, Maine College of Art, Porteous Building, Portland. "Adventures in Art Student Exhibition"

Maine Art Gallery, Warren St., Wiscasset. "Figures and Faces from Charcoal to Bronze," through May 11. Hours: Thurs-Sat 10am-4pm. Sun 1-4pm. 882-7165.

MECA Gallery, Porteous Building, Congress St., Portland. "BFA Senior Thesis Exhibition," through May 25. 775-3052.

Maines Frames & Gallery 534 Congress St., Portland. Pen-and-ink cityscapes by William C. Harrison and other work by gallery artists, ongoing. Hours: Mon-Wed 10am-6pm. Thurs and Fri 10am-8pm. Sat 10-5pm. Sun 12-5pm. 828-0031.

Meyer Studio Gallery 51 Oak St., Portland. Exhibit of recent works by Louis Meyer, Matthew Meyer and Nathaniel Meyer, ongoing. Hours: Wed-Fri 4-6pm. Sat-Sun 12-4pm. 879-1323.

Portland Coalition Art Gallery 688 Congress St., Portland. Exhibit of mixed-media works by artists associated with the Portland Coalition for the Psychiatrically Labeled, ongoing. Call ahead for hours. 772-2208.

Portland Glassblowing Studio Nissen Bakery, 24 Rosasco Lane, Portland. Glassblowing demonstrations and exhibit of contemporary glassware designed and made by studio owner Ben Coombs, ongoing. Hours: Fri-Sun 10am-6pm. 409-4527.

Plum Gallery, 142 High St., Suite 217, Portland. Art in Miniature: A Maine Jewelers Biennial featuring the work of many of Maine's well known published metal smiths.

Radiant Light Gallery, 142 High St., Suite 409, Portland. Leonard Freed female nudes through June. Hours: Sat. noon - 6pm, First Friday, or by appointment. 252-7258 or radiantlightgallery.com.

Running With Scissors, 34 Portland St., Portland. "Synapse," oil paintings by Lisa Whelan and Jac Oulet through May 30. Hours: Thurs-Sat 12-5pm. Sun 11am-2pm. 780-6252.

Saco Bay Artists Gallery, 22 Washington Ave., Old Orchard Beach. "Birds 'n Blooms," watercolors by Sylvia Goss through May 30. Hours: Thur-Sat 10am-4pm. Sun 12-4pm. 934-3050, 934-2930 or 284-9949.

Scott Potter Gallery 142A High St., Portland. "Still life, Life Stills" photographs by Robert Diamante through June 14. Hours: Tues-Fri 11am-5pm. Sat 11am-3pm. 775-3630.

Silver Image Resource Gallery, 500 Congress St., rear studio, Portland. Photography by Donna Lee Rollins, and Dennis Stein, hand-colored photographs, "Holga" prints, and digital images, ongoing. Hours by appointment or chance. 5-8pm first Fridays. 767-0711.

Spindeworks Gallery 7 Lincoln St., Brunswick. Works of Paula Clearfield, Minton Warren, John Joyce and Danielle Phillipon through May. Hours: Mon-Fri 8am-4pm. 725-8820.

Studio 656, 656 Congress St., Portland. Works by John Driscoll, ongoing. Hours: Thurs & Fri 12noon-6pm. 871-3922.

Thomas Spencer Gallery, 360 Main St., Yarmouth. Hours: Tues-Fri 10-5. Sat 10-4, or by appointment. 846-3643. "Infinite Horizons" by Diana Johnson, through May 31.

Toby Rosenberg Gallery 293 Read St., Portland. Handbags, clothing, cloth dolls, pottery, contemporary

American crafts, sculpture and Judaica, ongoing. Hours: Mon-Sun 12-6pm. 878-4590.

Wiscasset Bay Gallery, 67 Main St., Wiscasset. "In Bloom-A Celebration of Spring," through July 3. Hours: Sun-Sat 10:30am-5pm. 882-7682 or wiscassetbay-gallery.com

Yarmouth Historical Society Gallery, "Home Sweet Yarmouth Home." Hours: Tues-Fri 1-5pm. Sat 10am-5pm. 846-6259.

Zero Station, 222 Anderson St., Portland. Beautiful Confusion a group show, through May 10.

museums

Abbe Museum, Bar Harbor. 288-3519.

"Layers of Time: 75 Years of Archaeology at the Abbe Museum."

"Wapohaki Student Art Show: "Beyond the Mountain: Modern Views of Traditional Ideas."

Bates College Museum of Art Olin Arts Center 75 Russell St., Lewiston. Senior Art Exhibition, a perennial favorite featuring work by senior art majors. Hours: Mon-Sat 10am-5pm. Sun 1pm-5pm. Free. 786-6158.

Bowdoin College Museum of Art, 9400 College Station, Brunswick. Hours: Tues-Sat 10am-5pm. Sun 2-5pm. Free. 725-3275.

"Drawings of Choice from a New York Collection."

"The S.S. Roosevelt: A Model of Strength" Exhibit includes a model of The Roosevelt, the ship that carried Robert E. Peary and his crew to the polar sea in 1905 and 1908, constructed by Richard DeVynck, based on his new research, ongoing.

Center for Maine History Museum, 489 Congress Street, Portland. From Dairy to Doorstep: Milk Delivery in New England, 1860-1960, chronicles the origins of home milk delivery and the heyday of the milkman, through May 25. Hours: Mon-Sat 10am-5pm.

Colby College Museum of Art Colby College, Waterville.

"Foreign and Familiar," a series of photographs by Dee Peppe, through June 8. Hours: Mon-Sat 10am-4:30pm. Sun 2-4:30pm. 872-3228.

"Senior working in the studio arts will exhibit paintings, prints, drawings and sculptures through May 25.

Currier Museum, 201 Myrtle Way, Manchester, NH. Jan Miense Molenaar: Painter of the Dutch Golden Age. Hours: Mon, Wed, Fri & Sun 11-5. Thurs 11-8. Sat 10-5. 669-6144.

Davistown Museum, Main St., Liberty. Hours: Sat & Sun 10am-5pm. Maine and New England history through the study of tools, Native American history, artifacts, and exhibits featuring Maine artists. 589-4900.

Maine Maritime Museum 243 Washington St., Bath. Percy and Small Shipyard exhibit. Hours: Mon-Sun 9:30am-5pm. 443-1316.

Portland Harbor Museum, Fort Road, SMTC Campus, South Portland. A Day in the Life of Portland Harbor, through Memorial Day. 799-6337.

Portland Museum of Art, 7 Congress Square, Portland. Hours: 10am-5pm Tues, Wed, Thurs, Sat & Sun. 10am-9pm Fri. Memorial Day through Columbus Day open Mondays 10am-5pm. 775-6148 or (800) 639-4067.

"Art Biennial" will showcase works of art by emerging and established artists associated with the state, through June 1.

"Contemporary Art From the Permanent Collection," featuring the diversity of subject matter and style that have come to dominate the post-world war art scene, ongoing.

"Play of Light: The Charles Shipman Payson Building" this year marks the 20th anniversary of the building at the Museum, through May 25.

"Hamilton Easter Field: Pioneering American Modernism" - Field (1873-1922) was recognized as an important proponent of modern art who exerted a wide

influence through his activities as a painter, critic, teacher, author, and patron of the arts, through June 15.

"Prints by George Grosz: A Scathing Portrait of Weimar Germany" focuses on political interest in printed media, specifically photolithographic facsimiles of his drawings, that allowed a large number of people to see his work rather than an elite few, through May 11.

The Saco Museum, 371 Main St., Saco. Hours: Sun & Tues-Fri 12-4pm. Thurs, 12-8pm. 283-3861 x114.

"Battle of the Bridge," showcases the 110 year old rivalry between the high school football teams from Biddeford and Saco through August 10.

"Minor Thoughts: Perceptions of Young People in the 18th, 19th and early 20th Century" explores the lives of teenagers before the 20th century through diaries, needlework, photographs and portraits, through August 10.

other venues

Barbara's Kitchen, 388 Cottage Rd., So. Portland. The work of local artist Zoo Cain will show through May 31st. 767-6313.

Casco Bay Frames, 295 Forest Ave., Hannaford Plaza, Portland. 4th annual employee art show through May. Hours: Mon-Fri 10am-7pm. Sat 10am-4pm. 774-1260.

Coffee By Design, 620 Congress St., Portland. "Patterns in Nature," photography by Brian Gehan through June 8. Mon-Thurs 6:30am-8pm. Fri 6:30am-9pm. Sat 7am-9pm. Sun 7am-7pm.

Coffee By Design, 24 Monument Square, Portland. Works by Eden Radfarr through June 8. Mon-Fri 7am-5:30pm.

Coffee By Design, 67 India St., Portland. Works by Eden Radfarr through June 8. Mon-Fri 6:30am-7pm. Sat & Sun 7am-6pm.

The Creative Photographic Art Center of Maine, Lewiston. Student show through June 1. Hours: Mon-Thurs 9:30am-5pm. Fri & Sat 10am-3pm. 782-1369.

Free Street Taverna, 128 Free St., Portland. Abstract works by Zoo Cain through May 31.

Gravity, 486 Congress St., Portland. Exhibit featuring local artists Caitlin Biskup and Tiffany Dill through July 6. 761-9690.

Green Design Furniture, 267 Commercial St., Portland. Figurative oil paintings by Dahlia Mann through June 15. Hours: Mon-Sat 10am-6pm. Sundays by appointment. 775-4234 or www.greendesigns.com.

Hilltop Coffee Shop, 99 Congress St., Portland. "Adam's Artists" Adam's Elementary School's student artwork and silent auction, ongoing. 780-0025.

Katahdin Restaurant 106 High Street, Portland. Work by local artists Gina Adams and Valerie Smith, ongoing. Hours: Tues-Sat after 5pm. 774-1740.

The Kitchen 593 Congress St., Portland. Abstract topographical works & Paintings by Drew Wilen, through May 27.

The Klamon Bottle Building, 428 Fore St., 2nd floor, Portland. Works by Ian Factor through June 1. 773-7730 or www.ianfactor.com.

Maine Audubon, 20 Gilsland Farm Road, Falmouth. Drawings, paintings and crafts of various Spindeworks artists on display, through May. Hours: Mon-Sat 9am-5pm. Sun 12-4pm.

New Life Reiki Center, 14 Forest Ave., Portland. A distinctive visual arts exhibit of creatively decorated body casts presented by the IAM project. Hours: Tues-Thurs 12noon-6pm. Fri 12noon-9pm. Sat 12noon-6pm. 773-9894.

Thos. Moser Cabinetmakers, 149 Main St., Freeport. Contemporary paintings by Catherine Breer, through May 30. 865-4519.

Uffa Restaurant, 190 State St., Portland. Recent works by local artist Zoo Cain, through June. 775-3380.

stage door

DANCE

"Polished," dance group performs May 9, 7:30pm, Oxford Hills Comprehensive High School Auditorium.

THEATER/COMEDY

"Abdallah of the Land & of the Sea," presented by the Hurdy Gurdy Puppet Show. A marionette show for all ages every Saturday morning in May, 10am, 11am and 12noon, \$3, St. Lawrence Arts and Community Center, 76 Congress St., Portland. 775-2004.

"Camelot," the legendary and romantic tale of doomed mortals reaching for the stars while trapped in a world of conspiracy, April 25 - May 11, Lyric Music Theater, 176 Sawyer St., South Portland. 799-1421 or lyricmusictheater.com.

"Chicago," about a chorus girl who murders her lover, then manages to avoid prison and propels herself to showbiz stardom along with another murderous chorus girl. May 9 - June 1, Fri and Sat 8pm, Sun 2:30pm, The Portland Players, 420 Cottage Rd., South Portland. 799-7337.

Comedy Connection, 16 Custom House Wharf, Portland. 774-5554. *Thursday, May 8, Comedy Showcase hosted by Jim David (Comedy Central), 8:30pm, \$6. *Friday, May 9, Jim David (Comedy Central), 8:30pm, \$10. *Saturday, May 10, Jim David (Comedy Central), 8 and 9:45pm, \$10. *Sunday, May 11, Shane Kinney's Comedy Showcase, 8:30pm, \$6.

"Grease," national tour, May 11, 3pm and 7:30pm, Merrill Auditorium, 477 Congress St., Portland. 773-3150.

"An Infinite Ache," humorous, poignant and unforgettable, this enchanting whirlwind will leave you in awe of all that love brings, May 2-11, The Public Theater, Auburn. 782-3200.

"Les Acadiens," about a young Franco-American in Waterville who must decide whether to remain close to his family and support them with his job, or leave to join the American forces, May 9-25, Fri 7pm, Sat 2pm and 7pm and Sun 2pm, The Children's Theatre of Maine, 317 Marginal Way, Portland. 828-0617.

"A Little Princess" a family musical translates the classic children's novel to the stage, May 2-18, Schoolhouse Arts Center, Rt. 114, Sebago Lake Village. 642-5938.

"Parallel Lives," exploring the plight of women and the pandemonium that ensues when the two sexes try to get together for more than a drink, May 2-18, The Theater Project. 729-8584.

"Rocky Horror Show...the Revival," a rock 'n' roll sci-fi musical spoof, April 25, 26, May 2, 3, 4, 9 and 10, City Theater, Biddeford. 282-0849.

"Shirley Valentine," about a middle-aged housewife whose life is in a rut. May 8 - June 1, Thurs 7:30, Fri and Sat 8pm, Sun 2pm, St. Lawrence Arts Center, 75 Congress St., Portland. 885-5883.

"Suburban Motel," an explosive comedy...in four pieces, May 8 - June 1, Thurs 7:30pm, Fri and Sat 8pm, Sun 5pm, Portland Performing Arts Center, 25A Forest Ave., Portland. 347-5218.

A Sudanese Play about a Sudanese family's journey to Maine, 7:30pm, Center for Cultural Exchange, Longfellow Square, Portland. 761-1545.

"Sylvia," the story of an outspoken stray dog who is adopted into a Greg's mid-life crisis, and raises a ruckus for wife Kate's empty nest celebration, presented by the Freeport Community Players, April 25-27, May 1, 3, 4 and 8-10, Freeport High School, Holbrook St. 865-2220.

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication. E-mail: listings@maine.rr.com.

focal point

Local Concerts Make a Joyful Noise



Last year's J.A.M.Fest drew record crowds. PHOTO COURTESY OF J.A.M.FEST.

From classical to country to hard rock, there are many ways that people can express their faith through song. Two upcoming events, the Oratorio Chorale Bach Concert and J.A.M.FEST, demonstrate the incredible diversity of religious music.

The Oratorio Chorale, under the direction of Peter Frewen, will perform a program of Bach masterpieces on Saturday, May 17, at 7:30pm at United Church of Christ, 150 Congress Ave., Bath, and on Sunday, May 18, at 3pm at Sacred Heart Church, 33 Main St., Yarmouth. Guest soloists and the Maine Chamber Ensemble will perform with the Chorale.

Bach's Cantata 70 and Cantata 150 will be the featured pieces on the program. The opening chorus of Cantata 70 is considered one of the best Bach ever wrote, and both cantatas contain arias that are fine examples of Bach's ability to capture emotion and idea in melody. The Chorale will also sing passages from Bach's "St. Matthew Passion" and "St. John Passion."

Guest soloists include soprano Susan Strickland, alto Sara Sturdivant, tenor Bruce Fithian, and bass Peter Allen. Strickland is the soloist for Grace Community Church in West Bath. Sturdivant is completing a degree in voice performance at the University of Southern Maine and has appeared in various concerts and productions on campus and around the state. Fithian is a professor of music at the University of Southern Maine. Winner of the Lillian Nordica Award, Peter Allen has been guest soloist with the Portland Symphony Orchestra and chorales throughout the state, has sung solo roles for the Portland Opera Repertory Theatre, and performs popular music with the cappella group Referendum.

J.A.M.FEST was started back in 2001 as a Jesus & Music Festival for the entire family. Now, in its 3rd year, it has become Maine's largest one day family music festival, with over 70 solo artists, bands and worship teams appearing on six different stages, as well as clowns, magicians, and illusionists from all over New England. This year, J.A.M.FEST also features national recording artist Greg Long.

The festival features Christian music, the fastest growing genre of music in the world, according to an article in *USA Today*. This music is family friendly and includes all styles from pop and rock, country and bluegrass, to rap and hip-hop, to praise and worship. There's something for every music lover's taste.

J.A.M.FEST is organized by Blacksmiths Music Ministries. The nonprofit group sponsors various outreach programs such as The Little Buddy Back To School Program and the F.R.I.E.N.D.S. Program. (Friends Reaching Individuals with Encouragement, Nourishment, and Disciplined Spirituality). The Blacksmiths are currently raising money to purchase a home in Oxford with approximately 2 acres of land, which would be the headquarters for the ministry and its programs. The property would also provide a haven for the homeless youth in the Oxford Hills and surrounding areas.

Tickets for the May 17 and 18 Oratorio Chorale concerts are \$15 in advance and \$17.50 at the door. Group discounts are available. Students are half price and children under 12 are free. For more information, visit the Oratorio Chorale Web site at www.oratoriochorale.org or call 725-1420.

J.A.M.FEST will be held on Saturday May 24th from 11am-9pm at Funtown/Splashtown U.S.A. in Saco. The advance bracelet price of just \$22.00 includes admission to all the rides and all the concerts for the entire day. For more information about the Blacksmiths Music Ministries, call (207) 743-7658.

Music directory

The Alehouse 30 Market St, Portland. 253-5100.
American Legion Post #62 17 Dunn St, Westbrook. 856-7152.
Amigo's 9 Dana St, Portland. 772-0772.
Asylum 121 Center St, Portland. 772-8274.
Barbara's Kitchen & Cafe 388 Cottage Road, So. Portland. 767-6313.
The Big Easy 55 Market St, Portland. 871-8817.
The Big Kahuna Cafe 142 Main St, Bridgton 647-9031.
Bowdoin College Chapel Brunswick. 725-3321.
Bramhall Pub 759 Congress St, Portland. 773-9873.
Breakaway 35 India St, Portland. 541-4804.
Bridgeway Restaurant 71 Ocean St, South Portland. 799-5418.
Brian Boru 57 Center St, Portland. 780-1506.
Brooks Student Center Univ. of Southern Maine, Gorham. 780-5003.
Bull Feeney's 375 Fore St, Portland. 773-7210.
Casco Bay Lines, Casco Bay Lines Terminal, 56 Commercial St, Portland. 774-7871.
Cathedral Church of St. Luke 143 State St, Portland. 772-5434.
Cathedral of the Immaculate Conception 307 Congress St, Portland. 773-7746.
Center for Cultural Exchange 1 Longfellow Sq., Portland. 761-1545.
Chocolate Church Arts Center 798 Washington St, Bath. 442-8455.
C.J. Thirsty's 726 Forest Ave, Portland. 775-6681.
Civic Center Between Spring and Free streets, Portland. 775-3458.
Clyde's Pub 173 Ocean St, South Portland. 799-4135.
Commercial Street Pub 129 Commercial St, Portland. 761-9970.
Corthell Concert Hall 37 College Ave, University of Southern Maine, Gorham campus. 780-5555.
Crooker Theater Brunswick High School, Maquoit Road, Brunswick. 725-3895.
David's Restaurant 22 Monument Square, Portland. 773-4340.
Deertrees Theatre & Cultural Centre Deertrees Road, Harrison. 583-6747.
Digger's 440 Fore St, Portland. 774-9595.
Discovery Park L.L. Bean, Main Street, Freeport, (800) 559-0747 X37222.
Downeast Restaurant 705 Route 1, Yarmouth. 846-5161.
First Parish Church of Portland 425 Congress St, Portland. 773-5747.
The Flatbread Company 72 Commercial St, Portland. 772-8777.
Free Street Taverna 128 Free St, Portland. 772-5483.
Geno's 13 Brown St, Portland. 772-7891.
Granny's Burritos 420 Fore St, Portland. 828-1579.
Gritty McDuff's 396 Fore St, Portland. 772-2739.
Happy Cooking 78 Island Ave, Peaks Island. 766-5578.
Headliners 35 Wharf St, Portland. 773-1570.
The Iguana 52 Wharf St, Portland. 871-5886.
The Industry 50 Wharf St, Portland. 879-0865.
Jonathan's Restaurant 92 Bourne Lane, Ogunquit. 646-4777.
Kennebunk Coffeehouse Routes 1 and 35, Kennebunk. 229-0212.
Kresge Auditorium Bowdoin College, Brunswick. 725-3321.
Liquid Blue 446 Fore St, Portland. 774-9595.
Local 188 188 State St, Portland. 761-7909.
Ludke Auditorium University of New England, 716 Stevens Ave, Portland. 797-7261.
Mast Cove Galleries Mast Cove Lane, Kennebunkport. 967-3453.
Mathew's Lounge 133 Free St, Portland. 253-1812.
The Mercury 416 Fore St, Portland. 879-4007.
Merrill Auditorium 20 Myrtle St, Portland. 842-0800.
Moose Crossing Steakhouse 270 U.S. Rt. 1, Falmouth. 781-4771.
The Music Hall 28 Chestnut St, Portsmouth, NH. (603)433-3100.
Old Orchard Beach Pavilion 17 Prospect St, Old Orchard Beach. 934-2024.
Old Port Tavern 11 Moulton St, Portland. 774-0444.
Olin Arts Center 75 Russell St, Bates College, Lewiston. 786-6252.
O'Rourke's Landing 175 West Benjamin Pickett St, So. Portland. 767-3611.
The Pavilion 188 Middle St, Portland. 773-6422.
Plush 54 Wharf St, Portland. 774-9595.
Portland Conservatory of Music 116 Free St, Portland. 775-3356.
Portland Museum of Art 7 Congress Square, Portland. 775-6148.
Portland Public Market 25 Preble St, Portland. 228-2000.
Pub 21 (Fifties Pub) 223 Congress St, Portland. 771-5382.
Rick's 100 Congress St, Portland. 775-7772.
RI-Ra 72 Commercial St, Portland. 761-4446.
The Roost Chicopee Road, Buxton. 642-2148.
St. Lawrence Arts & Community Center 76 Congress St, Portland. 775-5568.
Saco River Grange Hall Salmon Falls Road, Bar Mills. 929-6472.
Sierra's Bar & Grill Routes 25 and 114, Gorham. 839-3500.
Silver House Tavern 340 Fore St, Portland. 772-9885.
Sisters 45 Danforth St, Portland. 774-1505.
Sky Bar 188 Middle St, Portland. 871-9169.
Somewhere 117 Spring St, Portland. 871-9169.
South Freeport Church 98 South Freeport St, Freeport. 865-4012.
The Space 538 Congress St., Portland. 828-5600.
Starbird Recital Hall 525 Forest Ave, Portland. 775-2733.
State Street Church 159 State St, Portland. 774-6396.
State Theatre 609 Congress St, Portland. 775-3331.
The Station 272 St. John St, Portland. 773-3466.
Three Dollar Dewey's 241 Commercial St, Portland. 772-3310.
Top of the East 157 High St., Portland. 775-5411.
Una 505 Fore St, Portland. 828-0300.
The Underground 3 Spring St, Portland. 773-3315.
The Well 369 Forest Ave, Portland. 828-1778.

listening posts

thursday 8

The Alehouse
Audioblack/Unscarred
(9pm/cover tba/21+)
Asylum
DJ Jon/DJ Fred (8pm/\$3/21+)
Barnhouse Tavern
DJ Jim Casey (9pm/no cover)
Big Easy
Even All Out (\$3/10pm/21+)
The Bramhall Pub
The Jerks of Grass
(bluegrass/9:30pm/\$2/21+)
Brian Boru
Stream (Reggae/9pm/21+)
Bull Feeney's
Angela Clark (8pm/no cover/21+)
Cumberland County Civic Center
50 Cent/Fabulous (7:30pm/\$35)
Headliners
DJ Baby J (9pm/21+)
Moose Crossing Steakhouse
David Wells/Gerry Berry Quartet
(7pm/10:30/no cover/21+)
Old Port Tavern
Karaoke w/ DJ Mike C
(9:30pm/no cover/21+)
Space
Barbez w/ Seekonk (8:30pm/\$5)
The Station
Karaoke Contest (9pm)
Three Dollar Dewey's
Derrick Semler Trio (6pm/no cover)

friday 9

The Alehouse
Conifer/Extendaride (9pm/cover tba/21+)
The Barley Pub (Dover, NH)
Rocktopus (21+)
The Bramhall Pub
Karaoke with Don Corman
(10pm/no cover/21+)
The Breakaway
Jenny Woodman (9:30pm/\$5/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Brian Boru
Pneuma (9pm)
Bull Feeney's
Jerks of Grass (up) Bailey's Mistake
(down) (9:30pm/no cover)
The Center for Cultural Exchange
Chris Smither (blues/7:30pm)
Geno's
Boston's "57/Boston's Rock City Crime
Wave/NYC's The Austerity Program
(9pm/21+)
Headliners
DJ Seanne (9pm/21+)
MPBR (90.1/90.5/91.3)
Richard Nelson (Jazz/9pm)
The Mercury
12inch Zombies-Laree Love/Moshe/
Nicotine w/ Richard Sin (9pm/\$2/21+)
Old Port Tavern
Strict 9 (rock/9pm/no cover/21+)
RI-Ra
DJ Teague (10pm/21+)
Sisters
DJ (9pm/\$2/21+)
Space
Sun-Xing Two (Jazz/8:30pm/\$6)
The Station
Boston DJ's (dance/
hip-hop/r&b/reggae/9pm/\$5)
Una
DJ Mike Said (house
music/9:30pm/no cover/21+)

Unity College
Jason Spooner Trio (9pm)
The Well
DJ Darkhart (goth/5:30pm/\$5)

saturday 10

The Alehouse
Jinxed (cover tba/9pm/21+)
Asylum
DJ Jon/DJ Fred (8pm/\$3/21+)
Black Bull Tavern (Rockland)
The Grumps (9:30)
The Bramhall Pub
Pat Foley (10pm/no cover/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Bull Feeney's
Bailey's Mistake (up)/
Jason Spooner Trio (down)
(9:30pm/no cover)
The Denmark Art Center (452-2412)
Carol Noonan and Kevin Barry
Geno's
Bober Latino w/ DJ Omar
(9pm/21+)
Headliners
DJ Baby J (9pm/21+)
Kennebunk Coffeehouse
David Mallet/Bailey Jester (7:30pm/\$15)
Old Port Tavern
Strict 9 (rock/9pm/no cover/21+)
RI-Ra
Vacationland (10pm/21+)
State Theatre
AFI/Recover/The Explosion
(8pm/\$13/\$15)
Sisters
Top 40's DJ (8:30pm/\$3/\$5/21+)
Una
DJ Nicotine/DJ Marcus
(9:30pm/no cover/21+)

sunday 11

The Alehouse
Stream (Reggae/9pm/\$2/21+)
Big Easy
DJ Jay (10pm/\$3/21+)
Brian Boru
Pneuma (9pm)
Bull Feeney's
Irish session music (3-7pm)
David's Restaurant
Jenny Woodman Acoustic Duo (6pm)
Free Street Taverna
Open Mic w/ Tyler of Sly Chi
(9:30/cover tba/21+)
The Grand (Ellsworth)
Ashley MacIsaac (7:30pm/\$16/\$18)
Old Port Tavern
Karaoke w/ DJ Mike C.
(9:30pm/no cover/21+)
RI-Ra
Live Jazz Brunch (11am/no cover)
St. Lawrence Community Center
The Piners (7:30pm)
The Station
Oldies Dance 1950-1980 (no cover)
Three Dollar Dewey's
Tom Kennedy (4pm/no cover)

monday 12

Alehouse
Concentric (9pm/21+)
The Big Easy
Ryan McAlmon (10pm/\$3/21+)
Free Street Taverna
Hip Hop Open Mic w/ Boon Doo
(10pm/no cover)

Old Port Tavern
Karaoke w/ DJ Sid
(9:30pm/no cover/21+)
Slates (622-9575)
Tret Fure (8:15pm/\$15)
The Station
Open Mic & Karaoke (9pm)
Stillhouse Studio Theatre (879-5498)
Al Gardner and his Middle Eastern
Ensemble (8pm)

tuesday 13

The Alehouse
Open Mic Night (no cover/21+)
The Big Easy
Sly Chi (Funk/10pm/\$3/21+)
Bridgeway Restaurant
Al Doane Jazz Jam (7-10pm)
Bull Feeney's
Open Mic (8pm/no cover)
Old Port Tavern
Karaoke w/ DJ Sid
(9:30/no cover/21+)
The Mercury
The Lesson w/ Moshe/DJ Mota/
Kid Ray (10pm/\$1/21+)
Three Dollar Dewey's
TBA (6pm/no cover)
Una
DJ Marcus (chilled out house
music/9:30pm/no cover/21+)

wednesday 14

The Alehouse
A Band Beyond Description
(jam band/9:30pm/\$2/21+)
The Big Easy
Mike Taylor (Funk/10pm/\$3/21+)
Breakaway
The Maine Songwriters Showcase
(8pm/no cover/21+)
Geno's
Dr. Farren's Open Mic
Music Clinic (7:30pm/21+)
Old Port Tavern
Karaoke w/ DJ Mike C.
(9:30/no cover/21+)
RI-Ra
Mike O'Brien (Irish/6pm)
State Theater
AFI/Recover/The Explosion
(8pm/\$13/\$15)
Three Dollar Dewey's
Shanna & the Hawk (6pm/no cover)
The Well
Open Mic Night (8pm/no cover)

Got a gig? Is the next big thing coming to your club or venue? Casco Bay Weekly wants to know! Please send your music listings (including date, location, performer, genre, time and cover charge), to Listings, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101, fax: 775-1615, or e-mail: listings@maine.rr.com. Please have listings in by the Thursday prior to the desired publication.

music seen

The day the diva came to town: Cher at The Civic Center

by Aimsel Ponti

It's Wednesday night, the 30th of April and I am processing the spectacle of tonight's performance that ended about a half hour ago.

On the floor to my right: a pile of silver streamers and on the table; a couple of Cher dollars. Both items cascaded from the ceiling of the Civic Center after her encore performance of the mega-hit Believe. You gotta understand, I'm the girl you'd find at a Kate Schrock or Tori Amos show. I had no idea what I was getting myself into tonight. But having rallied for the occasion and donning my red leather pants, off I went in search of a diva encounter of the platinum blonde kind. I'm too tired to Google Cher and find her exact age but I think it's somewhere around 56. She looked absolutely incredible. And yes, her butt still is tattooed and she still wears outfits that would make an alter boy blush and a grown man weak in the knees.

So let's talk about the audience. Generally speaking it was a slightly older set, say the 50+ crowd. Peppered in there were the loyal gay male fans as well as a fair amount of younger concertgoers. I walked around several times and felt the crowd seemed kind of flat. That all changed at 8:45. After a hilarious set by comedian Dom Irrera the three large video monitors flashed the words "Ok...Let's Dance" and then about 45 disco hits were blasted while camera crews shot the crowd dancing. This went on for about 15 minutes and was actually really fun. It loosened us all up and got us ready for the queen's

entrance.

I had the chance to chat with some fans before Cher took the stage and here's what some of them had to say. First was Dawn Leahy from Windham. I asked her for how long has she been a Cher fan.

"Since I was eight years old...from the Sonny and Cher show." Then I asked Braden Chapman from Gorham why he had come tonight. He cut right to the chase: "Hello...it's Cher." His friend Andrew Menard of Portland enthusiastically echoed this comment. Then I walked up to the front row and chatted with 18-year-old Alexandra Fillmore of Hollis. She was decked out with a hand-decorated Cher sailor cap, Cher buttons and of course a Cher shirt. I asked her why she liked Cher so much.

"She's really independent, powerful and her songs really rock."

Just after 9 o'clock, the lights dimmed and behold, Cher, dressed as a silvery glitter queen was lowered down on a platform and launched into her first number; surprisingly enough a cover of U2's *I Still Haven't Found What I'm Looking For*. At this point what makes the most sense is to break this review down into a good old-fashioned top ten list.

From the home office on Munjoy Hill I hereby submit the following Top Ten Highlights of the Cher *Living Proof* farewell tour performance:

10: The huge fake elephant that was rolled out onto stage and out of which Cher emerged.

PSO Sounding Better than Ever!

by Raymond Kent Long

This reviewer has been enjoying Portland Symphony concerts for the past 25 years and continues to be amazed at it's ever-increasing excellence, seemingly from one performance to the next. With a tip of the hat to the fine conductors who've been leading this orchestra since it's founding in the 1920's, we must single out Bruce Hagen and current Music Director Toshiyuki Shimada as the maestros who have made our so-called "municipal orchestra" (which serves smaller markets) one of the best, if the best, in all the land.

This was highly evidenced by it's dazzling 2002-2003 season finale, which featured orchestral showpieces that tested the skills of every member of the ensemble to the fullest. Maestro Shimada opened the program with the Prelude to Act 1 from Richard Wagner's opera Lohengrin. Music awash with mystique and passion, the sound coaxed from the string sections (especially the violins) caused us to marvel at their skills, especially in the opening measures, which call for incredibly quiet playing at the upper most level of the instrument's range. The sonic sweeps and textures evoked by the conductor were spell-binding, as one layer of sound was displaced by the next, all carried out with great perfection and beauty. (Music such as this causes some music-lovers, such as I, to regret that Wagner devoted his career almost strictly to bohemian-sized operas, rather than expansive orchestral works, as Brahms and the Wagner disciple Bruckner did).

The virtuosity of the PSO was next tested by a wonderfully entertaining work by Gia Comolli, a 30-something composer who resides in Bath. There is

genius afoot in Bath, in the person of this petite woman, whose work seemed imbued with the passion and energy of composers such as the American icon, Samuel Barber and the legendary Bernard Hermann (he wrote many scores for Alfred Hitchcock's films). Comolli's work was entitled *The Flight of Icarus*, and indeed, the orchestra soared, taking us on the ill-fated launching and disastrous collapse of the legendary Greek figure. In this writer's listening experience, many contemporary works do have their great moments, but inevitably slump into the doldrums along the way. But Ms. Comolli's *Icarus* had nary a dull moment and was captivating from it's playful start to it's tragic conclusion. This wonderfully talented composer was present for the performance and was feted with a bouquet of flowers and a round of vigorous applause. The final work of the opening half was another barn-burner, this time by the brilliant orchestrator Richard Strauss (no relation to the Waltz-King). Strauss's *Don Juan* is an absolutely intense tone poem portraying the passion and demise of one of fictional literature's great and wreckless paramours. Maestro Toshi was nearly wreckless himself in the technical risks he was asking his players to take, but things held together wonderfully, with especially remarkable playing on the English Horn by Julie Vernet and a French Horn section led by John Bowdoin. The opening half of the Season Finale was (as the flower children of the 60's would have put it) "a trip, man!"

The mood changed 180 degrees when the second half of the concert opened with two solemn and inspiring choral works by the great (otherwise

9: The 15 costume changes, which included nearly as many hair color and style changes.

8: The video montage of her work in films, including *Silkwood* and a personal favorite *Moonstruck*.

7: When she told us how this was her farewell tour and how artists like Britney Spears (I may have spelled her name wrong...so be it) and J-Lo are coming up now. To which the audience loudly booed and to which Cher responded, "Yeah you're right...screw them."

6: When she sang a medley of *Dark Lady*, *Gypsies, Tramps and Thieves* and of course *Half-Breed*.

5: The dancers ... 7 of them. Doing trapeze acts, back-flips and shaking their booty impressively while also changing costumes countless times.

4: The big massive headdress Cher wore at one point.

3: The video montage of her time with Sonny.

2: Having my friend tell me she cried a few times during the show.

And the number one highlight of the Cher show

1: The encore of *Believe*. I have never liked that song. Give me a nice singer-songwriter to listen to, I can't hack pop music. But damn...it was fabulous.

Aimsel Ponti is a free-lance writer in Portland who would like to thank her friend Lauren for arranging for the ticket that allowed for this review. She can be e-mailed at aimselponti@yahoo.com. ok...goodnight.

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A Mighty Wind (PG-13)

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Talk To Her (R)

1:30, 4:30, 7:15, 9:45

The Good Thief (R)

1:10, 3:45, 6:40, 9:00

Bend It Like Beckham (PG-13)

1:20, 4:10, 7:00, 9:20

Anger Management (PG-13)

1:45, 4:20, 6:50, 9:10

Chicago (PG-13)

4:00

Better Luck Tomorrow (R)

9:30

The Pianist (R)

1:00, 6:30

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APR. 30-MAY 16

May 7-13: WED-TUES 9:00

SAT-SUN MAT 12:30

Spider (R)

MAY 7-13

WED-TUES 3, 5, 7

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MAY 14-20

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Anger Management (PG-13)

May 9, 10: 3:30, 7:00, 10:00

May 10: 12:00 • May 11: 12:00, 3:30,

7:00

May 12-14: 3:30, 7:00

May 15: 4:00, 7:00

Daddy Day Care (PG)

May 9, 10: 4:00, 7:30, 10:15

May 10: 12:30 • May 11: 12:30, 4:00,

7:30

May 12-15: 4:00, 7:00

Holes (PG)

May 9, 10: 3:00, 6:30, 10:00

May 10: 11:30 • May 11: 11:30, 3:00,

6:30

May 12-15: 3:30, 7:00

Identity (R)

May 9, 10: 4:00, 7:30, 10:00

May 10: 12:30 • May 11: 12:30, 4:00,

7:30

May 12-14: 4:00, 7:00

Lizzie McGuire (PG)

May 9, 10: 3:30, 7:00, 10:00

May 10: 12:00 • May 11: 12:00, 3:30,

7:00

May 12-15: 4:00, 7:00

X2 (PG-13)

May 9, 10: 3:00, 6:30, 10:00

May 10: 11:30 • May 11: 11:30, 3:00,

6:30

May 12-15: 3:30, 7:00

Matrix: Reloaded (PR)

May 14: 10:00

May 15: 3:30, 7:00

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Movies seen

by Tom Keene

Standing in the Shadows of Motown **** video review

As a lesson in music history, as an in-depth description of how music is created, and as 12-song concert, I rate *Standing In The Shadows Of Motown* with five out of five stars. Running for 106 minutes and rated PG.

In reviewing *Standing In The Shadows Of Motown*, I have to admit that I do not particularly care for this kind of music. My favorite composers all have been in their graves for over one hundred years. As I write this, I am listening to CD's of the music of Bach and Beethoven. I like all Beethoven music, some Elvis, everything John Philip Sousa wrote, as well as the jazz of Brubeck and the New Eagle Jazz Band. I care little for much of the rest of the music created in my lifetime.

But this two-disk DVD of a documentary released in theaters in November, 2002 and on video April 22, 2003, is simply wonderful. It tells the story of a group of studio musicians who performed the music for nearly all the hits of The Supremes, Marvin Gaye, the early work of Stevie Wonder, Smokey Robinson. Martha Reeves and Gladys Knight, among many others.

Although the band, named The Funk Brothers, was rarely given credit, they played, according to the film, "on hits that sold more records than the Beatles, Elvis, The Beach Boys and the Rolling Stones—combined!"

But no one outside of Detroit knew a thing

about them, and they never actually sought the fame and fortune that they gave to the singers they backed up on hits like "My Girl," "I Heard It Through The Grapevine," and "Do You Love Me?"

For those who appreciate the Motown Sound created in the 1970's by Barry Gordy, the dozen or so songs performed by the Funk Brothers will be an astonishing treat. Even I could get into the swing of things, but only on the two songs I like from Motown, and they are "I Heard It Through The Grapevine," sung by Joan Osborne, and "You've Really Got A Hold On Me," performed by Me'shell Ndegocello. I've never heard of either singer, but both performances are incredible.

The documentary consists of recent interviews with the surviving Funk Brothers, who describe in great detail how they created the Motown Sound. These men are not only superb musicians, they are able to eloquently, and in great depth, talk about what being a musician is all about.

I found their discussions riveting, and many of the singers they backed up spoke with obvious admiration of the indispensable contributions the Funk Brothers gave them. It's a shame that they weren't given credit in their own day, but that is apparently how the music business operated then.

The film is fast-moving and always inter-



Bob Babbitt (left) and Eddie Willis (right) with an impassioned Ben Harper (center) performing "Ain't Too Proud To Beg"

esting, even to someone who doesn't care for the Motown Sound. Actually, even after watching both disks, some sections a couple times, I still don't particularly care for the sound. I can't imagine how thrilled fans of the Supremes, Marvin Gaye, Stevie Wonder—not to mention Joan Osborne and Me'shell Ndegocello—are going to be. I suppose it's like lobster, which I, almost alone in world, loathe. I certainly can't be critical of things that nearly every other human being cherishes. And I can't deny that the musicians appearing in *Standing In The Shadows Of Motown* are supremely talented and uniquely gifted.

**** video review

and Robert Klein.

After Wade's brother Howard, (David Haig) the brains behind the family business, insists that George hires a new lawyer—one who graduated from a real law school, not a pretty airhead like his current and past legal representatives—Lucy pops up on the sidewalk to protest Wade's latest project, one that will destroy the fabric of her neighborhood. Of course, Wade offers to hire her, and obviously, she accepts. It's too silly to take seriously, but it doesn't matter, for from that point, *Two Weeks Notice* just gets funnier.

For the next 50 minutes or so, this is simply great comedy. Grant and Bullock bounce political, sexual and personal lines back and forth, and I used the pause and rewind buttons on my DVD player a dozen times. Unfortunately, after Lucy gives her two weeks notice, the fun slowed, then stopped all together. Except for an occasional smile and a couple of giggles, the second half of the movie is as bland as mashed potatoes sans salt.

The main trouble is June Carter, the lovely, leggy red-headed Harvard graduate Wade is about to hire to replace Lucy. Alicia Witt is just too nice to be the "other woman." While she does plot a bit to get Wade's attention, June is so sweet that Lucy's anger doesn't seem justified.

It's not that the second half isn't interesting, for in some ways, it is. But it doesn't belong in a romantic comedy. It reaches a new low for a Hugh Grant film when the couple is stuck in New York City traffic and Bullock has an urgent need for a bathroom. The scene is embarrassingly written and played, as though neither actor wanted to be involved, but were told they wouldn't be paid unless they did it.

That's the bad news. The good news is that *Two Weeks Notice* contains some of Grant's best lines ever, delivered with the off-handed charm Grant has mastered. For example—and I won't even give away the best lines—Bullock calls him "the most selfish man on the planet." Grant's reply: "That's just silly. Have you met everyone on the planet?"

When the nutritionally ignorant Mr. Wade is tasting a tofu dessert that Lucy's father must eat to treat his high cholesterol, Grant says, with crinkled nose and mild disgust, "There's something amuck with this sponge cake."

For Hugh Grant's many fans, that's enough reason to watch this film. For the many others who find Grant appallingly lacking in appeal, nothing he says in a film will be funny.

So be it. We all have different tastes, and it's unwise to criticize what others find funny, especially when one finds the "Baked Beans" scene in *Blazing Saddles* absolutely hilarious.

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from where I sit

So, The Thing Is...

I'm Feeling A Little Guilty

by Barbara Cooper

I know, I know, what's new? I'm like the travel agent for guilt trips. Right now I'm feeling a little guilty because I am so madly in love with my little Smiley Jane, who turns two-years-old today. I mean, REALLY crazy about her. I can't keep my hands off of her. Her smile just lights up my whole world and that laugh—gosh, if I could bottle that baby deep-belly laugh, I would be the richest woman in the world. It's hard to capture the essence of Jane's personality with words. I can't really describe that sense of perpetual motion, that blinding smile. It's like she is lit from within, and I think that light is joy and enthusiasm and awe for this world. She's so loving and so happy (even with that awesome temper) and then you add that baby skin and that wall-to-wall smile and the next thing you know, I am feeling guilty!

I can remember going through this phase with Ana (now four-and-a-half) too, although she was never quite so over-the-top at loving me back as Jane is. But there was no need to feel guilty because she was my first. I just totally indulged myself in a big crush on my girl. But with Jane, there's this vague sense that maybe I'm being somehow unfair. Like maybe my infatuation with her takes something away from Ana.

And it's true, you know. I am NOT madly infatuated with Ana at the moment. I LOVE her and I appreciate her and I marvel at her but it's also her job to push my buttons. She's good at it. The whining thing. The testing thing. The negotiating thing. The monitoring my speed limit when I drive thing. I can honestly (albeit ashamedly) say that when she goes to school, I am a little relieved. It's just hard with her right now. She's four going on about thirteen, and she ignores me half the time and is cheeky another fourth of the time and then she's so completely wonderful and loving and funny the other fourth that I feel MORE guilt.

Oh, but that Hurricane Jane! I miss her if she's merely taking a long nap. Sometimes when I go in to check on her at night and I see her, asleep in her mermaid pajamas and her little rump up in the air, I have to stop myself from picking her up, just to feel her little baby self. She's so compact at this age. She hugs so well. I am getting some real one-on-one time with her now

that Ana's in school in the mornings. And she's just CHARMING.

I took her to the playground the other day and she wanted me to swing on the big girl swing next to her. "That's GREAT swinging, Mama!" she said, encouragingly. (I love the way she always uses everyone's proper names when she is addressing them.) A little bit later, as we sat on the playscape and looked at the full moon still visible in the sky, she turned to me, blue eyes grave and awed. "Boo-ful. It's boo-ful, Mama." I gazed back at her, afraid my heart would burst. "Yes, Jane. It is. Beautiful."

...you can see why I prefer, ever so slightly, the uncomplicated relationship I share with the little Hurricane. She who still craves my presence and hugs me with abandon and misses me when I'm away. She who spontaneously started to YODEL in the grocery store a few months ago. (Seriously!) She, who is so responsive to my slightest touch. Who is silly just to make me laugh. Who likes to wear my shoes.

I think part of appreciating Jane so much is that I know now how fleeting these days are. Every wonderful stage gives way to something else, and where once I cradled her and leaned over her as she took her first steps, now I'm watching her run away from me into her own world. And after Ana, I knew this was coming, so all the times Jane runs into my arms become that much more precious. I give myself permission to enjoy the view of her little naked behind and the funny way she confuses her pronouns. ("Hold you? Hold you, Mama?" She's given to spontaneously saying, "I luff you, Mama." But I know. I know the day is coming when it will be gone, the last vestiges of her babyhood, almost without me even noticing.

Sometimes I watch Ana in this new role

as my Independent Big Girl and I just want so much to reach out and pull her into my lap and hold her for a long while. I want to tell her I'm on her side. But I can't. She wouldn't stand for it (or believe me, for that matter.) The other night she came out of her room after bedtime on some pretext and when I tucked her back in, I kissed her. She wiped my kiss off.

I guess this is a normal rite of passage, but must they all be such heartbreakers? I thought I was allotted a period of time when I got to be the hero — what happened? This past summer, after I'd said "No" to her about something, she wanted to go to the grocery store and find a new family and go home with THEM. (I wish I could say I responded with sensitive probing about her feelings but instead I said, "Okay, as soon as you find a new family, I'll drive you right to their house.") The teenage years loom large.

So you can see why I prefer, ever so slightly, the uncomplicated relationship I share with the little Hurricane. She who still craves my presence and hugs me with abandon and misses me when I'm away. She who spontaneously started to YODEL in the grocery store a few months ago. (Seriously!) She, who is so responsive to my slightest touch. Who is silly just to make me laugh. Who likes to wear my shoes.

Maybe the first two years or so of a child's life are given to us as gifts —so we have a firm foundation of holding them closely that will withstand the next sixteen years of them distancing themselves from us. As Graham Green said, "There is always a moment in childhood when the door opens and lets the future in." I don't actually know that this is the start of the third year, but it would make sense.

I don't really want Jane to stay a baby —there are many other wonderful milestones along the way to adulthood. But I am enjoying every minute of it while I can (albeit with a small amount of guilt.)

Happy birthday, Smiley Jane. May you always have that sparkle in your eye and that yodel in your heart.

Barb Cooper is the mother of Ana (4.5) and Jane (TWO) and a newsletter entitled So, the thing is.... She lives in Austin, Texas.

PORTLAND Sea Dogs



HOME

SCHEDULE

MAY

09	NEW BRITAIN ROCK CATS	6 PM
10	NEW BRITAIN ROCK CATS	1 PM
11	NEW BRITAIN ROCK CATS	1 PM
12	TRENTON THUNDER	6 PM (DOUBLE HEADER)
13	TRENTON THUNDER	6 PM (DOUBLE HEADER)
14	TRENTON THUNDER	6 PM
19	BOWIE BAYSOX	6 PM
20	BOWIE BAYSOX	6 PM
21	BOWIE BAYSOX	6 PM
22	BOWIE BAYSOX	NOON
23	HARRISBURG SENATORS	6 PM
24	HARRISBURG SENATORS	6 PM
25	HARRISBURG SENATORS	6 PM
26	HARRISBURG SENATORS	6 PM

JUNE

06	BINGHAMTON METS	7 PM
07	BINGHAMTON METS	6 PM
08	BINGHAMTON METS	1 PM
09	NORWICH NAVIGATORS	6 PM
10	NORWICH NAVIGATORS	6 PM
11	NORWICH NAVIGATORS	NOON

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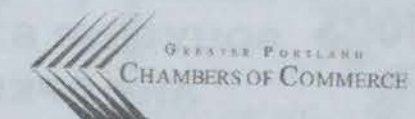
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So you want to be a Sportswriter

by John Christian Hageny

Behind every sports fan there is a dream — a dream that finds them in the press box at Game 7 of the World Series, a dream that finds them front row at the Final Four, or in the winning locker room after the Super Bowl.

Sportswriters live the dreams others only fantasize about. However, there's much more to it than covering a game, getting some quotes and writing a story. That's only a small part of the business — a very small part. Sportswriters work in small towns like Portland, Maine covering high school basketball games, youth ice hockey and women's volleyball. Sportswriters, covering outdoor games, work in the rain, snow and sleet. Sportswriters also work behind the scenes, taking phone calls from coaches, compiling statistics, taking photos, laying out and designing sports pages in newspapers.

Haven't you ever wondered what it's like to interview a professional athlete? What it's like being rejected for a quote? Where is a good place to break into the business? How much you can expect to be paid?

There is more to the trade than watching sporting events and writing about them. Do you know what it's really like to write a story with 25 minutes left until deadline? What it's like to wait for coaches to return your phone calls? Can you adjust to a lifestyle that finds you working the nights, weekends and other odd hours while others play? It takes hard work, perseverance and a bit of luck to get there.

The art of sportswriting has been passed down from generation to generation in the form of storytelling. I firmly believe that the person who could tell the best stories, be the most exuberant and earn the respect and trust of the athletes, and their writing peers, was destined to be the most successful. Giving credit where credit is due and honoring those who came before is the foundation for a career as a successful sportswriter.

The Sportswriting Formula is just that. Be truthful, be honest, respect and portray the game in a positive light.

There is always the good and the bad. The home team and the enemy. A script written and re-written again yet no one knows how the story ends. The player who played his entire career in Milwaukee and who was traded to the arch rival only to return home and play in front of 50,000 screaming fans. The game winning hit that sends the fans,

"If you don't know the game you can't write a great sports story."

Boston Globe sportswriter
Bob Ryan

who were booing him the entire game, to their feet.

Frank Deford, one of the nation's best sportswriters, once wrote, "The structure is heaven-sent. Every day, every game, every substitution, there is instant, well-formed drama: a beginning, plot development and climax."

Sports in America today are worshiped like apple pie or coffee with extra cream and sugar. Athletes can be placed on pedestals, treated as gods or buried six feet under and criticized by millions.

I feel this seemingly older-than-time medium is a vital aspect of media that shapes us as human beings and parallels society as a whole. Sports gives us role models and heroes. Sportswriters create the image, give us someone to look up to, root for or cheer against.

Wherever there is sport, there will always be people there to cover it, watch it, play it, comment on it and voice their opinion. That's what makes it fun. The rivalries, the rich history, the comparisons, the contrasts and all the hype: Just like the Mastercard commercial, Priceless. This is what I love.

The game story is the most common sports assignment, especially for a beginner. Here is a list of tips for writing the game story:

- Sportswriters need to know the rules of the games they cover. "If you don't know the game you can't write a great sports story," said Boston Globe sportswriter Bob Ryan.
- Access to information. Use a scorekeeping system that you understand.
- Use a note-taking system.
- Start thinking about your leads as soon as the game begins.
- Write contingency leads before the game begins. Ideally, the lead is ready by the time the game is over, but it often comes from postgame interviews or even from an overheard remark.



In the Stands at Hadlock

Simon Thompson, an 11-year-old fifth grade student at Portland's Nathan Clifford School, demonstrates the technique he used to catch his first-ever foul ball on April 19 at Hadlock Field. Simon owns more than 14,000 baseball cards, which he considers "a good investment." Seated next to him is his dad Cartwright Thompson.

paw print

Spring K9 Safety Training For Kids

by Nancy Freedman-Smith

Most dog bites occur when the family dog bites a young child between ages 2 and 5. The reason for this is twofold: First, the little ones are right in the dogs face, and second, many dogs do not have proper respect for small children, and see them as low-standing members of the pack. Whether you own a dog or not, spring is a great time of year to teach children dog safety as well as proper and respectful ways to treat animals. Most dog bites can be prevented. Adults need to take the time to instruct their children as well as supervise closely interactions between children and dogs.

One of my pet peeves, are families that allow their kids to hang all over the dog, pull it's hair, and even ride it! These are the same people that come to me, and brag about how good Fluffy is with the children, and how their kids can do anything to her. Not true. Fluffy is getting older, the weather is getting hotter, and Fluffy may have an undiagnosed medical problem that could make him react to pain, by biting. Please, if you allow this behavior, stop now!

Recently, I had weekend guests who had a 2 year old boy. Within minutes of being in my home "Johnny" was sock-surfing across my hard wood floor while holding on to my dog's tail. While you can teach your dog to tolerate children's behavior, and I will address that in a future article, you cannot allow children to engage in this type of behavior. We put the dog in a safe place for the remainder of the visit. She was either, crated, leashed at my side, in the yard, or locked in a bedroom.

Had my dog bitten him, I was liable. A dog bite to a child can be a death sentence for a dog, and a preventable trauma for the child and family.

I begin when they are babies. I teach them to "make nice" by taking their hand and patting a dog gently, all the while telling them to "make nice" and "be gentle". Our kids have learned the "rules" and to respect all animals.

Teach your kids to stop and stand like a tree or statue if they are being chased. Dogs have strong prey and chase drives. They can get very excited at the sight of children running. Add screaming to that and the prey

drive really kicks in. Teach children to stand still and quiet, hands by their side. If the dog continues to come at them, teach them to roll in a ball, like a turtle, with their head tucked under their hands. We do this with the neighborhood kids, and it works! Not only do the dogs calm right down, but he kids remind each other how to behave, before things get out of hand.

A word of caution here. Dogs who are tied out and never included in day-to-day activities can be dangerous. Especially dogs bred for protection work. These are the dogs that see the world go by just out of their reach. Teach your children never to approach these tied dogs in a neighbors yard, even if they know them.

Teach your kids to tell a grown up when they see loose dogs and not approach them by themselves.

Teach them never to pat a dog without asking first, let sleeping dogs lie, and to leave them alone when they have food or special toys.

Dogs have a fight or flight instinct. If they cannot get away, they will defend themselves. Please teach your kids not to tease animals, and never to corner them, especially under furniture where they cannot get away.

Teach them never to get between two dogs when they first meet or are playing. Many bites occur to kids who got in the way of two dogs just being dogs.

Teach your children not to hug dogs. Dogs do not understand hugs and can view it as an attempt to be dominant.

Remove the dog from under the kitchen table. Dogs often view anything that falls as theirs.

Never allow children under 5 to interact with a dog unsupervised and keep a watchful eye on the older kids.

Despite all these warnings, kids and dogs CAN be great playmates and it's alot of fun to see them together. It CAN happen and it is up to you!

Nancy Freedman-Smith is a professional dog trainer, and mother of three in Portland. She can be reached at gooddogz@aol.com

Adopt a Pet: Tootsie

by the Animal Refuge League



As cute and endearing as her name, Tootsie is a 6 year old female Beagle relinquished to the League because her owner was moving and pets were not welcome. Tootsie has been with one family her entire life so her history, quirks and habits are well-documented. Tootsie is a social, confident dog who embodies many of the funny characteristics of the breed. A professional scavenger, Tootsie will help herself to all the punch and cookies, as well as trash, when the opportunity presents itself! Ever vigilant for food, Tootsie will jump on and snatch food away from small children. Her former owner is recommending life with older children who do not eat at eye level to Tootsie. Tootsie has been pampered and adored, having her special place under the covers of the bed at night. Prone to an occasional accident when left home alone, Tootsie is crate trained, and new owners are encouraged to continue the use of a crate, especially as Tootsie transitions into a new home. Tootsie is not fond of sharing food with other animals, especially cats in her home. Co-existing peacefully with them in recent years, Tootsie has strong opinions about anyone nosing around her food bowl. Tootsie was taken many places for off-leash exercise and, while she loved the outings, did not especially love meeting other dogs. Tootsie will be placed as the only canine in her home. For those who adore Beagles, Tootsie is a fun, funny girl who loves men and women alike.

Tootsie is available for adoption from the Animal Refuge League, 449 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlgo.org.

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Week of May 8 • ©2003 Rob Breznsky

ARIES (March 21-April 19): Advising an Aries to have more patience is like commanding a bonfire to burn in slow motion. Nevertheless, I am at least going to make the effort. Therefore, please be aware that if you would like to place yourself in maximum alignment with cosmic trends, you should find a way to be perfectly content as you watch and wait; you should figure out how to enjoy dwelling calmly in a state of trusting faith; and you should fantasize freely about the delights that will come to you if you cultivate quiet, relaxed confidence.

TAURUS (April 20-May 20): Before the 1820s, the mosquito was unknown in Hawaii. But when whaling ships from distant lands began visiting, they brought hordes of the annoying creatures as stowaways in their water casks. I suggest you keep this scenario in mind in the coming week, Taurus; let it serve as a warning beacon. According to my astrological assessment, the new world you have recently begun to inhabit resembles a paradise without mosquitoes. You may have to take special measures to keep it that way, like prohibiting whaling ships from dropping anchor in your harbor—or the metaphorical equivalent.

GEMINI (May 21-June 20): I hope you have a spiritual path. It doesn't matter what kind, as long as you have some relationship with a benevolent source of life and love beyond your little ego. Having said that, I also want to advocate the importance of not taking your spiritual path too damn seriously. Grave fanaticism in any form, even if devoted to a noble cause, is dangerous not only to your mental health, but also to that of the people around you. This week it will be especially important for you to be playfully mocking towards that which you hold most sacred. Examples? Put under a Buddha statue, insert a dirty limerick into your prayers to the Goddess, enjoy some heavy petting in a synagogue, visualize yourself tickling Jesus.

CANCER (June 21-July 22): I'm on my periodic Oracular Scavenger Hunt, wandering the globe trolling for fresh metaphors to inspire my prophecies. While visiting the Hawaiian island of Molokai, I've found one that is a good fit for your current astrological aspects. Though many roads crisscross Molokai's 260-square-mile expanse, there is not a single traffic signal anywhere. By my reckoning, this closely resembles the terrain you will be traveling over in the next two weeks: not a red light in sight.

LEO (July 23-Aug. 22): I'd like to give fair warning to your inner critic, your pessimistic tendencies, and the part of your psyche that harbors lowered expectations. In the coming months, the astrological omens will be compelling me to forecast a high level of health, happiness, and "hal-lelujah" shouting. So if you would prefer to remain stuck in outmoded fantasies about your unworthiness, I suggest you avoid my horoscopes for the foreseeable future. If, on the other hand, you're ready to boost your faith in your ability to get what you want, please stay tuned.

VIRGO (Aug. 23-Sept. 22): I'm smarter in some parts of the earth than in others. In Florence, Amsterdam, and Milwaukee, my IQ is off the charts. In Munich, Madrid, and Washington, DC, I'm rather dull-witted. Even in Northern California, where I usually live, some places are more conducive to my higher brain functioning. I'm an idiot on Market Street in San Francisco, for example, whereas I'm awash in wise insights whenever I set foot on Mt. Tamalpais. What's this about? The specialized branch of astrology called astrocartography would say that the full potentials of my horoscope are more likely to emerge in certain power spots. In the coming weeks, Virgo, I urge you to investigate the possibility that this phenomenon holds true for you, too. Wander around and test to see where you feel most in tune with your deep, brilliant self.

LIBRA (Sept. 23-Oct. 22): At a recent concert, devotional singer Krishna Das recounted a story of escorting his revered teachers, a frail old Indian couple, to an acupuncture in New York. They had to walk through a neighborhood dominated by strip clubs, prostitutes, and drug dealers. Every few feet, a new salesperson approached with an

offer of crack, weed, crank, or sexual adventures. Krishna Das worried about subjecting his beloved guides to such a degrading experience, but they were unfazed. "This is heaven," said the woman. When a surprised Krishna Das asked what she meant, she replied, "Heaven is any place where one's needs can be met." My wish for you this week, Libra, is that you be as open-minded as she was about where heaven might reside for you.

SCORPIO (Oct. 23-Nov. 21): Scorpio actress Rachel Ticotin has appeared in many movies, including *Con Air*, *Natural Born Killers*, and *Full Disclosure*, but my favorite is *Total Recall*. Starring Arnold Schwarzenegger, it's a science fiction thriller that largely takes place on a human colony on Mars. Ticotin plays a sleazy but demure hooker who is secretly a rebel freedom fighter plotting to overthrow the corrupt, oppressive government. Can you imagine any better role for a Scorpio? It's a perfect example of how your tribe's dark side can be expressed constructively. I suggest you find or create your own equivalent in the coming weeks.

SAGITTARIUS (Nov. 22-Dec. 21): A British veterinarian nurse saved the life of a five-foot king snake a few weeks ago. While giving birth, Nipper stopped breathing, whereupon Claire Farina administered mouth-to-mouth resuscitation until the creature's respiration resumed. I'm not predicting that you will literally give the kiss of life to a serpent in the coming week, Sagittarius, but I imagine you'll pull off the metaphorical equivalent. How, exactly, I can't say. Will you rescue a hissing slitherer? Will you expand your capacity to express wild kindness?

CAPRICORN (Dec. 22-Jan. 19): After much research, I decided to stay at the Napili Sunset condo during my stay in Maui. The travel guide promised me that for a modest price I'd enjoy spacious views of ocean and garden. And now as I sit composing your horoscope on my lanai at the Napili Sunset, I can indeed see aquamarine waves breaking majestically in the distance. In the foreground, my eyes are thrilled by the sight of lush orange hibiscus flowers and red torch ginger. The only element not mentioned in the guidebook is a parking lot where there's a large dumpster crammed so full of garbage bags that the lid can't close. Will I let this intrusion spoil my idyllic enjoyment? Hell, no. Likewise, Capricorn, I hope you won't let a single glitch darken your otherwise fantastic run of good fortune in the coming week.

AQUARIUS (Jan. 20-Feb. 18): "I am superior to you only in one point," Narcissus tells Goldmund in Herman Hesse's novel *Narcissus and Goldmund*. "I'm awake, whereas you are only half awake, or completely asleep sometimes. I call a man awake who knows in his conscious reason his innermost unreasonable force, drives, and weaknesses, and knows how to deal with them." I am borrowing this pithy little speech for your horoscope, Aquarius. You, too, are only half-awake. But you're now in prime time to find out much more about your innermost unreasonable force, drives, and weaknesses—and become more skilled in dealing with them.

PISCES (Feb. 19-March 20): Western science and religion have differing views on how the universe was created, but they agree that it happened a long time ago. Tantra and other less publicized spiritual traditions, on the other hand, assert that the universe is recreated anew in every moment through the divinely erotic play of God and Goddess. They say that if we humans treat love-making as an experimental sacrament, we can attune ourselves to the union of the two primal deities and, in a sense, participate in the ongoing creation of the world. So are you up for some cosmos-generating sex this week, Pisces? The astrological omens say you are.

Homework: Make a prediction about what age you will be when you finally know exactly who you are. Testify at www.freewillastrology.com.

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ATTRACTIVE, EASYGOING SM, widower, 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

IF YOU LIKE a variety of food, music, fun, adventure, travel, movies and shows, you might like me, too! I am slender, attractive, baggage-free, with no children, looking for a real relationship, race unimportant. I'm a very young 44-year-old, N/S, L/D. #85025

INCURABLE ROMANTIC, 1940s baby, seeking my true north for a shared passion for life and the ocean, love, affection, travel, golf (learning) and/or tennis. Sailing a plus. Family. #85041

INGENUOUS, CENTERED, ART enthusiasts, D/WPF, 55, silver-brown, 5'4", size 16, UD, relish Monhegan, jazz, eclectic cuisine, gardening, ISO honest, sharing S/DWPM, 50s, stable work and home, N/S, with mental and physical health, SOH, interests, inquiring mind, for LTR. Portland area. #85034

IT'S BEEN A lonely winter, hope the summer is not the same. SWF, 44, 5'7", homeowner, pool and lots of wood. Looking for the big bad wolf to chase me around. Be tall, handsome and financially secure. #85047

LET'S MEET are your nights cold like winter? Let's get together like summer. SWF, 43, enjoys walking hand in hand, roller skating, movies, dining out, dancing and car racing. ISO SWM, 33-53 with similar interests, for friendship, LTR. Portland area. #85011

LOOKING FOR YOU, D/WF, light brown shoulder length hair, blue eyes, 143 lbs, 5'5", N/S. Enjoy dancing, dining out, gardening, plays, travel and more. Seeking S/DWPM, attractive, 45-52, honest, good sense of humor, similar interests. #85014

SEEKING GOOD GUY! SWF seeks SWM, 30s, who likes to cook, has a job, doesn't watch football, likes to laugh, wants a nice girlfriend, doesn't like war and is very romantic. Also likes movies and thinks Jamie Kennedy is funny. #85043

SENT FROM ABOVE, Ready to meet you. Me: cute, adorable, cuddly, spiritual, passionate, creative, lover of outdoors, especially the ocean, entrepreneur. Are you anything something, too? Secure in self, smart in life, kind, spiritual, romantic, funny, affectionate. Come find me. #85005

SWF, 35, SEEKING SWM, 35-39, You: attractive, financially secure, enjoy movies, diners and music. I'm ok-looking, with a few extra pounds but a great person who wants to be in a relationship. #85029

SWF, 38, LONG blonde/blue, smoker, loves NASCAR, Jeff Gordon and whatever comes along. Wishes to meet nonjudgmental, open-minded Man, light smoker and drinker ok, for good times. #85178

TIRED OF BEING lonely? Plus-sized SWF, 42, brown/hazel, enjoys dining in or out, NASCAR, slow dancing, movies, walks on the beach and quiet evenings. Desires S/DWPM, 40-50, for friendship, LTR. Portland area only. #85007

WANTING TO BUMP into you isn't working so I'm writing this ad to you. I'm 50 and only now looking for my soulmate who's real, genuine and open. Find me! #85189

Male Seeking Female

24-YEAR-OLD SWM looking for WF, 21-30, I'm funny, intelligent, well-read, seeking the same for relationship, possible long-term. #85153

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 HOME AND a relationship, ISO a loving young Lady for a lasting relationship. I'm handsome, 40s, romantic, easygoing and willing to share my life and my home with a loyal Lady. #85018

Male Seeking Female

ATTRACTIVE, EASYGOING SINGLE dad of one teen, 5'9", 170 lbs, black/brown, athletic build. Likes travel, sports, beaches and life! ISO attractive, petite, feminine Female, 5'4" or under, 30-40, who likes to laugh and enjoys life in general, with similar interests. #850022

ATTRACTIVE, EASYGOING SM, widower, 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

CARING, HANDSOME, ADVENTUROUS SBPM, 47, well-traveled, funny, well-educated. Seeking WF for friendship and relationship. (CT) #85057

DOESN'T MAKE SENSE, Why I can't find a unique, adorable, sharp, extremely romantic, bighearted young Lady? I'm the same, self-employed, 40, successful, lots of fun, seeking my partner, best friend for finer things. Cia bella. (MA) #85009

DWM, 35, SEEKING SF between 18 and 40, for dating, possible relationship. I enjoy camping, outdoor activities, going out or just staying home. #85172

FINANCIALLY SECURE DWM, 50, honest, humorous, tall, solid values, enjoys bookstores, music, conversation. Seeking cheerful, H/W/P S/DW/F, no dependents. (VA) #85046

GREAT QUALITY TIME and great benefits. Are you absolutely, positively looking for someone? Are you 40-60, n/s, n/drugs, light drinker? Are you fit, decent, honest, loyal, dependable, open, flexible, outgoing, communicative and romantic? I'm all of that plus. It's your move. #85003

HI, LADIES! DOWN-TO-EARTH, spontaneous, honest, caring, 49-year-old Male, 6', 170 lbs, brown/brown, 36" waist, one-Woman Man, certified PC tech, well-educated, honorably discharged from service in '74, many varied interests. Looking for lovely Lady to spend time with. No games. #85151

HIKING, OUTDOOR FUN, SWM, 48, seeks Female, 40-50, who enjoys a variety of outdoor activities. Museums and concerts also a go. #85038

LOOKING FOR S/DW, 40-52, N/S, no drugs, occasional drinker, kids ok. Must enjoy movies, television, long drives. Will respond to all. #85183

LOOKING FOR FEMALE, laid-back, easygoing, as I am. Looking to have some fun this summer. #85001

NEAR WATERFORD, ISO S/DW who is artistic, honest and chemical free. I live in the woods without electricity. 35-year-old DWM who is kind, intelligent, with a good dry sense of humor. #85010

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

SAILOR SEES MATE! DM, 46, 6'6", emotionally and financially secure. Enjoys skiing in the winter, boating in the summer, on Casco Bay. Some golf and tennis, too! Looking for H/W/P, intelligent, honest Woman, 35-45. #85042

SINGLE WHITE MALE, 46, seeking Single Female for discreet times. #85166

SM, 48, 5'10", 175 lbs, vegetarian, N/S, looking for yogini soulmate. Other interests: international music, fiddle, cinema, hiking, camping, woods, mountains, plain living, high thinking, reading, beaching, leftist politics and love. #85162

SWM, 30, FIT, independent, liberal, open-minded, educated and concerned. Seeking LTR-minded Woman with mountain bike. Is this gonna be the summer of love? Let's pack a lunch and find out. #85039

VEGETARIAN, 43-YEAR-OLD SWM, wacky sense of humor, cycles, swims, likes film and theater. Looking for vegetarian needs. Must like dogs. #85188

VERY HANDSOME MAN, 45 (look 30s), 6'4", 195 lbs, nice build, funny, intelligent, caring, very successful, outdoors person. Looking for pretty Lady with beautiful eyes, slender, outdoorsy, intelligent and sweet. #85040

WANTED: WOMAN OVER 50, 37-year-old Male, brown/green, athletic, N/S, spiritual and wants to enjoy good times together. #85179

Alternatives

WM, 45, SEEKS nice, warm, sweet Lady for friendship and hopefully more. Love country living, horses, cattle, vegetable gardens, cooking, cleaning. Me: sorta long, groomed brown hair, brown eyes, 210 lbs, 6', family-oriented. Long walks, sunset. #85034

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

DATING AND LOVE, GAM, professional, 33, 6'1", 185 lbs, warm, sincere, caring. Looking for the same in W/AM, 25-40, #85055

GM INTERESTED IN sharing mutual enjoyable times, varied interests. Me: 5'10", 210 lbs, n/s. You: 36-56, n/s. Not into the bar scene. Call with details. #85185

GWM, BOYISH, SOUTHERN Maine, 34, 5'7", 134 lbs, brown/brown, healthy, weightlifter, six-pack abs, hardworking, drug-free and healthy, n/s, straight-acting. Looking for same, 35-42, hardworking, relationship-oriented, healthy, honest, sincere, good-looking. #85004

HI, I AM A Gay Guy looking for a Gay Guy for friendship. I am just looking for someone to love me. #85090

I'M A 40-YEAR-OLD, masculine Male hoping to meet Male, 50+, who is also mature and comfortable with himself, for meeting and possible LTR. #85156

WESTBROOK AREA, GWM, 50, seeking slim, sexy B/WM, 18-40, for companionship and good times. Discreet. Hurry and call! #85051

YOUNG 41-YEAR-OLD GWM, father, spiritual, humorous, N/S, N/D, professional who offers honesty. ISO dating a smaller, medium-built Male, 30s-40s, who takes care of himself and knows who he is. Ultimately LTR with a Man who has been searching for me. #85048

YOUNG GAY MALE, 18-25, needed for attractive, healthy BM, 60, I am a stay-at-home Man who enjoys movies, sports and your services. Be healthy, feminine and no attitudes, under 5'8" and no overweights. #85173

ADVENTUROUS UNCONVENTIONAL TYPE seeking platonic similar(s). Mission: explore known universe. Love world music, international cuisine, foreign film, multicultural events, communing with nature and cats. Humanoid, 43, fat, nonsmoking, pro-peace, atheist. Please also be humanoid, cat-loving, nonsmoking and pro-peace. #85049

NEW AT THIS, SF, early 30s, N/S. Like movies, reading, skating, bowling, etc. Seeking SF, N/S, race open, 21-40, for friendship and possibly more. If this sounds good, give me a call. #85006

Wild Side

43-YEAR-OLD MARRIED BIM looking for well-equipped BM playmate for possible long-term friendship and hot times. No Gays. #85169

ASIAN WOMAN, WHAT is your pleasure? Let me relieve you of your desires. This BM will give you a complete sensual pleasure. Be healthy as I am. No drugs. I'm very experienced, 5'9", 200 lbs and a healthy 60. #85194

BI WHITE MALE, 45, 6', 190 lbs, into cross-dressing, seeking others who are also into cross-dressing. #85161

BICOUPLE SEEKING BIFEMALE for kinky fun. We love adult movies and toys. We are discreet and healthy. Age and race not important. Let's get together. #85016

FIFTYSOMETHING MALE, 6'2", 200 lbs, quiet introvert but personable and healthy. Desires to meet an independent, H/W/P Woman for mutual fun, pleasure and hopefully LTR. #85036

FOR LIGHTEARTED FUN and sensual endeavors. 50-ish DWM wishes to meet intelligent, attractive, passionate, n/s Lady to create a discreet and singular bond. Patience, great hands and gentleness are just some of my assets. What are yours? #85180

Alternatives

GOOD-LOOKING, MASCULINE MALE seeks the same for Male bonding. No strings attached. I'm 34, 6'2", 190 lbs, brown/blue, N/s and easygoing (you be too). Discretion guaranteed and expected. #85044

HELP ME SEDUCE my wife. She's tall, slender, attractive, livable and healthy. We're in love, in 50s and ready for a little spice. You be attractive, healthy and discreet. M/F considered. Let's conspire to seduce. #85159

I'M IN THE market for a straight Male to help me fulfill my wife's needs. She's 5'2", 135 lbs, with brown hair and big green eyes. Age is not a problem but would like to see some of those well-endowed Men. #85052

LADIES! IF REACHING sexual climax is important to you, then give me a call. Satisfaction guaranteed. You will want to cum again and again. #85184

LADIES, HAVE you been naughty? Would you like to be taken across my knee and have that tush spanked? Call me! #85187

MALE, 42, NUDIST, looking for a Female, 20-40, who is interested in nudism. If interested, please call. #85155

MARRIED MALE, 50, seeks one Woman to share time with. Tired of the lonely empty feeling of a nonphysical relationship. If you care to have a relationship without strings and complete discretion, let's talk! #85191

MARRIED WHITE COUPLE, She: 40, He: 47. Both attractive, healthy, fit, nice bodies and personalities. Seeking same in Bif, BIM, Bi Couple for friendship and discreet fun. #85182

ORAL PLEASURE, BI-CURIOSUS MWM, 25, average build, seeks Male, 18-35, average build, to meet in my mouth, not in my hands. Daytime encounters. No strings attached. #85186

PORTLAND AREA BI Couple, nudists, fun to be with and very open. Looking for other Bi Couple, BIM or Bif, 45+ . #85045

CASUAL, IMAGINATIVE ENERGY exchange desired by 50s Lady of medium height, slender, outgoing, with tallish, professional, n/s Man, outdoor and indoor fun in Southern Maine. #85163

SEEKING BI COUPLE, GWM, 39, 6', 190 lbs, healthy, good-looking, professional. Would like to meet sincere, attractive, fit Couple, 30-42, for friendship and more. Curious to fulfill fantasy. #85165

SEEKING ONE MATURE Lady (preferably Married) for a creative relationship, with a very Married, attractive, young 50s Gentleman. Absolute discretion guaranteed. #85037

SWM, 29, 6'4", husky build, long brown hair. Looking to meet Women or Couples interested in role-playing and Ophelia additions for fun and frolic. I am real, you be, too. #85195

TEACH ME HOW! Tell, this, 40-year-old DWM looking for Man to please. Seeking sharp dresser, well-groomed playmate to instruct me while I perfect my oral skills. #85192

UNBELIEVABLE, EXTRAORDINARILY ATTRACTIVE, pre-op, 40-year-old Hispanic and Indian wishes to meet someone for a long-term monogamous relationship. 45-50. #85024

VERSATILE TOP, CLEAN-CUT, well-endowed, 39-year-old GWM, (30 minutes north of Portland), ISO twenty-something, clean-cut, well-endowed GWM. Possible LTR with the right Male. You got to know what you want out of life... because I do! #85056

VERY DOMINANT, STRICT BM, 40, sensitive, handsome, well-groomed, new to Maine, desperately seeking Couples: Black, White or interracial, for fantasy fulfillment for both parties, adult fun and much more. Please be clean-cut and healthy. All Women must be 180-280 lbs, 30+. #85020

WM, 48, SEEKS contented, slender, sensual, spirited, spontaneous She, any race, 30-50, for happy, monogamous LTR. Simple, quiet, rural life with respect, peace, humor, art, creativity, books, museums, mountains, oceans and exploring new challenges. All calls returned. Freeport, Brunswick area. #85181

I Saw You

I SEE YOU weekends at Bally's Gym. You: tank top, luscious body, huge muscles, drive a dark green jeep with tape on windows. Me: 5'9", blonde, petite body. I can't stop watching everything you do! Are you my soulmate? #85053

for the record

Some Local Houses of Worship

Churches - Baptist

Central Square Baptist Church Study
466 Stevens Ave
Portland, ME 04103-2609
(207) 773-2423

First Baptist Church

879 Sawyer St
South Portland, ME 04106-6533
(207) 799-4565

First Baptist Church in Portland

360 Canco Rd
Portland, ME 04103-4223
(207) 773-3123

Grace Baptist Church

476 Summit St
Portland, ME 04103-1619
(207) 797-5509

Immanuel Baptist Church

156 High St
Portland, ME 04101-2825
(207) 775-2301

Stroudwater Baptist Church

1729 Congress St
Portland, ME 04102-1918
(207) 773-2211

West Falmouth Baptist Church Study

18 Mountain Rd
Falmouth, ME 04105-2509
(207) 797-4066

Churches - Catholic

Cathedral of the Immaculate Conception

307 Congress Street
Portland, ME 04101
(207) 773-7746

Holy Cross Parish

Corner of Cottage Road & Broadway
South Portland, ME 04106
(207) 772-7489

Holy Martyrs

266 Foreside Rd (Rt. 88)
Falmouth, ME 04105
(207) 781-4573

Sacred Heart/ St. Dominic Parish

80 Sherman St
Portland, ME 04101
(207) 772-6182

St. John the Evangelist

611 Main Street- US Rte. 1
South Portland, ME 04106
(207) 772-7489

St. Joseph Parish Center

673 Stevens Ave
Portland, ME 04103
(207) 797-7026

St. Louis Rectory (Polish)

279 Danforth St
Portland, ME 04102
(207) 773-4176

St. Peter Church Rectory

72 Federal Street
Portland, ME 04101
(207) 773-0748

St. Pius X Church

492 Ocean Ave
Portland, ME 04103
(207) 775-3032

Churches - Christian

Assembly of God Church

243 Cumberland Ave
Portland, ME 04101-4904
(207) 774-2415

Greater Portland Church of Christ

684 Highland Ave
South Portland, ME 04106
(207) 799-6451

North Deering Alliance Church

P.O. Box 3817

Portland, ME 04104

(207) 797-2561

Portland Church of Christ International

55 Richmond Ter
Cape Elizabeth, ME 04107
(207) 767-5995

Churches - Christian Science

First Church of Christian Scientist

61 Neal St
Portland, ME 04102-3506
(207) 773-7962

Churches - Evangelical Covenant

Christchurch

1900 Congress St
Portland, ME 04102-1904
(207) 775-1900

Churches - Evangelical Free

Payson Park Evangelical Free Church

424 Ocean Ave
Portland, ME 04103
(207) 774-4054

Churches - Quaker/ Friends

Quaker Meeting House

1837 Forest Ave
Portland, ME 04103
(207) 797-4720

Churches - United Church of Christ

Falmouth Congregational Church UCC

267 Falmouth Rd
Falmouth, ME 04105-2005
(207) 781-3413

First Congregational Church UCC

301 Cottage Rd
South Portland, ME 04106-3816
(207) 799-3361

Foreside Community Church

340 Foreside Rd
Falmouth, ME 04105-1428
(207) 781-5880

State Street Church UCC

159 State Street
Portland, ME 04101
(207) 774-6396

Stevens Avenue Congregational Church

790 Stevens Ave
Portland, ME 04103
(207) 797-4573

Williston West Church

32 Thomas St
Portland, ME 04102
(207) 774-4060

Woodfords Congregational Church UCC

202 Woodford St
Portland, ME 04103
(207) 774-8243

Churches - Lutheran

Beautiful Savior Lutheran Church

1976 Washington Ave
Portland, ME 04103-1630
(207) 797-4686

Emmaus Lutheran Church

265 Middle Rd
Falmouth, ME 04105-1225
(207) 781-4820

Redeemer Lutheran Church LCMS

126 Spurwink Ave
Cape Elizabeth, ME 04107-9610
(207) 799-5941

Churches - United Methodist

Cape Elizabeth United Methodist Church

280 Ocean House Rd
Cape Elizabeth, ME 04107-2014

(207) 799-8396

Chestnut Street United Methodist Church

17 Chestnut St
Portland, ME 04101-4940
(207) 772-6123

Clark Memorial United Methodist Church

15 Pleasant Ave
Portland, ME 04103-3217
(207) 773-5423

Elm Street United Methodist Church

168 Elm St
South Portland, ME 04106-4313
(207) 799-0407

First United Methodist Church

179 Ridgeland Ave
South Portland, ME 04106-4132
(207) 767-2688

Free Methodist Church Parsonage

140 Congress St
Portland, ME 04101-3608
(207) 772-1809

Peoples United Methodist Church The

310 Broadway
South Portland, ME 04106-2906
(207) 799-1413

Rainbow United Methodist Church of ME

618 Washington Ave
Portland, ME 04103-4923
(207) 774-1617

Thornton Heights

United Methodist Church

100 Westbrook St
South Portland, ME 04106-5234
(207) 774-0487

Churches - Presbyterian

Christ the Redeemer Presbyterian

33 Overset Rd
Portland, ME 04103-2936
(207) 878-1211

Second Parish Orthodox Presbyterian

Church
32 Neal St
Portland, ME 04102-3527
(207) 772-0848

Synagogues

Congregation Bet Ha'Am

81 Westbrook St
South Portland, ME 04106-5232
(207) 879-0028

Etz Chaim Synagogue

267 Congress St
Portland, ME 04101
(207) 773-2339

Shaarey Tphiloh Synagogue

76 Noyes St
Portland, ME 04103-4438
(207) 773-0693

Temple Beth El

400 Deering Ave
Portland, ME 04103-4454
(207) 774-2649

Churches - Anglican

Old St. Paul's Parish

279 Congress Street
Portland, ME 04101
(207) 828-2012

Churches - Baha'i Faith

Baha'i Faith

169 Anthoine Street
South Portland, ME 04106
(207) 799-4840

Churches - Buddhism

True Buddha Society of Maine

RR 1 Box 551

Scarborough, ME 04074

(207) 883-9113

Churches - Church of the Nazarene

Nazarene First Church of Portland

475 Brighton Avenue
Portland, ME 04102
(207) 772-0215

Churches - Church of Jesus

Christ of Latter Day Saints

Church of Jesus Christ of Latter Day Saints
Portland Maine Stake
29 Ocean House Road
Cape Elizabeth, ME 04107
(207) 767-5000

Churches - Episcopal

St. Luke's Cathedral

143 State Street
Portland, ME 04101
(207) 772-5434

St. Peter's Episcopal Church

678 Washington Avenue
Portland, ME 04103
(207) 775-1179

St. Mary The Virgin Church

43 Foreside Road
Falmouth, ME 04105
(207) 781-3366

Churches - Greek Orthodox

Holy Trinity Greek Orthodox Church

133 Pleasant Street
Portland, ME 04101
(207) 774-0281

Churches - Islam

Islamic Society of Portland Maine

155 Brackett Street
Portland, ME 04102
(207) 842-5953

Churches - Jehovah's Witnesses

Jehovah's Witnesses

Portland Congregation

355 Canco Road
Portland, ME 04103
(207) 773-6171

Churches - Non-Denominational

Chinese Gospel Church of Portland

57 Carroll Street
Falmouth, ME 04105
(207) 781-4752

Eckankar-The Religion of the

Light and Sound of God
232 St. John Street
Portland, ME 04102
(207) 771-0281

Churches - Russian Orthodox

Holy Nativity Orthodox Church

967 Broadway
South Portland, ME 04106
(207) 767-2330

Churches - Swedenborgian

Swedenborgian Church the

302 Stevens Ave
Portland, ME 04103
(207) 772-8277

Churches - Unitarian-Universalist

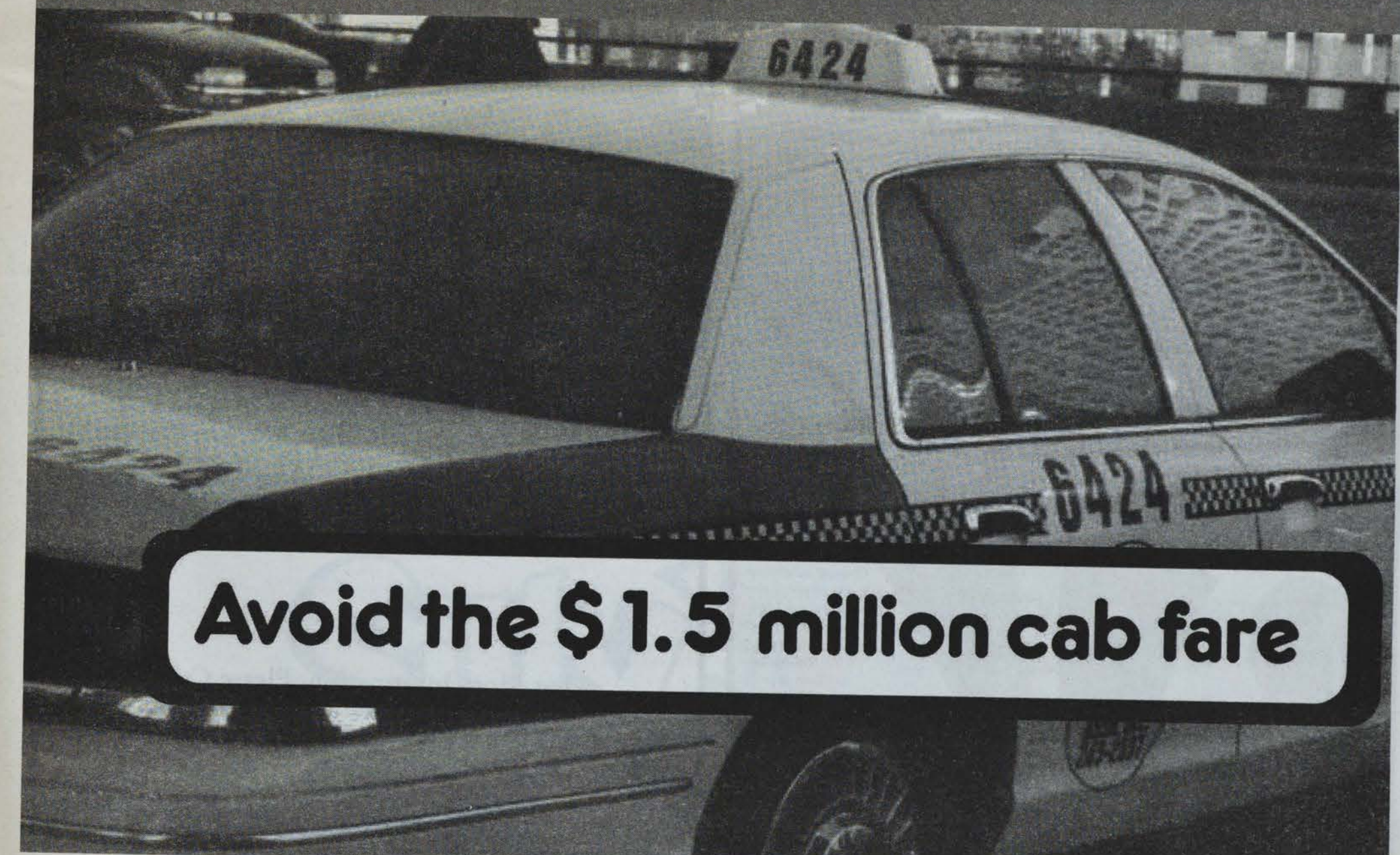
First Parish in Portland

Unitarian Universalist
425 Congress Street
Portland, ME 04101
(207) 773-5747

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Activities at the Children's Museum of Maine

May 8 - May 18, 2003

FMI:
Call 828-1234 ext. 221

Toddler Time Plus: Music, Movement and More
May 8, 9:00 - 11:00am

Move and groove to different styles of music. Fifteen minutes in length, this program introduces young children to the world of dance and music making with instruments and song. Each teacher creates a unique blend of music and movement for children and parents.

Meet Maine Animal Friends
May 9, 11:00am

Stop by and meet wildlife expert David Sparks of Sparks Ark and his special animal friend guest.

Amistad Celebration: Songs and Rhythms of the African New World with Michael Wingfield
May 10, 11:30, 1:30 & 2:30

In celebration of the arrival of the Freedom Schooner Amistad, the Children's Museum of Maine will host a series of programs and activities during the month of May. Along with the special programs listed below, arts activities and story times will happen throughout the month. Check out the complete listing of events on www.kitetails.com. The Museum's Amistad programs are generously supported by American Express.

Amistad Celebrations: Stories in the African Tradition with storyteller Valerie Tutsen
May 11, 2:00 & 2:45

Art Adventures - Giving Hens
May 11, 2:30 - 3:30

Using basic supplies and your own creativity, craft a giftcard for your mother or grandmother that can be redeemed at any time! This hen is not only cute, but it protects eggs that are good for smiles, hugs and kisses. A wonderfully simple and festive gift, appropriate for all ages!

Preschool Play: Sheep to Shawl
May 14, 10:30am

Learn about cloth making from start to finish. Card the wool and dye it. Watch a spinning wheel in action and try to use a drop spindle. See the wool being woven on a small



CHILDREN'S MUSEUM OF MAINE

Big Messy Art: Spring Kites
May 14, 2:00 - 4:00pm

Take advantage of the warm breezes of May and create a kite that will swoop and soar. You'll finger paint a design and make it into a colorful, cruising aircraft!

Toddler Time Plus: Music, Movement and More
May 15, 9:00 - 11:00am

Cool Science: Static Electricity!
May 15, 2:00 pm

Discover friction and charges first-hand with the Museum's Van De Graaf Generator. It is bound to be a hair-raising experience!

Puppet Playhouse
May 17, 12 & 12:30pm

A Visit with Animal Welfare Society
May 17, 1:30 pm

American Girls Club
May 18, 2:00 - 3:00pm

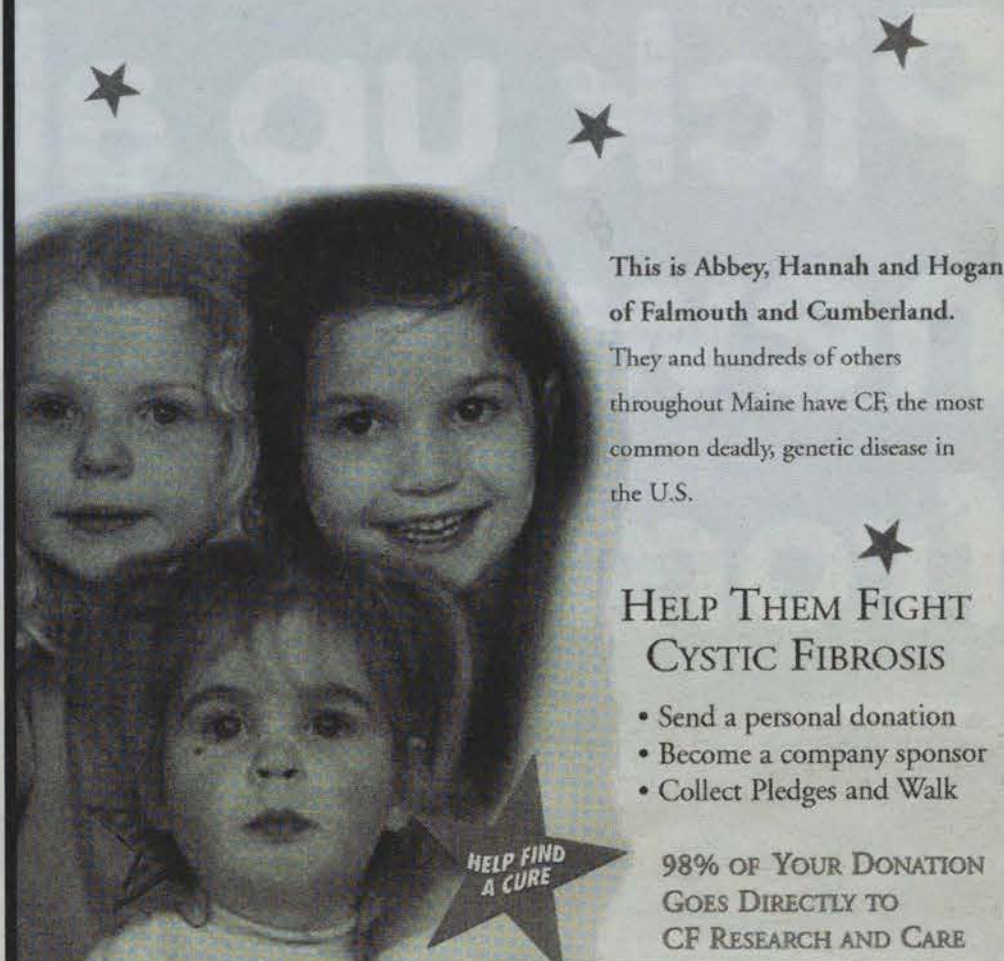
Celebrate new friendships at the Museum's first American Girl Club's Spring Tea Party on Sunday, May 18 from 2:30 pm. You can bring your American Girl Doll or another special doll in your collection. Learn about wonderful American traditions and participate in fun activities. Make friendship bracelets and spring bonnets for you and your doll. Learn the American Girl song and practice your American Girl trivia. All club participants will have a chance to sign up for a raffle to win Kaya, the newest member from *The American Girls Collection*. You must be present to win. Pre-registration is required and can be made by calling 828-1234, x227. Space is limited so sign up today! Walk-ins will be welcome if space is available day of program.

Big Messy Art: Spring Kites
May 18, 2:30 - 3:30pm

General Admission:
\$6.00 per person
(under age 1 free)
(Admission is free with museum membership.)
Group Rate
\$3.00 per person -
groups of ten or more
with reservations -
call 828-1234, x234 FMI
Camera Obscura only: \$3.00

The Children's Museum of Maine is located at 142 Free Street in Portland, Maine, next to the Portland Museum of Art.

HELP ADD YEARS TO THEIR LIVES



This is Abbey, Hannah and Hogan of Falmouth and Cumberland. They and hundreds of others throughout Maine have CF, the most common deadly genetic disease in the U.S.

HELP THEM FIGHT CYSTIC FIBROSIS

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- Become a company sponsor
- Collect Pledges and Walk

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SUPPORT GREAT STRIDES, A WALK FOR THE CURE.

Saturday, May 17, 2003

8:30 AM in Payson Park, Back Cove in Portland.

Music, food and fun!

For More Information, Please Call:
The CF Foundation at 1-800-757-0203 or
The CF Family Support Group of Greater Portland at 829-3161

American Airlines CF Foundation Dunkin' Donuts Swardlick

quality time

Kids' korner

by Ben Allen

Maine Discovery Museum in Bangor

This is a great museum to go to with your kids or, if you are a kid, go to with your parents. When you walk in the door, you will see a cuckoo clock house on your left, a gift shop in front of you, and the desk where you can get your passports on the right. The passports are a sheet of paper with areas that you can stamp at each area of the museum.

On the first floor is the exhibit known as Nature Trails. This area has many hands-on activities such as a tree house that goes up to the second floor, a dock where you can go fishing, a beaver dam with an underwater area, a video camera, and a river. The river is by far the best part of the Nature Trails exhibit. It is a long river going around a certain area that you can make a maze in and run a boat through. On the other side of the river is a lake with pipes that can have water pumped out of them.

On the next floor is the place known as Booktown. This town has many things from famous books, such as

Charlottes Web, Goodnight Moon, and Miss Rumphius. There is also the Passport Exhibit where you can visit a marketplace in Ghana, climb a cliff in Australia, go to school in Peru, climb on the Mapmobile, and eat at the World Diner in New York!

The first exhibit on the third floor is Sounds Abound. This is an area where you can hear your voice and do all kinds of things with it. There is also Recollections III, an area where you can dance to music as you watch your many brightly colored shadows follow you on the screen. Next, Mission Discovery will teach you about the unknown, as will Constellation Capers. The Body Journey is the next stop. This is a giant body laid out so that it looks like the inside of a giant from an aerial view. You can pump blood into the heart, crawl through the large intestine, go inside the lung, and explore the head.

This is a great place to go to if you are in the area or if you are on vacation. I give the Maine Discovery Museum in Bangor 5 out of 5 stars.

Funny bone

Jokes & Riddles

1. Cab Driver: Can you tell me if my blinkers are working? Passenger: Yes.....No.....Yes.....No.....Yes.....No!
2. What is as American as Apple Pie, but foreign in origin?
Bananas are the second most favorite fruit after apples.
3. An FBI agent is interviewing a bank teller after the bank had been robbed three times by the same bandit. "Did you notice anything special about the man?" asks the agent. "Yes," replies the teller. "He was better dressed each time."
4. Girl: What did you get that little medal for?
Boy: For singing
Girl: What did you get the big one for?
Boy: For stopping!
5. What nails do carpenters hate to hit?
Fingernails
6. Who let the cat out at midnight?
A night owl.

Finding great jokes each week isn't easy. So, from now on, we are asking other kids to send in jokes for this page. We can't guarantee that your joke will make it in the paper. But, if it is a great one, we will do our best to get it in. Remember, all ages of kids read this page, so please keep the jokes suitable for family reading. Just send your submissions to cbwpub@maine.rr.com. Type "jokes" in the subject box of the e-mail and your name at the end of the joke.

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 & puzzles 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 Son of Abijah
- 4 Portion
- 8 Female
- 12 Own (Scot.)
- 13 Hindu stringed instrument
- 14 Toward shelter
- 15 Sheep disease
- 16 Sprit (2 words)
- 18 Camelot lady
- 20 Varnish
- 21 Ingredient
- 25 Confusion
- 29 Occasional
- 32 Counsel
- 33 Rocket fuel
- 34 Friend of Pythias
- 36 Turk. title
- 37 Galatea's beloved
- 39 Redo
- 41 Pleasant-smelling bean
- 43 Tooth pulp
- 44 Mountain on

Crete

- 46 Spoken
- 49 Aura
- 55 Tumor (suf.)
- 56 Lank
- 57 Very (Ger.)
- 58 Pronoun
- 59 Consecrated
- 60 Door part
- 61 Indo-Chin. people

DOWN

- 1 Rhine tributary
- 2 Condition (suf.)
- 3 Serum
- 4 Television channel
- 5 Objective
- 6 Genetic letters
- 7 Lofty
- 8 Chilean volcano
- 9 Peak
- 10 Body of water
- 11 Serum (pref.)
- 17 Science class
- 19 Daughters of the American Revolution (abbr.)
- 22 Son of Zilpah
- 23 "Cantique de Noel" composer

ANSWER TO PREVIOUS PUZZLE

B	A	C	K	A	G	O	W	R	A	P
O	P	E	A	L	E	A	I	A	M	B
N	I	B	K	I	T	H	D	I	B	S
N	A	U	R	U	E	D	E	N		
			U	R	G	E	U	N	C	A
W	I	S	E	R	A	F	F	O	C	A
R	P	M	C	O	V	E	E	A	T	A
A	S	A	O	G	E	E	E	T	A	L
P	E	L	E	E	S	L	A	P		
			L	A	L	O			L	A
B	E	E	R	G	O	A	L	A	M	I
A	B	E	L	R	A	N	A	C	E	A
A	B	L	E	T	A	H			H	A



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A13

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POETRY:

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Heavenly Blessing

Angel eyes stare down upon me

My lifeless body is what they see

Pick me up for I am falling

If you shall save me there must be no stalling

Deeply descending with a slim chance of survival

My body lifts gently because of your arrival

I became aware

When I took a stare

Into those angel eyes

And saw the heavenly skies

Thank you angel for being there when I needed you most

dearly

You showed me a brighter light so clearly

And to this I give great thanks sincerely

When I was almost forever lost...

You showed me life at a more affordable cost

There is a moral to this story:

To all wrongs there is a right

To every darkness there is a light

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"Michael the Archangel"

at the Calvary Cemetery,

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