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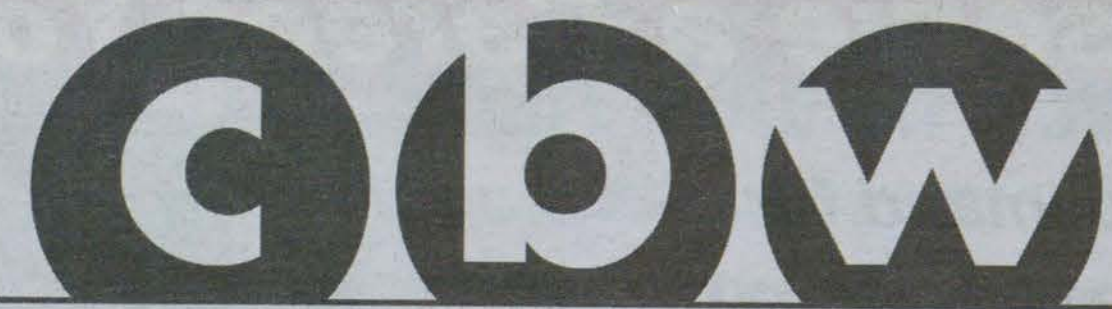
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OCT. 30, '03

Extreme Leigh
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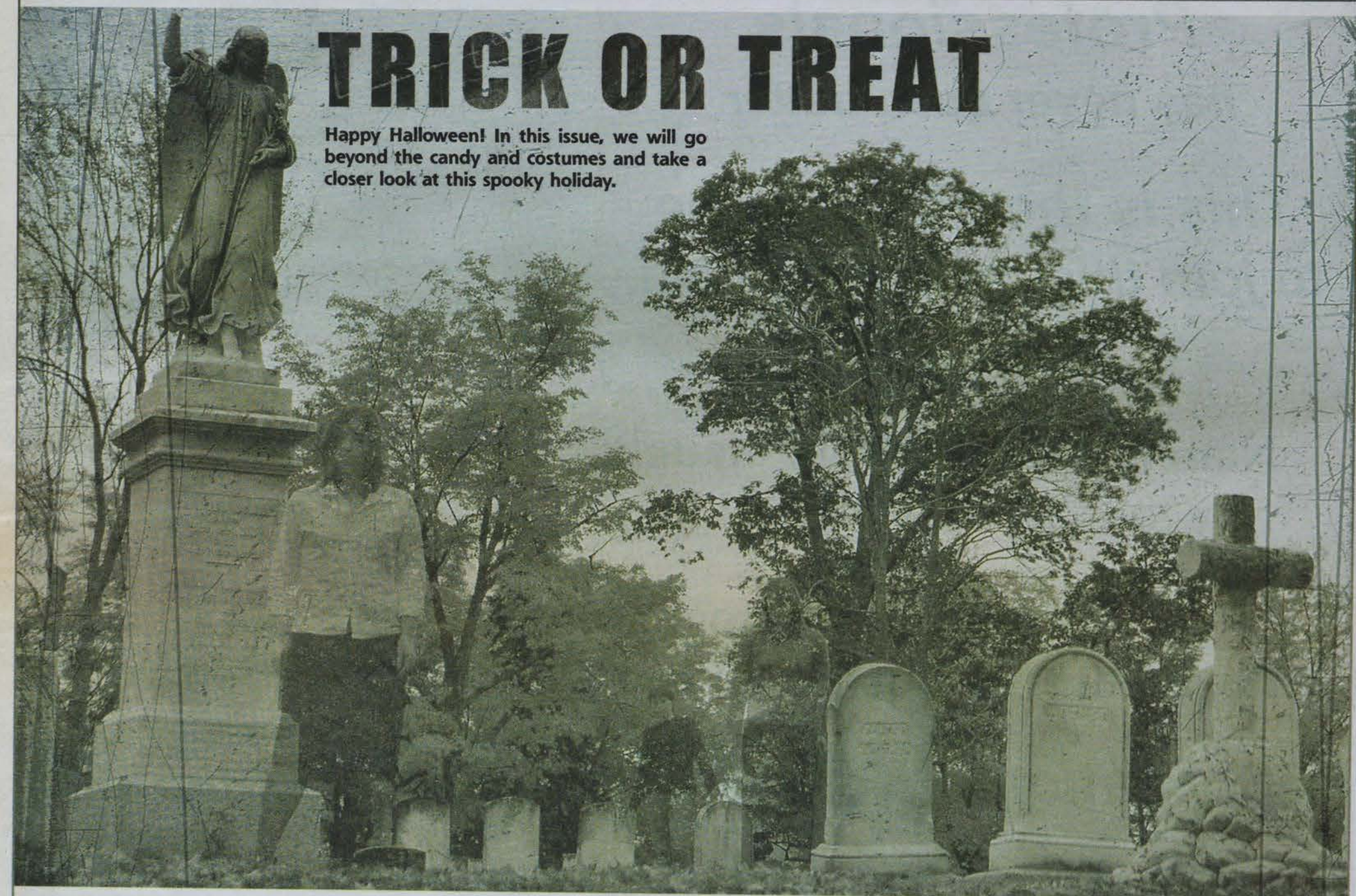
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Volume XV #42

casco bay weekly

October 30, 2003

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



TRICK OR TREAT

Happy Halloween! In this issue, we will go beyond the candy and costumes and take a closer look at this spooky holiday.



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A conversation with Wiccan Amanda Simonds

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Only a thousand or so Mainers are listed on this page ... because that's all the space can accommodate. But we support Question 2 and represent the thousands of other citizens ... voters across the state ... who also favor Q.2 on the Maine ballot and who join us in urging you to consider casting a "yes" vote on Q.2.

Why? Five reasons.

- 1. Medicine For Seniors.** Lower prices on prescription medicine for seniors, a *key provision in the law* that voter approval of Q.2 will enable.
- 2. New Jobs.** New jobs, *good ones*, for workers throughout Maine, particularly in the north where work is quite scarce today.
- 3. New Revenues With No New Gaming Sites.** New revenues without new taxes, produced by slot machines *limited to only two harness tracks where pari mutual betting has been sanctioned for years*, and at which access to betting will be *strictly limited to those over age 18*.
- 4. Scholarships For Students.** More scholarships for deserving Maine students, *very important* as the cost of tuition rises.
- 5. Healthy Farms and Open Spaces.** *Revival of Maine harness racing and agricultural fairs...* economic and cultural forces that will breathe new life into farming and help the families in Maine who, for generations, have kept open the land they love and work.

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[illegible]

Mainers may vote early during office hours at Municipal Clerks' offices.

Vote YES on Q.2 It works for all Mainers.

* Ld 1371, Maine Legislature, May 2003 ** Economic and fiscal impacts of a slot machine facility at Bangor Raceways, Margaret Chase Smith Center for Public Policy and Dept. of Resource Economics and Policy, University of Maine • Paid by Maine Coalition for Racing and Agriculture, 6 Harlow Street, Bangor, ME 04401, Ival Gianchette, Treasurer

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Upcoming Features & Ad Opportunities

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

Nov 6 Fashion

It's easy to be fashionable in a city like Portland with all the cool shops and boutiques within walking distance. Whether you like to dress like you're off to do some hiking or out for a night on the town, we will fill you on what what to wear and where to buy it so you can dress to impress. **Deadline for editorial contributions and advertising is October 29.**

Nov 13 Hunting Season in Maine

Hunting season has officially started in Maine. Our state offers the best in bear and moose hunting on the East coast. What some people may not know is that you can't just go hunting whenever you please. There are classes to take and you can only hunt specific animals certain months. We will fill you in on what it's like to go hunting in Maine. **Deadline for editorial contributions and advertising is November 5.**

Nov 20 Made in Maine for the Holidays

With Thanksgiving coming next week, and with Christmas just 28 days later, it's not too early to start thinking about preparing our homes for the holidays. In the November 20 issue of CBW, we'll let you know where you can find the perfect tree, the classiest ornaments, and the freshest turkey—grown, created, and raised right here in Maine. **Deadline for editorial contributions and advertising is November 12.**

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

Inside This Issue

Our 43rd issue is full of stories about Halloween and everything associated with it. From the past to the present, read about all the different ways that Halloween is depicted. Maine's Paranormal Research Association tells us how the paranormal group explores haunting and sightings throughout New England. We have also included a story about how confectionaries, such as Fuller's Chocolates and Ice Cream, prepare for this candy-filled holiday.

Thanksgiving will be upon us before you know it and then in the blink of an eye we will be celebrating Christmas. The holidays fly by every year as if we didn't know they were coming. We hustle and bustle about at the last minute for the extra special gift or that new fangled toy your tot simply must have. I have a simple solution for you: make a list and stick with it!

This year I have asked my three children what they really want and they've made their lists. I then asked them to consider doing something different this year. Let us each give up one gift and give it to a family who can't afford Christmas this year. They were so excited. It simply amazed me.

Kids really don't care about the gifts as much as you think. They love to share, and what better time to teach them to put others first? Try it—your children may amaze you, too.

Best regards,
Roseann Mango-Morgenson
Vice President
Maine Publishing Corp.



Thank You
for your tremendous support
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Community notices

City of Portland's Halloween Party for Children

The City of Portland, Parks & Recreation Dept., Munjoy Hill Community Policing Center and Greater Portland Landmarks are hosting a citywide Halloween Party for children in grades K-5. "Halloween Magic 2003" will be held Halloween Day (Friday, October 31) and run from 2 p.m.-4 p.m. Magicians, games, storytelling, and treats are planned for the Portland Observatory and the Cummings Community Center, located at 134 Congress Street (top of Munjoy Hill). "Ghost" readers (including Police Chief Michael Chitwood) will "spookify" children at the Observatory and ghostly games will be played at the Cummings Center. Mystifying Magicians will bring a little "Halloween Magic" to the festivities! So be sure to bring your little one to the party (rain or shine); parents must attend. (There is no public school for Portland students on October 31, as this is a staff development day for teachers and staff). Admission to the party is free.

Sponsored by: Greater Portland Landmarks, Portland Parks & Recreation, Portland Police Department-Munjoy Hill Community Policing Volunteers of America-Bayview Heights, and the Munjoy Hill Neighborhood Organization.

For more information, please call Portland Parks & Recreation: 756-8275 or the Munjoy Hill Community Policing Center: 756-8135.

Community College Students Guaranteed Admission to USM

Southern Maine Community College (SMCC) and the University of Southern Maine have announced a transfer agreement between the college and the university.

USM and SMCC have worked together to create a system making transfer from the college to the university easier for students. The agreement offers students enrolled in the Associate of Arts Advantage (AAA) programs at SMCC guaranteed admission to USM. Under the agreements, students who are participating in the AAA program will be assured a place as juniors at USM once they have completed their two-year Associate of Arts degree.

This system allows for a seamless transition for students from the community college to USM by waiving a formal application procedure, waiving SAT requirements (assuming the successful completion of the associate degree), and allowing students to participate in USM's Advance Registration period during their final semester at their community college.

"USM has always enjoyed working with Maine's community colleges to ensure access to higher education for all of Maine's citizens," said USM President Richard L. Patten. "This agreement with Southern Maine Community College was developed to ensure students a smooth transition from two-year to four-year academic programs. The focus of our programs is different, but our campuses share a common mission, which is to expand educational opportunities for the people of Maine."

SMCC President James Ortiz agrees, "Most, if not all of our new students, whether they are in liberal arts or technologies, plan to go on to a university after they've earned

their degree here. This partnership between the community college and the university will allow them to transfer seamlessly to continue their education."

Warren Memorial Library Will Sponsor AARP Driver Safety Course, November 5 & 7

An AARP Driver Safety Course for drivers 50 years of age and older will be presented at the Warren Memorial Library, 479 Main Street, Westbrook, Maine, on Wednesday and Friday, November 5 and 7. Classes will be held from 9 a.m. to 1 p.m. on each of the two dates. Participants must attend both sessions to complete the course.

The registration fee is \$10 per person and advance registration is required. To register, please phone Geraldine Guitard, AARP Volunteer at (207) 761-4083.

The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed specifically to meet the safety needs of experienced, mature drivers. It is an eight-hour class designed to help drivers learn about defensive driving techniques, new traffic laws, rules of the road and much more. It helps older drivers learn how to adjust their driving to age-related changes in vision, hearing and reaction time. Also, drivers 55 years of age and older who complete this course are eligible for auto insurance discounts as prescribed by law adopted by the Maine state legislature.

Maine Handicapped Skiing Seeking Winter Volunteers!

Every winter Maine Handicapped Skiing teaches over 250 adults and children with physical disabilities to downhill ski, snowboard, cross country ski and snowshoe. Every year MHS depends on over 350 volunteers to make it happen!

Join hundreds of fellow skiers and riders in one of the most exciting challenges you will ever take on. Use your skills, your love of skiing or riding and do something really important—teach a person with a physical disability to take on new challenges, learn new skills and just have fun!

New volunteers are required to take three days of training in November and December and then give 10 days of volunteer time working with MHS participants at three possible locations: Sunday River Ski Resort, Sunday River Inn and Cross Country Ski Center and Sugarloaf/USA. Volunteers receive a complimentary ski/trail pass for every day they volunteer during the MHS season, beginning January 5th until the end of March 2004.

At the training sessions, volunteers learn adaptive skiing techniques, become familiar with adaptive equipment and learn about the many physical disabilities served at Maine Handicapped Skiing. Clinics both on and off-snow are also available to volunteers during the MHS season to continually improve skill levels and technique development. Volunteers are supervised and taught by highly qualified MHS staff members and advisors, volunteers with extensive training and years of experience working with MHS participants.

Maine Handicapped Skiing serves a wide variety of people with physical disabilities including: traumatic brain injury, stroke, spina

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

bifida, cerebral palsy, spinal cord injury, blind and visually impaired, deaf and hearing impaired and amputees. Over 1,100 lessons were given in 2003, the vast majority at Sunday River Ski Resort. Downhill skiing and snowboarding lessons are taught on weekends at Sugarloaf/USA in Carrabassett Valley and cross country skiing and snow shoeing lessons are taught at the Sunday River Inn and Cross Country Ski Center Wednesday through Friday during the MHS season.

We guarantee that volunteering at Maine Handicapped Skiing will be one of the best decisions you will ever make! You'll make new friends, be challenged and have the time of your life! Potential volunteers must be 18 years of age, be an intermediate skier or rider, and have their own equipment and indemnifiable bindings (for skis). Volunteer training for three days in November and December is mandatory. (MHS also has a Junior Volunteer program for young people, ages 16 and 17—please call for details). Snowmobile drivers, photographers, office assistants and special event volunteers are also needed at Maine Handicapped Skiing. Please call MHS at 800-639-7770 for more information on becoming a volunteer or visit the MHS website at www.skimhs.org/volunteer.

Maine PBS is looking for kids to appear on TV ZOOM segments that will highlight young volunteer stories

ZOOM fans: Are you involved with a volunteer project that other kids in Maine would be interested in learning about? Maine PBS is looking for individuals or groups of children or students who are making a difference in their communities and would like to be featured on the television program ZOOM.

The project is called ZOOM Into Action and it encourages children and teenagers to volunteer. Television segments highlight young and teenage volunteers or grassroots outreach efforts.

If you're between the ages of four and 18, please call Audience Services at 1-800-884-1717 to share your story. Be sure to let us know how to contact you, your parents or guardians for more information. ZOOM airs weekdays at 5 p.m. on Maine PBS.

For more information, please visit the Web site at www.mainepbs.org and click on ZOOM. Support for Maine PBS' ZOOM Into Action Campaign is provided by Dead River Company, pleased to support the volunteer efforts of kids throughout Maine.

David Robinson Announces Write-In Candidacy for Water District to Protect Portland's Water Quality

David Robinson, a 33-year Portland resident and long-time business and civic leader, announced he is running as a write-in candidate for Trustee of the Portland Water District.

"We must never take for granted the fantastic resource we have in our water supply," said Robinson. "As a Trustee, I will use my longtime knowledge of our city and my experience in business and community efforts to make sure the people of Portland continue to have clean, reliable, sufficient source of water."

Robinson, a founder of Dirigo Manage-



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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

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

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ment, lives on Capisic Street with his wife, Gail and their two children, Jennifer and Matthew. Robinson has been active in several organizations locally, including Woodford's School, Maine College of Art, and Portland's Downtown District. Robinson can be reached at 773-6101.

Sketchygy Productions and Somewhere Else to co-host "Boot Camp" Party

Sketchygy Productions is a non-profit organization formed by Wil Whalen, Lance Rait Richardson and Justin Moriarty. The founders of this company are three talented and committed men who want to make a positive difference in the world through the articulation of art and community. They will accomplish this by implementing community events poised to enable charitable fund-raising and awareness while providing artistic exposure for local artists.

On Saturday, November 1, Sketchygy Productions and Somewhere Else will be co-hosting a "Boot Camp" party. The party will run from 9 p.m. to 1 a.m. at 117 Spring Street and you are encouraged to dress in military attire. Sketchygy Productions will be selling 50/50 raffle tickets during the party to raise funds to produce their first play, "Must Be The Clouds In My Eyes" (all ticket sales from the production of the play will be donated to Family Crisis Services).

Some of the businesses that have already contributed gift certificates to be given away are Sky Toyz, Condom Sense, and Head Games—more to come! Sketchygy Productions will also be awarding a lucky patron with a weekend getaway in Rangeley, Maine for the "most authentic" military outfit. There will also be a prize for "most creative" military outfit.

While we plan to have a great time, we will also be handing out yellow ribbons and have a special dedication for the men and women currently serving our country in the Middle East. You must be 21 or older, NO cover charge, music provided by DJ Neil. Contact Somewhere Else at 871-9169 or Sketchygy Productions at 712-0307 for more details.

Family Crisis Services and Real Cool Art Productions Presents 2nd Annual Fundraiser

Family Crisis Services and Real Cool Art Productions will present the 2nd Annual "Evening with Maine Artisans" Fundraiser on the evening of Wednesday, November 5, 2003.

This holiday shopping event will take place at Purpodock Golf Club, Spurwink Avenue in Cape Elizabeth from 4 p.m. until 9 p.m. and is open to the public. A Hors D'oeuvre Reception will be held throughout the evening as well as a raffle of participating Artisans' work.

"Last year's show was such a tremendous success that we have invited eight more Artisans to participate this year," says Joan Watson of Cape Elizabeth, Co-chair of the event with Susan Hellier of South Portland. With 22 of Maine's most talented artisans participating there will be a wide range of unique and exciting work available for early holiday shopping, like pottery, glassware, photography, a variety of jewelers, women's clothing and accessories, tableware and home accessories.

All of the participating artists and craftsmen have been "hand selected" based on their work. "We have put together a visually stunning show for attendees as well as a balance of product and price range, there is truly

something for everyone," said Susan Hellier.

Family Crisis Services, which operates out of Cape Elizabeth, is a non-profit, community based organization providing domestic violence services in Cumberland and Sagadahoc Counties. This 25-year-old organization serves all needs of domestic violence victims, from emergency shelters to transitional housing and ongoing support. The main goal of Family Crisis Services is to increase safety to individuals affected by this violence. Awareness, being a key part of preventing domestic violence, also accounts for much of the work for Family Crisis Services. Its ongoing Awareness programs include Youth Prevention Programs, Support Groups, Elder Abuse and Health Care Initiatives.

"This is an organization that provides invaluable services to those in need or their loved ones," said Hellier. The \$5 door donation and all raffle proceeds, as well as any show proceeds will go directly to Family Crisis Services. For those attending the show, an additional opportunity to own a piece of original Artisans work is available. Anyone who brings an unopened personal care product, such as toothbrushes, shampoo, soap and grooming items will receive a free raffle ticket. These are simple items that are always in need at the shelters since most victims using the services are ill-prepared when they leave their homes.

"An Evening with Maine Artisans" is a wonderful way to support the programs of Family Crisis Services. In doing so, you can enjoy a pleasant relaxed and social evening with friends, while shopping for unique and beautiful holiday gifts. For further information, please contact Real Cool Art Productions at 741-5299 or 799-9222.

Girl Scout Registration in Progress

Girl Scouts of Kennebec Council is accepting registration for girls 5-7. The local Girl Scout council provides programs for approximately 11,000 girls in Androscoggin, Cumberland, Franklin, Kennebec, Knox, Lincoln, Oxford, Sagadahoc, Somerset and York counties.

Girl Scouts is a place for girls of all ages to grow strong in a supportive all-girl environment. There is a wide range of activities for girls to experience; at each level of Girl Scouts the troop activities are determined by troop leaders and the girls themselves. Activities at every level assist girls in learning to make good decisions.

Daisy Girl Scouts (ages 5-6): exploring a park or nearby farm, learning about games and festivals from around the world, making finger puppets, baking cookies and other crafts.

Brownie Girl Scouts (ages 6-8): taking short hikes, learning about bicycle safety, singing songs, introduction to a variety of sports, learning the importance of exercise, making crafts, camping overnight, and learning about communities in which they live.

Junior Girl Scouts (ages 8-11): trying new activities such as photography, computers and theater, developing math, science and technical skills; sharpening outdoor living skills on camping trips; tour backstage at a musical or play; and leading a bicycle safety workshop.

Cadette Girl Scouts and Senior Girl Scouts (ages 11-17): working on Gold and Silver Awards; participating in Destinations, summer travel opportunities; exchanging ideas about current events including peer pressure and careers, applying scholarships just for Girl Scouts; and taking on challenging backpacking, canoe-

ing, rafting and cycling adventures.

For more information about Girl Scouting in your town, please call 1-800-660-1072 or 207-772-1177 or kennebec@gskc.org.

Freeport High School's Third Annual Wreath Sale

Freeport High School's Third Annual Wreath Sale, which benefits the Class of 2004 Project Graduation, sales will soon begin.

Project Graduation Committee is a fundraising group that helps to provide fun and safe activities for graduating students. Please help support the Freeport High School Class of 2004 by purchasing your Holiday wreath through us.

Your fresh fragrant Maine balsam wreath, with a large red velvet bow, can be ordered for \$12. Orders will be taken from November 1 to December 6. All wreaths will be available for "pick up" on December 6 at Freeport High School's AP Room from 12 p.m. to 4 p.m.

When ordering please include the following: Name • Address • Telephone Number • Number of Wreaths

Make the check made payable to Freeport



Wreaths for Sale!
ILLUSTRATION ART TODAY

Errata:

In the October 23rd issue, Winterizing Your Life, the article *Talk: A conversation with Katie Warren, Jr.* should have read Kaile Warren, Jr.

Readers feedback

November 4 Vote Will Affect Maine Harness Racing Industry

On Tuesday November 4, 2003 the voters of our State will have an important decision about the future of the Maine harness racing industry. As President of the Maine Standardbred Breeders and Owners Association, I wish to explain some of the history about horse racing. To do so, I will use quotes from a speech given by Stanley F. Bergstein whose list of accomplishments and credentials are too long to list. He is considered to be the Dean of Harness Racing in the United States, Canada and Europe. His speech was given in August at Scarborough Downs.

After acknowledging Peggy Shehan of Scarborough, Maine, who he considers the "First Lady of Maine Harness Racing" and recent widow of the legendary sports writer Tom Shehan, Mr. Bergstein said as follows:

"Maine was the first state in the nation to raise breeding of trotters to an art as well as a science. Its rich history in that regard started 187 years ago, when a Maine man name Alonzo Hayward traveled to Oneida County, New York and bought a son of the great gray thoroughbred Messenger, who had been imported to this country from England in 1788. It was Messenger—a running horse—that somehow planted the genes that laid the foundation of the American Standardbred.

Further, Mr. Bergstein said, "The real foundation of the breed occurred in 1822—in Norridgewock—where Lion was foaled, bred by Rev. Samuel Witherell. The good reverend also bred a horse he named for himself—Witherell—that sired a mare named Belle of Portland, a noted performer in the mid-1800's." Mr. Bergstein described "the horse Pelham from the Kennebec River country known as Gardiner who beat the immortal Lady Suffolk of Long Island ... and of song and legend. You bet on the Old Gray Mare ... I'll bet on Pelham." Stanley made references

to Morgan horses, which played a major role in Maine breeding history, led by General Knox. Also, he recalled for us the "old Kite Track of Old Orchard where Greyhound set a record in 1939."

Following WWII with the advent of nighttime racing, harness racing happily became the country's fastest growing sport. During the latter half of the 20th century Mr. Bergstein sadly described the increased competition for harness racing from state run lotteries that do not have the overhead of land, hay, oats, blacksmiths, veterinarians, drivers, trainers, and grooms. Then, Mr. Bergstein mentioned the "miracle" which Dover Downs in Delaware experienced in the early 1990s, when the horse purses were supplemented with money from the slot machines at the racetrack. Including Canada, there are half a dozen states where slot revenues have increased purses making racetrack ownership a profitable business.

In conclusion, in my capacity as President of the Maine Standardbred Breeders and Owners Association, I respectfully request that you vote Yes on Question 2. This will allow for the operation of slot machines at Bangor Raceway and perhaps Scarborough Downs, depending on Scarborough's town-wide vote on November 4, 2003.

Respectfully,
Diann W. Perkins
Cornish, Maine

We want your letters!

Submissions are the views of our contributors and do not necessarily represent those of CBW. Please send your submissions (no more than 300 words), to Letters, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbwdir@maine.rr.com. Be sure to include your address and daytime phone number.



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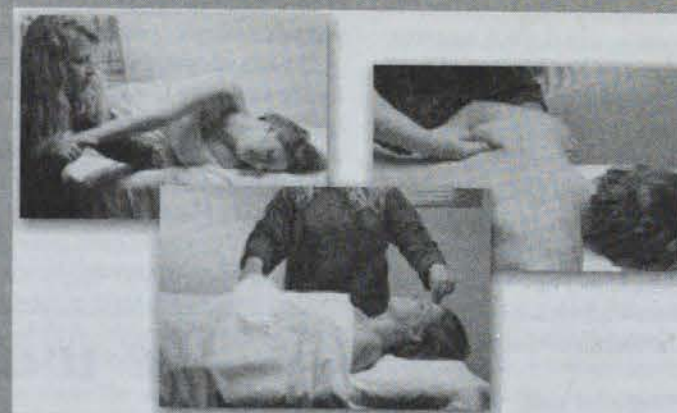
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Prepping Teeth for the Top Candy Holiday

by Tina Valek

The most recent U.S. census shows that in the five-to-14-year age range alone, 40 million prospective trick-or-treaters could be out this Halloween. If recent buying trends hold, Americans will have 20 million pounds of candy corn on hand—enough to give each costumed candy-lover half a pound. That's before they get to the chocolate, lollipops and other treats.

How can 32 tiny teeth hold up against this onslaught? The trick is to moderate kids' intake of sweets and make sure they stick to their brushing-and-flossing routine, according to Ed Schooley, DDS, a national oral health advisor for Delta Dental Plans Association.

"Gathering and eating Halloween treats can be a lot of fun for kids and parents alike. The key is to enjoy the treats in moderation and to give teeth a treat too, in the form of a little extra care," Dr. Schooley said.

Here are some fun and creative ways to protect your child's smile and encourage

good dental-care habits this Halloween:

- Serve a healthy supper. A good meal before trick-or-treating leaves less room for sugary sweets.

- Set up a candy "bank." Allow your child four or five pieces of candy on Halloween, then store the rest in a sealed container (freeze chocolates and candy bars). Establish times when the "bank" will be open for withdrawals over the next month.

- Offer tooth-friendly fare to trick-or-treaters. Consider sugar-free treats or travel sizes of toothpaste and dental floss. Just remember that although treats like dried fruit and gummy fruit snacks might be more nutritious than candy, all hold decay-producing

acid against teeth for longer periods of time than other snacks.

- Make sure candy is age-appropriate. Don't give children ages five and under jawbreakers or hard candies. These can chip teeth or cause choking.

- Encourage kids to drink water throughout the day, especially after eating sweets. It will help rinse sugar away from teeth until there is time for proper brushing.

- Brush before bedtime. Offer your child a new, brightly colored toothbrush as a final Halloween treat. Insist on a good brush before bedtime.

After Halloween, it's best to wait until after meals to give kids candy from the candy bank, because eating sugary treats after a balanced meal is better than eating them alone.

"The body produces more saliva to help digest big meals, which washes away more food and helps neutralize harmful acids before they can attack teeth," Dr. Schooley said.

Delta Dental Plans Association, based in Oak Brook, IL, is a national network of independent not-for-profit dental service corporations specializing in providing dental benefits programs to 43 million Americans in more than 75,000 employee groups throughout the country.



ILLUSTRATIONS: ART TODAY

paw print Speak-Charlee-Speak

by Nancy Freedman-Smith

Dear Charlee:

It is that time of year again. What is it with humans anyway? Just as soon as we start seeing pumpkins outside people's houses, she starts using that loud sewing motor thing and has fittings for me day after day after day.

Then she parades me around from place to place and all the other dogs snicker. It is all very beneath me. She seems all proud of herself while I am covered head to toe in shiny, noisy, blankets. I heard her tell her Mom I am going to be a belly dancer this year. We have been practicing all week. She has me wear the darned thing and walk around on my hind feet until my back starts to ache.

Please help,

Bruno

Dear Bruno:

What is it with humans indeed? As you can see from my photo, I am no stranger to this yearly ritual. The only thing I know, is whenever those silly costumes come out, I get a lot of liver, hot-dogs, and assorted crunchy bones, plus lots of attention. Everyone tells me over and over what a good dog I am. This may sound crazy, but I have learned to love it! It is very important, that if our humans are going to humiliate us in this manner that they make it as pleasant as possible. That means comfortable costumes that are not restricting, and lots of positive reinforcement, BEFORE the big event, and they need to take extra care to be sure we can see where we are going.

Your human is doing the right thing by helping you practice wearing your costume in advance as long as she is going slow, and rewarding you heavily every step of the way. They really cannot just whip out the costumes at a party, and expect us to tolerate it. For some dogs, no amount of praise and food will ever get them to accept being dressed up. I hope people have the sense to realize which dogs need to be left to their own fur. Did you ever watch humans put on their clothes? Yikes!

The other way I learned to love this time of year was by going house to house with my kids. Every time someone opens the door and gave the kids treats, I got my treats from my bag. Love that! But this is not for every dog. Many of my canine friends get too stressed out and scared this time of year. A frightened dog is much more likely to act aggressively out of fear, and better left safely at home.

Adopt a Pet: Sandy & Midnight

by the Animal Refuge League



Sandy

will do best in a home with a high degree of interaction with their human caretakers. Allowed to gain too much weight in their former home, Sandy and Midnight need to get more exercise and have the opportunity to have some fun! For their emotional health Sandy and Midnight WILL be adopted as a pair. For lovers of German Shepherd's this is a dream come true!



Midnight

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



Wishing everyone an utterly fun and safe Halloween!
PHOTO: NANCY FREEDMAN-SMITH

It can be a horrible time for dogs. What dog likes the doorbell ringing all night, while the humans disguise themselves in such strange garb? I am still learning to accept humans when they wear hats for cats sake.

My buddy Rusty gets very worked up on Halloween, and he gets worse and worse with every year. His human puts Rescue Remedy in his water, and turns classical music up loud. He is kept securely behind the bedroom door with the windows closed and curtains drawn. She also puts the candy outside with a note to please not ring the bell, and to help yourself. That helps him tolerate the pumpkin night a bit better. It is a very dangerous time for dogs to be left out in the yard alone after dark, or given any opportunity to bolt out a door. I hope all humans take extra care this and every season. One year, my old buddy Rollo stole the candy off the counter. He got a trip to the emergency room. Chocolate is toxic for dogs, and the wrappers can cause us trouble as well. The darker the chocolate the less we can ingest.

What do you think about the fire pumpkins? Not only are they scary, they are a major hazard around pets, and people need to be really careful pets don't knock them over and start a fire. My wish for you Bruno, is that you get as many goodies in your bag as I will get in mine. I am concerned about your humans making you walk on your hind feet. That is not natural for dogs, and you could suffer a severe back injury. Your human needs to get the vets OK before she practices this potentially dangerous behavior.

Charlee

Charlee answers questions once a month with her help from her human. Nancy owns Gooddogz Training. They can be reached at Gooddogz1@aol.com.

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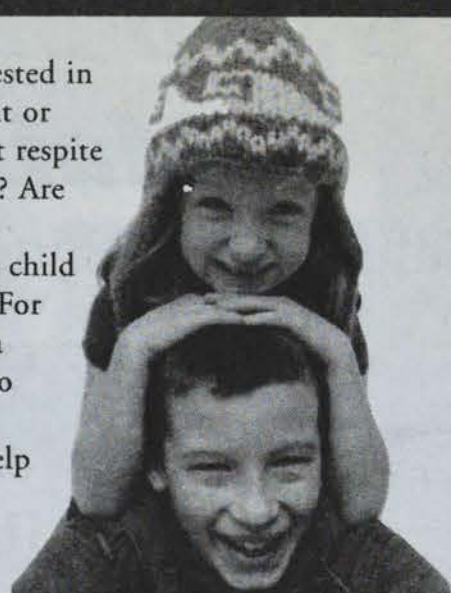
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THE Daily GRIND

The Waiting Room

by Martin James

Certainly there are more interesting places to spend an afternoon than the waiting room of a busy medical practice. But on a recent afternoon, that always dreadful experience produced a few minutes of electrifying delight. I'd driven my 90-year-old father to his appointment and although he had been able to get right in to see the doctor, I knew I faced a half hour or more in this suburb of Hades.

The waiting room served four doctors and was fairly typical: chairs not nearly comfortable enough for a few minutes—much less for the hours spent in them; a museum of ancient magazines scattered on low tables; music piped in from a funeral home; carpet designed to capture and hold muddy footprints—all in all, certainly not the place one would expect to experience enchantment. Most of the 30 or so chairs were occupied by seven couples and a dozen other men and women who appeared neither nervous nor content.

I was gazing out a window at traffic when one of the oldest men, way off in the far corner, wheezed loudly. He appeared startled by something at the entrance—I thought from the look on his face that he'd had a stroke. But it wasn't pain. It wasn't pleasure, exactly—it was amazement, like a southerner or a baby seeing snow for the first time.

In a flash, everyone in the room fixed their attention on the dazed old man, then turned to see what had so dazzled him. There was an audible catching of the breath, then a collective whistle through a dozen sets of false teeth.

There at the door was the most beautiful woman in the world. Really, I'm not exaggerating. Prettier than any actress or model; shapely, simply dressed and perfect. As she glided into the waiting room, every man there did everything possible to appear more virile and younger—even a day younger might help—who knows? Stomachs were sucked in, necks were stretched to hide double chins, fingers traveled from mouth to head to slick down wisps of thinning hair.

This vision of enchantment walked slowly through the waiting room to the receptionist's desk and spoke in an angel's voice: "I'm Tammy LaChance. I have an appointment with Dr. McDougall."

"Take a seat, please. The doctor is running a bit behind," said the receptionist without looking up.

The problem was finding a seat to take. There was one next to me and another next to a very elderly man whose wife quickly assessed the danger and determined that this youngster was not going to get close enough to her husband to entice him away. This wrinkled old man may have been handsome in his day, but that was way, way back in the past. Today, only his wizened bride saw the charm, but she was taking no chances.



PHOTO MICHAEL POLISKEY

Leaving her huge purse in her seat, the suddenly and amazingly agile woman leaped over her husband and landed in the empty seat. This left the chair next to me the only open seat in the room. But wait—someone had left, unnoticed in the swirl of excitement of Tammy's entrance. Alas, also unnoticed was a wheezing old man who had taken the seat next to me.

Now the only empty seat was next to a relatively young couple. Neither of them looked sick or rundown in any way, so it was hard to tell who was waiting for the doctor. But as Tammy casually crossed the room, aiming for the single open chair, the husband began to breathe in short, hard breaths, and his hand went quickly to his shirt pocket and drew out a bottle of nitroglycerin tablets, one of which he placed under his tongue. That settled who the patient was, and also changed Tammy's course.

Now she faced a challenge. There were no chairs left. The Enchanting Tammy paused and smiled as though waiting for a gentleman to offer her his seat, and of course someone did.

It was me—in an act of uncommon chivalry. But with a smile of surpassing sweetness and a polite lowering of her head, she declined my offer.

She was still standing when my father returned. The doctor opened the door for him and motioned that he wanted to talk to me. I stood up at the same moment Tammy turned at the sound of the opening door and saw my dad.

"Henry! You look great," she said with obvious delight.

"Tammy," he said with great joy. "You're just who I need to see after half an hour with this ugly old man," pointing to Dr. McDougall. "Have you met my son, Martin?"

"I did. He offered me his seat. You raised a real gentleman, Henry." She looked back toward me and smiled. "If he were a few years older, he'd be my type."

"Martin," my flirting father said, after learning that Tammy was waiting to see the doctor, "I'll wait for Tammy and ride back with her. Thanks for the ride. Don't wait up for me."

And he brushed me off with a wave of his hand, like a determined dieter rejecting a forbidden sweet treat. And so I was out the door alone, stunned but newly and more deeply impressed by the man who had raised me to be a gentleman.

Martin James lives with his wife and her three cats, all of whom are suspicious of his sudden interest in driving his father to doctor's appointments.

Non-profit news

McAuley Residence, A Transitional Living Program, to Benefit from E'lissa Jones Concert

by John Mooney

McAuley Residence is a Transitional Living Program designed to facilitate growth leading to emotional stability and financial independence for women alone, or with one or two children under age eight. Since the Sisters of Mercy opened the program in 1988, it has served over 70 families. Each woman has her own one-bedroom apartment that is fully equipped to meet the needs of a small family. The length of stay varies but each woman has the opportunity to participate in the program for 24 months.

The Life Skills Program at McAuley Residence is an interactive process designed to meet the individual skill building needs of each woman and child. High self-esteem and a vision of one's potential are the foundation for successful achievement of goals and objectives identified as necessary steps for self-sufficiency. The program at McAuley Residence supports each woman's vision and nurtures her self-esteem during this often difficult and creative process.

McAuley Residence attracts women with incredibly different life stories. They come through the doors with two shopping bags or several boxes and suitcases full of accumulated material goods. They come from Maine, other states and other countries. They come from penal institutions, substance abuse treatment programs, shelters, the streets, or family and friends. They may have experienced a variety of abuse and childhood traumas. They come experiencing depression, grief and loss.

The residents bring very different cultural and family rules and norms that effect their self-image and their expectations of others. They come with young children, grown children, children with special needs or children that are living in other places. They come with higher education or a very fractured educational process.

The women come to McAuley Residence with hope for a brighter future. They arrive with wonderful creative spirits and talents waiting to be nurtured into a new life experience. They come with a need to resist when they have been in situations where they have not felt empowered. They come with broken trust and a willingness to learn to trust again.

They often speak of how safe they feel at McAuley Residence, and for many, feeling safe is a new experience. Life does not suddenly become easy when they step through the door of this safe haven. Now, however, they are supported in their desire to change and grow. They are also encouraged to engage in a process of learning who they are, and how to speak their individual truth. They learn they are human beings worthy of love and respect in the here and now.

Chaos, tears, laughter, and at times

shared misery bolster their faith in self and in each other. Here friendships grow and personal differences with difficult feelings are processed. They are growing into their future, often by releasing and growing out of their past. They are survivors and they are learning to honor their very great courage and tenacity.

The staff at McAuley Residence work together to create a supportive environment where women can develop the necessary skills to provide an acceptable standard of living for themselves and their children. While at McAuley Residence women also have the opportunity for accelerated personal growth supported by staff and their peers.

The program at McAuley Residence supports each woman's vision and nurtures her self-esteem during this often difficult and creative process.

The guidelines for acceptance into the Life Skills Program at McAuley Residence are as follows:

- Applicant ages 21 to 62 years
- Children's ages 0 to eight years
- Six months of documented sobriety.
- Single women, and no overnight guests
- No alcohol or other substances
- Twenty-five hours of productive activity weekly

The program is staffed 8 a.m. to 4:30 p.m. Monday through Friday.

McAuley Residence encourages empowerment through education and self-discovery. The transitional housing program depends on fundraising events, grants, in-kind and monetary donations, and endowments. It is supported and enhanced by a core group of dedicated volunteers who provide childcare during weekly sharing and educational groups for the women. The United Way Day of Caring, Saint Joseph's College Community Service, and many individuals provide a variety of volunteer services. Ongoing volunteer opportunities include childcare, mentoring, and facilitation of group activities/training. For more information please contact kathari@maine.rr.com or Kathari Findlen at 773-5289.

On Saturday, November 1, the New York based singer/songwriter E'lissa Jones will give a concert at the St. Lawrence Arts and Community Center on Munjoy Hill, Portland, for the benefit of McAuley Residence. Tickets are \$20. Call (207) 775-5568, ext. 3, for reservations at the 76 Congress Street arts center.

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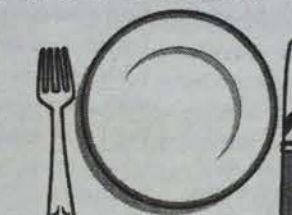
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Talk A conversation with Amanda Simonds

“If you feel like you are in danger or start to feel very cold and scared, get out. And don't speak evil of the dead; they may decide to get even.”

by Michele Morris

Mandy and I have been friends for a while and through our friendship she has opened me up to the spirit world more than I cared, or dared, to in the past. She has taught me a lot, especially how comforting the spirit world can be if we only open ourselves up to it. Well, she did make a believer out of me. Oh, and the Ouija is real.

You claim to practice Wicca. Can you explain what this means?

Wicca is the religion of the witches, which is centered on reverence for nature as seen in the Goddess and the God. It's a religion that celebrates both physical and spiritual realities, in which attunement with the God and Goddess is coupled with the practice of magic. Witchcraft is the acceptance of personal and social responsibility and the acknowledgement of a holistic universe as a means towards the elevation of consciousness. Equal rights, feminism, ecology, attunement, brotherly/sisterly love, planetary care; these are all part and parcel to Wicca and Witchcraft.

What sort of rituals and ceremonies do you practice?

I have many different rituals for most anything you can think of. Recently I moved into a new apartment and I did a house blessing, in which I rid the house of any negative energy that may be lingering from past residents or anything else in contact with the home. I also do self-purification when I'm feel-

ing drained or I have a lack of energy. I do a ritual to purify myself and regain energy and thoughts. As far as ceremonies, there are eight Wiccan holidays, called sabbats. The sabbats are based on ancient practice and reflect the cycles of nature.

Halloween must be a special time of season. What does it mean to the Wicca? Halloween, or Samhain, is the holiest day of the year. On this day the dead are remembered and honored. The veil between worlds does not exist. Magic, spirits and the supernatural rule the Earth.

What would you want people who aren't familiar with this type of worship to take away from this interview? What should they know about you and what you practice? That Wicca is not evil. It's not devil worship, nor does it involve the harm of anyone. Also to listen and learn before judging someone by appearance and religion.

In talking with you previously, you have told me of experiences you have had with the "other side." Can you discuss some of this?

I wish I were as talented as John Edwards (Host of the television program *Crossing Over with John Edward*, seen locally on WPME), but I don't see that happening anytime soon. I don't see spirits often, but I feel them. I have learned over time to recognize feelings: how I feel in a house that I have never been to and the same goes for buildings. I sometimes feel others in houses that I've always visited. I truly believe that there are those from the "other side" all around us.



PHOTO MICHELE MORRIS

I understand that your mother also delves in much of the same things you do. Is this how you got started? What has she taught you?

I have been practicing for approximately six years. I've done a lot of research into this religion and still have so much to learn. I feel that whatever religion you follow is your choice and I'm confident in my beliefs and I find comfort in them. My mom doesn't practice Wicca, but she does have a stronger ability to visualize. Usually if someone speaks to her from the "other side," there is an important message for her or someone she knows. It's quite amazing to me really. My mother taught me at a very young age not to fear death; that death is another stage in this

beautiful thing we call life. Of course, I was scared of ghosts, holding my eyes shut tightly in the dark and talking out loud to myself in scary place. Over time I have become more open, and I'm able to understand more as a result of that.

Any advice for those who might want to try to get in touch with the "other side"?

If you decide to do some searching, don't fear that spirits can get into your mind, because they can't. Don't fear that they may follow you home, they won't. If you feel like you are in danger or start to feel very cold and scared, get out. And don't speak evil of the dead; they may decide to get even. Be safe, Happy Halloween, and Blessed Be!

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Extreme leigh Taking off with BE A PILOT

by Leigh-ann Smith

Imagine this: it's 5 pm on a Friday evening. Cars are lined up as far as you can see in front of you and behind you. Just another long, tedious and frustrating commute. All of sudden your mind starts to wander of places you would rather be. Thoughts of having a flying car enter your mind. Wouldn't that be great?

It's a dream that isn't really far off. No, we are not living in a *Back To Future* movie but the possibility of learning to fly is not that far out of reach. Through Maine Aviation and the BE A PILOT program, learning to fly can be a dream fulfilled. The price for the introductory flight is as little as \$49. The average cost runs between \$3,500-5,000 to get the Private Pilots License. Most students complete the course within three to six months of training.

As a person who typically likes the comforts of a "safe" life, I looked at this as a unique opportunity to something out of my comfort zone. I don't particularly like heights and have rationalized that is why God made me short. However, the thought of flying a Cessna 172 began to grow on me, so I contacted the BE A PILOT program. I was set up to take a flight lesson with Eric Nevers. He has been in aviation for 22 years and with Maine Aviation since July.

The instructors at Maine Aviation are there to teach people who have the desire to learn to fly, as well as gain the independence associated with having a pilot's license.

"At Maine Aviation, we can help you get your Private Pilots License, which is also called a Visual Flight Regulation," explains instructor Eric Nevers. He continues, "As a flight school we train people in general aviation, which includes everything except for commercial airlines."

The introductory flight begins with an overview of the program. Nevers explains the program and how as a student I would learn to fly, both through actual flying and ground lessons. "This program is a self-study pilot program. As you progress through the syllabus and course work you come in and take flight lessons," explains Nevers.

"The kit includes a work book, CDs and a log book. The great thing about the program is that each time the student comes in to take a flight lesson, the previous lessons are incorporated as well as gone over again. This allows the person to really understand the process of flying," continues Nevers.

The use of computers is an integral part of this program. The flight school has computers set up to help the students with flight simulations. "We have two flight simulators. The flight school uses computer training to integrate flight lessons with the ground training," says Flight School Manager Jim Brooks. But the process is not just simply flight training, even though that is a major component of the process. The first step in obtaining a Visual Flight Regulation (VFR) is logging flight hours. "To receive the VFR license a person needs 40 hours of training in a log book. Ten to 15 of those hours need to be done solo," says Nevers.

Nevers and I leave the office to start the flying lesson. We approach the Cessna 172 and Nevers explains the first step is to do a visual check of the airplane. We begin our lesson by checking all the exterior parts. "We have to make sure all the exterior parts are in proper working order," Nevers explains. "After we make sure all the exterior parts are in order, we will begin our interior pre-flight checklist."

After settling into the plane, I am overwhelmed by the number of panels, switches, and buttons. But Nevers explains the purpose of each one. Once the interior pre-flight checklist is done we're ready to fly. (Also I have decided that it is in my best interest if I use my backpack as a booster seat so I can see over the nose of the plane).

Since my legs do not really reach the pedals, which operate the rudder, Nevers has to operate the pedals. He begins by waiting for confirmation from the control tower that we are approved to go for a flight. We are "cleared for take-off" by the control tower. My hands tightly grip the yoke (steering wheel) and start to move it side to side, like I am driving a car. Nevers notes that the yoke actually doesn't steer the plane, like in a car. He explains the rudders actually will steer us to the runway. Oops, but I continue to grip the wheel tightly, since I



Pilot Eric Nevers gives Extreme Leigh a crash course in aeronautical terminology and theories. PHOTOS CHARLOTTE SMITH



More instruction from pilot Eric Nevers.



have just realized I am about to pass way out of my comfort zone and into an unknown zone.

Nevers asks if we're ready. I swallow hard and squeak out a yes, sounding a little like a hyena. My photographer says nothing. Not a good sign.

My mind begins to wander, and I think: 'If I jump out this instant I would probably only break some bones.' I can live with that, not a big deal. I am snapped back to reality with Nevers voice saying, "Okay, now you're in control."

I realize we are in the air. Awesome is the only thought than can come to my mind. Awesome, how quiet it is up here. Awesome, how blue the sky is against the white puffy clouds that dot the sky. And awesome, I don't feel like I am going to plummet to my death.

Once I relax and begin to look around, I realize the beauty of the Casco Bay region. I have been given a new perspective on just why people love this area so much. Nevers then tells us we're going to fly over our homes. He points out to my photographer, Charlotte, her home and then we fly over to Windham to take a look at my home. The last leg of the trip includes flying over the islands and up the Fore River to the landing strip.

Landing was not as stressful as take-off. Nevers guides us into a slightly bumpy landing. With a grin from ear to ear and white knuckles, I can only mutter, "Awesome". Nevers looks over at me and smiles.

Back in the office Nevers explains more about the flight program. "Completion of the program culminates with the passing of the flight exam. Once all the course work and logged flight hours have been achieved the student then takes the test with a designated FAA [Federal Aviation Association] examiner. We make sure the student meets all FAA regulations and requirements."

The other half of this partnership is the BE A PILOT program. It is a non-profit program whose aim is to promote the benefits of aviation. It was started in 1997. "The purpose of the BE A PILOT Program is to remind the public of their right and privilege to fly themselves. We founded this program so people could acquaint themselves with personal flight," says Drew Steketee, CEO of the BE A PILOT program.

Independently owned and operated flight schools, like Maine Aviation, agree to participate in the program to help promote general aviation. "Maine Aviation has been in the program for the past six years now. It gives people the opportunity to try flying and to see if it's something they would like to pursue," says Brooks.

For any interested in flight school, being involved in the program is very simple. "We have nearly 2,000 participating flight schools involved in the program in the US and Canada. All a flight school has to do is honor the certificate that the student brings in and if the school wants, it can post our decal on the door. The certificate can be either obtained through our website or by calling 888-BE-A-PILOT," says Steketee.

"Personal flying is a middle class activity that can be done for life. Aviation has been going through some tough times and we need to rekindle the interest in general aviation," continues Steketee.

Many people feel a private pilot's license is not an obtainable goal, but with the BE A PILOT program and participating flight schools, the dream can be achieved affordably.

Nevers says of the program, "Even if a person does the introductory flight and decides he or she does not want to pursue it [flying lessons] the experience alone is one of a kind." And I have to agree. I haven't decided if I want to pursue a private pilot's license but simply stated the experience was "awesome".



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

TRICK OR TREAT

Happy Halloween! Let's go beyond the candy and costumes and take a closer look at this spooky holiday.

History and Customs of Halloween

by Jerry Wilson

Halloween is celebrated annually. But just how and when did this peculiar custom originate? Is it, as some claim, a kind of demon worship? Or is it just a harmless vestige of some ancient pagan ritual?

The word itself, "Halloween," actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. November 1, "All Hallows Day" (or "All Saints Day"), is a Catholic day of observance in honor of saints. But, in the fifth century BC, in Celtic Ireland, summer officially ended on October 31. The holiday was called Samhain (sow-en), the Celtic New Year.

One story says that, on that day, the disembodied spirits of all those who had died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed to be their only hope for the afterlife (Panati 1987). The Celts believed all laws of space and time were suspended during this time, allowing the spirit world to intermingle with the living (Gahagan 1997).

Naturally, the still-living did not want to be possessed. So on the night of October 31, villagers would extinguish the fires in their homes, to make them cold and unde-

sirable. They would then dress up in all manner of ghoulish costumes and noisily paraded around the neighborhood, being as destructive as possible in order to frighten away spirits looking for bodies to possess (Panati 1987).

Probably a better explanation of why the Celts extinguished their fires was not to discourage spirit possession, but so that all the Celtic tribes could relight their fires from a common source, the Druidic fire that was kept burning in the Middle of Ireland, at Usinach (Gahagan 1997).

Some accounts tell of how the Celts would burn someone at the stake who was thought to have already been possessed, as sort of a lesson to the spirits (Panati 1987). Other accounts of Celtic history debunk these stories as myth (Gahagan 1997).

The Romans adopted the Celtic practices as their own. But in the first century AD, they abandoned any practice of sacrificing of humans in favor of burning effigies.

The thrust of the practices also changed over time to become more ritualized. As belief in spirit possession waned, the practice of dressing up like hobgoblins, ghosts, and witches took on a more ceremonial role.

The custom of Halloween was brought

to America in the 1840s by Irish immigrants fleeing their country's potato famine. At that time, the favorite pranks in New England included tipping over out-houses and unhinging fence gates (Panati 1987).

The custom of trick-or-treating is thought to have originated not with the Irish Celts, but with a ninth-century European custom called souling. On November 2, All Souls Day, early Christians would walk from village to village begging for "soul cakes," made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time, it was believed that the dead remained in limbo for a time after death, and that prayer, even by strangers, could expedite a soul's passage to heaven.

The jack-o'-lantern custom probably comes from Irish folklore. As the tale is told, a man named Jack, who was notorious as a drunkard and trickster, tricked Satan into climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil up the tree. Jack made a deal with the devil that, if he would never tempt him again, he would promise to let him down the tree.

According to the folk tale, after Jack

died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer.

The Irish used turnips as their "Jack's lanterns" originally. But when the immigrants came to America, they found that pumpkins were far more plentiful than turnips. So the jack-o'-lantern in America was a hollowed-out pumpkin, lit with an ember.

So, although some cults may have adopted Halloween as their favorite "holiday," the day itself did not grow out of evil practices. It grew out of the rituals of Celts celebrating a new year, and out of Medieval prayer rituals of Europeans. And today, it is only as evil as one cares to make it.

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References: Charles Panati, *Extraordinary Origins of Everyday Things*, 1987; and Dr. Joseph Gahagan, University of Wisconsin-Milwaukee, Personal letter, 1997

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Halloween Season

by Sybil Ridge

In our house, October 31 goes by many names: All Hallow's Eve, All Hallows, Spirit Night, and Samhain (SOW-in, SOW-en, SAV-en, SAHM-haine) are all interchangeable with Halloween.

Halloween, or Samhain, originated



PHOTO ARTTODAY

amongst ancient European tribes. Their year was split in half; spring and summer were full of rituals of light ensuring growth, birth, and vegetation. Samhain kicked off the second half of the year honoring dark through celebration of decay, death, and harvest.

My family attempts to hold true to the solemn qualities of the holiday season while at the same time respecting and incorporating the more modern traditions of Halloween.

Samhain is a month-long celebration for us, commencing during October's full moon. Many names have been assigned to the different full moons of the year. Each moon governs different magical aspects. Blood Moon is the title used for October's moon in my family. Blood Moon governs many different aspects, including karmic connection, mysticism, releasing negative energy and letting go. The veil between our world and the next has begun thinning.

During the day of Blood Moon, we work at building a Witch's Bottle. This is a jar filled with remnants of our past year. Report cards, hospital wristbands, locks from the first haircut, and various doll parts have all made their way into our annual Witch's Bottle. Added to these personal items are souvenirs from the eight holidays we celebrate from the wheel of the year, including remnants from last year's Samhain ritual. Finally, herbs chosen for their protective qualities, such as lavender and clove, are added.

We also work to aid in any area that one

of us might need help. For instance, we've added chamomile for a year of pleasant dreams and rose petals for a loving and harmonic household. This year, Devil's Shoestring was used to ensure I will find employment. We were also fortunate enough to catch full moon rainwater in our jar, strengthening our magic with the flowing nature of this element. Full, the Witch's Bottle is left on our outdoor altar to be charged by the Blood Moon.

That night, we take our cemetery walk. This is a self-reflective ritual where we move around the circumference of a chosen cemetery and discuss our next incarnations and what we may remember from a past life. Out of respect for any laws and because our middle daughter spooks easily, we do not enter the graveyard. Once home, we celebrate with hot apple cider and sweets addressing any concerns that may have come up on the walk. Thus, our Halloween season has officially begun.

Our lives are somewhat between worlds during this time of year. Much house and spirit cleansing goes on as we attempt to catch up on any debts accrued, whether on the material or astral plane. Though serious about balancing our lives, we do strive to incorporate the celebratory sensations of Halloween into our days.

The ritual we most look forward to is jack-o'-lantern carving. We've managed to combine magic with fun in this activity. We choose a family pumpkin together and carve symbols that represent the things we hope to not have to repeat again in the coming year. Usually, much storytelling and foolishness ensues as we reminisce. A black candle anointed with a releasing oil such as rosemary or frankincense is placed in the completed pumpkin and allowed to burn down. Eventually, the pumpkin is brought outside and faced away from our home. It's allowed to rot, taking our troubles and embarrassing moments into the earth.

All three of our daughters enjoy the bounty of the harvest season, especially apples. Our apartment is full of this fruit during this time of year, used for decoration, dessert, and divination. An apple sliced in half lengthwise reveals a heart, and if sliced by width holds a pentacle. The five sides of this star represent earth, air, fire, water and the human spirit. What a better fruit to use to divine our true love! My daughters never eat an apple without first twisting the stem while reciting the alphabet. The letter uttered when the stem pops off will be the first initial of a future true love. My oldest daughter also enjoys peeling an apple in a continuous stroke and then tossing the skin into our cauldron (or pot) filled with water. The curled peel will take on the shape of the first letter of her next boyfriend's name.

My youngest daughter's favorite activity is dress up. Because of this, we've been

able to develop a ritual around the costumes chosen for trick-or-treating. The girls' costumes are made or purchased close to Blood Moon and worn as often as possible up to October 31. The catch is, anyone wearing her costume must be in character. This year, we've got Rapunzel letting down her hair, a witch learning basic Spell Casting 101, and a medieval maid wandering the shire. By the time trick-or-treating arrives, they have created whole worlds beyond their costumes. They have names, personalities and histories. The actual date of Halloween usually falls midway in our festivities. This day is set aside for children, our daughters choose the manner in which they would like to celebrate. So far, it has always been trick-or-treating.

those we've loved who have passed on. We spend the time between Halloween and Mourning Moon deciding who we will set plates for and collecting memorabilia of the deceased. The menu includes the favorite foods of our loved ones. The table is set in black; candlelight is the only illumination, and a flower is placed before each plate. The meal is prepared in as much silence as is possible when little ones are present. Dinner is quiet and serious as well.

The silence is broken at the end of the feast by each family member telling a story about his or her "guest." These stories expand into different tales and histories that surround the harvest season. Usually, we will have done research to dig up a new



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Occasionally we adults too have attended parties and let loose. November 1, our true Samhain, will be a day of solemn observance.

On this day, we bury our Witch's Bottle somewhere in our yard and begin meditating on the cold and darkness ahead of us while the earth begins her hibernation until next spring. Our household is quiet throughout these next few weeks while planning the Dumb Dinner that takes place on November's full moon; what we call Mourning Moon. Our Dumb Dinner consists of a feast for our family as well as

myth or legend that we haven't told before. My two oldest daughters very much enjoy enacting the myth of Persephone's descent into Hades at this time of year. We check our banished pumpkin and if it needs help with its descent into the sleeping mother, we'll bury it under the Mourning Moon. After the girls have gone to sleep for the night, my husband and I will each lift a glass and pour them into the earth, paying our final respects to the season, thus culminating our Samhain celebration.

Maine's Paranormal Research Association

by MPRA

MPRA was the forerunner of paranormal groups in the state of Maine. From the beginning in 1998 there has been an active membership and continued interest in the group. From a kitchen table in Hallowell to a show on the WB, MPRA has been through just about everything a group could imagine. They have explored and investigated private homes, cemeteries and businesses throughout the state and New England.



Shadow in a Old Home PHOTO COURTESY MPRA

MPRA prides itself in continuing to learn, research and explore new venues of the paranormal. The real year in the paranormal begins in October. The calls start coming at the beginning of the month for radio interviews, television spots and suddenly people start talking about ghosts. 2003 has been a great one for them. A dedicated team made for some awesome investigations throughout the state. They are now recognized by the newspapers, radio and television stations as being serious about what they do.

"Double, Double, Toil & Trouble"

by Susan Fuller of Fullers' Gourmet Chocolates and Ice Cream

Watching the master candy maker at work in Fuller's Gourmet Chocolates and Ice Cream store, conjured up images of Shakespeare's *Macbeth*, Act Four, Scene One. Everyone remembers that scene where the three witches are brewing up their favorite potion of lizard legs, adders fork, wool of bat and blind worm's sting ... ICK! It's quite a picture with the three of them standing over an open fire with a bubbling cauldron, tossing in those disgusting ingredients!

At Fullers, the scene is similar with the large copper kettle over an open pit fire. The difference is our ingredients are anything but disgusting and, of course, we aren't witches! One of our favorite brews is Buttercrunch. It is an exciting and challenging recipe with a wicked good end result. (Some people think it's supernaturally good.)

I'll take you through the entire process step by step and then you'll understand the "toil and trouble." In preparation, we take several pounds of raw almonds and grind them to a fine grind. Next, we melt down several pounds of dark chocolate to the perfect temperature for this recipe. The final preparation is to lightly grease a large steel table about 3-feet by 6-feet. Now we are ready for the large copper kettle. We cook over a gas-burning stove with the flames kicking up high around the kettle. Starting with water, sugar and butter (and lizard legs) in the kettle, we stir a bit and bring this mixture to a strong boil. At that point, we add the ground almonds and stir like a mad man. This is the hardest

A Night in the Cemetery

by Nancy Caswell

Our first visit to the cemetery was the week of Halloween 2002 and it turned out to be a real trick-or-treat event! We were doing a radio show for a local Portland station. It was a clear, dark night. Of course, being after dark, we were the only ones in the cemetery, or so we thought! We walked through the cemetery taking pictures, video and trying to get voice recordings. We walked through, explaining what we were feeling and how and why we do what we do. We arrived at an



Horse and Soldier PHOTO COURTESY MPRA

area where there were several young people buried. One was an infant and three others were teens. We took lots of pictures. The draw to these graves was tremendous. A sadness overtook us all as we looked at all the recent decorations about the grave-stones, very seasonal—these children were very loved and very missed by their friends and family.

The group decided it was time to get going so we turned and started walking back. I was lagging behind, as I had a feeling that they (the teens) didn't want me to leave. I took a few more pictures, then went to catch up with the group.

All of a sudden, "someone" poked my shoulder! I turned and of course there was no one there. The rest of the way out of the cemetery we could hear someone following us, we'd stop and look and no one was there.

However, when we looked at the pictures, two stood out. One near the teens is an angel. There was no angel statue in the area where I took the picture, even if there was, it would've been very large and rather difficult to not notice! The other is what looks like a baby's face behind the grave of the infant. Is this the infant?

Unless someone from the family recognized the face and let's us know, we'll probably never find out. It's things like this that keep us coming back and keep us on our toes at each investigation we do!



Foot Print Lady PHOTO COURTESY MPRA



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part because the mixture can easily burn if not stirred constantly. What we're looking for is a dark gold color. Usually when someone is training to be a candy maker, they need to see that color several times before they can be sure of it.

Once the color is obtained, it takes two people to pour that mixture on to the primed steel table. Immediately you take two long spatulas and spread the mixture, (which is toffee by the way) evenly and thinly around the table, taking care not to touch it because the temperature is far above 200 degrees. I should add that time is of the essence, in spreading the toffee. Do it fast. The secret of good butter-

crunch is getting it as thin as possible.

Now the process is half done. While the toffee is being cooked, about seven pounds of the best dark chocolate needs to be tempered. Quality counts if you want the candy to be oh-so-mouth-watering good. The temperature varies for different chocolate. We bring ours to around 88 or 89 degrees and do a test by putting a smear of it on wax paper and let it cool for about three minutes. If the chocolate comes out shiny and snaps when you break it, then you have the right temperature. This is a crucial step in the success of the toffee. Finally, the toffee is covered with half of the chocolate and a layer of ground almonds. At this point, the candy needs to be cut up and flipped over. Again, chocolate and almonds are layered over the toffee, and abracadabra ... scrumptious Buttercrunch!

Got to go. Where is that broom??

There are many methods to carve jack-o'-lanterns

You'll need a large knife to cut the top open. When you cut open the top remember to angle your cuts towards the center. If you cut the top straight then the lid will fall in. You could also cut a hole in the bottom instead and place the jack-o' lantern over a candle.

After you get the top off, start cleaning the guts out. Cut the bottom of the lid straight. Using your hands, pull out most of the seeds and filling. Then use a spoon or similar tool to scrape the inside walls clean. It's a good idea to gouge out the inside of the part that you will carve into until it is about an inch thick. This will make it a lot easier to carve through.

You could pick up a Pumpkin Carving Kit at just about any drug or grocery store. These kits usually come with patterns, and cutting tools. The mini saw blades are good for sharp curves and intricate shapes.

There are many ways to put a pattern onto the pumpkin. You could simply cut freehand without a sketch. Or how about drawing on the pumpkin with a marker? I like to draw the pattern full-scale on a piece of paper that I tape onto the pumpkin. Next you use a pointed object such as a sharpened pencil or a needle to transfer a dot pattern on the pumpkin. Finally use a saw blade to slowly cut out your shapes by following the dot pattern.

Pumpkin Carving 101

by Josh McDougall

TOME HALLOWEEN HAS ALWAYS MEANT daylight savings—less light, more night, cooler temps and crisper air, frost and of course the ritual of carving the pumpkin into a jack-o'-lantern.

I take my time choosing just the right pumpkin to carve, searching for that perfectly shaped pumpkin without any defects. Because there is no such pumpkin I end up settling for one with at least one good side. As you carve a pumpkin it may start looking a little rough. Don't worry, because after you turn out the lights with a candle inside, you're usually in for a surprise.

Photographing your jack-o'-lantern can be an interesting challenge. Any low- or controlled-lighting photography takes a lot of experimenting. But the final results are usually worth your time. Notice how different effects are created with different lighting conditions. Take the background into consideration as well.



greener side

Replies to Urgent Letters

by David Neufeld

Dear North Star,

I've been eating more lately so winter must be coming soon. I overheard somebody the other day talking about winterkill. I put in a lot of new shrubs this year and I don't want them to die. What is winterkill and how can I stop it? -Louise

Dear Louise,

Winterkill is the term used to describe the dying back of branches, buds, tips, and sometimes whole plants. This is only apparent in the spring, after winter. It is more often the result of water-related problems than it is the result of bitter cold although there is an important connection between the two. On a sunny day in the dead of winter, the tips of a tree's branches warm up and lose water. If the tree has sufficient moisture in its roots it will send more water to keep the tips of the branches alive. If it doesn't, they dry out too much and the cells die. Obviously, the colder the temps the harder it is for the tree to send water aloft. Plenty of snow covering the ground keeps the frost from going deep and locking up the water around the shrubs and trees. An opposite effect of water is when a plant sits in a puddle of ice all winter. Trees and shrubs can survive this, but perennials often wind up with their crowns (the part of the plant near the surface) shattered by the expanding ice. -North Star

Dear North Star,

A few years ago, a friend gave me an old-fashioned perennial called Snow-on-the-Mountain. Now it has taken over my flowerbed and I can't get it out! What do I do? -Overrun

Dear Overrun,

Either your friend was innocent or you have one less friend than you thought. Snow-on-the-Mountain (Aegopodium) is on my list of INVASIVE plants. To get on this list a plant must be absurdly

easy to transplant (throw it over your shoulder and it'll root), produce a billion seeds—all of which germinate, or spread secretly by roots regardless of how much you pull it out. Other formerly cultivated plants on this list are Mugwort (an Artemisia), Mints (planted in rich conditions), and Horseradish (best grown in a jar with a tight lid). You have two choices and the first one doesn't work. Dig up the whole bed to a depth of six feet and sift through it for every root and leaf. Or take the plants that can't compete out of the bed and then make sure the Snow-on-the-Mountain isn't allowed to creep beyond well-dug boundaries. I have a patch of it beneath a stand of hydrangeas that looks great. Everywhere else, I'm still digging. Sympathetically, North Star

Dear North Star,

I've got a camp. I like going there for the weekend to get away, mostly from my husband. I have an old twin mattress out front and I was wondering if there is any way to use it in my garden? It's a long way to the dump. -Pat

Dear Pat,

I've never been asked this question before. As a garden designer, I look at objects in the garden in many ways. First, does the rectangular shape appeal to you? A twin mattress is a very manageable sized garden area. Second, is the cloth rotten already? If you can fill the inside with soil it would make a fine raised bed (a garden term). Third, the springs would likely be good supports for a trailing plants as well as being decorative (give each one a good yank to lift the spiral up. And finally, does the mattress have any memories (just a thought) that you would like to commemorate by planting flowers of certain colors or descriptions?

David Neufeld of North Star Garden Design accepts spamless letters of any kind. Anonymity is assured. Address them to him at: northstr@megalink.net.

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Skyline From The Southworth Planetarium

The Astronomy of Halloween

by Edward Gleason

One day, in a village inhabited by the easily perturbed, an elder, who often spends his time terrorizing the uneducated, speaks:

The dark season is now upon us. Soon, the membrane separating this world from the next will become porous. Through this veil shall seep the spectres of the nether realm: Spirits of those long since dead will infiltrate our world in search of the earthly life they so ardently yearn to know again.

How ever will we helpless mortals defend ourselves against this onslaught? The forces of darkness will march inexorably upon us, looking to inhabit the world they left. We can offer no resistance.

They cannot be killed, for they are already dead.

They no longer possess physical form. Only a translucent image of their body remains. Thus, we cannot engage them in violent combat.

Locked doors and sealed windows are ineffective. Spirits are not constrained by wood or glass.

We cannot even run from them. They come from outside our own sphere and can find us without effort.

This is indeed a quandary. Witches, ghouls, goblins, dark wizards, spirits, phantoms, and a wide assortment of the malevolent are returning to our lush world. In addition, we cannot stop them.

Alas!

There is a solution to this problem. Think for just a moment. They have one opportunity each year—Halloween—to invade our world. Let us all pretend that this is not the realm of the living!

We will masquerade as ghosts, witches, and monsters. Our homes will be dark and cold, just like the tenebrous land of the dead. We will leave no mark of the living anywhere.

The invading spirits will believe that they have not yet reached the world and will move on.

It is perfect... and, it is the only option we have.

No, Halloween did not start in some village. However, the festival of Halloween draws its roots from the ancient belief—pre-Christian Ireland—that spirits did indeed return one night a year. They were envious of the living and endeavored in earnest to invade our world. Only by pretending that the world was the land of the

dead could the living be preserved from this army of darkness.

This practice continues to this day. On Halloween, children and adults alike wear ghastly costumes and engage in a festive celebration of all that is dark and supernatural. Ironically, the custom of dressing in such costumes was meant to repel rather than attract the wandering dead.

Yet, one must wonder, why October 31? Why should this day be selected as the one when the spheres of the living and dead merge?

The answer is astronomical.

Halloween is, at its very root, a cross-quarter day, defined as a day between an equinox and a solstice or between a solstice and an equinox. We have four of these cross-quarter days each year:

February 2 Groundhog's Day (the CQ day between the winter solstice and the vernal equinox)

May 1 - May Day (the CQ day between the vernal equinox and summer solstice)

August 1 - Lammas (the CQ day between the summer solstice and autumnal equinox)

October 31 - Halloween (the CQ day between the autumnal equinox and winter solstice.) Of course, some regard November 1 as being the CQ day. It is interesting to note how the theme of the different CQ holidays reflects the mood of the time in which they occur. May Day, for instance, is a bright holiday consisting of flower baskets left anonymously at the doors of unsuspecting recipients; Halloween is the dark holiday in which ghouls and demons are found at the doorstep... the flowers have long since decayed.

Thus, October 31 is the day of darkness. The sun continues to descend each day and the world becomes cold. This day marks the beginning of the dark and cold season. What better time to have a visit from the inhabitants of the afterlife?



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Hell Froze Over

by Marc L. Rubinstein

There it was, hanging in two-foot tall letters just before iTunes floated above that Windows XP landscape desktop. Then Steve Jobs sat before a PC demonstrating an Apple product. Gracious me!

The long awaited iTunes for Windows arrived on October 16 at a "special music event." Steve Jobs announced a Windows version of iTunes as, "probably the best Windows app ever written." He also called it the best jukebox on Windows, and Windows users now have access to the best digital music store on the planet, same as on the Mac. It works on XP and 2000, and iTunes is exactly the same on the Mac and on Windows complete with access to the iTunes Music Store.

While only available to Mac users, the iTunes Music Store accounted for 70 percent of all legal downloads. With no subscription fees and only 99 cents per song, it's sold over 13 million songs in less than six months. By October's end, 400,000 songs from the five major distributors and over 200 independent labels should be available. Apple also added over 5000 audio books from audible.com, each with perfect "round tripping" between iPod and computer (you can listen on your computer then move to your iPod where it picks up right where you left off). Gift certificates going directly into a user's account as well as "allowance" where a parent can set a pre-authorized amount to be added to a child's account each month have been added.

With Windows users gaining access to the iTunes Music Store, Apple's determined to sell 100 million songs by the time it is one year old in April 2004. To kick it off right, Jobs announced two promotions.

AOL, whose CEO called Apple's iTunes Music Store a runaway hit, said its 25 million American subscribers will get one-click access to the iTunes music store later this quarter adding, "Today, Apple and AOL are uniting the number one music destination site, AOL Music, with the number one music download site, Apple's iTunes Music Store, to bring customers the most complete online digital music experience."

Stating, "iTunes has revolutionized the way we buy music," Pepsi-Cola North America's president, Dawn Hudson announced Pepsi's 60-day iTunes promotion starting with their February 1 Super Bowl ad, giving away 100 million iTunes Music Store downloads, one in each of 100 million yellow bottle caps to go randomly onto 300 million Pepsi, Diet Pepsi and Sierra Mist bottles for a one-in-three

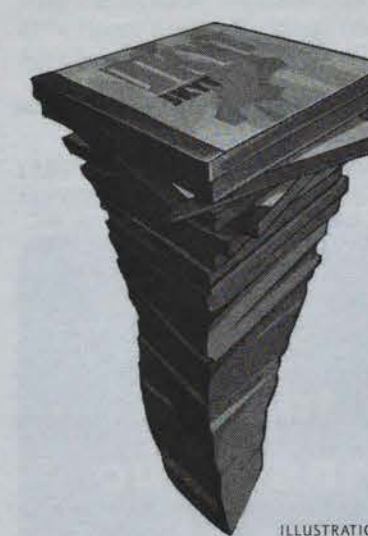


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chance to win. Steve Jobs said this promotion "will go down in history as igniting the legal download market."

Before the iTunes Music Store, illegal download sites abounded. Although free, they were rife with problems: unreliable downloads, unreliable MP3 encoding, no previews, no album cover art and the bad karma of being out and out theft. The iTunes Music Store boasts fast and reliable downloads, absolutely pristine MP3 encoding, free thirty-second previews of every song, cover art and the best karma, since it supports the artists. Apple's landmark personal rights management, hailed as fairest to user and artist, provides unlimited CD burning for personal use, 10 burns per unaltered playlist, unlimited burns per track, free full-quality previews before download, one-click downloading, multiple format searches, downloads to an unlimited number of iPods, and the ability to load bought tracks onto three personal computers (simple computer authorization and de-authorization allowing change of computer required).

The iPod currently enjoys a 31 percent market share and 56 percent revenue market share, making it #1 in each field. The one-millionth iPod sold in June and over 300,000 were sold last quarter. Total sales as of that day were 1.4 million.

Welcome, Windows users. Enjoy the weather!

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



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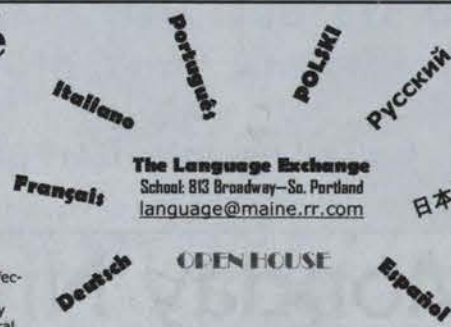
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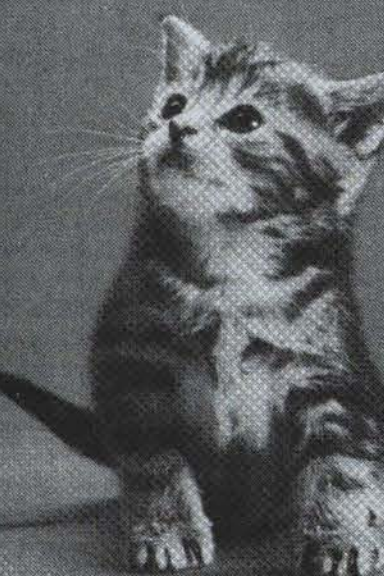
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By C.Z. Cramer in Maine Sunday Telegram



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AMIGOS 9 Dana St., Portland. 772-0772.
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Cumberland County
Civic Center

October

30 Thursday 7:05pm Norfolk

November

1 Saturday 7:05pm Norfolk

7 Friday 7:05pm Hartford

9 Sunday 4:05pm Springfield

15 Saturday 7:05pm Wilkes-Barre/Scranton

29 Saturday 7:05pm Worcester

December

5 Friday 7:05pm Hartford

6 Saturday 7:05pm Springfield

19 Friday 7:05pm Springfield

20 Saturday 7:05pm Providence

27 Saturday 7:05pm Providence

28 Sunday 4:05pm Albany

31 Wednesday 5:05pm Worcester

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Movies

Now Playing

Texas Chainsaw Massacre

This movie runs 98 minutes and is rated R for strong violence, gore, drug use, and an over abundance of chainsaw use.



by Michael Poliskey

Leatherface is back and he's got a full tank of gas. Released just in time for Halloween is the adaptation of the 1974 Tobe Hooper low-budget classic *Texas Chainsaw Massacre*. Redoing a movie that has already been cemented in movie-goers minds can leave them asking, "Why?" Would this movie be another flesh-filled Hollywood gore-fest with complimentary heavy-metal soundtrack? The only thing you'll hear in this movie is rapid fire chainsaw revving and screaming. Oh, the screaming.

I was worried that big-budget director Michael Bay (*Armageddon*, *The Rock*, *Bad Boys*) might make this an overblown spectacular. It's not but is spectacular in its simplicity. Bay even recruited cinematographer Daniel Pearl from the original *Massacre* to get the look and feel as close to the original as possible.

After a drug buy in Mexico, five young adults pick up a hitchhiker on their way to a Lynyrd Skynyrd concert. The hitchhiker's blank stare, snotty nose, dry lips, and mumbling alert our five stars that something is wrong. After their suspicions are confirmed (I won't tell) the police have to be found. Where is the sheriff? Former Marine and greatly respected R. Lee Ermy (Full Metal Jacket) nails the role of Sheriff Hoyt whose lines inflect humor only because they are so disturbing.

Texas Chainsaw Massacre will keep you frightened and psychologically uncomfortable throughout its 98 minutes. There are differences between the two movies so you might want to rent a copy of the original just to be able to compare and realize what a great job has been done here. See why this movie created a genre that has been influencing movies for years.



by Wendy Smith

Scary enough to make a grown man jump, *The Texas Chainsaw Massacre* is back in theaters, more than thirty years since the original movie developed the foundation for future horror movies to come. Although remakes of classics are often a disappointment for die-hard fans, the new film doesn't slide into the realm of teen slasher films. Instead it retains the same chilling elements that made the original such a classic.

The premise is simple. Five friends driving to a Lynyrd Skynyrd concert through rural Texas to Dallas in 1973. But things go horrible wrong when they pick up a traumatized hitchhiker that they nearly hit. After the first half hour of the film, the carefree atmosphere slowly dissolves and the five friends have to fight for their lives against the chainsaw wielding madman and his crazy extended family.

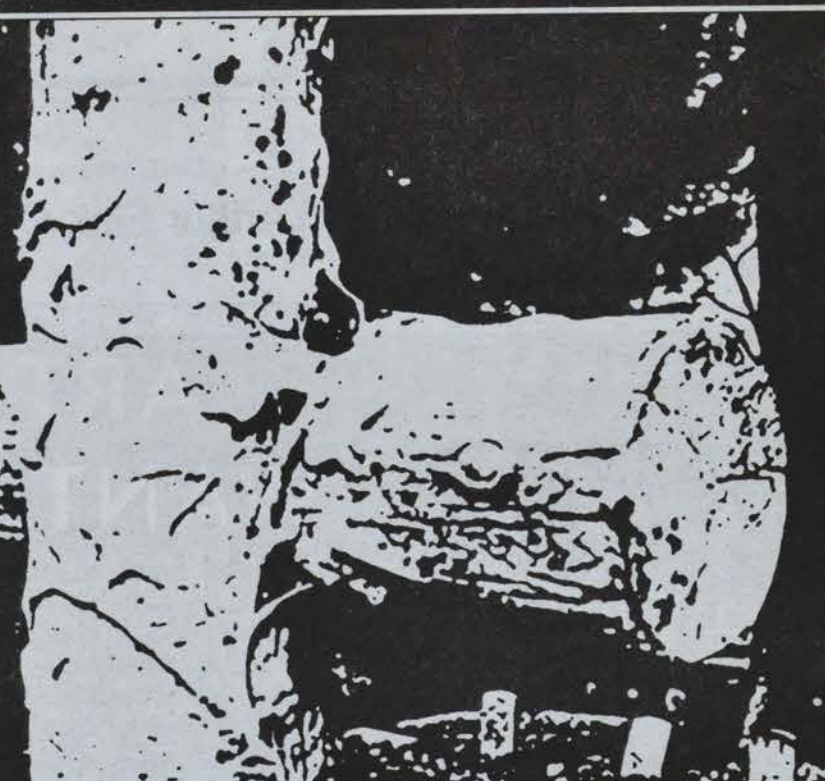
Marcus Nispel is the director, making his feature film directorial debut after countless commercials and award winning music videos. For a first feature film, Nispel does an incredible job with this film, keeping you on the edge of your seat throughout. The cinematography is amazing thanks to the skillful eyes of Daniel Pearl who also served as director of photography on the original 1974 release.

Jessica Biel stars as the female lead that is neither a helpless bimbo or a martial arts expert that tries to save her friends and herself from Leatherface's chainsaw. Screen veteran R. Lee Ermy does an incredible job as the sadistic sheriff.

Is this film worth seeing? Yes. Supposedly based on a true story and nearly following the original film, it will leave you a little hesitant about taking a road trip down South any time soon.

CBW Staff's List of Favorite Scary Movies

- The Shining (1980)
- Exorcist (1973)
- Hellraiser (1987)
- The Blair Witch Project (1999)
- The Omen (1976)
- Ice Cream Man (1995)
- The Ring (2002)
- Poltergeist (1982)
- Nightmare on Elm Street (1984)
- Wait Until Dark (1967)
- Horrors of the Black Museum (1959)
- Halloween (1978)
- Psycho (1960)
- Scream (1996)
- Texas Chainsaw Massacre (1974, 2003)
- Piranha (1978)
- The Fly (1986)
- Audition (1999)
- The Tenant (1976)



Local voices

On the November referendum

by Tom Keene

Casino: "Do you want to allow a casino to be run by the Passamaquoddy Tribe and Penobscot Nation if part of the revenue is used for state education and municipal revenue sharing?"

Video Slots at Maine's two harness racing tracks (Racino) "Do you want to allow slot machines at certain commercial horse racing tracks if part of the proceeds are used to lower prescription drug costs for the elderly and disabled, and for scholarships to the state universities and technical colleges?"

Property Tax Relief: Questions 1A/1B

1A MMA Initiative requires State to provide 55 percent of the total allocation for education under any new funding formula plus 100 percent of special education.

1B Governor and Legislature's Competing Measure: Transition from FY 2005-06 fund 49 percent to FY 2009-10 fund 55 percent, plus special education a shared responsibility.

We asked a number of Greater Portland residents how they felt about the issues facing voters on November 4. We asked which of the referendum questions was most important to them and why they believed the way they did. Here are some of the comments we heard:

Cliff Roy of Portland

The casino issue is definitely top with me. The people that are wanting to build this thing favor a certain class of people of the people of the state of Maine and that isn't right. We're all taxpayers. If it's a good project—if it's going to benefit—let it benefit all the people—not just a certain few. I think "No" is going to prevail—it's going to be close.

I don't see anything wrong with (video slot machines) because it's going to be under the supervision of the state of Maine and the state of Maine racing commission. I think we'll get more revenue out of that than we would out of the casino issue. It won't be a pot of gold, but it'll be fair.

On the property tax issue: With A, I think they're hitting the panic button. B is going to benefit the chamber of commerce and the business owners like myself. I think C—none of the above—is the way we should go, because there's not enough information about A or B. I believe both A and B are going to hurt the average taxpayer and that's the bottom line.



Mary Cupp of Falmouth

I'm completely opposed to the casino idea. I think it's heading in the wrong direction for Maine. For me, that's very objectionable. It's so nasty to put you between a rock and a hard place ... to have all these wonderful things you want to fund through means I don't approve of. It's sort of like selling your soul.

It's very offensive to me they way they've tied that to Native Americans because that doesn't represent Native American values at all, in my book. It worries me, having a little Las Vegas down there in Sanford, Maine. That's not what Maine's about, either.

In Falmouth we're being taxed ridiculously. It's horrendous ... they're forcing people out of their homes because they can't pay their taxes and forcing people to develop areas they don't want to develop because they can't pay their taxes.

But the most negative impact is the casino. I come from Virginia, the D.C. area. It was countryside when I was a kid—now the strip city

goes all the way out ... to the valley. It's just unbelievable. It keeps going and I see that happening to Maine. I think this casino is going to be a disaster in that regard. It's the kind of development, the kind of money and the kind of attitude it brings. It think it's an utter disaster.

Herbert Fields of Portland

The casino is important because it brings jobs ... it can be a bad thing too because it can bring violence in different situations. I used to live in Sanford, so I know what Sanford's like. The job market is not what you'd call a high job market. The cost of living is cheap and (the casino) would be a good thing because it would bring jobs into Maine. But it would also drive up the costs of everything.

I don't think the video machines are a big issue. I'm from New Jersey ... we've got Atlantic City and that never was really a big problem. I think property taxes are the number one issue. People are going to lose what they have—low income people who can't pay their taxes.



PHOTOS JOSH MCDUGALL

press box

Building skills and sportsmanship

Before and After School in Portland

by Tom Keene

With eight former Portland Sea Dogs helping win the World Series for the Florida Marlins, this is a good time to recognize that all great athletes have to start somewhere. We watched these eight baseball players move quickly through Portland on their way to the Series, but each of them started somewhere else.

This raises a number of questions: Where do athletes get their start? Who are their coaches? How do young athletes learn to play well and play fair?

One answer for Portland's K-5 students is the Before School and After School Recreation Program, available at each of Portland's nine lower grade public schools through the Portland Parks and Recreation. Providing quality after school recreation since 1976, the program's philosophy is to "encourage each child to develop independence, self-confidence and self-sufficiency."

During a recent visit to the Riverton School on Forest Avenue, to get an idea of what is available for young athletes, we found a couple dozen boys and girls involved in a variety of ball games: dodgeball, kickball and basketball, all under the watchful eyes of supervisors Matt Skehan and Dave Nappi. Skehan explained that while the Before School part of the program is relatively new—it began about three years ago—the After School activities have been available for more than 25 years.

The Before School hours are from 7 to 8:30 a.m.; After School programs run from 3 to 5:30 p.m.

"The idea is to have a safe place for the kids of working parents to stay," said Skehan. "We have lots of exercise and group activities, and it's non-competitive."

Watching the kids run through their activities, stopping briefly for a snack, it was easy to see that exercise is a prime piece of the program. The games were supervised by Skehan and Nappi, who at times participated in the games and at other times watched the progress of the play.

The kids themselves said they enjoyed the activities—several had a favorite sport, but most just liked to run, kicking and throwing the various game balls. None expressed dreams of a big league future, but you never know. The gym at the Riverton School may not be the launching pad of a future famous athlete, but this much is certain—fair play, exercise and the opportunity to learn how to play on a team are a large part of what the Before and After School Program is all about.

We don't usually read about Portland's student/athletes until they get to high school, but the interest begins much earlier; the skills are developed at a younger age. And the groundwork for success in the classroom and on the field is laid long before the ninth grade.

Not every athlete has the skill and interest to rise to the highest level. Most of us played sports at some point in our lives, but very few end up playing professionally—or even past high school. But the lessons of teamwork and fair play that learned through sports last all through our lives.

In this and future articles, the Casco Bay Weekly will highlight the programs and athletes in Portland's schools from kindergarten through eighth grade, detailing the activities and the participants. Our goal is to provide a place for Portland's youngest athletes to tell their stories in words and pictures. And who knows: on the pages of the *CBW* you may see the very first photos of the next Josh Beckett, Venus Williams, or Tom Brady. At the very least, you'll read about a lot of kids having lots of fun!



Bryan White (left) watches Michael Orne sink a free throw as supervisors, David Nappi and Matt Skehan watch under the basket.

Timmy Baker stretches to make a great catch at Portland Riverton School.
PHOTOS TOM KEENE



quality time

Funny bone

Jokes...

A joke from Michael Orne, age eight, of Portland, a student at the Riverton School

What does a cloud wear under its jacket?

Answer:

Thunderwear.

Brain Teasers...

Number Hang-Up
The owner of a motel with 100 rooms wants the room doors numbered in order from 1-100. She asks you to buy numbers and hang them on the doors. Now you must go to the store and buy all the digits you need to make the numbers.

How many of each digit, 0-9, must you buy?

Answer:

You must buy 21 ones, 20 each of 2 through 9, and 11 zeros.

And More Jokes!

Why didn't the skeleton cross the road?
He didn't have the guts

What do skeletons say before they begin dining?
Bone appetit!

What do ghosts serve for dessert?
Ice Scream

Why do witches fly on brooms?
Vaccum cleaner cords aren't long enough

When is it bad luck to meet a black cat?
When you're a mouse

LUMINESCENT LAMPS

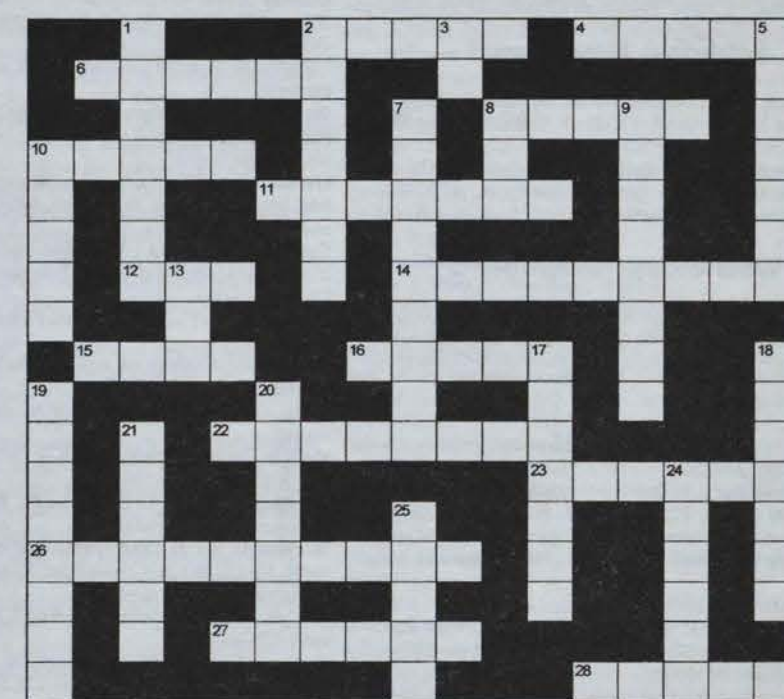


Want to share your jokes?
Please send contributions to cbwdir@maine.rr.com or FunnyBone
CBW 11 Forest Avenue, Portland,
ME 04101

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.

Halloween

Crossword



Across

- 2 Frequent result of Halloween feasting
- 4 Mysterious influence
- 6 Come into sight
- 8 Hue of Halloween feline
- 10 Some good, some bad
- 11 Underground jail
- 12 Spell or curse
- 14 Grave marker
- 15 Nasty and repulsive
- 16 Persistently, disturbingly present
- 22 Wizard
- 23 Temporary abode of the undead
- 26 An unexpected, unusual appearance
- 27 Favored Halloween transportation
- 28 Pieces of the skeleton

Down

- 1 Tombstone memorial
- 2 Stoker's main character
- 3 Lizzie's weapon
- 5 Goal of ghouls
- 7 Often the result of Halloween visits
- 8 Scary greeting
- 9 A favorite Halloween locale
- 10 No place to be on Halloween
- 13 Expression of horror
- 17 What trick-or-treaters sometimes do
- 18 Owls do this
- 19 Custer's fate
- 20 Blaze
- 21 Graveyard resident
- 24 Often ugly dwarf of folklore
- 25 Execution tool



Answers to last week's puzzle

cbw
casco bay weekly
GREATER PORTLAND'S JOURNAL
OF NEWS, ARTS & HAPPENINGS
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Contests



Photo:
Bernie & his pumpkin
by
Lauren Emery
of
North Yarmouth

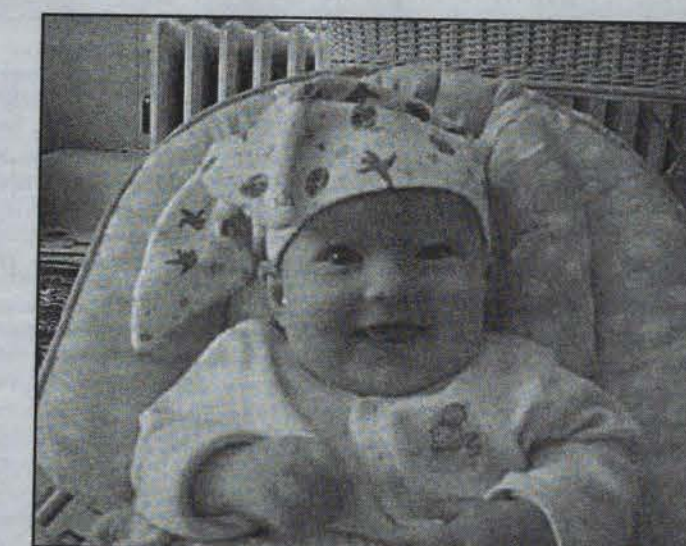


Photo:
Kai Ana Simone Meyers
by
Robert Meyers
of
Portland

Halloween
By William John Foley
of Portland

In the darkness of the night
dreadful visions may cause fright.
Tonight is known as Halloween
Witches and Black Cats make the scene.

We can run and hide and may be scared
but evil forces will always be there.
So laugh and smile and do not run
Life still holds much good and fun.

cbw

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Female Seeking Male

52-YEAR-OLD SWF LOVES romantic times, dancing and dining out or in. Looking for a Man with a sense of humor, who is loving and giving of himself. 50-65. I would love him to spoil me. #85145

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

ATTRACTIVE, PETITE, WELL-EDUCATED, retired professional, N/S, social drinker, early 60s. I am a jazz devotee. Reading and walking are my interests and hopefully yours, too. You are an interesting Gentleman capable of sharing special moments. #85129

ATTRACTIVE, ROMANTIC, CREATIVE professional SWF, 34, 5'5", brown/brown, enjoys fitness, golfing, skiing, horseback riding, the outdoors, playing music, friends and more. Seeks SWM, 27-40, for LTR. #85133

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

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

DWF, 5'2", EYES of blue, attractive, full-figured, shining, N/S, social drinker, early 60s. I am a jazz devotee. Reading and walking are my interests and hopefully yours, too. You are an interesting Gentleman capable of sharing special moments. #85129

FUN-LOVING, CURIOUS, PLAYFUL Woman seeks warm companion for long-term enjoyment of life. I'm 50 and ready for more of what life holds. Come find me. #85189

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

SWF, 51, NONSMOKER, social drinker, physically fit, emotionally ready for exploring the future. Enjoy gardens, family and new experiences. Green on most issues. Men, 47-61, call to test our chemistry. #85016

SWF, MID-40S, TALL, brown/green, seeks SWM who is younger and taller. Likes movies, dinners, sunset cruises on Casco Bay Lines, all kinds of music, museums, children, international travel. Prefer non-Republican. #58043

TIRED OF SEARCHING? I'm right here. DWF, 40s, 5'3", reddish brown/brown, friendly, loyal, lovable. Enjoy cozy cuddly times with right person. If you're honest, caring and looking for the same, give me a call. You will never know unless you try. #85085

WANTING A WARM and long relationship. New in area. Seeking nice Man to spend time with. No drunks or drug addicts. Very sincere. I love cooking, movies and long drives. Very outgoing, great personality, with a great smile. No head games. #85148

Male Seeking Female

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

48-YEAR-OLD, 6'2", 180 lbs, interested in hot wild time with a Female because life is short. #85055

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

ATTRACTIVE MAN, 54, artistic, energetic, adventure-some, financially secure, N/S, N/D, seeks Female partner to travel, coparent our children (9, 10 and 15). Further develop our potential. #85030

ATTRACTIVE, EASYGOING SINGLE dad of one teen, 5'9", 170 lbs, black/brown, athletic build. Likes travel, sports, beaches and life! ISO attractive, H/W/P, feminine Female, 5'4" or under, 30-40, who likes to laugh and enjoys life in general, with similar interests. #85002

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

AUTUMN ADVENTURES. 49-YEAR-OLD Widower would like to meet similar age Female who enjoys New England in the fall, hiking, cycling, casual walks in the woods. Companionship and friendship first. #85134

EASYGOING DWM, 44, 5'10", 180 lbs, N/S, L/D, financially secure, enjoy doing almost anything outdoors (biking, motorcycling, hiking, kayaking, camping, softball, basketball), beaches, movies, music and variety of other things. If this interests you, give me a call! #85038

EASYGOING SWM, 40s, young-looking, healthy, average build, brown/blue, seeking friendship, dating with easygoing, average- or good-looking Female in the Portland area, who can cope with someone who works afternoons and weekends. N/S. Social drinker ok. #85021

ENERGETIC OUTDOORS TYPE, SWM, 61, 195 lbs, tall, slender, average, self-employed, N/S, passionate, understanding. Seeking a warm, friendly, romantic Lady, 40-65. You are active, into sports and outdoors, creative, homemaker, country type who's natural, with a love of life. Ready to build an involved relationship. Getting to know each other can be fun and interesting hard work, along with a sincere effort. Friendship first, then building memories and a lasting relationship. There's a place for you (and your children) at my country home. #85108

HEALTHY, COMPASSIONATE AND true Frenchman, 6', 44, seeks Woman with heart, intellect and kindness to match wits and laugh with. If you enjoy discourse, the arts and long walks, let's rendezvous soon to spark an interest. #85052

HONEST, ROMANTIC SWM, 47, never-married, no children, looking to meet easygoing, romantic, reasonably in-shape SWF, 35-45, with a romantic side. I enjoy sports, movies, dancing, dining, going to the beach, concerts and life. If interested, call! Hope to hear from you. #85000

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

SEEKING IRISH LADY gardener, preferably blonde, who enjoys birds and films like "Winged Migration." A Woman centered in Celtic spirituality, who can forgive and understand the blessing of an imperfect life. Let's meet for dinner and more conversation. #85131

SM, 5'11", 175 lbs, brown/blue, excellent shape, easygoing. I enjoy being outdoors, hiking, picnics, the beach and being active. #85035

Someone to Love me. I'm looking for someone, 35-55, who can give me love and I can give you love back. Someone who is nice, easygoing, likes going to the movies, taking long walks and is ready to settle down. #85086

SPONTANEOUS, HONEST, SINCERE SBPM, 35, 6'1", muscular build, seeking S/DWF for friendship, possible LTR. Let's share travel, dining, dancing, sports. (CT) #85081

VERY GOOD-LOOKING WM, 32, 6'3", 200 lbs, brown/brown, in good shape, looking for H/B/F, 20-40. #85024

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

Alternatives

M Seeking M

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

CREATIVE AND ADVENTUROUS Male, 50, healthy. Searching for daytime bottom excitement in York County. I'm a very giving person. Drug-free and healthy... you be, too. #85138

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

GM SEEKING SINCERE GM with similar interests: dinners, walks, movies, camping, boating, perhaps sharing a house. Possible long-term. Let's talk over coffee. I'm a N/S, social drinker, not into bar scene, early 50s, N/Drugs. Interested? Call with number and best time. #85001

GREAT GUY ISO the same, very young 52-year-old, good shape, 5'8", 155 lbs, brown/brown, nice-looking, enjoys biking, theater, dining, dancing, partying, loves to have a great night at home. ISO Male, late 30s to 40s, for friendship, dating and who knows. #85025

GWM, 24, 6'2", 185 lbs, brown/blue. Seeking mature older GWM for friendship, LTR. Enjoy movies, music, history and body building. #85150

GWM, 43, 6'2", 170 lbs, 31" waist, brown/green, imagination to be desired, looking for fun, friendship. Call for more details. #85050

HANDSOME GWP/M, 43, 5'8", 175 lbs, blonde/blue, N/S, easygoing, laid-back, good sense of humor... enjoying life! Interests: theatre, movies, music, outdoors, quiet home nights. ISO handsome GWP/M, mid-30s to early 50s, N/S, H/W/P, good values, similar interests, emotionally available. Dating, relationship. #85130

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

MALE SEEKING MALE, 38 years young, HIV+, healthy, 5'10", 160 lbs, smooth, brown/hazel-brown, romantic, honest, sincere, caring. Seeking a good Guy, 25-45, who is also real, H/W/P and who is not into the bar scene. #85041

SINGLE BI-CURIOUS WM, 25, 5'10", 190 lbs, seeking older Gentleman for intimate encounters. Discreet and healthy a must. #85060

WM, 39, NO experience, seeking similar WM to explore mutual first-time experiences. Prefer similar age or younger, clean-cut, not excessively overweight, who is also honest, caring, sensitive and emotionally available. I am healthy, drug-free and discreet. You be, too. #85135

ATTRACTIVE AF looking for 30- to 40-year-old SF who is willing to spend time with a loving, caring Woman, for dating and romance. I enjoy movies, walks and the outdoors. #85147

LATE 30s, LOT to offer the right person, companionship, romance. My love is my children. Work hard. Need to find someone with similar values, joys. Must be honest, able to communicate. I still have hope. It's your turn. #85032

Wild Side

29-YEAR-OLD MALE, STRAIGHT, looking to meet Women to massage them, looking for mutual masturbation sessions. My fantasy is to masturbate in front of another Woman. Not Married, Single, good-looking, 6', 195 lbs, brown/green. #85053

50-YEAR-OLD, HEALTHY MALE searching for fun and adventure with Couples or Singles, York County area. I'm very comfortable with my body and talents. Would like to share them. I'm a giving and caring person. Drug-free. You be, too. #85139

50-YEAR-OLD MARRIED BIWM, 5'9", 200 lbs, clean and discreet, L/D, N/Drugs. Seeking Men, 40 or over, who are well-endowed, who would like to be relieved. Must be clean, neat, discreet and willing to meet me in Norway. #85039

ADVENTUROUS, IMAGINATIVE, SEXY, fun SWF, 50s, 5'4", slender, variety of interests (indoors and out). Seeks friendship with busty, 40- to 60-year-old Lady for sensual fantasy fulfillment. May join for threesome with my well-equipped Male friend. Southern Maine. #85014

ALMOST VIRGIN! 45-YEAR-OLD White Male ISO older, dominant Woman to teach me to please a Woman and discipline me. I'm 5'8", 230 lbs, gray/brown, healthy, drug-free and N/S. You be, also. Race and looks unimportant. #85097

ATTRACTIVE, 35-YEAR-OLD BIWM in Buxton, looking for other Bi Guys or Couples or even a Single Woman for some daytime fun. I'll be discreet and ask you to be, also. Leave your name and phone number and we'll go from there. #85015

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

BI-CURIOUS FEMALE, MID-30s, N/S, N/D, seeking another bi-curious Female, 21-42, N/S, race open. If this sounds good, drop me a line! Cumberland County. #85121

BIWM, 50s, 5'8", 170 lbs, seeking other Males for discreet no-strings relationship. Must be healthy. #85023

BIWM, ATTRACTIVE, 44, totally submissive, seeking dominant Males, Females or Couple. Will totally submit to your pleasure. (NH) #85031

CROSS-DRESSER FANTASY. M looking for a personable Woman who can put makeup on me and dress me up so I can experience cross-dressing. One-time only. Just want to try it. #85104

GOOD-LOOKING WHITE COUPLE, He's 32, 6'4", 195 lbs. She's 22, 5'5", 120 lbs, very nice body. Looking for Female to spend some time with, hot tubs, dinners. If interested, call. #85022

HANDSOME VERY MARRIED WPM, 50s, trim, athletic build, safe and healthy (with proof), whose spouse has lost interest. Seeks one very Married Female counterpart for erotic affair the old-fashioned way, long-term, monogamous, healthy and totally discreet. #85037

HOT REDHEAD, 39, 6'2", 185 lbs, hazel eyes, long red hair, goatee, looking for mutual satisfaction from hot Bi, straight or Gay Males. Portland and southern Maine area. Massages available. #85183

IT'S THE MORNING, not the night, to awake and smile, nothing is better. Women, 40+, consider me attractive. I'm high-energy, a devoted father and an entrepreneur. Art, classical music and fishing are my other passions. #85029

LOOKING FOR TWO B!Ms to entertain my wife for an evening. Must be 21-50. #85017

MALE INTERESTED IN pre-op Transsexuals and bisexual Black Males. #85059

MARRIED BIM looking for Married BIM. I would like to explore my feminine side. I am looking for someone professional and masculine. #85056

MID-50s BIWM LOVES to play handball. Very oral and very anal. Would like to meet other bisexual Men. #85054

MWM, 50, 5'9", 200 lbs, clean, neat, smoker, drug-free, healthy, seeks Women, 40+, who are interested in oral delights. #85010

NUDIST, NATURALIST. SOUTHERN Maine Couple says goodbye to summer. Looking for fellow nudists to enjoy the indoors this winter. BBQs, Jimmy Buffet, guaranteed to not let the winter blues set in. He's 41, she's 34. Give us a call. #85149

OLD BUT HEALTHY, good-looking, clean BM ISO Male experienced in giving oral service. You must be clean, no drugs or diseases, clean-shaven and know what you are doing. Days at my place. No reciprocation. Bi, Gay or Married ok. #85004

PORTLAND AREA BIWM looking for BIWM. Me: 35, 6'2", 145 lbs, very discreet, inexperienced, easygoing, looking to talk with average Guy, 35-55, who is also very discreet. #85124

PREOP TRANSEXUAL, COUNTRY Boy. ISO slim, sexy, beautiful Transsexual for friendship, companion and TLC. Me: slim, caring, loving, GWM, 50. Come visit the country. LTR. Call. #85051

PREOP TRANSEXUAL, TALL and pretty, 38 years old, looking for a boyfriend, someone who's decent-looking, who has a job and is looking for a relationship. #85006

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ARIES (March 21-April 19): You have two biological parents, four grandparents, and eight great-grandparents. You wouldn't be you if it weren't for those 14 people. The legacy they bequeathed you played a major role in determining your talents and flaws, your predilections and aversions. And this is a perfect astrological moment to get to know them better. In fact, deepening your connection to your family's history will provide crucial clues as you seek to reinvigorate your tired old perspectives on long-running dilemmas. Are you brave enough to mutate your understanding of where you came from and where, therefore, you belong? Halloween costume suggestion: the ancestor who fascinates you the most.

TAURUS (April 20-May 20): If I were writing this horoscope for "Gun Lovers' Casino Porn Today" magazine, I might advise my Taurus readers to get their vices firmly in check, as this is a time when anti-social vices are likely to cause even more havoc than usual. However, since you are reading my words in a respectable publication and are undoubtedly a refined and ethical person, I feel comfortable advising you to tap into the instinctual part of your nature that is usually off-limits. Halloween costume suggestion: the animal whose spirit would best awaken your dormant wildness.

GEMINI (May 21-June 20): "You may have been born to be a worrywart," says Edward Hallowell in his book *Worry: Controlling It and Using It Wisely*. "Some people have a nervous system that is like an alarm system that goes off too easily." In my experience, only about eight percent of the Gemini tribe fit this description in normal times. But between late October and mid-November every year, the number zooms. Many of you suddenly act as if you're hard-wired to generate anxiety. You seem to enjoy scaring yourself silly. Why? What's going on? It's true that this is a favorable time to confront your doubts and fears. But the point is to conquer them, not let them consume and demoralize you. My advice, then, is to unleash your inner warrior immediately. Halloween costume suggestions: your favorite superhero or crusader for justice.

CANCER (June 21-July 22): New species of delight are headed your way, lucky one. Outbursts of exotic bliss await you. There's only one obstacle that could interfere with your enjoyment: your attachment to old familiar ways of stirring up the good times. Be willing to put them aside, at least temporarily, so that you can be fully available for sources of future happiness. Keep William Blake's poem in mind: "He who bends to himself a joy / Does the winged life destroy; / But he who kisses the joy as it flies / Lives in eternity's sunrise." Halloween costume suggestion: your favorite bird.

LEO (July 23-Aug. 22): In my meditations on your immediate future, I have sometimes seen poignant images: a wet firecracker, for instance, and a flickering flame on a thin candle propped up in a paper boat floating down a creek. But there have been other times when the image that came to mind as I meditated on you was a lover crying cathartic tears while in the midst of a powerful orgasm. Which of these two perspectives is likely to predominate for you this week? It may depend on your ability to create a potent blend of the magic of fire and the magic of water. Halloween costume suggestions: a mermaid carrying a torch or Neptune, god of the sea, holding a thunderbolt.

VIRGO (Aug. 23-Sept. 22): The current state of your fate could drive you half-crazy if you're not patient. The gods seem to be teasing you with tantalizing promises that they later rescind. You've practically been forced to master the art of living on the edge and in between. I'm reminded of a passage from a poem by Octavio Paz: "All is visible and elusive, all is near and can't be touched." My advice, Virgo: Visualize your predicament as an intriguing enigma, not a maddening ambiguity. See if you can approximate the condition the poet William Wordsworth described: "fleeting moods of shadowy exaltation." Halloween costume suggestions: a puzzle, a majestic cloud, a second mask worn over the first mask.

LIBRA (Sept. 23-Oct. 22): "Dear Rob: I've spent my life trying to adjust to the fact that I never finished being

born. Literally. It's as if I didn't actually agree to leave the womb; never surrendered to being cast out of heaven and exiled into this heavy, difficult place called Earth. As a result, I feel I'm not completely here; I'm always holding back a little. But I'm tired of this tentativeness. I want to arrive fully and embrace my destiny. Can you help? "Unborn Libra." Dear Unborn: Interesting you should bring this up. It's a favorable time for you Libras to come all the way down to earth. I suggest that you do a meditation in which you visualize yourself being born while filled a sense of glee, triumph, and freedom. Halloween costume suggestion: a very happy baby.

SCORPIO (Oct. 23-Nov. 21): If you enjoy tormenting yourself with fantasies of bad things that might happen in the future, surf over to the "Dante's Inferno Test" website (www.4degrees.com/misc/dante-inferno-test.mv). There you can get a prediction about what level of hell you'll be exiled to after you die. If, on the other hand, you're finally ready to shed your perverse attraction to doom and gloom—and my astrological analysis says you are—then zealously avoid entertaining yourself with fear and anxiety. Instead, use all your ingenuity to track down fascinating encounters with boom and zoom. Halloween costume suggestions: a pirate wearing smiley face buttons or a gangsta rapper with a fuzzy Sesame Street puppet.

SAGITTARIUS (Nov. 22-Dec. 21): You're a giant surrounded by ants. Unfortunately, the ants are better organized than you. What are you going to do about it? It's not too late to launch a crash program to match them in their disciplined strength. If you do it now, you can accomplish this seemingly improbable feat without diluting the creative power of your messy fertility. Here's one suggestion that might help: Design a Halloween costume that expresses both extremes. You could be a soldier wearing a jester's hat, for instance, or an ant riding a unicycle.

CAPRICORN (Dec. 22-Jan. 19): "Confront the difficult while it is still easy," suggests the ancient Chinese book *Tao Te Ching*. "Accomplish the great task by a series of small acts." This is perfect advice for you to act on in the coming weeks, Capricorn. To it will add three variations on the theme: 1. Fix things before they're broken. 2. Arrange to have a showdown on your home turf as soon as possible so you don't have to submit to a confrontation in a time and place your adversary chooses. 3. Go looking for good trouble before it degenerates into bad trouble. Halloween costume suggestions: scout, tracker, pathfinder, fortune teller.

AQUARIUS (Jan. 20-Feb. 18): Here are your affirmations for the week, Aquarius. Say them aloud at least 20 times every day. "I want to have a vision of the recognition I will some day be worthy of. I want to ignore everyone else's definition of 'professionalism' and create my own. I want my reputation to be a close reflection of who I really am. I want to feel what it's like to have supply faith in my decisions." Halloween costume suggestions: the leader you most admire, a famous wise person, an unpretentious king or queen.

PISCES (Feb. 19-March 20): It seems that the long-sought treasure is different from what it was when you first launched your quest to make it yours. Either that, or it has stayed the same and you have changed. Whatever the case may be, the fact is that you need to adjust your relationship with it. It's meaning and value have shifted, and the strategy you've employed in your pursuit of it won't work much longer. Halloween costume suggestions: a knight of the Round Table, an alchemist in search of the philosopher's stone, a religious seeker headed for the promised land.

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THE PIRATES

Thursday, October 30, 2003
7:05pm vs. Norfolk Admirals

HALLOWEEN NIGHT AT THE PIRATES
KIDS, HALLOWEEN COMES A DAY EARLY AND THE PIRATES WANT YOU TO DRESS UP IN YOUR HALLOWEEN COSTUME. KIDS CAN SIGN UP TO ENTER A FIRST PERIOD ON-ICE CANDY SCRAMBLE THAT COULD BE WORTH \$250!!

ADULTS, SHOW UP IN YOUR BEST PIRATES COSTUME AND ENTER TO PARTICIPATE IN AN APPLE BOBBING CONTEST WORTH \$250.

Saturday, November 01, 2003
7:05pm vs. Norfolk Admirals

DUNKIN' DONUTS TRAVEL MUG GIVEAWAY

THE FIRST 2,500 FANS THROUGH THE GATE RECEIVE A COMPLIMENTARY TRAVEL MUG, COURTESY OF DUNKIN' DONUTS. THE FIRST PERIOD INTERMISSION WILL FEATURE A FAN FAVORITE, HOSPITAL BED RACING.



HALLOWEEN