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Casco Bay Weekly

THE LONG-AWAITED OPENING OF THE STATE THEATRE TAKES PLACE THIS WEEKEND. LOS LOBOS PLAYS ON NOV. 21, CAPPING OFF THE WEEKEND'S FESTIVITIES.



SEE PAGE 27

NOV. 18, 1993

GREATER PORTLAND WINTER HANDBOOK



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Vol. 1, No. 3

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What Do the Racers Know?

We've all seen the "rock star" ski racers ripping down steep icy trails. They ski at ballistic speeds, and manage to handle the sheets of man-made ice with little effort. So, what are they doing? What do they know?

Racers spend many hours practicing their sport, just as golfers and basketball players do. Yet, ski racers are a little different. They have to spend huge amounts of time preparing their equipment, often waxing their skis fifty times before they hit the snow. Like waxing, edge preparation is equally as important.

-Hakan Adams
Hakan was co-captain of the '93 Class A Championship ski team from Oxford Hills High School



Paul Leary: "People are always saying, 'You must be related to Timothy Leary.' All I can say is, 'Genetically, no, but spiritually, yes.'"

A conversation with Paul Leary

Paul Leary owns I Like it Like That, a 1960s-styled shop on the second floor of the Masonic Building in Gorham. Visitors ascending the stairway pass photographs of a sweaty Janis Joplin

gripping a microphone, John and Yoko in bed and a pensive Bobby Kennedy. Inside, Leary sells everything from day-glo posters and bell-bottoms to high-energy crystals and John Lennon glasses. This is a store to be-in.

What makes you hold on to the '60s?

I have always been in love with the era — with the styles, the looks and all the passionate idealism thrown in. I saw The Beatles in concert in '66 at Shea Stadium. The World's Fair was across the street. I was barely 16 and I remember thinking it couldn't get any better than

this. This was the center of the universe. Then to see those guys was amazing. It was before the big stadium shows so the music was garbled and everybody was screaming and the girls were fainting and crying. It was an amazing sight. After that night I was hooked. Hooked on the times.

If you could re-live one year, which would it be?

I guess it would be the year I dropped out and had no destination or worries except where I'd get my next peanut butter-and-jelly sandwich. That was '67, back when it was love, love, love. It was just loving the world and being in love with everyone you met. It was very idealistic and probably not very realistic, but that didn't matter. I'd go to New York City and Boston to the be-ins there. It was hundreds of people and their dogs and we just did... nothing.

What made you snap out of that?

The draft. I went off to college to avoid it. Then Nixon started the lottery system, but I ended up with a high number so I stayed in college. I graduated and got a job in insurance because I thought that was what I should do. But it never felt right. Now, with the store, I feel like I've dropped out again. Even though I'm married and have a four-year-old son.

Do you get a lot of Grateful Dead fans in here?

Well, I don't have many Grateful Dead items... just some of their old posters from the '60s. I mean, you can buy a Jerry Garcia tie at Filene's.

By Amanda Onion; photo by John Alphonse

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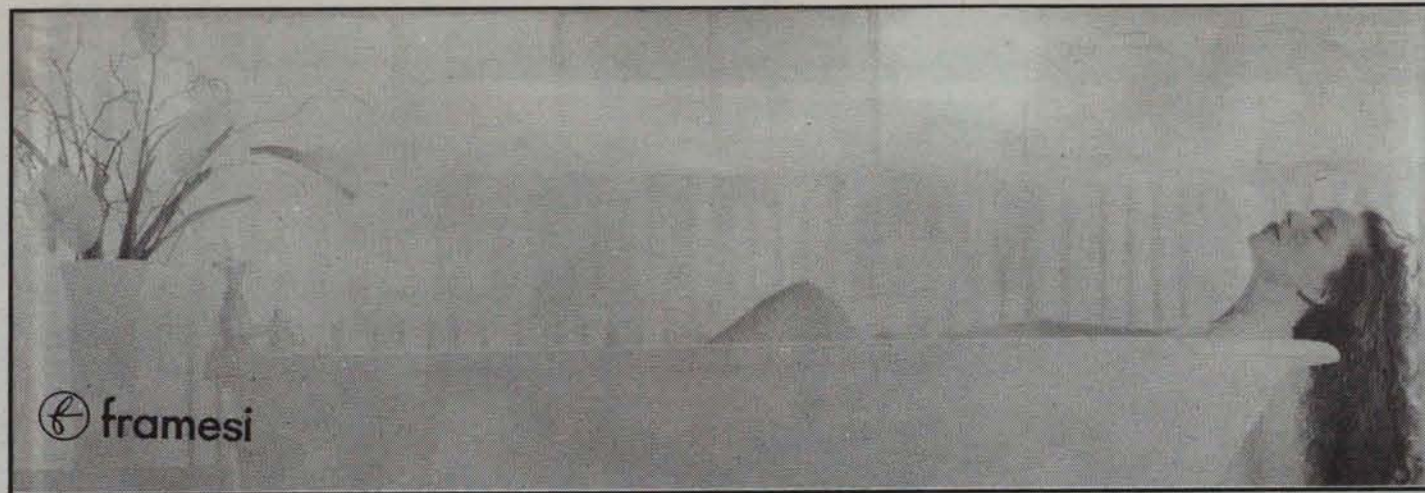
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newsreal

A review of the top news stories affecting Greater Portland November 10 through 16

Maine failed to submit a smog-cutting plan on Nov. 15 as required by the federal Clean Air Act. The state's tardiness drew criticism from Natural Resources Council of Maine staff attorney Conrad Schneider, who said Maine has "shirked its responsibility and its citizens will pay the price." Schneider noted that Mainers were warned to stay indoors on 26 days last summer because of unhealthy levels of ozone smog. "If the state can't reach even this first milestone under the Clean Air Act," he asked, "how can we expect to achieve healthy air in the long run?"

The state Department of Environmental Protection (DEP) was supposed to submit a plan to cut air pollution by 15 percent on Nov. 15. Its failure to do so marked the second Clean Air Act deadline missed by the state. A year ago, Maine was to have met 12 specific pollution-cutting requirements under the act. To date, the state has adopted only six of the measures.

Maine has six months to comply with the deadlines before it faces sanctions by the federal government, including the freezing of federal highway funding and restrictions on economic development aid.

DEP air quality chief Dennis Keschl downplayed the missed deadlines, and said he was "fully confident" Maine will come up with plans before sanctions are imposed.

Schneider said the chief obstacle has been business opposition to pollution-cutting programs that cost money. "Everyone in the state wants healthy air," Keschl added, "but the crucial issue is how to make sure we don't spend more than is required, especially during these tough economic times."

Maine's polluters earned an "F" from a state environmental group for failing to clean up their acts. The Maine People's Alliance (MPA) failed nine of the state's 10 largest producers of toxic chemicals for not even submitting plans to the Environmental Protection Agency — as required — showing how they were going to prevent pollution. In its Nov. 10 report, "Poisons in Our Neighborhood," MPA detailed that the state's manufacturers generated 105.6 million pounds of toxic waste in 1991. The data — which is the most recent available from the federal government — came from the industries themselves.

The data showed that S.D. Warren in Westbrook ranked as the seventh largest producer of toxic wastes in the state, creating 7.7 million pounds of hazardous chemicals. The plant was the third largest air polluter in the state, discharging 1.05 million pounds of toxics into the atmosphere.

Cumberland County's other top polluters were (in descending order): Nichols Portland, NRG Barriers Inc., National Semiconductor, Saco Defense, Bath Iron Works, Sabre Yachts, GTE Control Devices and Deering Ice Cream Corp.

Tom Andrews won't take union money in his 1994 congressional campaign. Blasting the hardball tactics of some union leaders who threatened to withhold campaign contributions unless Andrews voted against NAFTA, the 1st District congressman said his vote wasn't for sale and vowed not to accept "any money from any AFL-CIO labor union" for his upcoming re-election bid. Union contributions to Andrews' 1992 campaign amounted to nearly \$200,000 — or almost 25 percent of the congressman's total war chest.

In declaring his opposition to NAFTA on Nov. 15, Andrews also knocked the Clinton administration for attempting to win NAFTA votes with promises of special projects in the districts of undecided House members. "This decision should not be based on threats or pork barrel wheeling and dealing. These tactics... are part and parcel of what people have come to see as politics as usual in Washington," Andrews said.

Jim Mackie, chief steward of the 5,500 member machinists' union at Bath Iron Works, was one of the labor leaders who had publicly pressured Andrews on the NAFTA vote. Mackie defended his actions, saying his members "expected us to project their opinion with a certain degree of forcefulness."

Both Andrews and Mackie said their rift over NAFTA wouldn't backfire on unions by dampening the congressman's support for working men and women. "I don't think we alienated a valuable ally in Congress," Mackie said. "Tom is too much of a believer in the things we strive for." Andrews agreed, adding, "We have a common agenda."

The county budget shouldn't increase, said a group of municipal leaders who oversee Cumberland County spending. Faced with a 22 percent spending hike proposed by county department heads, the Budget Advisory Committee urged county commissioners to "consider a zero increase an absolute maximum acceptable budget."

In a Nov. 9 memo, the committee said the county should trim proposed spending increases for the district attorney's office (a proposed 62 percent increase), the sheriff's department (45 percent) and the county jail (67 percent). The memo stressed that "municipal officials have been forced to make significant cuts in important programs... It seems no more than reasonable to expect the same effort from [the county]."

Their sentiment was echoed by the South Portland City Council, which adopted a resolution Nov. 15 saying the city could not absorb "another outrageous increase" in the county budget. The resolution noted that

South Portland has cut its workforce by 12.5 percent over the past five years, while the county is proposing to add 35 new positions for the jail and sheriff's department next year.

Hearings on the budget are scheduled for Dec. 1 at the county courthouse in Portland, Dec. 6 at the American Legion Cabin in Yarmouth and Dec. 8 at the Songo Locks School in Naples. All hearings start at 7 p.m.

Portland teachers will get a bigger raise

if the Legislature hikes its aid to the city's schools for the 1994-95 school year. Portland's school committee voted unanimously Nov. 12 to give approximately 700 teachers, social workers and specialists a 2.75 percent salary hike (totaling about \$977,000) retroactive to Sept. 1. And if the Legislature follows through on its plan to give Portland schools \$2.4 million or more in new state aid, teachers will receive a 5 percent raise in 1994.

But City Manager Bob Ganley believes the City Council may want to use an increase in school aid to offer property owners some tax relief.

"Taxpayers in Portland took the hit when the state cut school aid in the '80s and they took on debt to pay for improvements to the middle schools," Ganley explained. If the state offers more aid to the schools, he added, the city might provide taxpayers relief by reducing the city's contribution to the \$43 million school budget. "I expect the cut would [equal] 75 percent of the state's additional aid," said Ganley.

School committee member Nick Mavodones said negotiators did not plan for a city cut in the school budget. "This city has really supported education in the last few years," said Mavodones. "I don't believe they'd cut that support now."

Portland's police will get raises too

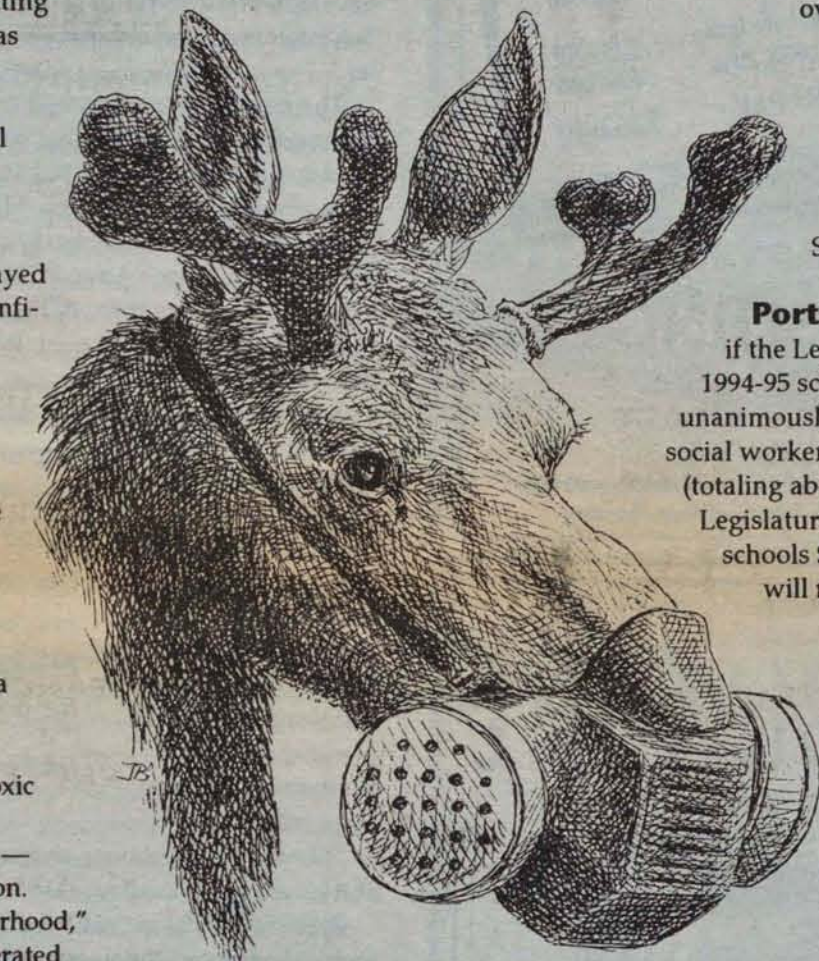
in their new three-year pacts. The City Council unanimously approved contracts for patrol officers and sergeants, lieutenants and captains on Nov. 15. City Manager Bob Ganley said the contracts were "consistent with those we've tried to negotiate with all our employees." Contracts for both police unions had expired Dec. 31, 1992. The new pact for patrol officers calls for no pay hike in 1993, but 4 percent raises in each of the next two years. The superior officers' contract contains a 2 percent raise starting this week and 4 percent raises in 1994 and 1995.

CMP should get just a fraction of the rate hike they've requested, according to state regulators. Calling the company's \$83 million request "unjust and unreasonable," Public Utilities Commission (PUC) hearing examiners issued a report Nov. 10 suggesting that CMP rates be increased by \$20.5 million. The PUC is slated to make its decision on the rate hike by the end of the month.

In proposing that the PUC jettison three-quarters of the company's request, the examiners faulted CMP for what they described as management inefficiency and inadequate cost-cutting.

"The examiners have taken a step in the right direction... Now it is up to the PUC commissioners to take the next step by denying the increase altogether," said Alan Caron, spokesman for the Coalition for Lower Utility Bills (CLUB). "[The report] leaves the door open to just such a course when it says that arguments in favor of a zero increase, which is CLUB's position, 'have merit and are not, in our opinion, unlawful or unconstitutional.'"

Reported by Bob Young, Stephane Fitch and The Associated Press; illustrated by John Bowdren.



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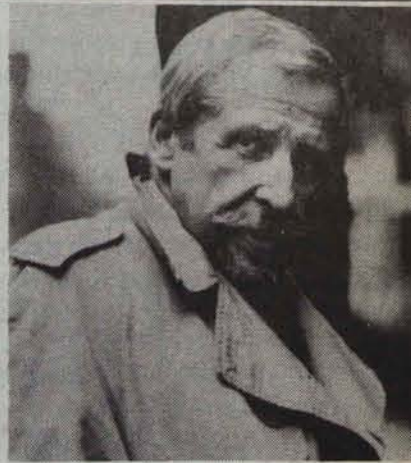
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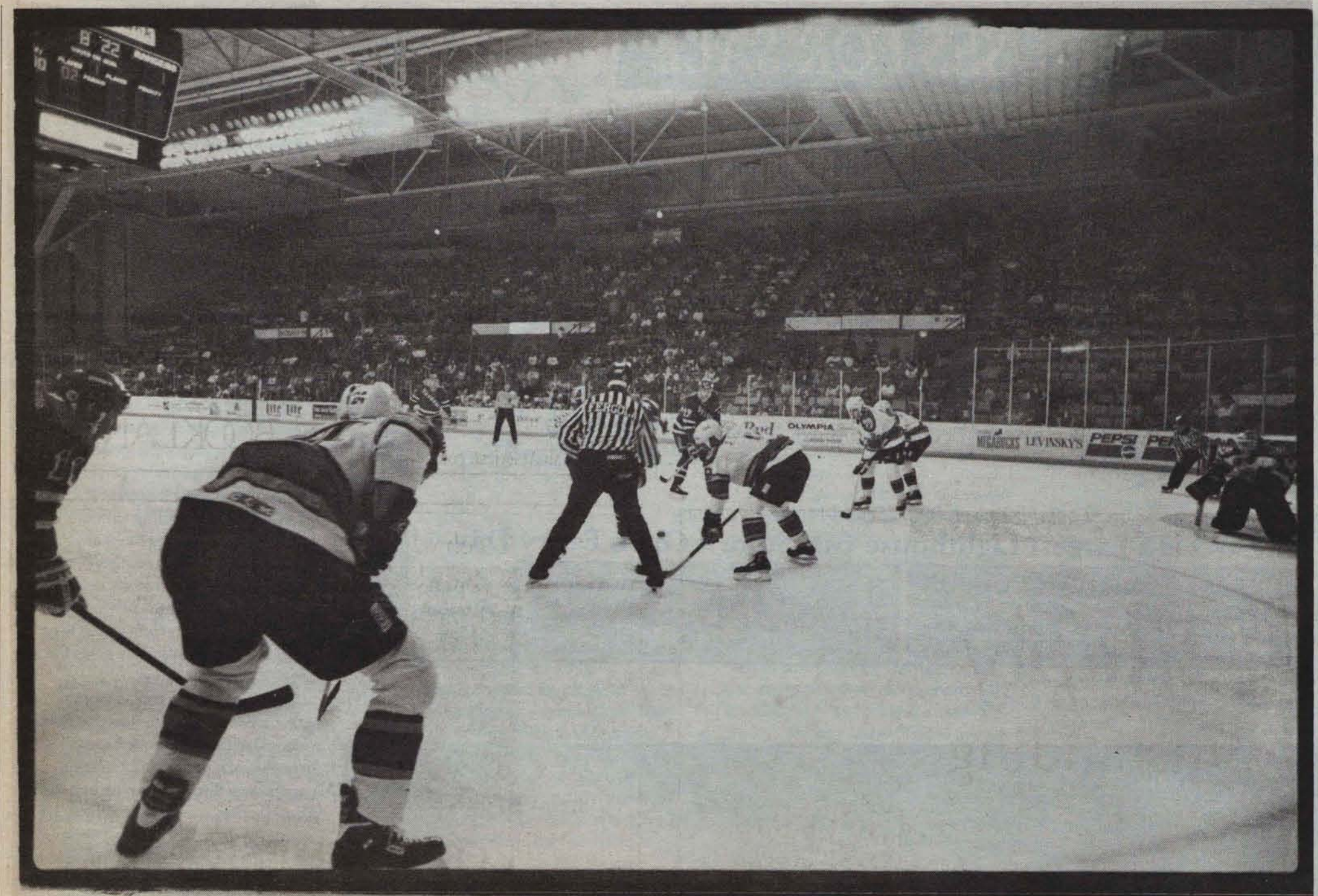
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Don't watch the puck, watch the players. Following the action on the ice takes some practice. Photo/Tonee Harbert

Puck theater

Making sense of large men, a little puck and high-speed action on the ice

By J. Barry Mothes

Hockey is often called the fastest game on ice. But when you consider the competition (curling, anyone?), the description doesn't quite do justice to its mix of grace, guts, adrenaline and aggression.

With skaters churning at speeds of 20 miles per hour and pucks whizzing at up to 90 miles per hour, it's the fastest team game, period. It's also a challenging thing to watch if you haven't been around the game very long. Hockey doesn't offer the slow, territorial obviousness of football or the constant scoring gratification of basketball. At times, it appears to border on chaos.

"How am I supposed to watch the game if I can't find the puck?" is a common complaint you hear from hockey neophytes, and it's a complaint that deserves some sympathy.

It can be hard work keeping track of the puck, the 2.5-inch diameter black rubber disc that each team is trying to put into the other team's net. The puck changes directions so quickly in a hockey game that focusing on the puck will get you nowhere but faintly dizzy.

So what's an aspiring hockey fan to do?

Next time you're at a live hockey game (as opposed to watching on television, where your field of vision and visual freedom are drastically reduced), try tracking a person or persons instead of the puck itself. Pick one player you find interesting (maybe you like his name or number or skating

style) and follow him for a minute or so as he moves all over the ice. When he leaves the ice for a rest, pick another player.

While you're doing this, try to keep track of what's taking place on the rest of the ice. This should help you get a feel for the rhythms and patterns of hockey and, eventually, make the puck easier to find and follow. It's a sort of unofficial axiom in hockey that where there are bodies, there's a puck there somewhere.

A few rules

Hockey is essentially a simple game involving a series of complicated and demanding skills. While moving on skates at high speeds, players make split-second decisions that aren't preprogrammed. There are very few "set" plays in hockey. The best players in the world — your Wayne Gretzkys, Mario Lemieuxs and even your Paul Kariyas — rely on intuition, peripheral vision and a sense of control of the puck on their stick, which comes through years of playing.

The goal of a hockey game is, of course, to score more goals than the other team. Fights, believe it or not, have nothing to do with the score of the game. (Teams tend to keep a thug or two on their rosters to keep the checks and balances in line.) For a hockey purist — one who values great skating, passing, shooting and crisp, clean body-checking — fighting is an annoying part of the game.

Each team starts the game with five skaters and one goalie on the ice. The skaters are either forwards, who specialize in scoring goals, or defensemen who prevent scoring and try to move the puck up to their forwards. Each team has three or four units of three forwards, called "lines," that rotate every minute or so to stay fresh. Defensemen play in pairs and rotate too, though less often. Goalies — the ones with the cumbersome leg pads, gloves and Freddy Krueger masks — just try to keep the puck out of the net.

A few major rules dictate the flow of the players on the ice, and of the game itself.

Offsides. This rule prevents forwards from "hanging" in the other team's end waiting for a stray puck. Basically, a player on Team A can't cross the blue line into Team B's defensive zone unless the puck has crossed the line first. This means the man with the puck on Team A has to be the first man across the blue line.

This is often just a matter of feet and inches and happens quickly. Fortunately for you, there have been slight changes in the rule that let the game move on with fewer whistles. (If you get to the point where this interests you, you're probably hooked.)

Icing. Icing penalties are called when a team clears the puck away from their end simply to waste time, change players, frustrate the other team or all three. If a player on Team A

GREATER PORTLAND WINTER HANDBOOK

shoots the puck from his half of the ice and it crosses the goal line at Team B's end and a player from Team B touches it first, that's icing. A linesman will blow the whistle and a face-off will be held back in Team A's zone.

Penalties. Penalties are called by the referee (the one official with an orange armband) against players for a variety of crimes, from the heinous to the harmless. If a player trips an opposing player with his leg or stick; hooks, slashes, spears or butts him with his stick; holds him to prevent movement; takes more than three skating strides to hit him; hits him from behind near the boards or elbows him too hard, he is usually given a two-minute "minor" penalty and sent to the penalty box.

When a player gets one of these minor penalties, his team must play a man short for the two minutes. This gives the other team what is known as a "power play." If the power-play team scores during that two minutes, the penalized player can return to the ice and the penalty is erased.

Fighting is a major penalty and a player must sit out five minutes. His

continued from page 9

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Puck theater

continued from page 9

team does not play short-handed, but the player stays in the box the full five minutes whether or not someone scores.

A 10-minute "misconduct" penalty is given to a player for treating a referee rudely — swearing, gesturing, questioning his family background. That player must sit in the penalty box for 10 minutes.

The worst penalty is a "game misconduct," which means a player is ejected for the rest of the game and possibly future games. A player can get a game misconduct for treating a referee rudely, intending to injure another player, getting too many penalties and causing another player to bleed, whether intentionally or not. A player who gets a game misconduct usually throws a tantrum on his way off the ice and traditionally gives the opposing fans the finger.

A professional or college hockey game is broken up into three, 20-minute periods, with a 15-minute break between each period. High school games have three, 15-minute periods. Youth hockey usually plays three, 12-minute periods. The time between periods at a hockey game is usually well-spent lining up for the bathroom, buying overpriced snacks and, at outdoor rinks, warming up frozen body parts.

If there's still time left over you can always watch the Zamboni ice resurfacing machine coat the ice with hot water, which leaves it like a new sheet of glass. At a Portland Pirates game, you might even have a gift launched into your section via slingshot, or get a chance to shoot a puck through a tiny hole 130 feet away to win a new truck.

Like the best of sports, a good hockey game is an event at any level — but especially at college and professional levels. The University of Maine, Bowdoin College, Colby College and the University of Southern Maine all play home games in the state from November through February. High school games are held two and three nights a week. And the Pirates, one of the top teams so far in their first season in the AHL, have home games weekly through April.

As the colored jerseys of the teams swirl and blur with the action, you can feel the emotions and the intensity rise up from the ice below and seep into the crowd. You'll be screaming "shoooooooo!" in no time.

J. Barry Mothes covers the Portland Pirates for the Associated Press.



Life during The Big Freeze

Mother Nature doesn't take the winter off — she just digs in a little deeper

By Paul Karr

Winter comes to Portland. All you can think about are gray, mushy streets and parking bans. Everything natural has flown the coop south. Right?

Wrong. There's a lot going on down beneath the snow, inside the trees and under the ice.

Beginning late each summer, the Maine coast's mud flats and beaches begin to thicken with all manner of birds heading south for the winter: terns, sandpipers, gulls, turnstones, yellowlegs and many, many more.

But some birds stay. On Peaks Island's backshore, for instance, rafts of gorgeous eiders or, occasionally, buffleheads float languidly in the swells. Pairs of loons have migrated from inland ponds and lakes to Mackworth Island and Two Lights State Park — though you might not recognize them, because they've changed color to a charcoal gray and white. And black ducks have always wintered in Back Cove, joined in recent years by the more common — and more aggressive — mallard.

What's going on here? Why would anyone or anything winter in Maine?

The loons, goldeneyes and buffleheads are here for a simple reason: The water in their summer breeding grounds has frozen up, leaving them unable to swim or fish. For ducks and mallards, the reasoning is the same, though the diet consists of algae, insects and seeds more than it does fish.

These birds aren't just getting by on luck. Certain birds' feet are superbly adapted for the cold. An intricate lacework of veins wraps around each artery, allowing blood vessels to heat up and cool down — and, importantly, transport oxygen efficiently — without risking frostbite of the exposed feet. (Whales' flippers work more or less the same way.) Feathers, too, are oiled for warmth and waterproofing.

While perfectly adapted to nature's ways, the overwintering birds sometimes run afoul of human invention. Loons wintering near developed areas, for example, will sometimes be fooled into landing on wet pavement because it looks like water from above.

"Then they can't get off," says Linda Woodard, who directs the Maine Audubon Society's series of winter ecology talks. "They need a quarter-mile of water to take off. We get a few calls about that every winter."

Stopping by woods

Heading inland, a patch of forest like the Fore River Sanctuary between Congress Street and Brighton Avenue (near Stroudwater) reveals more life beneath the surface of an apparent frozen world.

Though you'll rarely see a deer, you might well come across a deer yard in the snow. These yards, where deer rest and graze during winter, aren't always trampled down patches (as is commonly believed); sometimes they consist of a set of narrow, crisscrossing trails, the small oval depressions marking where individual deer have slept. The more severe the winter and

the deeper the snow, the smaller and denser the yard will be. In a light winter, the trails might stretch out as much as three miles long.

Most birds in southern Maine — three out of four, in fact — migrate south, it's true. But those who stay get along pretty well, living off the grubs of insects in tree bark, galls hanging on tree branches, leaves and seeds of flowers scattered on the snow.

They still have to keep warm, however. The songbirds that inhabit Maine's winter woods — such as jays, chickadees, nuthatches, woodpeckers and tufted titmice — don't carry enough fat and feathers to stay warm (although some birds will bulk up, adding as many as 50 percent more feathers to prepare for the cold weather). So they do what we do: They shiver almost constantly. Or they stand still. Chickadees can go into a kind of slow motion, slowing their body processes like an Indian fakir (it's called torpor) and lowering their core temperatures to conserve energy.

Other birds are more inventive. Grouse, for instance, dive into snowdrifts and sleep in tunnels in the snow, which is as good a natural insulation as one could hope to find in the wild. Owls secrete themselves inside cavities in trees, then emerge to hunt the squirrels, moles and other small mammals that still go about their business in winter. Sometimes you'll find wing marks in the snow, where an owl has heard a rodent just beneath the snow, homed in on it with a swooping dive — then made the kill in a lightning motion.

Like chickadees, some mammals also go into torpor. But many don't need to shiver because they're packed with "brown fat." Brown fat is a special kind of fat rich in mitochondria, those Slinky-shaped minicombustion engines of the cells. The mitochondria pretty much do one thing, but they do it exceedingly well: They produce heat by oxidizing food into useable energy. Sort of like your woodstove makes you warm in a way that rubbing wood against you just doesn't quite do. Or something like that.

(It's been theorized that once, very long ago, mitochondria were organisms separate from the single-celled creatures that mammals, birds and other animals evolved from. At some point — this is the theory — they hitched a ride, and they've been with us ever since. But that's another story.)

Brown fat or no, it's best to be large, white and round in winter. Large, because you have a better ratio of heated insides to exposed surface area. White, because hair without pigment (it only looks white) is hollow and insulates better than colored hair — and it's better camouflage, of course. Round, because that's the shape that conserves heat best. Think of a sleeping polar bear: perfect.

Take a minute and just look around. Practically everything that's here in winter will be trying to blanch itself (like hares and birds do), grow bigger

(as most mammals do) or compact itself into a ball. Peek inside the lairs of hibernating voles, mice and beavers and you'll see them, clumped up into something resembling sleepy circles.

If you dare peek inside a beehive, you'll see something interesting going on. The bees form a large ball, yes, but they also beat their wings continually to keep the hive heated. A cold bee will simply change places with a warm one on the inside of the ball to warm up.

Ice is also nice

Even beneath the armor of ice-coated bodies of fresh water like Caspic Pond, there's a lot of activity underway. Some microorganisms living in these waters, like phytoplankton, thrive in the murky water beneath the ice because the light that gets through — blue light — is their equivalent of meat and potatoes. They use it to make oxygen, some of which they give to the pond.

But not enough, so the pond operates in an oxygen deficit all winter, losing it faster than it's produced. The oxygen at the bottom of a pond is rapidly depleted first by the furious respiration of the bottom-feeders. After that happens, the resident fish — some of whom hang suspended in their own kind of torpor, fins waving just enough to keep them floating in place — rise toward the pane of ice that is the roof of their world. Sometimes, when winter is long, they run out of room and oxygen, and when they do you find their bodies littering the shore of the pond in spring.

Hibernating turtles can outsmart the pond sometimes, performing a neat trick when the oxygen is depleted. Buried in the mud at the pond's bottom, they become anaerobic when necessary; they function without breathing oxygen, converting stored carbohydrates to lactic acid and burning that instead. It's not terribly efficient when compared with their normal breathing, but it keeps them alive.

There are dozens more stories out in the wild — the red fox changing its diet from fruit and insect soufflé to rodent tartare, for instance, or earthworms burying themselves as deep as six feet in the earth for warmth. And more questions: What are those peppery black specks that move on the snow? How do coniferous trees avoid both dehydration of and frostbite on their exposed needles?

Interested in having someone help you understand these and other secrets of winter? Take one of Maine Audubon's winter ecology walks. The series of 90-minute instructional walks begins Feb. 1 and runs through March 18; they take place Wednesdays through Fridays by appointment and cost \$3 per person. Other talks, many based on winter topics, take place on the weekend. Call 781-2330 for more information.

Paul Karr is Casco Bay Weekly's resident naturalist.



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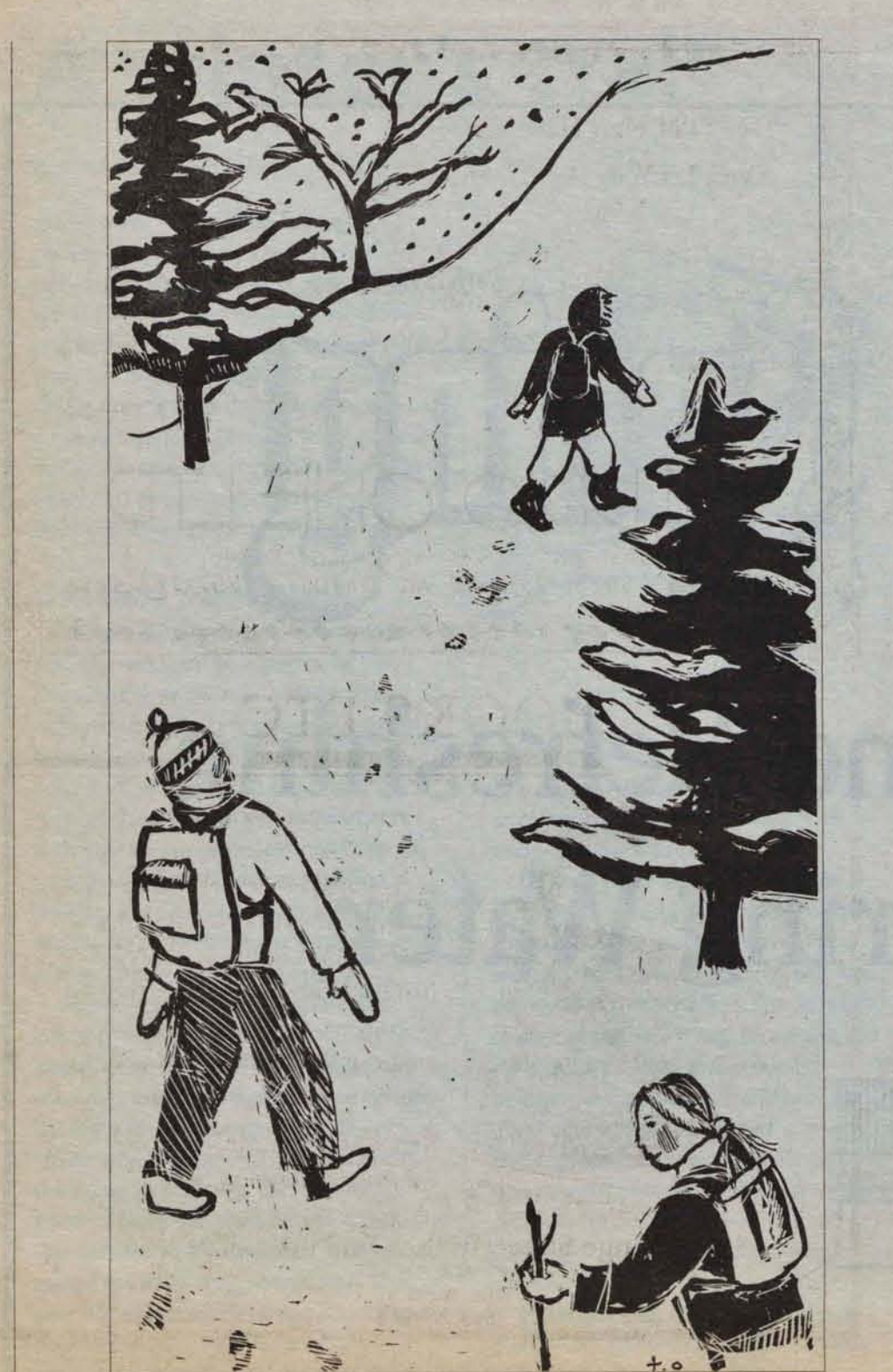
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A winter's trail

Cold-weather hiking cures condo fever

By Bob Moore

Most people will tell you that last winter didn't start until February, when the snow began to fly in earnest. They remember the continuous squalls that dumped late-season snow over southern Maine, peaking with the March '93 blizzard that smothered the eastern seaboard from the Carolinas to Nova Scotia.

But that's not my recollection. Winter started much earlier for me. In early January, I hiked along the crest of Huguenot Head on Mount Desert Island, a brisk 25-degree day with the wind whipping in from the slate-gray waters of Frenchman Bay. While the snow cover was thin, the rich winter landscape opened before me like a 19th century etching as I ascended the hill. At the ridge, crisp winter views opened in every direction.

Hiking in winter offers a rich and memorable experience — and one starkly different from hiking in any other season. The differences are not only obvious (it's colder, for one) but also extremely subtle. Locales familiar in summer adopt a new look in winter. A trail that once passed through leafy tunnels is now open and airy. The effect is as if walking through the frame of a house whose walls and roof were removed.

The new and improved views aren't the only allure. It's remarkable how much of nature declines to hibernate in winter, leaving clues

throughout the forest. Signs of wildlife are abundant, from scat to seed piles to tracks in the snow. Leave your dog at home and you'll be surprised how much winter wildlife you'll come across in open fields and woodlands.

Like the winter landscape, your perception undergoes dramatic alterations as well. After several house-bound weeks during deer season, followed by the siege of the dismal, damp early winter weather, the experience of being outdoors is heightened. You see more; you hear more.

And after the demands of the holidays, you'll probably be ready to appreciate the most notable element of winter hiking: the peace and solitude of the trail. For obvious reasons, winter hiking isn't as popular as fair-weather trekking, and even the most congested summer trails are empty and remote in winter. The quiet has a way of cleansing the spirit.

In fact, winter hiking is one of the better cures for the seasonal blues brought about by short days and gray skies. Feeling claustrophobic? It's nothing a long walk won't take care of. And at a walking pace, you're bound to see more of what's around you than you would gliding on skis through the forest, worrying about breaking tracks and sticky wax.

Even those who enjoy the glide and aerobic workout of cross-country

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A winter's trail

continued from page 13

skiing often find winter hiking a pleasant alternative. This is particularly true along Maine's coast, which tends to be blessed with snowfall less regularly than inland. When snow does fall near the ocean, it seems to linger with less grace, deteriorating to crust and patchy ground within a few days. You can hike virtually all winter long, and excursions are less dependent on capricious coastal weather.

Getting equipped

Winter hiking doesn't require the same investment in equipment as does skiing or snowboarding. The only essential: a pair of warm, sturdy boots. Leather hiking boots and a couple of pairs of socks are fine for typical winter weather. Add gaiters (tubelike nylon coverings that clip to your boots and extend to midshin, thereby keeping out snow and moisture) if there's more than a few inches of snow on the ground.

Snowshoes are useful when the snow cover is more than ankle-deep, and they're essential for navigating the deep woods in deep winter. While there's a craft to using snowshoes efficiently, the basic skills are exactly the same as walking: Lift one foot, move it forward, then lift the other. Casual winter hikers won't want to spend the \$125 it typically costs for a pair but might try renting following a good blizzard. (L.L. Bean rents snowshoes for \$7 per day, or \$18 for three.)

The dress code for winter hiking isn't nearly as strict as it is for downhill skiing (bright colors only, please), but some basic guidelines apply. While comfort is a worthy goal when outfitting yourself, it's not the central one. The primary mission is to avoid hypothermia, or the loss of core body heat. If hypothermia is ignored (lethargy and confusion are among the warning signs) and not treated early on, it can lead to death.

Rule number one: No cotton. Any clothing made of cotton — socks, T-shirts, waffle-weave long underwear — absorbs sweat by the gallon. And cotton loses its insulating properties when wet, leaving you cold, shivering and at risk of hypothermia. A sweaty cotton T-shirt will wick away body heat faster than an icy wind on a summit. Instead, wear wool, silk or a synthetic fiber (such as polypropylene), all of which will retain body heat even while wet.

Rule number two: Layer your clothing. Putting on numerous layers of clothing (rather than one heavy outer garment) allows you to wear just what you need to stay warm and no more, thereby avoiding overheating and excess perspiration. Ascending hills you can strip down to one or two layers. When you stop exerting yourself, and the wind and temperature cause you to cool down, start layering back up.

Your layers might include underwear of a silk or synthetic fabric, a wool shirt, a rag wool sweater, a polar fleece jacket and a windproof shell. Wool mittens with a nylon or Gore-



Tex outer shell work well. Mix and match according to the dictates of your internal thermostat.

Bring a good-sized day pack to carry discarded layers, field guides, binoculars and, of course, food and water, which should be brought even on relatively short hikes. (Be prepared in case of injury.) If you're setting out on a full-day hike, also consider bringing a compass, a trail map, a good sense of direction and a buddy. (Hiking alone is unnecessarily risky if you're going far off the beaten track.) And it's invariably a good idea to check the weather forecast before starting out.

What to bring along to eat? Pack along fuel that will burn quickly and hotly. On a long day's outing, my favorite snacks include chocolate, nuts and raisins and — best of all — a thermos of hot soup, tea or coffee. A warm beverage (even a cup of warm water) seems an indescribable luxury during a cold rest stop.

Where to go? Winter is where you find it. Serious winter hikers set off for the White Mountains, where winter comes early to the icy ridges. Technical skills and equipment are needed for higher elevation trails; don't try hiking without someone experienced. A good hike, particularly later in the season, is to Tuckerman's Ravine on Mount Washington. Thanks to the steady foot traffic of skiers hiking to the bowl from Pinkham Notch, the pathway is usually packed down and suitable for regular hiking boots. Before ascending, check for avalanche danger with the rangers at the base lodge.

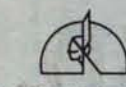
Closer to home, the DeLorme "Maine Atlas" lists about 20 hilly or mountainous areas suitable for hiking within a 90-minute drive of Portland. One notable spot is Seawall Beach in Phippsburg, south of Bath. A mile-long trek through a Nature Conservancy preserve ends at a pristine beach, which is often pounded by the winter surf with considerable drama.

Even closer to home: Try a walk in the Fore River Sanctuary, owned by the Maine Audubon Society. (Park at the end of Rowe Avenue off Brighton Avenue and follow the train tracks to the left.)

Bob Moore is a freelance writer and winter hiking fool.

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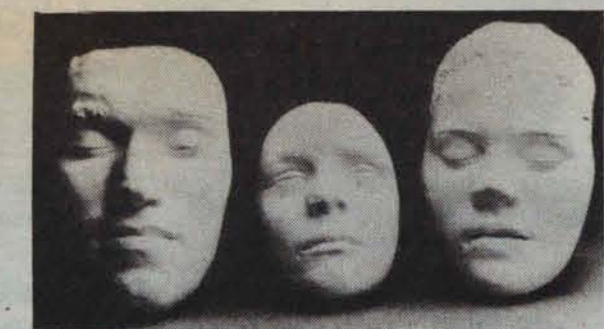


Photo by Paul Schraub

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"I've had people say to me, 'You are such a nice girl.'"

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No Swans returned to the West End after the particularly harsh Winter of '29...

Citizens gathered on the Prom to express their concerns when a passerby suggested that *swans beget swans*. At dusk, a pastry cook held his arms upright, his hands crooked just so and cast shadows against the stately brick homes. He was joined by a podiatrist, an out-of-state babysitter and a chauffeur in a Studebaker — but no swans came. They returned next evening, joined by a sculptor who had cast a purple replica of the shadow swan that crossed her studio wall ... *was it only yesterday?* In front of this swan icon she placed a pretty purple votive.

The swans returned. Shadow Swan Icons sold like hot cakes and graced the parlors of the gleeful gentry. *Only one remains today.* It's on the windowsill at Katahdin, facing High Street. On a late afternoon as the lights from a passing car cast a shadow across the restaurant floor, Gretchen feels a soulful connection and *honks* as she prepares dessert while Dan brings an offering of Crab Cakes.

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Nordic skiing 1993

Wax the skis and hope for another winter like last



Last winter's ample snowfall brought out the skinny-skiers in droves. It had been years since coastal Mainers had been blessed with a winter in which they could strap on skis and explore from their backdoors (even urban apartment dwellers). The long snow drought had become so severe, in fact, that younger skiers suspected that their elders, who talked incessantly of snowy winters past, were suffering from some form of climatic dementia. Cross-country skiing can be found virtually wherever there is snow. If you're looking for more amenities (like warming shacks and groomed trails), plenty of destinations may be found within a reasonable drive of Portland.

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Carter's Farm Market Ski Center
Route 26, Oxford
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Rentals: \$8 adults, \$5 kids
Lessons: \$6 and \$15
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Mt. Abram Ski Touring Center
Locke Mills (just off Route 26)
875-5003
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Sebago Lake State Park
Naples (off Route 302 between Naples and S. Casco)
693-6231
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Sunday River Cross-Country Ski Center
Sunday River Skiway Road, Bethel
824-2410
25 miles groomed trails
Hours: 8 a.m.-5 p.m.
Rentals: \$15
\$12 adults; \$6 children & seniors

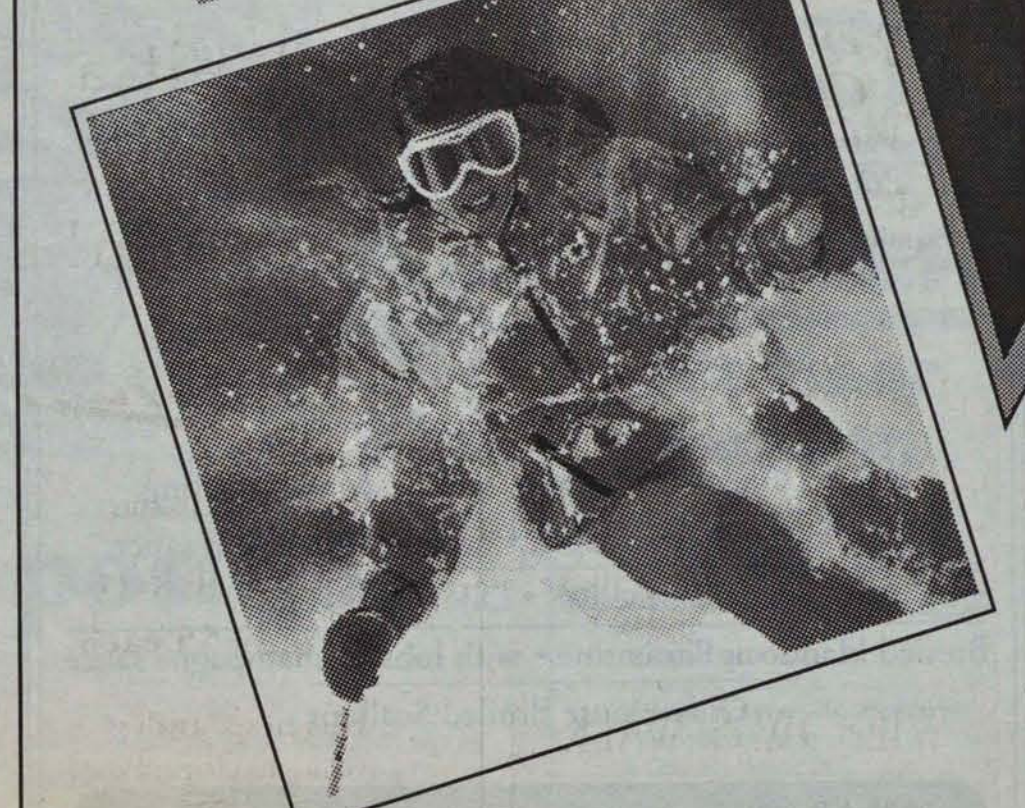
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Contact ranger station for trail maps and conditions
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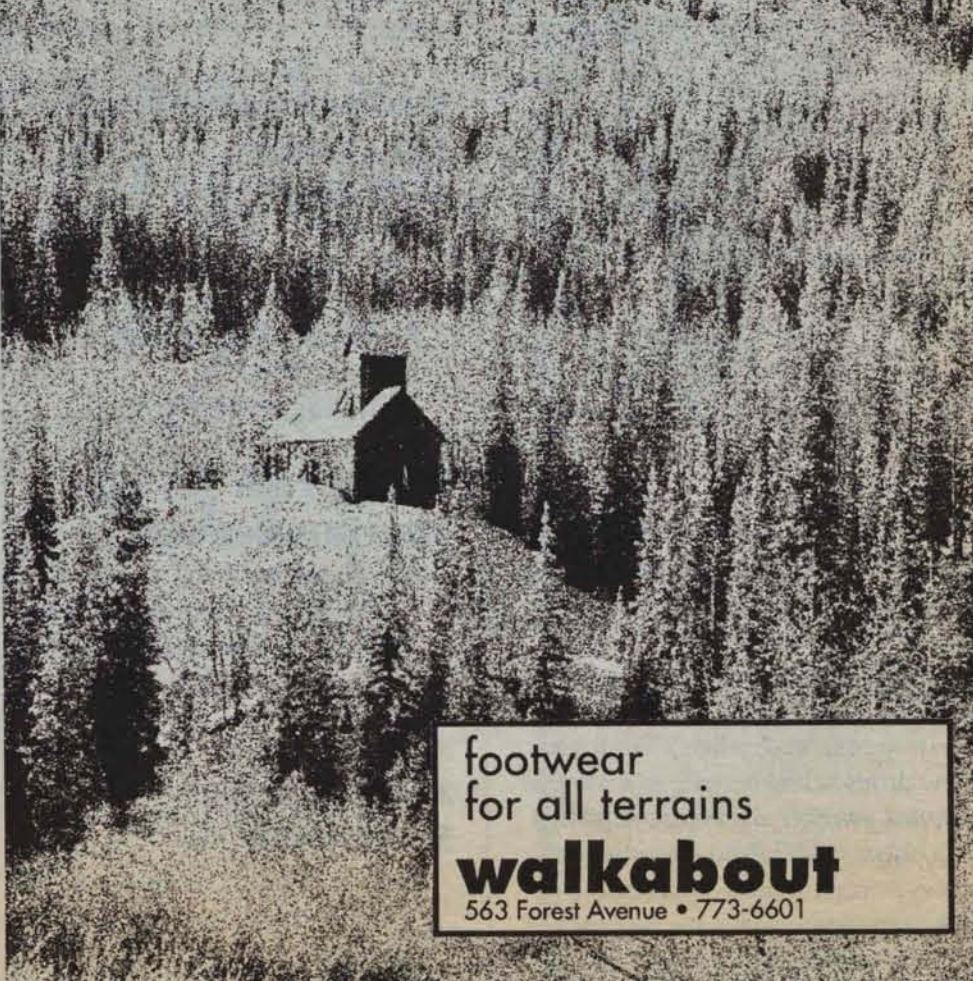
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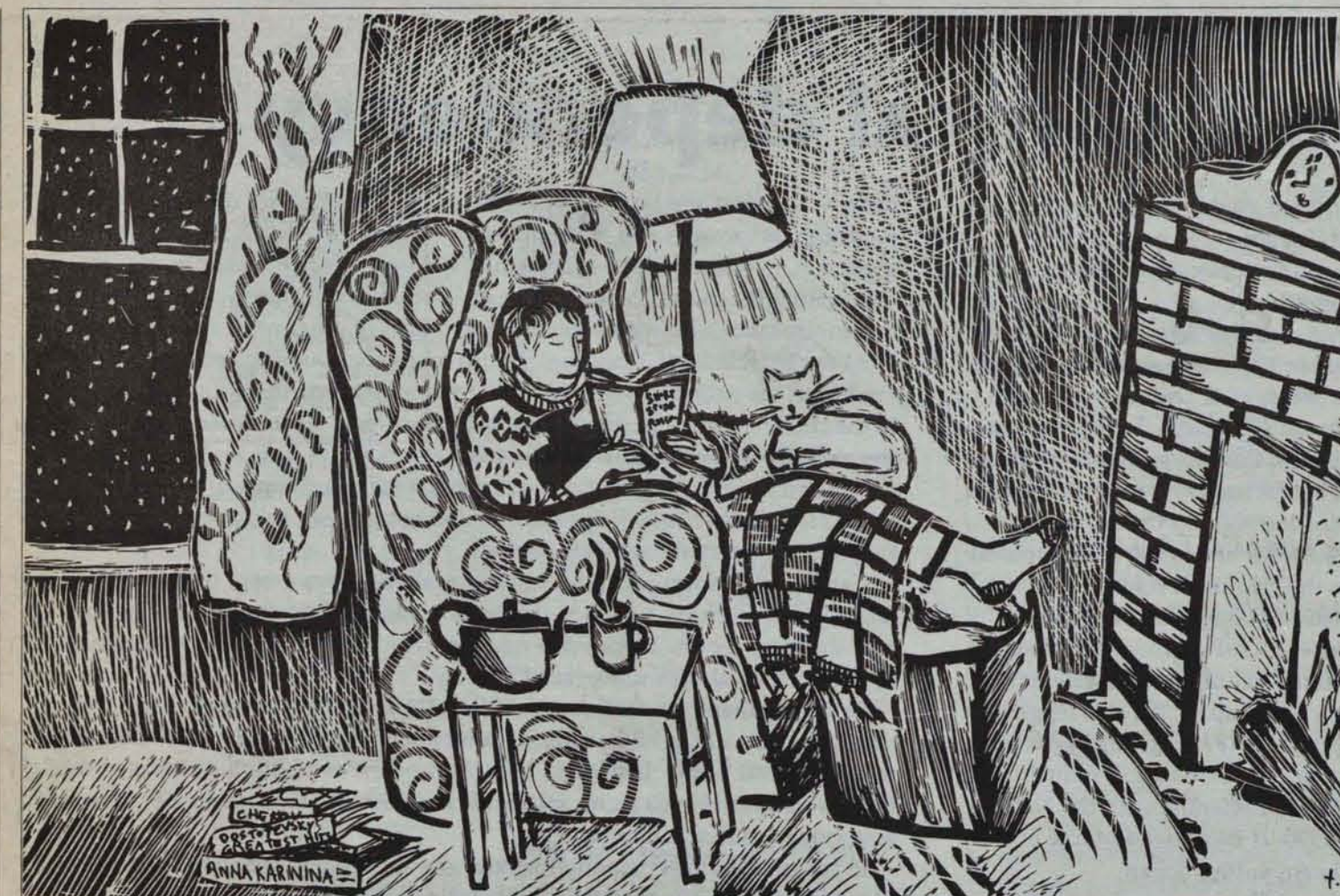
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The art of the fetal position

Surviving the season of deep denial

By Elizabeth Peavey

Winter for some is a woodstove-cozy, snowflake-crazy season of pristine-white delight. For others, it is like having ice cream head for four months. It is a Season of Deep Denial, a time to cocoon and coil into oneself, a ripe opportunity to perfect the Art of the Fetal Position.

The position begins gradually as the windows come down, reluctantly, one by one, with a slight inward arching of the fingers in sleep — no more splayed hands trying to expel heat. Next, one arm curls toward the body, as though cradling an imaginary teddy bear. Next, the other arm entwines its partner. The chin drops and burrows into the chest. Soon, the knees drift upward in a gravitational pull toward your elbows, until these joints touch. Lastly, one foot creeps around and spoons, sole to top, with the other. You are now in the tuck position for that great high-dive into the deep abyss known as winter.

You know you're an ideal candidate for spending your winter in the fetal position if — from the moment your "other" friends clap their creepy, mitten-clad hands and prance joyfully from one insulated booted toe to the other and shriek, "Oh goody! It's snowing!" — you want to slap them.

You know the types: The ones who have a different goose down or Gore-Tex article of clothing for every incremental change in the weather (you layer up three cotton sweaters — you're allergic to wool — under a blazer); they have shelves of hats and gloves and scarves (you have on one hand a mitten you found wedged beneath a lug wrench in the trunk of your car, and an athletic sock on the other); they have boots, boots and more boots (you have one pair of ripped Bean boots that you've owned since 1977).

It's not so much the clothing (or lack thereof) that irritates you; it's their gee-isn't-this-fun attitude, as they cross-country ski to bars, romp and

frolic in blizzards, make snowmen and snow angels; it's their skating parties, tobogganing, snowball fights, while you, swaddled in blankets, stare at them from behind frosted windows — don't those jerks know it's cold out?

This is not a new-found aversion to the cold. When dropped off for skating parties as a child, I would drop my skates and sneak into the refreshment shack as soon as my parents pulled away. There I would drown my sorrows at the hot chocolate counter, waiting for the miserable afternoon to end. Sledding was no better. Snow in the face, down the neck, up the sleeves, in the boots — and that awful trudge back up the hill.

And then there's the phenomenon of skiing. People are absolutely goony about it, spend buckets of money on it, waste all that time in the great outdoors when they can be curled in front of heating vents, radiators, baseboard and quartz heaters, woodstoves and fireplaces.

I just don't get it, but it's not for lack of trying. For one deluded moment I was convinced by others that skiing might make winter pass less painfully for me. I have two distinct recollections from that last and final time I was coerced into strapping on the boards: standing at the top of the mountain, watching my "friends" diminish into black mites as they disappeared into the white maw; and later, me, in a tangled heap of limbs and equipment, pondering just how badly one must be hurt before earning passage in one of those comfortable-looking stretchers down the mountain.

And then there are those random insults of winter — treacherous sidewalks, parking bans, closed highways, chapped lips, static cling, endless shoveling, plowed-in cars (shall I continue?), and then the errant clump of snow, God's little insult, falling from a branch, a snowball descending from the great unknown. As it first hits your skin, it burns. And then it begins to

melt and travels down your skin like a trickle of sweat. But it is not sweat. Sweat is what rolls down the curve of your stomach as you sit up at the beach with the salt drying on your skin as you wait for that perfect, almost unbearable degree of heat before your next swim.

No, the great outdoors in winter is not for me. Better that I pass my brutal hours in more productive activities, some of which you yourself may have enjoyed in the past:

■ Pile bedstand high with the complete works of one or more of the great Russian authors. Draw blinds. Crawl into bed; assume the fetal position. Follow wallpaper pattern around room until dizzy, and nod off.

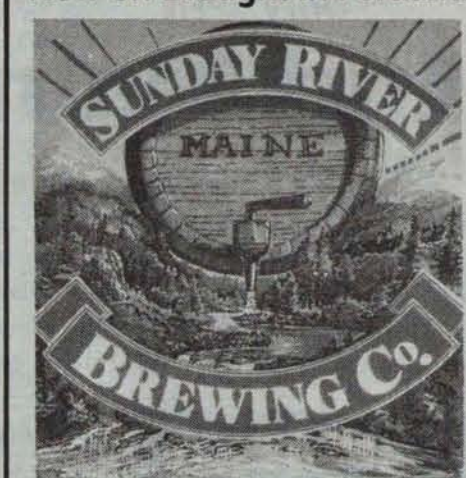
■ Run bath 10 degrees hotter than you can stand. Choose your favorite requiem, turn up volume till the windows rattle. Fetch snifter of brandy. Light many candles. Submerge and assume fetal position. Add more hot water and brandy as needed.

■ The season-long Kurosawa living room filmfest: Have Videopoint deliver, on a rotating schedule, the great canon of this film-maker's work; adjust the VCR's tracking to a slight vertical roll (you didn't actually think you were going to watch the movies, did you?); order food from anyone who'll deliver; curl into fetal position on floor in front of TV. Remain as such till spring.

Try any of these or other indoor activities, and just watch winter slip away. You know you have perfected the art of the fetal position if your muscles are so taut that you spring to the fetal position each time you hit a piece of furniture (although I once knew one fetal-master who could actually assume the position standing up), or if you are balled-up so tightly by April that your limbs need to pried away from your body by a force greater than your own. That is, if you have yet a will to live.

Elizabeth Peavey is CBW's Arts Editor.

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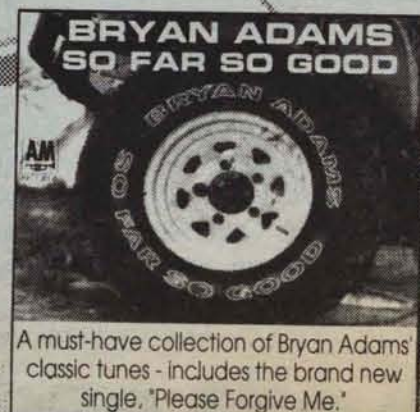
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art & soul

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And on Nov. 21, the State presents its first national headliner — the Grammy Award-winning band Los Lobos.

Not just another band from East L.A.

By Jim Pinfold

On a recent PBS news broadcast, a soft-spoken elliptical essayist lamented the passing of the great Italian film director Federico Fellini. Toward the end of the visual extravaganza of the filmmaker's work (How could it have been anything else?), the commentator yearned for the time when films were smarter than the filmgoer, when one actually had to think about what was on the screen rather than simply be a witness to it, when more was being asked of an audience than seven dollars and two hours of its time.

Like film, rock and roll forces us to search for signs of intelligent life — artistry, imagination, or a level, any level, of sophistication. After 40 years of rock, we can, with some effort, scrape together a double handful of musicians who have consistently inspired us to think. Maybe a dozen. Maybe two.

Los Lobos, a band organized 20 years ago to play weddings and such in East L.A., released their seventh album last year. "Kiko" was arguably the finest rock recording of 1992; it was undeniably their finest work. It wasn't a statement — some overproduced, flatulent beast of a recording, the type that usually occurs after a band has lingered on the sidelines of mass popularity for years. Nor was it the kind of self-conscious reappraisal that lesser bands, artists, attempt at this sort of juncture in their careers. "Bat Out of Hell Part II" will have to wait. Los Lobos presented "Kiko" as just another book of short stories, albeit more mature stories, which reflect the band's maturing intelligence.



continued on page 31

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Art & Soul continued from page 27

Not just another band from East L.A.

Los Lobos drummer Louie Perez says about the writing process, "My best work happens when I'm driving the car, or raking leaves, or something. It's that part of your brain that isn't connected to reality. When I focus that part of my brain, part of me is surviving, doing what I have to do, and the other part is wild. It's something we all have, but because of our routine and other demands and pressures we ignore that creative side... As we get older we build up a tougher skin, a kind of armor. We don't allow that stuff to come out enough. But every now and then it leaps out and we'll write songs or paint pictures..." That search for innocence or a pure creative sensibility is what establishes Los Lobos as the heir to a short line of bands that reflected the now-fading idealism of post-World War II America.

Credence Clearwater Revival, The Band (though not entirely American and not entirely interesting after their three initial recordings) and Little Feat compose a triumvirate who produced quintessential American music in the same way Sousa, Copland and Gershwin did for earlier generations. With these rock bands there is a shared embrace of hopefulness, which is tinted by experience. There are deliberate but rarely leaden rhythms that belie their obvious absorption of a panopoly of styles. Vague traces of folk, blues and country drift through their collective music, which are at once understated and readily apparent. Without putting too much stock in rock, these bands are a reflection of ourselves.

How then can we add to this list a band such as Los Lobos, whose most famous song to date was an amiable remake of Richie Valens' hit "La Bamba" (which was simply a rocking version of a traditional Hispanic song) and whose most invigorating record prior to "Kiko" was an all-Spanish language recording from the mid-'80s, which was essentially a valentine to their barrio roots.

Los Lobos' first album was the independently produced "Just Another Band from East L.A." (drawing its name from a Mothers of Invention album released years earlier). It placed Los Lobos in the same L.A. roots cellar that gave us X and The Blasters. In the late '70s, L.A. was fermenting a response to the dead-end, hard-core scene that had briefly flickered in California. Before speed metal, before Guns n' Roses R Us and before the self-immolating metal scene that

followed, there were a couple years of pure imagination. Blood on the Saddle, Lone Justice, The Knitters all arrived and then with little fanfare burned out. Los Lobos had been together a dozen years by that time. They played anywhere that would have them—VFW and American Legion Halls—and could contain their blend of blues, rock and Hispanic roots music, which Perez has called "the soundtrack of the barrio."

In the 15 years since their wildly praised initial release, they have produced songs for soundtracks; they've joined everyone from SunRa to Bonnie Raitt on Hal Wilner's seminal re-evaluation of Disney music, "Stay Awake"; and they have released another five albums plus a new extensive retrospective of their long career. Each release refines a vision of their ever-expanding environs. Throughout their 20 years as a band, they have mined the core of American music and defined its center for others. Their understanding of their

Mexican roots marks them as ultimately defining American music in this decade.

David Hidalgo, the fireplug of a front man (guitarist, accordion player and vocalist—whose voice is one of the purest in pop music, matched only by Aaron Neville's) understands exactly what is required: "It's always been about us trying to take chances. Anybody that does anything good is about trying to take it to someplace new... that's what matters."

Hidalgo and the other long-standing members of Los Lobos do take the music someplace new—but it's their appreciation for all the music that has come before that establishes Los Lobos as the archetypal American band. **CBW**

music

Los Lobos performs Nov. 21 at 7 p.m. at the State Theatre, 609 Congress St., P.O. Box 1111. Boneheads open. **Tix: \$16. 879-1111.**



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Addams Family Values The last time we saw "The Addams Family," Morticia Addams was knitting something very, very small. The sequel begins with her giving birth to Pubert, a darling albeit hirsute baby boy whose ceaseless crying is disturbing the already disturbed family. But who will take care of the fuzzy new addition to the strange brood? Enter blond and sugary sweet Debbie (Joan Cusack), a nanny with a fondness for rich men and a string of rich, dead husbands behind her. Also stars Raul Julia and Christopher Lloyd. Barry Sonnenfeld reprises as director.

The Age of Innocence This time Martin Scorsese explores the mean parors of New York in his adaptation of Edith Wharton's Pulitzer-Prize winning novel about the lives and mores of the upper class. Newland Archer, a New York aristocrat (Daniel Day-Lewis), is about to be married. However, before his engagement is officially announced, Archer is reacquainted with his fiancée's cousin (Michelle Pfeiffer), a countess who's just left her philandering husband in Europe. In the process of defending the countess against high society's brutal social code, Archer falls passionately and obsessively in love with her. Also stars Winona Ryder.

The Beverly Hillsbillies Once again you can follow the antics of the Clampett family, who moved to Beverly Hills (way before the Walshes) after discovering "bubbling crude" on their property in the Appalachians. In this episode the family, who obviously still hasn't assimilated, tries to find a husband for hellicat Ely May and a bank employee tries to embezzle money from Jed.

Carlito's Way Ten years after "Scarface," Brian De Palma and Al Pacino reunite for another mobster movie. This time Pacino stars as Carlito Brigante, a bigshot gangster who tries to go straight after five years in the slammer. Sean Penn came out of self-imposed acting retirement to play the mobster's lawyer.

Cool Runnings Based loosely on the real-life story of the Jamaican bobsled team that participated in the 1988 Winter Olympic Games in Calgary, this comedy stars John Candy as a coach who steers his ragtag team — a reggae singer, a helicopter pilot and a sprinter — to the big show. Directed by Jon Turteltaub ("3 Ninjas"), the film also stars rapper Doug E. Doug. The team's bobsled ended up flipping over and crashing; one can only guess what will happen to the movie.

Ernest Rides Again The title says it all. **Fearless** Jeff Bridges and Rosie Perez star as survivors of an airplane crash that claimed the lives of his business partner and her infant son. Finding it difficult to relate to those close to them, they start relying on each other to overcome the trauma of the crash and the subsequent media attention.

The Firm Tom Cruise stars as Mitch McDeere, a Harvard Law School grad who joins a small but cash-rich law firm in Memphis. Within weeks of accepting the position, he's approached by an FBI agent who tells him the firm is laundering money for the Mob and his own life may be in danger. Mitch realizes he's trapped: The FBI will bust him if he doesn't cooperate, and the firm will kill him if he does.

Free Willy A troubled boy named Jesse bonds with a troubled killer whale named Willy at a local aquatic park. When Jesse learns the park's owner has grim plans for the whale, he decides to return him to the sea. Stars Jason James Richter, Lori Petty and Keiko the whale. Supposedly a tear jerker, it will make you blubber.

The Fugitive Harrison Ford stars in this thriller based on the hit TV series from the '60s about a man's desperate attempt to preserve his freedom and capture his wife's murderer. Wrongly accused of killing his wife, Dr. Richard Kimble hits the road, on the lam from the law and searching for the true villain: the mysterious "One-Armed Man." Also stars Tommy Lee Jones and Sela Ward.

Gettysburg This 4 1/2 hour Civil War epic recounts the pivotal Civil War battle in which over 50,000 Americans were killed, the highest U.S. casualty total for a single battle. The movie was originally planned as a miniseries for Ted Turner's cable channel TNT, but Turner decided the story was too big for the small screen. Four hours of bad beads.

The Good Son Macaulay Culkin plays a raving, but discreet, psychotic who tries to corrupt his cousin (Elijah Wood) when the unsuspecting boy moves in with Culkin's family after his mother's death. Culkin practiced hard for the role. In fact, as a result of his insistence that he get this part, the film's original star was dropped; the original director and producer were also supposedly given the boot.

In the Line of Fire Frank Horrigan (Clint Eastwood), a maverick (though aging) Secret Service agent is a man with a past: He's convinced he let John F. Kennedy die in Dealey Plaza by not moving fast enough. When a psychotic (John Malkovich) decides he wants the current president's head on his trophy wall, Horrigan gets a shot at redemption. Wolfgang Peterson ("Das Boot") directs.

The Joy Luck Club Based on Amy Tan's popular novel, this epic tearjerker tells of the often difficult relationships between four immigrant Chinese women and their American-born daughters. Stars Kieu Chinh, Tsai Chin, France Nuyen and Lisa Lu.

King of the Hill Steven Soderbergh ("sex, lies and videotape") directs an adaptation of A.E. Hothchner's autobiography, focusing on Hothchner's boyhood during the Great Depression. When his family virtually disappears — his mother is sent to a sanatorium, his younger brother goes to live with an uncle and his father leaves to sell watches in Iowa — 12-year-old Aaron (Jesse Bradford) is left without money for food or rent. He is forced to fend for himself among the strange denizens of a fleabag St. Louis hotel.

Look Who's Talking Now James (John Travolta) is now a successful private pilot; Mollie (Kirstie Alley) is now a Santa's helper at a department store. Other aspects of life have also changed for James and Mollie. Their kids have grown (so don't expect Bruce Willis or Roseanne Arnold to land their vocal talents to the baby characters), and now it's the canines that are conversing (with the voices of Danny DeVito and Diane Keaton).

Malice A friendship — and a love triangle — among three well-to-do New Englanders unravels when surgeon Alec Baldwin is sued by the wife (Nicole Kidman) of his college dean friend (Bill Pullman). Meanwhile, back at the college, a serial killer is stalking students. Throw an insurance scam into the mix and you've got the elements of a thriller (or a confusing mess). Directed by Harold Becker ("Sea of Love"), the film also stars Bebe Neuwirth (Lilith on "Cheers") and George C. Scott ("Patton").

Man's Best Friend The saga of Max, a genetically engineered killing machine disguised as a household pet dog. Stars Ally Sheedy.

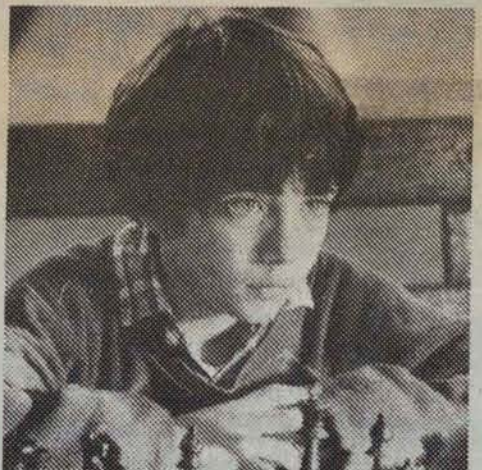
My Life Michael Keaton plays a Beverly Hills PR man who discovers he's dying of cancer and sets out to make an autobiographical video for his unborn child. Also stars Nicole Kidman.

Mrs. Doubtfire Robin Williams stars as an out-of-work voice-over artist who loses custody of his children during a divorce. Hoping to ingratiate himself back into the family, he disguises himself as a kindly 65-year-old English housekeeper. Sally Field plays his estranged wife. Directed by Chris Columbus ("Home Alone" and "Home Alone 2").

Nightmare Before Christmas Tim Burton's twisted animated fantasy about Jack the Pumpkin King, a manic-depressive skeleton who wreaks havoc when he kidnaps Santa and tries to take over Christmas. The stars are all puppets filmed in stop-motion a la Gumby and King Kong. Not your typical holiday fare. According to Burton, "If we can disturb just one child, it will have been worth it."

The Remains of the Day A devoted butler (Anthony Hopkins) reflects on his 30 years of service to an English lord — service that required him to subjugate all his own desires, including his love for the head housekeeper (Emma Thompson). Another Merchant-Ivory ("Howards End," "Room with a View") production, this one based on Kazuo Ishiguro's Booker Prize-winning novel.

Rudy Sean Astin stars as Dan "Rudy" Ruetigler, a real-life young man who was determined to play for the Fighting Irish of Notre Dame, despite the fact that his grades weren't good enough to get into the school and he was five-foot-six. Nevertheless, he overcame all the obstacles and powered his team to a victory over Georgia Tech during the last seconds of the last game of his senior year. He was carried off the field by supportive teammates, including Joe Montana.



Searching for Bobby Fischer The true story of a 7-year-old chess prodigy, whose uneasy relationship with his pushy father is complicated by the addition of two more father figures — the cranky and overbearing Pandolfini, who once coached Bobby Fischer, and the jazz speed chess player Vinnie. "Awakenings" screenwriter Steven Zaillian makes his directorial debut. Stars Max Pomerance (a real-life chess prodigy), Joe Mantegna, Ben Kingsley, Larry Fishburne and Joan Allen. The title makes reference to the temperamental American champion who, in the early '70s, broke the Soviet stranglehold on international chess championships, only to become a recluse.

The Secret Garden After her parents are killed in an earthquake, a spoiled and unpleasant little girl is sent to Yorkshire to live with her sickly — and equally unpleasant — cousin and a reclusive, hunchbacked uncle. Once there, however, the girl discovers a mysterious walled garden, which appears to hold the key to her happiness and that of her new family. Based on the classic children's book by Frances Hodgson Burnett, this film was directed by Agnieszka Holland ("Europa, Europa") in her English-language debut.

Sleepless in Seattle A widower's son calls a national radio shrink and describes how badly his father (Tom Hanks) needs a new wife. Annie Reed (Meg Ryan), an already affianced reporter, is touched by his story and begins a campaign to track the man down.

Stepping Razor A chronicle of the life of folk hero, radical activist and reggae star Peter Tosh. Narration is provided by Tosh's own voice from the "Red X" tapes he recorded from 1983 until his murder in 1987, tapes that he had planned to use as the basis for an autobiography.

Surf Ninjas Johnny and Adam McQuinn, two Asian-American brothers living the surf-rat life in Venice, Calif., discover that they are the rightful heirs to the throne of Patu San, an island kingdom in the South China Sea. In order to free the Patu San people and claim their throne, the brothers must travel to Patu San and spearhead a rebellion against the evil tyrant Colonel Chi (Leslie Nielsen).

The Three Musketeers Another remake of Alexandre Dumas' tale of three musketeers (i.e., loyal servants to King Louis XIII who like to wear voluminous capes and hats with raking feathers) and a musketeer wannabe. This latest Hollywood incarnation stars Charlie Sheen, Kiefer Sutherland, Chris O'Donnell and Tim Curry. Directed by Stephen Herek ("Bill and Ted's Excellent Adventure").

where?

Owing to scheduling changes after CBW goes to press, movie goers are advised to confirm times with theaters.

General Cinemas

Maine Mall
Maine Mall Road, S. Portland
774-1022
Dates effective Nov 19-23
No Sat 7:25 showing of Cool Runnings
Mrs. Doubtfire shows Sat only
No Tues 7:05 showing of Fearless

Cool Runnings (PG)

12:45, 3:05, 5:15, 7:25, 9:35

Gettysburg (PG)

1:30, 6:50

Fearless (R)

7:05, 9:40

The Remains of the Day (PG)

1:20, 4:10, 7, 9:45

The Three Musketeers (PG)

1, 3:15, 5:30, 7:45, 10

Ernest Rides Again (PG)

12:50, 2:50, 5

Addams Family Values (PG-13)

12:30, 2:45, 4:55, 7:10, 9:20

Man's Best Friend (R)

1:10, 3:20, 5:25, 7:30, 9:35

Mrs. Doubtfire (PG-13)

7:30

Hoys Clark's Pond

333 Clark's Rd., S. Portland
879-1511

Cool Runnings (PG)

Dates effective Nov 19-23
Surf Ninjas plays Sat only

The Age of Innocence (PG)

12:40, 3:30, 6:40, 9:30

The Joy Luck Club (R)

12:50, 3:15, 7, 9:40

The Nightmare Before Christmas (PG)

2:30, 4:20, 6:50, 9

Rudy (PG)

1:20, 3:50, 7:30, 10

Look Who's Talking Now (PG-13)

2:20, 4:30

My Life (PG-13)

1, 3:40, 7:20, 9:45

Carlito's Way (R)

12:30, 3:25, 6:30, 9:25

Malice (R)

1:10, 4, 7:40, 9:55

The Fugitive (PG)

7:10, 9:50

Surf Ninjas (PG)

12

The Movies

10 Exchange St., Portland
772-9600

Matinees Sat & Sun

King of the Hill (PG-13)

Nov 17-25

Mon-Fri (11/17-23) 5, 7:15, 9:15; Wed-Thurs (11/24-25); Sat-Sun 1, 3, 5, 7:15, 9:15

Stepping Razor (NR)

Nov 24-30

Wed-Thurs 7:15, 9:15; Fri 5, 9; Sat-Sun 1, 5, 9; Mon-Tues 5, 7

Nickelodeon

Temple and Middle streets, Portland
772-9751

Dates effective Nov 19-23

*Second shows Sat-Sun only

Free Willy (PG)

1, 3:50*

The Secret Garden (G)

1:10, 4:10*

The Firm (R)

12:20, 3:20*, 6:30, 9:30

Sleepless in Seattle (PG)

12:40, 3:40*, 7:05, 9:40

In the Line of Fire (R)

6:50, 9:20

The Good Son (R)

7:25, 10

The Beverly Hillsbillies (PG)

12:50, 4*, 6:40, 9

Searching for Bobby Fischer (PG)

12:30, 3:30*, 7:15, 9:50

Art & Soul continued on page 34

Carlito's long way home

There is a rogue in Spanish Harlem



Sean Penn looking alarmingly like The Lost Stooze in "Carlito's Way."

By Ron Zuba

It's a contrast in ethnic temperaments. Take the Hispanic community. Here's a race of people who, both in movies and on TV, are constantly being depicted as murderers, rapists, pimps, prostitutes and, of course, the ever-popular drug peddlers. Yet despite the ethnic bashing, you very rarely hear these folks complain. I admire that.

Now look at the Japanese. After the release of one — count it, one — movie ("Rising Sun") with questionably offensive content, Asian-American groups in this country went ballistic. They acted as if the U.S. Air Force were planning to nuke Vancouver or some other major Japanese city.

Anyway, to pay tribute to the continued good sportsmanship displayed by the Hispanic people, I present Al Pacino's latest film "Carlito's Way," which focuses on life in the... Hispanic underworld.

The time is 1975, and convicted Puerto Rican drug lord Carlito Brigante (Pacino) is set free (on a technicality) after serving only five years of a 30-year prison sentence. Upon release, Carlito vows to put a positive spin on his new life. He wants to prove that old Hispanic adage true: Every dark cloud has a black velvet lining.

So, Carlito gets a job managing a New York dance club — a disco dance club. (For all you young'uns, a disco was a place where women were once impressed by men in multipocketed polyester suits and where men, in turn, got off on the music of The Bee Gees — a group that made it big in the late-'70s by re-recording many of the Chipmunks' old songs.)

Carlito's disco gig, however, is only a temporary one. As soon as he raises \$75,000, Carlito plans to move to the Bahamas and buy into an Earl Schieb auto refinishing franchise. Or was that a Wendy's? Either way, he wants his next business venture to be strictly legit.

Good plan, right? The only problem is that nobody takes him seriously. It's similar to how nobody takes a certain floppy-eared billionaire seriously when he tries to convince the public that four disgruntled Taco Bell

fryboys from Havana are trying to spoon strychnine into his Special K.

Unfortunately for Carlito, he can't escape his own reputation. His "smack"-dealing exploits are legendary in the barrio. Christ, he's sold more drugs than CVS. And 'cause of that, Carlito is still looked up to by all the inner-city youths as though he were Saint Gerardo — the patron saint of transsexuals, neo-Nazis and closet Republicans who've married their own mothers. (Dios mio!)

Before you know it, every Tom, Dick and Julio are lining up to make a deal with Carlito. They offer him all kinds of sordid, despicable things to ponder — from running a

lucrative heroin operation to editing the lifestyle section of a local newspaper. Tough call. Either risk almost-certain death: re-enter the drug trafficking business or spend your life boring the crap out of readers with stories about miniature train enthusiasts, regional poets or homemade tartar sauce recipes.

But the worst is yet to come. Carlito's cokehead attorney, David Kleinfeld (Sean Penn), wants his client to help him mop up a little mob mess he's gotten himself into. And, well, the rest of the story sounds like the beginning of your standard ethnic joke: A Puerto Rican, a Jew and an Italian get on this boat...

"Carlito's Way" will undoubtedly be compared — and fairly so — to 1983's "Scarface" owing to its re-creating of Pacino with director Brian De Palma in another re-fired Hispanic gangster flick. For those of you scoring this one at home, "Carlito" is neither as long nor as violent nor as much fun as that earlier effort. And it's missing something else too: Pacino's Hispanic accent — not to mention his usual intensity. I guess they both got lost in the translation.

Aside from Penn's jittery, over-the-top performance, this 141-minute movie is a dragged out disappointment, especially whenever Penelope Ann Miller (who plays Al's gal Gail) appears on screen. Some may think Miller's a babe, which she very well may be. But as far as acting goes, I think she bites. And you can quote me on that. CW

screen

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Clark's Road, So. Pld.
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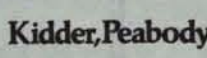

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Art & Soul continued from page 32

stage

The Amidons present an afternoon of singing, storytelling and traditional dance tunes at their kids' show Nov 20 — Sat 2 pm — at Lewiston Junior High School, Central Avenue, Lewiston. Tix: \$6, \$4 seniors and kids. 782-7228.

"Beauty and the Beast" National Marionette Theatre presents the story of Belle and the beast Nov 21 at 4 pm at the Winslow Homer Center for the Arts at Scarborough High School, Gorham Road, Scarborough. Tix: \$6, \$5 kids 12 and under in advance; \$8, \$6 kids 12 and under at door. 883-4723.

"The Cowboy and the Tiger" Hank Beebe's musical for children is performed at Dos Locos Mexican Restaurant, India and Fore streets, Portland. Shows every Sat afternoon at 12:30 pm through Dec 18. Tix: \$4 (\$16 family max). 775-6267.

"Death With Father" Try to figure out who killed Judy Tremont and who stole the money from the "Bingo Till Ya Burst" tournament at Father Patrick O'Sullivan's orphanage during the Mystery Cafe Dinner Theatre, No Tomatoes Restaurant, 36 Court St, Auburn. Shows every other Saturday at 8 pm. For info and reservations call 1-800-370-7469.

"A Gap in Generations" City Theater presents its season opener Nov 12-28 — Fri & Sat 8 pm, Sun 2 pm — at 205 Main St, Biddeford. Tix: \$12, \$10 seniors and kids. 282-0849.

"Holiday Memories" Portland Stage Company presents a holiday treat for the whole family about a young man who learns the true meaning of the holidays Nov 21-Dec 19 — Sun, Mon & Tues (Nov 21, 22 & 23 previews) 7:30 pm, Tues-Thurs 7:30 pm, Fri 8 pm, Sat 5 & 9 pm, Sun 2 pm (Sun evening performances Nov 21, 28 & Dec 19 7:30 pm) — at Portland Performing Arts Center, 25A Forest Ave, Portland. Tix: \$13-\$28. 774-0465. Portland Stage Company offers a curtain call discussion with cast and artistic staff members following the Dec 5 matinee performance. A humanities discussion with Bowdoin College professor Franklin Burroughs discussing "Amazing Grace: Truman Capote's Childhood Memories" is offered following the Dec 12 matinee performance.

"Kingfish" Mad Horse Theatre presents a new play about the struggle for dominance and power in a bizarre relationship Nov 18-Dec 12 — Thurs-Sat 8 pm, Sun 7 pm — at 955 Forest Avenue, Portland. Tix: \$17. 797-3338.

"A Little Night Music" Portland Lyric Theatre presents a musical Nov 19-Dec 5 — Fri & Sat 8 pm, Sun 2:30 pm — at Lyric Theatre, 176 Sawyer St, South Portland. 799-6509.

"Murder at Cafe Noli" Mystery Cafe Dinner Theatre, Sonesta Hotel, 157 High St, Portland. Shows every Saturday at 8 pm. For info and reservations call 1-800-370-7469.

"Musical Comedy Murders of 1940" Portland Players presents a comic romp about a stage door slasher Nov 26-Dec 11 — Fri-Sat 8 pm, Sun 2:30 pm — at 420 Cottage Road, South Portland. Tix: \$13. 799-7337.

"The Nutcracker" The Maine State Ballet, with The Maine State Ballet Orchestra, The Boy Singers of Maine and a cast of over 100 dancers and actors, presents that nutty fairy tale classic Nov 25-28 — Fri-Sun 2 pm & 8 pm — at Portland's City Hall Auditorium, 20 Myrtle St. Tix: \$8-\$18. 878-3032.

"The Nutcracker" The Portland Ballet Company presents the classic tale with costumes, sets and staging inspired after Portland's Victoria Mansion Dec 1-5, 9-12 & 16-19 — Wed & Thurs 6 pm, Fri 7 pm, Sat 1 & 7 pm, Sun 1 pm — at Portland High School Auditorium, 284 Cumberland Ave, Portland. Tix: \$16, \$12 seniors, students and kids. 772-9671.

"Peter Pan" The Young People's Theatre and Secondstage Productions present the story of the boy from Never Land and the Darling children Nov 19-Dec 5 — Fri 7:30 pm, Sat 2 & 7:30 pm, Sun 2:30 pm — at The Theater Project, 14 School St, Brunswick. Tix: \$10, \$8 seniors and students. 729-8584.

"Raven and the Village Without Daylight" Starbird Puppet Theatre presents the tale of an Eskimo village, greedy Sky People and a tricky raven Nov 27 — Sat 2 pm — at The Center for the Arts at the Chocolate Church, 804 Washington St, Bath. Tix: \$10, \$5 kids under 12. 442-8455.

"Sganarelle: An Evening of Moliere" USM's Russell Square Players present four one-act plays by a master of the theater Nov 12-14 & 17-21 — Wed-Sat 7:30 pm, Sun 5 pm — in Russell Hall, USM/Gorham. Tix: \$7, \$4 students. 780-5483.

"The Snow Queen" The Theater at Monmouth presents a story-theater telling of Hans Christian Andersen's tale of the Scandinavian girl and the Queen of Ice Nov 27 — Sat 8 pm — at Cumston Hall, Main Street, Monmouth. Tix: \$10. 873-4085.

"Steel Magnolias" Deering High School presents Robert Harling's drama Nov 18-20 — Thurs-Fri 7:30 pm, Sat 2 & 7:30 pm — at Deering High School, 370 Stevens Ave, Portland. Tix: \$3 in advance, \$5 at door. 874-8260.

"Tuscaloosa" Dinner theater featuring New York stories set to music at Dos Locos Mexican Restaurant, India and Fore streets, Portland. Shows every Tues at 8 pm through Dec 14. Tix: \$8, 775-6267.

"Une Autre Samedi Soire" Louis-Philippe presents a Franco-American celebration Nov 20 — Sat 7:30 pm — at St. Patrick's Parish Hall, 1352 Congress St, Portland. Tix: \$5. 874-9002.

"The Yellow Wallpaper" Womyn's Forum presents an adaptation of Charlotte Perkins Gilman's short story at Campus Center A, B, C, USM, Portland. ASL interpreted. Free. Call for dates and times. 874-6593.

Art & Soul continued on page 36



Boston's Capoeira Camara Company will make you flip for Brazilian dance.

Calling all Brazil nuts

Partners of the Americas brings a taste of Rio to Portland.

By Paul Karr

Partners of the Americas just might be Portland's best-kept intercultural secret. The 150-member, all-volunteer group has been around since 1967 when then-Governor Ken Curtis formed the organization as an offshoot of a national program to promote greater understanding between people of the United States and people of Central, Latin and South America. To accomplish this mission, Maine's chapter has sponsored visits by Maine artists, writers, dancers, doctors and others to its sister state of Rio Grande do Norte, Brazil, whose population is 2 million.

Partners sent a truck to the state, which is one of Brazil's poorest, so that medical supplies and doctors could reach pregnant women in outlying rural areas. The group donated public television broadcasting equipment to the region, helping the Brazilians start up their own station. And South Portland surgeon Jean LaBelle traveled to the state to perform plastic and reconstructive surgery on accident and burn victims, as well as on children with birth defects.

There has been a project or two that has not fared as well. Students from the Maine Maritime Academy headed south and helped construct a cape cod-style house in the center of Natal, the state's largest city, to show how Mainers live. That structure, constructed entirely out of Maine wood, subsequently lost a battle with local termites and in its wake rose a modern hotel called the Hotel Maine.

But the failures have been few among the numerous successes of this program. Mainers have visited Rio Grande do Norte to lecture on AIDS prevention, teach modern dances (while learning Brazilian ones) and document the fading art of Brazilian wooden boatbuilding. Currently, Hank Tyler, Maine's top expert on rare plants and animals, is in Brazil lecturing on environmental issues. Another group is helping the state build a vocational technical institute where plumbing, sewing and other work skills will be taught.

"To have an activity take place, you just have to have the organization in the south and the organization in the north agree," says Tasha Vosburg, who chairs the Maine chapter of the cultural committee. "Of course, that's both very simple and very complex when you're dealing with two countries."

In another venture, Partners sent Portland puppeteers Nance Parker and Greg Frangoulis to Natal, a densely populated city of 600,000, to perform their unique brand of street theater. Their larger-than-life puppets weren't just entertaining the crowd, they were also educating Natal's young about how to protect themselves against the spread of AIDS.

"A pamphlet doesn't do a whole lot of good," Vosburg points out, "and this culture doesn't talk about sex all that

much. Nothing works better than a clown on stilts pantomiming what to do with a condom." But the Partners program isn't just about Mainers helping out Brazilians. Maine's sister state has sent an environmentalist, a judge working on domestic violence issues and many others to Maine. They've also helped to educate us about a world that's very different from white-bread New England.

"That's why this organization is so important," Vosburg stresses. "We're trying to expose Portland to the rest of the world. And if someone falls in love with Brazilian music, well, that is a peace effort as far as I'm concerned."

Toward that end, the group's annual gala benefit, "A Night in Brazil," offers a host of intercultural events, highlighted by a remarkable dance performance by the Boston-based Capoeira Camara Company. Capoeira is a dance that originated with African slaves who had been shipped to Brazil; as slave owners rode their horses through the sugar cane fields — so the legend goes — those slaves developed an art of rolling between the horses' hooves to avoid being crushed. To practice their unique form of self-defense without being detected, the slaves disguised it as a dance performed while smiling.

"The skill is incredible," Vosburg says. "They swing at 90 miles an hour to within an eighth of an inch of their partners' heads. If they missed, they could easily kill each other." It is said that modern breakdancing evolved from this art, which includes other rolling and twisting moves such as one best described as doing a no-handed cartwheel from a one-legged stance.

There'll be a samba demonstration and workshop by the local dance troupe Gotta Dance. "It's a riot," says Vosburg, "everybody gets out of their seat." There will also be an exhibit of Brazilian photographs by Portland photographer Rhonda Farnham and by several Brazilian photographers. And as if that weren't enough, Parker will cater the event as well as decorate the Campus Center. "She'll turn an ambiguous, nothing space into magic with her puppets," says Vosburg. "It becomes almost like a nightclub."

But what everyone really wants to know is, how do they get involved in this worthwhile organization? According to Vosburg, "Join the organization, pick a committee. You could even create your own committee. We don't care. Just get involved."

For more information about joining the Partners' Maine chapter and attending meetings, call Kevin Parks at 273-2568.

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Portland Press Herald, December, 1992.

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photo/Tonce Harbert

Remembering Manny

Portlanders were shocked and saddened this week by the news that Portland native and musician Manny Verzosa, 30, had died Nov. 13 in a Wyoming highway crash.

Verzosa was en route home to Portland to play at Granny Killam's on Nov. 16 with The Silos, with whom he was touring. According to longtime friend Erica Federman, the tour was a big personal accomplishment for him. "Manny was mostly known as a singer, but the band had asked him to play lead guitar, even though he had only picked it up three years ago."

Verzosa had come a long way since his bartending days at Dewey's in the '80s, when he first became involved in the local music scene. His band, The Walkers, who would later sign with Atlantic Records, won the Boston Music Award for best new band in 1990 and he was voted best male vocalist that year.

After a subsequent development deal with Capitol Records, "Manny got focused," says Federman. "He had been traveling around, working on his own songs." Verzosa had just landed a deal with Epic Records and was slated to bring those songs to the recording studio in January.

"Manny was happier than he had ever been," says Federman. He had been playing all over L.A., he had the tour with The Silos—a band he loved, according to Federman—he had the Epic deal and he had a brilliant future.

"You wouldn't believe the calls we've had to make all over the country," says Federman. "It's amazing how many lives one life can touch."

There will be a special eulogy for Manny Verzosa during the WBLM Concert For Grief Relief, Nov. 24's at T-Birds, 126 North Boyd St. Portland. 874-2800.

Art & Soul continued from page 34.

stage auditions

City Theater Associates, Inc. in Biddeford hold auditions for their musical comedy "Nunsense" Nov. 30 & Dec 1 from 7-10 pm at 205 Main St, Biddeford. Please come prepared with a vocal selection and sheet music. Pianist provided. Show tunes preferred. 775-3614.

Portland Lyric Theater auditions for "Oliver" Nov 29 at 7 pm (boys ages six to 13); Nov 30 at 7:30 pm (men and women); and Dec 1 at 7:30 pm (men and women). 774-4318 for info and location.

concerts

thursday 18

Joe Pass, Leo Kottke, Pepe Romero & Paco Pena (guitar summit) 7:30 pm, Portland City Hall Auditorium, 30 Myrtle St, Portland. Tix: \$25-\$10. 772-8630.

USM Chamber Orchestra with Lawrence Golan (classical) 8 pm, Corthell Concert Hall, USM/Gorham. Tix: \$3, \$1 seniors and students with ID, USM faculty and staff. 780-5555.

friday 19

Battle of the Bands (high school bands compete) 7 pm, Amets Hall, North Road, Yarmouth. Tix: \$1, 846-5050.

Rhea Michelle (soprano) 8 pm, Corthell Concert Hall, USM/Gorham. Tix: \$8, \$4 seniors and students with ID, USM faculty and staff. 780-5555.

The Oratorio Chorale ("Masters of the Baroque") 8 pm, St. Mary's Church, Lincoln Street, Bath. Tix: \$10, \$5 kids and students with ID. 725-7103.

saturday 20

Paul Cornell (original classical composition) 8 pm, St. Luke's Cathedral, 143 State St, Portland. Tix: \$8 in advance, \$9 at door. All proceeds benefit FEED. 775-1304.

The Downcasters and Yarmouth High School Girls and Boys Barbershop Chorus ("Sing and Celebrate: A Barbershop Extravaganza") 2:30 & 7:30 pm, Harrison Middle School, McCartney Street, Yarmouth. Tix: \$8, \$6 seniors and students with ID. 846-4726.

Heartstrings, Driftwood and The Souvenirs (eclectic folk music) 7:30 pm, Swedenborgian Church, 302 Stevens Ave, Portland. Tix: \$6 in advance, \$8 at door. 773-9549.

Knots and Crosses and Don Campbell with Dave Rowe (folk) 8 pm, State Theatre, 609 Congress St, Portland. Tix: \$10, \$79-1111.

The Oratorio Chorale ("Masters of the Baroque") 8 pm, St. John the Baptist Church, Pleasant Street, Brunswick. Tix: \$10, \$5 kids and students with ID. 725-7103.

sunday 21

Black Sheep Chamber Ensemble (classical) 7:30 pm, St. Alban's Episcopal Church, 885 Shore Road, Cape Elizabeth. Tix: \$5 at door. 799-4014.

Anne Dodson, Jean McIntosh, Julia Lane & Kay Gardner (celebration of women's songs) 2:30 pm, Luther Bonney Auditorium, USM/Portland. Tix: \$12, \$8 seniors and students with ID. 775-7362.

Los Lobos (Latin rock) 7 pm, State Theatre, 609 Congress St, Portland. Tix: \$16, \$79-1111.

University Chorale (classical, folk and international) 3 pm, Corthell Concert Hall, USM/Gorham. Tix: \$3, \$1 seniors and students with ID, USM faculty and staff. 780-5555.

Barclay Wood (classical organ) 7:30 pm, St. Luke's Cathedral, 143 State St, Portland. Donation. 772-8434.

monday 22

Christine Laven (folk) 7:30 pm, The Center for the Arts at the Chocolate Church, 804 Washington St, Bath. Tix: \$12 in advance, \$15. 442-8455.

wednesday 24

Lillian Axe & Annihilator (rock) 7 pm, State Theatre, 609 Congress St, Portland. Tix: \$16, \$79-1111.

Mercy, Twisted Roots and Psychovsky (benefit for The Center for Grieving Children) 8 pm, T-Birds, 126 North Boyd St, Portland. Tix: \$10, 874-2800.

clubs

thursday 18

The Rhythm Fish (blues/R&B/soul) The Big Easy, 416 Fore St., Portland. 773-3315.

Jim Lauletta, Jenine DiTullo and Mike Hunt (comedy) The Comedy Connection, 434 Fore St., Portland. 774-5554.

Latter Day Saints (hard rock) Geno's, 13 Brown St, Portland. 772-7891.

Blues Roots (blues) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

Eye to Eye (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

3rd Degree and Wax Works (alternative-progressive rock) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Rockin' Rusty (karaoke) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Dr. Dirty, aka, John Valvy (incredibly sick and filthy piano player) T-Birds, 126 N. Boyd St, Portland. 773-8040.

Peter Black (folk rock) Seaman's Club Restaurant, 1 Exchange Street. 772-7311.

Deejay Greg Powers (laser karaoke) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Deejay Andy (heavy dance) The Underground, 3 Spring St., Portland. 773-3315.

Open Mic with M.J. Brink (acoustic) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

Progressive and house music Zootz, 31 Forest Ave, Portland. 773-8187.

friday 19

Mark Miller Blues Band The Big Easy, 416 Fore St, Portland. 780-1207.

Jim Lauletta, Jenine DiTullo and Mike Hunt (comedy) The Comedy Connection, 434 Fore St., Portland. 774-5554.

The Upsetters (R&B) Dos Locos Restaurant, 31 India St., Portland. 775-6267.

Foul Play (avant-garde rock) Geno's, 13 Brown St, Portland. 772-7891.

Rippopotamus (funk) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

Dance Music (rap) L-beez, 939 Congress St, Portland. 879-0525.

Skeleton Crew (Dead covers) Leo's Billiards, corner of Exchange and Fore streets, Portland. 780-1111.

Definitely Smooth (rock) Moose Alley, 46 Market St, Portland. 774-5246.

Eye to Eye (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Red Light Revue (R&B) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Tongue & Groove (jazz/swing) Seaman's Club Restaurant, 1 Exchange Street. 772-7311.

Little Sister (rock) Shamrock, 436 Fore St, Portland. 780-1111.

Nevada Blues (R&B) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Steve Howell & the Wolves (roadhouse rock) T-Birds, 126 N. Boyd St, Portland. 773-8040.

Paragon (pop) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Joe at the piano and Deejay Ken Currier (popular music/heavy dance) The Underground, 3 Spring St., Portland. 773-3315.

Freewill (progressive rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

All Ages Chem-Free (alternative) Zootz, 31 Forest Ave, Portland. 773-8187.

saturday 20

Mark Miller Blues Band The Big Easy, 416 Fore St, Portland. 780-1207.

Jim Lauletta, Jenine DiTullo and Mike Hunt (comedy) The Comedy Connection, 434 Fore St., Portland. 774-5554.

The Upsetters (R&B) Dos Locos Restaurant, 31 India St, Portland. 775-6267.

Jozlin Bones and Dreams of Oblivion (garage rock) Geno's, 13 Brown St, Portland. 772-7891.

The Tribulations (10-piece reggae/ska) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

TBA L-beez, 939 Congress St, Portland. 879-0525.

Skeleton Crew (Dead covers) Leo's Billiards, corner of Exchange and Fore streets, Portland. 780-1111.

Definitely Smooth (rock) Moose Alley, 46 Market St, Portland. 774-5246.

Eye to Eye (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Little Jimmy & the Soucats (rockin' R&B) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Tal' Richard & the Night Owls (swing) Seaman's Club Restaurant, 1 Exchange Street. 772-7311.

Urte Sister (rock) Shamrock, 436 Fore St, Portland. -80-1111.

Nevada Blues (R&B) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Paragon (pop) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Deejay Ken Currier (heavy dance) The Underground, 3 Spring St., Portland. 773-3315.

Freewill (progressive rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

TBA Zootz, 31 Forest Ave, Portland. 773-8187.

sunday 21

TBA The Big Easy, 416 Fore St, Portland. 780-1207.

Poetry Slam (competitive poetry reading) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

Kevin Midgely (folk/blues) Gritty McDuff's, 396 Fore St, Portland. 772-2739.

Dave & Steve (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Sue Foley (contemporary folk) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Karaoke Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

National Headliner comedy with Mike Fitz and special guests T-Birds, 126 N. Boyd St, Portland. 773-8040.

Live karaoke and dancing (no cover) The Underground, 3 Spring St., Portland. 773-3315.

Jim Duffy (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.

Deejay Bob Look (request night/no cover) Zootz, 31 Forest Ave, Portland. 773-8187.

monday 22

Laser Karaoke The Big Easy, 416 Fore St, Portland. 780-1207.

Dave & Steve (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Open Mic with Ken Grimsley (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.

tuesday 23

Open Blues Jam (b.y.o.—drum set available) The Big Easy, 416 Fore St, Portland. 780-1207.

Open Jazz Jam Bebop's Café, 548 Congress St, Portland. 828-6551.

State Street Traditional Jazz Band (New Orleans jazz) Parker's Restaurant, 1339 Washington Ave. 878-3339.

Tuscaloosa (musical comedy) Dos Locos Restaurant, 31 India St, Portland. 775-6267.

Elderberry Jam (blues/Dead) Gritty McDuff's, 396 Fore St, Portland. 772-2739.

Panic Station (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Open Mic with Steve Gerlach (b.y.o.) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Open Mic with Peter Gleason (b.y.o. jam) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Joe at the piano (popular tunes) The Underground, 3 Spring St., Portland. 773-3315.

Solstice (acoustic & electric) Wharfs End, 52 Wharf St, Portland. 773-0093.

wednesday 24

The Red Light Revue (R&B/blues/soul) The Big Easy, 416 Fore St, Portland. 780-1207.

Sister Blue (alternative dance) Dos Locos Restaurant, 31 India St, Portland. 775-6267.

New Eyes for Old and Have Not (hard core) L-beez, 939 Congress St, Portland. 879-0525.

Bachelors' Night (topless) Moose Alley, 46 Market St, Portland. 774-5246.

Panic Station (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Low 90 (alternative rock) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Irish Night with Mic O'Brien (Irish folk) Shamrock, 436 Fore St, Portland. 780-1111.

The Raze (rock) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Grief Relief with Twisted Roots, Mercy and Psychovsky (rock benefit for Center for Grieving Children) T-Birds, 126 N. Boyd St, Portland. 773-8040.

Deejay Stormin' Norman (laser karaoke) The Underground, 3 Spring St., Portland. 773-3315.

Electric Open Mic with TII H's Bone (b.y.o. jam) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

College Night (alternative dance) Zootz, 31 Forest Ave, Portland. 773-8187.

dancing

Gotta Dance, Inc., 657 Congress St, Portland. Smoke- and chem-free dances with swing, Latin & ballroom music. Fridays from 9:12 pm. \$5. Free parking. 773-3558.

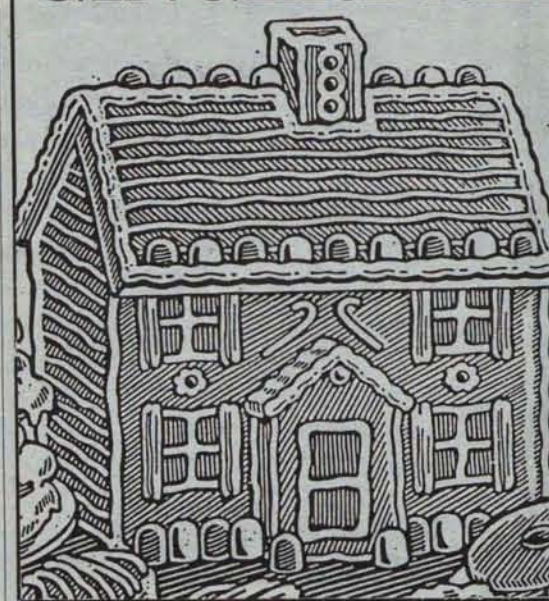
Maine Ballroom, 614 Congress St, Portland. Every Sat 9:midnight. Cost: \$5. No reservations required. 773-0002.

The Moon, 427 Fore St, Portland. Open nightly, 8 pm on... Naked Thursdays: no cover, drinks \$1.25 & drafts 25¢. 772-1983.

Saltines, 20 Milk St, Portland. Open nightly until 1 am. No cover. 774-4200.

Art & Soul continued on page 38

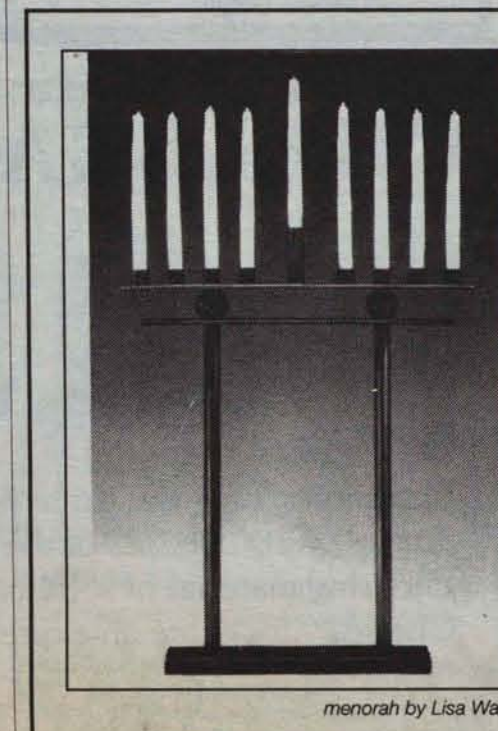
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Contractors hired by Central Maine Power will soon be in the towns or cities listed below cutting or trimming trees along miles of public roads to guard against power outages.

To protect the health of your trees, our contractors use techniques endorsed by the National Arborists Association.

You have a legal right to consult with CMP

New Maine law gives you the right to consult with CMP before our contractors trim or cut trees along roads that border your property. *This law does not apply to trimming, cutting or removal of trees undertaken in emergency conditions or during construction.*

If you would like to be consulted, please write the following department at CMP: CMP, LINE CLEARANCE DEPARTMENT, EDISON DRIVE, AUGUSTA, ME 04336. Please include your name, street address (not mailing address), and your CMP account number. To ensure that your request is noted, please send your letter separate from your bill payment.

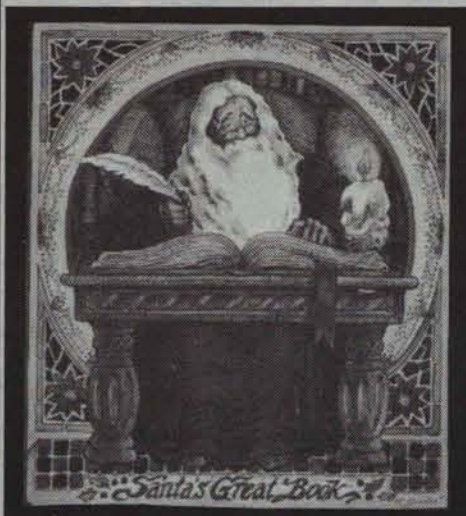
Areas CMP tree trimming contractors will be working in:

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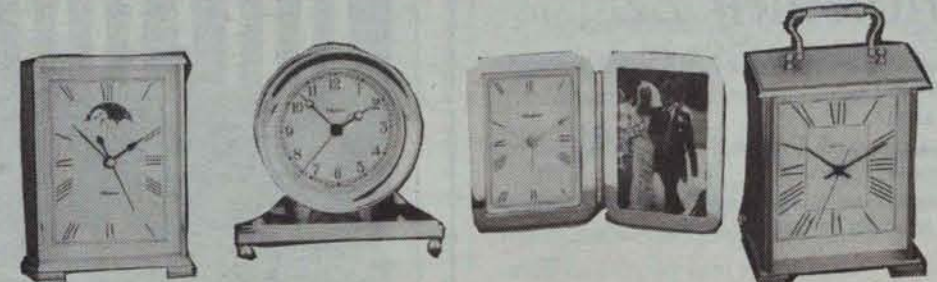
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In 1985 Steve & Rosie Harris purchased Ruski's on Danforth Street. They managed to make Ruski's one of the best pubs in Portland, with a 5-page menu specializing in home cooked meals, soups, chowders, and Mexican & Italian food. Ruski's has been called the next best thing to Cheers by all its "regular customers", and has served the best-priced beers on tap. So where did they go from there?

In 1988 Steve & Rosie opened Rosie's, which has become a ★★★★★ Restaurant with a pub atmosphere. Rosie's is located in the heart of the Old Port and serves the best and biggest calzones in the city, along with some fantastic fare.

Both pubs have been called the "Dart Mecca of Portland", and have brought home the plaques & trophies to prove so! And, both Ruski's and Rosie's slogans have earned their reputations:

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- Soups & Salads**
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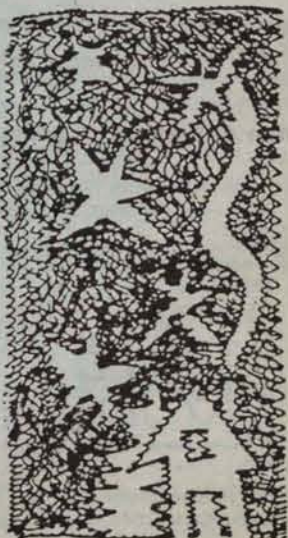
Art & Soul continued from page 37

clubs

T-Bird's, 126 N. Boyd St., Portland. Sun: comedy night; weekdays: special events; Fri & Sat: rock & roll, dance. 773-8040.

The Underground, 3 Spring St., Portland. Open nightly until 1 a.m. Thurs-Sun: heavy dance (no cover on Fri); Wed & Sun laser karaoke; Fri & Tues piano bar. 773-3315.

Zootz, 31 Forest Ave., Portland. Techno, rave, trance and progressive open house with DeeJay Dale Charles on Thursdays. Request night (no cover) with DeeJay Bob Look on Sundays. 773-8187.



art

opening

AREA Gallery Campus Center, USM/Portland. Opening reception Nov 19 for "Photographs of People: Finchon, Scotland, and Portland, Maine," photography exhibit by Charles Meicher. Shows through Dec 18. Gallery hours: Mon-Fri 7-10, Sat-Sun 10-7, 780-4090.

Danforth Gallery The Maine Artists' Space, 34 Danforth St., Portland. Opening reception Nov 18 at 5 pm for "The Maine Contemporary Landscape," winners and selected works from a show juried by Martha Severens. Shows through Dec 10. Gallery hours: Tues-Sat 11-5. 775-6245.

around town

African Imports and New England Arts 1 Union St., Portland. "Recent Acquisitions/New Dimensions," traditional African arts, works by modern artists from Nigeria and New England and rare carvings. Hours: 10-9 Mon-Sat, 12-6 Sun. 772-9505.

The Art Gallery at Six Deering Street 6 Deering St., Portland. New paintings by Montique and Ronald Parry. Shows through Nov 20. Gallery hours: Tues-Sat 11-5 the first two weeks of the month. Thereafter, by chance or by appointment. 772-9605.

The Baxter Gallery Maine College of Art, 619 Congress St., Portland. "Reciprocity: Artists Choose Artists," two MECA faculty members select an artist whose work has had an impact on their ideas (Honour Mack selects Hanneline Rogeberg and Margo Halverson selects James Hajicek). Exhibit shows through Dec 17. Hours: Tues-Sun 11-4, Thurs 11-9. 775-5152.

Black Moon Gallery 26 Free St., Portland. Works by Judy O'Donnell and Brett Morrison. Shows through Nov 30. Hours: Mon-Fri 12-5, Sat 11-4 and by appointment. 774-4423 and 774-4237.

Christine's Dream 41 Middle St., Portland. "Feathers of Knowledge," oil paintings by Andy Curran. Hours: Mon-Fri 7-2:30, Sat-Sun 9-2. 774-2972.

Do's Locos 31 India St., Portland. "Images of Mexico," photographs by George Riley. Hours: Sun-Thurs 11-10, Fri-Sat 11-midnight. 775-6267.

Exchange Street Gallery 7 Exchange St., Portland. Portland and coastal scenes and new works by John Holub and R.N. Cohen show through Dec 30. Gallery hours: 10-6 daily. 772-0633.

Frost Gully Gallery 411 Congress St., Portland. Works by Theophil Groell show Nov 11-Dec 4. Gallery hours: Mon-Fri 12-6, or by appointment. 773-2555.

Art & Soul continued on page 41

Ski outings for junior powder hounds

Portland Recreation offers ski options for city kids and teens

The city of Portland's Recreation Division will host a series of ski trips for children and teens throughout the winter season. Fees include bus transportation to the ski areas on Maine Line Tours and lift tickets. Equipment rental is extra. A minimum number of registrants (35) are needed for each program. (Programs that fail to reach that goal may be offered at higher cost to cover bus fare.) Participants in the ski programs is at your own risk. Non-residents of Portland must add \$5 to the costs listed below, unless noted otherwise. Registration deadline is Dec. 13 for the trip series; Jan. 10 for the one-day trips.

Register through the mail or in person at City Hall beginning Nov. 29. For registration forms or more information, contact Ted Musgrave at 874-8793 or 874-8791.

(Portland Recreation also needs parent chaperones for the two learn-to-ski programs. This commitment is for the entire 7-week ski program, and includes free skiing and rentals, if needed. Chaperones are also needed on a per trip basis. Please contact Ted Musgrave for more information.)

Learn to ski at Lost Valley

This program is designed for the younger skier and snowboarder. Lesson levels range from beginner to expert. Ski and snowboard rentals are available. Instruction by Lost Valley Ski School.
Dates: Jan. 5 to Feb. 16 (7 trips).
Time: Wednesdays (3:30 p.m. to 9:00 p.m.).
Ages: Second through seventh grade.
Pick up/drop off points: Marginal Way parking lot and Lyman Moore School.
Includes: One-hour lesson and 1 1/2-hour ski ticket.
Cost: \$118 (add \$168 for rentals).

Learn to ski at Shawnee Peak

Ski and snowboard at night! This program is designed for teen skiers of all abilities. Shawnee Peak (in Bridgton) also offers a junior race program, which introduces intermediate and advanced skiers to the thrill of running gates on a timed course. Instruction by Shawnee Peak Ski School.
Dates: Jan. 7 to Feb. 18 (7 trips).
Time: Fridays (3:45 p.m. to 10:30 p.m.).
Ages: Sixth grade through high school.
Pick up/drop off points: Marginal Way parking lot and Riverton Community Center.
Includes: One-hour lesson with 2 1/2 hours of skiing.
Costs: Skiing is \$156 with lessons; add \$35 for rentals (skiing also available without lessons for \$138). Snowboard package with lesson is \$186; add \$25 for rental. Junior race program is \$176.

Recreational skiing at Shawnee Peak

This program is designed for youths and teens who have mastered the basic techniques of skiing. Ski rentals and lessons available.
Dates: Jan. 8 to Feb. 19 (7 trips).
Time: Saturdays (7:15 a.m. to 3:45 p.m.).
Ages: Second grade through high school.
Pick-up/drop-off points: Marginal Way parking lot and Riverton Community Center.
Includes: Five hours of skiing (9 a.m. to 2 p.m.).
Cost: \$141 (add \$28 for rentals, \$18 for lessons, or \$53 for both); snowboarding also available. The cost is \$189 for either lessons or rental (add \$25 for rental and lesson). "Youth Ski League" racing program is also available for intermediate and advanced skiers. The price is \$236.

Saturday skiing at Sunday River

This program is designed for experienced teen skiers who would like to ski a larger mountain. Ski and snowboard rentals and lessons are available.
Time: Saturdays (7:30 a.m. to 5:00 p.m.).
Ages: Sixth grade through high school.
Dates: Jan. 22 & 29, Feb. 5 & 12, March 5 (5 trips).
Pick up/drop off point: Marginal Way parking lot.
Includes: Five hours of skiing (9:30 a.m. to 2:30 p.m.).
Cost: \$160 (skiing; add \$30 for rentals, \$30 for lessons or \$55 for both; snowboarding; add \$55 for rental, \$30 for lessons or \$80 for both).

Skiing and barbeque at Shawnee Peak

A one-day ski trip to Shawnee Peak with cookout (choice of hamburger, chicken or hot dogs).
Date: Monday, Jan. 24 (Teacher In-service Day).
Time: 7:15 a.m. to 5:00 p.m. (skiing from 9 a.m. to 3:15 p.m.).
Ages: Second grade through high school.
Pick up/drop off point: Marginal Way parking lot.
Cost: \$27, including barbeque lunch (add \$11 for ski rental, \$21 for snowboard rental and \$8 for a ski or snowboard lesson). Non-residents add \$3.

Skiing and barbeque at Sunday River

A one-day ski trip to Sunday River, with barbeque.
Date: Tuesday, Jan. 25 (Teacher In-service Day).
Time: 7:00 a.m. to 5:00 p.m. (skiing from 9 a.m. to 2:30 p.m.).
Ages: Sixth grade through high school.
Pick up/drop off point: Marginal Way parking lot.
Cost: \$33, including barbeque lunch (add \$12 for ski rental, \$25 for snowboard rental and \$12 for a ski or snowboard lesson). Non-residents add \$3.



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What Happened to Raoul far(maybe).



Here's what Raoul has cooked up for you this coming week:
9pm Thurs. Nov.18 3rd Degree and Wax Works
9pm Fri. Nov.19 Red Light Revue
9pm Sat. Nov.20 Little Jimmy and the Soulcats
8pm Sun. Nov.21 Sue Foley
8pm Tues. Nov.23 Open Mic hosted by Annie Clark featuring Steve Gerlach
9pm Wed. Nov.24 Low 90
THANKSGIVING DAY: BLUE ROOTS

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Art & Soul continued from page 39

art

Geason Fine Art 3 Milk St., Portland. Works by Greg Parker show through Dec 11. Gallery hours: Tues-Sat 10-6. 879-0919.

Greenhut Galleries 146 Middle St., Portland. Paintings by Nancy Brown show through Nov 30. Gallery hours: Mon-Fri 10-5:30, Sat 10-5, 772-2883.

Hendrick's Studio 164 Middle St., Portland. Oil paintings of Civil War heroes and classical sculptures. Hours: Sun-Fri 9-5.

Jewelers Work 30 Exchange St., third floor, Portland. Cooperative showroom of original, contemporary jewelry designs by nationally exhibited artists. Hours: 10-6 daily. 773-8824.

Jewell Gallery 345 Fore St., Portland. Works by gallery artists, including Bill Jewell and Cynthia McMullin currently show. Gallery hours: Mon-Sat 10-5, or by appointment. 773-3334.

June Fitzpatrick Gallery 112 High St., Portland. Works by Noriko Sakanishi. Shows through Dec 4. Gallery hours: Tues-Sat 12-5, Thurs 12-8. 772-1961.

Lewis Gallery Portland Public Library, 5 Monument Square, Portland. Word-generated images by contemporary artist Michael Winkler shows Nov 1-30. 871-1758.

Nancy Margolis Gallery 367 Fore St., Portland. "Menorahs," an exhibition of contemporary menorahs by 30 American craftspeople, shows Nov 10-Dec 31. "Fiber," a collection of handmade wearables by over 15 fiber artists, shows Nov 26-Dec 31. "Recent Work," colorful jewelry by Kim Ellwood, Mike Abbott, Esther Ward and Ann Finlay and wool and scarves by Wallace Sewell and Susie Freeman, shows Dec 15-Jan 31. Gallery hours: Mon-Wed 10-6, Thurs-Sat 10-9, Sun 11-6. 775-3822.

Meander Gallery 40 Pleasant St., Portland. "Dream Weavers: Rugs, basketry and paintings from Aboriginal Australia," shows through Dec 31. Gallery hours: Tues-Sat 12-6, or by appointment. 871-1078.

Thos. Moser Cabinetmakers 415 Cumberland Ave., Portland. Group exhibition of three fiber artists (weavers Susanne Grosjean and Carol Walright and felter Elisabeth Schuman) and two painter/sculptors (Lori Austill and Eva Goetz) show through Nov 20. Hours: Mon-Sat 9-5. 774-3791.

Naturally Maine 5 1/2 Moulton St., Portland. Watercolors by William Denicco, Earth visions by Andrew Ruel, photos by Christine Gallant and watercolor prints by John Dimillo. Hours: Sun-Thurs 10-6, Fri-Sat 10-9. 774-0808.

The New Art Gallery 121 Center St., Portland. "Casco Bay Revisited," paintings by Gomez Ricker. Ongoing. Hours: 11-10 daily. 874-2844.

The Photo Gallery Maine College of Art, 619 Congress St., Portland. "Works by Richard Langham" shows Nov 15-Dec 17. Gallery hours: Mon-Fri 9-5. 775-5154.

Photography Co-op 547-A Congress St., Portland. "Shot, Cast, Burned," a mixed media exhibition including polaroid photographs and sculpture by Lisa Bentley, shows through Nov 18. Hours: Tues & Thurs 12-7, Sat 12-5, or by appointment. 761-2113 or 773-8830.

Pinetree Shop and Bayview Gallery 75 Market St., Portland. "Carol Sebald Oils, A New Direction for a Maine Watercolorist," paintings by Carol Sebald. Shows through Nov 30. Gallery hours: Mon-Sat 9:30-5:30. 773-3007.

Portland Chamber of Commerce 145 Middle St., Portland. Juried show under the auspices of UpCountry Artists shows through Nov 30. Gallery hours: Mon-Fri 8-5. 772-2811, ext. 223.

Portland Museum of Art Seven Congress Square, Portland. Hours: Wed-Fri 10-4, Sat 10-5, Sun 12-5. Admission: adults \$4, senior citizens and students with ID \$3, youth 6-14 \$1, children 6 and under are free. Museum admission is free 10-noon the first Saturday of the month and 4-8 on the first Thursday of the month. 773-2787.

"With Piercing Eye: The Work of Waldo Peirce Oil paintings and watercolors illustrating Peirce's great love of family and the state of Maine. Collection includes envelopes personalized with outlandish caricatures and whimsically illustrated children's books. Shows Sept 21-Jan 21.

"Project Face to Face An exhibition featuring 20 plaster life masks and recorded oral histories of people with AIDS by Jason Dilley. Shows Oct 19-Dec 5.

"Makers '93: A Biennial Exhibition of Maine Crafts A juried exhibition of metalwork, ceramics, wood-working, quilts and woven objects by members of the Maine Crafts Association. Shows Nov 20-Jan 30.

"From Courbet to Motherwell: 19th and 20th-Century European and American Art Paintings, sculptures and works on paper by Monet, Renoir, Picasso, Matisse and other masters of the past two centuries. Ongoing.

"The Scott M. Black Collection A sampling from Scott Black's 19th- and 20th-century paintings and sculptures, including works by Chagall and Toulouse-Lautrec. Ongoing.

"Vincent's Journey A porcelain life mask sculpture by Paul Rodriguez commemorating the struggles of people living with AIDS. Ongoing.

Raffles Cafe Bookstore 355 Congress St., Portland. "Folk Art Images," painted furniture by Three Fish Guild, shows through Jan 9. Hours: Sun 12-5, Mon-Tues & Fri 9:15-5:30, Wed-Thurs 9:15-8. 761-3930.

Renaissance Antiques and Fine Art 37 Wharf St., Portland. Nineteenth-century paintings, marine antiques, 18th- and 19th-century Oriental furnishings, sterling silver and paintings by Terry Wolf and John Dehlinger. 879-0789.

The Seaman's Club 1 Exchange St., Portland. "Flights and Fantasies," works by members of the Freeport Art Club, shows through Dec 6. 879-0919.

The Stein Gallery 20 Milk St., Portland. Works by 65 nationally recognized and emerging contemporary American studio glass artists including Peter Andres, Rick Eckert, Melanie Guernsey, Robert Mickelsen, Thomas Scoon, Robert Willson and Leah Wingfield. Gallery hours: Mon-Sat 11-6, Sun 11-5. 772-9072.

Stillwood Books 19 Pleasant St., Portland. Polaroid photographs by Tom Marino currently show. Hours: Mon-Sat 10-6. 871-0480.

University of Southern Maine Art Gallery USM/Gotham. "Dreams: Poetic Memory," 75 works by ten women artists exploring dreams and the unconscious. Shows through Nov 18. Gallery hours: Sun-Thurs 12-4. 780-5409.

out of town

Bowdoin College Museum of Art Walker Art Building, Bowdoin College, Brunswick. The museum is open to the public free of charge. Hours: Tues-Sat 10-5, Sun 2-5. 725-3275.

"The Legacy of James Bowdoin III An exhibit of James Bowdoin's 1811 bequest of paintings, drawings, books and mineralogical specimens show Oct 15-June 26.

"Crosscurrents Works originating from Africa, Asia, the ancient Greek world and the Americas that represent the cultural diversity of the museum's collection show Oct 15-June 26.

"Drawing on Basics: Selections from Drawings and Watercolors at Bowdoin College The oldest collection of drawings in America, bequeathed to the college in 1811 by James Bowdoin III, shows Oct 15-Dec 19.

"Other Places, Other Times: The Photographer's View Images made by photographers working outside their native milieu. Through Dec 22.

Center for the Arts at the Chocolate Church 804 Washington St., Bath. Exhibitions by two contemporary figurative artists, Arlene Morris and Barbara Sullivan, shows through Nov 27. Hours: Tues-Fri 9-4, Sat 12-4. 442-8627.

Cry of the Loon Art Gallery Route 302, S. Casco. "Old Friends...New Faces," affordable art for the holidays, shows through Dec 24. Gallery hours: daily 9:30-5:30. 655-9060.

Freeport Town Hall Main Street, Freeport. Works by art club members show Oct 1-Dec 6. Hours: Mon-Tues & Thurs 8-4:30, Wed 8-7, Fri 8-1. 865-4672.

Icon Contemporary Art 19 Mason St., Brunswick. New paintings by Dean Richardson show through Nov 27. Hours: Mon-Fri 1-5, Sat 1-4. 725-8157.

Kristina's Restaurant 160 Center St., Bath. "Places," acrylics, oils and watercolors by Midy Chulman Thomas, currently show. Hours: Mon-Fri 8-9, Sat 9-9, Sun 9-2. 442-8577.

Maine Maritime Museum Maritime History Bldg, 243 Washington St., Bath. Gallery hours: daily 9:30-5. 443-1316.

"Shipwreck Oil and watercolor paintings and photographs review the perils of the sea in the days before modern radio communication. On view through January 1994.

The McArthur Library 270 Main St., Biddeford. Limited edition Civil War prints by nationally known military artists and Civil War artifacts show through November. Hours: Mon-Thurs 9:30-8, Fri 10-5, Sat 9:30-3:30. 284-4181.

Ocean Farms Restaurant Main Street, Freeport. Freeport Art Club exhibition Nov 17 from 5-7 pm. 865-3272.

Sabbathday Lake Shaker Museum Route 26, New Gloucester. An exhibit of Shaker furniture is currently featured. Hours: Mon-Sat 10-4:30. 926-4597.

Thomas Memorial Library 6 Scott Dyer Road, Cape Elizabeth. Recent works by Anne Garland, including lithographs, etchings and paintings, show through Nov 20. Hours: Mon, Wed, Fri-Sat 9-5; Tues & Thurs 9-9. 799-1720.

Union of Maine Visual Artists, Inc. 19 Mason St., Brunswick. Artists' explorations of the cultural and personal symbolism of pink. Shows through Nov 27. Gallery hours: Mon-Fri 1-5, Sat 12-4. 737-4749.

other

Antiques Show and Sale The Portland Symphony Orchestra Women's Committee sponsor their annual antiques show and sale Nov 20 from 10 am-5 pm and Nov 21 from 11 am-5 pm at the South Portland Armory, 680 Broadway, So. Portland. Cost: \$4 admission. 767-5220.

Art in the Afternoon The Portland Museum of Art offers "Art in the Afternoon: Painting with the Impressionists' Brush," a program that examines Impressionistic works and offers studio instruction to paint in the tradition of the masters, Nov 19 from noon to 2 pm at 7 Congress Square, Portland. Cost: \$12, \$10 for members and seniors over 55. Reservations. 775-6148.

Artists Open House The Artists Studio hosts its annual open house featuring 12 artists in a variety of disciplines including painting, prints, photography, textiles, stained glass and more Nov 20 & 21 from 11-5 in the adjoining space at 538 Congress St., Portland. Free. 772-4026 or 773-0109.

Bookbinding Susan Holland offers weekend workshops and individual instruction in the craft of book-binding and box making at the Holland Bindery, 20 Danforth St., Studio #201, Portland. 874-0909.

Call for Work "Paper Prayers" exhibit in conjunction with Visual Aids "A Day Without Art." Open to all artists, laypeople, adults and children. To receive prospectus, send SASE to Danforth Gallery, 34 Danforth St., Portland, ME 04101. Deadline for work is Nov 20. 737-5661.

Christmas Wreath Workshop Walker Memorial Library presents a workshop by Karen Smith of Shearbrooke Farm Nov 29 from 4-7 pm at 800 Main St., Westbrook. 854-0630.

Art & Soul continued on page 42



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SUNDAY AT THE FARM. REMEMBER GOING TO GRANDMA'S? THE UNMISTAKABLE AROMA OF THE ROAST COMING FROM THE OVEN. HOMEMADE BUNS. WE HAVE IT ALL BUT THE PINCH ON THE CHEEK! HEARTY BREAKFAST • BRUNCH • SUNDAY SUPPER. (SUPPER SERVED AT NOON) DON'T YOU DESERVE MORE ON SUNDAY THAN A BUFFET LINE? JOIN US THIS SUNDAY AND REMEMBER GRANDMA. IT JUST DOESN'T GET BETTER! SERVING SEVEN AM 'TIL EIGHT PM LOWER MAIN ST. FREEPORT 865-0466

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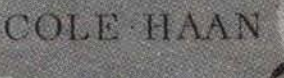
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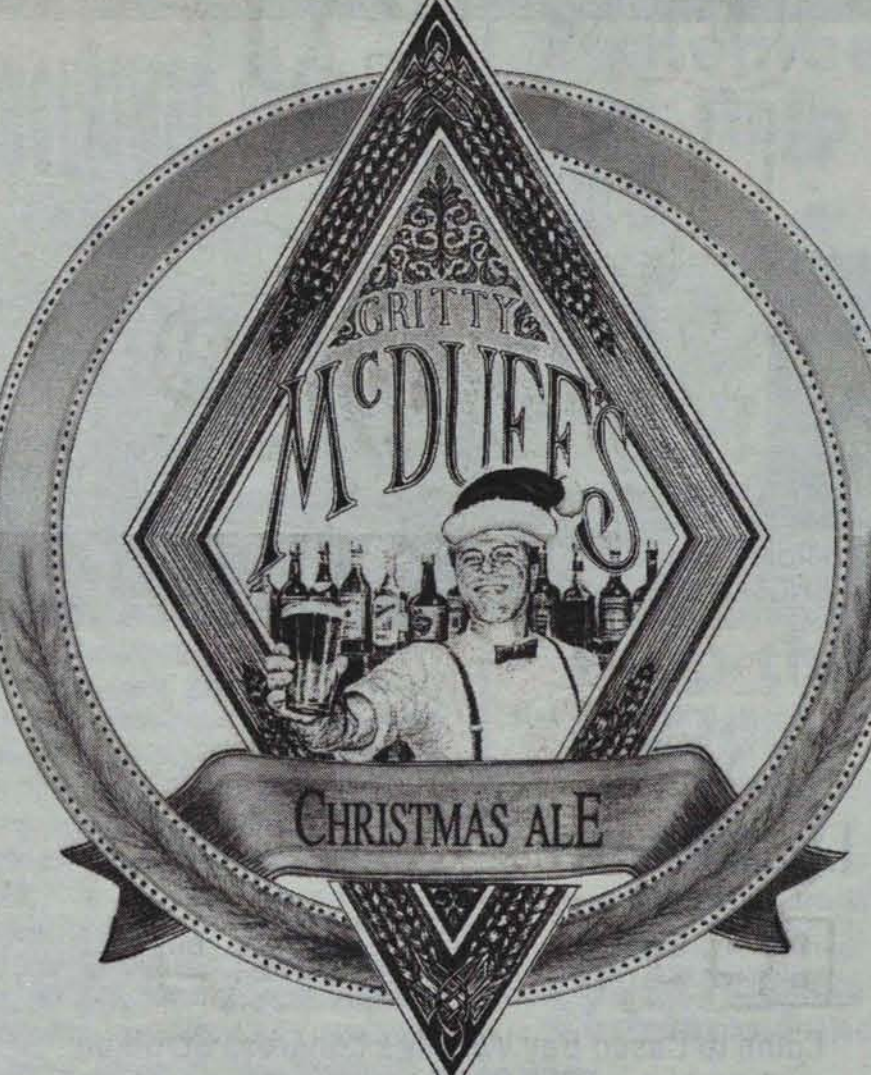
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Art & Soul continued from page 41

art

Conservation of Contemporary Art on Paper Paula Volent, an art conservator, delivers a slide lecture at Bowdoin College Nov. 21 at 7:30 pm in Beam Classroom, Visual Arts Center, Bowdoin College, Brunswick, 725-3692.

Craft Guild Open House The Harpswell Craft Guild invites the public to a holiday open house and sale Nov 26-28 and Dec 4 & 5 at various guild members on Route 123 in Harpswell. Enjoy mulled cider and watch guild artists work. Participating guild members include Ceramic Choreography, Widgeon Cove Studios, Ma Culley's Old Softies, Michelle Henning Porcelain Jewelry and Ash Cove Pottery, 833-6081.

Creative Arts Program Portland Recreation offers classes in drawing and painting for senior adults Tues and Fri from 9:30 am-12:30 pm at Northfield Green Community Room, 147 Allen Ave, Portland, 874-8793.

Donations Requested Greater Portland Landmarks needs you to clean out your attics and basements and give them a call! They're collecting architectural bits and pieces for a fundraiser auction and garage sale. Requested items include knobs, latches, door knockers, sinks, tubs, toilets, faucets, woodwork, stoves, ceramic tiles, furniture, windows, doors, arbors, slate shingles, books, tools and any other items that may be of value to someone working with an older home. 773-1756 or 774-6680.

Entries Sought The Center for the Arts at The Chocolate Church seeks entries for its annual members' exhibit that runs Dec 3-25. This year's theme is "Small Treasures." Member artists can submit up to five small works with a value of \$150 or less. New artist to the mid-coast area or former Chocolate Church members are invited to participate in this event. Work, wired for hanging, will be received Nov 30 from 9 am-4 pm. 442-8627.

Family Day The Portland Museum of Art invites families to celebrate family day Nov 20 from 2-5 pm in the Great Hall at PMA, 7 Congress Square, Portland. Work with artists to make a banner to hang outside the museum and make your own baskets, weavings and clay sculpture to take home. Free with paid museum admission. 775-6148.

Learn to Use Your Camera L. Murray Jamison offers basic technical and aesthetic instruction to improve your skill as a photographer. Small classes and weekend workshops. Individually tailored. 871-8244.

Meet the Juror Mark Leach, a juror for Portland Museum of Art's "Makers '93" exhibition and Curator of Contemporary Art at the Mint Museum of Art in North Carolina, presents a discussion about the exhibition and trends in crafts Nov 20 at 2 pm at the Portland Museum of Art, 7 Congress Square, Portland. Paid museum admission required. 775-6148.

Open Slide Night The Union of Maine Visual Artists (UMVA) invites artists, craftspersons and anyone interested in the UMVA to attend an open slide night the second Friday of each month at 7:30 pm at Jay York Affordable Photo, 58 Wilmot St, Portland. Artists are encouraged to bring slides for discussion/feedback. 773-3434.

Outdoor Painting Class Freeport Art Club's resident artist Eric Glass offers outdoor painting classes for beginners using any medium. Cost: \$30, \$25 members. 865-3024.

Pantry Basket The United Society of Shakers offers a holiday workshop to make a pantry basket for yourself or as a gift Nov 20 from 9 am-1 pm at Sabbatday Lake Shaker Village, Route 26, New Gloucester. Cost: \$50. 926-4597.

Peregrine Press Open House The Peregrine Press, a cooperative printmaking studio, invites you to its annual open house Nov 19 from 5-8 pm and Nov 20 from 10 am-4 pm at 70 Merrill St, Portland. Several artists represented. Prints by member artists will be available for sale. 761-8226.

Portland Camera Club meets every Mon at 7:30 pm at the American Legion Hall, 413 Broadway, S. Portland. Public is welcome.

Portland Chamber of Commerce is looking for Maine artists to share their work. 772-2811, ext. 223.

Portland Craft Show Ninety-two craft artists exhibit their works in all media Nov 20 from 10 am-6 pm and Nov 21 from noon-5 pm at Holiday Inn by the Bay, 88 Spring St, Portland. Each day, a significant craft work will be raffled off to benefit the Maine Crafts Association's scholarship program. Admission: \$2.50 per person. 348-9943.

Visual Arts Lectures USM's Art Department sponsors a lecture series in the visual arts during the 1993-94 school year. Elizabeth Newman lectures Nov 18 at 4 pm in Hastings Formal Lounge, USM/Gorham. Free. 780-5460.

Women's Independent Painting Studio Painter Jane Wray offers fine art guidance to women focused on exploring their own independent study of painting (oil, watercolor, etc.). Small groups forming now. 775-2442.

Freeing the Writer Within An eight-week course designed with the spirit of Natalie Goldberg's book "Writing Down the Bones." Develop the capacity to write deeply and powerfully. Next class starts Dec 1 & 7. Cost: \$45. 772-6351.

Lending Library USM's Portland Women's Center seeks donations of women's literature, both fiction and nonfiction, to stock their lending library. Donations may be made Mon-Fri from 8 am-2 pm at the center in Room 40, Poyson Smith, Falmouth Street, 780-4996.

Lotus/IBM Learning Centers The Small Business Development Center at the University of Southern Maine has two Lotus/IBM Learning Centers available to help people in business learn how to use Lotus 123, One-Write Plus, Lotus Works and WordPerfect 5.1 software. Learning centers are available Mon-Fri. Free. 780-4420.

"The Many Colors of the Human Voice" Patricia Doane, an actress/singer/teacher trained at Northwestern University, offers an introductory workshop/discussion based on her work with the Franco-based Roy Hart Theatre Nov 19 from 7-9 pm at the Expressive Therapy Center, 150 St. John St, Portland. Participants explore the range, colors and textures of the voice. For the singer and speaker in everyone. Cost: \$5. 967-0497.

Perceptions of the North The Peary-MacMillan Arctic Museum and Arctic Studies Center in Hubbard Hall, Bowdoin College, Brunswick, has opened a new exhibit examining major themes in Arctic exploration from 1880-1910. Museum hours: Tues-Sat 10 am-5 pm, Sun 2-5 pm. 725-3256.

Personal Essay Workshop Cheryl Drake presents "Writing the Personal Essay: Connecting," a weekend workshop Nov 20 from 10 am-4 pm and Nov 21 from 10 am-3 pm at the Maine Writers Center, 12 Pleasant St, Brunswick. Cost: \$60, \$50 for MWPA members. 729-6333.

Poetry Slam Several local poets and performers bring poetry back to its oral roots at a poetry slam Nov 21 at 8:35 pm at Granny Killiam's Industrial Drinkhouse, 55 Market St, Portland. Cash prize for the winner. Cost: \$3 cover charge. 282-4979.

The Theater Project seeks new, unproduced plays (one-acts with small casts, minimal sets, props, costumes) and individual performance projects. Winners will be produced as part of their 1994 season. Please send entries to NewWorks, The Theater Project, 14 School St, Brunswick, ME 04011. Include SASE for script return and results. Winners notified March 1, 1994. 729-8584.

Somatic Integration Craig Williamson offers a different kind of exercise class for pain relief, relaxation, improved posture and injury prevention. Small group classes held at On Balance, 4 Milk St, Portland. Call 799-5749 for fall schedule.

Spirituality Awareness Become one with the creator. "You." Come join the gathering with spiritualist Magda Adrien. 774-9036.

Stretching The Spirit Ongoing open class of basic hatha yoga including breathing and deep relaxation. Tues from 6-7 pm at the Swedborgian Church, 302 Stevens Ave, Portland. Wear loose clothing and bring a mat or blanket. Cost: \$3 donation. 772-8277.

Sufi Meditation Join the Portland Sufi Order for meditation sessions based on the works of Hazrat Inayat Khan and Pir Vilayat Inayat Khan. Experienced teachers offer sessions working with creative visualization, breath, sound, light and divine qualities. Sessions ongoing and open to all; no experience necessary. Bring a meditation pillow or bench if desired. No fee, but donations accepted. Sessions at Expressive Therapy Center, 150 St. John St, Portland. 774-1203.

T'ai Chi Ch'uan is an ancient Chinese martial art based on mental and physical balance. Excellent for spiritual growth, radiant physical health and reducing the effect of stress and tension. Beginners through advanced classes ongoing. 772-9039.

The Teen/Young Adult Clinic is a place to go if you have a health concern or medical problem, need a sports/school physical done, or have birth control issues to deal with. Open to anyone 13-21, every Monday from 4-8 pm, at Maine Medical Center, 22 Bramhall St, Portland. Walk-ins seen if they arrive by 7 pm. 871-2763.

Transcendental Meditation Program Develop full mental potential, consciousness and perfect health as taught by Maharishi Mahesh Yogi at an introductory lecture every Wed at 8 pm at 575 Forest Avenue, Portland. Free. 774-1108.

Vision USA The Maine Project provides free eye examinations to low-income, uninsured Mainers and their families. Eligibility requirements. Contact the Maine Optometric Association for info. 268-2031.

Women's Meditation Workshop Learn to listen to your inner voice. 767-1315.

Women Over 50 A support group facilitated by Louise Bennett will explore this vital time of life and those that follow. 772-1910.

Adult Screening Clinic on the last Wed of every month for blood pressure and testing for sugar, anemia and cholesterol, from 11:30 am-1 pm at the Peoples United Methodist Church, 1310 Broadway, S. Portland. Fee for services. 767-3326.

Avoiding Breast Cancer Greater Portland N.O.W. invites you to learn how to avoid breast cancer Nov 23 at 7:30 pm at the YWCA, 87 Spring St, Portland. Dr. Donna Carr leads the discussion. 871-0618.

Awareness Through Movement Jane Burdick offers classes in awareness through movement throughout the month of November. Classes are Mon evenings (Nov 22 and 29) from 5:30-7 pm at On Balance, 4 Milk St, Portland, and Wed mornings (Dec 1) from 10:11:30 am at 75 Gray St, Portland. Cost: \$10 per class. 773-6809.

Breathe Easy Herbalist Jenny Ruth Yasi presents contemporary herbal therapies in support of respiratory health Nov 22 from 7-9 pm at the Williston West Church, 32 Thomas Road, Portland. Develop your own healing program for asthma, bronchitis and other chronic lung deficiencies, or strengthen healthy lungs. Cost: \$25. Registration. 766-2604.

Child Health Clinic Visiting Nurse Association and Hospice of So. Portland offer a well child clinic for kids age two months to two years the first Friday of every month from 8:30 am-noon at First Congregational Church, Cottage Road, So. Portland. Services include immunizations, lead tests and physicals. Medicaid accepted. By appointment only. 767-3326.

Crown's and Oulife's Foundation meets Nov 18 at 7 pm at Maine Medical Center (Dana Center, Room 3), 22 Bramhall St, Portland. There will be a food workshop. Admission's free. 617-449-0324.

Flu Shots will be offered to Portland residents at the Munjoy, Reiche and Riverton Health Stations Nov 1-24. Hours are Mon-Fri 8-10 am and 4-5 pm. You must be 18 years or older. Cost: \$6.

Hatha Yoga for People with AIDS is available every Wed and Fri from 12:45-2 pm at 22 Monument Square, Portland. Cost: \$1, for those who can afford it. 797-5684.

Heartline Cardiac Rehabilitation USM Lifeline offers an exercise program for people who have had a heart attack, angina, bypass surgery or angioplasty or are at risk for heart disease. Classes are ongoing Mondays, Wednesdays and Fridays at 7:30 am and 6 pm at Portland Campus Gym, Falmouth St, Portland. 780-4649.

Holistic Health Care Dr. Glen Knock sponsors a series of free workshops on holistic and integrative approaches to health care. Lynn Garner, ND, gives an introduction to naturopathy and homeopathy Nov 30. Workshops run from 6:30-8 pm and are held at 21 Northbrook Drive in Falmouth. Reservations required. 781-5900.

Hospice Forum Learn about the role of the hospice in the community Nov 30 Dec 1 at the Dana Center, Maine Medical Center, 22 Bramhall St, Portland. 774-4417.

Planned Parenthood has a new health center located at 970 Forest Ave, Portland. HIV testing is now available for women and men in addition to annual exams, pregnancy testing, birth control information and supplies (free condoms), testing and treatment for STDs and infections, menopause services and more. Handicapped accessible, confidential and affordable. Medicaid is welcomed. 874-1095.

Pulmonary Rehabilitation USM Lifeline offers a program designed for individuals with various lung diseases Tues and Thurs from 11:15 am-noon at the USM Portland Campus Gym, Falmouth St, 780-4170.

Rest-a-Thon Help fight the war against Lupus and catch up on your rest at the same time at the rest-a-thon sponsored by the Lupus Group of Maine Nov 20 from 9 am-3 pm at the Windham Church of the Nazarene, Route 202, Windham. Hear bedtime stories and lullabies, read, write, think and rest. 883-2460.

Somatic Integration Craig Williamson offers a different kind of exercise class for pain relief, relaxation, improved posture and injury prevention. Small group classes held at On Balance, 4 Milk St, Portland. Call 799-5749 for fall schedule.

Spirituality Awareness Become one with the creator. "You." Come join the gathering with spiritualist Magda Adrien. 774-9036.

Stretching The Spirit Ongoing open class of basic hatha yoga including breathing and deep relaxation. Tues from 6-7 pm at the Swedborgian Church, 302 Stevens Ave, Portland. Wear loose clothing and bring a mat or blanket. Cost: \$3 donation. 772-8277.

Sufi Meditation Join the Portland Sufi Order for meditation sessions based on the works of Hazrat Inayat Khan and Pir Vilayat Inayat Khan. Experienced teachers offer sessions working with creative visualization, breath, sound, light and divine qualities. Sessions ongoing and open to all; no experience necessary. Bring a meditation pillow or bench if desired. No fee, but donations accepted. Sessions at Expressive Therapy Center, 150 St. John St, Portland. 774-1203.

T'ai Chi Ch'uan is an ancient Chinese martial art based on mental and physical balance. Excellent for spiritual growth, radiant physical health and reducing the effect of stress and tension. Beginners through advanced classes ongoing. 772-9039.

The Teen/Young Adult Clinic is a place to go if you have a health concern or medical problem, need a sports/school physical done, or have birth control issues to deal with. Open to anyone 13-21, every Monday from 4-8 pm, at Maine Medical Center, 22 Bramhall St, Portland. Walk-ins seen if they arrive by 7 pm. 871-2763.

Transcendental Meditation Program Develop full mental potential, consciousness and perfect health as taught by Maharishi Mahesh Yogi at an introductory lecture every Wed at 8 pm at 575 Forest Avenue, Portland. Free. 774-1108.

Vision USA The Maine Project provides free eye examinations to low-income, uninsured Mainers and their families. Eligibility requirements. Contact the Maine Optometric Association for info. 268-2031.

Women's Meditation Workshop Learn to listen to your inner voice. 767-1315.

Women Over 50 A support group facilitated by Louise Bennett will explore this vital time of life and those that follow. 772-1910.

Hatha Yoga for People with AIDS is available every Wed and Fri from 12:45-2 pm at 22 Monument Square, Portland. Cost: \$1, for those who can afford it. 797-5684.

Heartline Cardiac Rehabilitation USM Lifeline offers an exercise program for people who have had a heart attack, angina, bypass surgery or angioplasty or are at risk for heart disease. Classes are ongoing Mondays, Wednesdays and Fridays at 7:30 am and 6 pm at Portland Campus Gym, Falmouth St, Portland. 780-4649.

Holistic Health Care Dr. Glen Knock sponsors a series of free workshops on holistic and integrative approaches to health care. Lynn Garner, ND, gives an introduction to naturopathy and homeopathy Nov 30. Workshops run from 6:30-8 pm and are held at 21 Northbrook Drive in Falmouth. Reservations required. 781-5900.

Hospice Forum Learn about the role of the hospice in the community Nov 30 Dec 1 at the Dana Center, Maine Medical Center, 22 Bramhall St, Portland. 774-4417.

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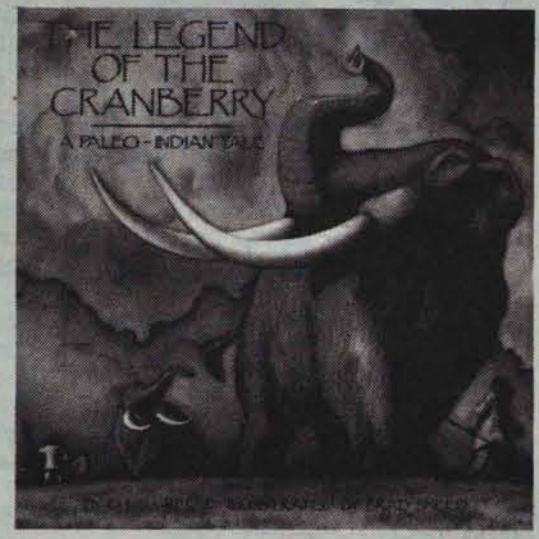
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Meet Elin Greene at Bookland!



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Deadline Tuesday, November 23, 5pm
551A Congress St., Portland, 775-1234 for details
Private screening Tuesday, November 23, 7:30pm



wellness

Adult Screening Clinic on the last Wed of every month for blood pressure and testing for sugar, anemia and cholesterol, from 11:30 am-1 pm at the Peoples United Methodist Church, 1310 Broadway, S. Portland. Fee for services. 767-3326.

Avoiding Breast Cancer Greater Portland N.O.W. invites you to learn how to avoid breast cancer Nov 23 at 7:30 pm at the YWCA, 87 Spring St, Portland. Dr. Donna Carr leads the discussion. 871-0618.

Awareness Through Movement Jane Burdick offers classes in awareness through movement throughout the month of November. Classes are Mon evenings (Nov 22 and 29) from 5:30-7 pm at On Balance, 4 Milk St, Portland, and Wed mornings (Dec 1) from 10:11:30 am at 75 Gray St, Portland. Cost: \$10 per class. 773-6809.

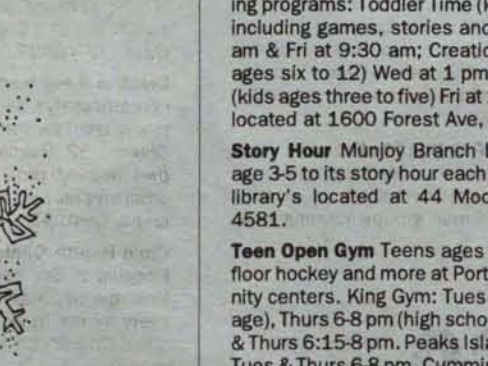
Breathe Easy Herbalist Jenny Ruth Yasi presents contemporary herbal therapies in support of respiratory health Nov 22 from 7-9 pm at the Williston West Church, 32 Thomas Road, Portland. Develop your own healing program for asthma, bronchitis and other chronic lung deficiencies, or strengthen healthy lungs. Cost: \$25. Registration. 766-2604.

Child Health Clinic Visiting Nurse Association and Hospice of So. Portland offer a well child clinic for kids age two months to two years the first Friday of every month from 8:30 am-noon at First Congregational Church, Cottage Road, So. Portland. Services include immunizations, lead tests and physicals. Medicaid accepted. By appointment only. 767-3326.

Crown's and Oulife's Foundation meets Nov 18 at 7 pm at Maine Medical Center (Dana Center, Room 3), 22 Bramhall St, Portland. There will be a food workshop. Admission's free. 617-449-0324.

Flu Shots will be offered to Portland residents at the Munjoy, Reiche and Riverton Health Stations Nov 1-24. Hours are Mon-Fri 8-10 am and 4-5 pm. You must be 18 years or older. Cost: \$6.

Good Posture Yoga Workshop Yoga instructor Elaine McGillcuddy and roller Tom Myers present a three-hour clinic concerning body readings and structural assessment in the practice of tadasana (yoga's word for good posture) Nov 20 from 8:30-11:30 am at Portland Yoga Studio, 616 Congress St, Portland. Cost: \$40. Registration required. 797-5684.



family

Aerobics for Kids Children ages 7-11 can learn funky new steps and get great exercise each Wed from 5:15-6 pm at the Reiche Community Center, 166 Brackett St, Portland. Cost: \$12 first month, \$10 each month thereafter. 874-8873.

Basketball for Youths begins at the Portland YMCA Nov 20. Now registering boys and girls in grades one through eight. 874-1111.

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Art & Soul continued from page 43

sweat

Aerobics Ongoing classes Tues & Thurs from 5:15-6:15 pm at Reiche Community Center, 166 Brackett St., Portland. \$4 drop in. 737-0484.

African Dance Class Casco Bay Movers offer an African dance class taught by Lisa Newcomb and drummer Jeff Demmore Dec 4 from 2-3:30 pm at the studio at 151 St. John St., Portland. Cost: \$10. 871-1013.

Ballroom Party and Social The Gorham Dance Club invites everyone to a ballroom party and social every Saturday from 8-11 pm at the Center of Movement School of Performing Arts, 19 State St., Gorham. Free dance lesson at 7:30 pm. Chem-free. Cost: \$5. 839-DANS.

Basketball for Adults Pick-up games every Mon & Wed from 7-9 pm at Reiche Community Center, 166 Brackett St., Portland. Cost: \$2. 874-8873.

Bodyshop Program USM Lifeline offers a bodyshop program with fitness evaluation and personal orientation and training. Equipment includes Lifecycles, Lifesep, Concept II and Liferower, treadmills, Nordic Track, Schwinn AirDyne and Universal and free weights. Ongoing registration. 780-4170 for info and brochure.

Boomerang Club meets every Sunday at 10:30 am on the High Plains at Fort Williams Park, Cape Elizabeth. 775-0411.

Casco Bay Bicycle Club meets every third Tues at 7 pm at the Walker Library, Maine Street, Westbrook. Call 892-9257.

Contra dance with Crooked Stovepipe Band every third Fri at 8:30 pm at the Presumpscot Grange, 1844 Forest Ave., Portland (across from Tortilla Flat Restaurant). All dances taught. Singles always welcome. Cost: \$5. 774-3392.

Downeast Ski Club Sale The largest one-day ski sale in New England takes place Nov 27 from 9 am-8 pm at the Campus Gym, Falmouth Street, USM/Portland. New and used ski equipment, accessories and clothing sold at deep discounts. Want to sell your used ski equipment? You can register at the gym Nov 26 from 4-8 pm and during the day of the sale. 1-800-505-SALE.

English Country Dancing with live music by the Merrymeeting Musical Menagerie and caller Dan Seigel Nov 28 from 7-10 pm at Bowdoinham Town Hall, School Street, Bowdoinham. All dances taught and refreshments served. Please wear soft-soled shoes. Cost: \$4.50. 866-3090.

Fifty-Five & Fit The Greater Portland YMCA offers fitness classes and programs for active older adults who love to get involved and treasure their independence. 874-1111 for more info.

Indoor Soccer Pick-up games every Fri from 6-8 pm at the Reiche Community Center, 166 Brackett St., Portland. Cost: \$2 residents, \$3 non-residents. Call 874-8873.

Maine Accessible Adventures Open House Maine Accessible Adventures, the Maine chapter of National Handicapped Sports, makes outdoor activities in Maine accessible to all people and promotes skill development through training and education. The public is invited to an open house party Nov 20 from 3-7 pm at the Campus Center, USM/Portland. 875-2711.

Maine Outdoor Adventure Club brings together people who enjoy the outdoors. MOAC offers trips and events to people of all skill levels, beginner to expert. Upcoming events: Nov 29 full moon hike at Morse Mountain (637-2216); Dec 1 monthly meeting at 7 pm at North Deering Congregational Church, Portland. Weekly walk around Back Cove every Tues & Thurs at 6 pm (meet in Payson Park). For updated trip info, call the Outdoor Hotline at 828-0918. For club and membership information call 774-3886.

Martial Arts for Seniors Master's Self-Defense Center offers a martial arts program designed for those over 50 years of age. Program includes fitness, weight control, relaxation and self-defense. The center is located at Union Station Plaza on St. John Street, Portland. 761-0114.

Padding Along Join other padding enthusiasts for a Lower Saco River paddle Nov 21 at 10 am. Participate in an introduction to kayaking and basic strokes Nov. 28. 773-0910.

Pool Hours Portland Rec announces its winter pool hours. Riverton Pool, 1600 Forest Ave., Portland: Adults 12-15:15 pm Mon-Fri; 12:30-1:30 pm Sat; 6:15-7:30 pm Mon-Wed-Fri. Open swims 7:30-8:45 pm Mon & Wed; 6:15-8 pm Tues; 1:30-3:30 pm Sat (874-8456). Reiche Pool, 166 Brackett St., Portland: Adults 12-15:15 pm Tues & Thurs; 4:30-6 pm Mon-Wed & Fri; 4:30-5:30 pm Thurs. Open swims 6:30-8 pm Thurs (874-8874).

Portland Pirates See Portland's new hockey team in action during home games at the Cumberland County Civic Center, 1 Civic Center Square, Portland. Schedule: Nov 20 (vs. Albany) at 7:30 pm; Nov 21 (vs. Albany) at 4 pm; Nov 24 (vs. Cornwall) at 7 pm; Nov 26 (vs. Fredericton) at 7:30 pm; Nov 27 (vs. Springfield) at 7:30 pm. Tix: \$12, \$10, \$8, \$6, \$5 for seniors and kids. 775-3458.

Row Row Row Learn how slide seat rowing can keep you fit for life. Call Casco Bay Rowing Center at 846-5139.

Saturday Dance Dance the night away every Saturday at Maine Ballroom Dance, 66 Congress St., Portland. Dancing for beginners from 8-9 pm; all others dance from 9-12 pm. Cost: \$5, \$3 for beginners dance. 773-0002.

Scuba Lessons Portland Recreation offers ongoing lessons at Riverton Pool, 1600 Forest Ave., Portland. 799-7990.

Senior Fitness for Men & Women 55+ USM Lifeline offers classes Monday and Friday from 10:30-11:15 am at the USM Portland campus gym on Falmouth Street. Program consists of progressive exercises. Registration is ongoing. 780-4170.

Senior Stretch & Step 5. Portland Parks & Recreation offers stretch & step exercise classes on Mondays and Fridays. Call 767-7650 for details.

Singles' Dance The Singles' Network invites you to dance to live music provided by Cheyenne Nov 27 from 8:45 pm at the Italian Heritage Center, 40 Westland Avenue, Portland. Cost: \$8. \$5 members. Smoke-free. 1-800-375-6509.

Swimming Classes Sign up your preschooler for Tuesday morning swimming classes (start Dec 4) at Riverton Pool, 1600 Forest Ave., Portland. Registration starts Nov 17 at 7 pm. 874-8456.

Thirty Somethin' Soccer People 30+ meet to play soccer Sunday evenings at 6 pm on the Middle School Field, Scott Dyer Road, Cape Elizabeth. Events include pick-up games, challenge matches and occasional tournaments. 799-8669.

Volleyball Tourney USM Lifeline sponsors a Thanksgiving coed volleyball tourney Nov 20 at the campus gym, Falmouth St., USM/Portland. Intermediate and MSVA intermediate levels. Prizes awarded in each division. 780-4170 for brochure; 780-4574 to register.

Western Line Dancing USM's Linda Seidl offers a class Nov 29 from 7-9 pm in the Brooks Student Center, USM/Gorham. Free. 780-4173.

Women's Rugby The Portland women's rugby club welcomes new and old players. Call 865-4419 or 929-5984 for more information.

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Breakfast for all Tuttle Road United Methodist Church in Cumberland offers all the eggs, sausage and muffins you can eat and all the juice and coffee you can drink Dec 4 from 7:30-9:30 am. Cost: \$3 adults, \$1.25 kids.

Craft Fair Central Now's the time to get a head start on your holiday shopping. Most fairs feature handmade crafts and plenty of food. The following fairs are coming soon to a location near you:

• **Benefit Christmas Fair** for the Maine Children's Cancer Program Nov 20 from 10 am-3 pm at Harmony Masonic Hall, Cressey Road, Gorham. Light lunch available. Children's craft corner from 10 am-on.

• **"A Christmas Made in Maine"** Nov 18-20 from 10 am-4 pm at 520 Range Road, Cumberland. Free admission. 775-5011.

• **Christmas Fair** Nov 20 from 9:30 am-2:30 pm at State Street Church, 159 State Street, Portland.

• **Christmas Fair** Dec 4 from 9 am-2 pm at St. Bartholomew's Church, Gilman Road, Yarmouth. Unusual tree decorations, jewelry, books, attic treasures, raffles and hayrides. Fire-side lunch served 11 am-1 pm.

• **Country Craft Fair** Nov 20 from 9 am-2 pm at Jordan Acres School, Jordan Avenue, Brunswick. Evergreen wreaths, baked goods, kid's activity area.

• **Fair with a Fair** Nov 20 from 10 am-2 pm at OceanView, 52 Falmouth Road, Falmouth. Ornaments, wreaths, note cards, jewelry, culinary creations, tea room. 781-4460.

• **Fellowship Fair** Nov 20 from 1-4 pm at Beautiful Savior Lutheran Church, 1976 Washington Ave., Portland. Crafts, baked goods, kid's games and activities, white elephant table, holiday music and more. Free refreshments.

• **Harvest Fair** to benefit Missions to Mexico Nov 20 from 9 am-2 pm at Stroudwater Christian Church, 1520 Westbrook St., Portland. Wreaths, crafts, baked goods, art show and gingerbread house raffle.

• **Holiday "Bizarre"** Dec 5 from 9 am-3 pm at USM Cafeteria, USM/Portland. Sponsored by WMPG. Great gifts, party goods.

• **Holiday Craft Fair** Nov 20 & 21 from 9 am-3 pm at the Hunnewell House, Black Point Road, Scarborough. Dried florals, country wood items, Bavarian tole painting, ornaments and more.

• **Holiday Craft Fair** Dec 1 from 9 am-4 pm at Brooks Student Center, USM/Gorham. Free admission. 780-5470.

• **Holiday Craft Fair** Nov 20 from 9:30 am-3:30 pm at the Pike Hall on Route 5 and 25 (Main Street), Cornish. Local crafts and collectibles, children's area, gifts, decorations and hearty baked goods.

• **Holiday Fair** Nov 20 from 9 am-1 pm at Tuttle Road United Methodist Church, Tuttle Road, Cumberland. Baked goods, sweaters, mittens, aprons, holiday decorations, jellies and much more. Lunch available from 11:30 am-1 pm.

• **Holiday Fair** Dec 4 from 10 am-3 pm at the Unitarian-Universalist Church, 524 Allen Avenue, Portland. Foods table, antiques, recycled items, ornaments, wreaths, CDs, jewelry and quilt raffle.

• **Holiday Fair** Nov 19 from 12-8 pm and Nov 20 from 9 am-4 pm at West Cumberland United Methodist Church, Blacktrap Road, West Cumberland. Crafts, baked goods, white elephant table. Fish Chowder luncheon available.

Art & Soul continued on page 47



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in Muscle Shoals recording their first nationally released recording. The band's eclectic song writing ability featuring rock, folk and country has catapulted this local band to national prominence. Welcome them back to Portland and see what excitement this band generates.

NOVEMBER 20th
LADIES AND GENTLEMEN it's SHOWTIME



Headlining this gala event will be Knots and Crosses. This Portland-based band featuring singer Carol Noonan, keyboardist Alan Williams, and guitarist Rick Harris has built a substantial New England audience. Their two independently produced and marketed albums have sold over 5000 copies and their live performances have attracted rave reviews. The band recently signed a potential 7-record contract with Island Records and is currently

Also on the bill will be Don Campbell with accompanist Dave Rowe. A popular performer that you probably heard on WCLZ, Don is another local talent poised for national recognition. Don's original style of new grass, and folk and roll will both surprise and delight you.

ORGAN LOVERS, the incredible original Wurlitzer organ will be fired up for the first time in 30 years. Watch the popular organist Bill Picher rise up out of the orchestra pit and dazzle you with the incredible sounds of this vintage instrument.

Master of Ceremonies for the night will be Bob Elliot, popular local folk hero for WCSH Channel 6. Bob has taken a special interest in the State and will be presenting a special film narration of the rebirth of the State Theatre.

Tickets go on sale Nov. 8th, 10 AM. ONLY \$10.

Show begins at 8pm
Doors open at 6pm

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JUDY TENUTA, November 28, 7:00 PM
The American Comedy Awards named her America's "BEST"

FEMALE COMEDIAN crowning Judy the Queen of Comedy. Accordion player and self-professed Love Goddess has a HIT album, starred in her own television specials for HBO, Showtime, and Lifetime. Adored by love slaves everywhere, Judy has cooed her way to the top where she continues to define cutting edge comedy.
Tickets go on sale Nov. 8th, 10 am. Only \$15.



LOS LOBOS, November 21, 7:00 PM
GREAT BAND. INCREDIBLE LIVE SHOW. The State will rock with LOS LOBOS. This band from East L.A. is known for its ability to rock, as well as being the champions of the acoustic Mexican-American music which includes their chart topping "La Bamba."
Formed 18 years ago to play wedding and bars, this band has won critical acclaim with their 6 albums and their coast to coast performances. Los Lobos still embraces the raw power of rock, country, blues, as well as elements of Catholicism, and Hispanic and Native American folklore.
Tickets go on sale Nov. 8th, 10 am. Only \$15.



continued on page 4

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would like to Congratulate

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and Wish them the Best of Luck for a successful future

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HOW DID THE STATE THEATRE SURVIVE?

In 1929, the State Theatre opened as the first combination vaudeville and sound movie theatre in the State of Maine. Technologically and architecturally, the theatre was considered state of the art. Sound reproduction was just being introduced and the State was the first theatre to be acoustically designed to show "talkies." A new development in movie screen technology was also introduced at the State known as "Sarasone," which was billed as the "New Magnascope Screen" soon to become standard for the movie industry. Congress Street boasted 7 theatres during the golden era of both films and live programming during the '30s '40s and '50s. The Portland, The Capitol, The Empire, The Maine, The Strand, and The Civic are only a distant memory today. Only the State remains because of a few unique coincidences and a bit of luck.

THE STATE THEATRE PRESENTS

Davis, W.C. Fields, The Three Stooges, and George Burns would often come to the theatre in conjunction with their movie releases. Local programming became more popular in the '50s with variety shows, radio shows, and community events becoming integrated into the movie format. The '60s signaled the decline of the theatre with competition from new suburban theatres. In 1969, a 20 year lease was sign with a Boston-based film distributor which after a short time switched their programming from family oriented to the new adult oriented films. One week Swiss Family Robinson was here, the next, I Am Curious Yellow, which marked the beginning of the Porn era. Ironically, this Boston-based group kept paying the rent which kept this hidden treasure well secured within the surrounding office building wrapped because it was Portland's largest theatre with 2300 seats, quickly focused almost exclusively on cinema. Stars like Betty

with plywood partitions, projection was switched from carbon arc 35mm to video cassettes but the theatre remained virtually intact.

February of 1989 signaled the end of the 20 year lease and the new ownership of Nick and Lola Kampf. The doors were opened and the partitions cleared out to reveal a tarnished gem. Anxious to get the theater up and running, the Kampfs leased the space to the Falling Water Corp. to develop and operate a first class supper theatre. Timing couldn't have been worse. The boom of the 80's was over and the banking industry pulled out of the deal. The lights went out again at the State.

After 2 years of waiting for another private or public venture to see the potential of the theatre, the Kampfs decided to plunge into the project themselves. They hired a creative architect and a general manager who knew the local music scene. After examining the local communities' needs, the most viable option was to open a mid-size theatre designed to complement various contemporary uses. This exciting new chapter combined the original beauty and grandeur with the demands of contemporary performers and expectation of audiences well into the 21 century.

This supplement was produced by the advertising department of Casco Bay Weekly. Text supplied by State Theatre



SPECIAL THANKS

State Theatre management would like to publicly thank the following area businesses and individuals who contributed their services, without which the renovation of the State Theatre would not have been possible.

- BUSINESSES**
- B. H. Milliken, Inc.
 - Orcutt and Simons
 - Crew of Congress Property Management
 - Portland Dry Wall
 - State Alarm Co.
 - John Bellino Plumbing
 - New England Audio Resources
 - Lawn Audio
 - High Output Lighting
 - Ovation Catering
 - Automatic Sprinkler
 - Maine Bank and Trust
 - Pond Cove Paint
 - American Theatre Organ Society (Pine Tree Chapter)
 - Phoenix Glass Studio
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 - Rufus Deering
 - 1st Merchants Bankcard Services
 - Maine Medical Center
 - Grafic Advertising
 - Nynex Meridian Systems
 - Casco Bay Weekly
 - Portland Uptown and Co.

INDIVIDUALS

- Special thanks to Joseph and Tonia Poulin without their help none of this would have been possible
- Scott Simons
 - Marty Burnett
 - Bruce Miller
 - Lori Babineau and friends
 - Mike Turner
 - Tom Field
 - Garland Purdy
 - Janet Alexander
 - Joy Knight
 - James Hauptman
 - Larry Davis
 - Jay Jacques
 - Jim Moody
 - Kris Echart
 - Joe Valley

AND ALL THE WONDERFUL VOLUNTEERS ...

Starting Wednesday, November 24, Casco Bay Weekly's Annual Holiday Gift Guides hit the stands spotlighting how and where to find the best **Holiday Gifts!**

For more information on this exciting advertising opportunity, call your Casco Bay Weekly representative at (207) 775-6601.

Casco Bay Weekly

The Maine Historical Society Presents
Don We Now Our Gay Apparel
A celebration of Victorian Dress and Decoration at the Wadsworth-Longfellow House

Hours:
Friday, December 3, 3:00 - 6:00 pm
Saturday, December 4, 12:00 - 4:00 pm
Sunday, December 5, 12:00 - 4:00 pm

Friday, December 10, 3:00 - 6:00 pm
Saturday, December 11, 12:00 - 4:00 pm
Sunday, December 12, 12:00 - 4:00 pm

Admission:
\$5.00 Adults, \$3.00 Members, \$1.00 Children 12 and under.

Information:
879-0427

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you are, they've got Laser Karaoke and
a Piers Bar in the front room for you!
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in the back room (for me!)
Picture it... Live from the Underground
Rexie and Kathie Lee...
K

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