

4-18-1991

Casco Bay Weekly : 18 April 1991

Follow this and additional works at: http://digitalcommons.portlandlibrary.com/cbw_1991

Recommended Citation

"Casco Bay Weekly : 18 April 1991" (1991). *Casco Bay Weekly (1991)*. 16.
http://digitalcommons.portlandlibrary.com/cbw_1991/16

This Newspaper is brought to you for free and open access by the Casco Bay Weekly at Portland Public Library Digital Commons. It has been accepted for inclusion in Casco Bay Weekly (1991) by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.

Casco Bay Weekly

Pinching pennies and pushing bills

Portland lawmakers lead fight
for civil rights, social services

■ by Randy Wilson

The year was 1989, the bloom was still on the Maine economy, and Portland's legislative delegation was riding high. Portland's legislators — all Democrats, most of them liberals — were in the thick of battles over innovative recycling programs, insurance reforms, new health care initiatives and gay rights.

But now that two years have passed, progressive politics have taken a back seat to budget cuts, layoffs, and a rollback of environmental gains in the name of business solvency.

"I was naive enough to think I could just write those bills and they would become law," said Rep. Herbert Adams, recalling the confidence with which he took on major industry lobbies with bills to ban plastic yokes on six-packs and plastic bags in grocery stores.

In fact, both those measures did become law under omnibus solid waste legislation — if only temporarily. Today, they are under attack by industry as too costly, with bills submitted to repeal both proposals.

"It's a very different atmosphere," said Sen. Joseph Brannigan, dean of the Portland delegation with seven terms in the Legislature. "All phases of life, both public and personal, are very difficult."

Portland's delegation to Augusta has never been a dominant force, despite the cachet of representing the largest city in state. The Maine Legislature is run by northern Democrats with the acquiescence of rural Republicans. City delegations from Portland, Bangor, Augusta and Lewiston have never gotten their urban acts together, even when state finances were flush.

Dominating life under the State House dome this session is the budget shortfall, a yawning \$930 million chasm representing a 25 percent cutback from current services, unless new revenues are found. The two-year budget gap comes on top of a \$170 million shortfall in the current budget that was only recently solved, mainly through a combination of one-time surpluses, transfers, and accounting gimmicks that has left the state treasury nearly bare.

The budget crunch dominates virtually every move made in Augusta this year. It has put most lawmakers on the defensive, especially those who believe that all politics are local. No legislator can afford to go home and admit that the state budget this year was balanced by shifting costs to cities and towns.

"However we balance the budget, it cannot be by cost-shifting onto the backs of property taxpayers," said Portland Rep. Anne Rand, calling the \$200 million shortfall in state funds for local schools one of the biggest budget challenges.

Bills that cost money — mainly new health and social service programs — are dead in the water this session, according to State House veterans, unless they can come up with independent revenue sources. And even that is no guarantee: Gov. John McKernan accepted up to \$20 million a year in new alcohol and tobacco taxes passed last year with the Maine Health Plan, then decided he needed the taxes to balance the budget and tried to abandon the health plan.

So Portland lawmakers have sponsored a myriad of bills that carry small price tags. Those bills concern issues including gay rights, landlord-tenant disputes and gun control. And with this legislative session only half over and nearly a thousand bills yet to be printed, it's not too late to get involved.

■ Continued on page 6



CBW illustration/Toki Oshima

APRIL 18, 1991.

QUARTERLY WELL NESS REPORT

Refugees from reality

page 10

How much is enough?

page 11

Marketing good health

page 13

Political vegetarianism

page 15

Wellness directory

page 16

Buy any Spring Suit on Sale (over \$220) and get a FREE \$29 shirt, \$28 tie and \$24 belt



FINAL WEEK

EVERY SUIT ON SALE
free alterations

A.H. BENOIT & CO.
188 Middle St. In the Old Port

DROP ME A LINE...

PROGRESSIVE CARDS, GIFTS + WRAP
144 HIGH ST., PORTLAND 773-5547
OPEN EVERY DAY

LEVINSKY'S CARES!

Recycle Your Fashions - Help The Less Fortunate

Give Us Your Unwanted Fashions And Footwear

We Will Donate Them To Charity And Give You A

10% OFF COUPON FOR EACH ITEM YOU BRING IN!

Discounts taken at register. One coupon per item. Offer Ends 4/30/91.

• Portland • Freeport • No. Windham • Brewer



363 MAIN STREET SOUTH PORTLAND M-F 8-6 • SAT 8-4

SO. PORT. FIRE DEPT. CASH CORNER
RTE 1 (MAIN STREET) BROADWAY

\$4.00 OFF with this coupon
14 Point Complete Service
Exp. 5/6/91
not valid with any other offer. Up to 5 Qts. CBW

\$5.00 OFF with this coupon
Automatic Transmission Service
Exp. 5/6/91
\$29.95 w/ coupon includes new trans. filter, new gasket, 5 Qts trans fluid & clean pan. CBW

FAX FREE THURSDAY

SEE PAGE 33
Casco Bay Weekly

Newsbriefs Weekly

A review of the top news stories affecting Greater Portland: April 9 through 16, 1991.

Fleet puts on the heat

Fleet Bank of Maine girded its loins last week in an attempt to recover money from bad loans made in the '80s. Fleet lawyers filed suits in southern Maine Superior Courts and in U.S. Bankruptcy Court, trying to shake money out of pockets which once were deep.

Developers Liberty, Gendrons, others sued over mortgages

Fleet Bank of Maine has filed five separate lawsuits this month in Superior Courts in Cumberland and York counties against key developers in southern Maine's real estate boom of the '80s. The bank hopes to collect \$8.6 million in overdue mortgages from developers David R. Cope, George Denney, Michael A. Liberty, and John and Richard Gendron. The suits accuse the developers of failing to live up to their loan agreements.

All the developers are named in a \$5.4 million suit filed in York County over the Mid-Town Mall in Sanford. The Gendrons are the managing partners of that project, but haven't made mortgage payments on it in nine months, the suit alleges. The suit also alleges that the Gendrons have been collecting rent during the nine-month period, but have not been forwarding the money to the bank. Fleet wants a receiver appointed to collect rent money and put it toward the mortgage.

Gregory D. Woodworth, a Portland attorney representing the Gendrons, says the developers are "experiencing difficult financial times." "The Gendrons are working very hard, they're still operating their business and continue to move forward," he said.

Liberty and Cope have been named as defendants in another action aimed at collecting \$2.1 million in connection with the Falmouth Woods Office Park. Three lawsuits were filed to try to collect that money.

They are also defendants in a \$1.1 million lawsuit over the Bay Bridge Estates mobile home park in Brunswick. Bay Bridge Associates and Katahdin Corp. are also named as defendants in that suit.

Liberty said on April 10 that he plans to meet with Fleet officials to try to "settle up" his obligations on the mall, and that he would make good on his share of the debt.

Jolly John may lose Auto Mall

Fleet Bank of Maine is threatening to sell the land out from under "Jolly John" Pulsifer, the financially troubled auto dealer who has been operating under bankruptcy protection since August.

Kathleen Barry, an attorney for Fleet, said the bank wants Jolly John Ford-Lincoln.

Brunswick base escapes closure

Brunswick Naval Air Station was not recommended for closure by the Pentagon on April 12, sparing the southern Maine economy a jolt. Northern Maine was not so lucky, however; Limestone's Loring Air Force Base is among the 31 major domestic military bases and 12 minor installations that Defense Secretary Dick Cheney recommended closing.

In combined civilian and military payrolls, the Brunswick base pumped about \$87 million into the economy last year.

Budget red ink: \$16 million

Red ink in the state treasury surged above \$16 million through the third quarter of the fiscal year, officials said April 12, and Gov. John R. McKernan called the figures "very disturbing news."

Mercury out of the building it occupies so that Fleet can sell the real estate. "There has been some interest expressed by potential bidders," she said.

Fleet plans to announce a foreclosure auction soon after April 29, when the 90-day, post-foreclosure period expires, Barry said.

Under state law, former owners of foreclosed land have 90 days to pay back the lender.

The bank was granted foreclosure Jan. 29 on the land and building that comprise the 15-acre Jolly John Auto Mall on U.S. Route 1 in Saco. And at a hearing in U.S. Bankruptcy Court on April 25, Fleet will attempt to have the business evicted, Barry said.

Pulsifer's attorney, Jacob Manheimer, said the auto dealer is now considering two options: he may buy the property from the bank if it accepts an offer that is less than the approximately \$1.6 million he owes on his mortgage; or he may move his dealership to another site on Route 1 in Saco, a site that he owns and at which he once ran a Lincoln-Mercury dealership.

Jolly John Ford, once the seventh largest auto dealer in New England, listed assets of \$4.1 million and liabilities of \$6.9 million in its Chapter 11 filing.

Cohen's One Monument Square to be sold at auction

Fleet Bank of Maine announced April 11 that it was foreclosing on the One Monument Way building in downtown Portland and planned to sell the building at a foreclosure auction.

According to Drew Anderson, the attorney representing Fleet, the corporation controlled by the late Gene Cohen owes the bank \$5.4 million on two mortgage notes.

Portland attorney Charles Rimmel, who is representing the Cohen estate, said the estate has "fully cooperated with the bank and has put the property back in the hands of Fleet Bank." Rimmel said the bank will probably try to auction off the property in the next 30 days.

The building was home to A.H. Benoit & Co. for 72 years, until it was sold in 1987 to Cohen and James Keely. The developers gutted the structure and turned it into retail and office space. Tenants include the Victory Deli, Classic Eyewear and Bookland.

"There's no question that these revenues represent a very real setback at this point in the fiscal year," the governor said in a prepared statement.

All three of the most lucrative tax lines — sales, individual and corporate income — lagged substantially behind estimates through March, according to the latest report. For the month of March alone, General Fund tax collections fell \$17.6 million, or nearly 18 percent, behind projections.

McKernan said he would wait until early May, after officials had assessed the effect of March retail sales and April income tax filings, before proposing further steps to balance the budget.

In March, after more than 3 1/2 months of marathon negotiations, the governor and Legislature agreed on a combination of spending cuts, borrowing and one-time revenues to offset a potential shortfall of more than \$170 million through the end of the fiscal year in June.

Freeport trash scam bags haulers

The Freeport Town Council may decide to pursue criminal charges against three garbage-haulers that illegally charged Freeport \$30,000 to \$50,000 for disposing of commercial rubbish and trash from other towns, said Town Manager Dale C. Olmstead on April 9, adding that the town is negotiating with the trash-haulers to get its money back.

Freeport officials launched an investigation involving Freeport and Yarmouth police and a private investigator two months ago when they learned Freeport was producing more garbage than the national average.

Olmstead said the national per-capita average for garbage is about 1.8 pounds each day, but Freeport residents were producing four pounds of waste per day. He added that commercial waste had dropped off by 200 percent in some cases.

For instance, he said the amount of commercial garbage in Freeport, Yarmouth and Falmouth dropped from 381 tons for February 1989, to 174 tons for February 1990 and 80 tons for February 1991.

Freeport residents now choose their trash-hauler and pay for roadside service, while the company bills the town for waste at \$40 per ton.

The investigation confirmed that the companies have been passing off commercial garbage as residential trash, and also passing off trash from neighboring towns as Freeport's, Olmstead said. He added that by passing off commercial waste as residential, Freeport was forced to pick up the tab — which normally would be paid by the hauler — at a cost of \$58 a ton.

The haulers cited are Yarmouth Rubbish, operated by Russell Stull; Wentworth Rubbish, operated by Danny Wentworth; and Freeport Rubbish, operated by Frank Waterman.

Freighter blamed for oil spill

The Coast Guard is blaming a Maltese freighter, *Milta*, for leaking 500 gallons of heavy oil into Portland Harbor on April 8, a spill for which no one claimed

GRAND OPENING SALE

LAST 4 DAYS 10% OFF OUR ENTIRE STOCK

Futons, Convertible futon frames, bed frames, Covers, Pillows and accessories!



Plus you can save an additional 10% off with our everyday package pricing. Futons made especially for us by **Gold Bond** Sale ends April 22.

PACKAGE PRICE
Here's how it works: Buy any frame plus futon and save 10% (futon cover may be included in package price). Queen size, as shown:
Solid Ash Spindle bed.....~~339~~.....NOW...**341.10**
7 1/2" foam core futon...~~195~~.....NOW...**143.10**
Less 10%.....**128.79**
You Pay.....435.78
You save \$102.22 off our everyday low prices!

FUTON FURNISHINGS
The Futon Store
343 Forest Avenue, Portland, Maine 871-0578
Mon & Thurs 10-8, Tues, Wed & Fri 10-7, Sat 9-5, Sun 12-5
Visa, MasterCard, American Express, Discover and personal checks welcome • Satisfaction Guaranteed
Exit 6B Rt. 295 • Plenty of Free Parking

THE NATURAL ALTERNATIVE



Our ULTRA futon
Wise consumers know that all futons are not created equal. Our Ultra Thick futon is nine inches thick — 30 layers of pure cotton — with a 2 inch foam core: the perfect alternative to a mattress. Enjoy a naturally firm, breathable sleep surface that conforms to body contours yet offers maximum support to your spine.

	Regularly	NOW
ULTRA TWIN	39" X 75" 149.	134.10
ULTRA FULL	54" X 75" 169.	152.10
ULTRA QUEEN	60" X 80" 189.	170.10

Plus you can save an additional 10% off with our everyday package pricing. Futons made especially for us by **Gold Bond** Sale ends April 22.

FUTON FURNISHINGS
The Futon Store
343 Forest Avenue, Portland, Maine 871-0578
Mon & Thurs 10-8, Tues, Wed & Fri 10-7, Sat 9-5, Sun 12-5
Visa, MasterCard, American Express, Discover and personal checks welcome • Satisfaction Guaranteed
Exit 6B Rt. 295 • Plenty of Free Parking

Continued on page 4

★★★★ the Epicurean Inn
 "A haven to head to when you need a prescription for pleasure." ME Sunday Telegram

- Fine dining, unpretentious style
- Outstanding wine selection
- Wednesday - Sunday, 5-9pm
- A short drive from Portland

Route 302, Naples • 693-3839

AWNINGS
 Custom designed awnings - unique alternative to signs.

Leavitt & Parris Inc.
 free estimates, installation & delivery
 883-4184 • 448 Payne Rd. Scarborough
 We're in the NYNEX Yellow Pages.

**Now Open
 A Home Store**

20% OFF Natural Dried Flowers, more than 15,000 bunches available!

- Decorative Gifts, Antiques and Heirloom Items.
- Entertainment and Wedding Services Available.

Elizabeth's Parlor & Pantry
 Traditional Home Accessories - For the Nineties.

"We are always home, 7 Days A Week."
 Rte 77, Cape Elizabeth (next to Jordan's Lawn & Garden)
 767-5668

UNITED COLORS OF BENETTON

TAKE 20% OFF selected Spring merchandise!

UNITED COLORS OF BENETTON **SISLEY**

56 main st • freeport, me 865-6369 88 main st • freeport, me 865-1215

111 Middle Street
 Portland Maine 04101
 Next to Portland Police

For free delivery and daily specials please call 879-1962

ON THE GO

BAGEL & SANDWICH SHOPPE

Open Mon-Fri 6am-2:30pm Sat 8am-2pm

FREE GREEN MOUNTAIN COFFEE WITH BREAKFAST OR LUNCH
 with this coupon

Newsbriefs Weekly

Continued from page 3

"Our intention wasn't to generate as much revenue as possible - it was a positive move to give people a chance to pay old parking tickets," said City Parking Manager Mike Josephson. Josephson said the majority of tickets returned were 1989-90 violations, but payments were received for violations up to 10 years old.

The amnesty program was held April 1-12, and offered parking offenders who were issued parking tickets before Jan. 1 a chance to pay old parking ticket debts at half the cost. Outstanding parking violations owed to the city totaled \$4.2 million before the amnesty program.

Paper mill to pay \$885,000 in fines

International Paper Co. agreed on April 12 to pay \$885,000, to settle a suit by the state attorney general that alleged numerous environmental violations at the Androscoggin paper mill. The court-approved consent agreement specifies that IP is to make improvements on environmental controls at the mill.

The suit filed in 1988 accused the plant of violating air restrictions, releasing untreated water into the Androscoggin River and illegally dumping hazardous waste in its 55-acre landfill, said Assistant Attorney General Paul Stern.

In July 1989, IP agreed to pay a \$990,000 fine - at the time, the largest environmental fine ever levied.

Three ash dump sites eyed in southern Maine

The Maine Waste Management Agency announced April 12 that it had narrowed the field of locations for new ash dump sites in Maine to eight. Three of those southern site locations are in York County.

Tracts of land in Buxton, Kittery and Arundel, and five tracts in central and northern Maine were chosen from a list of 25 possible sites.

The agency plans to pick final southern, central and northern sites by March of 1992. The southern site will handle incinerator ash from the Maine Energy Recovery Co. incinerator in Biddeford, along with wastewater sludge, power plant ash, oily debris and asbestos.

Opponents of the three proposed southern sites say the areas pegged for the dump are environmentally unsuitable since they are located in sensitive wetlands where a landfill could



Tax protester arrested CBW/Jeffrey Phillips

Portland police drag Falmouth's Wes Nickerson down the steps of the Forest Avenue post office April 15, after arresting him for criminal trespassing. Nickerson had been handing out anti-tax literature claiming that over 50 percent of tax dollars go toward military spending. Nickerson, who spent a night in jail, will be arraigned on April 19. Postal Inspector Don Hotchkiss said he asked Nickerson repeatedly to go outside the post office building to hand out his pamphlets. "He was trespassing and causing a disturbance and he refused to leave," Hotchkiss said.

contaminate well-water supplies.

Agency officials said they will hold public meetings on the proposed sites later this spring. Sites selected for the ash dump will require final approval from the Maine Department of Environmental Protection.

Protesters meet shareholders

About 40 protesters showed up at American Cyanamid's annual stockholders' meeting at the Sheraton Tara Hotel in South Portland on April 15. The protesters, representing several environmental, labor and anti-apartheid groups, banged oil drums and waved banners blaming the New Jersey-based chemical company for sending mercury-laden sludge to a reprocessing plant in South Africa.

American Cyanamid officials said the company stopped shipping the mercury sludge to South Africa eight months ago.

But according to Jeff Zeh of Greenpeace, one of the organizers of the protest, American Cyanamid may begin renewed shipments of the mercury sludge - a by-product in making engine seals and other rubber products - to South Africa "at any time."

Greenpeace claims that the mercury waste is contaminated with nonrecoverable chlorinated toxins. According to the environmental group, when burned in a smelter those contaminants re-

combine to form highly toxic forms of dioxin, which escape through smokestacks and fall on surrounding South African villages. The group also claims that mercury from the South African reprocessing plant has been dumped into nearby rivers.

Earth First! holds Portland rally

About 25 people representing Earth First!, a radical environmental organization forming a group in Portland, marched from Longfellow Square to hold a rally at Monument Square on April 13.

"It was a day to draw attention to Earth Day being every day and not just some days," said Jeffrey Phillips, one of the rally's organizers. "We're hoping to bring new awareness to Earth First! as an organization in Portland."

In Maine, Earth First! has been attacked by critics in the timber industry, who allege the group is responsible for tree spiking and destruction of timber equipment.

Pro-life group protests MCLU

About 15 people demonstrated in front of the Maine Civil Liberties Union's Exchange Street office on April 13 to protest the MCLU's stand on abortion and prayer in public schools.

Besides the MCLU's pro-abortion stand, David Robertello and members of the Pro Life Education Association, the organizers of the demonstration, said they

were protesting the MCLU's opposition to prayer during high school commencement ceremonies.

Dorcas Gilpatrick said the MCLU opposes prayer at commencement ceremonies because it violates others' First Amendment rights.

Critics videotape FBI at USM

An Augusta group calling themselves the Maine Citizens to Defend the Bill of Rights videotaped the FBI recruiting students at the University of Southern Maine on April 16.

Joe Baltar, one of the organizers of the event, said the group was trying to draw attention to the FBI's "illegal surveillance practices." "We are attempting to let the FBI know how it feels to have their First Amendment Rights violated as they routinely violate the rights of ordinary citizens," said Baltar.

Baltar also alleged that the FBI's hiring practices were discriminatory. "It is a well-known fact that the FBI routinely discriminates against Hispanics, blacks and women," said Baltar.

State may close Pineland Center

Mental Health Commissioner Robert Glover's call to close New Gloucester's Pineland Center - the only major state institution for the retarded - within three to five years has touched off a debate between advocates of community-based care and union leaders who want to keep Pineland open.

Carl Leinonen, head of the Maine State Employees Association, said that Pineland may be the best setting for certain residents.

But Glover said his recommendation was based on the conclusions of managers within his department. He said community programs "clearly are available in surrounding states," an apparent reference to the system New Hampshire developed when it shut down an institution for the retarded in Laconia.

Pineland once housed more than 1,000 people, although the population has been fewer than 300 in recent years.

Even advocates of closing Pineland are skeptical that it could be done so quickly.

"The idea behind it is excellent, but I don't think three to five years is realistic," said Mickey Boutillier, chairman of the "consumer advisory board" created by a 1978 consent decree that requires the retarded to be housed in the least restrictive setting. "There's no depth to the community system. It's stretched thin at this point."

Reported by Eric Hannelius, Rosalie Mulligan, Andy Neuman and the Associated Press.

"Look what I found at the Factory Store."



Mary Thurlow
 Mechanic Falls, Maine

"I bought a couple of turtleneck shirts for \$12 each. I come into the store looking for bargains, usually clothes."

Visit our Freeport Factory Store for discounts from 25% to 60%. Every day, we add great new L.L.Bean products to our racks and bins. We're on Depot Rd., one block from our Main St. retail store, and we're open 10 am-9 pm daily.

L.L.Bean® Factory Stores
 A different store. Every day.

**One great club.
 One great price.
 No strings attached.**

SIX WEEKS \$59

Of all the fitness clubs in Portland, one stands above the rest for exceptional facilities, great programming and top service. Now, for a limited time, first time buyers can enjoy Bay Club for six weeks, for only \$59 until April 30. There's no catch. It's just our way to introduce you to Portland's finest fitness club-Bay Club.

Come in today and see what a difference a great fitness club can make to your workouts. And you'll love the difference the price makes to your wallet.

One Hour Free Parking.



772-5444

There's no finer fitness in Portland.

A Health Development Corporation Club.
 Other HDC Clubs: Sky Club, Boston/The Colonial Club, Lynnfield, MA/The Lexington Club, Lexington, MA

LEGISLATIVE ROUNDUP

Continued from front page

Taxes and revenues

Portland will be in the thick of the budget debate, even if local school subsidies and other state payments to the city are not touched. Three major hospitals are counting on state money to make up federal shortfalls, the University of Southern Maine faces unknown but substantial budget cuts, and the Portland area is second only to Augusta in its number of state employees.

No one believes that the nearly \$1 billion budget shortfall can be closed without new revenues, and members of the Portland delegation have signed on to several local-option tax bills that would make up gaps in state funds, especially the \$200 million gap caused by "flat-funding" of state education aid over the next two years.



■ Rand and Brannigan backed a bill (Legislative Document 614) that would have allowed counties to impose a sales tax of up to 3 percent on rooms and meals, with the tax revenues returned to municipalities on the basis of point of origin. The bill was withdrawn for lack of support in committee.

"People outside Portland think all we're interested in is a convention center," said Manning. "They don't realize the problem we have with property taxes."

■ Less progressive is an across-the-board, 1 percent local-option hike in the sales tax (LD 1050), with the money to be shared by the county and towns according to a formula proposed by the Maine Municipal Association. The bill was heard by the Taxation Committee but given little chance of success.

■ More popular is the most direct approach: a statewide increase in the sales or income tax, with a penny on the sales tax generating about \$100 million a year in new revenues. Raising the top state income tax bracket to 10 percent has also been proposed. The tax bills are expected to be among the last measures decided in June after the Appropriations Committee has agreed on spending levels.

■ As for non-tax revenues, Conley has agreed to sponsor a bill (LD 1135) legalizing video gambling in restaurants and bars. The electronic poker and blackjack games could net the state as much as \$50 million a year in revenues, with towns receiving one-quarter of the state's share. The bill is set for a hearing before the Legal Affairs Committee on Wednesday, April 24, at 9 a.m.

Pro: Maine Gaming Association, 782-6104.

Con: Christian Civic League of Maine, 622-7634.

■ And if video gambling doesn't fly, how about off-track betting? Portland Rep. Harriet Ketover has signed onto a bill (LD 944) proposed by Scarborough Downs racetrack owner Joe Ricci that would set up betting parlors throughout southern Maine, including Portland. The bill has been heard by the Legal Affairs Committee, where it drew flak, as expected, from the Christian Civic League. It is still awaiting committee action.

Civil and legal rights

Portland's delegation is among the Legislature's most progressive, and it's not surprising that it is at the forefront of several major pieces of rights legislation this session.

■ Leading the list was the gay rights bill (LD 430), which was defeated by the House in a 75-56 vote on April 16.

This was the eighth time around for the bill, introduced this year by Portland Sen. Gerard Conley, which forbids discrimination in employment, banking, housing and public accommodations on the basis of sexual preference, with an exemption for religious organizations.

This year the bill passed the Senate but lost in the House. During the past decade, it has passed several times in the Senate and once in the House, but never in the same year. The bill had the backing of a wide array of civic, business and church groups.



■ Portland Rep. James Oliver has submitted a bill (LD 194) that would require landlords to pay interest on security deposits by renters. The bill received a hearing on March 27 before the Legal Affairs Committee, which has held it for possible amendment before sending it before the Legislature for a vote.

Pro: Neighborhood Action Coalition, 775-0105.

Con: Maine Apartment Owners and Managers, 622-5421.

■ Not set for a hearing yet is a bill (LD 399) by Rep. Anne Rand that would require larger employers to post notices in workplaces against sexual harassment, and provide education and training where harassment complaints are found. The bill is a major plank in the platform of the Women's Legislative Agenda Coalition (622-0851).

It's not too late to get involved

With the legislative session more than half complete, many bills have already had public hearings and some have even disappeared into the dead bill file.

But more than a thousand bills have yet to be printed, most bills have not had work sessions before committees, and floor sessions in the House and Senate have only begun to get interesting.

In other words, there's still time to get involved with most issues before the Legislature adjourns in mid-June.

The place to start is your local representative or senator. It is too late to file new bills except by special permission of the legislative leadership, but he or she can usually direct you to the special interest group that may know more about bills affecting your concern. Your lawmaker can also provide you with copies of bills and other helpful documents such as hearing schedules, bill digests and committee rosters.

To learn if there is a bill covering a particular subject, start with the legislative information office, at 289-1692. Via the magic of computerized word processing, the staff can cross-check key words in titles and laws to find a bill addressing your subject, if there is one.

That same office can tell you the dates of public hearings for bills and their status, including committee recommendations and amendments. Advance printed hearing calendars are available from the secretary

of the Senate, at 289-1540.

If you miss the hearing, don't worry. Most of the real work of committees takes place in work sessions, which are often scheduled at the last moment. To learn about a committee's schedule, call the Office of Policy and Legal Analysis at 289-1670 and ask for the analyst who staffs the committee handling your bill.

Once a bill leaves the committee, it heads to the floor of the House and Senate. Daily calendars for both chambers are published by the clerk of the House (289-1400), but there is often less than 24 hours notice before a bill hits the floor. Floor sessions can be viewed from galleries in both chambers, and lawmakers can be buttonholed in the corridors anytime they can break free of the lobbyists.

Maine lawmakers have no personal offices, and they do most of their business on the phone and in the hallways. To leave messages, phone the Senate at 1-800-423-6000, or the House at 1-800-423-2900.

There are two excellent reference guides to the Legislature. The 1991 *Senate and House Register*, a 250-page, fact-filled guide to lawmakers and the legislative process, is available from the clerk of the House for \$1. Another book, *A Citizen's Guide to the 115th Maine Legislature*, is published by Maine People's Resource Center, and contains legislative ratings and information on lobbyists and campaign contributions. It is available at libraries or can be purchased for \$17 by calling 761-1881.

Randy Wilson

■ Protecting consumer rights is the object of another bill by Rand that would establish a consumer advocate for buyers of property and casualty insurance, including car insurance. State officials contend that the Bureau of Insurance is capable of handling consumer complaints and questions about insurance industry practices, but critics charge that an independent voice is needed.

The bill has received a hearing before the Banking and Insurance Committee, with work sessions to follow.

Pro: Maine People's Alliance, 761-4400.

Con: Susan Collins, commissioner of the Department of Professional and Financial Regulation, 582-8770.

Crime and punishment

Since the arrival of Portland Police Chief Michael Chitwood, Portland lawmakers have taken a high profile on gun control and urban crime issues.



■ This year's headline bill (LD 1171) is one by Portland Rep. Peter Manning that calls for a 15-day waiting period on the sale of handguns, five times as long as the 72-hour waiting period that Portland had in place before state law pre-empted local control over gun use.

Chitwood endorsed the Manning bill, although he noted that the Brady Bill, with a seven-day wait, is up for a vote in Congress in late April. If signed into law, the federal Brady Bill would pre-empt a state waiting period.

On the other side, Thomas Nannery of the Sportsman's Alliance of Maine says his group will oppose the Manning measure on the grounds that it will not prevent criminals from obtaining handguns. The bill is set for a hearing before the Legal Affairs Committee on Thursday, April 25, at 9 a.m.

Pro: Portland Police Chief Michael Chitwood, 874-8300.

Con: Sportsman's Alliance of Maine, 622-5503.



■ Chitwood is also supporting a bill (LD 588) by Old Orchard Beach Rep. George Kerr that would outlaw public urination and tighten up the state law against drinking alcohol in public.

"It becomes very problematic for us to enforce the (local ordinances) when the Old Port gears up in the summer," said Chitwood. A hearing on the bill was held on March 21 before the Committee on Legal Affairs, which has taken no action on it.

■ Overcrowding in Maine's prisons and jails will be a major topic of debate later in the session as yet another prison bond issue comes to the floor. Portland's delegation has favored community corrections over bricks and mortar in the past, and Manning has introduced a bill (LD 1270) to expand electronic home surveillance of prisoners to inmates in county jails. The bill will be heard by the Corrections Committee on Friday, April 19, at 9 a.m.

In addition, Conley has introduced a bill (LD 271) that would allow judges to waive fines in lieu of community service, and Rep. Cushman Anthony of South Portland has a bill (LD 644) to increase fines and use the money to pay for inmate rehabilitation. All are before the Judiciary Committee after hearings in March.

Corrections activists from across the state have marked May 6 and 7 on their calendars as the dates for a two-day Corrections

cannondale mountain bikes



\$25⁰⁰ in FREE Accessories with purchase of Cannondale bicycle.

10-6 Mon-Fri
10-5 Sat

284 Main St. Saco
283-BIKE

Nishiki, Univega, Cannondale, MT Shasta, Sterling



GERALDINE
ANTIQUES & ESTATE JEWELRY
11 - 5, Tues. - Sat.
26 MILK STREET
PORTLAND, MAINE 04101
207-774-8994

Participate In Your Landscape



"Landscape of the Soul"

The 1990-91 Van Buren Collection reminds us of the sacred places still hidden around and within us. Meso-American sanctuaries, both internal and external, were once a part of people's spiritual lives. The forest, streams, mountains, wildlife, and the very air itself were their deities.



"Earth and Sky"

To save our planet's sacred sanctuaries, we must first find inner focus and clarity for ourselves.



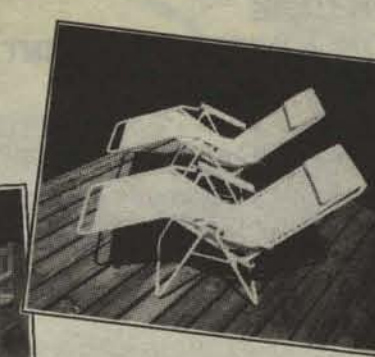
abacus
american crafts

44 Exchange Street • Portland, Maine 04101 • (207) 772-4880

RICHARD PARKS GALLERY

Maine's Largest Collection of Classic & Contemporary Furniture

Maine's Best Collection of...



Outdoor Furniture.

major credit cards - in-store financing - free parking

PORTLAND
288 Fore Street
774-1322

BANGOR
170 Park Street
942-6880

ELLSWORTH
High Street
667-3615

RICHARD PARKS GALLERY

Our 26th Year

ADCOM
fine stereo components

GFA - 535 Amplifier

GTP - 400 Tuner / Preamplifier

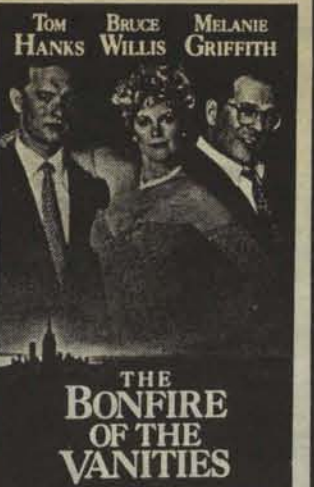
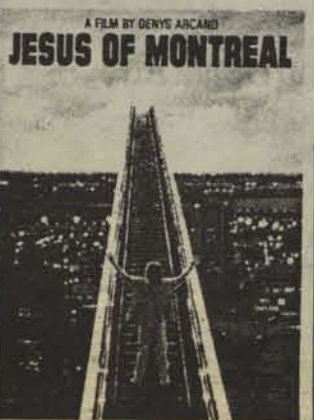
Quality American Audio Separates that offer better performance and reliability at a modest price.

List price \$710
\$595 the pair

New England (Hi-Fi) Music Company

424 Payne Rd., Scarborough, ME 04074 • Telephone (207) 883-4173 • Just one extra mile south of the Maine Mall!

Continued on page 8




DELIVERY AVAILABLE TO YOUR HOME OR OFFICE!

VIDEOPORT
Your Movie Store

Lower Lobby
151 Middle St.
Portland, Maine
773-1999

OPEN EVERY DAY
10 TO 10

Repair old favorites
We have the beads




Sisters Inc.
HAND CRAFTED ITEMS
BY LOCAL ARTISTS

579 CONGRESS ST.
772-8929

**NOT EXPENSIVE
JUST
CONVENIENT**

great fresh vegetable, fruit,
and herbs at good prices.

87 Market St. 761.9232 mon-fri 8:30-6
sat 9:30-5



**PORTLAND
GREENGROCER**

OLD PORT
ARTISANS
Fine Handcrafts

We are proud
to present the work
of over one
hundred talented
artists &
craftspeople.

Exquisite gifts
for discriminating
tastes.

18 Exchange Street
Portland, ME
871-1090

**HOT APPLE PIE & BASEBALL
HOME PLATE**

FRESH MADE MUFFINS
TRY OUR HOMEMADE GRANOLA
FRESH FRUIT BOWL

BREAKFAST VS. LUNCH
"Feed the whole family!"
Open 5am to 2pm 7 days a week!

Join the **TWILIGHT LEAGUE for Breakfast!**
Friday & Saturday Nights 11pm-5am

5 DANA STREET • THE OLD PORT • 761-9567

SATURDAY SPECIALS

COTTON CLOTHING
New April Close-outs
& Seconds
\$5.00 and Up

OPEN: Mon. - Sat. 10 - 4
DIRECTIONS: In Biddeford,
off Rt 1 at Dunkin' Donuts
Pearl St. in the Mill Building
on river.

Call
283-9682

AS SEEN IN "MADE IN MAINE"

HAIR EXCHANGE
...and facial salon

**SKIN CARE
FROM A DIFFERENT POINT OF VIEW**

WHOLISTIC and SCIENTIFIC
Customized Treatment
In-depth Analysis
Private Room

For cleansing, hydration,
relaxation and education.

8 EXCHANGE STREET
PORTLAND, MAINE **775-2555** 8:30 - 7:00 M-F
8:30 - 5:00 SAT

FREE
TURKEY SUB
Buy One Get One Free
Buy any size turkey sub
or pocket and get a small
turkey sub free.

One coupon per family per day.
Not valid with any other offer.
Not valid with delivery.
Customer pays sales taxes.
Expires: 4/30/91

SUBS UNLIMITED **BUFFALO WINGS-N-THINGS**

Pizza • Subs • Pockets • Calzones
Buffalo Chicken Wings • Salads

879-0403
554 Congress St., Portland

**FRESH
MARKET PASTA**
FRESH PASTAS & SAUCES

**Pasta is
Perfect!**

Low in Fat. Low in Cholesterol. Low in Sodium. No Sugar.
High Energy and Great Taste!

CHECK OUT OUR VARIETIES OF PASTA AND HOMEMADE SAUCES
TO COOK AT HOME IN 5 MINUTES!

58 MARKET STREET, OLD PORT 773-7146
Open Every Day Mon. through Sat. 11-6:30

LEGISLATIVE ROUNDUP

Continued from page 7

Summit hosted by the Corrections Committee that may serve as the basis for an omnibus corrections reform bill this session. For more information, phone 622-3009 or 289-1500.

Health and environment

The big health battle of the session will be over a bill to establish a statewide health insurance plan. At the least, Rand and most other Democrats want to keep intact the Maine Health Plan, a subsidized insurance plan for the working poor, despite cost overruns.



Manning is again at the center of the annual smoking controversy, this time with a bill (LD 603) to ban smoking in all restaurants — including one-room diners — instead of requiring smoke-free rooms to be designated, as current law requires. The Portland delegation is not entirely united on smoking issues: Brannigan is backing a smokers' rights bill by Rep. Mona Hale of Sanford.

Pro: Maine Coalition on Smoking OR Health, 622-1777.
Con: Maine Restaurant Association, 623-2178.
Brannigan is the point person on another personal safety bill that would require everyone to wear seat belts in motor vehicles. The buckle-up bill (LD 1058) has not yet been assigned a hearing date.



Another hot health topic is the effect of video display terminals on human health, and Rand is back again, co-sponsoring a bill (LD 934) that would require employers to provide proper lighting, seating and eye exams. No hearing date has been set before the Labor Committee.



On the environmental front, Rand was co-sponsor of a bill (LD 600) that would have allowed municipalities to dump snow into intertidal waters, doing away with the 40-foot-high eyesore near Portland's Back Cove that was dubbed Mount Flaherty last year. The Department of Environmental Protection supported the bill, but after the Army Corps of Engineers raised objections, the Committee on Energy and Natural Resources recommended against passage early this month, all but killing the bill.

Still alive is a bill (LD 804) that would bar electric heat in new buildings funded by the Maine State Housing Authority, a concept on which Adams wants to expand with a bill (LD 1428) that would require utilities to subsidize conversions from electric heat by low-income customers. LD 804, which makes other changes to state energy efficiency standards, received a hearing on March 25 before Energy and Natural Resources.

Pro: Natural Resources Council of Maine, 622-3101.
Con: Central Maine Power Co., 623-3521.



Manning, Conley and Adams have taken on Central Maine Power in another bill (LD 703) that would require electric utilities to place electromagnetic radiation warning labels on transformers, and to conduct a pilot study of the nonionizing radiation risk in elementary schools. The bill has gone through a hearing and work sessions before the Committee on Human Resources, but has yet to reach the House floor for a vote.

On the capital improvement front, Brannigan is co-sponsor of a \$20 million bond (LD 1207) to help towns and cities, including Portland, correct combined sewage and stormwater overflows that pollute coastal waters. A hearing has not yet been scheduled.

Social services

When it comes to new social programs, the watchword this year is "lower your expectations." Department heads at Human Services don't have to come in with negative testimony: one look at a bill's fiscal note usually spells its doom in committee.

That was the case when Brannigan proposed a two-year, \$260,000 General Fund appropriation (LD 188) for counseling adolescent drug abusers and other street youths in Portland, and a \$360,000 grant (LD 228) for 10 rape crisis centers, including one in Portland. Both bills received favorable testimony from social workers, but they were withdrawn when it became clear that this year's budget could not accommodate the proposals, leaving Brannigan free to resubmit them next year.



Spousal abuse is the target of a bill (LD 330) by Manning that would increase marriage license fees from \$10 to \$50, with the additional \$400,000 going to shelters for battered women. The bill has been heard by the Human Resources Committee, where it remains, although its chances for passage remain better than average because it contains a funding mechanism for the proposed program.

Brannigan and Oliver are co-sponsors of a bill (LD 1398) aimed at making \$300,000 in state funds available to agencies in greater Portland that provide shelter and counseling to the homeless. The bill is set for a hearing before the Human Resources Committee on April 17.

Ferries

Every delegation has its cause of the session, and the Portland group is dedicated this year to bailing out the financially strapped Casco Bay Island Transit District.

Despite a steep fare hike set to go into effect this summer, the district says it needs a 5 percent annual state operating subsidy, or \$100,000.

More important than the subsidy, according to General Manager Patrick Christian, is the \$375,000 the district wants from the state toward the purchase of a replacement ferry for the 28-year-old *Abenaki*. A federal grant will cover the remaining \$910,000, and a state grant will save the district \$60,000 a year in debt service if it must float a bond.

"We realize times are tough," said Christian. "But the islanders are in this for the long haul. This may take a couple of years."

The two-and-a-half hour hearing on the two bills, LD 416 and LD 780, was held on April 9, and it was clear that members of the Transportation Committee felt the ferries were a Portland problem, despite a clear mandate in state law for state financial support.

Pro: Casco Bay Island Transit District, 774-7871.
Con: Transportation Committee Chairman Harold Macomber, 289-4148.

Randy Wilson covers the State House for Maine Times.

CHASE AWAY APRIL SHOWERS!



Charles River® Raincoats
Special '28" includes free monogramming
"Traditional Outfitters for Men & Women"
Mon. - Sat. 9-5, Thurs. 9-8
191 Main Street, Saco 283-1400

"I'm not on a diet. I've changed my lifestyle."



The Racket & Fitness Center has an all-inclusive approach to changing ones lifestyle. It begins with a comprehensive fitness and health assessment and leads to experiencing the endless benefits of good health.

- Happy weight loss
- Fight heart disease
- Sleep better at night
- Lower Cholesterol
- Reduce arthritis pain
- Feel more optimistic
- Keep the mind sharp
- Slow the aging process
- Aid for bad backs

Call 775-6188
for a Free Trial Orientation

* Ask about our
"Commit to Get
Fit Special."



2445 Congress St.

WEEKEND THEATRE & SPRING GOLF PACKAGES STARTING AT:

\$99

Off-Season Package Rates are per person/double occupancy and include:

- * Lodging Friday & Saturday
- * Breakfast both mornings
- * Dinner Saturday
- * Three days use of all resort facilities... heated pool, hot tub, fitness center, saunas, game room and GOLF, if the weather permits
- * Tickets to cabaret show 'STARTING HERE, STARTING NOW'

Performances
April 6, 20 & 27, May 4

Nearby SUNDAY RIVER offers great skiing into May!

Phone Toll Free:
ME 800-367-8884, US 800-654-0125
(207) 824-2175

**The Bethel Inn
Country Club**
In Maine's White Mountains
Bethel, Maine 04217



We offer professional, permanent hair removal at a reasonable price. Using state-of-the-art equipment and the highest standard of sterilization, the Electrology Center provides a clean, comfortable, relaxing atmosphere that is always private and confidential.

Our staff consists of the owner, Carolyn J. Nilsen, C.P.E., a graduate of the Electrology Institute of New England, certified by the International Board of Electrologists, and Anita Leblond, C.C.E., a graduate of the International Centers for the Study of Electrolysis in Atlanta, Georgia. She is certified by the National Commission for Electrologists. Together they offer the only method of permanent hair removal approved by the Food and Drug Administration's Department of Health and Human Services as both safe and effective.

If you are tired of constantly combating excess hair with temporary methods and wish to eliminate the need for painful waxing and plucking, contact the Electrology Center today for a lifetime of trouble free beautiful skin. You'll be glad you did!



The Electrology Center of Maine

775-5060

726 Forest Avenue, Portland 04103

Professional
Permanent
Hair Removal

editorial

How can anyone be well on a sick planet?

The way of wellness

Remember Earth Day 1990? A year ago this week, it suddenly seemed as if everyone had become an environmentalist. Indeed, national opinion polls reported that three out of every four Americans described themselves as such. Newspapers, magazines and television shows were abloom with stories about ecological crises. And on The Big Day itself, politicians and rock stars exhorted a nation of born-again environmentalists to go forth and "Save the Earth."

But no one asked *whom* we were to save the Earth from. So we got back in our oil-thirsty cars, went back to our energy-hungry homes, ate our nutritionless dinners and watched the war on TV. Now Earth Day is here again, but the hopefulness of last year is gone. Most of what remains is "green marketing." The very phrase would be an amusing oxymoron were it not so tragic: the fact is that by their very existence, all these new "environmentally friendly" products serve to hasten the squandering of energy and natural resources.

And so it was that the War for Oil was brought into our living rooms by DuPont Chemical (the world's largest manufacturer of CFCs), with a oft-broadcast television commercial featuring harbor seals applauding an oil tanker.

Refugees from reality

If this all sounds a bit surreal — that's because it is. We have become refugees from reality. We live lives of uninterrupted distraction. We tune in to the radio at work and the TV at home. It's as if we are somehow fearful that during a moment of silence we may see something we don't want to see — something like global warming, national imperialism or local violence. So we keep our heads buried in the sand and the videotape.

Roll the tape: we asked for convenient, disposable solutions to our global environmental crisis, and they are sold to us. Never mind that these products are more a part of the problem than part of the solution.

Roll the tape: we asked for a war without injury, and we were shown one on TV. Never mind that tens of thousands of people

died — and are still dying — as a direct result. How can anyone be truly well on such a sick planet? We breathe the air, drink the water and eat the food of this Earth. If it is polluted, aren't we also?

And what is healthy in a society so addicted to denial? Of what use is a healthy body if it entombs a closed mind?

It's great that a few people are able to feed themselves with wholesome food and work their bodies into excellent physical shape — but isn't their very existence an extreme example of our collective denial? Hopping in the car and heading to the health food store or to the gym may make our own lives better — but those trips themselves are making us all, collectively, less healthy.

QUARTERLY WELLNESS REPORT

The way of wellness

So what is "wellness" in such a sick world?

For almost three years now, *CBW* has been publishing these Quarterly Wellness Reports. This one examines how our consumer culture worsens the environmental problems worsening the health of our planet. They all

deal with how health and fitness empower people to lead better lives.

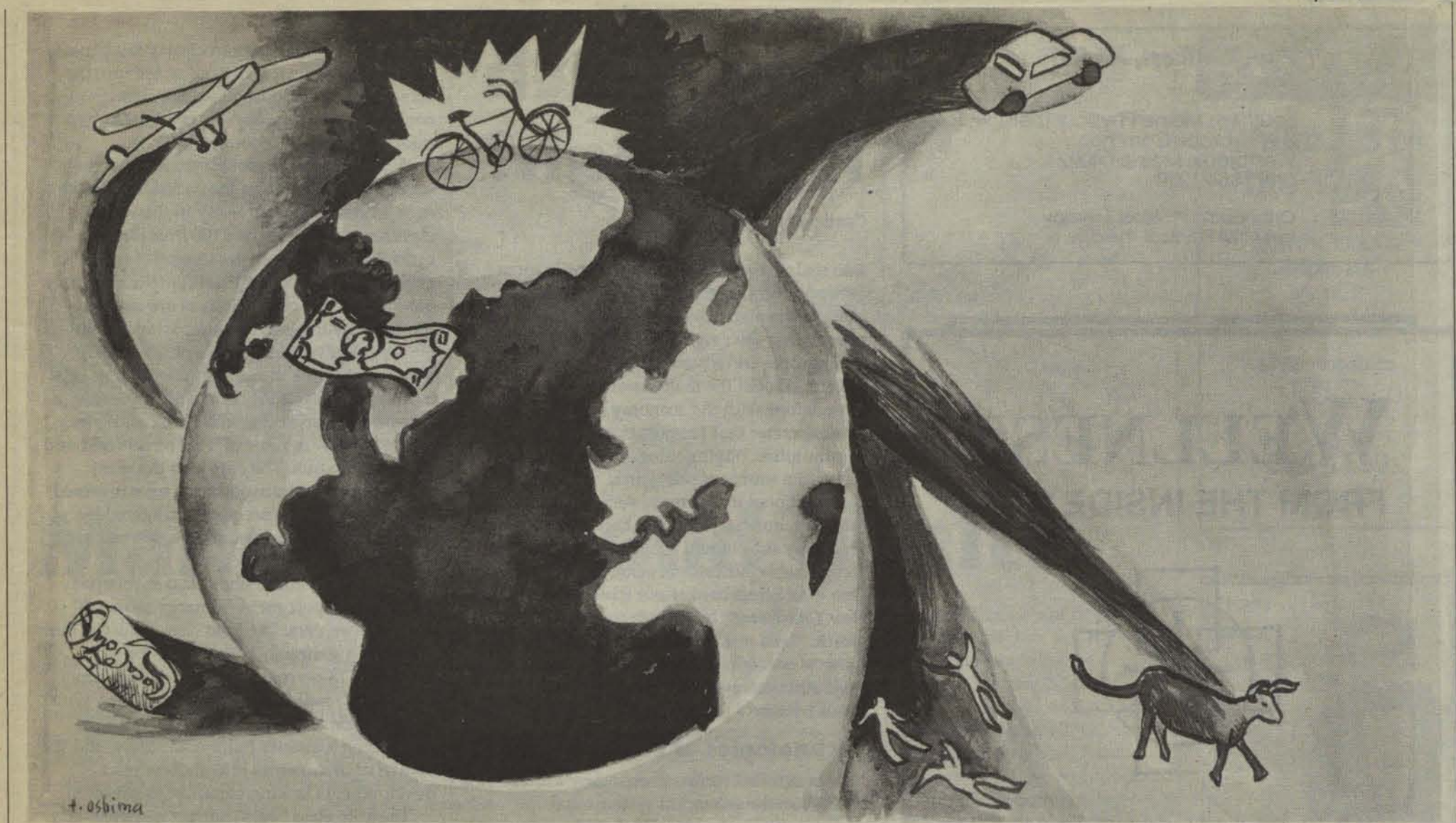
Because health is not an aesthetic, and fitness is not a fashion. A good diet and a daily workout may make you fit, but being fit won't in and of itself make you well.

Wellness, then, is not an end unto itself, but a path toward that glimpse of a better way of life.

We will never "Save the Earth." The Earth was alive for billions of years before our species came along, and life will still thrive here billions of years after we are gone. But we can stop destroying it.

The first step toward healing our relationship with the Earth is to heal our relationships with ourselves.

And that's what wellness is. (MP)



How much is enough?

When have we satisfied our material needs and begun to wreak environmental havoc?

by Alan Durning

Early in the post-World War II age of affluence, a U.S. retailing analyst named Victor Lebow proclaimed, "Our enormously productive economy... demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction, our ego satisfaction, in consumption... We need things consumed, burned up, worn out, replaced, and discarded at an ever increasing rate." Americans have risen to Mr. Lebow's call, and much of the world has followed.

Since 1950, consumption in the United States has soared. Per capita, energy use climbed 60 percent, car travel more than doubled, plastics use multiplied 20-fold, and air travel jumped 25-fold.

We are wealthy beyond the wildest dreams of our ancestors; the average human living today is four- and-a-half times richer than his or her great-grandparents, and that factor is greater still among the world's consuming class. Even U.S. children under the age of 13 have more spending money — \$230 a year — than the 300 million poorest people in the world.

The richest billion people in the world have

created a form of civilization so acquisitive and profligate that the planet is in danger. The lifestyle of this top echelon — defined here as the car drivers, beef eaters, soda drinkers and throwaway consumers — constitutes an ecological threat unmatched in severity by anything but perhaps population growth. The wealthiest fifth of humankind pumps out more than half of the greenhouse gases that threaten the Earth's climate, and almost 90 percent of the chlorofluorocarbons that are destroying the Earth's protective ozone layer.

Ironically, abundance has not even made people terribly happy. In the United States, repeated opinion polls of people's sense of well-being show that more Americans were satisfied with their lot in 1957 than at any point since. Despite phenomenal growth in consumption, the list of wants has grown faster still.

Of course, the extreme antithesis of over-consumption — poverty — is no solution to environmental or human problems: it is infinitely worse for people and bad for the environment. Dispossessed peasants slash and burn their way into the rain forests of Latin America, and hungry nomads turn their herds onto fragile African rangeland, reducing it to desert. If environmental

decline results when people have either too little or too much, the question becomes: How much is enough? What level of consumption can the Earth support? When does consumption cease to add appreciably to human satisfaction?

Answering these questions definitively is impossible, but for each of us in the world's consuming class, seeking an answer may be a prerequisite to transforming our civilization into one the biosphere can sustain.

The compulsion to consume

"The avarice of mankind is insatiable," declared Aristotle, 23 centuries ago, setting off a debate that has raged ever since among philosophers over how much greed lurks in human hearts. But whatever share of our acquisitiveness is part of our nature, the compulsion to have more has never been so actively promoted, nor so easily acted upon as it is today.

We are encouraged to spend at every turn by the advertising industry, which annually pays out nearly \$500 per U.S. citizen; by the commercialization of everything from sporting events to public spaces; and, insidiously, by the spread of the mass market

Continued on page 12

Casco Bay Weekly

Editor & Publisher: Monte Paulsen News Editor: Andy Newman Arts Editor: Ellen Liburt Reporters: W.D. Cutlip, Eric Hannelius Photojournalist: Toney Herbert Illustrator: Toki Oshima Regular Contributors: Wayne Curtis, Paul Karr, Donald Maurice Kreis, Margot McWilliams, Mike Quinn, Peter Weyl Production Manager: Elissa Conger Graphic Designer: Laurie Spugnardi Layout Artist: Karen Gallagher Circulation: Robert Lord Customer Service Manager: Robyn Barnes Advertising: Marilyn Blinkhorn, Rose Greely, Sharon Junken, Maureen Magee, Cary Smart Advertising Manager: Holly Lynn President: Dodge D. Morgan

551A Congress St., Portland, Me 04101 207 775 6601 fax 207 775 1615

1ST ANNUAL S.M.O.R.B.A.
Spring Fun in the Miel Tour
 Sunday, April 21st, Ride departing at 12:00 noon from Allspeed Bicycles, 1041 Washington Ave., Portland

- All levels and ages are welcome!
- Helmets required
- Come early for Allspeed Bicycles Open House
- Stay after for socializing and refreshments
- For more information call 878-8741

Sponsored by Allspeed Bicycles

SMORBA's (Southern Maine Off-Road Bicycle Association) 1st meeting will be Tuesday, April 30th, 7:00 p.m., at the Portland Public Library, room 316

Gulf of Maine Independent Booksellers

Featuring Environmental Titles including:

- Confessions of an Eco-Warrior by Dave Foreman
- Green Rage by Christopher Manes
- Rethinking Eco-Feminist Politics

Gulf of Maine Books

729-5083
 61 Maine St • Brunswick

Treat Yourself. "Special Thoughts" D.S. Lillet Fine Flowers

Bouquet only \$10.00

468 Fore Street, Portland, Maine
 1-207-772-3881
 Delivery Available

GOOD NEWS...

Here it is!

Practical, sturdy, Maine-made canvas tote. Great for shopping, school, gym. Caffeine-free, sugar-free, new & improved! Machine washable, built to last.

For Mother's Sake!

3 color design, 17"x12"x7"

ORDER NOW & SAVE

Send \$11.95 \$9.95 & \$2 S/H to Designs for Earth, P.O. Box 1371, Scarborough, ME 04070-1371. (ME res. add 5% sales tax) A portion of the profits donated to environmental groups.

Announcing the Opening of **CHIROPRACTIC FAMILY WELLNESS CENTER**

Providing Families a Lifetime of Wellness Care

- Family plans available
- Complimentary exam for new patients

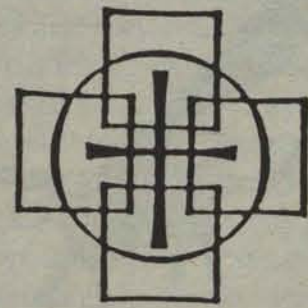
Carroll Ann Coyle, D. C. / Meg Rushford, D.C.

243 U.S. Route 1, Scarborough • 883-5549



Paul R. Albert, MS RPT
President
Southern Maine Physical Therapy, P.A.
3 Westbrook Common
Westbrook, Maine 04092
(207) 854-1239
Orthopedic Physical Therapy
Industrial Physical Therapy

WELLNESS FROM THE INSIDE OUT



*Celebrating the Life of the Spirit in
Worship, the Arts & Community Service*

SWEDENBORGIAN CHURCH
302 Stevens Avenue
Portland, ME 04103
(207) 772-8277

*Rev. Ken Turley
Service: 10am Sunday
Childcare provided*

A Men's Health Day

FROM MAINE MEDICAL CENTER

A Day Devoted To
The Pursuit Of A Healthy,
Active Male Lifestyle.

Real Health

With
JOHN HAVLICEK
Former Boston Celtic

SATURDAY
MAY 4, 1991
AT THE
SONESTA HOTEL
PORTLAND

GET REAL. GIVE US A CALL AT 871-2196

WE MAKE NEWS MATTER

How much is enough?

Continued from page 11

into realms once dominated by family members and local enterprises. Cooking from scratch is replaced by heating food in the microwave; the neighborhood baker and greengrocer are driven out by the 24-hour supermarket at the mall. As our day-to-day interactions with the economy lose the face-to-face character that prevails in surviving communities, buying things becomes a substitute source of self-worth.

Traditional measures of success — such as integrity, honesty, skill and hard work — are gradually supplanted by a simple, universally recognizable indicator of achievement: money. One Wall Street banker put it bluntly to *The New York Times*: "Net worth equals self-worth." Under this definition, there is no such thing as enough. Consumption becomes a treadmill with everyone judging his or her status by who's ahead and who's behind.

Technologies of consumption

In simplified terms, an economy's total burden on the ecological systems that undergird it is a function of three factors: the size of the human population, people's average consumption level, and the broad set of technologies — everything from mundane clotheslines to the most sophisticated satellite communications systems — the economy employs to provide for those consumption levels.

Transformations of agricultural patterns, transportation systems, urban design, energy use and the like could radically reduce the total environmental damage caused by the consuming societies, while allowing those at the bottom of the economic ladder to rise without producing such egregious effects.

Japan, for example, uses one-third as much energy as the Soviet Union to produce a dollar's worth of goods and services, and Norwegians use half as much paper and cardboard apiece as their neighbors in Sweden, though they are equals in literacy and richer in dollar terms.

Ironies abound: more "Eagles" drive America's expanding road network, for instance, than fly in the nation's polluted skies, and more "Cougars" pass the night in its proliferating garages than in its shrinking forests.

Some in the auto class are also members of a more select group: the global jet set. The four million Americans who account for 41 percent of domestic trips, for example, cover five times as many miles per year as average Americans. Furthermore, because each mile traveled by air uses more energy than a mile traveled by car, jet setters consume six-and-a-half times as much energy for transportation as ordinary car-class members.

Some in the auto class are also members of a more select group: the global jet set. The four million Americans who account for 41 percent of domestic trips, for example, cover five times as many miles per year as average Americans. Furthermore, because each mile traveled by air uses more energy than a mile traveled by car, jet setters consume six-and-a-half times as much energy for transportation as ordinary car-class members.

Consuming drives

The realities of current consumption patterns around the world help to ground the question of "enough" in real life; they may also point, however imprecisely, toward quantitative answers.

For three of the most ecologically important types of consumption — transportation, diet, and use of raw materials — the world's people are distributed unevenly over a vast

range. Those at the bottom clearly fall beneath the "too little" line, and those at the top, the cars-meat-and-disposables class, clearly consume too much. But where in the larger middle class does "enough" lie?

About one billion people do most of their traveling — aside from the occasional donkey or bus ride — on foot. Many in the walking class never go more than 100 miles from their birthplaces. Unable to get to work easily, attend school, or bring their complaints before government offices, their lives are severely hindered by the lack of transportation options.

The massive middle class of the world, numbering some three billion people, travels by bus and bicycle. Mile for mile, bikes are cheaper than any other vehicles, costing less than \$100 new in most of the Third World and requiring no fuel. They are also the most efficient form of transportation ever invented, and, where cyclists are not endangered by polluted air and traffic dangers, provide their riders with healthy exercise.

The world's automobile class is relatively small: only 8 percent of humans, about 400 million, own cars. The auto class's fleet of four-wheelers are directly responsible for an estimated 13 percent of carbon dioxide emissions from fossil fuels worldwide, along with air pollution and acid rain, traffic fatalities numbering a quarter million annually, and the sprawl of urban areas into endless tract developments lacking community cohesion.

The auto class bears indirect responsibility for the far-reaching impacts of their chosen vehicle. The automobile makes itself indispensable: cities sprawl, public transit atrophies, shopping centers multiply, employers scatter. Today, working Americans spend nine hours a week behind the wheel. To make these homes-away-from-home more comfortable, 90 percent of new American cars are air-conditioned, which adds emissions of gases that aggravate the greenhouse effect and deplete the ozone layer.

Around the world, the great marketing achievement of automobile vendors has been to turn the machine into a cultural icon. As French philosopher Roland Barthes writes, "Cars today are almost the exact equivalent of the great Gothic cathedrals... the supreme creation of an era, conceived with passion by unknown artists, and consumed in image if not in usage by a whole population which appropriates them as a purely magical object."

Ironies abound: more "Eagles" drive America's expanding road network, for instance, than fly in the nation's polluted skies, and more "Cougars" pass the night in its proliferating garages than in its shrinking forests.

Some in the auto class are also members of a more select group: the global jet set. The four million Americans who account for 41 percent of domestic trips, for example, cover five times as many miles per year as average Americans. Furthermore, because each mile traveled by air uses more energy than a mile traveled by car, jet setters consume six-and-a-half times as much energy for transportation as ordinary car-class members.

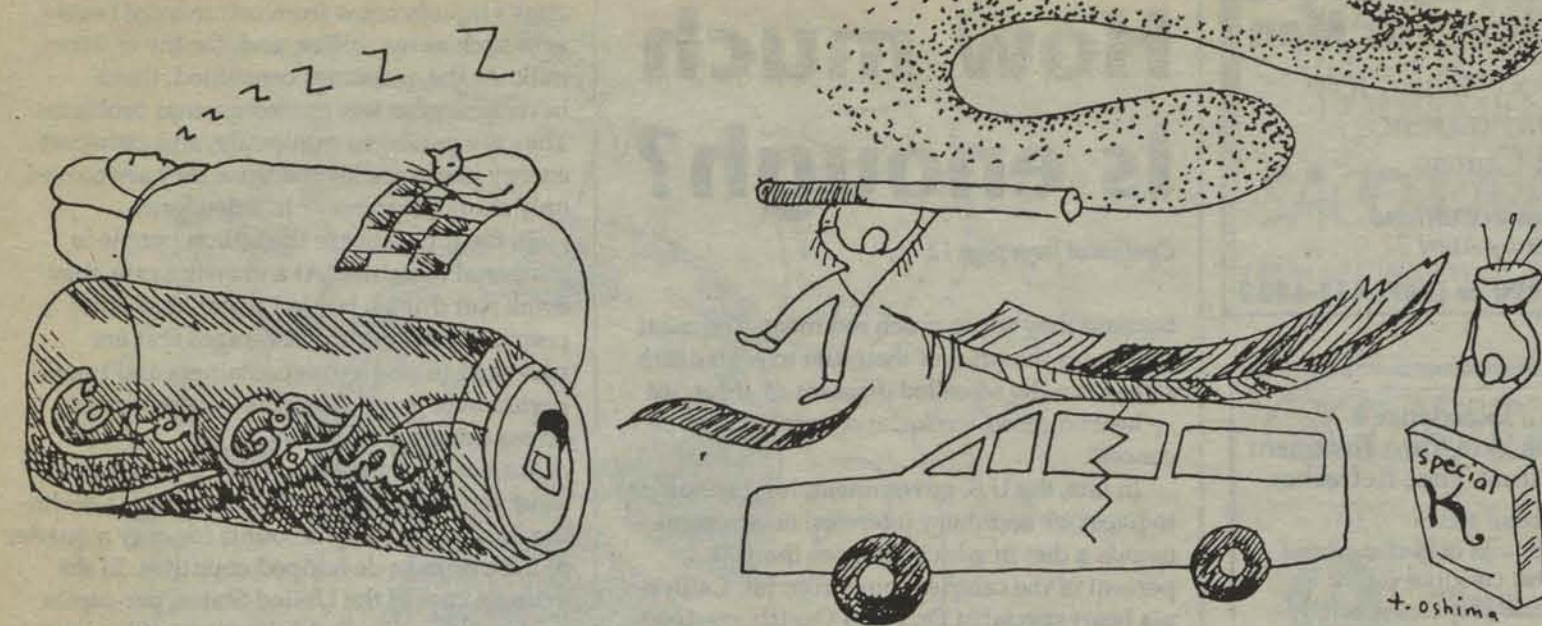
Eat, drink, and be sustainable

The food consumption ladder has three rungs reflecting calories eaten and the richness of diet. The world's 630 million poorest people lack the resources necessary to provide themselves with sufficient calories for a healthy diet, according to the latest World Bank estimates.

The 3.4 billion grain-eaters of the world's middle class get enough calories and plenty of plant-based protein, giving them the healthiest basic diet of the world's people. They typically receive no more than 20 percent of their calories from fat, a level low enough to protect them from the consequences of excessive dietary fat.

The top of the ladder is populated by the meat-eaters, those who obtain about 40 percent of their calories from fat. These 1.25 billion people consume three times as much fat per person as the remaining 4 billion, mostly

Continued on page 14



Marketing good health

Much of the time, the news about people's health leans toward the positive: Life will get better and better, for example, if we simply eat more fiber, avoid heavy fats, exercise carefully, and so on.

But health and fitness businesses are just as much a part of the cycles of marketing and consumption as any other. And ridiculous, swindling, ill-conceived schemes are just as plentiful here as anywhere else. For example:

■ Did you realize that health costs actually increase if there are more hospitals competing for business in the community?

Apparently it's true. Health Care Investments Analysts of Baltimore found that patients' hospital bills in competitive areas tend to be 14 percent higher than in moderately competitive communities, and a startling 24 percent higher than in single-hospital areas. This amounts to about \$1,000 more per patient. The explanation, concludes George Pillari, president of the Baltimore firm, is that hospitals end up competing with each other not on price, but on extras — "who has the most sophisticated services and fanciest equipment."

■ One of the most blatant and needless outrages in our health system is the dismal quality of hospital food. Almost everyone who has been in a hospital has witnessed the delivery of a meal made of some version of the following: dead gray peas; gummy, nutritionless white bread; and some overcooked meat swimming in noxious gravy. Sometimes ailing patients' meals — which one presumes would be particularly nutritious — verge on the poisonous.

Last fall, for instance, Public Citizen Health Research Group received an interesting letter about the culinary trends in Denver's University Hospital. Apparently, a man who had already received one by-pass operation found himself in the hospital with a heart attack. After having dedicated himself to a new, low-fat diet

since his operation, for his first meal he found the hospital serving him a bacon and egg breakfast. Lunch was a plate of "fatty roast beef."

■ A month earlier, Public Citizen reported that Americans spend far more for health care than nine industrialized peers — more than twice what Australians and Japanese pay, for example, and nearly three times what the British pay. Yet Americans are much less satisfied with the quality of the care they receive. Italians indicated they were twice as satisfied as Americans; every other country measured between 10 and 50 times more satisfied.

■ One reason for excessive health-care costs in this country is a sloppy and corrupt hospital billing system, outlined in the March/April issue of *In Health* magazine. Doctors and nurses often repeat treatments — because of error or disorganization — then charge for both services. Other services enjoy Pentagon-style pricing, such as Tylenol for \$1 apiece, \$16 baby pacifiers, \$5 Band-Aids, and disposable paper slippers for a mere \$15. Double billings from different departments are commonplace. Hospitals sometimes charge for their entire menu of standard services — unless someone specifically notes they weren't administered, a bit of diligence that's often neglected.

The consumer's immediate solution, *In Health* suggests, is to insist on time to study your bill. Much of it will be in Greek, for which there are several consumer dictionaries. But the dictionaries are sometimes useless since each institution uses medical abbreviations differently. So get on the phone — and don't give up when you get passed around to different people. You don't need to take this anymore.

■ Public Citizen Health Research Group also found a sleazy new PR trick: natural, Native American cigarettes. The brand, made by Santa Fe Natural Tobacco Company and called "American Spirit"

cigarettes, is carefully promoted. There are no overt claims that the cigarettes are safer than standard brands, just seductive images of the benefits of natural, chemical-free tobacco. Ads are also generously laced with tales of Indians' innocent ceremonial uses of tobacco: Tobacco is "a great gift from Tabaldak, our maker," the company says. "So it is to this day, when The People use tobacco as Tabaldak intended, it does them no harm."

That may well be true, since early Native Americans smoked tobacco only on rare occasions. Today, American Indians smoke so heavily, according to Public Citizen, that their survival rate for lung cancer is half what it is for Hispanics, and almost a third of what it is for whites.

What about the effects of American Spirit cigarettes in particular? The primary poisons in tobacco — tar and nicotine — are present in all tobacco. The Santa Fe company reports that most of its customers smoke fewer American Spirits than they did of their old brands. All right. Enter Dr. John Slade, epidemiologist at New Jersey's St. Peter's Medical Center, who notes this is a common response to cigarettes that contain a lot of tar.

■ "Ever notice how the folks in soft-drink commercials are so energetic they practically bounce off the screen?" asks Center for Science in the Public Interest (CSPI). Apparently, Kansas State University researchers have found some evidence that these bubbly soft-drink guzzlers are doing quite a bit of acting.

The researchers measured mood changes in 120 young college women for an hour after they drank 12 ounces of Kool-Aid sweetened with sugar — vs. plain water or Kool-Aid sweetened with aspartame. The result? Snooze time for the sugared lab rats. The evidence might be interesting, Kansas said, to all those students who grab a coke instead of lunch before afternoon classes.

■ Why would a big company like General Mills

go to the trouble of designing a new cereal box that flat out lies? The box is for the company's new "Basic 4," loudly designed with a huge "4" on the front, which stands for four basic food groups — grains, fruits, nuts and milk. Unfortunately, when CSPI analyzed the cereal, it found that an entire box contained just a smidgen of the big four. There's a mere 11-2 teaspoons of nuts (walnuts and almonds). The cereal's entire protein supply is equivalent to less than a tablespoon of tuna. As for the fruits, there are apples, prunes, cranberries and raisins — to the tune of a quarter teaspoon each.

The cereal does contain something: 22 percent sugar. When combined with its various artificial flavors and preservatives, CSPI concluded that General Mills could have called its cereal "Basic 6."

■ While we're on the subject, a little more false advertising recently won CSPI's annual commendations for being the first companies of the year to use deceptive ads on a national scale. Kellogg's ads for Special K "swept the food category" for claiming it will make dieters "keep the muscle, lose the fat." (CSPI scientists concluded that Special K, like almost every other supermarket cereal, offers as much protein as a few bites of chicken.)

Another prize went to General Motors for claiming it had "pioneered the air bag." After manufacturing some air bags in the mid-70s, GM removed the bags from its cars and fought government rules to require them. CSPI says GM now equips fewer of its cars with air bags than either Ford or Chrysler.

Volvo also won an award for picturing a station wagon holding up under a truck after it crushed several other cars. Unknown to viewers, CSPI said, Volvo's ad agency had reinforced the Volvo — and severed the roof beams of its competitors.

Todd Oppenheimer

YWCA
87 Spring Street, Portland

Wellness at the YW...

LUNCH BREAK EXERCISE
M, W, F
12 noon - 1 pm

STEP Aerobics
T, W, Th
6 - 7 pm

874-1130
for info

"I am what I eat. So I eat at Black Tie."

Daily Entrees & Soup Specials
799-7119
Gourmet Take Out

Black Tie...
870 Broadway • So. Portland

SPRING TUNE UP
Revitalize Sluggish Winter Muscles

Ideal for Men & Women

THERAPEUTIC MASSAGE

NEWIMAGES
Linden Thigpen
CMT since 1977
399 Fore St. #7
Old Port
775-4010

GIFT CERTIFICATES

DON'T BE A WEEKEND WARRIOR! SHAPE UP FOR YOUR SUMMER SPORTS WITH US!

- Low cost fitness memberships
- In-depth medical screening
- Education on specific sports injuries
- Access to physical therapy services

ENERGY WORKSHOP
CENTER FOR PHYSICAL THERAPY & FITNESS
878-2244
1250 Forest Avenue
Portland 04103

A Sunday in May: Just for Men
 A day of drumming, storytelling, role playing, sharing, and a dance performed by Ed Curran.
 Sunday, May 5, 9am - 4pm in Portland
 Space is limited, Register by April 27.
 For information call: (207) 729-1900 or (207) 443-6882

DR. HAUSCHKA SKIN CARE CENTER
 Experience a Unique Skin Care Treatment A Ritual That Refreshes
 ♦ herbal steam
 ♦ hot and cold compresses with essential oils
 ♦ mask prepared specially for your skin type
 ♦ and more
 THERESA BERMAN Aesthetician
 BY APPOINTMENT • 799-2792

"I dream of a day when all children that are born are welcome, all men and women equal, and sexuality an expression of sincerity, pleasure and tenderness."
 - E. Ouseman-Jensen

Planned Parenthood
 of Northern New England

Quality, affordable and convenient women-centered health care.
 • Annual Exams
 • Birth Control
 • Pregnancy Testing
 • STD Screening & treatment
874-1099
 500 Forest Avenue, Portland
 *medicaid accepted & open evenings

DID YOU KNOW?
15 BICYCLES
 can be parked in the space required for 1 car



NOW OPEN SUNDAY 11 TO 4
BACKLAY BICYCLE
 333 Forest Ave., Portland, Maine (207) 773-6906
 Open M-F 10-6, Sat 10-5, Sun 12-4

Port Bake House
 205 Commercial
 Our Old Port Sandwich & Bakery Shop
 773-2217

A Healthy Lunch on the "Best Bread in Town!"
 *voted best bread in CBW's Best of Portland Issue.
ASK ABOUT OUR FREE LUNCH

How much is enough?

Continued from page 12

because they eat so much red meat. The meat class pays the price of their diet in high death rates from the so-called diseases of affluence — heart disease, stroke, and certain types of cancer.

In fact, the U.S. government, long beholden to livestock and dairy interests, now recommends a diet in which no more than 30 percent of the calories come from fat. California heart specialist Dr. Dean Ornish, credited with creating the first non-drug therapy proven to reverse clogging of the arteries, prescribes a semi-vegetarian diet virtually indistinguishable from that eaten daily by peasants in China, Brazil or Egypt.

Indirectly, the meat-eating quarter of humanity consumes almost half of the world's grain — grain that fattens the livestock they eat. They are also responsible for many of the environmental strains induced by the present global agricultural system, from soil erosion to over-pumping of underground water (see page 15).

In the extreme case of American beef, producing a pound of steak requires five pounds of grain and the energy equivalent of a gallon of gasoline, not to mention the associated soil erosion, water consumption, pesticide and fertilizer runoff, groundwater depletion, and emissions of the greenhouse gas methane.

Beyond the effects of livestock production, the affluent diet rings up an ecological bill through its heavy dependence on shipping goods over great distances. One-fourth of the grapes eaten in the United States are grown 7,000 miles away in Chile, and the typical mouthful of food travels 1,300 miles from farm field to dinner plate. America's far-flung agribusiness food system is only partly a product of agronomic forces. It is also a result of farm policies and health standards that favor large producers, massive government subsidies for Western irrigation water, and a national highway system that makes trucking economical by transferring the tax burden from truckers onto car drivers.

The thousands of small farms, bakeries and dairies that once encircled and fed the nation's cities cannot supply chain supermarkets with sufficient quantities of perfectly uniform products to compete with the food industry conglomerates. Their lot is to slide ever closer to foreclosure while hauling their produce to struggling weekend "farmer's markets."

Processing and packaging add further resource costs to the affluent diet, though those costs remain largely hidden because of the secrecy of the food industry. Even relatively familiar prepared foods are surprisingly energy consumptive. Ounce for ounce, getting frozen orange juice to the consumer takes four times the energy (and several times the packaging) of providing fresh oranges. Likewise, potato chip production has four times the energy budget of potatoes.

The resource requirements of making the new generation of microwave-ready instant meals, loaded as they are with disposable pans and multilayer packaging, are about 10 times greater than preparing the same dishes at home from scratch.

Mirroring food consumption, overall beverage intake rises little between poor and rich. What changes is what people drink. The 1.75 billion people at the bottom of the beverage pyramid clearly have too little: they have no option but to drink water that is often contaminated with human, animal, and chemical wastes.

Those in the next group up, in this case nearly two billion people, take more than 80 percent of their liquid refreshment in the form of clean drinking water. The remainder of this

class's liquids come from commercial beverages such as tea, coffee, and, for the children, milk. At the quantities consumed, these beverages pose few environmental problems. They are packaged minimally, and transport energy needs are low because they are moved only short distances or in a dry form.

In the top class are the billion people in industrial countries. At a growing rate, they drink soft drinks, bottled water, and other prepared commercial beverages that are packaged in single-use containers and transported over great distances — sometimes across oceans.

Ironically, where tap water is purest and most accessible, its use as a beverage is declining. It now typically accounts for only a quarter of the drinks in developed countries. In the extreme case of the United States, per-capita consumption of soft drinks rose to 40 gallons in 1985 (nearly seven times the global mean), and surpassed tap water shortly thereafter. Americans now drink more soda pop than water from the kitchen sink.

The stuff of life

In consumption of raw materials, about one billion rural people subsist on local biomass collected from the immediate environment. Most of what they consume each day — about a pound of grain, two pounds of fuel wood, and fodder for their animals — could be self-replenishing, renewable resources. Unfortunately, because they are often pushed by landlessness and population growth into fragile, unproductive ecosystems, their minimal needs are not met.

If these billion are materially destitute, they are part of a larger group that lacks many of the benefits provided by modest use of nonrenewable resources — particularly durable goods like radios, refrigerators, water pipes, high-quality tools, and carts with lightweight wheels and ball bearings. More than two billion people live in countries where per-capita consumption of steel, the most basic modern material, falls below 100 pounds a year.

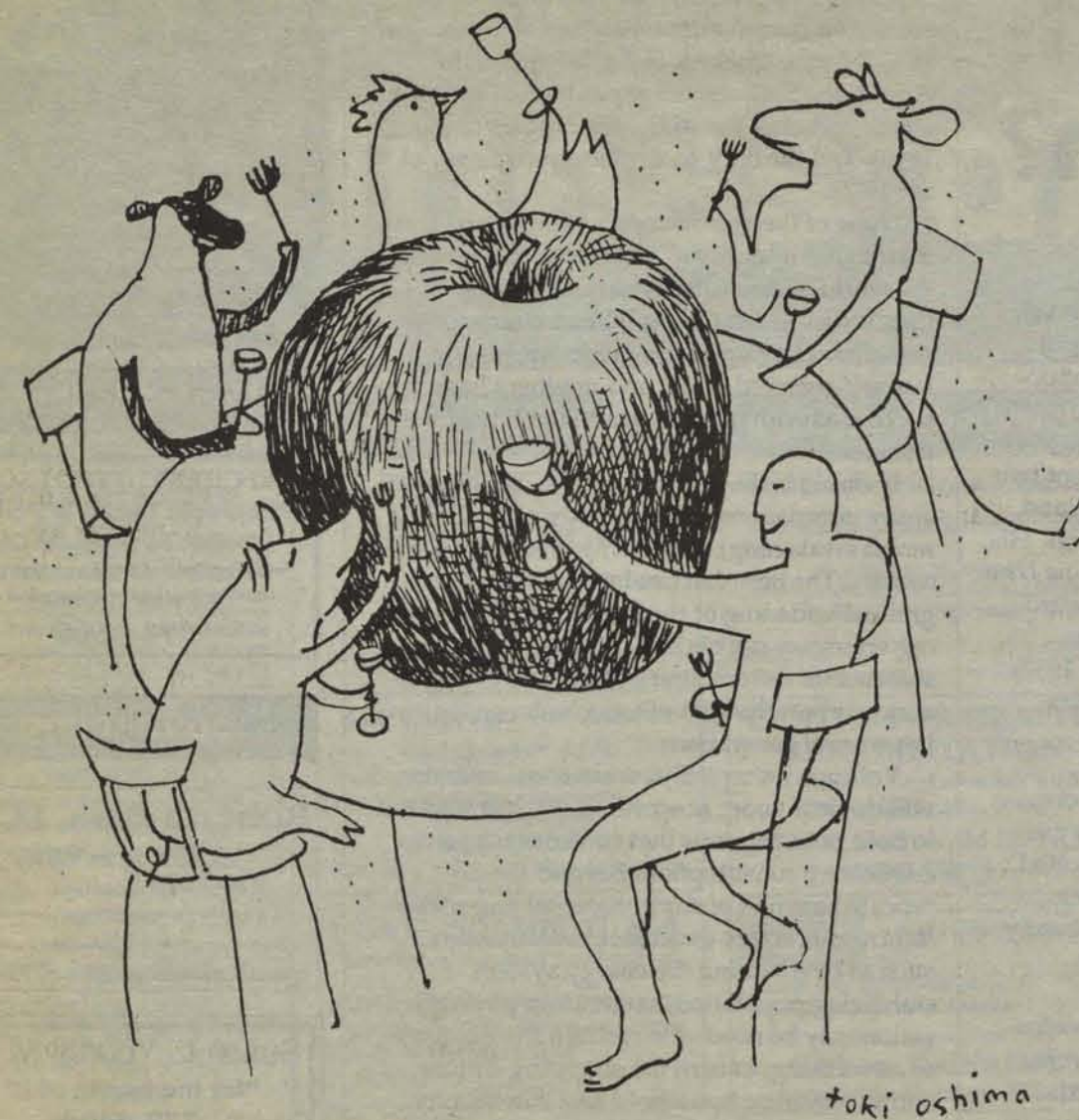
Though similar international data are not available for most other basic raw materials, energy consumption can serve as a substitute indicator since most processes that use lots of raw materials also use lots of energy. In those same countries, per-capita consumption of all types of energy (except subsistence fuel wood) is lower than 20 gigajoules per year. Roughly one-and-a-half billion live in the middle class, when speaking of materials use. Providing them with durable goods each year uses between 100 and 350 pounds of steel per capita and between 20 and 50 gigajoules per capita.

At the top of the heap is the throwaway class, which uses raw materials like they're going out of style. A typical resident of the industrialized fourth of the world uses 15 times as much paper, 10 times as much steel, and 12 times as much fuel as a resident of the developing three-fourths. The extreme case is again the United States, where the average American consumes most of his or her own weight in basic materials each day.

In the throwaway economy, packaging is the essence of the product. It is at once billboard, shipping container, and preservative. Seven percent of consumer spending in the United States goes for packaging. Yet, it all ends up in the dump. Disposable goods proliferate in America and other industrial countries. Each year, Japan uses 30 million "disposable" single-roll cameras, and Americans toss away 18 billion diapers, 1.6 billion pens, 180 million razors, and enough aluminum cans to make about 30 jet airplanes.

In throwaway economies, even "durable" goods are not particularly durable, nor are they easy to repair. Technological improvement would be expected to raise steadily the average working life of goods. Yet, over time, new items have fallen dramatically in price relative to repair costs, according to data compiled by the Organization for Economic Cooperation and Development. The average life span of

Continued on page 16



Toki Oshima

Political vegetarianism

Feeling sorry for debeaked chickens overcrowded in wire cages, or for infant veal calves separated from their mothers at birth, fed a diet designed to make them dark anemic and kept in the dark for four months in cramped stalls? Worried about the antibiotics, hormones and pesticides concentrated in the flesh you eat? These are some of the reasons people choose to become vegetarian. It is an

relationship between meat production and deforestation that Cornell University economist David Fields and his associate Robin Hur estimate that for every person who switches to a pure vegetarian diet, an acre of trees is spared per year.

In 1987, after three years of fact-collecting, Robbins published a shocker titled "Diet for a New America," subtitled "How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth" (Stillpoint, \$15.95).

According to *Publishers Weekly*, "This well-documented exposé of America's 'factory farms' should prompt even die-hard meat-and-potatoes lovers to re-evaluate their diets."

A few statistics from the book:

■ Water needed to produce one pound of wheat: 25 gallons.

■ Water needed to produce one pound of meat: 2,500 gallons.

■ Amount of original U.S. topsoil lost to date: 75 percent.

■ Amount of U.S. topsoil loss directly associated with livestock raising: 85 percent.

■ Driving force behind the destruction of the tropical rain forests: America's meat habit.

■ Number of people who will die as a result of malnutrition this year: 20,000,000.

■ Number of people who could be adequately nourished from the amount of land, water and energy freed from growing grains and soybeans to feed U.S. livestock if Americans reduced

their intake of meat by 10 percent: 60,000,000.

"I was a straight meat-and-potatoes physician before I learned that all the atherosclerosis I was helping remove from people's arteries was from their diet," says Michael Klaper, M.D. When Klaper gave up animal protein, he dropped 20 pounds in six weeks, his blood pressure lowered, and his cholesterol dropped from 210 to 14. When he used an animal-free diet with patients, "Their weight came down, and they came off medications for high blood pressure and adult-onset diabetes," he reports.

"Changing one's diet is the best preventive medicine I know how to practice right now."

Two years ago, Klaper joined Robbins' nonprofit organization, EarthSave, as scientific director, and for two years has been speaking out about the health and environmental benefits of an animal-free diet.

"Becoming a vegetarian is the single most effective act as an individual and as a society to benefit our health and stabilize our ecosystem," says Klaper, who has written "Vegan Nutrition: Pure and Simple."

"Our grandparents," says Klaper, "ate meat a few times a week, not daily. They lived on the grains, potatoes, fruits and vegetables they grew in their gardens. A return to this style of eating would have a powerfully beneficial effect upon our national health and the entire planet."

Carolyn Reuben

CANOES - KAYAKS
 SALES • RENTALS • INSTRUCTION
 EQUIPMENT • ACCESSORIES
SACO RIVER OUTFITTERS
 127 MARGINAL WAY, PORTLAND • 773-0910 • OPEN 7 DAYS

GOOD DAY MARKET
 CO-OPERATIVE
 155 Brackett Street, Portland
 Open 7 days a week • 772-4937
 "Portland's original whole foods store"
 Established in 1970.

WORK OUT THEN WIND DOWN SPECIAL!



3 MONTHS FULL MEMBERSHIP \$99

Includes \$5.00 OFF a FULL or HALF SESSION MASSAGE


OFFERS EXPIRE APRIL 30, 1991

Portland Regency HEALTH CLUB
 20 MILK ST. • OLD PORT 871-7054

DOWNEAST SUPER PHARMACY
 588 Congress St. Portland • 773-7016

16 Stores in Maine and Vermont including these:
 • Freeport Pharmacy, 7 Middle St. Freeport ME 365-6321
 • Downeast Super Pharmacy at The Center for Shopping, Sanford, ME 312-1731 • Downeast Pharmacy, 52 Main St. Bridgton, ME 617-3311 • The Bowdoin Pharmacy, 118A Maine St. Brunswick, ME 729-1316 • Downeast Pharmacy, 20 Walker St. Kittery, ME 139-1300.

We want to help you prevent a health crisis.



FREE BLOOD PRESSURE CHECK

High Blood Pressure is the Leading Cause of Heart Attack... Stroke... and Kidney Failure. We want to help you prevent the ravages of high blood pressure. Check your pressure regularly and see your doctor if it's high.



Dr. Kathleen Norris
Chiropractor

Atlantic
Chiropractic
222 St. John St. • Suite 322
Portland, Maine 04102

Care for:
• Accidents & Whiplash
• Sports & Martial Arts Injuries

• Work-related Injuries
• Back & Neck Pain,
Headaches

Services Include:
• Family Health Care
• Nutritional Counseling
• Massage Therapy
• Exercise Instruction

For an initial
consultation
at no charge or an
appointment,
call 772-6411

**YOUR NEXT
HAIRCUT COULD
DO A WORLD
OF GOOD.**

A Nationwide
Fundraiser For
Global ReLeaf
Sunday, April 21st

**AVEDA
RELAX-A-THON '91**

get a haircut,
massage,
or float

All proceeds will be
donated to Global
ReLeaf's National
Tree-planting Program.

Call now to reserve
your appointment
854-1365

Picture Yourself:
Image & Relaxation Center
Call for a free brochure
12 Westbrook Common
Westbrook, ME 04092
Gift certificates always available.
visa/mc/amex welcome.

How much is enough?

Continued from page 14

most household appliances has stayed level. The reason is that manufacturers have put their research dollars into lowering production costs, even if it makes repairs more difficult.

Tinkerer-filmmaker Tim Hunkin spent two years poking around waste sites in England, studying discarded household appliances. His findings, reported in the British magazine *New Scientist*, reveal the prevailing trend toward planned obsolescence and disposability.

"The machines that date back to the 1950s are very solid, made mostly of metal with everything bolted or welded together," observes Hunkin. "As the years passed, machines have become more flimsy. More parts are now made of plastic, and they are glued together rather than welded or bolted... Many parts are now impossible to repair... New machines are so cheap that it frequently does not pay to have a faulty appliance repaired professionally."

Where disposability and planned obsolescence fail to accelerate the trip from purchase to junk heap, fashion sometimes succeeds. Most clothing goes out of style long before it is worn out, but lately, the realm of fashion has colonized sports footwear, too. Kevin Venturo, chief financial officer of California-based L.A. Gear, which saw sales multiply 50 times over in four years, told the *Washington Post*, "If you talk about shoe performance, you only need one or two pairs. If you're talking fashion, you're talking endless pairs of shoes."

In transportation, diet, and use of raw materials, as consumption rises on the economic scale, so does waste — both of resources and of health. Bicycles and public transit are cheaper, more efficient, and healthier transport options than cars. A diet founded on the basics of grains and water is gentle to the Earth and the body. And a lifestyle that makes full use of raw materials for durable goods without succumbing to the throwaway mentality is ecologically sound, while still affording many of the comforts of modernity.

Ethics for sustainability

When Moses came down from Mount Sinai, he could count the rules of ethical behavior on his fingers. In the complex global economy of the late 20th century, in which the simple act of turning on an air conditioner affects planetary systems, the list of rules for ecologically sustainable living could run into the hundreds.

The basic value of a sustainable society, the ecological equivalent of the Golden Rule, is simple: Each generation should meet its needs without jeopardizing the prospects of future generations. What is lacking is the practical knowledge — at each level of society — of what living by that principle means.

In a fragile biosphere, the ultimate fate of humanity may depend on whether we can cultivate a deeper sense of self-restraint, founded on a widespread ethic of limiting consumption and finding nonmaterial enrichment.

Those who seek to rise to this environmental challenge may find encouragement in the body of human wisdom passed down from antiquity. To seek out sufficiency is to follow the path of voluntary simplicity preached by all the sages from Buddha to Mohammed. Typical of these pronouncements is this passage from the Bible: "What shall it profit a man if he shall gain the whole world and lose his own soul?"

Living by this credo is not easy. As historian David Shi of Davidson College in North Carolina chronicles, the call for a simpler life

is perennial through the history of the North American continent: the Puritans of Massachusetts Bay, the Quakers of Philadelphia, the Amish, the Shakers, the experimental utopian communities of the 1830s, the hippies of the 1960s, and the back-to-the-land movement of the 1970s.

None of these movements ever gained more than a slim minority of adherents. Elsewhere in the world, entire nations have dedicated themselves to rebuilding human character — sometimes through brutal techniques — in a less self-centered mold, and nowhere have they succeeded with more than a token few of their citizens.

It would be hopelessly naive to believe that entire populations will suddenly experience a moral awakening, renouncing greed, envy, and avarice. The best that can be hoped for is a gradual widening of the circle of those practicing voluntary simplicity. The goal of creating a sustainable culture, that is, a culture of permanence, is best thought of as a challenge that will last several generations.

Voluntary simplicity, or personal restraint, will do little good, however, if it is not wedded to bold political steps that confront the forces advocating consumption. Beyond the oft-repeated agenda of environmental and social reforms necessary to achieve sustainability, such as overhauling the energy system, stabilizing population, and ending poverty, action may be needed to restrain the excesses of advertising, to curb the shopping culture, and to revitalize household and community economies as human-scale alternatives to the high-consumption lifestyle.

For example, cooking from scratch can be dignified and can use fewer resources than frozen instant meal. Just so, communities that turn main streets into walking zones where local artisans and farmers display their products while local artists, musicians, and theater troupes perform can provide a richness of human interaction that shopping malls will never match.

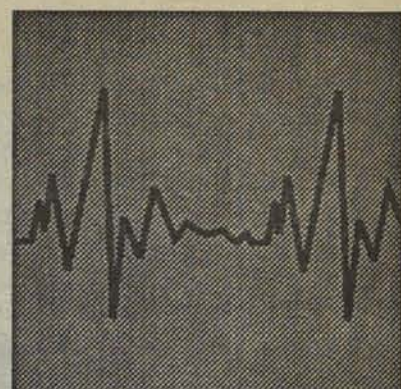
There could be many more people ready to begin saying "enough" than prevailing opinion suggests. After all, much of what we consume is wasted or unwanted in the first place. How much of the packaging that wraps products we consume each year — 462 pounds per capita in the United States — would we rather never see? How many of the distant farms turned to suburban housing developments could be left in crops if we insisted on well-planned land use inside city limits?

How many of the unsolicited sales pitches each American receives each day in the mail — 37 percent of all mail — are nothing but bothersome junk? How many of the miles we drive — almost 6,000 a year apiece in the United States — would we not gladly give up if livable neighborhoods were closer to work, a variety of local merchants closer to home, streets safe to walk and bicycle, and public transit easier and faster? How much of the fossil energy we use is wasted because utility companies fail to put money into efficient, renewable energy systems before building new coal plants?

In the final analysis, accepting and living by sufficiency rather than excess offers a return to what is, culturally speaking, the human home: the ancient order of family, community, good work and good life; to a reverence for excellence of craftsmanship; to a true materialism that does not just care about things but cares for them; to communities worth spending a lifetime in.

Maybe Henry David Thoreau had it right when he scribbled in his notebook beside Walden Pond, "A man is rich in proportion to the things he can afford to let alone."

Alan Durning is a senior researcher at Worldwatch Institute. His work centers on the relationships between social and environmental problems. WorldWatch magazine, which first presented this article, is available from Worldwatch Institute, 1776 Massachusetts Ave., N.W., Washington, D.C. 20036.



chiropractic therapy

DR. CHERYL FITCH-SOHN
Chiropractic Center of Portland
Wholistic Family Health Care
• Complimentary Examination
for New Patients •
774-9666

counseling

Roberta Bass, LCSW
"exploring in safety"
• relationships
• transitions
• addictions
INSURANCE REIMBURSABLE 772-8400

Susan L. Young, M Ed
"for the health of it"
772-4494
Meyers-Briggs
ADMINISTRATION • INTERPRETATION

Hiroimi Dolliver
polarity therapy
healing touch
839-2336

Donna Godfrey, M.S.
Assistance in recognizing
destructive patterns in your
life, overcoming fear and
living life joyfully.
Yarmouth • 846-1260

Lisa Bussey, MA, CEDT
eating, body image, sexuality
groups/individuals
775-7927

Coastal Counseling Associates
substance abuse
marital & family issues
sexual dysfunction
772-5581
adults, adolescents, children
535 Ocean Ave
Portland ME
all insurance
accepted

Brook Alexander, M. Div.
Pastoral Counselor
Treatment for addictions
and co-dependency.
Help with self-alienation and shame,
Individuals, couples and groups
781-5041

Naomi Kronlokken, MA
holistic counseling
psychosynthesis
polarity therapy
142 High St.
Portland, ME 775-7798

Annette H. Goodman, M.S. Ed.
797-3007
Specializing in Issues of Transition.
Utilizing cognitive behavioral techniques.
• INDIVIDUALS • GROUPS •
• NEGOTIABLE FEE •

C. Waite Maclin, M. Div.
Pastoral Counselor
Counseling for
Individuals, Couples & Families
Portland, Maine 773-1314

wellness directory

counseling

SEFERLIS & TROTTER
Brief Therapy With
CHILDREN, ADOLESCENTS, ADULTS
COUNSELING & HYPNOTHERAPY
• Behavior • School Issues • Transition • Habit Control •
Play Therapy • Problem • Art • Music • Music Issues
EVE & WEEKEND HOURS • Reasonable Fees
186 NATIONAL BOARD OF CERTIFIED COUNSELORS
232 St. John St. Pld. ...871-8134

Susan D. Scott, M.S., Ed.
Sherry L. Hanson, M.A., L.S.A.C.
Women's co-dependency groups
starting early May. Day and
evening groups available.
139 Park St.
Portland, ME 775-2233

**On-Going Lesbian
Counseling Group**
accepting new members NOW.
Tuesday evenings 5:30-7:15
\$70 monthly
775-7927

RICK LYNCH, M.A.
Counseling Services
• Men's groups, individuals
• Relationships couples, families
• Adolescents
• Clinical Hypnosis 874-0681
23 West St., Portland

Watson Counseling
• grief, loss and transition •
Jacob Watson, M.A.
870-8656
Kristine Watson, M.A.
775-9366
individuals & families
One Day Workshop,
Saturday, May 18th.

**MILLIE
DONAHUE L.C.S.W.**
Specializing in:
• Anxiety Disorders
• Agoraphobia
• Depression
• Self Esteem
• Woman's Issues
• Groups for Social
Anxiety
688-4152 • 773-5376
Fickett Rd 242 St. John St.
Pownal Portland
INSURANCE REIMBURSABLE

**Trouble Setting
Career Goals?**
Put your education, experience, values
and interests to work for you.
TAKE CHARGE OF YOUR LIFE
Patty Williams, MA
Career Counseling, 799-3344

**INTOWN COUNSELING
CENTER**
Addictions • ACOA Issues
Co-Dependency • Individuals
Groups • Couples
Lucy C. Chudzik, ISAC
Licensed Substance Abuse Counselor
761-9096
477 Congress St., Suite 410
Portland, ME 04101

Elizabeth London
massage therapist
Traditional European Therapeutic Massage
on-site massage • sports massage
774-6876

Enriching Therapeutic Massage
Swedish • Acupressure • Escalon
Nourishing and Relaxing
Pamela Richards, CMT
775-6636

CAROL HEATH, CMT
• Massage Therapy
• Reiki Healing
• Visualization and Art
846-3481

CONDOMS
To Receive Condom Information
A Brochure and a Sampler of
12 Life Style Condoms Call:
1-800-527-5655
CRW, Company



creative arts therapy

EXPRESSIVE THERAPY
Jane Gair, MSW
Licensed Clinical Social Worker
774-8633
women • children • families • groups

Art Therapy for Adults
Marj Greenhut A.T.R.
Art provides a way of releasing
unconscious issues in a
safe environment
833-6391
PORTLAND BROOKLINE BRUNSWICK

LISA M. SGAMBOTI, M.A.
expressive therapist & consultant
Children's Movement Programs
groups • individuals • workshops
879-1959
Portland

fitness

MAINE GLOBAL SYSTEMS
Treat Your Body to Better
Air and Water
Congress Street Portland
774-9557 1-800-477-9557

Jessica Lockhart
Personal Fitness Trainer
783-8970
Portland • Falmouth • Lewiston

**The Racket & Fitness
Center**
• Nautilus • Aerobics
• Free Weights • Fitness Testing
• Cardiovascular Area
775-6188
2445 Congress St. Portland

ROLFING
Noel Clark
582-4580
Intense change, gentle practitioner.
Appointments available in Brunswick.

Christina Lyons
massage therapist
relaxation treatments for women in a
convenient West End location
AMTA member 775-2190

Committed...
to improving the quality of your health?
Acupuncture can serve you.
828-0059
Coleen Connolly, RN, MAC
Certified Traditional Acupuncturist

**Harraseeket Health
& Rehabilitation**
• Biofeedback • Chronic Pain •
• Headache • Stress Related Conditions •
Will Taylor, MD Elaine Berry, LPN
174 S. Freeport Rd, Freeport
865-1469

CONDOMS
To Receive Condom Information
A Brochure and a Sampler of
12 Life Style Condoms Call:
1-800-527-5655
CRW, Company



healing and bodywork

Therapeutic Massage Associates
Cristina Christensen, RN
• nurturing massage •
therapeutic touch, facial massage
for skin Do acupressure
Portland 774-2550

**CENTER FOR HEALTH
REHABILITATION**
"a place to heal wounds and
renew life" since 1982
John P. Carroll, M.S., NCC
775-5903

MASSAGE is more than a luxury...
• soothe your aches and pains
• release your stress & tension
• relax your tired, overworked body
Barbara Fudala R.N.
Therapeutic Massage 773-0217

TAI-CHI-CHUAN
Larry Laudau • Jane Wendelken
• seasonal introductory classes
• on-going classes in solo form,
two person set
10 Exchange St. Suite 202
799-4449 985-6621

THERAPEUTIC MASSAGE
Karen Austen, M.A., L.M.T.
Licensed Massage Therapist
• Swedish Massage • Acupressure • Sports Massage •
• Deep Muscle Massage • Medical Massage •
• Alternative chronic muscular pain & more
7 days a week 865-0672
By appointment Freeport

Tai-Chi-Chuan
Health & self defense
Meditation in movement
"a fluid system,
excellent for stress reduction"
Gene Golden 772-9039

healing and bodywork
ROLFING
Noel Clark
582-4580
Intense change, gentle practitioner.
Appointments available in Brunswick.

Elizabeth London
massage therapist
Traditional European Therapeutic Massage
on-site massage • sports massage
774-6876

Enriching Therapeutic Massage
Swedish • Acupressure • Escalon
Nourishing and Relaxing
Pamela Richards, CMT
775-6636

CAROL HEATH, CMT
• Massage Therapy
• Reiki Healing
• Visualization and Art
846-3481

CONDOMS
To Receive Condom Information
A Brochure and a Sampler of
12 Life Style Condoms Call:
1-800-527-5655
CRW, Company



health services

**Center for Inner
Healing**
Yarmouth, ME 846-6464
Specializing in
complementary health
care for the whole person.
• Acupuncture
• Energy medicine
• Personalized healing tapes
• Hatha Yoga classes

Paul Marks, lic. ac. is a board-
certified, licensed acupuncturist
and experienced practitioner of
the Traditional Chinese Medicine.
Lisa Love, B.S.N., RN is an
experienced practitioner of
hands-on healing to assist in
clearing of physical and emo-
tional pain.

CORINNE MARTIN
Certified Clinical Herbalist
Bridgton, ME
647-2724
Consultations, Classes, Herb Walks

**CASCO BAY
MIDWIFERY SERVICES**
761-2058
Schyla Duffy-St. Laurent
Home Birth • Women's Health
Complete pre and post natal care.

USM STUDENT HEALTH SERVICES
Low Cost • Confidential
Insurance Information
780-4336
Women's Health Portland
Men's Health Gorham

nutrition
Pauline Wood, BA MA
Certified Biokinesiology
892-9493
• Nutritional Counseling
• Food Allergy Testing

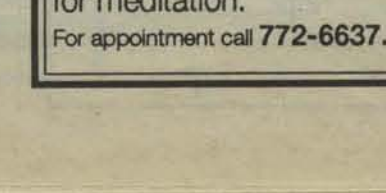
health services
Committed...
to improving the quality of your health?
Acupuncture can serve you.
828-0059
Coleen Connolly, RN, MAC
Certified Traditional Acupuncturist

**Harraseeket Health
& Rehabilitation**
• Biofeedback • Chronic Pain •
• Headache • Stress Related Conditions •
Will Taylor, MD Elaine Berry, LPN
174 S. Freeport Rd, Freeport
865-1469

CONDOMS
To Receive Condom Information
A Brochure and a Sampler of
12 Life Style Condoms Call:
1-800-527-5655
CRW, Company

healing and bodywork
ROLFING
Noel Clark
582-4580
Intense change, gentle practitioner.
Appointments available in Brunswick.

Elizabeth London
massage therapist
Traditional European Therapeutic Massage
on-site massage • sports massage
774-6876



psychic/spiritual

TAROT
Related Cartomancy
Josephine Mori
772-0483
LESSONS READINGS

wholistic learning
The Wisdom of the Three Yanas
June • July • August
Week Long Retreats
Arya Ioka
BUDDHIST RETREAT & STUDY CENTER
New Market, NH
Brochure: 603-659-5456

JUNGIAN ANALYSIS
experience strategic dream therapy and
dream interpretation through the
therapeutic powers of your dreams.
INDIVIDUAL PSYCHOANALYSIS
JOSEPH MANSHIP, Jungian Analyst (Zurich)
874-2219
Member IACP

Proprioceptive Writing Center
"Writing and well-being
are powerful allies."
772-1847
PO Box 8333
39 Deering St. Portland

workshops
**MEN & WOMEN'S
CO-DEPENDENCY GROUP**
STARTS MAY 16
• exploring our past • focusing on the present
• healing together
Greg Ford, Developmental Counselor
775-1771

Healthy Beginnings
Classes in prepared childbirth,
early pregnancy, breastfeeding,
new parents support group.
Mary Taylor 829-3362

**CORE ENERGETIC
CLASS**
April 23-June 11, eves.
**CORE ENERGETIC
WORKSHOP**
Sat., June 8, Augusta

psychic/spiritual
**WAY
DOWN
INSIDE**
You have the answers
Let wisdom be heard.
TAROT READINGS 799-8648

**Spiritual Tarot
Readings**
Call Sue Yarmey
days: 761-5957
or evenings: 772-6637

THE TAROT
• Personal Readings
• Corporate Consultations
• Classes Available on Request
Jim Castonia 772-3709

KRIPALU YOGA
Meditation-in-motion
Classes & Ongoing Workshops
YOGA THERAPY
Integration & Empowerment
for the whole person.
Introductory Sessions Available.
Call
KIM CHANDLER,
or
INNERLIGHT
874-2341

Portland Yoga Studio
Elaine & Francis McGillicuddy
Iyengar Yoga
616 Congress
Portland, ME 797-5684



Mack's Discount Beauty Outlet
 Shop n' Save Plaza
 295 Forest Avenue • Portland
 773-3330
 M-F 8:30-8:00 • Sat 9-5

"Professional Beauty Products for everyone"

20% DISCOUNT GIVEN TO LICENSED COSMETOLOGISTS & COSMETOLOGY STUDENTS WITH PROPER ID

20% OFF
TAPES & CD'S
 MENTION THIS AD

TOMACHECK'S
 (TOMICZEK'S)
 "Check" it out!

Portland Corner of Stevens Ave. & Brentwood (behind Pompeos) 774-8900

So. Portland Ocean St. (Rt. 77) & Sawyer Rd. 767-6500

offer good through April 30

FORMERLY CUMBERLAND ELECTRONICS

to Portland to Cape Elizabeth

HOME SERVICES DIRECTORY

List your Business in the Home Services Directory.

HOME ISSUE

The deadline for this special ad section is Wed., April 24 at 5 pm.

For only \$35, you can put your home-oriented business or service in front of 46,000 readers. Mail the form below or call Sharon Junken at 775-6601.

Complete, clip, and mail to:

Casco Bay Weekly actual sizes

Home Services Directory Casco Bay Weekly 551A Congress St. Portland, ME 04101

Nature of your Service or Business:

Text: \$50

DEADLINE April 24, 5 pm \$35

\$65

Name: _____ Address: _____ City: _____ Zip: _____ Payment: Check MC VISA Card No.: _____ Exp. _____

Letters

Danny Lee responds

I want to offer two corrections to an article by Don Kreis in CBW (3/21/91), an article that would otherwise deserve no comment but for the inaccuracies.

Mr. Kreis used my candidacy for re-election to the Portland City Council to contrast his ultra-liberal agenda with that of most solid Portland citizens. He inaccurately and unfairly stated that I fought "to the death against any sort of historic preservation ordinance..." When I ran for re-election in 1989, I publicly supported the historic preservation ordinance (Munjoy Hill Observer, May 1989). I also supported forming an advisory panel to expedite minor building alterations so that small businesses would not be held up while other major renovation issues were being decided.

As the first chairman of the Post Office Park Committee, I ensured Lee Urban was appointed to the committee to represent Greater Portland Landmarks. The park, when it is built, will allow the historic properties of the Old Port to be showcased. It was also my initiative that gave the proposed park its Japanese design in tribute to our sister city of Shingawa.

The second correction is more editorial in nature. Mr. Kreis characterized service on the council as "too much time spent on too little of substance for a person who also has a real job."

That, for Mr. Kreis' benefit, is what we call representative government. I own and run Terroni's Market, Councilor Tom Allen is a full-time attorney, Councilor Barbara Wood works for L.L. Bean, Councilor Cheryl Leeman runs Maine's Head Start program and others on the council work full or part-time. They represent people who work, and they spend, at minimum, 20 hours a week in the service of this city. Ms. Wood, who replaced me on the council three years ago, has found that it is a tremendous personal commitment of time that few are willing to make, particularly when they have responsibilities other than the council.

Mr. Kreis, as I understand, does not have a job that

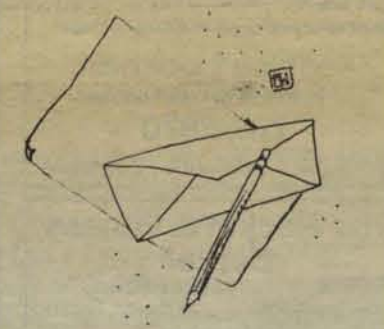
Casco Bay Weekly welcomes your letters. Please keep your thoughts as brief as you can (300 words, max.). Include a daytime phone number, and address to: Letters, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.

would be considered representative of very many Portland residents. I do not recall Mr. Kreis either serving this city as a volunteer or candidate for public office. If Mr. Kreis is so dissatisfied with the caliber of candidate willing to put up with baloney like his, I suggest he get off his liberal duff and get into the race. I promise he would find there are few takers for his style of politics.

Robert D. Lee
 Robert D. Lee
 Portland

Somero dilemma

I had mixed feelings about Andy Newman's article on Linda and Roy Somero, the Parkside landlords facing bankruptcy. On the one hand, I respect the work the Someros have put into repairing and maintaining their buildings and believe that the neighborhood and city would be ill-served if the banks proceed with foreclosure. On the other hand, as one who believes that capitalism is an inherently exploitative and therefore destructive system, I may be able to feel for the Someros'



personal plight, but I can't get righteously indignant about what has happened to them.

People from all walks of life get screwed by this system on a daily basis. To me, however, there is an enormous distinction to be drawn between the "how to get rich quick" true believer's demise at the hands of the system, and the daily oppression and indignity heaped upon society's truly disenfranchised...

The way I see it, that the Someros are reaping hosannas for doing what they should be doing as landlords and property managers, is yet another commentary on the sorry state of affairs in this land of the almighty dollar...

So the Someros got down and worked hard for some 20-plus years. It has always struck me as interesting, however, that aside from the occasional "volunteer-of-the-month" or obituary, in terms of where the recognition goes, only the "successful" seem to get credited with hard work. Shoot, most people I know have no choice (and little enough to show for it) but to work hard.

The Someros have the

satisfactions of having rehabilitated some beautiful old buildings and having "made good" on their own — at least for a while — and they will have learned something. I wish them well.

Alice E. Knapp
 Alice E. Knapp
 Richmond

Dancing values

From the cascade of accolades for the film "Dances With Wolves," I suspect Hollywood and the critical claque has sold itself on itself... I am concerned with the values (or lack of values) suggested by the film and its critical (or uncritical) reception.

Consider the affectionate detail the director lavishes on the fate of an uncouth wagoner, slowly dying of multiple arrow wounds and scalped while still alive. Since arrows kill by cutting, more knives than bullets, the prolonged death scene gets points for realism. But in the buffalo hunt, buffalo crash instantly to the ground when struck by a single arrow. We are spared the realism of watching the beasts — festooned with feathered shafts — run, stand, stagger, and finally fall as a result of internal hemorrhage. What does this say about the director's perception of the public's attitude toward violence? ...

And what of the much praised "new vision" of the Native American culture? True, the Sioux in council are shown as rational, humorous and human and, in battle, killing only in self-defense (but without mercy)... When the Pawnee show up, "the real Indians" we learned to hate in those B-movies for which "Dances With Wolves" is a supposed antithesis — when the Pawnee show up, you better hold on to your hair! I wonder how the present-day Pawnee will rate Costner's revisionary look at the Native American stereotype?

Robert M. Chute
 Robert M. Chute
 Poland Spring

Republican loyalty

On February 14, your newspaper described Robin Lambert as "an outspoken gay rights activist... an open homosexual... whom State Republican leaders hand-picked to run for Portland Senate District 30..." It also stated that he was "pleaded with" to run for this office by Governor McKernan as well as "other Republican big shots."

After he was put on such a high pedestal by "Republican leaders," why would he then

betray his own Party by giving donations to Democrats?

Admit it, Mr. Lambert, you have seriously betrayed your own Party. Donating and actively working to defeat Republicans for office while supporting candidates based on their support of the homosexual agenda tells me that you are first a homosexual activist, and second, a Republican.

It's ironic that Mr. Lambert's only comeback was that the "people who are in control in Cumberland County represent a very narrow ideology that only a few people subscribe to."

I have heard it said so many times from these same Republican leaders that the Party is broad enough to hold diverse viewpoints. If this is the case, why then is Mr. Lambert and his former campaign manager, Tony Payne, going out of their way to attach leadership in the Cumberland County Republican Party? Could it be that they wish to replace them with their so-called "mainstream moderates" to support a gay rights plank in the Party platform? What support is that going to have in the 1992 caucus?

As a member of the GOP county committee, I have been shocked at what I have personally witnessed. It's a kind of hate and practice of smear tactics that I thought went out with Senator Joe McCarthy in 1954 but to my amazement has recently reappeared in the "mainstream" leadership of provisional GOP State Party Chairman O'Meara and the "media spokesman" Tony Payne.

If "mainstream" Republicanism is defined by the actions of our present state party leadership, then I am proud to be called a conservative. At least I have a loyalty to my Party and the people to whom I serve.

Michael A. Smith
 Michael A. Smith
 Gorham Delegate to the Cumberland County Republican Committee

Fatphobia

Peter Weyl made two unacceptable fatphobic references in his March 28 review of "Guilty by Suspicion": the congressman who "...porkily resembles Jesse Helms," and the Bunny Baxter character who tries to "...save his own fat skin." Fatphobia is no more acceptable when directed toward men than it is when its target is women.

Ruth Elkin
 Ruth Elkin
 Portland

Silky's
 UNIQUE & TASTY TAKEOUT FOOD
 EAT LIGHT, RIGHT AND DELICIOUS WITH BABA ROO!
 A DEEELUXE VEGGIE PLATE WITH BABAGANDOL, HUMMUS, FELAFEL, CARROTS, CUKES + CRISPY PITA CHIPS
 147 Cumberland Ave. Portland ME, USA

Little China Town
 FINEST CHINESE FOOD

\$3.95 your choice
 Moo Goo Gai Pan or Curry Chicken each with Pork Fried Rice & 16 oz. soda. with coupon exp. 4/30/91 Delivery Available

You can't go wrong with Wong

SINCE 1938 & FOUR GENERATIONS Daniel Wong
 144 Cumberland Ave., Portland 775-2370 Closed Monday

Latin Dance Party
 featuring PAPA Loves MAMBO
 Friday, April 19, 9 pm to 1 am
 Old Port Banquet Room in the Mariner's Church Fore Street across from Seaman's Club

\$6.00 Single
 \$10.00 Couple
 Call 775-1892 or 878-2330

HARDING'S BOOK SHOP

538 Congress Street
 Rare and Used Books
 Maps and Prints
 Bought & Sold
 Highest Prices Paid
 Search Service
 Tax & Insurance Appraisals
 Single items or large collections wanted
 BROWSEERS ALWAYS WELCOME
 10 am to 5:30 pm Mon.-Sat.
 Member - Antiquarian Booksellers Association of America
 1-800-228-1398
 761-2150 646-8785
 538 Congress St. Route 1, Wells

PANAMA CHIC!

Hand woven Panama hats from Ecuador... and lots of other fresh new Spring styles from Betmar.

CLASSICAL RAGS

HOURS: MONDAY THROUGH SATURDAY 10 TO 6
 86 EXCHANGE STREET OLD PORT • 774.9746

O'DONAL'S NURSERIES

Bring Home the Beauty of Spring...

Select from 50 acres of quality trees, shrubs and flowering plants for the northern landscape. Custom design services. Lawn and garden supplies.

Open Mon. through Sat. 8:50-30, Sun 9:5-11:8
 At the junction of Rts. 22 and 114 five minutes from the Maine Mall Gorham, Maine 04038 Phone: 207-839-4262 and 839-5533

Sterling Silver Pins

Secretaries week April 22 - 26

d. cole jewelers
 10 Exchange St. Portland 772-5119 • Hours: Sun. 12-5 Mon.-Sat. 10-6, Thurs. till 8

ZOOM in on NATURE

Our Annual BINOCULAR & SCOPE SALE!
 Whether you're a birdwatcher, sports enthusiast, hiker, sailor or star gazer, there is a pair of binoculars or telescope that will enhance the enjoyment of your favorite activity.

GREAT SAVINGS on Nikon, Swift, Bushnell and Optolyth Optics.

SALE RUNS NOW THRU MAY 31st, 1991
 Write or call for FREE BROCHURE or come in and talk to our experienced staff.
 The store at...

MAINE AUDUBON SOCIETY
 118 Route One, Falmouth 781-2330

Spring Into Action...
 Work off winter pounds & inches!

Hibernating all winter takes its toll on your body. Wake up and start to work away the excess for summer!

Join Today!

LIMITED TIME OFFER

7 WEEKS \$47
 (rear) 170 U.S. Rte. 1 Falmouth
CALL TODAY! 781-4502

Women's Fitness Studio

FREE GIFT OFFER

SUNWASHED HUES!

Step into luscious nubuck sandals in soft, romantic shades. Sunwashed Teal. Dusty Rose. Sky Blue. Desert Lilac. While supplies last, you'll receive a "Birkenstock Tote Bag" with your purchase. Irresistible new colors, original Birkenstock comfort. And a free canvas tote!

Birkenstock

walkabout
 your Birkenstock store
 337 Forest Ave. • Portland, Maine • 207-773-6601
 "Simply the best place to buy Birkenstock footwear"

Entertainment Weekly

Submissions for Entertainment Weekly sections must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to: Ellen Liburt, Casco Bay Weekly, 551A Congress., Portland, ME 04101.

The Casco Bay Weekly Calendar: 10 days and more ways to be informed, get involved and stay amused.

18 THURSDAY

◆ Heroux artist: The Portland Museum of Art presents a gallery talk by artist Paul Heroux today at 5:15 p.m. (and tomorrow at 12:30 p.m.). Heroux will discuss the etchings and

Want to see a chain gang working on their bikes? See Tuesday, April 23.



ceramics in his exhibition "Perspectives: Paul Heroux." This event is free, witty and worthwhile. For more information, call the museum at 775-6148.

19 FRIDAY

◆ Sparkling folk: Foundational Southern Maine folk artists Marie Dufresne and Mark McNeil bring their sparkling blend of traditional and contemporary music to the Curtis Little Room of the Chocolate Church (804 Washington

St., Bath) tonight at 8 p.m. Tickets are \$6 in advance, \$8 at the door. For more information, call 729-3185.

◆ Scintillating poet: Bill Corbett, poet extraordinaire and author of the widely acclaimed "Blue Note," will be reading his scintillating stuff tonight at 8 p.m. at the Cafe No (20 Danforth St., Portland). Admission is \$3 at the door. For more information, call 772-8114.

◆ The Immanuel Baptist Church (156 High St., Portland) presents a classical guitar and soprano "Thank God It's Spring" concert with guitarist Kevin Morse and soprano Christina Astrachan, tonight at 8 p.m. The solo guitar program includes works by J.S. Bach, Stanley Watson and Paraguayan Indian composer Augustin Barrios Mangore; the guitar/soprano program includes works for voice and guitar by Manuel de Falla, Heitor Villa Lobos and J.S. Bach. Admission is \$7.50 at the door. For more information, call 799-8764.

◆ Sparkling, scintillating young people: Big show in your town tonight, people. It's the Young People's Musical Variety Show featuring local young performers like Portland comedians George "Vanilla" Ham, a Portland comedian rapidly gaining popularity, and comedienne/actress/playwright Joanna Chessie, as well as a dozen high school and college age performers of varying styles, from comedy to opera and folk music to show tunes. All this and a whole lot more at the State Street Church (159 State St., Portland) at 8 p.m. this evening. Tickets are \$10 for adults (\$7.50 in advance), and \$5 for students and senior citizens. For reservations and information, call 874-9002.

◆ The Portland Lyric Theatre (176 Sawyer St., South Portland) presents "Man of La Mancha," a musical comedy adaptation of "Don Quixote." This play

merges Cervante's spirit and identity with that of his fictional creation, Don Quixote, and in so doing, asserts the value of truth over facts and the absurd quest for value over the logical acceptance of absurdity. Just add water, brown and serve. Delicious and nutritious. "Man of La Mancha" opens tonight at 8 p.m., and runs through May 3. (See Stage listings for further dates and times.) To reserve tickets, call 799-1421 or 799-6509.

20 SATURDAY

22 MONDAY

◆ Good music, good memories: The choice voices of the USM Chamber Singers present the world premier performance of two works by George Andoniadis, "Dust of Snow" and "Peril of Hope" (works dedicated to the memory of Portland musician Daniel Junken), as well as Aaron Copland's "Old American Songs," and others. The show starts this afternoon at 3 p.m. at USM Gorham's Corthell Hall. Admission is \$3 for the general public, \$1 for USM students, faculty and staff. For more information, call 780-5256.

◆ Happy Earth Day to you: Well, it's not officially Earth Day, but you can start celebrating Earth Day by coming to the Wells Reserve at Laudholm Farm (Route 1, Wells) at 8 a.m. for breakfast. Take a bird walk at 9, walk to Laudholm Beach at 9:30, plant a tree at 11, and take in a puppet show by the Puppet Partners at noon.

21 SUNDAY

◆ Good taste, good cause: The Sonesta Hotel (157 High St., Portland) hosts the Fifth Annual Chocolate Lovers' Fling today from 1 to 5 p.m. Sample an unlimited number of chocolate items donated by over 40 area restaurants, bakeries, confectioners and caterers. Acquire many delicious but unnecessary calories while benefiting the Rape Crisis Center. Sacrifice yourself!

The visitor's center will be open until 3 p.m.; the trails will be open until 5 p.m. Breakfast tickets can be purchased in advance for \$4, \$2 for students and



seniors; or at the door, \$5 or \$3 for students and seniors. Feel free to bring a picnic lunch. For information, call 646-4521.

23 TUESDAY

◆ Allspeed Bicycles (1041 Washington Ave., Portland) presents Basic Bicycle Maintenance & Tune-Up, a free lecture, tonight at 7 p.m. This event is co-sponsored by the good people of the Good Day Market, who will be glad to provide some of their whole-wheat fig bars and other good-for-you sines. The lecture will cover such basics as chain maintenance, tire changing and basic tune-up procedures. Questions will be answered, provided they are asked. Pre-register at The Good Day Market (155 Brackett St., Portland), or call Jo Ann at 874-2353.

24 WEDNESDAY

◆ So you think you're tough? Try Throwing Muses, a college rock band on its way to lasting fame and maybe even a bit of fortune. Throwing Muses will be at Raoul's Roadside Attraction (865 Forest Ave., Portland) for their only Maine appearance tonight at 9 p.m. Tickets are \$6 in

C'mon, you can do it. Tickets are \$15. For more information, call Susan Cole at 767-4278.



25 THURSDAY

◆ The Pheremones, comics/new wave folkies/rap masters and

ers and Publishers Alliance present the Third Annual Southern Maine Authors' Reception today in Westbrook College's

26 FRIDAY

◆ Jumping jazz: Immanuel Baptist Church (156 High St., Portland) presents the State Street Traditional Jazz Band and the Steve Grover Trio tonight at 8 p.m. Proceeds from this event will benefit the Mid-Coast Jazz Society for scholarships to Maine Summer Jazz Camp. Donations (or, if you prefer, "tickets") are \$7. For more information, call 563-5719.

advance, \$7 at the door. For more information, call 773-6886.



27 SATURDAY

◆ Ironic art: Ram Island Dance presents "Signs of Life," the third in a series of uncommon performances, today and tomorrow at 7:30 p.m. at Porteous Downtown — that's right, the famous dead department store. Enter from Free Street and enjoy the irony. Tickets are \$10. For reservations, call 773-2562.

◆ Hey kids! Want to find success in freelance writing? The Maine Writers Center (19 Mason St., Brunswick) presents — you guessed it — "Finding Success in Freelance Writing," a workshop focusing on the mechanics of getting your articles published in magazines and newspapers. Wayne Curtis, a full-time freelancer, has written for The New York Times, Outside, Down East and The Wall

28 SUNDAY

◆ The Portland Concert Association presents Mummenschanz, the world-famous mime and mask ensemble, tonight at 8 p.m. in City Hall Auditorium (30 Myrtle St., Portland). Mummenschanz is a mixture of acting, mime, dance and magic — and presumably some human beings to perform all that stuff. Tickets are \$10 to \$25. Children under 13 are half price. For reservations and more information, call 772-8630.

Alplanaip Library (Stevens Avenue, Portland). Over two dozen authors from southern Maine are expected to show up and discuss authoring with anyone who cares to listen. Colby College

English professor Susan Kenney, an accomplished and much-published writer, will be the featured guest at the reception, and will read from her works. You will listen carefully and applaud fiercely. The reception starts at 5:30 p.m. and will be over at 7:30 — theoretically, at least. In the immortal words of John Moncre Wettereau, two writers should not be allowed to sit in the same room. For information, call 797-7261, ext. 330.

kitchen sink performers, will attempt to stretch your mind today at 5 p.m. in the USM Portland Campus Center College Room (Bedford Street, Portland). This concert is free and will free your mind and your soul as well. For more information, call 874-6598.

26 FRIDAY

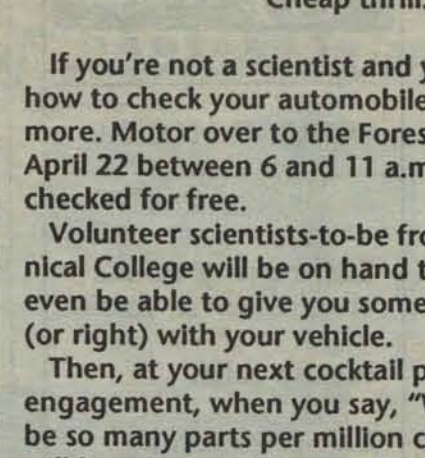
◆ Hey kids! Want to find success in freelance writing? The Maine Writers Center (19 Mason St., Brunswick) presents — you guessed it — "Finding Success in Freelance Writing," a workshop focusing on the mechanics of getting your articles published in magazines and newspapers. Wayne Curtis, a full-time freelancer, has written for The New York Times, Outside, Down East and The Wall

27 SATURDAY

◆ The Portland Concert Association presents Mummenschanz, the world-famous mime and mask ensemble, tonight at 8 p.m. in City Hall Auditorium (30 Myrtle St., Portland). Mummenschanz is a mixture of acting, mime, dance and magic — and presumably some human beings to perform all that stuff. Tickets are \$10 to \$25. Children under 13 are half price. For reservations and more information, call 772-8630.

Alplanaip Library (Stevens Avenue, Portland). Over two dozen authors from southern Maine are expected to show up and discuss authoring with anyone who cares to listen. Colby College

advance, \$7 at the door. For more information, call 773-6886.



28 SUNDAY

◆ Allspeed Bicycles (1041 Washington Ave., Portland) presents Basic Bicycle Maintenance & Tune-Up, a free lecture, tonight at 7 p.m. This event is co-sponsored by the good people of the Good Day Market, who will be glad to provide some of their whole-wheat fig bars and other good-for-you sines. The lecture will cover such basics as chain maintenance, tire changing and basic tune-up procedures. Questions will be answered, provided they are asked. Pre-register at The Good Day Market (155 Brackett St., Portland), or call Jo Ann at 874-2353.

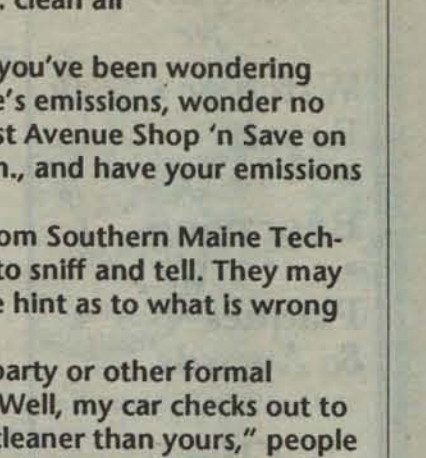
◆ So you think you're tough? Try Throwing Muses, a college rock band on its way to lasting fame and maybe even a bit of fortune. Throwing Muses will be at Raoul's Roadside Attraction (865 Forest Ave., Portland) for their only Maine appearance tonight at 9 p.m. Tickets are \$6 in

29 MONDAY

◆ Good music, good memories: The choice voices of the USM Chamber Singers present the world premier performance of two works by George Andoniadis, "Dust of Snow" and "Peril of Hope" (works dedicated to the memory of Portland musician Daniel Junken), as well as Aaron Copland's "Old American Songs," and others. The show starts this afternoon at 3 p.m. at USM Gorham's Corthell Hall. Admission is \$3 for the general public, \$1 for USM students, faculty and staff. For more information, call 780-5256.

Alplanaip Library (Stevens Avenue, Portland). Over two dozen authors from southern Maine are expected to show up and discuss authoring with anyone who cares to listen. Colby College

advance, \$7 at the door. For more information, call 773-6886.



29 MONDAY

◆ Good music, good memories: The choice voices of the USM Chamber Singers present the world premier performance of two works by George Andoniadis, "Dust of Snow" and "Peril of Hope" (works dedicated to the memory of Portland musician Daniel Junken), as well as Aaron Copland's "Old American Songs," and others. The show starts this afternoon at 3 p.m. at USM Gorham's Corthell Hall. Admission is \$3 for the general public, \$1 for USM students, faculty and staff. For more information, call 780-5256.

◆ So you think you're tough? Try Throwing Muses, a college rock band on its way to lasting fame and maybe even a bit of fortune. Throwing Muses will be at Raoul's Roadside Attraction (865 Forest Ave., Portland) for their only Maine appearance tonight at 9 p.m. Tickets are \$6 in

30 TUESDAY

◆ Allspeed Bicycles (1041 Washington Ave., Portland) presents Basic Bicycle Maintenance & Tune-Up, a free lecture, tonight at 7 p.m. This event is co-sponsored by the good people of the Good Day Market, who will be glad to provide some of their whole-wheat fig bars and other good-for-you sines. The lecture will cover such basics as chain maintenance, tire changing and basic tune-up procedures. Questions will be answered, provided they are asked. Pre-register at The Good Day Market (155 Brackett St., Portland), or call Jo Ann at 874-2353.

Alplanaip Library (Stevens Avenue, Portland). Over two dozen authors from southern Maine are expected to show up and discuss authoring with anyone who cares to listen. Colby College

Speak the universal language of Mummenschanz. See Saturday, April 27.

DANCE DANCE DANCE
WHEREHOUSE
FRIDAY-SATURDAY
A REFUGE FROM TOP 40 WITH MUSIC SPUN BY D.J.'S
SHAWN + SPENCER
DANCE CHEM-FREE

Mad Horse THEATRE COMPANY presents
TENT MEETING
a chilling vision of Faith and Fanaticism
April 4 - April 28
797-3338

café no where the beat goes on
JAZZ
• great music
• great grub
• great wine
• fri 4/19 Boston poet Bill Corbett w/ music by Gary Wittner
• sat 4/20 Don Stratton Trio with Marguerite Juenemann & Gary Wittner
• tues 4/23 Eco-Poetic, Bio-Regional Reading with Gary Lavoless & others
• thurs 4/25 K. Barry Saunders Quintet
reservations welcome closed Mondays • no age limit 20 danforth st. • 772-8114

Entrees Under \$10
Seven Nights A Week, Even Monday.
You Can Afford To Dine Out In Style!
THE WEST SIDE RESTAURANT
Open Every Night. Also Breakfast, Lunch & Sunday Brunch.
58 Pine Street
773-8223

Your Own Art at Your Own Pace
Make:
• cups
• plates
• sculptures
• platters
• & more!
Pottery Lessons STUDIO
772-4334 132
132 Washington Ave., Portland

BULL MOOSE
New & Used
CDs, Tapes,
LPs, Imports
725.1289
151 MAIN ST BRUNSWICK ME

RAFFLE'S BOOKS are 100% cholesterol free
RAFFLES C.A.F.E. BOOKSTORE
555 CONGRESS STREET
PORTLAND • 761-3930

IZZY'S CHEESECAKE
BUY YOUR CHEESECAKE DIRECTLY FROM US!
AWARD WINNER AT THE "CHOCOLATE LOVERS' FLING," 1987, 1989, 1990
FEATURED IN SELECT SHAW'S SUPERMARKETS
MAIL ORDER AVAILABLE ONE INDUSTRIAL WAY PORTLAND, MAINE 04103
207-797-9990

MACBETH BY WILLIAM SHAKESPEARE APRIL 18 - MAY 5
Macbeth gets a fresh new interpretation that is both faithful to Shakespeare's intentions and relevant to our time.
The Theater Project
Call for reservations & information
14 School St., P.O. Box 817, Brunswick ME 04011
729-8584

FRI APRIL 19TH
Big DIPPER
ALSO FROM SO DAKOTA
GHOST DANCE
ZOOZ 705-2087

Your Old Port Headquarters
for
Watch & Clock Repair
•
Engraving
•
Plaques & Awards



Classic Impressions
51 Exchange Street
Old Port 874-6980

CARLSON & TURNER
BOOKSTORE

SPRING HOURS
Thurs. - Sat. 10-5
Sunday 12-5

Still buying books after all these years.
House calls.

Fair prices and that's a promise.
241 Congress St.
773-4200
Portland Booksellers since 1974

FREE MOVIES! RENT ONE MOVIE GET THE 2ND ONE FREE!

Mention This Ad.
Sunday through Thursday Only. 2nd movie must not be new release.
Offer good through May 31.



TOMACHECK'S
(TOMICZEK'S)
Formerly Cumberland Electronics

Portland Corner of Stevens Ave. & Brentwood (behind Pompeos) 774-8900

So. Portland Corner of Ocean St. (Rt. 77) & Sawyer Rd. 767-6500

<input type="checkbox"/> Downtown	<input type="checkbox"/> Congress	<input type="checkbox"/> Lighthouse Hill
<input type="checkbox"/> Downtown	<input type="checkbox"/> Congress	<input type="checkbox"/> Lighthouse Hill

Watch your business grow!

Advertise in CBW's HOME Issue May 2. Deadline is April 24.



Call Holly, Rose, Maureen, Marilyn or Cary at Casco Bay Weekly, 775-6601

Entertainment Weekly
Continued from 10-day CALENDAR

SILVER SCREEN

Aguirre, the Wrath of God Werner Herzog's spectacularly horrifying chronicle of imperialism goes awry. Starring Klaus Kinski as a power-driven lunatic who dreams of stealing an entire continent.

Career Opportunities On his first day working in a large department store, a 21-year-old man gets lost and winds up locked in for the night. He encounters a beautiful woman and a pair of thieves — who aren't nearly as attractive as she is. With Jennifer Connelly and Frank Whaley.

Class Action An old-school liberal lawyer is hired to fight a major automotive firm. Opposing counsel is his daughter, which he finds a little unnerving, to say the least. With Gene Hackman and Mary Elizabeth Mastrantonio.

Dances with Wolves Kevin Costner's epic rewrites the Western from a Native American perspective. Beautifully filmed, with a stirring narrative, even if the issues are somewhat oversimplified. With Costner and a strong supporting cast.

Defending Your Life Albert Brooks' anti-fetile comedy is sweet and smart, but only occasionally funny. The premise — "Judgment City," where Brooks finds himself reviewing his past life — wears thin, and the acting, by Brooks, Meryl Streep and Rip Torn, could have been phoned in.

The Doors An exhilarating high, despite its bluntness of a story line. Oliver Stone applies his colorful, high-voltage style to the saga of Jim Morrison, the doomed, Dionysian rock star. The many re-creations of '60s lifestyles are vivid, the acting (by Val Kilmer as Morrison, with Meg Ryan and Kyle MacLachlan, among others) is good, and the music is terrific.

Hard Way Michael J. Fox is a successful movie star determined to change his image and land the role of a tough homicide cop. His studio pulls strings and a N.Y.P.D. homicide detective, played by James Wood, finds himself babysitting while the actor does research in the midst of a string of grisly murders.

Home Alone The sleeper hit of the season, full of cartoon violence set against a Christmas backdrop. With Joe Pesci and Daniel Stern.

Marrying Man Comedy about a man who, while en route to his wedding, sees the woman of his dreams — who happens to be a mobster's girlfriend — and decides to pursue her. With Kim Basinger and Alec Baldwin.

Mortal Thoughts Demi Moore and Glenn Headly play the proprietors of a beauty parlor who cover up the murder of Glenn's on-camera husband, played by Bruce Willis. Willis' husband is so one-dimensional and abusive it's hard to see why Headly married him in the first place, or indeed, why anyone bothered to film this unsuccessful "thriller." Who really committed the murder? Who cares?

Mr. & Mrs. Bridge Paul Newman and Joanne Woodward are a repressed and depressed couple in this comedy about a staid and decorous middle-class marriage slowly stirring to life in the Kansas City of the '30s and '40s.

New Jack City Ultra-violent thriller about the rise of a New York crack dealer and the cops who bring him down. The movie, directed by Mario Van Peebles, can't decide whether it's a black "Scarface" or a cop buddy flick, but it is notable for its talented African American cast, particularly rapper Ice T as a sensitive narc and comedian Chris Rock as a crack addict. Also starring Portland's own Judd Nelson as a biker turned cop.

Out for Justice The story of two men who grow up together then find themselves on different sides of the law in NYC. Steven Segal plays a police detective who uses martial arts.

Silence of the Lambs With outstanding performances from Jodie Foster as an FBI agent and Anthony Hopkins as a criminally insane psychiatrist, director Jonathan Demme ("Something Wild") creates a darkly disturbing movie about serial killers. Demme gives the audience a clear, objective view of events while simultaneously plunging us deep inside them, and the overall effect may be more than some moviegoers can handle. Nevertheless, it's a brilliant, scary piece of entertainment.

Teenage Mutant Ninja Turtles II: Secret of the Ooze Martial arts pudgie puppies fight evil, eat pizza, play rock music, listen to rap. Hold me down, someone, I just got to see this flick.

Tune In Tomorrow A soap opera scriptwriter befriends a naive and aspiring young writer. The writer falls in love with his own twice-divorced aunt, and receives advice on courting her from the scriptwriter, who not only invites them to dinner, talks with them and encourages their romance, but arranges for disapproving family members to discover their relationship — all the while recording and writing down all the characters and dialogue for his script.

Vincent & Theo The story of Vincent van Gogh's life and art, and of his brother Theo's devotion and despair at his own inability to help Vincent by selling his work. Pauline Kael, in reviewing this film directed by Robert Altman, said: "The theme — the bitter entanglement of art and commerce — is Altman's lifelong theme... It's a movie about two sensualists made by a sensualist, who understands that their bond of love of art is also a bond of shared rage at the world of commerce."

WHAT'S WHERE

Nickelodeon
Temple and Middle streets, Portland 772-9751
Second, third and fourth shows only Mon-Thurs; all shows Fri-Sun
Defending Your Life (PG) 1:30, 4:20, 7:20, 9:50
The Doors (R) 1:30, 4:20, 7:20, 9:40
(*No show April 24; Toy Soldiers preview only)
Silence of the Lambs (R) 1:10, 4, 7, 9:45
Dances with Wolves (PG 13) 4:40, 8
Mr. & Mrs. Bridge (PG 13) 1:20, 4:10, 7:10, 9:50
(*No show April 22 & 24; Toy Soldiers preview only)
Mortal Thoughts (R) 1:40, 4:30, 7:30, 9:40

General Cinemas
Maine Mall
Maine Mall Road, South Portland 774-1022
New Jack City (R) 3:05, 5:20, 7:35, 9:45
The Marrying Man (R) 1:20, 3:50, 7:25, 9:50
Career Opportunities (PG 13) 1, 2:55, 5:10, 7:20, 9:35
Teenage Mutant Ninja Turtles II (PG) 12:30, 2:45, 5, 7:05, 9:05
Class Action (R) 1:40, 4:10, 6:50, 9:20
Hard Way (R) 1:30, 4, 7, 9:30
Home Alone (PG) 12:45, 3, 5:20, 7:40, 10
Out for Justice (F) 1:10, 3:10, 5:15, 7:35, 9:45

The Movies
10 Exchange St, Portland 772-9600
Tune In Tomorrow
April 17-23
Wed 7
Thurs-Tues 7, 9
Sat-Sun Mat 1, 3
Vincent & Theo
April 24-28
Wed-Sat 7, 9:30
Sat-Sun Mat 1
Sun eve 8:30

Portland Museum of Art
Seven Congress Square, Portland 775-6148
Aguirre, the Wrath of God
April 25
7 pm

STAGE

"And a Nightingale Sang..." USM theater students will perform this romantic drama by C.P. Taylor, the poignant and often funny story of the homefront struggles of one English family during World War II. April 19-20 at 7:30 pm, April 21 at 5 pm, April 25-27 at 7:30 pm, and April 28 at 5 pm. In USM Gorman's Russell Hall. Tickets: \$7 public, \$6 seniors, \$4 students. For tickets, call 780-5483.

A Little Festival of the Unexpected at Portland Stage will offer a constellation of unusual, short theater pieces surrounding Portland Stage's performances of "Wolf at the Door." The festival will also include performances by the Otrabanda Company's "Mix" with Roger Babb and Louise Smith, live sound in music by "Blue" Gene Tyranny, "The House of the Mighty Mother That Travels Across the Sky," written and performed by Louise Smith, "Justine," by the Marquis de Sade, an adaptation by Leon Katz, with music by Al Carmines. All events are short, free, and performed at odd times around performances of "Wolf at the Door." The Festival runs through April 21. Portland Stage is located at 25A Forest Ave. For more information and reservations, call 774-0465.

Continued on page 24



Geraldine Librandi (as Mel) sets the table for her poverty-stricken family in "Wolf at the Door."

Poetry in poverty

"Wolf at the Door" by Erik Ehn
Directed by Richard Hamburger, with Arabella Field, Brad Newman and Geraldine Librandi
Portland Stage Company, 25A Forest Ave.
Through April 28

What a difference a play makes! For last month's "Mirandolina," the PSC stage was transformed into a posh Florentine inn; now the stage has been stripped down to its ancient brick walls, with a huge pile of dirt extending it into the first rows. This grimy industrial backdrop is the perfect setting for Erik Ehn's new play "Wolf at the Door," a highly stylized drama about a family trapped by poverty.

With its poetic narrative and its dramatic use of lighting and audio effects, "Wolf" is a bold departure for the PSC, which is giving this play its world premiere. The subject matter is downbeat to say the least, and its language — consisting largely of richly metaphorical interior monologues — may at first confuse its audience. But the play is certainly worth the effort; as the audience enters into the rhythms of its narrative, the characters emerge to create a disturbing portrait of America's underside.

"Wolf" is set in the fictional upstate New York city of Seneca, but could just as easily be anywhere in Maine. The family — a mother, her son Taylor and daughter Holly — has returned to its old home after a frustrating journey through the poverty maze of homeless shelters and soup kitchens. Dad, a lecherous, drunken rail yard bull, hovers on the periphery, having abandoned the family years earlier. Mel, the mother, desperately tries to hold it all together, pinning her hopes on Taylor to earn some money and to keep an eye on his younger sister. "She's a mistake-maker," warns Mel.

stage

drunken rail yard bull, hovers on the periphery, having abandoned the family years earlier. Mel, the mother, desperately tries to hold it all together, pinning her hopes on Taylor to earn some money and to keep an eye on his younger sister. "She's a mistake-maker," warns Mel.

But Taylor (Brad Newman) is too young for this responsibility. He resists the efforts of a well-meaning foreman (Jay Patterson) to teach him about the construction trade, and in his best scene Taylor confronts his father, pleading for acceptance. Taylor dreams of flight: "Why doesn't everyone just run away?" he ponders. "We could leave maybe one guy behind to get the note." His mother's image overrules the fantasy, reminding him, "We are a family of telepaths and I say bring home the bacon."

While Taylor wrestles with maturity, Holly (Arabella Field) is left alone, having skipped school with her boombox. Holly seems pretty perky for a child of poverty. She's close to nature, sensing life in the spirit of an old tree and imagining the ghosts of Indian burial grounds haunting the city's landfills. She also identifies with her namesake Buddy Holly, whose music we occasionally hear on her radio. But Mel was right about Holly: this naive "mistake-maker" will become one with nature in death, returning to haunt her father's sodden dreams forever.

Mel (Geraldine Librandi) is the central character of the play, and remains at center stage throughout. Librandi's is the best of the many fine performances in "Wolf." We see her complex relationship with an alcoholic sister who married out of poverty (Carol Schultz); her pathetic attempt to set a fine table, with candles in bottles of Genny Cream Ale; her defiant confrontations with a bill collector (Larry Golden) and her drunken, raging husband (Stephen C. Bradbury). Most of all, we come to understand Mel as a proud, stubborn woman who carries inside her the awful realization that she can "never rise above zero."

The play's mix of dirt-floor drama and poetic narrative is dramatically enhanced by its imaginative use of lighting and sound. Characters will suddenly be illuminated by flickering footlights, casting giant shadows on the textured brick back wall; one scene is lit by the white heat of a welding torch. On the sound system, snippets of static turn to music cuts and radio announcements, alternating with such background noises as hammers and a buzz saw. (Christopher Akerlund handled the lighting and David Budries put together the seamless sound design.)

Ultimately, "Wolf at the Door" suggests a modern version of a Stephen Vincent Benet poem, its linguistic imagery elevated far beyond its down-and-dirty subject matter. Therein lies its unique power, for had Ehn simply stuck to the banal language of poverty, this would be little more than another "kitchen sink" melodrama with little new to say. Instead, it is a daring work of literature, and the Portland Stage Company and director Richard Hamburger can take a bow for staging it with such style.

Peter Weyl

Purchase a **3-Pack of Konica Film** for only **6.99**

And receive **Free Burpee Seeds!**



Get into the **Spring of Things!**

Trust your memories with the Pros at **BPS PHOTO EXPRESS**

Plus- Don't forget...The Big Deal!
Free Film or Free 2nd Set of 4" Prints Every Day of the Week!

30 City Center, Portland • 772-7296
71 US Route 1, Scarborough • 883-7363

NEW ENGLAND CRAFTERS
of Freeport, Maine
invites you to visit their new store in the **DANSK OUTLET MALL** in Kittery, Maine

Distinctive Crafts by New England Artisans...

Public spaces still available to crafters. Call 439-4426 for details.

STOP and smell the FLOWERS
...and have DINNER afterwards!


HOW? Purchase a twenty-dollar gift certificate at **ALBERTA'S** 21 Pleasant Street Portland • 774-0016

and receive — absolutely free, no strings attached — a five-dollar gift certificate from **I LOVE FLOWERS** 19 Pleasant Street Portland • 774-5882



Get your ad on the coffee table.

Advertise in CBW's HOME Issue, a real conversation piece. For publication on May 2, the deadline is April 24.



Call Holly, Rose, Maureen, Marilyn or Cary at Casco Bay Weekly, 775-6601

WORLD PREMIERE

Portland Stage Company presents
Wolf At The Door
a new play by Erik Ehn
directed by Richard Hamburger
April 9 - 28
Call 774-0465 for tickets

PORTLAND
STAGE
COMPANY

25A Forest Avenue, Portland, ME 04101
Co-sponsored by Tundra Studios & The Guthrie Group

FILA

TENNISWEAR FOR MEN & WOMEN AT 40-50% OFF RETAIL!

THE place to buy high-quality affordable tenniswear in Greater Portland — FILA FACTORY OUTLET.

FILA Factory Outlet • Freeport Fashion Mall
2 Depot Street, Freeport • 865-0462

fotoshops "We're the 35mm experts"

COMPLETE DARKROOM SUPPLIES AND EQUIPMENT

DOUBLE PHOTO DAY EVERY WEDNESDAY & SATURDAY Second Set FREE!

ONE HOUR DEVELOPING AVAILABLE!

THE ULTIMATE In Quality Color Prints

instant passports repairs

517 Congress St. Portland MC, VISA & Amex accepted

Show Your Secretary It's More Than Just The Fax.

National Secretaries' Week is April 22-26.

There's no other way to send the message that you appreciate the hard work. Flowers are the best way to make sure it's received.


HARMON'S 584 Congress Street Portland 774-5946

BARTON'S 117 Brown Street Westbrook 854-2518

Free parking at both locations. All major credit cards accepted on phone orders.

Hugo's Portland Bistro.

Call for a table or just Turnip.



For reservations call 774-8538
Delicious dinners Tuesday-Saturday
Sunday Brunch 11:30-2

Who needs a Ten Spot?

\$10

Who doesn't? These days the gifts people appreciate the most are the ones they can really use. Valid at dozens of downtown businesses. Downtown Gift Certificates are custom-fit for all occasions: Birthdays, Anniversaries, Graduations, or just-cause-you're-a-single-person type of occasions.

Speak to your friends at any downtown People's Heritage Bank about this perfect gift idea — or call IPE at 772-6828.

TOP OF THE EAST presents
Stars Over Portland

A monthly showcase of the region's top performing artists.

Appearing in April:
RICK WATSON

An exciting mix of folk-rock, blues & bluegrass on guitar and keyboard

Wed 8-11pm
Thurs 8-midnight
Fri 5-7pm
complementary hors d'oeuvres
Fri 9-midnight Sat 8-midnight
Free Parking

Appearing 4/13 — Curt Bessette

TOP OF THE EAST
Sonesta Hotel Portland
775-5411

Community Cable Network
week of 4/19/91

USM Closeups: Professor Mahmud Fakh, on after Desert Storm. (1/2 hr)
High Tension on the Cutting Edge: Fabric artist Cynthia Thompson. (1/2 hrs)
Health Views: Volunteerism (1hr)
People Helping People: Includes Spurwink School, Alpha I & Northeast Hearing & Speech. (1/2 hr)
In the Gallery: USM Student Art. (1/2 hr)

Programs premiere Fri. 7-10pm, and are repeated Sat. — Mon. 1-4 & 7-10pm and Tues., Wed., & Thurs. 9am-noon.

Cable Channel 37 in Portland, So. Portland, Cape Elizabeth, Falmouth, & Scarborough. Channel varies in Gorham.

Everything we do is **SPECIAL.**

We do state of the art haircuts & European Color.

TREND SETTERS
Total Makeover Salon

781-5500
Casco Bay Professional Park
367 U.S. Rt. 1, Falmouth

Wrong Brothers' Pub
FOOD • SPIRITS • GREAT TIMES

Fun & Frivolity
Come Experience
Portland's Best Sports
Participation Club

PORT BILLIARDS
39 Forest Ave, Intown Portland
Next to Zootz • Behind the Sonesta
775-1946

Entertainment Weekly

Continued from page 22

STAGE

"Macbeth" will be presented by The Theater Project from April 18-May 5. This production is set after a major war in our times, in which few weapons remain and fighting has returned to conditions not dissimilar from medieval times, the setting for the original "Macbeth." The show will run Thursdays through Sundays, with curtain at 7 pm Thursday, 8 pm Fridays and Saturdays, and 2 pm Sundays. The theater is located at 14 School St, Brunswick. Tickets are \$10 adults, \$8 seniors and students, special deal Thursdays & Sundays: 2 for \$15. For further information, call 729-8584.

Maine Voices, a poetry reading by Mad Horse Ensemble members, April 21, at 4-5:30 pm with intermission, at Mad Horse Theatre, 955 Forest Ave, Portland. Admission is \$6 adults, \$5 children, and includes coffee, soda and pastry. No reservations necessary. For more information, call 797-3338.

"**Man of La Mancha**" The Portland Lyric Theatre presents this musical comedy adaptation of "Don Quixote," a work dealing with a crucial few hours in the life of the playwright and poet Miguel de Cervantes. The play merges his spirit and identity with that of his fictional creation, Don Quixote, and in so doing, asserts the value of truth over facts and the absurd quest for value over the logical acceptance of absurdity. Show dates are Friday evenings at 8 pm, April 19-20, 25-27 & May 3-4. The theatre is located at 178 Sawyer St. S. Portland. For tickets, call 799-1421 or 799-6509.

Mummenschanz The Portland Concert Association presents the world-famous mime and mask ensemble, with its mixture of acting, mime, dance and magic. April 27, at 8 pm, in City Hall Auditorium, 30 Myrtle St. Portland. Tickets: \$10-\$25. Children under 13 half price. Call the PCA at 772-8630 for reservations.

Mystery Cafe Solve "Murder at the Cafe Noir" over a gourmet dinner at Portland's only dinner theater, Saturday nights at The Baker's Table, 434 Fore St, Portland. For more information, call 883-1035.

"**Night, Mother**," winner of the 1983 Pulitzer Prize for drama, will be presented by Stage Right on April 19-20, 26-27 at 7 pm and April 28 at 2 pm. At the Warehouse, 29 Forest Ave, Portland. Tickets are \$6 and \$5. Reservations are welcome but not necessary. A portion of all proceeds will benefit Ingham Volunteers. For reservations, call 774-1160 or 767-3931.

Ram Island Dance presents "Signs of Life," the third in a series of uncommon performances, April 26-27, at 7:30 pm, at Porteous Downtown (enter from Free Street). Tickets are \$10. For reservations, call 773-2562.

Young People's Musical Variety Show More than a dozen local young performers will be featured in a showcase show on April 19, at 8 pm. The Young People's Cabaret will present high school and college age performers of varying styles, from comedy to opera and folk music to show tunes. The show will also feature the comedy of George "Vanilla" Ham, a Portland comedian rapidly gaining popularity, and the work of comedy actress and playwright Joanna Chessio, who will present an excerpt from her highly acclaimed one-woman show, performed recently at Madd Horse Theater Co. The show will be presented at the State Street Church, 159 State St, Portland. Tickets are \$10 for adults, \$7.50 in advance, \$5 for students and senior citizens. For reservations and information, call 874-9002.

"**Tent Meeting**" Mad Horse Theatre presents this intense, offbeat and provocative story of a southern evangelist and his son and daughter dealing with events that occur when a mysterious baby is proclaimed the second coming of Jesus Christ. A chilling vision of faith and fanaticism, and of the place of religion in modern life. Runs through April 28, Thursday & Friday at 8 pm, Sunday at 7 pm, at Mad Horse Theatre, 955 Forest Ave, Portland. Tickets are \$12-\$15. For information or reservations, call 797-3338.

There is great synergistic power in this cast. There were moments early on when things were not clicking, when lines seemed to come off a page and not from the heart, when the cast seemed to be on three different stages, but that fog burned off before the opening of the third scene and did not reappear. Everybody, especially Michael Rafkin, should be congratulated for taking an opaque, highly idiomatic script and presenting it as a clear, penetrating and absorbing study of human frailty.

W.D. Cutlip

Continued on page 26



Tony Owen as the Reverend Edward O. Tarbox.

"Tent Meeting"
By Larry Larson, Levi Lee and Rebecca Wackler
Mad Horse Theatre Co., 955 Forest Ave., Portland
Through April 28

If "Tent Meeting" is any gauge of where things are going at Mad Horse, the theatre-going public would do well to show up at future performances in suits of armor. "Tent Meeting" is indeed a fast ride on a mad horse, a totally absorbing and deeply disturbing *tour de force*: well acted and masterfully directed, an enormously satisfying and yet painful experience.

"Tent Meeting" concerns the problematical existence of Jesus O. Tarbox (a "miracle" baby sans neck, face, limbs and vital organs), as seen *en route* to Moose Jaw, Saskatchewan, in the company of his mother (the "dizzy purposeful" Becky Ann Tarbox), his uncle (army deserter, coward and practicing idiot Darrell Tarbox) and his — father? grandfather? — the manic, incestuous and altogether bent Reverend Edward O. Tarbox.

Throughout the play, the audience is treated to the spectacle of the Tarbox family rotting visibly, palpably, audibly and

stage

olfactorily from its mortal core. "Tent Meeting" is not so much about bad religion as it is about the moral collapse of humanity. It is a horror to behold — and a comic delight.

Tony Owen's portrayal of the Reverend Tarbox is effective and often chilling. He is God's own maniac, a credit to the televangelical profession. One wonders if there is not a little fundamental Baptist in Owen's family tree somewhere — or should I say, closet?

Randy Aromando plays Darrell with a spark and passion that, in my eyes, eclipse all his other work to date. He is lit up for this one, aglow, on fire. Aromando is not just comfortable with this role: he's knocked it in the head.

And Terry Drew's portrayal of Becky Ann Tarbox: now there's a piece of work, ladies and gentlemen. What can be said about Drew that hasn't been said before? More to the point, what can be said about Drew that won't sound like hyperbole? Drew's physical vocabulary and dramatic delivery are absolutely exquisite. It is nearly impossible to watch Drew suffer in a role without being genuinely concerned for her welfare. Remember: she's only an actress.

There is great synergistic power in this cast. There were moments early on when things were not clicking, when lines seemed to come off a page and not from the heart, when the cast seemed to be on three different stages, but that fog burned off before the opening of the third scene and did not reappear. Everybody, especially Michael Rafkin, should be congratulated for taking an opaque, highly idiomatic script and presenting it as a clear, penetrating and absorbing study of human frailty.



Short stories sought for Casco Bay Weekly's

Relevant Fiction Competition

Casco Bay Weekly is accepting original, unpublished short stories on topics relevant to modern life in the Casco Bay region. A panel of three judges will choose the most compelling, well-written and relevant short stories for inclusion in **Casco Bay Weekly's Relevant Fiction Issue, July 3, 1991.**

Casco Bay Weekly

We seek stories that raise questions about some facet of everyday life here in the Casco Bay region, and we are looking for stories that demand to be told: fiction that is evocative and finely tuned to the author's intention. (Please do not submit stories in the "genre" traditions of erotica, fantasy, mystery, science fiction, supernatural, reminiscence or romance.)

The judges are Diane Benedict, author of the short story collection

Send your manuscript by **Wednesday, May 29 to:**
Casco Bay Weekly
551A Congress Street
Portland, ME 04101.

NEW & USED RECORDS TAPES CDs



Sound Alternatives
10 Longfellow Square
Portland
774-4446

PERMS, FRAMES, COLORS and SUNGLITZ HIGHLIGHTING all starting at \$35

PORTLAND'S ELITE CUTTERS
828-4040
Suite 215
222 St. John St. • Portland, Maine

THE BEST OF MUMMENSCHANZ
The spectacular Swiss Mask-Mime troupe returns with a fantastic journey into the imagination.
"They have never been matched and should never be missed."
(Los Angeles Times)

Saturday, April 27, 8:00 pm
Portland City Hall Auditorium
\$25, \$20, \$15, \$10
(Children 13 and under half-price)

772-8630
1-800-639-2707
ME/NH
(Donated by Long Distance North)



Portland Concert Association • 262 Cumberland Ave. Portland, ME 04101

THE UNCOMMON SERIES OF PERFORMANCES: SIGNS OF LIFE

PORTEOUS DOWNTOWN
FRIDAY & SATURDAY
APRIL 26 & 27
ALL TICKETS \$10

FOR RESERVATIONS OR INFORMATION CALL 773-2542
CO-SPONSORED BY CASCO BAY WEEKLY AND RAFFLES CAFE BOOKSTORE



DRY DOCK RESTAURANT & TAVERN

- Super chowders
- Fresh seafood
- Scrumptious desserts
- Weekly beer specials
- Wicked good staff! & MORE

Great Reasons to stop by the Dry Dock

On the Waterfront In the Old Port
84 Commercial St. Portland, Maine
774-3550

Entertainment Weekly
STAGE

"Wolf at the Door" The Portland Stage Company presents this new play about the complexities of one family's struggle to survive in a town where poverty and faltering industry have become the norm. Bound together by both love and guilt, they communicate in a way that transcends the limitations of time and space. Showing through April 28, at Portland Stage Co., 25A Forest Ave, Portland. Tickets are \$10-\$24. For reservations, call 774-0465.



AUDITIONS

The Cape Theatre Group will hold auditions for a new play called "Fama Sanctitatis" by Gloria Howell, April 29, at 7:30 pm, at the Thaxter Theatre in S. Portland. Needed: three male actors 30-40 years old, one male 50-60, one female 20-early 30s, one female 30-40. For information, call 787-4344.

Schoolhouse Arts Center at Sebago Lake casts two productions: "Renee," a new Hank Beebe original musical, on April 21 at 2 pm, and April 22 at 7 pm. This is a large cast production, with numerous roles for ages ranging from early 20s to 60s. Those interested in learning more can attend an informational gathering on April 14, at 2 pm, at the Schoolhouse. Call 773-1648 for a private audition if you can't make the above dates. The second production will be "The Good Doctor," a Neil Simon comedy. Auditions will be held April 23, from 6:30-8:30 pm. The cast is comprised of two men and three women. For information, call 675-3457.

CONCERTS
FRIDAY 4.19

Marie Dufresne & Mark McNeil (folk) 8 pm, in the Curtis Little Room of the Chocolate Church, 804 Washington St. Bath. Tickets: \$6 in advance, \$8 at the door. 729-3185.

Meddle&mpsters, Miscellania & guest groups (a cappella) 7:30 pm, at Pickard Theater, Memorial Hall, Bowdoin College, Brunswick. Third Annual Spring Jam. Admission: \$2 public, \$1 with Bowdoin ID. 725-3201.

Kevin Morse & Christina Astrachan (classical guitar & soprano) 8 pm, Immanuel Baptist Church, Greenwood Chapel, 156 High St, across from the Sonesta Hotel. "Thank God It's Spring Concert," with solo guitar works by J.S. Bach, Stanley Watson and Augustin Barrios Mangore (a Paraguayan Indian whose compositions are considered some of the most lyrical and spirited guitar pieces ever written). Works for voice and guitar: Manuel de Falla, Heitor Villa Lobos, and J.S. Bach. Admission is \$7.50 at the door. 799-8764.

Neville Brothers (soul) 8 pm, at the USM Portland gymnasium, Falmouth St. Tickets: all all Ticketron & Strawberries locations, at The Old Port's Record Exchange, at USM with valid ID, or call 1-800-382-8080.

SATURDAY 4.20

The Fog Brothers (bluegrass) 7:30 pm, at the Saco River Grange Hall, Bar Mills. Tickets: \$6, \$4 students and seniors. 761-4638.

Lewis & Perry (classical piano) 8 pm, Pickard Theater, Bowdoin College, Brunswick. Music by Schumann, Mozart, Brahms, Strauss & Gershwin. All seats \$12, seniors \$10. Available at door, or call MacBean's Music at 729-6513.

USM Jazz Concert (jazz) 8 pm, Corthell Hall, USM Gorham campus. USM student vocal and instrumental ensembles. Admission: \$3 for general public, \$1 for USM students, faculty, staff. 780-5555.

The Bowdoin Chamber Choir 4/28/91 (choral) 2 pm, in Bowdoin Chapel, Bowdoin College, Brunswick. Part of the Festival of Contemporary Choral Music in America, featuring settings of poems of Robert Frost and Edna St. Vincent Millay for a cappella chorus by George Andoniadis. Admission is free. 761-0576.

SUNDAY 4.21

Ronald Bradford (flamenco guitar) 4 pm, Pickard Theater, Memorial Hall, Bowdoin College, Brunswick. Bradford is considered to be the American master of the Flamenco guitar. Admission: \$8 public, \$5 senior citizens, free with Bowdoin ID. 725-3201.

Bill Bragg (British folk rock) 7:30 pm, in Morrell Gym, Bowdoin College, Brunswick. Tickets: \$10. 725-3201.

Don Doane Quintet (jazz) 6:45 pm, at Verrill's, Exit 8, Maine Turnpike. Mid-coast Jazz Society offering; tickets for members \$5, for non-members \$7, students \$2. Social hour/cash bar 4:30 pm, optional buffet supper at 5:30, \$12. 725-4226.

USM Chamber Singers (choral) 3 pm, at Corthell Hall, USM Gorham campus. Featuring the world premier performance of two works by George Andoniadis, Aaron Copland's "Old American Songs," and others. Andoniadis' performance of "Dust of Snow" and "Peril of Hope" will be dedicated to the memory of Daniel Junken. Admission: \$3 general public, \$1 USM students, faculty, staff. 780-5256.

TUESDAY 4.23

Iiana Vered & the PSO (classical) 7:45 pm, Portland City Hall Auditorium, 30 Myrtle St, Portland. Vered will perform Beethoven's Piano Concerto No. 3; Portland Symphony Orchestra will perform Adams' Short Ride in a Fast Machine and Wagner's Music from The Ring Cycle. Tickets: \$10-\$28. Free concert preview at 6:30 pm. 773-8191.

Tom Callinan & Don Sinetti (folk) 7 pm, at Maine Maritime Museum, 243 Washington St, Bath. Members \$5, non-members \$8. 443-1316.

UPCOMING

The Pheromones 4/25/91 (comics/poems/jazz folkies/rap masters) 5 pm, in the College Room, Portland Campus Center, USM, Bedford St. Free. 874-6598.

State Street Traditional Jazz Band & Steve Grover Trio 4/26/91 (jazz) 8 pm, Immanuel Baptist Church, 156 High St, Portland. Proceeds to benefit Mid-Coast Jazz Society for scholarships to Maine Summer Jazz Camp. Donation: \$7. 563-5719.



DRY DOCK RESTAURANT & TAVERN

Key Gardner & Libana 4/27/91 (world/folk/new age) 8 pm, at Chestnut Street Church, 17 Chestnut St, Portland. Tix: \$9. 772-9012.

Southern Maine Music Society 4/27/91 (classical) 7:30 pm, at the First Parish Congregational Church in Saco, on the corner of Beach and Main streets. The society will perform Schubert Symphony #5 in B Major, the world premier of the Ballet by Maine composer George Andoniadis, and the Mozart clarinet concerto with Danielle Allie-Boyer as soloist. Admission: \$8, children under 12 free.

CLUBS
THURSDAY 4.18

Curt Bessette (acoustic) Horseleathers, 193 Middle St, Portland. 773-3501.

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

Wayne Toups & Zydecujan (cajun) Raoul's, 865 Forest Ave, Portland. 773-6886.

Tony Buffa Trio (pop) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

FRIDAY 4.19

Bill Corbett (poetry) Gary Wittner opens, interpreting Thelonus Monk. Cafe No. 20 Danforth St, Portland. 772-8114.

Red Light Revue (rhythm & blues swing) Horseleathers, 193 Middle St, Portland. 773-3501.

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

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

Cub Koda & the Houserockers (blues) Raoul's, 865 Forest Ave, Portland. 773-6886.

Steve Howell & the Wolves (rock) Spring Point Cafe, 175 Pickett St, S. Portland. 767-4627.

Lynn McGhee (torch) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

SATURDAY 4.20

Don Stratton Trio with Ben Street (jazz) Cafe No. 20 Danforth St, Portland. 772-8114.

Red Light Revue (rhythm & blues swing) Horseleathers, 193 Middle St, Portland. 773-3501.

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

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

Scott Folsom (acoustic) Port Billiards' Wrong Brothers Pub, 39 Forest Ave, Portland. 775-1944.

Ambassa (reggae) Raoul's, 865 Forest Ave, Portland. 773-6886.

Steve Howell & the Wolves (rock) Spring Point Cafe, 175 Pickett St, S. Portland. 767-4627.

Tom Dyhrberg (acoustic) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

SUNDAY 4.21

Cafe No Jazz Jam, open jam session with rhythm section (b.y.o. jazz) Cafe No. 20 Danforth St, Portland. 772-8114.

Tall Richard (blues band) Gritty McDuff's, 396 Fore St, Portland. 772-2739.

Marvin Boone (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Sunday Brunch in the Ballroom (classical) Portland Regency, 20 Milk St, Portland. 774-4200.

Unplugged Concerts Acoustic Music, no cover. Tonight: Derek Scott Aramburu, Valerie Dalessio, Nothing Flat, Raoul's, 865 Forest Ave, Portland. 773-6886.

Ken Grimsley & Jeremy Lester (acoustic) Wharf's End, 52 Wharf St, Portland. 773-0093.

MONDAY 4.22

Monday Night at the Movies ("Narrow Margin") Moose Alley, 46 Market St, Portland. 774-5246.

Marvin Boone (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Open Mic with Randy Morabito (b.y.o. jam) Raoul's, 865 Forest Ave, Portland. 773-6886.

Open Mic with Ken Grimsley (b.y.o. jam) Wharf's End, 52 Wharf St, Portland. 773-0093.



TUESDAY 4.23

Gary Lawless & others (eco-poetic, bioregional reading) Cafe No. 20 Danforth St, Portland. 772-8114.

Danny Gravis (blues piano) Gritty's, 396 Fore St, Portland. 772-2739.

Susanne & the Guys with the Ties (eight-piece a cappella) Horseleathers, 193 Middle St, Portland. 773-3501.

Network (top 40) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Throwing Muses (rock) Raoul's, 865 Forest Ave, Portland. 773-6886.

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

Solstice (acoustic) Wharf's End, 52 Wharf St, Portland. 773-0093.

WEDNESDAY 4.24

Acoustic Classic, no cover. Tonight: Darion Brahm, Slad Cleaves, Michael Hughes, Horseleathers, 193 Middle St, Portland. 773-3501.

Bachelor Night (xxx) Moose Alley, 46 Market St, Portland. 774-5246.

Network (top 40) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Zane Michael Raven (acoustic) Wharf's End, 52 Wharf St, Portland. 773-0093.

DANCING

The Moon, 425 Fore St, Portland. Open nightly, 8 pm on... Fri-Sat until 3 am. No cover. 871-0663.

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

T-Bird's, 126 N. Boyd St, Portland. Fri-Sat, Dancing '50s & '60s; Wed, Contemporaries. 773-8040.

Warehouse Chem Free Dance Club, 29 Forest Ave, Portland. Progressive music. Thu: Clean & Sober Dance Night, 9-12 pm. Fri-Sat, 9 pm-1 am. 874-9770.

Zootz, 31 Forest St, Portland. Wed: Progressives. Thu: Jump. Fri: Deejay Live Music; Sat: Cutting Edge Dance; Sun: Request Night. 773-8187.

BOWDOIN COLLEGE STUDENT UNION COMMITTEE presents an evening with

BILLY BRAGG

Sunday, April 21, 7:30pm
Tickets: \$10

Ticket Outlets:
Record Exchange, Old Port
Bull Moose Music, Brunswick
Bowdoin College Events Office, Brunswick
Play It Again, Yarmouth

for info • 725-3201 • m-f: 8:30-5
Morrell Gym on Bowdoin College Campus, Brunswick



THROWING MUSES

APRIL 23 @ 8PM


with special guest PLUCK THEATRE

UPCOMING CONCERTS

4/25 - WMPG BENEFIT featuring Desperate Avikadoz & Marvin Boone
4/26 - AZTEC TWO STEP with Vance Gilbert
4/27 - POUSETTE-DART BAND
4/29 - guitar god STEVE MORSE and BAND

Serving Lunch and Dinner Every Darn Day!

RAOUL'S
ROADSIDE ATTRACTION
865 Forest Avenue
Ticket Info. 773-6886 • Entertainment Hotline 775-2494



GREAT NORTHEAST PRODUCTIONS, INC. presents

NEVILLE BROTHERS

with Special Guest
IVAN NEVILLE
Friday April 19, 8PM
USM Portland Campus Gym

Tickets Available at:
The USM Student Life Office (student I.D. only)
The Record Exchange (Old Port) and all
Ticketron and Strawberries locations.

To Charge by Phone Call 1-800-382-8080

THIS FRIDAY

DANCE CONCERT



Who's Who?

LA ARTS 90-91 PERFORMANCES

Season Finale!
Urban Bush Women

SATURDAY, MAY 4, 1991, 8:00 PM
LEWISTON JUNIOR HIGH SCHOOL
TICKETS: \$13 STUDENT/SENIOR \$11

Seven women perform contemporary dances blending Afro-American, Latin, a cappella song, visionary theater, and street wise wit. Please note: The performance may contain an instance of partial nudity.

Funded in part by a grant from the New England Foundation for the Arts with additional support from the UNJAH Creative Foundation, the Maine Arts Commission and the National Endowment for the Arts.

Corporate co-sponsors: Plutz Associates & Lapage Bakeries

For VISA & Mastercard Orders: 782-7228 Mon-Fri



Spring Point Cafe

175 Pickett St. South Portland 767-4627

Head east on Broadway, take your last right on to Pickett.

Thursday April 18

Swift Leagues

Rock -N- Roll -No Cover!

Friday & Saturday April 19 & 20

Steve Howell & the WOLVES

Rock N' Roll

TRY OUR Buffalo Wings & Homemade Nachos & Mozzarella Sticks

OPEN MIC Every Tuesday with Peter Gleason 8 PM

Enjoy Spring on our Patio every day of the week!

PLAY IT AGAIN

Free CD!! 24 U.S. Route 1 Yarmouth, Maine 04096 Free Tape!!

PERFECT 10 CARD

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

FREE MUSIC!
free CD or Tape after every 10th purchase!

VIDEO RENTALS • C.D.'S • AUDIO CASSETTES • AUDIO & VIDEO ACCESSORIES • NINTENDO • FREE POPCORN

(207) 846-4711 • Yarmouth • 10-18 Everyday Marketplace

Mulberry Street
Come visit us at our new location.
We now carry a full line of miniatures.
83 India Street
83 India Street Portland ME 04101 (207) 775-5011 • Mon-Sat 11-5

NEWS
Earth will be better off without its top professor!
SCIENTISTS PLAN TO BLOW UP THE MOON!
Here's how YOU can boost loudness - in 30 minutes flat!
OH NO! YOU COULD BE YOUR LAST CHANCE TO DANCE!
Meet all boys live in girl's right eye!
THE MOON
OPEN 7 NIGHTS A WEEK
• THE MOON DANCE CLUB • 427 FORE ST. • 772-1983 •

THE RED LIGHT REVUE
featuring King Cadillac & The Eldorado Horns
April 20 UNIV ME Law School
26 WU-Xan, Saco
27 ME Chiro. Assoc., Samoset
28 Musc. Dyst. Cruise, Scotia Prince
May 1 Raoul's Dance Party
3 & 4 Merry Manor, So. Portland
8 Raoul's Dance Party
10 & 11 Merry Manor, So. Portland
15 Raoul's Dance Party
17 & 18 Moose Alley
Spring and Summer dates are going fast - book your wedding and functions now.
CALL 883-2802

ROCCO'S Italian Restaurant and Lounge
Fine Italian Cuisine Steaks & Seafood
50 Wharf St. Portland, ME
774-6000
Free Parking at Union St. Garage.
NEW HAPPY HOUR:
Mon.-Fri., 4-7
All Drinks 1/2 Price
"FREE LOUNGE BUFFET"
Above 2 FOR 1 DINNER SPECIALS served with choice of potato or pasta, fresh garden salad, garlic toast, dessert and coffee or tea.
• Now Open 7 Days A Week

Entertainment Weekly
Continued from page 27
ART OPENING

Cry of the Loon Gallery, Route 302, South Casco. "Les Fleurs," works by 11 Maine artists, will open April 28, from 2-5 pm. Artists: Chris Nielsen, Sherry Miller, Wendy Newcomb, Lois Leonard Stock, Joan Wood, Diana Hertz, Maddie Chaplin, Alice Wickson, Joe Fatigno, Terre Leferts and David Cedrone (with his "Les Fleurs a la Cedrone") will display their floral works. Gallery hours: Tues-Sun, 9:30 am-5:30 pm. 655-5060.

AROUND TOWN

Alberta's Cafe, 21 Pleasant St., Portland. Kathleen Sweeney exhibits her work through April 30. 775-1514.
Art Gallery at Six Deering Street, Portland. "Creative Continuity: Two Generations," an exhibition of works by actor-painter Zero Mostel and his artist son, Tobias Mostel. Show runs through April 28. Gallery hours: Tue-Sat, 11 am-5 pm, the first two weeks of the month; thereafter, by chance or appointment. 772-9605.
The Baxter Gallery, Portland School of Art, 619 Congress St., Portland. "Maine Photographers 1991," a juried exhibition of 16 artists, including Tonee Harbert, Dick Durrance II, Ken Kunsler, Gretchen Ebbesson, Jane Gilbert and Martha Oatway. Showing through April 28. Gallery hours are Tue-Sun, 11 am-4 pm, till 9 pm on Thursdays. 775-5152.
The Congo Renaissance Gallery, 576 Congress St., Portland. Group show with Johanna Moore, Bonny Nason, Adam Clark, Eilene Elowich, Laurie Austill, Sara Cox, Jennifer Wagnis, Josh Outerbridge, Elizabeth Jabar, Sarm Hawley, Marc Pellegier, Michael Hofheimer, Jamie Salomon, Chris Hellman, Beth Zebol and Michael Wolstatt and Margo Kellar. Gallery hours: Tues-Sat, 11:30 am-5:30 pm. 773-1964.
Congress Square Gallery, 42 Exchange St., Portland. Group show with Pamela Moore, Margaret Gerding, Philip Barter, Donald Duncan and other gallery artists, through May 18. Gallery hours: Mon-Fri, 10:30 am-5 pm; noon-5 pm, Sat. 774-3369.

Dean Valentias Gallery, 60 Hampshire St., Portland. "New Work on Paper," an exhibit of works by Dozier Bell, Frederick Lynch and Dean Nimmer. Bell's photography and gouache/collage are a continuation of her exploration into the ancestral landscape. Lynch's paintings are minimalist renderings of bars of color; his drawings are pastel geometric shapes. Nimmer's monoprint/drawings are characteristic works, with their dark, mystical, brooding appearance. Through May 5. Gallery hours: Thurs 12-8 pm, Fri & Sat 12-5 pm, Sun 12-4 pm, and by appointment. 772-2042.
Frost Gully Gallery, 411 Congress St., Portland. A group exhibition featuring the works of all gallery artists, including oils, watercolor, pastels, and sculpture in a wide range of styles and subjects. Through April. Gallery hours: Mon-Fri, 12-6 pm, or by appointment. 773-2555.
The Good Egg Cafe, 705 Congress St., Portland. Michael Wolstatt displays his recent work, through May 15. 775-1514.
Greenhut Galleries, 146 Middle St., Portland. Gallery artists Richard Sallinon, Nancy Brown, Sarah Knack, Duncan Slade, Matt James, Thomas Connolly and many others, through April. Gallery hours: Mon-Sat, 10:30 am-5:30 pm. 772-2693.
Katahdin Restaurant, 106 High St., Portland. L. Murray Jamison exhibits her "photochemic," black and white silver and platinum prints through April 28. 871-0206 or 871-8244.

Maine Potters Market, 376 Fore St., Portland. New works by April Adams and Alan Burnham of Columbia Falls Pottery. Hours: 10 am-6 pm, 7 days a week. 774-1633.
Nancy Margolis Gallery, 367 Fore St., Portland. Wedding band exhibition through April 30. Work of Ron Pearson, Ross Coppelman & Marne Ryan. Mon-Fri, 10 am-5 pm; Sat, 10 am-6 pm. 775-3822.
The Pine Tree Shop and Bayview Gallery, 75 Market St., Portland. Landscapes in two mediums: oil paintings by Brian Kiewer and black and white photographs by Neal Parent. Showing through April 30. Hours: Mon-Sat, 10 am-6 pm. 773-3007.
Portland Museum of Art, Seven Congress Square, Portland. Hours: Tue-Sat, 10 am-5 pm; Sun 12-5 pm; open Thu till 9 pm. Admission: adults \$3.50, senior citizens and students with ID \$2.50, children under 18 \$1, group rate \$3. Free admission Thu from 5-9 pm. 773-2787.
Perspectives: Paul Heroux brings together recent etchings and ceramic pottery to create a comparison of Heroux's style and artistic process. His etchings demonstrate the same painterly approach that distinguishes Heroux's pots, which feature brightly colored, decorative designs applied with layers of glaze and linear drawings. On view through June 30.
Of Time and Place: Walker Evans and William Christenberry, an exhibition featuring over 50 of their works. By juxtaposing photographs these two artists made in Hale County over a 50-year period, the exhibition explores the vision and common ground the two found in their studies of sharecroppers' lives in the heart of Alabama's rich cotton region. The exhibit documents an economic and social situation that is foreign in the South for generations. Through April 28.
Vincent Canade Pastel still lifes, landscapes, and an oil portrait by this artist discovered in the 1930s by Joseph Stella. Canade's paintings are marked by compact, massive compositions painted in a warm, muted palette. He preferred to work in pastel, and this exhibition includes a group of sensuously rendered still-life compositions in that medium. Through May 12.

The Art of Conservation An exhibition of paintings and sculpture from the museum's permanent collection - including a pair of paintings by Charles Codman, several bronzes by Franklin Simmons, a painting by Mary Cassatt, and prints by Whistler and Childe Hassam - that have undergone conservation treatment. Before-and-after photographs and detailed explanations of the conservation work involved accompany each piece. Through June 9.
Raffles Cafe Bookstore, 555 Congress St., Portland. Photography by Tia Beri, through April. 761-3930.
Richard Parks Gallery, 288 Fore St., Portland. Exhibit of antique war posters, showing through April. 774-1322.
The Stein Gallery, 20 Milk St., Portland. Peter Andres' sensual, sculptural blown and cast glass vessel form constructions in bright primary colors. Interesting use of blown bowl-shaped pieces suspended in various angles on constructed "legs." Through May 31. Gallery Hours: Mon-Sat, 11 am-6 pm, Sun, 12-5 pm. 772-9072.

OUT OF TOWN

The Chocolate Church Art Gallery, 804 Washington St., Bath. Show of work by BIW employees. Showing through April 30. Gallery hours: 10 am-4 pm, Tues-Fri; noon-4 pm, Sat. 442-8455.

The Lewis Gallery, Portland Public Library, Five Monument Square, Portland. The Haykoff Art Society of Portland will present works by current members and memorabilia from its past. The Society has been active in Portland for more than 65 years, and members today include Al Waterman, Frieda Lundberg, Ann W. Clark, Dana Trattner, Doris Schoonmaker and Wendy Holt. They and other members will present landscapes, seascapes, still lifes and portraits in a variety of styles and media. Showing through April 29. The library's hours are Mon, Wed & Fri, 9 am-6 pm; Tues & Thurs, noon-9 pm; Sat, 9 am-5 pm. 871-1710.

Bowdoin College Museum of Art, Brunswick. "Nineteenth-Century American Landscapes: Works on Paper," will survey the museum's American collections in natural scenery through the medium of paintings on paper, drawings, prints and photos. Works include Bierstadt's "Mountain Pool," Homer's "Pickering in the Woods" and Whistler's "Early Morn." Also: "Nineteenth-Century American Landscapes: Works on Paper," paintings, drawings and prints, featuring works by Albert Bierstadt, John Frederick Kensett, Thomas Moran and James McNeill Whistler. Both exhibits on view through April 28. The museum is open to the public free of charge. Museum hours: Tuesday-Saturday, 10 am-5 pm; Sunday, 2-5 pm. For further information, call 725-3275.

The Cry of the Loon Gallery, Route 302, Casco. Gallery artists: Siri Beckman, David Cadrone, Cissy Buchanan, Maddie Chaplin, Mary Hart, Bradford Fuller, Charlene Lee, Marguerite Lawler, David Little, Sherry Miller, Chris Neilson, Edith Tucker, Wendy Newcomb, Evelyn Winter. Through April 28. Gallery hours: Tues-Sun, 9:30 am-5:30 pm. 655-5060.

Elements Gallery, 56 Maine St., Brunswick. "Paperworks," a group show, celebrates the rediscovery of classic traditions in handmade paper and paper art by Maine artists working in contemporary forms. Collages, books and sculpture by Lois Anne, Pad Bain, Martha Blown, Mary Ann Casagrande, Lynn Duryea, Georgeann Kuhl, Nancy Leavitt, Richard Lee, Katie MacGregor, Bernie Vinzani, Quint-Rose and Earl Weeks. Through May 25. Gallery hours: Tues-Sat, 10 am-5 pm. 723-1108.

Hobe Sound Galleries North, 59 Maine St., Brunswick. "Prints and Drawings," contemporary works by 12 artists, including Camille Cole, Thomas Cornell, Chris Duncan, Beverly Hallam, Peyton Higginson, John Muench, Susan Webster, Fran Merritt, Ted Groell, Michael Moore and Sharon Townshend. Work is recent, abstract and representational, in various media from graphite and clay slip drawings to etchings, monosilkcreens and gelatin prints. Showing through May 25. Gallery hours are Thurs-Sat, 10 am-5 pm. 725-4191.

Icon, 19 Mason St., Brunswick. "The Bill of Rights: A Bicentennial Celebration by the Union of Maine Visual Artists," through April 27. UMVA members join to illustrate or represent the first 10 amendments to the Constitution in a show that will travel to libraries and colleges across the state. Gallery hours: 1-5 pm weekdays, Sat & Sun by appt. 725-8157.

USM's Art Gallery, USM Gorham campus. The Annual Juried USM Student Art Show, featuring paintings, drawings, sculpture and ceramics by USM students of all levels. Showing through May 2, with a closing reception May 2, from 4-6 pm. Free and open to the public. For more information, call 780-5409.

Art Market for Common Ground Country Fair The Maine Organic Farmers and Gardeners Association seeks art for use on their 1992 poster, T-shirt and promotional literature. Each artist may submit two entries. All entries must be received by July 1. The selected artist will receive \$500, and write-ups in the 1992 Fairbook, MOFGA Newsletter and press releases. All interested artists should contact MOFGA, P.O. Box 2176, Augusta 04338, for the complete list of criteria.

Art Market is a juried show and sales program open to all craft and visual artists residing in Maine. Applications are now being accepted for the Art Market and Maine Enterprise sales areas at the 1991 Maine Festival. The Maine Festival will take place August 9-11 at Thomas Point Beach, Brunswick. Call the Maine Arts office at 772-9012 for more information.

The Portland Museum of Art will present a gallery talk by artist Paul Heroux on April 18, at 5:15 pm, and on April 19, at 12:30 pm. Heroux will discuss the etchings and ceramics in his exhibition "Perspectives: Paul Heroux." The talk is free. For more information, call the museum at 775-6148.

Watercolor Workshop for Adults The Portland Museum of Art will present this five-week series beginning April 23, from 10:30 am-1 pm. Participants will begin with a traditional approach to painting watercolors while learning about techniques like laying in washes, value scales, adding detail and color theory. The workshop costs \$60 for members and \$70 for non-members. Preregistration and prepayment are required. Call the education office at 775-6148 for more information.

Bowdoin College Museum of Art, Brunswick. "Nineteenth-Century American Landscapes: Works on Paper," will survey the museum's American collections in natural scenery through the medium of paintings on paper, drawings, prints and photos. Works include Bierstadt's "Mountain Pool," Homer's "Pickering in the Woods" and Whistler's "Early Morn." Also: "Nineteenth-Century American Landscapes: Works on Paper," paintings, drawings and prints, featuring works by Albert Bierstadt, John Frederick Kensett, Thomas Moran and James McNeill Whistler. Both exhibits on view through April 28. The museum is open to the public free of charge. Museum hours: Tuesday-Saturday, 10 am-5 pm; Sunday, 2-5 pm. For further information, call 725-3275.

The Cry of the Loon Gallery, Route 302, Casco. Gallery artists: Siri Beckman, David Cadrone, Cissy Buchanan, Maddie Chaplin, Mary Hart, Bradford Fuller, Charlene Lee, Marguerite Lawler, David Little, Sherry Miller, Chris Neilson, Edith Tucker, Wendy Newcomb, Evelyn Winter. Through April 28. Gallery hours: Tues-Sun, 9:30 am-5:30 pm. 655-5060.

Elements Gallery, 56 Maine St., Brunswick. "Paperworks," a group show, celebrates the rediscovery of classic traditions in handmade paper and paper art by Maine artists working in contemporary forms. Collages, books and sculpture by Lois Anne, Pad Bain, Martha Blown, Mary Ann Casagrande, Lynn Duryea, Georgeann Kuhl, Nancy Leavitt, Richard Lee, Katie MacGregor, Bernie Vinzani, Quint-Rose and Earl Weeks. Through May 25. Gallery hours: Tues-Sat, 10 am-5 pm. 723-1108.

Hobe Sound Galleries North, 59 Maine St., Brunswick. "Prints and Drawings," contemporary works by 12 artists, including Camille Cole, Thomas Cornell, Chris Duncan, Beverly Hallam, Peyton Higginson, John Muench, Susan Webster, Fran Merritt, Ted Groell, Michael Moore and Sharon Townshend. Work is recent, abstract and representational, in various media from graphite and clay slip drawings to etchings, monosilkcreens and gelatin prints. Showing through May 25. Gallery hours are Thurs-Sat, 10 am-5 pm. 725-4191.

Icon, 19 Mason St., Brunswick. "The Bill of Rights: A Bicentennial Celebration by the Union of Maine Visual Artists," through April 27. UMVA members join to illustrate or represent the first 10 amendments to the Constitution in a show that will travel to libraries and colleges across the state. Gallery hours: 1-5 pm weekdays, Sat & Sun by appt. 725-8157.

USM's Art Gallery, USM Gorham campus. The Annual Juried USM Student Art Show, featuring paintings, drawings, sculpture and ceramics by USM students of all levels. Showing through May 2, with a closing reception May 2, from 4-6 pm. Free and open to the public. For more information, call 780-5409.

Art Market for Common Ground Country Fair The Maine Organic Farmers and Gardeners Association seeks art for use on their 1992 poster, T-shirt and promotional literature. Each artist may submit two entries. All entries must be received by July 1. The selected artist will receive \$500, and write-ups in the 1992 Fairbook, MOFGA Newsletter and press releases. All interested artists should contact MOFGA, P.O. Box 2176, Augusta 04338, for the complete list of criteria.

Art Market is a juried show and sales program open to all craft and visual artists residing in Maine. Applications are now being accepted for the Art Market and Maine Enterprise sales areas at the 1991 Maine Festival. The Maine Festival will take place August 9-11 at Thomas Point Beach, Brunswick. Call the Maine Arts office at 772-9012 for more information.

The Portland Museum of Art will present a gallery talk by artist Paul Heroux on April 18, at 5:15 pm, and on April 19, at 12:30 pm. Heroux will discuss the etchings and ceramics in his exhibition "Perspectives: Paul Heroux." The talk is free. For more information, call the museum at 775-6148.

Watercolor Workshop for Adults The Portland Museum of Art will present this five-week series beginning April 23, from 10:30 am-1 pm. Participants will begin with a traditional approach to painting watercolors while learning about techniques like laying in washes, value scales, adding detail and color theory. The workshop costs \$60 for members and \$70 for non-members. Preregistration and prepayment are required. Call the education office at 775-6148 for more information.

Bowdoin College Museum of Art, Brunswick. "Nineteenth-Century American Landscapes: Works on Paper," will survey the museum's American collections in natural scenery through the medium of paintings on paper, drawings, prints and photos. Works include Bierstadt's "Mountain Pool," Homer's "Pickering in the Woods" and Whistler's "Early Morn." Also: "Nineteenth-Century American Landscapes: Works on Paper," paintings, drawings and prints, featuring works by Albert Bierstadt, John Frederick Kensett, Thomas Moran and James McNeill Whistler. Both exhibits on view through April 28. The museum is open to the public free of charge. Museum hours: Tuesday-Saturday, 10 am-5 pm; Sunday, 2-5 pm. For further information, call 725-3275.

The Cry of the Loon Gallery, Route 302, Casco. Gallery artists: Siri Beckman, David Cadrone, Cissy Buchanan, Maddie Chaplin, Mary Hart, Bradford Fuller, Charlene Lee, Marguerite Lawler, David Little, Sherry Miller, Chris Neilson, Edith Tucker, Wendy Newcomb, Evelyn Winter. Through April 28. Gallery hours: Tues-Sun, 9:30 am-5:30 pm. 655-5060.

Elements Gallery, 56 Maine St., Brunswick. "Paperworks," a group show, celebrates the rediscovery of classic traditions in handmade paper and paper art by Maine artists working in contemporary forms. Collages, books and sculpture by Lois Anne, Pad Bain, Martha Blown, Mary Ann Casagrande, Lynn Duryea, Georgeann Kuhl, Nancy Leavitt, Richard Lee, Katie MacGregor, Bernie Vinzani, Quint-Rose and Earl Weeks. Through May 25. Gallery hours: Tues-Sat, 10 am-5 pm. 723-1108.

Hobe Sound Galleries North, 59 Maine St., Brunswick. "Prints and Drawings," contemporary works by 12 artists, including Camille Cole, Thomas Cornell, Chris Duncan, Beverly Hallam, Peyton Higginson, John Muench, Susan Webster, Fran Merritt, Ted Groell, Michael Moore and Sharon Townshend. Work is recent, abstract and representational, in various media from graphite and clay slip drawings to etchings, monosilkcreens and gelatin prints. Showing through May 25. Gallery hours are Thurs-Sat, 10 am-5 pm. 725-4191.

Icon, 19 Mason St., Brunswick. "The Bill of Rights: A Bicentennial Celebration by the Union of Maine Visual Artists," through April 27. UMVA members join to illustrate or represent the first 10 amendments to the Constitution in a show that will travel to libraries and colleges across the state. Gallery hours: 1-5 pm weekdays, Sat & Sun by appt. 725-8157.

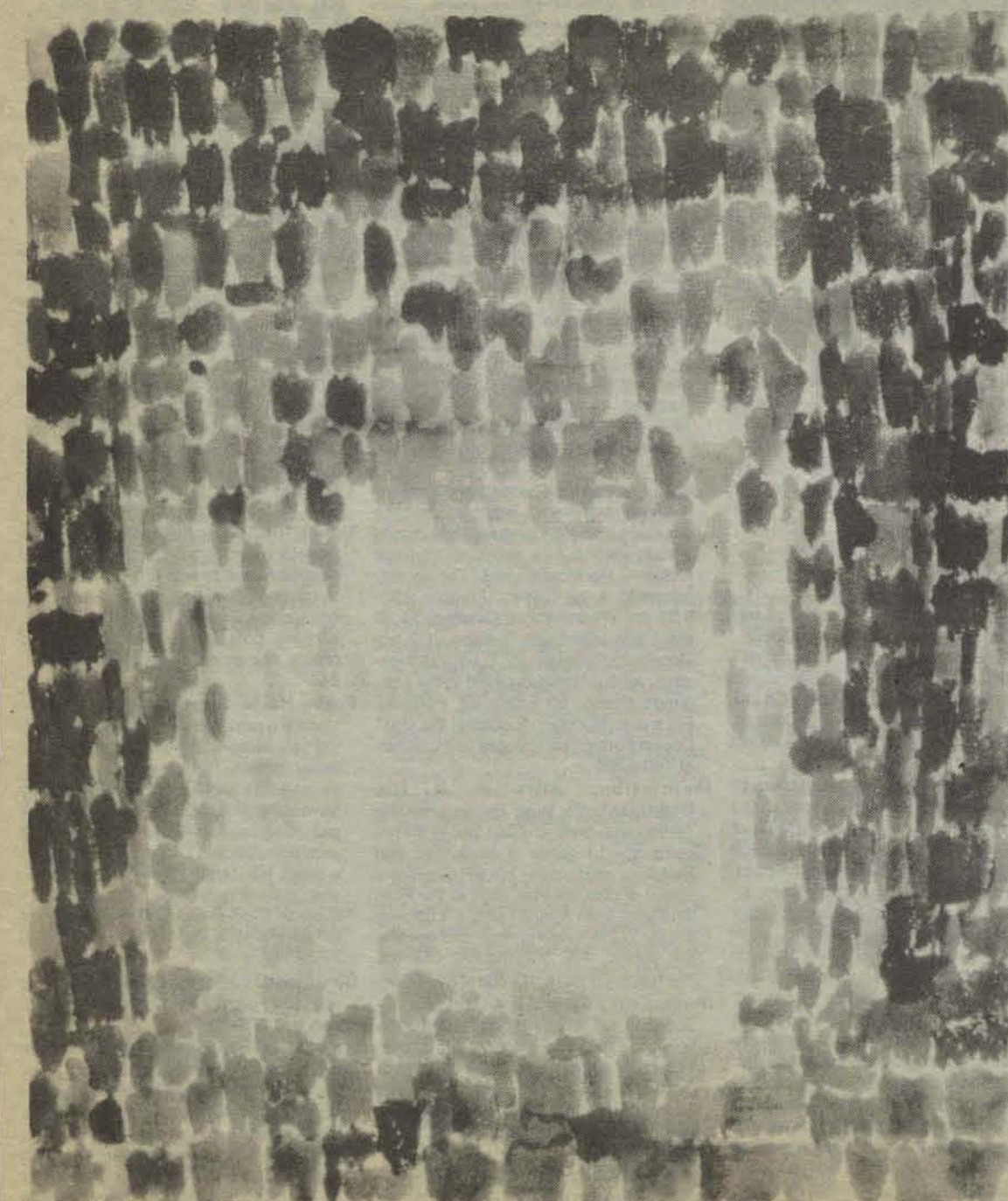
USM's Art Gallery, USM Gorham campus. The Annual Juried USM Student Art Show, featuring paintings, drawings, sculpture and ceramics by USM students of all levels. Showing through May 2, with a closing reception May 2, from 4-6 pm. Free and open to the public. For more information, call 780-5409.

Art Market for Common Ground Country Fair The Maine Organic Farmers and Gardeners Association seeks art for use on their 1992 poster, T-shirt and promotional literature. Each artist may submit two entries. All entries must be received by July 1. The selected artist will receive \$500, and write-ups in the 1992 Fairbook, MOFGA Newsletter and press releases. All interested artists should contact MOFGA, P.O. Box 2176, Augusta 04338, for the complete list of criteria.

Art Market is a juried show and sales program open to all craft and visual artists residing in Maine. Applications are now being accepted for the Art Market and Maine Enterprise sales areas at the 1991 Maine Festival. The Maine Festival will take place August 9-11 at Thomas Point Beach, Brunswick. Call the Maine Arts office at 772-9012 for more information.

The Portland Museum of Art will present a gallery talk by artist Paul Heroux on April 18, at 5:15 pm, and on April 19, at 12:30 pm. Heroux will discuss the etchings and ceramics in his exhibition "Perspectives: Paul Heroux." The talk is free. For more information, call the museum at 775-6148.

Watercolor Workshop for Adults The Portland Museum of Art will present this five-week series beginning April 23, from 10:30 am-1 pm. Participants will begin with a traditional approach to painting watercolors while learning about techniques like laying in washes, value scales, adding detail and color theory. The workshop costs \$60 for members and \$70 for non-members. Preregistration and prepayment are required. Call the education office at 775-6148 for more information.



Tobias Mostel: "Dark Theatre With Empty Stage," watercolor, 24" x 20".

Mostel pere et fils

Zero Mostel & Tobias Mostel, The Art Gallery at Six Deering Street, through April 26

One has the feeling, wandering through the 45 drawings and paintings of Zero Mostel and his son Tobias, of wandering through a sort of potpourri of modernism, specifically of expressionism, cubism, and on into abstract painting. This exhibition constitutes a sort of paean to the great masters of these schools. It is impossible to discuss the collection without mentioning the influence of a whole range of painters such as Picasso, Dubuffet, Emil Nolde, Francis Bacon and Mondrian. That's on one side of the Atlantic. On this side, one sees dialogues occurring, for example, through Zero Mostel's cartoonish series of six self-portraits with the late New York artist Philip Guston. And in the elaborately plumed figure in the foreground of Tobias Mostel's "Garden Scene," one can see Walt Kuhn in the background.

Which is not to say that these two men don't have their own thumb prints. Though their schools of influence are evident, each has his own voice and character. What Zero Mostel brings to his work is primarily himself—a vast intelligence and a deprecating sense of humor. Mostel was, after all, a born fool. By that, I mean he was born heir to a great theatrical tradition of lower East Side, Jewish comedic genius that gave birth to such improvisational stand-up comics as Ed Wynn. In Shakespearean terms, the fool is the one in the king's court allowed to speak the truth without fear of losing his head. The fool is the sage. At any rate Mostel, despite his principal aspiration to become a painter, became, along the way, one of the great clowns of the American stage.

Mostel is known to have said that all of his portraits are of himself, including the woman. There is one in oil called "Renaissance Portrait," in which the figure sports both a halo and a Roman haircut. This can only be Zero experiencing that funny thing that happened to him on the way to the forum. But perhaps the most revealing is his oil collage, "Self Portrait." A cubist painting, done on planes and angles, this is the portrait not of an actor, but of a painter. The painting has a very clownish element that is serious. The figure is standing with his back to his easel, as if temporarily distracted by, say, a readily available career on the stage. The face is intelligent, and tilted at a bemused angle as if to say,

"The calling is not entirely what I had anticipated..." The face is bespectacled, and has whiskered cheeks that speak, perhaps, of the depths of religious orthodoxy of the lower East Side. This is a person and a painting that speak of long tradition. Tobias Mostel's use of strong, exaggerated color and his architectural and geometric shapes, which he infuses with mythology, give his paintings the expressionist's passionate and spiritual picture of the world. He has two predominant themes: musical scores and mythology. It is said that he once told his preoccupied father that he was bored. His father turned that bespectacled gaze on his son and said, "There are 10 thousand books in the house. Read one of them." Apparently he did. Perhaps he read more than one of them, for he has created on paper and canvas a fanciful, mythological world that can only have come from a lively imagination combined with a vast library of children's literature. There are castles with labyrinthian passages, wandering perspectives, and mysterious eyes that peer out from hidden places. He shares his father's fascination with portraits, but if these are self-portraits, they are disguised. To me they look more like portraits of princes and heroes and wandering minstrels. Perhaps, as such, they are self-portraits after all. Tobias Mostel's renditions of musical scores in a variety of media is fascinating. He literally paints the explosive sound of music as it bursts forth from the orchestra's pit, or the way an organ might sound if it were done in a stained glass window. It's comforting to think that one could hear music even if deaf. Beethoven (the man) becomes comprehensible. Although Tobias' "Garden Scene" is perhaps the most widely discussed painting of the exhibit, with its juxtaposition of a classical Greek statue on a pedestal and a wildly modern theatrical figure in the foreground (this being the plumed figure that bring Walt Kuhn to mind), the most poignant painting in this collection to me is "Dark Theater with Empty Stage." A watercolor, the painting is comprised of rectangular strokes of light vs. dark. The light is at the center, and it's brilliant—shining. The darkness increases, moving toward the outer edges. This is a son's homage to his dead father. The stage lights are on, the theater darkened. But the stage is empty, for Zero is dead. A simple painting, understated, that says it all.

Margot McWilliams

Unique art & jewelry from unusual places
Tao
372 Fore St., Old Port
Portland, ME, 773-6884
Open every day

HEWLETT PACKARD
Toner Cartridge Sale!
\$99 for LaserJet Series II, IID, III, IID
\$75 for Series IIP
Maine's Number #1 LaserJet Supplier!
800 322-5003
846-5143
28 U.S. Route One
Yarmouth, ME 04096
SOLUTIONS computer center
A Division of Andrus Services, Inc.
• 1981 Selling HP Computer Products for 10 Years! • 1991 •

TOPSHAM ROLLER WORLD
ENTERTAINMENT COMPLEX
725-6077
ROLLERSKATING RINK available for birthday parties & functions
ARCADE SNACK BAR SKATE SHOP
CLUB **Piso** RESTAURANT & THEATER
-THU-SUN- 11-2 pm lunch
5-8 pm dinner/show
Sunday 2-6 (dinner only)
-THURSDAY- Country Night food & drink specials
-FRIDAY- Ladies Night ages 18+, I.D. ladies only until 9pm top 40 dance music (w/ d.j. Ed Haley)
-SATURDAY- 8-1 am Saturday night at the oldies
-FRI & SAT- with your host Frankie Pote
-SUNDAY- 7-11:30 chem free 16-23 dance party
729-1114
available for functions & catering
RTE 201 • AUGUSTA RD TOPSHAM, ME

WE MAKE NEWS MATTER

FAX FREE THURSDAY

SEE PAGE 33

Casco Bay Weekly



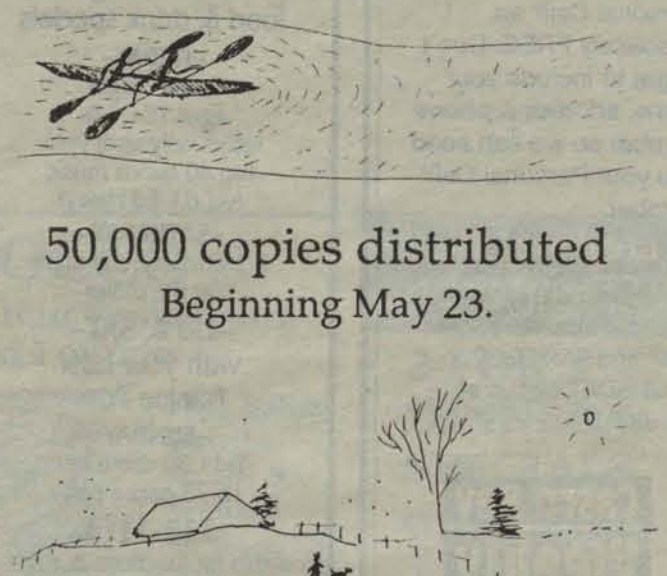
Best Radio Hair:

Worst Radio Hair:

ZEITGEIST WEARABLE CREATIONS 576 CONGRESS ST. PORTLAND, ME 773-1964

Reach More Readers This Summer with our new NORTHERN EXPOSURE

A journal for those who enjoy the outdoors.



50,000 copies distributed Beginning May 23.

Advertising Deadline is May 1.

Casco Bay Weekly

To advertise in Northern Exposure call Maureen, Holly, Rose, Mariynn, Cary or Sharon at 775-6601.

Entertainment Weekly SENSE

ACT UP (AIDS Coalition To Unleash Power) is a diverse group of volunteers united in anger and committed to non-violent, direct action to end the AIDS crisis.

AIDS: The War is Lost, a lecture by Larry Kramer, author of 'The Normal Heart,' and controversial founder of 'Gay Men's Health Crisis' and the 'AIDS Coalition to Unleash Power' (ACT UP).

Astronomy Shows at Southworth Planetarium, including A Tour of the Solar System, The Birth and Death of Stars, The Mars Show and Introduction to the Planetarium - Fridays and Saturdays at 7 pm.

The Casco Bay Greens monthly meeting will be held April 21, at 6:30 pm, on the second floor of the Peoples Building.

Down to Earth: A Symposium on Gardening in Maine will be held April 27, from 9:30 am-3 pm.

Down to Earth: A Symposium on Gardening in Maine will be held April 27, from 9:30 am-3 pm.

Getting Help: Parenting and Teaching in the '90s The Portland Partnership Program will present an informative evening planned to provide parenting support to families and teachers of Portland's 7,600 school children.

Widening the Turnpike Portland Public Library will sponsor a panel discussion on the turnpike, featuring seven panelists and moderator Folan Knight.

Growing Garden-Fresh Food Year-Round Eliot Coleman, an expert in organic agriculture, will lead a daylong workshop on year-round bounty from your garden on April 27.

An Introduction to Tibetan Buddhism will be offered by Geshe Lobsang Tseten on April 30, at 7:30 pm.

Language Tables Students and community members who want to practice speaking a foreign tongue are invited to participate in a free series of language tables at Portland's USM.

Meditation, Altruism & the Bodhisattva's Way Geshe Lobsang Tseten was born in Tibet and is an accomplished teacher of Buddhist meditation and philosophy.

Permanent Foster Care Casey Family Services will hold a spring orientation series to explore foster parenting issues, especially as they relate to long-term or permanent foster care.

Raising Healthy Kids in Our Community: Empowering the Biracial Family The YWCA Racial Justice Committee will present this panel discussion with Phil Brown, LCSW, Ph.D., Jack Elementary School; Candace U. Johnson, parent; Susan Soule, LCSW, former adoption social worker; and Diane Kinder, LCSW, moderator.

Help People With AIDS All donations of items big or small will be appreciated for men, women and children who are living with AIDS in Greater Portland.

Host Children From Foreign Countries The Maine Irish Children's Program needs a host family for a child from Belfast, North Ireland.

Safety at Sea Seminar Maine Maritime Museum will prepare you for medical, mechanical and natural emergencies by teaching you how to use and maintain basic safety equipment and how to act in an emergency at a daylong seminar April 20.

War and Writing USM Portland will hold a special event as part of the weeklong Celebrate Writers Festival.

Widening the Turnpike Portland Public Library will sponsor a panel discussion on the turnpike, featuring seven panelists and moderator Folan Knight.

Projects for Community Agencies The Center for Voluntary Action has a list of community projects available to businesses, civic groups, churches and high schools.

OFF THE CLOCK

Big Brothers/Big Sisters of Portland introduces children and adults who are open to and seeking friendship.

Donations for Refugees The Refugee Resettlement Program urgently needs donations for newly arrived refugees.

Foster Home-Givers Casey Family Services is a private, nonprofit agency placing school-age children in "growing up" foster homes.

Help Iraqi Refugees According to Worldlink North America, the U.S. Army has been protecting and feeding Iraqis at a refugee camp located in Salwan, Iraq.

Chronic Fatigue Syndrome Support Group will meet April 21, from 4-5 pm, in the Mercy Hospital basement auditorium.

Connections Womenspace Counseling Center announces the beginning of its facilitated, peer-support group for adult women survivors of childhood sexual abuse/incest.

Cronin and Colitis Support Group meets April 18, from 7-8:30 pm, in Classroom #3, The Dana Center Section of Maine Medical Center.

Divorced Perspectives is a weekly meeting held Wednesdays at 7 pm, at Woodlark Congregational Church.

Marshals Sought for 19th Annual Old Port Festival Intown Portland Exchange, the downtown business organization that sponsors the Old Port Festival, is seeking volunteers to serve as marshals for the 1991 festival.

Parents Anonymous April is Child Abuse Prevention Month. You can help prevent it by reaching out to parents and children.

Projects for Community Agencies The Center for Voluntary Action has a list of community projects available to businesses, civic groups, churches and high schools.

The Retired Senior Volunteer Program places people 60 and older in fulfilling jobs helping others.

Expressive Therapy Recovery Group A psychotherapy group with assistance of art, movement and drama to increase self-esteem and spontaneity.

Grieving Support Group for bereaved persons healing from the death of a loved one. Meets in Portland Tuesdays from 7-8:30 pm.

Ingraham Volunteers Help available by phone 24 hours a day. Call 774-HELP.

O.C.D. Support Group meets weekly on Fridays at 6:30 pm, Williston West Church, 32 Thomas St.

Outright, the Portland Alliance of Gay and Lesbian, Bisexual and Questioning Youth, offers support and information for young people 22 and under.

Senior Outreach Services In response to the needs of older people, Southern Maine Area Agency on Aging is providing Senior Outreach Services to the following locations.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Special Interest AA Meeting for People Living With AIDS meets weekly on Tuesdays at 8 pm at the PWA Coalition.

Support Group for Survivors of Sexual Assault The Rape Crisis Center is offering an educational/informational, long-term, co-facilitated group.

Support Group for Cancer Survivors Initial get-together is free of charge and will include working out details for future meetings.

Victoria Mansion Volunteers The Victoria Society of Maine is seeking volunteers interested in acting as tour guides or desk receptionists at one of Portland's most beautiful landmarks.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

WINGS, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland.

THE MOVIES APR 17-23 ONE WEEK THURS-TUES 7, 9 WED 7, 9 SAT SUN MAT 1, 3 TUNE IN TOMORROW... Vincent & Theo

BRACKETT STREET MARKET Veggie Delights Cheeseburgers Italians Pizza & Pizza slices to go! Party Platters Delivered Take-Out, call ahead 772-2427

Luna Doro Intimate Dining... New Mediterranean menu and a fine selection of complementary wines. Luna Doro Daily from 5:30 Reservations Accepted 41 Middle St., Portland 774-2972

THE OYSTER CLUB WE WANT TO HELP YOU BEAT THE RECESSION!! Complete Lunch for \$4.95 Full Dinner Specials \$9.95 LOWER DRINK PRICES ALL 16oz Draft Beer \$1.50 m-f 7-4 Kitchen open 'til midnight 7 days a week Corner of Middle & Market Sts. In the Old Port • 773-3760

Wise Trading Co., Inc. ESTABLISHED 1913 "Quality merchandise and experience you can trust" We Buy Anything Worth Buying ••• WE PAY CASH ••• Use our convenient Lay-Away plan 14k Gold \$13.95 per gram BUY • SELL • TRADE 4 Stores to Serve You 498 Congress St., Portland 772-3932



Continued on page 32

Kids' Gear Is Here!



Just in time for Spring and Summer fun. Functional and Rugged Outerwear and clothing for kids.

- swimsuits • kids' sunglasses • rainwear • 100% cotton shorts, t-shirts, and pants • learn to swim devices • spring jackets • waterproof boots • aqua sox • wetsuits • masks, snorkel & fins • coast guard approved life jackets • Sizes for infants through 14-16

Columbia, Kid Kritter, Loli Vermont, Sabi Boot, Cherry Tree, Sarah's Prints, Wildgeon, Chuck Roast, Jeannie Mae Cotton, Nike, Omega, Baby Bag, Echofield Cotton, Toucans Swimwear, Zoptics, Body Glove, Flap Jacks, Ix Ix and more.

Cherry Tree raincoat

tommy's

273 Congress St., Portland 772-5357
Open Mon-Sat. 8 am-5 pm, Thurs. 'til 8 pm



From Angelheart Designs... Mia's Magic Dress...



it's Pure & Simple, and just a little bit Vintage... in washable linen and magical colors—raspberry, dusty terracotta & cream.



Original & Beautiful Clothing
AMARYLLIS

Amaryllis Clothing Co.
41 Exchange Street, Portland, ME 04101
772-4439
parking stamps available

Maine Arts, Inc. presents Maine Music Workshop: Women in Music



Kay Gardiner and Libana: World Music Ensemble
Saturday, April 27, Chestnut Street Church, Portland
2PM Workshop, 4PM Panel, 8PM Concert. Tickets: Full Program \$12, Concert \$9, Workshop \$6, available at Amadeus Music, Portland & Macbeans, Brunswick or call Maine Arts 772-9012

Entertainment Weekly

Continued from page 33

SPORT

Hot Shot Mini-Golf Tournament Tuesday night golf tournament with tee-off at 6:30 pm. Prizes for low scores. Everyone welcome. Hot Shot Mini-Golf is located at 87 Marginal Way, Portland. For more information, call 773-1441.

Men's Basketball Portland Recreation is offering pickup b-ball games every Mon, from 6:30-8:30 pm, and Wed, from 5:30-7 pm. The games are held at Reiche Community Center, 166 Brackett St, Portland. There's a fee of \$1.50 for residents and \$3 for non-residents. Proof of residency is required. For more information, call 874-8873.

1991 Bicycle Trek Across Maine will accept the first 700 applications for "From Sunday River to the Sea," the largest three-day bicycle ride in the Northeast. (Last year the ride raised over \$200,000.) For information on the trek, which will take place June 14-16, call the American Lung Association of Maine at 1-800-462-LUNG.

Portland Rugby Club practices Tues & Thurs eves, at 5:30 pm, at Fox Street Field off Marginal Way. Players of all abilities are welcome. Games and tournaments are scheduled throughout the summer. For more information, call Peter at 829-4807 or John at 774-5221.

The Portland Women's Rugby Club is looking for new members. All levels welcome. Practice on Tuesdays and Thursdays, at 5:30 pm, at Maine Youth Center in S. Portland. Check it out! For more information, call Rose at 772-5630 or Karen at 772-2942.

Senior Adult Water Exercise Program The City of Portland is offering classes at the Riverton Pool (1600 Forest Ave) every Friday afternoon from 12:15-1:15 pm. Transportation to and from the pool is available (a van leaves the Cummings Center, 134 Congress St, Portland, at 11:30 am and returns at 2 pm). Costs 75 cents. For more information, call 874-8870.

Sports Injury Prevention Clinic will be held April 24, at 8 pm, by Frank Gentile, P.T., who has his certification in manual therapy from The Institute of Graduate Physical Therapy, and who specializes in manual therapy of the spine and extremities and sports rehabilitation. At the Orthopaedic and Sports Physical Therapy Clinic, in the aerobics room. For more information, call 774-5710.

ETC

Dateline Every Tuesday Dateline hosts an adult singles dance (ages 28-50 plus), at the Portland Marriott's Sables Lounge, off Maine Mall Rd. in S. Portland. Dance starts at 8 pm. Buffet, deejay and door prizes, but no jeans. For more information, call 645-4751.



Abc No Rio Cult X Change is an on-going series of exchange events which has occurred throughout the U.S. and Europe. At Bowdoin, from April 25-27, they will present three evenings of video screenings with discussion focusing on the following: April 25, Feminism and Gender Politics, presented by Esther Kaplan of the radical NY/SF-based art cooperative Cheap Art; April 26, Gay and Lesbian Issues, presented by Jack Waters, director of independent film series Naked Eye Cinema; April 27, Global Culture: The Cult X Change, presented by Lou Adorno, director of Abc No Rio. All three topics are interconnected, but each screening will focus on one particular aspect of the X Change. The final program will summarize the X Change's overall intent: the development of a global cultural network dealing with contemporary issues in society and politics. Free. All programs will begin at 8 pm, in Kresge Auditorium, Bowdoin College, Brunswick. For more information, call 729-5631.

Basic Bicycle Maintenance & Tune-Up Lecture A free lecture on April 22, at 7 pm, sponsored by The Good Day Market and Gary Buch of Allspeed Bicycles. The lecture will cover such basics as chain maintenance, tire changing and basic tune-up procedures. Questions will be answered! At Allspeeds Bicycles, 1041 Washington Ave, Portland. Preregistration is required, and can be done at The Good Day Market, 155 Brackett St, Portland, or by telephoning Jo Ann at 874-2353.

Bonny Eagle Graduates of 1962! Bonny Eagle High School yearbook would like to feature you—the first graduates of the first consolidated high school built in Maine—in its 1992, 30th birthday year edition. The yearbook staff wants to get in touch with any '62 graduates living in the area. If you are a graduate or know the whereabouts of any graduate, contact Mrs. Sharon Newell, yearbook advisor, at the high school: 929-4017 or 642-2480.

Brunswick Chocolate Event The Maine Women's Lobby will sponsor this event April 24, from 9-9 pm, at the First Parish Congregational Church, Brunswick. Tickets: \$15. Call 622-9851 for more information.

Cat Show The Downeast Cat Club and United Maine Coon Cat Assoc. present the 16th Annual Household Pet and Championship show April 20, from 9-30 am, in Kennebunk High School Gymnasium, Route 35, Kennebunk. Admission: \$4 adults, \$2 seniors and children. For more information, call 737-2825, 967-5560 or 587-6659.

Celebration Earth Day '91 USM Portland will present a one-day fair April 19, on the campus lawn (or inside, if the weather is inclement). USM Recycles will be organizing the event, which will consist of speakers, information tables, and live entertainment. The event will begin with breakfast at 9 am, and end with live music around 9 pm. For more information, call 780-4160.

Contradance with Crooked Stovepipe Band April 19, in Chestnut Street Church, 17 Chestnut St, behind Portland City Hall. This contradance takes place without exception the third Friday of every month. All welcome, dances taught. Donation: \$4. For more information, call 774-3392.

Earth Day at Wells Reserve April 20 will include breakfast from 8-9 am, a bird walk at 9 am, walk to Laudholm Beach at 9:30 am, tree planting at 11 am, and a puppet show by puppet Partners noon. Visitor center open until 3 pm, trails open until 5. Breakfast tickets available in advance at \$4/\$2, at the door \$5/\$3. Picnic lunches welcome. The Wells Reserve is located off Route 1, north of Wells. For information, call 646-4521.

Grow Your Own Garden The Maine Organic Farmers and Gardeners Association and the Cooperative Extension have put together a package for organizers who want to start a local community garden. The package contains general organizational procedures and info, descriptions and sample forms from successful Maine projects. It is available for four dollars to cover postage and copying costs from MOFGA, P.O. Box 2176, Augusta 04338. Also: more volunteers are needed to serve as advisors to beginning gardeners, as well as people willing to donate gardening space, seedlings, rototilling, etc. If you are interested in making this commitment, or if you are seeking gardening help, contact MOFGA at the above address.

HAQS (Hysterical Angry Girls Sorority) Women's performance terrorism. For more information, write P.O. Box 5031, Portland 04101.

Re-election Party Honoring Mayor Peter O'Donnell with live dance music and an Italian buffet. April 18, from 6-9 pm, at Bruno's Italian Restaurant, 35 India St, Portland. Tickets: \$10 at the door. For more information, call Dave Perkins at 829-6242, Jeff Clements at 772-0923, or Alice Steward at 761-0676.

Earth Day Portland Trails Cleanup on the Eastern Prom, on the shore side of the railroad bed, April 21, from 9-12 am. Bring a trash bag or wheelbarrow. For more information, call 871-7171.

Earth Day '91 Sen. George Mitchell will lead off the weekend with a talk on "Meeting the Global Threat to the Environment," April 19, at 8:45 pm, at the First Parish Unitarian Church in Portland. A reception for the senator will start at 8. Tickets are \$10 for Maine Audubon members, \$15 for non-members. April 20, from 9-11 am, a contingent of volunteers will clean up the Audubon Society's 76-acre Fore River Sanctuary. A daylong celebration on April 21 at Gislard Farm (118 Route 1, Falmouth) will include a wide range of activities for the general public. Practical ways for individuals to conserve the environment will be highlighted in talks and exhibitions. Guided nature walks and presentations on Maine wildlife will also be given. Children's activities will include crafts, magic, kite-making and flying, and outdoor games. Admission: \$2 for adults, \$1 for children 12-18, free for kids under 12 and Audubon members. For more information, call 781-2330.

Family Arts Festival "Polishing Your Creative Light" is the theme of the Schoolhouse Arts Center festival on April 20. Family members five and older are invited to participate in a range of workshops including Brazilian dance, maskmaking, songmaking, theater, how to make a slide show, quilting, clogging and more. Local artists will conduct these workshops, which commence at 10:30 am. Cost is \$5 for first family member, \$2.50 for each additional member, or \$10 per family. Registration is on a first-come basis, so arrive early. The Schoolhouse is located on Route 114 in Standish. To register, call 642-3743 or 787-3344.

Fifth Annual Chocolate Lovers' Fling Sample an unlimited number of chocolate items, donated by over 40 area restaurants, bakeries, confectioners and caterers. Celebrity judges will be selecting the best chocolate delicacies. This event will raise funds for the operation of the Rape Crisis Center. April 21, from 1-5 pm, at the Sonesta Hotel, 157 High St, Portland. Tickets: \$15. For more information, call Susan Cole at 767-4278.

Folk Club Song Swap, sponsored by River Tree Arts, will take place at the Kennebunkport Community House on April 26, from 7-9 pm. Monica Grablin coordinates the festivities and creates opportunities for singers and instrumentalists to share songs, original and traditional. Refreshments served. Cost is \$2. Call 985-4343 for further information.

Get Down and Out 2! A benefit for the Maine Lesbian & Gay Film Festival. Put on your dancing shoes on April 25, at 9 pm, and come to Zootz, 31 Forest Ave, Portland. Help bring lesbian and gay films to Maine this May. Ticket: \$5 at the door. For more information, call 828-4714.

Global Relief Relax-A-Thon Aveda Image & Relaxation Center will raise money to help nationwide tree-planting efforts by hosting an Aveda Relax-A-Thon on April 21, at the salon. The salon will offer massages, haircuts or floats. All proceeds will go to Global Relief. Image & Relaxation Center is located at 12 Westbrook Common, Westbrook. For an appointment, call 854-1365.

Rediscovering Creativity This workshop is for those who wish to discover their creative side and have fun doing it. Each night a different method will be used, such as collage, print-making, found object or three-dimensional sculpture. Four Wednesdays, 6-9 pm, beginning April 24. The second session, to be offered during the summer, will focus on the development of one medium chosen by the group. Instructor Judy Faust, M.F.A., is an artist-taught in many media. Fee: \$40 per four-week session. For more information, call Westbrook College of Continuing Education at 797-7261, ext 263.

Southern Maine Singles Social Group meets on weekends at various locations from Portland to Biddeford. Meet new friends, ages 35 and over. No fees. Please call us at 934-1692, 284-9322 or 775-1553.

Third Annual Southern Maine Authors' Reception is expected to attract over two dozen authors from southern Maine. Susan Kerney, a Colby College English professor, will be the featured guest at the reception, and will read from her works. Westbrook College and the Maine Writers and Publishers Alliance will sponsor this reception April 24, from 5:30-7:30 pm, in the college's Abipian Library, Stevens Ave, Portland. Admission is free. For information, call 797-7261, ext 330.

Life Writing Workshop for Men Author Denis Ledoux will lead this workshop to explore life story writing as a process for self-understanding, to articulate and gain insight into the dynamics of your life as a man and to reaffirm your identity as a man. Ledoux has led guided writing workshops for a variety of groups, and his book, "Turning Memories Into Memoirs, A Workbook for Writing Life Stories," will be published this fall. The workshop will take place April 26-28, at Rockmeadow Farm Bed & Breakfast on the coast of Maine. The fee is \$175, and it includes 5 meals, accommodations and all supplies. Registration is limited to no more than 10. Call 353-5454 for more information.

Maine Music Workshop: Women in Music A daylong event April 27, beginning at 2 pm, with workshops by Kay Gardner, "Sounding the Inner Landscape: Music as Medicine," music for healing and transformation; and Libana, "Music for Ritual and Celebration: Rounds and Chants from around the World." No experience necessary. At 4 pm, there will be a panel discussion on "Women in Music, Directions for the 90s," with Darien Brahm, rock musician; Beth Nilschke, producer of Wild Iris Productions; Barbara Truex, composer and performer; Karen Demsey, professor of music. At 8 pm, there will be a concert. Tickets: workshop, \$6; concert, \$9; full program, \$12. Seniors and students half price at the door. For more information, call 772-9012.



National Assault Awareness Month The Rape Crisis Center, in recognition of the fact that one out of three women will be raped in her lifetime, will observe awareness month with several local and statewide events: April 19, Take Back the Night rally, call 828-9425 for info; April 21, Fifth Annual Chocolate Lovers Fling fundraiser, call 767-4278 for info; April 24, Maine Coalition Against Rape cosponsors "Male Victims of Assault" in Bangor, call 1-800-492-5550 to register; and April 27, Nancy Day holds benefit concert, call 784-5272 for info.

Old Port Festival Seeks Sponsors The 19-year-old festival offers exposure to participating organizations and shows them as an organization interested in the vitality and well-being of Portland. Opportunities for sponsorship and participation are varied and flexible. For more information, call Intown Portland Exchange at 772-8828.

Portland High School, Class of 1961 will hold its 30th reunion July 27. Until then, CBW will be publishing the names of missing classmates in this space: Richard D. DiBlase, Diane R. Donatelle, Sarah A. Donovan, Joseph F. Downey, Patricia Dube, Bonney M. Fillmore, John N. Fish, Linwood N. Fleishcher, Barbara M. Foster, Alice M. Goodwin, Mary E. Gormley, Gloria E. Grafton, Gloria J. (Gupitil) Holding, Beverly M. Gurney, David L. Harriman, David F. Hubner, Frank W. Huston, William D. Hyde Jr., Theodore H. Ireland, John R. James. If you know the whereabouts of any of these people, contact Ann Marie (Lee) Weisman at 16 Asselyn Dr, Scarborough 04074, tel. 883-9721.

Rediscovering Creativity This workshop is for those who wish to discover their creative side and have fun doing it. Each night a different method will be used, such as collage, print-making, found object or three-dimensional sculpture. Four Wednesdays, 6-9 pm, beginning April 24. The second session, to be offered during the summer, will focus on the development of one medium chosen by the group. Instructor Judy Faust, M.F.A., is an artist-taught in many media. Fee: \$40 per four-week session. For more information, call Westbrook College of Continuing Education at 797-7261, ext 263.

Southern Maine Singles Social Group meets on weekends at various locations from Portland to Biddeford. Meet new friends, ages 35 and over. No fees. Please call us at 934-1692, 284-9322 or 775-1553.

Third Annual Southern Maine Authors' Reception is expected to attract over two dozen authors from southern Maine. Susan Kerney, a Colby College English professor, will be the featured guest at the reception, and will read from her works. Westbrook College and the Maine Writers and Publishers Alliance will sponsor this reception April 24, from 5:30-7:30 pm, in the college's Abipian Library, Stevens Ave, Portland. Admission is free. For information, call 797-7261, ext 330.

Casco Bay Weekly

- L.L.Bean, Freeport
- O'Donal's, Gorham
- Maine Audubon, Falmouth
- Atlantic Chiropractic, Portland
- Southern Maine Physical Therapy, Westbrook
- Elizabeth's Parlor & Pantry, Cape Elizabeth
- Saco River Outfitters, Portland
- Bay Club, Portland
- Maine Medical Center, Portland
- Racket & Fitness Center, Portland
- Planned Parenthood of Maine, Portland
- Linden Thigpen - New Images Massage Therapist, Old Port
- Energy Workshop, Portland
- Good Day Market, Portland
- Portland's Elite Cutters, Portland
- Saco Cycles, Saco
- Chiropractic Family Wellness Center, Scarborough

Welcome to Casco Bay Weekly. These new and returning advertisers help support us in our endeavor to provide you with an alternative to the daily news.

SPECIAL OFFER!
with this ad only

NUU BODY HEALTH CLUB

686 Congress Street, Intown Portland
772-7779

For your enjoyment and relaxation, we are offering our Massage Special for the Fall & Winter season.

Free Food
Free Drink

Whirlpool
Steam
Saunas
Universal

\$5 OFF on any MASSAGE

Masseuse position available - call 772-7779

To those who believe radio is the best way to keep up on the world, we say: hear here.



If you've got a radio, you've got the most informative source of news in the world. Just tune to National Public Radio. You'll get news and views that are uncommonly thorough. Which can help make you uncommonly informed.

90.1 90.9 89.7 91.3 106.1
Portland Bangor Calais Waterville Presque Isle
Maine Public Broadcasting Network Radio

Reach More Readers This Summer with our new

NORTHERN EXPOSURE
A journal for those who enjoy the outdoors.

50,000 copies distributed
Beginning May 23.

Advertising Deadline is May 1.
To advertise in Northern Exposure call Maureen, Holly, Rose, Marilyn, Cary or Sharon at 775-6601.



classified

line ad deadline: noon monday. display ad deadline: 5 p.m. friday. use the coupon or call 775-6601.

personals

PERSONAL OF THE WEEK

Winner receives two free movie tickets compliments of Maine Mall Cinema!

A plump tomato or plump strawberry would be a choice selection. A plump woman can be just as appealing. Especially if she's professional, warm, witty, caring, in her thirties and has room in her life for a man who's special. Men of good taste should only reply to P.O. Box 5035, Biddeford, Maine 04007 ☎ 5251.

If you have placed an ad in the Casco Bay weekly personals, your ad is automatically entered in the PERSONAL OF THE WEEK contest. We are looking for ads that are creative, witty and fun. Winners will receive their tickets in the mail.

*A plump tomato or plump strawberry would be a choice selection. A plump woman can be just as appealing. Especially if she's professional, warm, witty, caring, in her thirties and has room in her life for a man who's special. Men of good taste should only reply to P.O. Box 5035, Biddeford, Maine 04007. ☎ 5251.

Are You An Attractive Married Woman, unsatisfied at home yet very committed? Similar circumstance handsome MWM, nice person, classy hunk, seeks one married similar counterpart for sensual times. Mutual trust, respect, and no risk status a must. Write in confidence: 202 Rt. 1, Box 144, Falmouth, 04105.

Are you WMS, tall 45 or so, non-smoker, the warm sensitive humanitarian type? Enjoy the outdoors, country inns and the classics? Earthy lady, attractive, dark hair and eyes, wants to meet you. A coffee meeting is suggested. Please reply by letter. CBW Box 616.

Are you a wanted woman? If you're S/D/F 5'7" +, slim, attractive, non-smoker, intelligent, into all the outdoor stuff, you're wanted by this DWM, 43, tall, slim, attractive, professional call soon. ☎ 5249.

DWM Mid 30's, honest, sincere, sensitive, normal guy with old-fashioned values tempered with a modern attitude. Emotionally and financially secure. Enjoys the outdoors and the simpler things in life. Doesn't take life too seriously. Seeks like Female. Photo appreciated but not necessary. CBW Box 615.

Desperately seeking Marge Simpson! I meet you last Halloween at the moon. You work for L.L. Bean (Northport), I'm still single and \$3free. Call Mr. Pumpkinhead at ☎ 5250.

Enigmatic Wandering Open Matchless Attractive Naiad ferrets fortuitously for a Marvelous Authentic Naturalist—a forties friend to share sunshine sparkle in the rain, beach walks, long talks, and starlight dreams. Potential Lochinvars Engagingly, Auspiciously, Selectively Encouraged to respond PO Box 4759, Portland, 04112.

GWM 48, healthy, sincere, congenial, capable and discreet, seeks younger trim masculine ambitious hard working GM to share life and good times with. P.O. Box 1169, Sanford, ME 04073.

I can't forget you "hi" to my murmured "good morning". You were in a bulky sweater; I wore a gray jacket, and it was Sunday, 4/14, about 10:30 A.M. on the Black Point oceanfront walk. Next time, let's make the walk together. P.O. Box 17552, Portland, Maine 04101.

Ladies: Would you like an exciting relationship with an experienced gentleman without undue involvement? Discrete MWM, 50+ seeks SMD/F in the greater Portland area for romance and an intimate relationship. If you need someone who is gentle, caring, safe and loving, then let's get acquainted! CBW Box 619.

Lady Mid 70's 5'4", 125lbs., healthy, active, refined, educated, non-smoker, non-drinker, no drugs, loves life's simple pleasures, music, travel, dining out, reading and cards. Seeks loving, sincere, honest male companion about same age and interests. Please write with details and photo. Thank you. CBW Box 610.

Physical Fitness Nut, male 33, searching for female that is similar for discrete meetings and work-outs. This could be mutually rewarding. Photo helpful. CBW Box 620.

Roses are red, violets are blue, sometimes three, is more fun than two! Attractive, sensual, adventurous married bi-female, 22, seeks like minded woman (18-35) to join me in a circle of romance and affection with my companion. Come be a part of our heart and experience the magic of love that grows both ways. At least join us for dinner and a discussion of the wondrous possibilities. P.O. Box 7526, Portland, Maine 04112. ☎ 5245.

SF 41, thoughtful, energetic, passion for outdoors, seeks adventurous, sensitive, intelligent S/D/M for caring, communicative relationship. Loves nature, animals, country, ocean, camping, canoeing, hiking. P.O. Box 6001 Falmouth, Maine 04105. ☎ 5254.

SWF seeking SWM who is a fun, loving and free spirited professional 35-55. Secure, stable and good spirits a must. If you think you're too short, you are! ☎ 5248.

PERSONAL CALL®
Dial 1-900-370-2041
24 hours a day 99¢/min

SWF, 27 funny and full of spice - and alot more!, is looking for that special someone who is a Rolling Rock at fun, a bottle of cold champagne at love and yet can handle a stiff shot of tequila when the going gets tough! Tasters and samplers need not apply. Premier and H2O drinkers are expected and encouraged! CBW Box 621.

SWF, 27, independent, unusual, in a slightly different place than before seeks Captain Bobo. I know you're out there. I'm dying to cook your lobsters in my pot. The champagne's on ice and I'm waiting. Send navigational coordinates to CBW Box 611.

SWM - 30 recent transplant, lawyer into scuba diving, mountain biking and other adventures. Life is not a spectator sport. If you're like minded, fit, lets meet for a beer. Upright, narrow minded types don't bother. CBW Box 614 ☎ 5236.

SWM - tall, handsome, seeking SWM professional 35-40. Enjoys Each Day to the fullest, sharp wit. Loves life and looking for someone secure in theirs. If you can keep up call. ☎ 5247.

SWM 35, english, worldly, vegetarian, Values kindness, humor, honesty, intellect, seeks intelligent, thin woman with style who enjoys good films, good food walks by the sea and occasional visits to sleazy bars. Photo preferred, I'll return it. CBW Box 618. ☎ 5252.

SWM, 50, warm, good looking, college graduate, enjoys sports, dancing, conversation, sharing, laughing. Looking for friendship - maybe more - with Southern Maine female who's warm, caring, attractive and is 38-48. CBW Box 717. ☎ 5246.

The nursing student at SMTCH! Hey guy, I have been watching you from the GA building and I'd like to get to know you better, if you are interested so am I. I'm 5'8", 130 lbs., black hair, brown eyes. Give me a call ☎ 5253.

Gentle, mature, professional MWM, no addictions, would like to meet mutually responsive woman of interest for real afternoon intimacy. Suggest coffee meeting. CBW Box 612.

HAGS ARE HERE: We are sensitive and weepy this week.

personals
dating services
body & soul
wanted employment
biz services
business opps
stuff for sale
garage sale
boats
wheels
bulletin board
childcare
animals
lost & found

dating services

HOW TO USE PERSONAL CALL®

a FREE service for Casco Bay Weekly advertisers! Ask for PERSONAL CALL service when you place your Casco Bay Weekly personal ad. Then, you'll receive your own PERSONAL CALL® number and security code, so you can call a FREE 800 number to record your one-minute greeting message. Be creative! You can change your message as often as you like to satisfy the whim of the moment.

We do suggest that you leave your first name and ask the people responding to leave their telephone numbers and best times for you to call. Do not leave your last name, telephone number or address.

When you call the 800 number and enter your PERSONAL CALL® number and your private security code, the system will immediately tell you how many new responses you have. From there, just follow the easy prompts. You'll press 1 to record your greeting or press 2 to hear your responses.

Once you've recorded your greeting message, you can call the same FREE 800 number as often as you like, 24 hours a day, to listen to your responses for up to three weeks after your ad appears in the paper.

RESPONDING TO AN AD WITH PERSONAL CALL® SERVICE:

Using PERSONAL CALL to answer Casco Bay Weekly personal ads is fast and fun!

Relax in your favorite chair, browse through the Casco Bay Weekly personal column and circle the ads that interest you.

The small telephone symbol -☎- next to the four digit number tells you the person has PERSONAL CALL® service. With PERSONAL CALL® you don't have to listen to one message after another until you find someone you'd like to meet, (unless you choose to). These messages remain on line for three weeks after the ad appears in Casco Bay Weekly, so check the date of the paper you're reading! You can immediately respond to an ad by calling 1-900-370-2041.

When the system answers, follow the easy instructions. Enter the four digit number of the ad that interests you. You will then hear that person's one-minute voice greeting, and you can leave your response. And, you can enter another box number, and another and another... (If the advertiser's voice greeting is not yet on line, you can still leave your response.)

The cost for using PERSONAL CALL® to respond to Casco Bay Weekly Personal ads is only 99 cents per minute and will appear on your telephone bill under "Prsnlcall."

Having Problems? Please be sure that you are using a touch-tone phone that is on tone, not pulse.

If you have any questions or feedback about PERSONAL CALL®, just call us at 775-6601. We like to hear from you.

body & soul

S.U.S. Asian Connection for free photo brochure and details of the beautiful, faithful, marriage-minded ladies from overseas in our pen-pal club call 702-451-3070 and leave your mailing address.

Compatibles

"The Dating Service That Cares" Remember when you were in school? Everyone you knew was single. So is everyone we know.

That's how we've introduced thousands of relationship-oriented singles. Through our caring concern and personalized service, we can introduce you. Call today.

883-1066
Portland
783-1500
Lewiston
Money back guarantee

Responding to a CBW Box # ?

Casco Bay Weekly
551A Congress St
Portland, ME, 04101
CBW Box XXX

Do It Like This!

WE MAKE NEWS MATTER

body & soul

Chemical depending and ACOA Counseling. Individuals and couples. Early recovery and relapse prevention groups. Reasonable rates. Rachel Sager, M.A., RSAC. Call 775-7927.

DEEP MUSCLE MASSAGE - Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress. Improve flexibility, muscle tone, circulation, athletic performance. By appointment, 865-0672.

GROUP PSYCHOTHERAPY: Openings currently available in ongoing group for adults raised in dysfunctional families. Co-facilitation. Interview required. Call Nancy Shiller, M.A. 775-2833 or John Carroll, M.S. 775-5903.

HEALING ADVENTURES Pot Luck Supper/Gathering Sat. May 4th. \$5 free with friend. Swedenborgian Church Portland 6-9 pm. Sweat-Lodge Sat. May 11th (women). Simple ceremonies, Sunday June 16th. For more information Nancy Shiller 775-2833.

INTOWN COUNSELING CENTER

Addictions • ACOA Issues
Co-Dependency • Individuals
Groups • Couples

Lucy C. Chudzick, LSAC
Licensed Substance Abuse Counselor

761-9096

477 Congress St., Suite 410
Portland, ME 04101

TRANSITION FROM SURVIVING TO THRIVING: 12-Week Personal Growth - Therapy Groups. Beginning May 6th. Call: DWINELL & HALL: 799-1024.

WOMEN'S HEALING GROUP now accepting new members for on-going group; committed to deep healing through a variety of techniques and expressive therapies. Call Lynda Despres, MSW 883-5597.

INTERESTED IN EXPLORING MALE SPIRITUALITY? An overnight men's retreat will provide the opportunity to interweave the story of being a man with the story of faith. For information call John Balicki, M. Div. at 767-7137.

Numerology - clear, concise, practical for singles, lovers, children. Handwritten personality profile using name and/or birthdate. Satisfaction & confidentiality guaranteed. Name or birthdate \$15. Both for \$25. Couples name or date \$30. Both \$40. Send check or MO, S.A.S.E. birthdate and or name to P.O. Box 6130, Falmouth, ME 04105.

On-going lesbian counseling group accepting new members now. Tuesday evenings 5:30-7:15. \$9.00/monthly. Call 775-7927.

Addictions • Co-dependency

Brooke Alexander, M. Div.

781-5041

STOP SMOKING THROUGH HYPNOSIS

by popular request we are resuming the treatment of chronic smoking through clinical hypnosis.

3 sessions includes audio tapes \$125.

Call Dr. Robinson directly for free phone consultation at 773-5573
51 Ocean Avenue Portland

USE YOUR MIND TO INCREASE YOUR HEALTH



Feeling Beside Yourself? Learn To Be Your Self

Sarah J Bulley LCSW • Psychotherapist • 871-9256

Trouble Setting Career Goals?

Put your education, experience, values and interests to work. Find the career for you.

TAKE CHARGE OF YOUR LIFE. Career Counseling

Patty Williams, M.A. 799-3344

CONDOMS

To Receive Condom Information - A Brochure and a Sampler of 12 High Quality Condoms Call:

1-900-535-2900 Ex. 555

Complete Privacy and Confidentiality From New England's Leading Condom Supplier

CRW. COMPANY
1 minute call-\$2.00-touch tone phone

RICK LYNCH, M.A. Counseling Services

- Men Life transitions, groups, individual consulting
- Relationships Couples, families
- Adolescents
- Clinical Hypnosis

874-0681
23 West St., Portland

Charge your Classified ads by phone 775-6601.

Rolfing

A new Rolfier for the Portland area

Thomas Myers 883-2756
15 years experience

Member Rolf Institute

roommates

Judith Kaylor Burwell, M.P.S.

- Codependency
- Relationship Addiction
- Ritual Design for Healing & Celebration

592 Main St. South Portland
772-6408

ELIZABETH LONDON

is pleased to announce the relocation of her massage therapy practice to

222 St. John St. Suite 305
774-6876

New clients welcome
Member AMTA

THERAPY FOR WOMEN

My work is centered in Female/Jungian Psychology and Intuitive Wisdom. Discover your heritage of women's wisdom.

Kathleen Luke, M.A.
799-4927

Counseling for issues regarding eating, body image and sexuality.

Individual and group counseling.

Lisa Bussey, MA, CEDT
775-7927

roommates

Beautiful, large, restored Deering colonial needs roommate, 2 baths, free w/d, fireplace, off street parking, deck, large yard, french doors, antiques, forced hot water oil, amenities. \$250 +. 878-2312 leave message.

Deck, back-yard, garden, back bay and city views surrounded by Payson Park, parking. N/S, M/F, cozy, sunny 3 bedroom home. \$300/month plus reasonable utilities. Call Mark at 879-1910.

FREEPORT: Privacy and conviviality in a comfortable old farmhouse on 80 acres. Room plus commons. \$300 plus utilities. No Cats. Gene 865-6495.

Female roommate wanted. Two bedroom apartment. Clean, neat, and responsible a must. Non-smoker preferred. \$275 each includes heat, hot water and parking. Call 797-8056.

M/F 25+ to share charming house near harbor in South Freeport. Porch, fireplace garden, 20 minutes to Portland. No animals or smokers please. \$300/month + utilities. Avail. May 1st. 865-4558.

M/F, N/S preferred to share a 2 bedroom apt with one female. \$263 a month (heat included) + 1/2 utilities. 775-4000 ext. 35, B/W 8am - 3pm or 892-4956 6 - 10:30 pm.

Mature female to share modest two-bedroom apartment in South Portland family neighborhood with mature male 46. \$265/month, deposit, W/D, W/W carpet, basement, garage, yard. Non-smoker, chem-free, no pets. 767-4120.

N/S Female needed to share sunny, spacious, 2 story, 7 room duplex in Cape Elizabeth, with 2 large bedrooms, full basement, large fenced in yard, victorian charm, porch. Less than a mile from Millbrook and Ft. Williams on quiet residential street. No pets. \$375/month plus 1/2 utilities. Call 767-3615.

New Gloucester - Prof. Female and her monogamous - seeks mature, responsible roommate, male or female, I really don't care as long as you're a smoke-free animal lover (liker?) Nice House. Large yard, room to garden. Come See! Call Amy 926-3479, leave message. Okay??

West End M/F roommate wanted to share spacious apartment. Back yard, parking, washer/dryer. Available immediately. \$278 plus 1/2 utilities. 761-0972 (eves) or 874-5000 ext.108 (days).

West End Mercy fully furnished apartment share, own bedroom for working professional. Chem/smoke free gentleman; \$325 includes utilities, w/d, off street parking, storage: 775-1034 before 8 pm. Security Deposit required.

Non-smoking housemate wanted to share spacious 2 bedroom apartment in USM area. Yard, porches, garden, parking, storage, cable tv. \$275 plus 1/2 utilities. 774-6982.

One female non-smoker wanted for sunny spacious 3 bedroom apt. hardwood floors, balcony with ocean view. Eastern promenade \$215 includes heat. 774-6519.

Professional male seeks roommate M/F Gorham \$275 includes utilities, Baby Grand piano. Good roommates only. Available May 1. 892-5356.

Quiet & professional w/male seeks female with same characteristics, to share modern 2 bedroom apartment, avail. May of June. If you require drugs, alcohol and parties, please do not reply. \$275/month + 1/2 utilities, and \$150 security. Call 879-0410.

Roommate M/F non-smoker, quite person, no pets \$250 + 1/2 utilities. Opens May 1. Lee 774-0871.

Roommate needed M/F, small, apartment. Prefer: mature, n/s, chem-free, responsible. Deering Oaks/USM; quiet, peaceful place; \$275/mo.(includes heat/hot water) + 1/2 util.(\$15), 874-2941.

Roommate wanted for nice 3 bedroom in quiet residential, one block from blvd., 2 from USM. Parking, private fenced in backyard. \$170 + 1/3 low utilities, security. 879-0314.

Seeking guitarist(s), acoustic or electric, rock or folk, to get apartment together in Portland or South Portland. Moving June 1. Call Ed at 799-6012. Leave message.

South Portland M/F share 3 story duplex - spacious yard & garden - 1/2 block from water \$300 + utilities (includes heat) 799-1912.

Two people to share 3 bedroom, 2 bathroom home in Falmouth. Three car garage, nice wooded lot. \$350 plus electricity. 772-6371

West End M/F roommate wanted to share spacious apartment. Back yard, parking, washer/dryer. Available immediately. \$278 plus 1/2 utilities. 761-0972 (eves) or 874-5000 ext.108 (days).

West End Mercy fully furnished apartment share, own bedroom for working professional. Chem/smoke free gentleman; \$325 includes utilities, w/d, off street parking, storage: 775-1034 before 8 pm. Security Deposit required.

apts/rent

Available now charming and immaculate 1 bedroom with new kitchen and bath, w/w, walk-in closet, parking and small porch. \$450/month + utilities. Call 774-6363.

line ad coupon

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
TELEPHONE _____

CHECK YOUR CATEGORY

- personals
- FREE Personal Call®
- dating services
- body & soul
- roommates
- apts/rent
- houses/rent
- offices/rent
- real estate
- studio/rent
- visual arts
- photography
- learning
- music lessons
- wanted
- employment
- biz services
- business opps
- boats
- stuff for sale
- wheels
- bulletin board
- childcare
- animals
- lost & found

RATES

All charges are per week.

Up to 30 words	\$ 9.00
31 to 45 words	11.00
46 to 60 words	15.00
Each additional word after 60	.15

DEADLINES

Line Ads: Monday at 6 pm.
Display Ads: Friday at 5 pm.

THE FINE PRINT

CBW will not print ads that: seek to buy or sell sexual services, have purely sexual content, or use full names, street addresses, or phone numbers in the personal section. Personal advertisers must provide a P.O. Box # or use the CBW box service. Casco Bay Weekly shall not be liable for any typographical errors, omissions, or changes in the ad which do not affect the value or the content of the ad or substantially change the meaning. Classified ads are non-refundable. Credit will be issued when a viable error has been determined.

PHONE IT IN
207-775-6601
Using Visa or Mastercard.

MAIL/WALK IT IN
Casco Bay Weekly
551A Congress Street
Portland, ME 04101

FAX IT IN
207-775-1615
Ask about our Fax free Thursdays.

Casco Bay Weekly

Name _____
Address _____

Telephone _____

Cost per week

of weeks to run

CBW box \$5/wk

Total Due \$ _____

apts/rent

Cumberland Ave., clean, modern, two bedroom apts. Availability May & June, 3 apts with private court yard, 4 apts with 12x12 roof deck, off street parking, w/w w/d 781-4740. \$500-781-4740.

Cushman Street: Small but wonderful modern one bedroom. Private entrance through garden, perfect for you! \$400 includes all. 774-3324.

Gray - 1/2 Duplex in a country setting. Two bedrooms, w/d hook-up, all appliances, deck, parking. Rent is \$500/mo plus utilities. Call SPECTRUM at 657-3635.

MUNJOY HILL, RENT SUBSIDIZED apartment for a family, first floor, 2 family house. 2 Bedrooms, 2 baths, small yard, must quality with HUD guidelines. 773-1814 weekdays 8:00-4:00.

Modern one bedroom on Cumberland Ave., near Monument Square with renovated kitchen and bath, w/w, long bedroom, on site laundry and parking \$400 month + utilities 774-6363.

Payson Park Area - Lovely, sunny, renovated 2 bedroom, hardwood floors, parking, storage, w/d hook-up, back yard. Nice quiet neighborhood. \$495 + utilities. Lease + security (very low heating costs). 772-9061.

houses/rent

Portland between USM and Woodlarks Corner, 14 month lease on 3 bedroom furnished house. Living room, fireplace, dining room, kitchen/pantry, 1 1/2 baths, full basement, garage, porch. \$750 + utilities. Avail. June 1. 774-9578 or 780-4248.

offices/rent

Furnished Office with secretarial and bookkeeping services available. Approximately 400 sq. ft. Also available 800 sq. ft. unfurnished office. Parking available. Monument Square area. Call 772-6527.

South Portland attractive office. Psychotherapist or allied health professional, 1040 Broadway \$350/month includes utilities. Dr. David Sanford 767-7135, Larry Roy 767-7136.

SINGLE OFFICES FOR RENT

OLD PORT WATERFRONT
Small prominent historic brick building, high ceilings, lots of windows and natural light. Prime waterfront location on corner of Franklin & Commercial Sts. Reasonably priced from \$275, includes heat & electricity. Copier, fax & parking also available.

772-6992

real estate

••AUCTION••

April 26, 1991 4pm
EASTERN PROM
RE-MODELED DUPLEX
with business space,
2 parking spaces, ocean views,
24 Mountfort Street.
Learn about auctions; how to
bid. For more information
call Scott Kerr.
781-4300
Peterson Auction Co. Lic. 100864

studio/rent

STUDIOS: Artists only building, all inclusive, tin ceilings, artist sinks, high energy environment. Darkrooms to suites with views. \$75 to \$250 a month. 799-4759 or 799-7890 ask about our spring specials.

Studio - Monument Square area perfect for artist/craftsperson. From 400-1200 square feet. Light and heat included. Parking available. No lease required. Call 772-6527.

studio/rent

Studio space available in building with other artists studios, 225 s.f., downtown Portland. \$100/month includes all utilities. Call 282-9318.

visual arts

CUSTOM PAINTING- Have a painting made of what you want. Paintings made of your favorite picture, activity, dream or pet. Design your own still life, landscape portrait or scene. Low price. Payment made only if 100% satisfied. Call West End artist 772-3472.

PAINTINGS

Recent works by
Maine artist,
Lenny Hatch
by appointment 772-3210
afternoons & evenings

photography

ALL-PURPOSE - Weddings and Portrait work (and keep the negatives, too!) Corporate/Publicity, Legal, Print Media, Etc. RICK CROCKETT PHOTOGRAPHY. The Affordable Choice for All Occasions. 774-4732.

MODEL PHOTOGRAPHY, Portfolio's Headshots, Glamour and Fashion. Studio and location. Low rates. Photographer Carl Anderson. Studio 201, 201 Falmouth Rd, Falmouth. Call anytime 781-4751 or 781-4992.

learning

Pottery Small Classes Beginning - Intermediate 131 Sawyer Street, South Portland, Tues 4:30-7:30pm, April 23-June 4, Wed., 6:30-9:30, April 24-June 5. \$165 pursue your interest with instruction. Call Abby now 767-4394.

wanted

2-3 bedroom house with yard to rent 6/1 in quiet residential Portland neighborhood to responsible single father, 12 year old child & 2 small pets. \$550-\$600/month. Good References! 772-5589.

Casco Bay Weekly seeks someone to haul away old newspaper to the recycling bin. You keep the \$. If interested, please call Robyn at 775-6601

I just returned from meeting a penpal in the Philippines. She has lady friends who also want penpals. Non-pro/No fee. If interested, write: P.O. Box 5020, Portland, ME 04101

Mature R.N. needs clean, quiet room with kitchen privileges and parking. Portland area 3-4 weeks nights. Respond to: R.N., P.O. Box 27, Rumford, ME 04279.

Old fashioned beautician who remembers how to do lamp cuts, to cut my wavy-curley hair. Respond to: Jan, P.O. Box 27 Rumford Pt., ME 04279.

WANTED TO BUY

ORIENTAL RUGS
Top cash paid for your old oriental rugs regardless of size or condition.

883-1700

employment

"FINALLY" a home business that works. Start receiving checks the second week. Nutrition products, no vending. Free tape recorded message. Call 1-800-299-1219.

ASSEMBLE OUR DEVICES: Learn this trade, we send instructions, parts and check for assembly. Call (404) 428-0672 Ext. WB9027.

ERNIE POOK
by Lynda Barry

SO THEY TRADE
BY LYNDA "NOT THE MONEY" BARRY © 1991

I SAID TO MARLYS IF KEVIN REALLY LIKES YOU THEN WHY DOES HE SAY YOU CAN'T TELL, WHY DOES HE MAKE YOU KEEP DRAWING HIM DRAGSTERS, AND WHY DOES HE KEEP SAYING IT WAS HIM WHO MADE THOSE DRAWINGS? I TOLD HER THAT'S NOT LIKING, THAT'S USING.

I TOLD HER I KNOW GUYS AND I KNOW THEIR SPALZY ACTIONS AND SHE SAID IF I DIDN'T MIND IT COULD I PLEASE JUST SHUT UP? I SAID DON'T YOU GET IT? THIS IS ADVICE, AND SHE SAID NO YOU'RE THE ONE WHO'S NOT GETTING IT. OH YEAH? I SAY. OH YEAH? THEN SHE TELLS ME.

WHAT HE'S GOOD AT DRAWING IS NATURE AND FLOWERS, SO THEY TRADE. THEN MARLYS SHOWS ME THE STACK OF SECRET DRAWINGS HE MADE HER. TWENTY SEVEN DRAWINGS IN A PAY 'N' SAVE BAG WITH THE PENCIL HAND WRITING ON THE TOP!

To Marlys your the greatest girl artist of dragsters from Kevin. PENCIL HAND WRITING SHE TRACES WITH HER FINGER, THEN SHE LOOKS AT ME AND SMILES.

NUMBER ONE: KEVIN SAYS DON'T TELL BECAUSE OF THE GIRL ALICE BULZOMI WHO ALSO LOVES HIM AND ALICE IS BIG AND WILL KICK MARLYS WITH HER POINTED SHOES AND ALSO KEVIN IF SHE EVER FINDS OUT. NUMBER TWO: MARLYS DRAWS HIM DRAGSTERS BECAUSE KEVIN LOVES DRAGSTERS BUT TRAGICALLY HE IS A CRUDDY DRAWER OF DRAGSTERS. THAT IS JUST LIFE MARLYS SAYS.

employment

\$200-\$500 WEEKLY Assemble products at home. Easy! No selling. You're paid direct. Fully Guaranteed. FREE 24 Hour Recording. 801-379-2900 Ext. MD115H.

\$39,364/YR GOVERNMENT Hiring 30,000 NOW! Many no tests, starts immediately your area. WEAPONS SECRETARY \$30,672, \$92,194. CLERK \$20,680. Maintenance \$39,364. HOSPITAL \$53,758. POSTAL \$30,472. INTELLIGENCE \$47,750. POLICE \$33,008. ELECTRONICS \$31,600. UNION \$32,198. FREE 24 Hour Hotline Reveals 30,000 Listings 801-379-2915 Copyright ©MH115J.

\$40,000/YR READ BOOKS and TV Scripts. Fill out simple "like/don't like" form. EASY! Fun, relaxing at home, beach, vacations. Guaranteed paycheck. FREE 24 Hour Recording 801-379-2925 Ext. ME115B

\$40,000/YR READ BOOKS and TV Scripts. Fill out simple "like/don't like" form. EASY! Fun, relaxing at home, beach, vacations. Labor shortage, guaranteed paycheck. Also, Corrections... \$30,000. Read TV Scripts... \$50,000. Number Pages... \$21,000. Make Index... \$30,000. FREE 24 Hour Recording. 801-379-2925 Ext. MG115B. Hurry! Offer ends soon!

\$40,000/YR READ BOOKS and TV Scripts. Fill out simple "like/don't like" form. EASY! Fun, relaxing at home, beach, vacation. Guaranteed paycheck. FREE 24 Hour Recording. 801-379-2925 Ext. ME115B.

THE HAPPY PAINTER: Let's put a "Happy Face" on your house! Residences, ceilings, walls, trim, decks. FREE ESTIMATES. Norman, 282-6985.

CUSTOM GOLF CLUBS- Pro quality. Built for your special size, ability and swing. FREE equipment and swing consultation. Ladies and left hand club's a specialty. All repairs, regripping and refinishing offered. Guaranteed prompt service and quality craftsmanship. 20% discount on all services thru April. 839-4607.

College Student with truck available to do odd jobs and moving. Very handy and can fix most anything. Experienced mover who will move you for less. 774-2159 anytime.

biz services

EVERYBODY'S BEST FRIEND - For a small fee I will walk your favorite pup! Just call 767-3291 between 8am and 6pm and ask for Janet.

FREE TIME ADDED TO THE DAY Eliminate those endless errands with one call to GO-FOR-PERSONAL SHOPPER handling all your shopping and delivery needs. Groceries, gifts, etc. Marlene 774-8657.

G & B CLEANING COMPANY- offers first time FREE cleaning! We can contract offices, homes and commercial properties. References, insured, FREE ESTIMATES! 772-5173, leave message.

MONETARY INDEPENDENCE: Once in a lifetime opportunity to establish part-time business of your own. CT-based company seeking to expand in SE/Central ME. Motivated couples/singles urged to apply. Low start up cost. No race, sex, educational, financial limitations. Appointments (203) 448-0387 or (207) 967-4059.

MUSICAL DUO AVAILABLE: Talented creative piano man and singer female want to perform for your party or wedding. Jazzy, upbeat, fun. Andrea 878-5362.

THE HAPPY PAINTER: Let's put a "Happy Face" on your house! Residences, ceilings, walls, trim, decks. FREE ESTIMATES. Norman, 282-6985.

CUSTOM GOLF CLUBS- Pro quality. Built for your special size, ability and swing. FREE equipment and swing consultation. Ladies and left hand club's a specialty. All repairs, regripping and refinishing offered. Guaranteed prompt service and quality craftsmanship. 20% discount on all services thru April. 839-4607.

College Student with truck available to do odd jobs and moving. Very handy and can fix most anything. Experienced mover who will move you for less. 774-2159 anytime.

WE MAKE NEWS MATTER

NASTY NEAT
COMPULSIVE CLEANING
...and other life support services

If you've ever cleaned up for the cleaning person... or worse, cleaned up after them... You need me in your life.

Katherine Clark
772-8784
residential compulsive cleaning

NEED A DRESS?
Party, Prom or Evening. All dresses custom made to a custom fit. Basic alterations & repairs available. Call Johnny at 774-4361 after 6PM.

We Fix Broken Homes!
FREE ESTIMATES
Mr. Build.
Handi-Man Services

a reliable, timely, affordable source for small repair and maintenance jobs:

- Carpentry, painting, plumbing, electrical
- Repair, replace, install, remove, clean, etc.

Free estimates. All Work Guaranteed 1 year!

We accept MC or VISA

1-800-339-6647 or 985-6647

Each MR. BUILD HANDI-MAN SERVICES franchise is independently owned & operated.

biz services

Understated Elegance for your Wedding
MICHAEL KATZ
CLASSICAL GUITARIST
773-1133

ACCOUNTING & TAX SERVICES
Individuals, Sole Proprietors, Partnerships & Corporations

Jacqueline A. Guerette, C.P.A.
CPA - Over 19 Years Accounting Exp. FREE INITIAL CONSULTATION Per Project Estimate Offered REASONABLE RATES SCARBOROUGH 883-6496

SQUEAKY CLEAN OFFICE CLEANING
846-5717
"affordable excellence"
EXPERIENCED INSURED

boats

CASEY CUSTOM YACHTS
CUSTOM FIBERGLASS YACHT CONSTRUCTION COMPLETE WOOD & FIBERGLASS REPAIRS JOINERY & INTERIORS • RACING KEELS GELCOATING & PAINTING
MIKE CASEY 207-772-0408

stuff for sale

1990 LL Beans touring bike (23") Cannondale frame, low mileage, will include frame pump, two extra tubes, and bottle cage \$300 firm. 828-0001, ask for Chris or leave message.

CANOE - Old Town Discovery 158, ABS, good condition. \$425 871-0509.

Drug raid seizures! Buy dirt cheap - autos, houses, boats - everything - guaranteed! Details: Rush S.A.S.E.: J&B Advertising P.O. Box 3863A Portland, Maine 04104.

Garden Pergola. We're selling the display piece we made for the Audubon Exhibit at the Maine Horticultural Show. It's yours for a reasonable offer. Call Architectural Woodworkers 774-2139.

wheels

1988 Pontiac Lemans, 2 door, automatic, green, all original from Texas for only \$4995. Call 725-4250.

1980 Chevy Chevette - 4 door, standard, nice first car, \$595. Call 725-4250.

1984 Plymouth Reliant Station Wagon, automatic, nice family car! Only 1875.00. Call 725-4250.

1985 Ford Escort Station Wagon, standard, low miles, black \$2195. Call 725-4250.

1988 White Chevy Van, 8 cyl., 1/2 ton, 71,000 miles, great condition. \$5000. Call Robyn 775-6601.

CHEAP! FBI/U.S. SEIZED 84 VW... \$50. 87 Mercedes... \$200. 85 Mercedes... \$100. 65 Mustang... \$50. Choose from thousands starting \$25. FREE 24 hour Recording Reveals Details 801-379-2929 Ext. MJ115C U.S. HOTLINE copyright.

CHEAP! FBI/U.S. SEIZED: 84 VW \$50. 87 MERCEDES \$200. 85 MERCEDES \$100. 65 MUSTANG \$50 Choose from thousands starting \$25. FREE 24 Hour Recording Reveals Details 801-379-2929 Copyright ©MJ115C U.S. HOTLINE copyright.

DRUGLORD TRUCKS! \$100. 84 Bronco, \$50. 89 Blazer, \$150. 75 Jeep CJ, \$50. Seized Vans, 4x4's.

Boats. Choose from thousands starting \$25. FREE 24 Hour Recording Reveals Details. 801-379-2930 Ext. MK115C. U.S. Hotline copyright.

animals

DOG AND PUPPIE TRAINING CLASSES: Starting week of 4/22, class size limited to guarantee individual attention. Positive, humane approach based on trust and affection will help you have a dog you will be proud to take anywhere! Call TAILS UPI 799-7736.

lost & found

Lost Cat Reward if found. Tricolor, white chin, part-coon, affectionate. Wearing white flea collar. Last seen April 10th on Roberts St. USM area. Named Nellie. Call 761-0973. We miss her!

bulletin board

Casco Bay Weekly seeks someone to haul away old newspaper to the recycling bin. You keep the \$. If interested, please call Robyn at 775-6601

HEADING FOR EUROPE THIS SUMMER? Hitch a ride on a commercial jet anytime for only \$160 with AIRHITCH®! For details call: AIRHITCH® (212) 864-2000.

If You're Single, We're Free

Trying to meet someone new? Try Casco Bay Weekly's Personal Call®. On FAX FREE THURSDAY fax your ad of 30 words or less to 775-1615 between 9am and 4pm and get your Personal Call® ad absolutely FREE. Don't forget to include your name, address & phone number so we can send you your Personal Call® number.

For more information about Casco Bay Weekly personal ads, Personal Call® and FAX FREE THURSDAY call us at 775-6601.

Casco Bay Weekly

Responding to a CBW Box # ?

Casco Bay Weekly 551A Congress St. Portland, ME, 04101 CBW Box XXX

Do It Like This!

REAL PUZZLE
by Don Rubin

Horizontal hold

Adjust the picture, and tell us who is on the air.

Can you solve the Real Puzzle? There is a \$20 gift certificate from Alberta's for the first prize winner. The second prize winner receives two free passes to the Movies on Exchange Street. Winners will receive their prizes in the mail. Drawings are done at random. Contestants are ineligible to win more than one prize in a four-week span. Only one entry is allowed per person per week.

All entries for this week's puzzle must be received by Wed., April 24. The solution to this week's puzzle will appear in the May 2 issue of Casco Bay Weekly. Send your best guess to:

Real Puzzle #67
Casco Bay Weekly
551A Congress Street
Portland, Maine 04101

Solution to Real Puzzle #65
(Oh, Godzilla!)

The solutions, top to bottom, followed by a few of our favorites:

19, 30, 8, 2, 3, 16, 27, 20, 28, 18, 26, 4, 13, 12, 14, 11, 10, 15, 23, 24, 17, 6, 5, 25, 1, 29, 21, 7, 9, 22.

Daaburu Kurachi (Double Clutch), Kurizaki Sandaa Roodo (Crazy Thunder Road), Misuta, Misesu, Misu Rondrii (Mr. Mrs., Miss Lonely), Buruu Kurisumasu (Blue Christmas), Ore wa Inaka No Puresurii (I'm the Country Presley). No kidding, we didn't make these up.

This week, Scarborough's Patrice O'Neil and a friend will dine at the delectable Alberta's. Portland's A. Atwood Rieder and a friend will take in a movie on Exchange Street.

(Don Rubin's book, BRAINSTORMS, was recently published by Harper and Row.)

TV YOU'VE GOTTA SEE IS...

**ONLY ON
PUBLIC
CABLE!**



**APRIL
NATIONAL CABLE MONTH**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 MTV	2 Nickelodeon	3 USA	4 VH1	5 NESN	6 HBO
7 TBS	8 ESPN	9 FNN	10 TNT	11 QVC	12 JC Penney	13 Disney
14 C-SPAN	15 CNN	16 HSC	17 SportsChannel	18 WICKY WIFE	19 USA	20 DISCOVERY
21 THE WEATHER CHANNEL	22 the EPG	23 LIFETIME	24 C-SPAN II	25 Bravo	26 Headline NEWS	27 max
28 Family	29 ETNN	30 AE				

**Television doesn't have to
disappoint you any longer!**

We're so sure you'll no longer be disappointed
once you have Public Cable, that we guarantee it!

30 Day Money Back Guarantee!

If within 30 days, you do not agree that Public Cable
is "TV you've gotta see", we will refund your money.

**Installation
is only
\$9.95**



CALL NOW!

775-3431 or 1-800-833-2253

Public Cable

All the things we are

* Offer available in Public Cable's year round residential service area, as defined by franchise. 30 Day Money Back Guarantee. Some restrictions apply. Offer ends April 30, 1991.