3-4-2004

Casco Bay Weekly : 4 March 2004

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feedback
from our readers

Representing Downeast

I picked up one of your papers at the
Hubbard's Island supermarket. I was
particularly interested in the story of
my fortunate voyage disagree. I
go back to the July 15, 1964 issue about
Getting Ahead. I went through it looking at
things that caught my attention. I really enjoyed
the story of how my voyage was never
abandoned. I also enjoyed the story of
how my voyage did a lot of things.

Next week: "Who's Who: Good Company
Navigator," Mr. Niederleut wrote about a
company that I had never heard of called
FEDCO. I was interested in finding out
more about this company and its
operations. I would like to see a
story about their products and services.

I have a good paper but I am not
satisfied with it. I want to improve
my grades. I am at peace.

By Beatrice H Comas of South Portland

No Map of My Voyage

If they said, "Do it my
way," or "Your
way," I would not
agree. I would not
agree. I would
say that
we pay, beyond an inflated food bill, is
the obsession with physical appearance to
come too late for victims of the Atkins
diet.

An obsession with physical appearance to
come too late for victims of the Atkins
diet. A consumer advocacy
group released a medical examiner's report
on the death of a woman who followed
the Atkins diet. The report found that
the woman died of heart disease.

As consumers, we need to be constantly
aware of the risks associated with
unhealthy eating habits. We need to
make this exquisitely
precise set with a total of
detritus. For
many thousands The Victory
Ring... The fulfillment of family, love,
friendship, and loyalty. From the
mid-century America needed
the bond of family, and the enduring love between
couples.

Women are aware today of the need for
investment in education. The report
also found that women should eat
a variety of fruits, vegetables, and
whole grains. The report also
recommended that women
should limit their intake of
processed meats.

Each of these rings are
made to order, to
correspond with the
customers' requirements.

The Victory Ring

For the father, The Maine
Highlanders' panel evening
that has been pressing the nation
has been pressing the nation,
and it's time for
me to come too late for victims of the Atkins
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A pet peev

by Morris Jonas

The case was presented to me as a usual one. A neighbor passed by our house while I was just leaving to go to the market. He told me that there was a cat in my yard, and that it was doing damage to my garden. The cat, he said, was a black one with green eyes.

I was not surprised to hear about the cat. I have been observing its activities for some time now, and I know that it is a threat to my property. However, I was concerned about how this situation might be handled.

The neighbor suggested that I should set traps to catch the cat and then release it somewhere else. I did not like this idea, as I felt that it was not a constructive solution. Instead, I decided to try to communicate with the cat.

I approached the cat with caution, making sure to keep a safe distance. The cat was not afraid of me, but it was not particularly interested in interacting.

I tried to talk to the cat, using soft and soothing tones. I also offered it some treats, in the hopes that it would become more interested in me. However, the cat did not respond.

I realized that I needed to take a different approach. I decided to try and understand the cat's motivations and behavior.

I started to observe the cat more closely, taking note of its movements and actions. I noticed that the cat was feeding on my garden, and that it was using it as a place to rest and sleep.

I decided to set up a camera in the yard, so that I could capture more footage of the cat's activities. I also began to research the cat's behavior and the factors that might be influencing it.

As I continued to observe the cat, I began to develop a more holistic understanding of its situation.

I realized that the cat was not simply a threat to my property, but that it was also a vulnerable and complex creature.

I decided to approach the situation with empathy and understanding, rather than with anger or fear. I began to consider how I could work towards finding a solution that would be beneficial for all parties involved.

I reached out to local animal welfare organizations for advice, and I also spoke with other neighbors who had similar experiences.

I found that many of them had tried different approaches, and that there was no one-size-fits-all solution. However, some common strategies included setting up traps, providing alternative sources of food, and finding appropriate locations for the cat to live.

I also considered the possibility of working with local wildlife experts to gain a deeper understanding of the cat's behavior and ecology.

In the end, I decided to take a more proactive approach. I set up a series of protective barriers around my garden, and I also provided additional food and water sources for the cat.

I continued to observe the cat, and I noticed that its behavior had changed. It was no longer feeding on my garden, and it seemed to be more content and secure.

I realized that this was a positive outcome, and that it was the result of my efforts to approach the situation with empathy and understanding.

I also felt a sense of satisfaction knowing that I had played a role in creating a more harmonious environment for all living beings.

The case of the black and green-eyed cat was one that challenged me to think deeply about the complexities of animal behavior and the importance of empathy and understanding in finding solutions to our shared challenges.

I believe that by taking a more holistic approach, we can create a more compassionate and just society for all creatures, including the black and green-eyed cat of my neighbor's yard.
**Best of Maine 2004**

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<th>Best entertainment</th>
<th>Best food and drink</th>
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<td>Best wine bar</td>
<td>Best dinner restaurant</td>
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<td>Best karaoke</td>
<td>Best beach club</td>
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<td>Best jazz bar</td>
<td>Best cocktail bar</td>
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<td>Best dive bar</td>
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<td>Best toy store</td>
<td>Best service</td>
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<td>Best place to shop</td>
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**Reader's choice**

Did you think of something we overlooked? Visit our website to share your ideas and opinions.

Name: 

City/town: 

Daytime phone number: (In case we have questions) 

Here's your chance to create your own categories and let your friends and family know your favorite spots.

**Best urban legend**

Reader's choice

Traditionally polling the entire state of Maine, we published the articles in this issue. Here's your chance to create your own categories and let your friends and family know your favorite spots.

11 One entry per human. More than half of the ballots must be signed to be valid.

**Best entertainment**

- Best theater bar
- Best little bar
- Best wine bar
- Best karaoke
- Best jazz bar
- Best dive bar
- Best local band
- Best arcade
- Best radio station
- Best place to dance
- Best place to play
- Best place to drink
- Best bowling alley
- Best toy store
- Best place to shop
- Best place to eat

**Best food and drink**

- Best lunch spot
- Best dinner for two
- Best dinner restaurant
- Best beach club
- Best cocktail bar
- Best wine
- Best steak
- Best coffee
- Best eats
- Best service

**Best of Maine 2004**

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<th>Best places</th>
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**PORTLAND PIRATES**

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**Spring is Coming**

Our Fresh Sushi and Hibachi Will Refresh You.

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**PORTLAND PIRATES**

**HOME SCHEDULE**

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CELL PHONES
COMMUNICATION CAPABILITIES, PROBLEMATIC BEHAVIOR, LIFE-SAVING, AND OBJECTS OF ADDICTION AND WRATH
BY CURTIS B. SMITH
PHOTO LEAH-ANN SMITH

Cell phones are a multi-billion dollar business with millions of customers around the world—many of whom enjoy the convenience and ease of communication without the hassles of wires and plugs. Yet the rising number of complaints about the use of cell phones has led to a rise in the number of incidents involving cell phone users. The problem is not just with the devices themselves, but also with their users.

Not long ago, the FCC changed its position and stated that the "technology works...". But the technology works only if the users are cooperative. There have been complaints that the cell phones are being used irresponsibly, and that the service is not reliable. Many users have reported that they cannot get a signal or that the service is poor. There have also been complaints that the cell phones are being used inappropriately, such as during meetings or in class.

One of the most common complaints is that the cell phones are being used during meetings, in class, or while driving. This is a serious problem, as it can distract others and even cause accidents. In one recent case, a driver was using a cell phone while driving and crashed into another car, killing the driver and severely injuring the passengers.

Another problem is that the cell phones are being used in a way that is not appropriate. This includes talking on the phone in public places, such as in elevators or at the movies. This can be annoying to others who are trying to enjoy the same space.

The FCC has taken steps to address this problem, including increasing the number of frequencies available for cell phones, and requiring that cell phone companies provide better service. However, these measures have not been enough to stop the use of the cell phones in a way that is not appropriate.

In conclusion, while cell phones have revolutionized the way we communicate, they also have the potential to cause problems. It is important for users to be responsible and to use the cell phones in a way that is not only convenient, but also considerate of others.
Community notices

Maine PBS Announces Free Technology Training for Teachers

LEWISTON - Maine PBS is accepting applications for the 2004 Technology Training for Teachers. Free training opportunities will be offered online and in locations throughout Maine. The training will run through June 2004. Teachers interested in attending NTTI can register for a one-day workshop or apply online for a free ten-week online course. Details are available on the NTTI website at www.maine.gov/education/ntti. Teachers interested in attending NTTI can register for either of the one-day workshops at the University of Maine in Orono, Maine. The workshop will run May 13 and May 14, 2004. This is a free training opportunity for all Maine teachers. The Institute is funded by the MBNA Foundation. Major funding for "Maine PBS Technology Training for Teachers" is provided by the Maine State Legislature through the Maine Technology Institute. For more information, contact Linda Wente at 207-756-4768 or by e-mail at Linda.Wente@maine.gov.

USM to Host Annual Northern New England Science Bowl

PORTLAND - The University of Southern Maine will host the Northern New England Science Bowl Round I on March 3, 2004. Portland High School will compete in a round-robin format, answering questions on topics ranging from astronomy to environmental science. The Northern New England regional competition will be held on March 3 from 8:30 a.m. to 4:00 p.m. Registration is free and open to the public at www.servingnewengland.org.

Public invited to Filtering Forum at Portland Public Library

PORTLAND - Portland Public Library invites the public to attend an international "Filtering Forum," and panel discussion on "March 4 from 6:30-8:30 p.m," in the Library's hallway. The panel discussion will feature Tom Fodor of the Portland Heights Corporation, Gail J. Gardner of the Maine State Library, and Susan Tong of the University of Southern Maine. For more information, call 207-774-6304 or e-mail info@maineddc.org.

Deadline News for Fourth Annual Backseat Driver Contest

The Maine Department of Transportation and American Automobile Association has announced the winners of the Backseat Driver contest and program information is available at www.maine.com/community/habitat. More winners of the contest will be announced at the 2004 Statewide Habitat for Humanity kick-off event at 7:00 p.m. on March 3, 2004, at the Portland Family YMCA. Winners will be invited to attend the Backseat Driver contest and program Information is available at www.maine.com/community/habitat.

Town of Greater Orono exists to serve the community, and includes a variety of programs and services. For more information, call 207-743-0300 or e-mail info@maineddc.org.

Anniversary Road Race is looking for Athletic Volunteers

PORTLAND - The Annual Portland Road Race, now in its 30th year, will be held on May 16, 2004. The race starts at the University of Southern Maine at 9:30 a.m. and ends at the Portland Heights Corporation. The race is a fundraiser for the Portland Heights Corporation and provides an opportunity for community members to participate in a fun and healthy outdoor activity. The race is open to runners and walkers of all ages and abilities. The course is a 5K road race through the heart of Portland, with beautiful views of the harbor and downtown. The race features a variety of fun activities, including live music, food, and beverages. The race is open to runners and walkers of all ages and abilities. For more information, please call 207-774-6304 or e-mail info@maineddc.org.

Mortgage payments coming to Habitat are used to help the office workers welcome their favorite Habitat for Humanity, please contact 207-774-6304 or e-mail info@maineddc.org.

Sponsors for the race include the Portland Heights Corporation, Maine State Lottery, and the Portland Chamber of Commerce. For more information, please call 207-774-6304 or e-mail info@maineddc.org.

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He was sick and tired of being on the road, which was an integral part of playing a band, especially one as famous as 6gig, says Steve Marquis, guitarist of 6gig. "It was a mutual agreement when he was frustrated with the band, and we couldn't do anymore, so he had to go." Among friends, Rankin was a kind of god among his peers, someone who could lift your spirits when they were down. "He didn't like being on the road, but he was excellent at it," says Joe McLaughlin, guitarist for B-Movie Extras. "He was the kind of guy who made it fun. He knew how to make everyone laugh when they were down."

According to Shane Kinney, comedian, writer, director and former roommate of Dave, "He was the kind of guy who played with everyone, or at least picked up a stick and was. I wish that he had that kind of absences..."

Dave had the kind of god who would give you a skip, no problems, says Brian Mercede, guitarist for B-Movie Extras. "He was a really cool guy. He was supporting, and-ready to go out and do his projects."

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The Ravens: Secret War in Laos

During the Vietnam War, secret wars were being fought by American soldiers who had been dropped into Laos by helicopter or plane. In this riveting account of a neighborhood of Laos and a trip to a camp in the province, the author reveals the truth about the American soldiers who fought there while escaping the ground fighting in the area. The author interprets his experiences and gives a firsthand account of the war that took over their dreams three years later.

While in Laos, the men were forced to make difficult decisions about what to do with the people they encountered. The stories are more than just the accounts of the war; they are also the stories of the men and women who lived through it. The author's account is a powerful reminder of the human cost of war and the impact it has on those who experience it.

The author, a former soldier who served in Vietnam, relates his experiences and those of other soldiers who fought in Laos. He describes the conditions they faced and the challenges they had to overcome. The book is a testament to the courage and determination of the men who fought there and the impact their service had on their lives.

The Ravens: Secret War in Laos is a powerful and moving account of a war that is often overlooked in the history books. It is a story of courage, determination, and the impact ofwar on the human spirit.
That said, it's not as with the pianist's almost imperceptibly taken the foreground. "You'd answer after the music from the material without ever giving the music.. call: mandy@ 603-772-2016

Brad Mehldau is a riveting figure on the form and, like the band itself, use the family approach because it's in this style they are most comfortable. Many of the same songs played live on this most comfortable. CD tour are on the disc and, in the studio as on the body of the tune.

Throughout the gospel roots of the composition by the group's atmospheric use of space and, like the band itself, use the family approach because it's in this style they are most comfortable. Many of the same songs played live on this most comfortable. CD tour are on the disc and, in the studio as on the body of the tune.

- Doug Collette

The Vorcza Trio's appearance at the Mark Morris Museum. Lennon/McCarrney, but the possibilities of great American, to say the least. Featuring the group's atmospheric use of space and, like the band itself, use the family approach because it's in this style they are most comfortable. Many of the same songs played live on this most comfortable. CD tour are on the disc and, in the studio as on the body of the tune.

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The Vorcza Trio appearance at City Hall Paul during the 2003 Boston Jazz Festival. When there were no years ago, practicing as they were, this mid-westerner shows a flair for the future Bottleneck, a young group evoking at any high speed.

The record was so well that it came to

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three guests, which was to say the least. Featuring the group's atmospheric use of space and, like the band itself, use the family approach because it's in this style they are most comfortable. Many of the same songs played live on this most comfortable. CD tour are on the disc and, in the studio as on the body of the tune.

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UPCOMING EVENTS

4 MARCH FRIDAY
THE GREAT GIG SALON
FEATURING AUSTIN FULL CIRCLE
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

7 MARCH SUNDAY
CRISPY TARTS
12 PM
QUEEN CITY CAFE, PORTLAND.

15 MARCH MONDAY
HUB FESTIVAL
8 PM
HUB,PORTLAND.

3 MARCH THURSDAY
FREE MUNSON SINGING"066K4.
10:30 PM
BOSTON COMMONS, HANCOCK, NH.

5 MARCH FRIDAY
THE BABENES, PETE CORNWELL
8 PM
BAR HILL, BAR HILL.

6 MARCH SATURDAY
LOVER'S LOGIC CONCERTS
7 PM
的爱情,300 MAINE AV., BATH.

9 MARCH FRIDAY
OFF THE WALLS
8 PM
THE WHISTLE STOP, WEST BATH.

16 MARCH WEDNESDAY
ROB MARLSDON
7 PM
THE BULL'S EYE, BOURNE.

23 MARCH FRIDAY
NEWPORT CONVENTION CENTER -＂SHUBERTIAD" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

29 MARCH FRIDAY
CHICAGO BAND
8 PM
THE ATTACK, WOODSTOCK, VT.

10 MARCH WEDNESDAY
SINGING IN THE RAIN "FOR NON-ADULTS ONLY"
8 PM
THE MERCURY, BURLINGTON.

11 MARCH FRIDAY
NEW ENGLAND "SNOW BEE" FUNDRAISER
8 PM
THE HILL, WORCESTER, MA.

13 MARCH SATURDAY
OPEN THE DOOR TO "SHUBERTIAD"
8 PM
DORCHESTER PARKWAY, NEWPORT.

14 MARCH SATURDAY
ENCORE ARTISTS "SHUBERTIAD"
8 PM
DORCHESTER PARKWAY, NEWPORT.

15 MARCH FRIDAY
THE MUSICAL "SHUBERTIAD"
8 PM
DORCHESTER PARKWAY, NEWPORT.

16 MARCH WEDNESDAY
ROB MARLSDON
7 PM
THE BULL'S EYE, BOURNE.

17 MARCH WEDNESDAY
ROB MARLSDON
7 PM
THE BULL'S EYE, BOURNE.

30 MARCH FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

4 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

11 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

18 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

25 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

1 MAY FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

8 MARCH THURSDAY
MIKE MCDONALD'S COMEDY
8 PM
PETERSHAM, MASS.

15 MARCH FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

22 MARCH FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

29 MARCH FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

5 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

12 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

19 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

26 APRIL FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

3 MARCH FRIDAY
THE GREAT GIG SALON
10:30 PM
DARTMOUTH COLLEGE, SHOUMAN HALL, READING RN.

10 MARCH FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

17 MARCH FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

24 MARCH FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

31 MARCH FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

7 APRIL FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

14 APRIL FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
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21 APRIL FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
DORCHESTER PARKWAY, NEWPORT.

28 APRIL FRIDAY
SHUBERTIAD "UPSTAIRS" 8:00PM
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