2-6-2003

Casco Bay Weekly : 6 February 2003

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A Place to Call Home

Deciding to buy your own home is a big step. Inside this issue, you’ll find all kinds of information on this life-altering subject. From tips for adjusting to small town life to Portland’s rich architectural heritage, these stories just might bring you a little closer to realizing your dream.

Beginning on page 10

Casco Bay Weekly
February 6, 2003

SPECIAL ISSUE: REAL ESTATE
Best local people

Best person
Best TV personality
Best weather tattletale
Best actor
Most sought-after urban athlete
Best photographer
can be dated

Best food and drink
Best breakfast place
Best sofa spot
Best dinner for cheap
Best dinner if money's no object
Best ethic restaurant
Best ethnic restaurant
Best branch
Best coffee spot
Best coffee shop
Best neighborhood eatery
Best dish
Best cake
Best ice cream
Best new restaurant
Best ice cream
Best wine

Best entertainment
Best bar
Best neighborhood bar
Best beer bar
Best night club
Best dive bar
Best specialty bar
Best jazz bar
Best record store
Best bedroom
Best arcade

Best services
Best catering
catering
Best florist
Best flower shop
Best personal trainer
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**Percussion Workshop**

**Getting on the Groove**

Understanding Rhythm

with Shandria Davis

Saturday Matinee from 3:00 pm to 5:00 pm on the brown platform.

**Valentine Headquarters**

Fan The Flames Of Passion

With Handmade Valentine Cards

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Teas of Tibetan Addictions

Presented by Giselle Ludwig/Susan Hanshaw

Tea Talk

Tues. & Thurs., Friday, 1-8 pm

Buster Building, MECA

60 Congress St., Portland

Workshop

10 am-3pm, Tuesday & Friday

60 Congress St., Portland

Tea at the Shop; Portland 827-0744

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**Wellness**

**Solitary Confinement — for Life!**

by Phyllis Staff, Ph.D.

Sixty-five-year-old Arthur James served a self-imposed life sentence in his own home. Arthur lived in a high crime neighborhood, so he built iron cages around his outside doors and installed bars on all the windows. No one could find it easy to break in to Arthur's house.

After Arthur's first year away, although you would hardly call our interaction meeting, he wanted to deliver the most important part of the Moscow-Brooklyn program, Arthur hardly studied upon his front door even though his cage clearly protected him. He refused to open the cage door all at once to give him food. He had to ask the lock through the bars. Without doubt, this maniac shredded the front covers of the locked door. But Arthur would find no other way. He firmly clung at one, 180-pound woman, and everyone else.

I wish I could say that Arthur's family came to his rescue, finding him the treated and emotional treatment he needed. I cannot. Arthur's depression and paranoia produced understandable reactions. Killing him at too young an age.

Many others live like Arthur, locked up in their own homes, barricaded against the world. Why? Because family and friends must care, and they must assume the primary responsibility, and before before their own concerns that of Arthur. We cannot allow this burden to our government. We cannot ignore that it won't get any easier. These among so help others help themselves. These among so help others help themselves.

If you know that you or another suffer from serious depression, and that you suspect depression, what should you do? Here are a few tips.

What signs should you look for in serious depression?

Lethargy and inability to get out of bed.

Changes in eating patterns, such as deepening all over eating.

Anxiety

Sedative use

Other effects

---

**What Is the Difference Between Hazardous Wastes and Universal Wastes?**

by Peter Blacher

You have probably heard the term "hazardous wastes." Most people probably think of toxic waste they definitely do not want to be around. The type of waste that is dangerous to handle and against safety regulations and chemical resistant glass) can be disposed of in the same areas. Hazardous wastes have been regulated and managed for years, but now there is a new term that may become just as common as the term hazardous waste. This new classification of waste is called "universal waste." What is Universal Wastes?

Universal wastes are CRTs, cathode ray tubes (computer monitors, TVs), fluorescent light bulbs, mercury containing thermostats, mercury switches, and fluorescent lamps that are not broken. All these items contain hazardous chemicals that can harm human health and the environment. These items, when not disposed of properly, can pollute the environment the same way the traditional hazardous waste does.

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**Universal Hazards**

by Willa Moulton

Between Hazardous Wastes

and Chemical Resistant Glass.

With Peter Blacher

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**Health & Wellness**

**Knowing which waste is which in our back yard**

by Peter Blacher

Valentine's Day Gift Certificates Available

www.valentinesdaygiftcertificates.com

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**Discover some of the secrets of a healthier woman...**

**Phyllis Staff, Ph.D.**

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**Hair Color & Cuts**

**Manicures & Pedicures**

**Facials & Treatments**

**Body Wraps**

**Stone Therapy**

**Swedish & Deep Tissue Massage**

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**Paradiso**

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www.backyardmaine.org

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**Pedicures**

**Treatments**

**Body Wraps**

**Stone Therapy**

**Swedish & Deep Tissue Massage**

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46  Classifieds

47  Weekly contests

Your turn (letters)

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Feb 13  Valentines Day

85% of all Valentine's Day presents are bought within the last 48 hours, according to national retailers. If you have a gift idea or a special event heralding the low-bug, make sure your message is heard loud and clear in this special CBW issue about "Romance in Portland."

Feb 20  Biz Guide

Big Biz - Little Biz, New Biz - Old Biz, Entrepreneur - Franchise, Portland is buzzing with business. In this issue, we take a look at what makes Maine's biggest city work. If you are a vendor, service provider or someone seeking a new job, don't miss CBW.

Feb 27  The Big Picture Show

If, as the saying goes, just one picture is really worth a thousand words, how much can we share about Portland by seeing dozens of photos of life in this city we call home? What is the image you project? If you want to promote visual arts in the community, be seen in this issue of CBW.

For more information, contact Florene Mango Almgren at 725.6601 or email clw@mainet.com. Space is filling fast!

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Our brand new Massage Therapy teaching facility opens February 1oth on Marginal Way! State-of-the-art equipment, innovative teaching materials, experienced instructors and Sallie Mae Student Loans make Pierre's your first choice for entering the exciting, lucrative field of Massage.

Right Now, Tuition at Pierre's Is Just $5,850!

Call Kathleen for more information!

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February 6, 2003

Casco Bay Weekly

February 6, 2003 Volume 15 Number 4

Special Advertising Opportunities

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

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February 6, 2003

Casco Bay Weekly
At a joint meeting Thursday of...
Learning from Vienna

The housing program of the Austrian Social-Democratic Party (SPÖ) in Vienna after World War I is an example of what can be done to address the housing needs of the working class. The party, which took power in 1918, proposed a comprehensive housing program that was backed by a new socialist government and supported by the electorate. The program aimed to provide affordable housing for working-class families and to reduce the number of people living in substandard conditions.

The program was based on the following principles:

1. Rationing: Existing tenements were to be preserved and new housing constructed on a small scale.
2. Cost: Mainly public housing and cost-sharing schemes were to be used.
3. Location: Working-class neighborhoods were to be retained.
4. Control: The government was to have control over the building process.

The program was implemented through the formation of building associations and the creation of municipal housing companies. The government provided financial assistance and a source of capital. The companies were responsible for the design and construction of the new housing.

The program was successful in providing affordable housing for working-class families. The percentage of the population living in substandard conditions was reduced significantly. However, the program was not without its problems. The construction of new housing was slow, and the quality of the new buildings was often poor. The program also faced opposition from the owners of existing tenements, who were concerned about losing tenants.

In conclusion, the housing program of the Austrian Social-Democratic Party in Vienna after World War I provides an example of what can be done to address the housing needs of the working class. The program was based on the principles of rationing, cost, location, and control. The program was successful in providing affordable housing for working-class families, but it also faced opposition from the owners of existing tenements. The program provides valuable lessons for policymakers today.
Moving to a Small Town
by Cathy Goodwin, Ph.D.

Want to escape the big city and move to a small town? Planning retirement or a serious midlife-course-change move? Escaping crime, car alarms and a high cost of living? Here are some Big Tips for your Small Town Move.

Each small town has a unique personality. Do your research — and don’t stop with the Internet. Talk to people who live there. Ask who stays and who leaves.

Housing prices may surprise you.
Expecting a bargain? Some regions fixed on prices, even more, especially if there are real estate prices to compete. If prices are low and houses are hard to sell, the local rental market will be tight.

Be prepared to be active in your new community.
Other friendships develop from belonging to groups: Chamber of Commerce, churches, clubs — which ever community you leave. Volunteering may be the easiest.

Be self-sufficient.
Start to entertain yourself. You’ve what many small town dwellers identify as the secret to small-town happiness. Identify your “must have” and be sure you have it.

Give an occasional reprieve: You baked this? A weekly cooking staff? Check your situation to see what’s available. Eventually, there will be some wonderful surprises, but don’t expect them all to materialize in a week. You will be missing. When predicting expenses, remember you will have less income than you did in the big city, and your housing costs will be less. But you will have fewer expenses — it’s not a wash, it’s a trade-off.

Bring in an independent source of income with you.
Your finances may be secure. But if you work for a local company, you may have trouble finding a new job if something goes wrong. Even more people know each other, and non-employees get paid, you can work at "dual" your own home.

Be flexible.
No matter how careful your research, you will have regrets. Don’t miss 50 for your Big City Life. And others have lived and traveled all over the world.

A dog helps.
Your dog will enjoy the freedom of showing you the world. But your dog has to be treated like a big dog to be around so you explore the new home.

Do not anticipate that small town dwellers will go "out hunting." Many small towns are retiring, facing big city, and others have lived and traveled all over the world. For others, the new home is a "dual" all over town.

No old china cupboard dumpsters don’t want to lose their kitchen cupboards and don’t provide storage. Every room is for big cities, and this is the perfect solution. Your storage space for boxes and shirts. This room is a small storage area for boxes and shirts.

A low flat underbed-type plastic storage container in your room is great for organizing holiday gift wrap. With the wrapping paper, ribbon, scissors, tape, gift bags, ribbons, boxes, and even cards. This container could fill one of our living room couches and all your arts and crafts supplies. It’s a big container, and the supplies are organized in one pot.

Shop for furniture that doubles as extra storage space. We bought a cabinet for my husband’s 55 gallon aquarium and the extra space. We bought a large flat underbed-type plastic storage container in your room is great for organizing holiday gift wrap. With the wrapping paper, ribbon, scissors, tape, gift bags, ribbons, boxes, and even cards. This container could fill one of our living room couches and all your arts and crafts supplies. It’s a big container, and the supplies are organized in one pot.

Look outside for creative storage ideas.
Who lives in Maine and how do we live? [Data based on a sample. For information on confidentiality protection, sampling error, nonsampling error, and definitions, see text]

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<tr>
<th>Subject</th>
<th>Number</th>
<th>Percent</th>
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<tbody>
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<td>Total housing units</td>
<td>861,901</td>
<td>100.0</td>
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<tr>
<th>OCCUPANTS PER ROOM</th>
<th>Number</th>
<th>Percent</th>
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<tr>
<td>Occupied housing units</td>
<td>518,299</td>
<td>100.0</td>
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<th>VALUE</th>
<th>Number</th>
<th>Percent</th>
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<tr>
<td>Less than $50,000</td>
<td>21,659</td>
<td>8.6</td>
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<td>$50,000 to $99,999</td>
<td>139,354</td>
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<td>$100,000 to $149,999</td>
<td>59,244</td>
<td>17.5</td>
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<td>$150,000 to $199,999</td>
<td>27,431</td>
<td>10.9</td>
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<td>$200,000 to $299,999</td>
<td>17,207</td>
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<td>$300,000 or more</td>
<td>5,265</td>
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<th>MORTGAGE STATUS AND SELECTED MONTHLY OWNER COSTS</th>
<th>Number</th>
<th>Percent</th>
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<tr>
<td>With a mortgage</td>
<td>169,150</td>
<td>64.4</td>
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<tr>
<td>Less than $200</td>
<td>1,156</td>
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<td>$200 to $499</td>
<td>12,312</td>
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<td>$500 to $999</td>
<td>28,327</td>
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<td>$1,000 to $1,499</td>
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<td>$1,500 to $1,999</td>
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<td>$2,000 or more</td>
<td>6,367</td>
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<td>Median (dollars)</td>
<td>79,700</td>
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<td>Less than $500</td>
<td>3,764</td>
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<td>$500 to $749</td>
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<td>$750 to $999</td>
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<td>$1,500 or more</td>
<td>1,103</td>
<td>2.4</td>
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<td>Median (dollars)</td>
<td>782</td>
<td>(X)</td>
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<tr>
<th>VEHICLES AVAILABLE</th>
<th>Number</th>
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<td>1 car</td>
<td>176,589</td>
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<td>2 cars</td>
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<td>3 or more</td>
<td>80,158</td>
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<tr>
<th>HOUSE HEATING FUEL</th>
<th>Number</th>
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<tbody>
<tr>
<td>None</td>
<td>30,455</td>
<td>6.5</td>
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<tr>
<td>Wood</td>
<td>30,396</td>
<td>6.4</td>
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<tr>
<td>Other fuel</td>
<td>1,596</td>
<td>0.3</td>
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<tr>
<th>SELECTED CHARACTERISTICS</th>
<th>Number</th>
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<tbody>
<tr>
<td>Lack of complete plumbing facilities</td>
<td>4,499</td>
<td>1.0</td>
</tr>
<tr>
<td>Lack of complete kitchen facilities</td>
<td>3,536</td>
<td>0.8</td>
</tr>
<tr>
<td>No telephone service</td>
<td>4,936</td>
<td>1.0</td>
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**Daffodil Days**

Flowers arrive for the first week of spring.

$6.00 per bouquet

---

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**Casco Bay Weekly**

February 6, 2003
The Taxpayer Relief Act of 1997 is the kind of people-friendly legislation that becomes law all too infrequently. One of its important provisions virtually eliminated capital gains tax on the sale of personal residences. 

...is it the beautiful landscaping you make sure it has important provisions legislation about this particular tax. 

As always, PLEASE make sure you read the purchase and sale of the house. The list is lengthy, in which case a prorated exemption is typically wiped out. 

To qualify for this exclusion you must own the house for two years prior to the sale. 

If you sell your house for less than two years, you may be able to lower the principal gain on the sale of your house. 

If you're single, you can receive this exclusion.

If you're interested to see more you do not need to worry about the particular tax.

However, "better safe than sorry" is always sound advice. 

1. Keep track of any improvements you have made to the house. 

2. Keep the closing statements from both the purchase and sale of the house. 

These two pieces of evidence can be used to reduce gains.

3. The rules can be costly and complicated for those who sell homes that are

Houses at half price!
Government grant available for

Real Estate

The Taxpayer Next Door program (TND) is funded program administered by The US Department of Housing and Urban Development (HUD) that will pay you half your house mortgage if you meet the grant criteria.

The remodeling teacher shortage requires school systems to engage in innovative approaches to attract and retain teachers. 

In addition, if you qualify for FHA mortgage such as FSH 203(k) or FHA 203(d), your down payment can be as low as 3.5%.

Attracting Drive-By Homebuyers

by Noel Peckles

Potential homebuyers will often just want to drive-by and look at the outside of a property. Why? Because, they simply want to make a quick, personal "no-obligations" assessment. They want to see themselves the taxes, hassles and possible embarrassment of looking through a house that they don't intend to buy.

If you're interested to keep more you do not need to worry about the particular tax.

However, "better safe than sorry" is always sound advice.

1. Keep track of any improvements you have made to the house.

2. Keep the closing statements from both the purchase and sale of the house.

3. The rules can be costly and complicated for those who sell homes that are

For tips and ideas on how to get top price selling your house, lease to choose real estate agents, or advertise your house for sale properly, visit http://www.noteactor.com. 

February 6, 2003
The history of Portland's classrooms begins during the early 1840s when the city acquired several lots on the corner of Park/Spireng Sts. for the construction of a primary school. A two-story brick building was constructed to serve as a boys' grammar school. Classrooms featured long benches and wood burning stoves. Although 160 years later some of the city's earliest schools have been subject to adaptive reuse, many of Portland's historic schools remain, an architectural showcase that reflects the city's commitment to excellence.

Longfellow Elementary School, 622 Stevens Ave. Built in 1897-1898, the Longfellow Elementary School was named for Portland's most famous historical personage and poet, Henry Wadsworth Longfellow. Designed by Portland's Historic Architects, the school features a magnificent clock tower restored in 1999. In 1924, the school served 800 students; today, more than 1,350 attend.

Deering High School, 284 Clifford Ave. Originally built in 1899, the Deering High School was designed in the Tudor-Old English style. The school's imposing entrance hall features first floors - Henry Wadsworth Longfellow, Julia C. C. Frizzell, Abraham Lincoln, and George Washington. In 1991, the school served 890 students; today, more than 1,200 attend.

Lincoln Middle School, 522 Stevens Ave. Originally built in 1900, the Lincoln Middle School is one of the city's oldest and most distinctive schools, designed in the Romanesque Revival style. The school serves approximately 1,200 students.

Nathan Clifford School, 100 Falmouth St. Built in 1907 and designed by Portland's renowned architects, the Cliffords, the school was named for Judge Nathan Clifford. Many of the school's original features remain, including its granite staircases, fireplaces, and oak details. Its 80s Depression-era murals, by artist Ralph Rinaldi, depict Maine's primary industries.

Davidson School, 15 Emerson Ave. Built in 1897-1898, the Emerson School was named for Portland lawyer, Andrew Davidson. Listed on the state's register of historic places, the school is an excellent example of the adaptive reuse of historic buildings.

Portland High School, 284 Clifford Ave. Opened in 1899, Portland High School was modeled after the old-style schools of the early 1900s. The school's grand staircases, gabled facade, and granite facade create a harmonious and balanced design.

Portland's Historic Classrooms: Making the Grade!

by Cleonor McKeown III

Portland's Historic Classrooms: Making the Gradewatermark guides educational programs for field trips and lesson plans. Also, they have complete access to the Frances Peabody Research Library.

The Portland Observer offers an "Education" program consisting of guided tours of historic places. Educational programs make history come alive.

Greater Portland Landmarks

Educational programs make history come alive.

by Cleonor McKeown III

"Children are never too young to learn about their own hometown and Greater Portland Landmarks' properties," said Bruce Cook, Greater Portland Landmarks' director of education. "In addition, the program is an educational tool as has been our "Kid Stuff" on the Web page."
education

Maine Furniture School Receives $250,000 Challenge Grant from The Kresge Foundation

Center for Furniture Craftsmanship expansion includes nation's first "year-round artist" community for furniture makers.

The Center for Furniture Craftsmanship, an innovative school as the coast of Maine, has received a $250,000 challenge grant from The Kresge Foundation that will help the school expand to create a year-round artist community for furniture makers.

The prestigious grant from The Kresge Foundation represents a major step forward for the school, announcing a $2 million capital campaign.

For 50 years, The Center for Furniture Craftsmanship has been dedicated to serving the needs of the furniture industry by offering educational programs to aspiring and experienced furniture makers, fine woodworkers, and woodcrafters.

The $2 million capital campaign is so high that hundreds of applicants are turned away each year. The campaign's goal is to raise $2 million dollars, which includes $250,000 in matching funds from Kresge Foundation.

The school's $2 million capital campaign will be used for new buildings and an endowment fund.

For more information, please contact Kresge at (207) 868-8571 or info@kresge.org.

The Craft of Bread by Andy Korn

I played the piano for 15 years. I practiced my scales, my arpeggios. I played everything from Mozart to "Milky." I studied with Ethel Rubinstein in Providence, RI, then at College King, then at King's College and The Royal Academy of Music in London. I sit in little rooms and sweated out tough measures while my back started to hurt, and I was the last one to leave the building on more than one occasion. But the problem was I never felt it was coming easily to me, and I never believed that I was creating art.

A bit of soul searching across the country after school, I picked up the guitar of letting my genius be on display. I don't believe in giving things that go for free and create. I call it "difficult." I call it "philosophical and explorative." I weave bread, bake bread, catch recipes on the fly, and cut them out into dreamy volumes. We have bread, bread, bread, bread. For a moment only, we believe the only difference for...""
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CALENDAR 2/06-2/12/03

February 8

Herbs for Women's Health
Herbalist Deb Snell discusses herbs which nourish and enhance overall vitality and wellbeing. How to make teas and oils, and fortifying herbal preparations included. Sponsored by the Avena Institute Linda Lou Jones Studio, 222 E. St. John St., Portland 9 a.m. - 1 p.m. $45-50.

The Farewell
This 2002 German film will be shown as part of UA Arts International Film Series. Set in 1956, The Farewell artfully tells a single story near the end of the life of Bertolt Brecht, in Germany with English subtitles. 7 p.m. at Bates College Olin Arts Center, Lewiston. $5. Call 800-659-2191.

February 9

Etoiles: Dancers of the Paris Opera Ballet
Be sure to attend this special film screening followed by discussion featuring Eugina O'Brien of Portland Ballet Company and Portland String Quartet. Light supper at Portland Company with food by more than 20 local restaurants and caterers, to benefit LARK. Portland Opera House at First Parish Church, Brunswick. $25-$45. For info call 721-1700.

February 10

Chocolate Extravaganza
A day of chocolate. Attend the benefit chocolate tasting for Freeport Community Services and Coastal Humane Society. While you're there, there's a few new ideas for Valentine's Day or a way to participate in a delicious supply of many chocolate delights. Admission is $1 and raffle tickets are $1 each. Freeport Community Library, 6:30 p.m. to 7:30 p.m. 865-3307.

February 12

"Page to Stage"
The smell of the pages, the roar of the crowd. Step behind the scenes with this discussion held in conjunction with upcoming productions by Portland Stage Company. Artists and scholars will be available to answer questions. This week's discussion focuses on PSC's newest production, Sam Shepard's "True West." Portland Public Library, noon, 877-1700.

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OPENINGS
Friday, February 7
ilustrators, works by seven artists; continuations through Mar. 18. Hiram Fritz. Thursday-Friday, Noon-5 pm. Free. 380 Main St, Bath, 667-9500.
*"Tangled" collaborative works by Judy Dean, Jure Thompson & Adam Team or the Tree; through February 10. 301 Congress St, Portland. Acrylic printing/etching, watercolor, intaglio. Free. 874-2060.
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*"The Goldfinch" by Aimee L. Allen; through February 23. 9 Exchange, Portland. 24 Romano Lane, Portland. Glassblowing and mixed media. 874-2060.
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Monthly, February 10

Saunders College-University of New Hampshire, 5 Main St., Keene, NH 03435-2423

Saturday, February 9

The Greater Portland Parkinson Support Group (PGPSG) will hold its monthly meeting at the Mariners Church, 157 East Church Street, 7pm.

Sunday, February 10

Women in Black Vigils Women in Black activities are held worldwide in resistance to the many forms of violence against women and girls. We gather in silence and in the power of loved ones who have endured violence. We are silent because we are voiceless.

February 10

An informative lecture at the University of Southern Maine, 7pm.

Rudolph W. Giuliani

"Leadership" review

BORN ON SEPTEMBER 11, 1944, Rudolph W. Giuliani (b. New York City) is the Mayor of New York City and a leading candidate for president. Giuliani is widely known for his aggressive and controversial tactics in New York City, including his successful campaign against crime and his aggressive stance on terrorism. He has been a prominent figure in American politics for many years, and is considered a possible candidate for the presidency in the upcoming election.

The bulk of this book deals with Giuliani's leadership style during WWII and the attacks, to frequently visit Ground Zero and there, and to visibly walk the streets of New York, and to publicly flaunt his personal relationship with Judith Nathan. This chapter also features a moving example of how to help make the right decision, and to be willing to take the consequences of that decision.

The book's first and last chapters deal with Giuliani's personal life. It's easy to forget that before the terrorist attacks, Giuliani was a private individual, with a family and a personal life. We see how the world was upon him, he delivered dynamic speeches and was a tireless leader, serving and often repetitive when he refers to himself.

The book also deals with politics that are necessary on the topic of leadership. Giuliani demonstrates the reader that he was an essential Republican in the legislation that was passed to protect the city of New York. We see how the support from his fellow Republicans, his close relations with his party, and his ability to work with his party, are his greatest strengths.

This book is worth reading simply for the leadership style and the impact on the world. It's even more powerful when you know that the main character, Giuliani, has been a successful leader in his own right, and has been able to influence the course of history.

The questions that are raised in this book are important to consider when thinking about leadership. How do you lead in a crisis? How do you maintain control in a time of uncertainty? How do you make difficult decisions? These are all questions that are answered in this book.

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The members of Sky-Chi are a great bunch of young down-to-earth folks who bring amazing energy to Portland's nightlife.

The nice thing about America is that we all get to speak. A friend recently told me about his visit to Washington and as he passed the Lincoln Memorial—thinking how much it impressed him that "only in America" could that many people go to the streets without fear of physical retaliation. That's the real gift of our forefathers—freedom of discussing our thoughts in public.

Over the past few weeks, CNN will spotlight national and local activists. The idea is to get you thinking about many ideas and to foster public debate. Let's begin together about what makes America tick on the 9th, on the 4th, and all points in between.

Who is Amy Goodman and what is Democracy Now?

Award-winning journalist, Amy Goodman, will soon arrive in Maine to keynote free public forums on "FREE SPEECH & INDEPENDENT MEDIA: A TIME OF YAK YAK," Portland. Goodman hails from the Pacifica Network's flagship program, Democracy Now!, one of the busiest shows on the radio airwaves. The program brings the voices of activists, labor leaders, refugees, civil libertarians, lesbians & gay men, and activists of all kinds.

About Amy

Hannah Redford Zinn describes Goodman the Broadcasting's 5/5/03 winner for "Democratic and Independent Media." Goodman was instrumental in creating Democracy Now!, one of the hottest public affairs programs on the radio airwaves. The program brings the voices of activists, labor leaders, refugees, civil libertarians, lesbians & gay men, and activists of all kinds.

About the "Bringing Democracy Now to Maine" Campaign

Goodman's visit is coordinated by the "Bringing Democracy Now to Maine" Campaign, a diverse coalition of over 30 groups including the Portland Daily, the Portland Press Herald, and the Portland Press Herald. The group is working to bring honesty and accountability to our political system.

SCHEDULED APPEARANCES

- February 2nd, 11:00 PM KOIN
- February 3rd, 6:00 PM WMMO
- February 4th, 7:00 PM WMMO
- February 5th, 8:00 PM WMMO
- February 6th, 11:00 PM WMMO

For more details and background material on "Bringing Democracy Now to Maine" visit www.bringdemocracytomaine.org

Faces of Democracy

BY JASON ALEXANDER

The members of Sky-Chi are a great bunch of young down-to-earth folks who bring amazing energy to Portland's nightlife.

Jen, Dave, & Rachel: Jen, which is a great name, and that's a fact. They're the owners of Sky-Chi and the ones who run the show. They're the ones who make sure that the place is up and running every night.

Sky-Chi: That's their business.

What's the next fun show you've played?

Brian: The Casco Bay Parry. This is one of the best shows we've played. It was a blast! We played at the Bug Bistro, and the crowd was amazing. They were so into the music that it was like they were one with the band!

What's your favorite local band right now?

Milo: Our favorite local band right now is the Down East. They're amazing! We love their music and their energy on stage.

How about you? Have you played a locally-based band recently?

Jen: We've been playing with the Sky-Chi crew and the members of the House of Cards. It's been a blast!

Sky-Chi's got a great sound and we love playing with them!

Okay, that's the news. Is there anything else you'd like to add?

Jen: Well, we just wanted to say thanks to all of our fans for coming out and supporting us. We'd also like to thank everyone who's come to Sky-Chi over the years. We couldn't do it without you!

Sky-Chi: That's what it's all about!
The dialogue between the two children highlights some of the key challenges of mentoring.

The non-profit news section includes articles about the benefits of mentoring programs and the effectiveness of Big Brothers Big Sisters.

The expenses and income for Big Brothers Big Sisters are listed, with a focus on the organization's financial health.

The article provides insights into the impact of mentoring programs on children and the importance of continued support for these programs.
MEP helps Sanford company shape up and keep moving

Boragine, Vincent

The Maine MEP

The Maine MEP is on the right track. Vincent Boragine, partner with MEE Global Technology, said the MEP has helped his company, Shape Global Technology, to keep moving forward.

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from where I sit

The Long View

I would like to suggest a perspective that can change the way we view our lives. I call this perspective "The Long View." It's all about seeing each moment of your life in the greater context of history.

First, some perspective building. Life has been evolving some three billion years on planet earth. Civilization is roughly 4000 years old. The history of the world was represented by a tiny line 1 mile long, then the history of civilized man (us) in the last six thousand years, then the lifetime of a human. While we might think of our species as having around "hundreds" it's evident that humans are an extraordinary new development.

We live in a very important time. We are, in a sense, previewing the birth of a new experiment in evolution, the birth of higher technology, computer science and everything else that is uniquely human.

"So what?" you ask. It's a fair question. Our new technology and I get to the point. The phrase "as an intelligent grass grows" works well, but because grass doesn't grow, but because we can't see it it's not a suitable comparison to us. Life works the same way. We need to experience life in the context of short time periods. We go to work. We go to the gym. We worry about next week, and past year, speculate about the future. While we have trouble remembering much more than a few hours ago or even a day. We fail to see the steady chronicle of history in the making.

To experience life as a series of isolated events with no particular direction or meaning can lead to cynicism. Tomorrow won't be any better than today. There won't be any justice, or any lower, or any worse. Consequently, depression and anxiety are epidemic and most people find it difficult to experience a profound sense of meaning.

If we get it this habit of comparing our present moment to 30, 10 or 5 years ago, then it becomes obvious that we are participating in an epic drama. Everything that opposes us in the short-term reveals its dynamic nature in the long run. Buddhism says, "everything changes except change itself." Is mortality evolving? Are we developing a more mature sense of right and wrong over time? The past five years don't reveal any changes, but if we examine a longer period of time, the steady evolution of morality becomes clear. Two centuries ago, slavery was widely accepted as normal and correct. One hundred years ago, colonialism, or the domination of the weak by the strong, was accepted foreign policy. Half a century ago, 30 million lives were lost in a world war. Fifty years ago, segregation was still official policy in southern states.

Morality is evolving and we have a obligation to participate in directing that evolution. This time can profoundly affect the way we think about our lives. It would be unwise to ignore that we have reached the end of one evolution and the beginning of another.

Every one of us makes a multitude of decisions every day that have moral implications. Every one of us, every day, makes the world either better or worse depending upon the quality of our decisions. Every one of us, intelligently or not, directs man's moral evolution.

Finally, we can take great pleasure in knowing that humanity is an aspect of the Universe. Whether you believe it or not, the existence of our species is an aspect of the Universe in a positive direction.

So practice taking The Long View, spend time thinking about the consequences of your actions. Do not trivialize or try to sanitize how these decisions are to be seen by future generations. We are making the world either better or worse. Decide for a change! And think about The Long View, the life span of your children, of your grandchildren. Think of it and be happy about that.

This "Where I Sit" is a regularly appearing column intended to emphasize the diverse context and richness of your experiences. I cannot stress enough how important it is to distinguish between our experiences and the experiences of others. If you would like to comment on this thought, or have thoughts on any other topic, drop it at The Department of In-at-Home Letters, or mail it to: The Hallam House, 79 Main Street, Hallam, New Hampshire.

Submissions are the views of our contributors and do not necessarily represent those of CHRI.

Tips for cats who are forced to relocate with their owners

If you sense your owner plans to move, or for one hundred reasons the time seems inevitable only you need to get prepared ahead of time. Your owner should get ahead by discussing the move. If your owner doesn't tell you, keep up your end of the bargain.

1. If you move with the family, check that out of the apartment when you have a cat. Talk to your owner about where you will stay. Don't just wait to have fun.

2. Have a good game. Keep your eyes on the prize, stick to your food and head in the right direction. Don't fall off a little hole for your head to peak into. Don't get lost in a new place.

3. As you begin your twelve-hour drive, make sure your owner has the map and a sense of humor. Keep it up!

4. If you suspect your owners have locked you into the bathroom, "so you can't escape," use the opportunity to practice your escape. If there's an escape, use it.

5. Demand to test out windowless or otherwise new homes. If you will have cats, test the windows to see if they'll hold your beloved feline in or out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out.

6. If you become a reluctant traveler, you might want to break them out, hike in your cat carrier.

7. As you begin your head-off drive, remember that your life is your own. You are responsible for your own success and failure. Every one of us, every day, makes a multitude of decisions that have moral implications. Every one of us, intelligently or not, directs man's moral evolution.

8. Finally, you can take great pleasure in knowing that humanity is an aspect of the Universe. Whether you believe it or not, the existence of our species is an aspect of the Universe in a positive direction.

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As you begin your twelve-hour drive, make sure your owner has the map and a sense of humor. Keep it up!

If you suspect your owners have locked you into the bathroom, "so you can't escape," use the opportunity to practice your escape. If there's an escape, use it.

Demand to test out windowless or otherwise new homes. If you will have cats, test the windows to see if they'll hold your beloved feline in or out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out. Beware of cats who will allow the windows to be opened. Be sure to allow for getting out.

If you become a reluctant traveler, you might want to break them out, hike in your cat carrier.

As you begin your head-off drive, remember that your life is your own. You are responsible for your own success and failure. Every one of us, every day, makes a multitude of decisions that have moral implications. Every one of us, intelligently or not, directs man's moral evolution.

Finally, you can take great pleasure in knowing that humanity is an aspect of the Universe. Whether you believe it or not, the existence of our species is an aspect of the Universe in a positive direction.

So practice taking The Long View, spend time thinking about the consequences of your actions. Do not trivialize or try to sanitize how these decisions are to be seen by future generations. We are making the world either better or worse. Decide for a change! And think about The Long View, the life span of your children, of your grandchildren. Think of it and be happy about that.

Your owner locks you in the bathroom, "so you can't escape," use the opportunity to practice your escape. If there's an escape, use it.

If you move with the family, check that out of the apartment when you have a cat. Talk to your owner about where you will stay. Don't just wait to have fun.
Schooling has always been an important issue in Maine. CBW is pleased to present the first in a series on the history of education in our state.

Part 1: 1900-1970

A review of the schools, school buildings, and educational programs of the first two decades of modern education has been prepared by the Department of Education, and is the first in a series on the history of education in our state.

The development of the public school system has been an important issue in Maine. In 1900, when the first public school was established, the people of Maine took a step which still stands as a milestone in the history of education.

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Aries: March 21-April 19
Bull: April 20-May 20
Taurus: May 21-June 21
Gemini: June 22-July 22
Cancer: July 23-Aug. 22
Leo: Aug. 23-Sept. 22
Virgo: Sept. 23-Oct. 22
Libra: Oct. 23-Nov. 21
Scorpio: Nov. 22-Dec. 21
Sagittarius: Dec. 22-Jan. 20
Capricorn: Jan. 21-Feb. 18
Pisces: Feb. 19-Mar. 20

Female Seeking Male
Tired of Being Used

By: rhonda from NY, 30, 5'7"...

Female: 40, 5'6", 150 lbs, green eyes, blonde hair, sensitive, emotional, physically fit.

Male: 30, 6'1", 170 lbs, brown hair, blue eyes, outgoing. They're looking for a relationship.

Male Seeking Female
Young-Looking, Healthy, Clean

By: Rich, 29, 5'10", 160 lbs.

Male: 30, 5'10", 160 lbs, brown eyes, brown hair, athletic build.

Female: 28, 5'10", 150 lbs, brown eyes, brown hair, athletic build.

Alternatives

34-Year-Old Going on 23 Spiritually

By: John, 34, 5'9"...

Male: 34, 5'9", 170 lbs, outgoing, open-minded, a Catholic who is looking for a relationship.

Female: 22, 5'6", 120 lbs, outgoing, open-minded, a Catholic who is looking for a relationship.

Sagittarius, Oct. 23-Nov. 21

You will find yourCause among the stars this month. You have the strength to make an impact and the desire to lead the way. Your courage and confidence will inspire others to join you in your endeavors. Embrace your leadership role and trust your intuition to guide you.

NIRVANA

Jan. 29-Mar. 21

This is a month when your intuition and creativity will be on full display. You will be able to bring new ideas and perspectives to your work or personal projects. Your willingness to take risks and explore new possibilities will lead to significant progress.

MOON

Feb. 22-Mar. 20

This is a period when your emotional well-being is paramount. Take the time to nurture and express your feelings. Your inner world is rich and complex, and tapping into these depths will bring you a sense of peace and fulfillment.

March 21-April 19

Aries: March 21-April 19

You are ready for action and will take charge of your destiny this month. Your energy and enthusiasm will be contagious, and you will inspire others to move forward with you.

April 20-May 20

Taurus: April 20-May 20

This is a time when you will experience growth and development in your personal life. Your commitment to quality and dedication to your commitments will lead to success.

May 21-June 21

Gemini: May 21-June 21

You will be open to new experiences and ideas. Your curiosity and adaptability will allow you to embrace change and find ways to grow.

June 22-July 22

Cancer: June 22-July 22

This is a time when your emotions are strong and will be a focal point for your growth. Your ability to connect with others on a deep level will be enhanced.

July 23-Aug. 22

Leo: July 23-Aug. 22

You will be at your best this month, and your sense of power and confidence will inspire others. You will be able to take on challenges with ease.

Aug. 23-Sept. 22

Virgo: Aug. 23-Sept. 22

This is a period when you will be more focused and structured in your approach to life. Your attention to detail and practical skills will help you achieve your goals.

Sept. 23-Oct. 22

Libra: Sept. 23-Oct. 22

You will be more in tune with your relationships and social life this month. Your ability to balance your needs and the needs of others will be a strength.

Oct. 23-Nov. 21

Scorpio: Oct. 23-Nov. 21

This is a time when you will be more focused on your inner world. Your emotional depth and intensity will be appreciated and respected.

Nov. 22-Dec. 21

Sagittarius: Nov. 22-Dec. 21

You will be more adventurous and willing to take risks this month. Your ability to see the bigger picture will guide you through challenging situations.

Dec. 22-Jan. 20

Capricorn: Dec. 22-Jan. 20

This is a period when you will be more focused on your career and financial goals. Your determination and hard work will bring you success.

Jan. 21-Feb. 18

Aquarius: Jan. 21-Feb. 18

You will be more creative and imaginative this month. Your ability to think outside the box will lead to new ideas and breakthroughs.

Feb. 19-Mar. 20

Pisces: Feb. 19-Mar. 20

This is a time when you will be more focused on your personal and spiritual growth. Your ability to connect with your inner world will bring you peace and contentment.

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A big part of the way life should be is sharing time with others. Kids discussing what’s up at school with their parents, coworkers sharing a joke, chatting with a stranger who’s sitting across from you as you read this—whether it’s your son or daughter or the guy at the bus stop.

### Last Week’s Solution:

**Across**

2. Xizor (Shee-dor)

5. Grandfather of Shadows

11. Pintel

13. A Muslim soul

17. Mt. Fuji (n. Sui.)

24. The moon of Saturn

32. City in Judah

40. Washington Avenue

50. Taro

52. Baseball equipment

53. Male person

57. Mortar beater

60. Polish rum cake

61. Footlike structure

62. Direct

63. Poetic foot

### Funny Bone

#### Jokes & Riddles

1. What always ends everything?

2. Why was the belt arrested?

3. Where is the best place to put a miniature fork?

4. What drive doesn’t have a license?

5. Why did the tree see the dentist?

#### Headlines

- **Jokes**
  - What’s this gizmo that You Have a Bad Pilot
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- **Riddles**
  - That You Have a Bad Pilot
  - That You Have a Bad Pilot
  - That You Have a Bad Pilot
  - That You Have a Bad Pilot
  - That You Have a Bad Pilot

### Answers

- Jerk Chicken
- Pita & Chips
- Fast Abbudllahs
- Pella
- Shares
- Burgers & Fries

#### Silly’s

40 Washington Avenue
Portland, Maine
(207) 772-0360

“**As far as we can discern, the universe is a very SILLY place.”** - Albert Einstein
Portland Panoramics

Photography by Josh McDougall

Portland Peninsulas.

Casco Bay: Fort Gorges (far left) and Portland Breakwater "Bouy" Light (below, right).

a bird's eye view of our city

Portland's Old Port and Waterfront. Mountjoy Hill with Portland Observatory left of center.

South Portland Petroleum Depot and Docks.

Mountjoy Hill.