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Casco Bay Weekly : 12 May 1994

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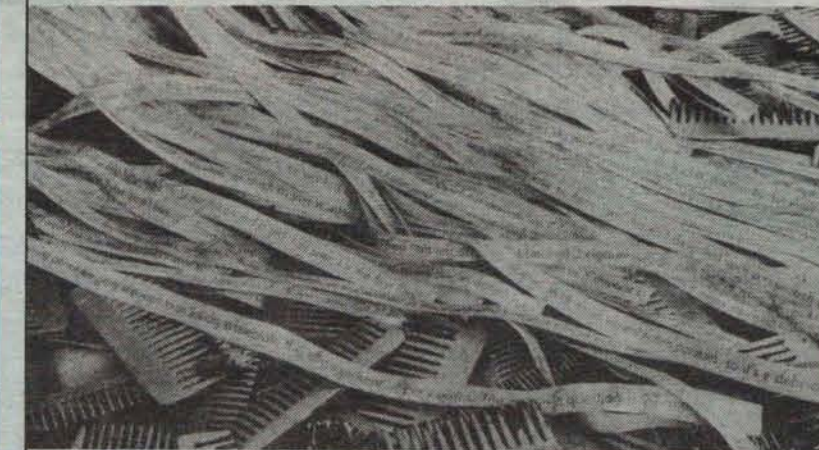
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Casco Bay Weekly

■ PMA PRESENTS A TRIPTYCH OF
WOMEN'S PERSPECTIVES ■ PAGE 15



ARE WE
CLEAR YET?

SECRETS OF
ZIMA

PAGE 13

MAY 12, 1994

FALLEN ANGEL



It's 11 p.m. at the Oxford Street Shelter in Portland. Eighteen-year-old Angel Anthony climbs beneath the sheets of her aluminum cot. Blues jeans and a T-shirt serve as her pajamas. An exit sign casts a red glow over the room that Angel shares with several other women. She pulls the covers over her eyes. Angel rarely sleeps with a pillow, she says, because her stepfather tried to smother her one night. A loud snore breaks the silence. She tosses and turns in the cot before drifting off to sleep.

Angel has survived on the streets since she was 15 years old. According to Neva Cram, special services supervisor in Portland, Angel is far from alone. The Oxford Street Shelter has been a busy place this year. During the month of April, the shelter registered 1,001 "bednights" — or one person spending one night in the shelter. Of those, 90 percent were male,

43 percent suffered from some form of mental illness, 31 percent engaged in some form of substance abuse, 34 percent earned some wages (those with incomes can stay only until their second paycheck), 53 percent showed no visible means of support and 37 percent — including Angel — received Supplemental Security Income (SSI) from the federal government.

A person of any age may be eligible for SSI payments if they have little or no income and if the total value of everything they own is less than \$2,000, if single, or \$3,000, if married. (Those with disabilities are also eligible for SSI.)

Angel has been living on SSI since she was 16. Checks arrive on the first day of the month, launching a cycle that begins with \$456 in government money and ends at the shelter 30 days later, with Angel empty-handed.

Angel Anthony has been living on the streets of Portland since she was 15. For Angel, life is a government check at one end of the month and a homeless shelter at the other.

*Photo essay
by Kathy Plonka*

continued on page 8

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EAT!

A conversation with John Gallagher



John Gallagher, with his size 64 pants: "Look at John Candy. He didn't weigh anywhere near as much as I did and he died in his sleep."

John Gallagher of Portland has lost 170 pounds over the past 16 months. A 41-year-old freelance cartoonist, Gallagher said he was on the verge of committing suicide when he called a hospital dietician, who put him on a low-fat, high-carbohydrate diet. That and a two-hour workout every day at the Union Station Fitness Club have taken away both the weight and the fear.

What was it like weighing 400 pounds?

I used to refer to myself as a freak, a monster. I rarely saw anyone. I was bedridden. My abdominal region was so large that when I sat down my legs would literally drive my abdominals up into my diaphragm and I wouldn't be able to breathe, so I had to lie down. I couldn't stay on my feet very long because the pressure would cut off the circulation in my feet. They weren't meant to hold 400 pounds. Being in bed all the time was horrible.

What was a typical meal?

I would get a large meatball sandwich and a large barbecued beef sandwich and a family-size bag of Fritos, a large bag of cookies, a two-liter bottle of soda and a stick of pepperoni — that would be dinner. And sometimes I would get ice cream later on. It got so for a while I was starting the month \$300 in the hole because of my eating. I would get embarrassed buying food.

What is your goal?

My dream is to get down to between 190 and 200 and meet a girl and settle down. I have a fantasy of looking good, looking thin. Sometimes I picture myself thin with a nice girl on my arm, a girl interested in raising a family. That thought makes me feel really good. I still have my size 64 pants and I'm going to use them for a flag. Right now they're hanging on my wall. Every time I have the urge to have something I shouldn't, I look at the wall.

By Wendy Keeler; photo by Colin Malakie

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June 9th • NRBQ
June 11th • Randy Newman
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July 13th • Ted Nugent
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**Casco Bay
Weekly**

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newsreal

A review of the top news stories affecting Greater Portland May 4 through 10.

A school busing plan was shelved because of objections from Portland school committee members and parents. A redistricting plan aimed at reducing overcrowding at Lincoln Middle School called for busing Baxter Elementary School students — who can currently walk to Lincoln — to Lyman Moore Middle School. But the plan was tabled by the school committee May 4. Committee member Mike Roland said his colleagues were ready to reject the plan because it did not adequately accomplish its goals.

Baxter parent Ken Thompson, who's led opposition to the plan, argued that it should shift Riverton children from Lincoln to Lyman Moore. Thompson also knocked the plan's stated effort to equalize the socio-economic mix of students in the city's middle schools by moving the more affluent Baxter students to Lyman Moore. For all its effort, the plan would just barely reduce the percentage of low-income students at Lyman Moore.

"I think Ken Thompson summarized the objections of a majority of the committee members," said Roland.

But two of the plan's architects, Marianne Chapman and David Ripley, insisted that it remains the best option. "We're not going to totally satisfy everybody," Chapman said, noting that if Riverton kids moved to Lyman Moore it would become overcrowded. "We're trying to make the most educationally sound decision," stressed Ripley, who dismissed the idea that the plan is built on sympathy for Riverton parents.

The plan is being slightly modified and will face a vote on May 18. Ripley believes the refinements will swing a vote or two and ensure passage.

Condoms should be available in schools, according to a 26-2 vote the Portland school department's Family Living and Human Sexuality Advisory Board on May 10. The board decided, however, that the schools themselves shouldn't provide condoms. Instead, the board called for creating school-based clinics to offer condoms, counseling and other services to students who have parental permission to visit the clinics.

Parental permission will deter some students from using such clinics, said board chair Beth Huntley, but it was the "best way" to deal with a controversial issue. "Although a barrier-free situation is absolutely best, many of us are concerned that students won't get proper instruction or discussion of options [like postponing sex]" if schools just made condoms available, Huntley said.

The school committee is expected to debate the issue next month.

Schools should go downtown, said a group trying to change state rules governing the location of newly built schools. The Natural Resources Council of Maine (NRCM) is urging the state Board of Education to stop making local school projects conform to an "arbitrary" acreage requirement that forces schools to be built on "huge" tracts of land.

NRCM claimed that keeping schools in town centers is better for kids, communities and the environment. Benefits, according to NRCM, include enabling kids to walk to school, cutting the demand for new buses and reducing sprawling development in rural areas.

A state rule requires new high school sites to have 15 acres, plus one acre per 100 students. In part, that rule caused Brunswick to recently build the state's most expensive new high school in a rural area instead of downtown.

"We've always used the argument that there needs to be sufficient space to support educational programs," said state school facilities chief Ted Ruark in defending the minimum size requirements.

A travel agent was convicted for bilking airlines and other travel agencies out of more than \$500,000. But it's unlikely that victims will see a penny of their lost money.

A federal court jury found Robyn L. Anderson guilty of bank, wire and credit card fraud on May 5. But Anderson, 43, has filed for bankruptcy and the South Portland travel agency she managed is defunct, according to federal prosecutor Thimi Mina. It's not clear what happened to Anderson's ill-gotten gains. "We didn't have to prove where the money went," Mina said. "We did prove it didn't go to the airlines or other agencies."

Anderson was accused of selling bogus airline discount programs to local businesses and using credit cards of customers to pay for tickets already purchased with cash. She remains free pending sentencing.

Portland gave a \$1.1 million tax break to the owner of Shipyard Brewing amid protests by another local brewer. The City Council voted 7-2 on May 9 to refund most of the new property taxes that will be created when Fred Forsley renovates an old foundry on Fore Street. Over the next 11 years, Portland will refund nearly 70 percent of the new taxes Forsley pays on the property. The city will keep \$567,000 in new taxes. Under the deal, Forsley is obliged to use the refunds to pay for improvements at the site.

Some residents challenged Forsley's claim that the property couldn't be renovated without the tax break. And Forsley admitted that renovations are already underway and the brewery is "fully operational now."

Bob Wade, who hopes to launch Casco Bay Brewing next month, railed against the tax break because it will indirectly subsidize a competitor. Wade's concerns moved Mayor Anne Pringle and Councilor Dick Paulson to vote against the deal.

But Councilor Tom Allen said renovating the "eyesore" property was more important than preventing Forsley from getting an edge over his local competitors. Councilor Jack Dawson tried to console Wade by encouraging him to also seek a tax break.

Pro-choice activists couldn't choose just one favorite from the GOP's crowded field of eight gubernatorial candidates. So the pro-choice Women's Campaign Fund (WCF) endorsed both Pam Cahill and Sue Collins on May 5. Republican candidates include four women. Judy Foss is also pro-choice but didn't win an endorsement because she didn't return WCF's questionnaire. The other female hopeful, Mary Adams, opposes abortion.

Rush Limbaugh meets his match when prairie populist Jim Hightower hits the local airwaves with his new talk show. Hightower, a homespun and humorous lefty, hopes to provide an antidote to Limbaugh and other right-wing talkmeisters. Hightower was in Scarborough last September as the featured speaker at a fund-raiser for Tom Andrews. And the former Texas commissioner of agriculture tickled the crowd by poking fun at Limbaugh ("If ignorance goes to \$40 a barrel, I want drilling rights on that guy's head.") and timid Democrats ("There's nothing in the middle of road but yellow stripes and dead armadillos.") Hightower's three-hour syndicated show airs on Saturdays and Sundays starting May 14 at 1 p.m. on WZAN, 970 AM.

Unions pressed Bill Cohen to stop a U.S. Senate filibuster. Maine unionists gathered outside Cohen's offices in Portland and Bangor May 6 to protest his inaction on an anti-strikebreaker bill. Unions want the Senate to vote on a bill that would ban companies from hiring permanent replacement workers during a strike. "We are not asking for Sen. Cohen's support of [the bill]," said Maine AFL-CIO official Ed Gorham. Instead, unionists just want the GOP "stonewalling" to end. "Don't let... big business contribute to the gridlock. Show America that — win or lose — you are proud to let this test take its course," said Gorham.

The House has already approved the bill and President Clinton has said he will sign it.

Police tested a spike mat that might stop some high-speed chases. On May 10, State Police drove a car over a rubber mat laden with two-inch steel spikes to show that the mat can puncture the tires of a fleeing vehicle. Here's how the mat works: Cops chase car. Cops alert colleagues ahead of suspect's route. Colleagues throw mat across the road. Suspect hits spikes and tires deflate within 1,300 feet. Cops retrieve mat before other cars hit it.

State Police have not yet decided to employ the mats. Bangor Police bought a spike mat in 1989, but have never used it. "Getting [the mat] in front of the [suspects] is the problem," said Bangor Police Sgt. John Roach.

weird news A watchdog group has found proof that politicians are full of hot air. In 1925, the federal government instituted a national helium program to prepare a fleet of blimps to defend the nation. Today, the government sits on a 100-year supply of helium, forcing every federal agency to buy from its reserves at 20 percent above private sector prices. The cost to taxpayers: \$1.4 billion, according to Citizens Against Government Waste (CAGW). "Blimp warfare is unlikely today, and selling the reserves to the private sector would deflate the deficit," reported CAGW.

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

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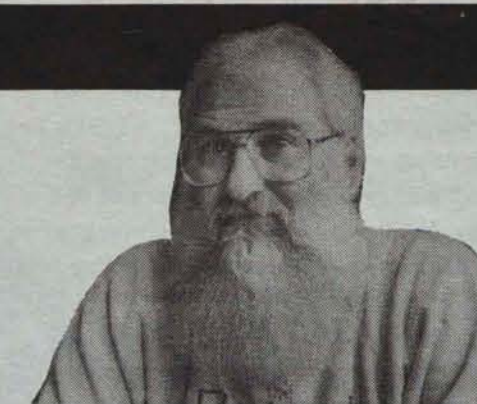
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politics & other mistakes

By Al Diamon



Our time in Eden

Remember the good old days when Republican John McKernan was governor and all was right with the world?

Most people, including the GOP candidates for governor, seem to have forgotten what a paradise Maine was with Jock in the Blaine House. To remedy that oversight, a few of the governor's closest pals have assembled a book called "The McKernan Years, 1987-1995," which retells, and in some cases rewrites, the history of that utopian era.

In his modest introduction to the book, the governor says his administration "brought new meaning to the Dickens quote, 'It was the best of times, it was the worst of times.'"

That's half right, which, as this book goes, ain't bad.

For example: "The Governor dramatically demonstrated this commitment [to improving Maine's business climate] when in July of 1991 he shut down state government for 13 days in order to force the Legislature to rein in Maine's exorbitant workers' compensation insurance costs."

While that image of McKernan's leadership is stirring, it's also at odds with the recollections of those who observed the '91 confrontation. They seem to remember the 13 Republican state senators forcing the shutdown by refusing to pass a budget, Charlie Webster and Pam Cahill running the show and McKernan merely swept along by the tide of events.

Another section of the book brags of McKernan's successful efforts to cut taxes, neglecting to mention he signed the second largest tax increase in Maine history. The governor claims to have been instrumental in "expanding access to health care for Maine citizens," apparently forgetting that for the last four years he's been trying to abolish the Maine Health Program.

The "Social Services" section is suitable for eliciting derisive snorts from readers of either liberal or conservative persuasions. "Maine's safety net," it reads, "encourages self-sufficiency and seeks to solve problems before they become large ones, but also now ranks among the nation's most generous systems of programs and benefits. Maine's welfare, health care and community and institutional care systems today are better off because of the resources Governor McKernan committed to these services."

That doesn't seem to be the same "safety net" Republican gubernatorial candidate Judy Foss was talking about when she said, "Our welfare system pays people not to work, to stay unmarried, and to have more children in single-parent families... Maine's next governor must help train our neediest citizens to find good jobs—not submit to a lifetime of dependency."

Peter Darwin, one of the lawyers suing the state Department of Mental Health and Mental Retardation over conditions at the Augusta Mental

Health Institute, told the *Portland Press Herald* earlier this year, "At this point, we have lost confidence in the ability of the defendants [the McKernan administration] to comply with the [previously ordered court] decree. Their planning has been grossly inadequate, their own budget requests have been inadequate."

Even though McKernan is a Republican, much of "The McKernan Years" reads as if it were written to help Democratic gubernatorial candidates counter the claims of their GOP opponents. While Republican Pam Cahill attacks the Department of Environmental Protection by saying, "We must stop the stranglehold DEP has around the necks of businesses and individuals," McKernan brags he's reduced DEP's permit processing time "by approximately 75 percent... despite a rising caseload."

When the GOP's Jasper Wyman spouts off that "we must put the law on the side of the lawless... why should the citizens of this state have to put up with multiple convictions and revolving door sentencing..." the book notes, "Throughout the McKernan Administration, Maine has retained its high quality of life with a decreasing crime rate. Reports of crime in Maine hit a new low in 1992 and trends continue down in 1993..."

When Republican Sumner Lipman sputters, "Workers' compensation is broken, it's driving businesses out. It's the number one problem," Jock can claim, "Maine is well poised to take advantage of the challenges of the 1990s... Workers' compensation reforms are finally paying off... Further progress—and lower costs—should result from 1992 reforms..."

"The McKernan Years" (which, you'll be pleased to know, was not printed at taxpayer expense) is available from the governor's office for \$7. Tell them the serpent sent you.

Deeper and deeper

First, Gov. McKernan wanted to reduce Maine's income tax 20 percent. Then, gubernatorial candidate Jasper Wyman called for a 30 percent reduction. But they're both pikers compared to Larry Jackson of York. Jackson wants an immediate 100 percent cut.

Jackson writes in the May issue of *York County Republicans News and Views* that without an income tax, "Maine can become a self-fulfilling engine for good jobs and economic prosperity."

Unfortunately, Jackson never explains how he'd reduce state government spending by the approximately \$600 million dollars the income tax brings in each year. He just accuses people who worry about such trivial stuff of "thinking like bureaucrats."

A love letter merely tugs at the heartstrings. A letter to this column, care of Casco Bay Weekly, 561 Congress St., Portland, Me 04101, might cause a candidate to go into cardiac arrest. Or call our heartburn hotline at 775-6601.

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by David Turin, Chef
David's Restaurant

TIME FOR RICE

Rice has come into its own in recent years. There are more kinds than ever to choose from on the menus and in specialty shops. Short-grained Spanish rice is the ingredient of choice for "paella," a rich main dish of peasant origins flavored with saffron, garlic, and paprika. Plump Arborio rice is a traditional favorite in such dishes as Eastern Mediterranean "pilafs" (seasoned rice often combined with other starches or meat) and Italian "risottos" (seasoned rice cooked in meat stock). In spite of the increase in choices, though, most of the rice consumed in this country is still the white, long-grain type known as Carolina rice—and it can be delicious fixed just about any way your imagination takes you!

HINT: So called "wild rice" isn't really rice at all, but a type of grass.

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WELCOMES



A cold Casco Bay breeze sneaks through a partly opened window as morning dawns. The sun casts geometric designs onto the walls.

"It's 6:30, Angel, you can take a shower now if you want to," a voice calls from the other side of a room divider. Angel was too late for a shower the day before, and now makes her way through the maze of aluminum cots. After her shower she puts on the same clothes she slept in. "I hate this place," she mumbles as she gathers her blankets to be turned in downstairs. She then joins the other Wednesday night residents at the Preble Street Resource Center and waits until 7:30 so she can land a good spot in line before the center opens for breakfast. "Come on, hurry up," she says. "I hate having to wait in line for food, especially when I'm this hungry."



Once inside, Angel loads her tray with Twinkies, Devil Dogs and chips. She'll save those for later. For now she'll have cold cereal and milk. "The first thing I'm going to do when I get my check is get some real food, like Chicken McNuggets or a Whopper," Angel says as she finishes her cereal. She goes upstairs and says hello to her friends. A young teenage boy sits by himself. His face is swollen and bruised; he can barely see through his black eyes. "I hope I never get a beating like that," says a passerby.

FALLEN ANGEL

continued from front cover



Eyes masked with dark blue eyeliner and lips painted with bright pink lipstick, Angel is ready for check day. It's 10 a.m. at the Preble Street Resource Center and the mail has just arrived. Angel opens her check as soon as it hits her hands. "Four-fifty-six," she says as she walks out the door and heads to the bank. She cashes her check, counts and recounts the money, then walks to Burger King for a Whopper, large fries and a Coke. She sits down and is approached by a man selling Walkman radios.

"How much?" she asks.

"Fifteen dollars," he answers.

"I'll take one." Before he leaves he also sells her a Metallica tape for \$3. Next stop is CVS for a carton of cigarettes. Then she heads back to Preble Street to meet up with her fiancée, Tazz.

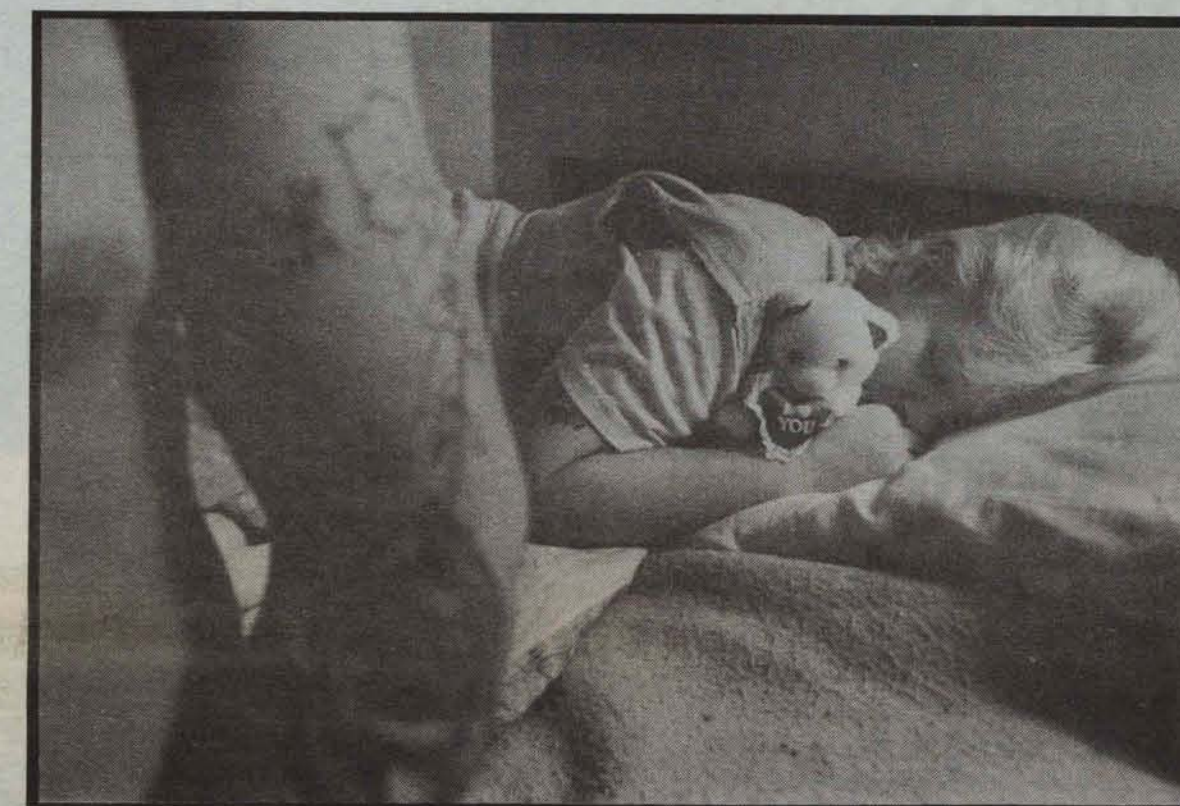
Tazz is a 24-year-old streetwise man with a tear tattooed below his left eye. He's also cashed his SSI check and together they have just over \$800. They meet up with a friend, Tom, a large man with the misspelled word "Saton" tattooed on his arm. By combining their three checks, they're able to rent a motel room in South Portland for \$600 per month.



They pay for the room and buy groceries. An open window serves as a refrigerator for the milk and cheese. The next stop is to buy some smoke. "This helps me to forget about my problems for a while," she says. After buying beer they head back to the motel. There they drink beer, smoke pot and order Domino's pizza.

Relieved to be out of the shelter, Angel lies next to Tazz on the bed and watches television. At the motel, they can shower when they want, watch television all day and all night, and eat when they please. Tazz gives Angel a white teddy bear for a Valentine's day gift.

"I love you, babe," Tazz says to Angel. "I love you more," she replies.

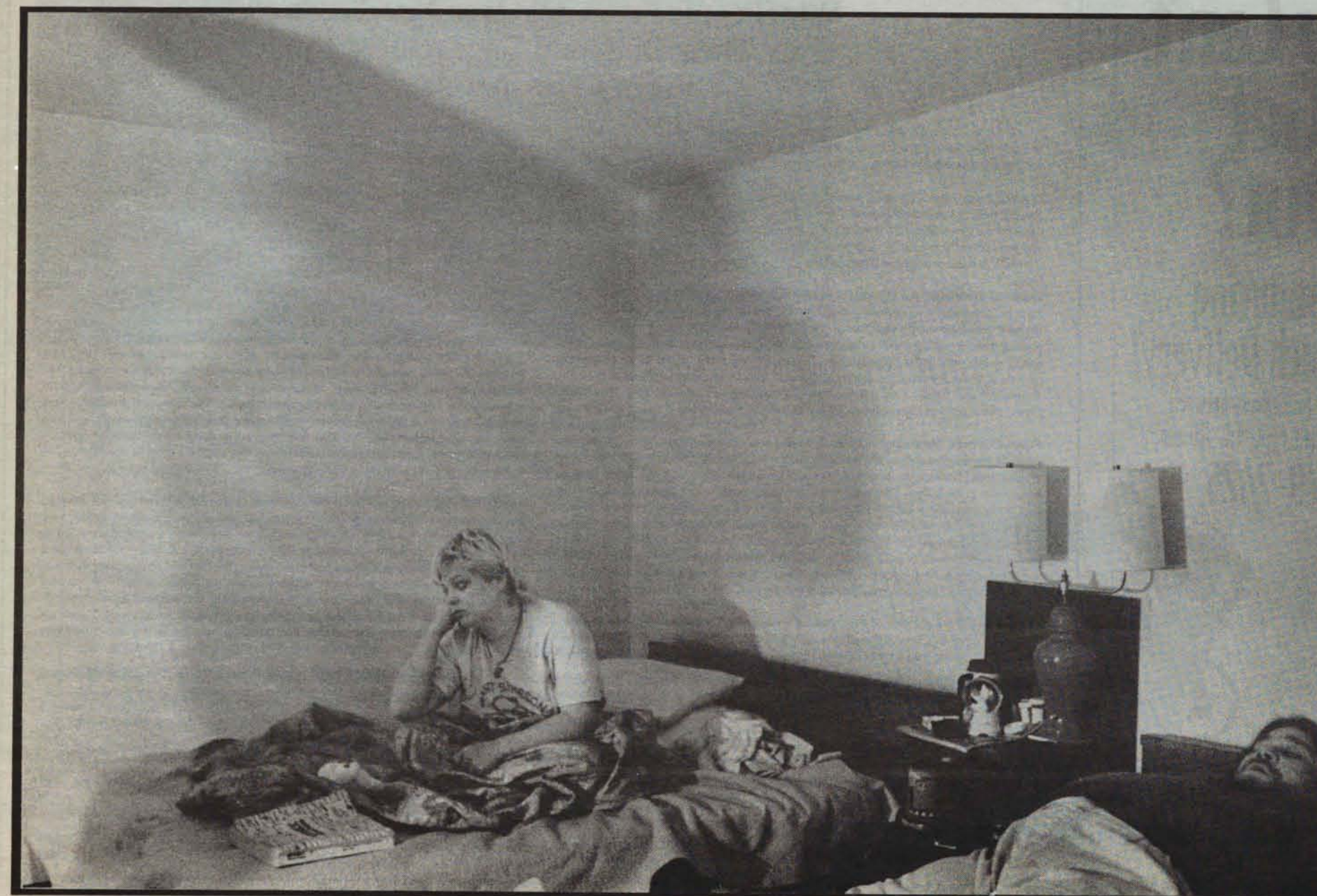


Angel sits depressed on a bitter cold afternoon at the motel. She stares at two pictures of a blond, two-year-old boy. This is her son, Eric, who was taken away from Angel by her mother, who believed her daughter wasn't fit to raise a child. "I want to get him back before he turns seven," Angel says as she lights a cigarette.

Angel alleges that she was mentally abused by her mother — repeatedly told that she was stupid, ugly and fat. Then, she says, her stepfather began sexually and physically abusing her when she was seven. This continued until a teacher at her elementary school in Springvale noticed that she was bruised. Asked what happened, Angel said she fell down the stairs. "They took me right out of school that day," she says. She was then shuffled in and out of foster homes — at least 28 of them. "A few of the families wanted to adopt me," she says, "but my mom wouldn't let them."

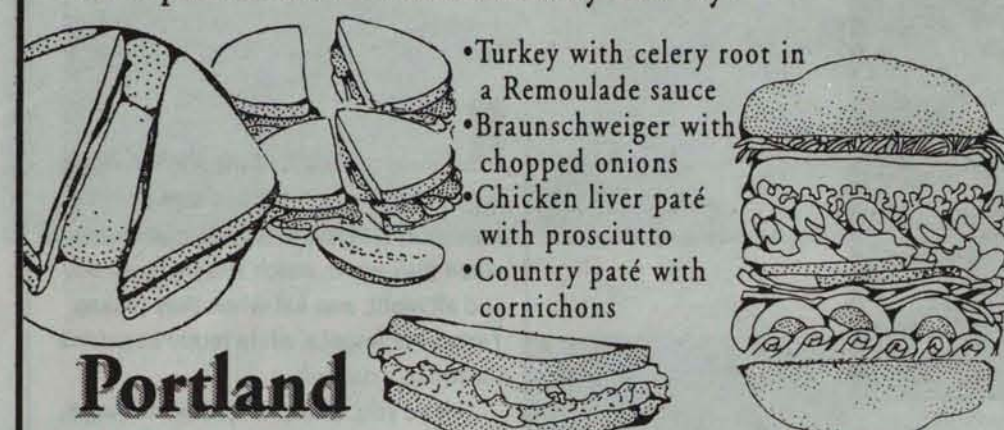
At age 15 Angel moved back in with her mother, who had again remarried. "It started all over again," she says. Her new stepfather had a short fuse and got mad easily. One day, after the furnace broke, he beat Angel. "I could barely walk," she says. She escaped to a neighbor's house and they took her to a hospital. Once recovered, Angel hit the streets. "I've been on my own ever since," she says.

"I never really had a life," she adds. "My mom and I never had a mother-daughter relationship. We never even baked cookies together or nothing."



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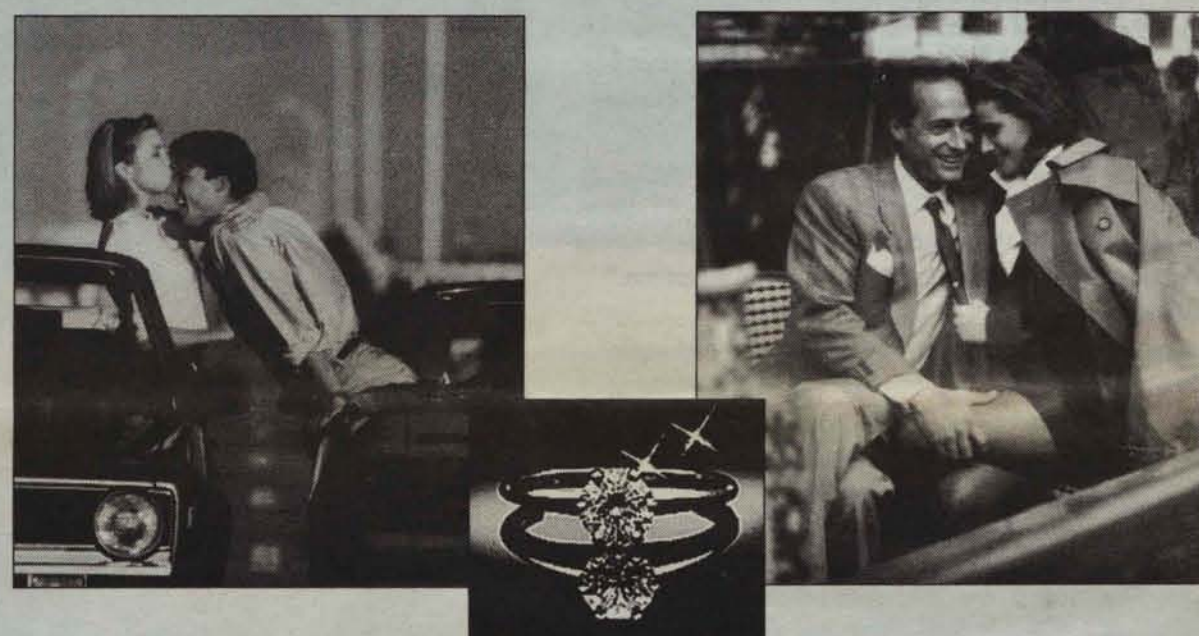
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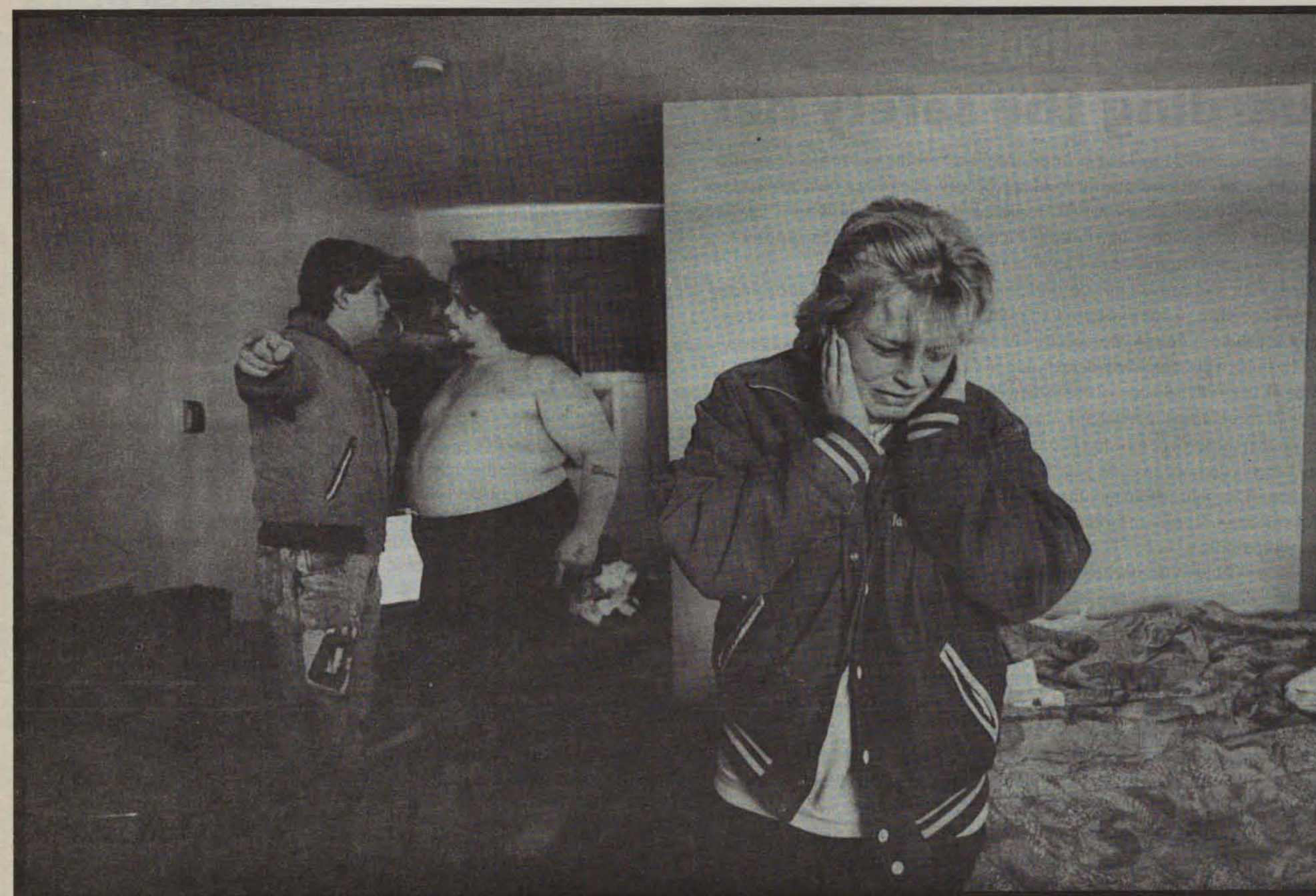
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Angel and Tazz are standing outside the Preble Street Resource Center. The bright April sun warms them, and they share a cigarette. One of their friends walks by. "Hey, psycho, guess what," she says, smiling from ear to ear. "I'm gonna be a mommy."

Tazz hugs her tight and says, "We're wicked excited." He then lays down the law and says that there will be no more smoking pot or drinking beer. "We really want to turn our life around," Angel says. She vows to be a better mom than her mother was, and to never beat her child.

"I've been beaten and it will never happen to this child," she says as she places a hand on her stomach. The baby is due in November.

Hand in hand, they walk from Preble Street to the Oxford Street Shelter, carrying the only things they own - a few blankets given to them by the Salvation Army. It's only three-and-a-half more weeks until check day.

Kathy Plonka is freelance photographer based in Wells. She was formerly staff photographer for the Portsmouth Press.



editorial

Guarding the safety net

Photographer Kathy Plonka shot Angel and Tazz over the course of four months for the photo essay featured this week. Along the way, she learned there's little black and white when it comes to the nation's welfare system. Instead, there's a whole lot of gray — the system works sometimes and it doesn't at others. It helps support some who truly need it, and it's ripe for abuse by others.

Liberals may read Angel's story as the failure of a underfunded and disorganized child welfare system — one that didn't act swiftly or intelligently enough to ensure that people like her didn't fall through the cracks. Conservatives may see a system abused by those who squander federal funds on cigarettes and beer.

As usual, the truth lies somewhere in between.

Through sheer bluster and volume, Rush Limbaugh and his acolytes have pushed the notion that the welfare state has become established. But the facts are these: real welfare benefits declined over the past 20 years. About three-quarters of those on welfare are off the rolls within months. And of the remaining 25 percent — those who have become dependent on some form of welfare — almost all are young women with children.

Welfare is headed for another bout with reform, a graceless process that takes place every administration or two. President Clinton hawked welfare reform during his campaign — reforms that included a two-year limit to benefits, combined with skills training, childcare and the creation of job opportunities. It wasn't a bad plan, but, predictably, it's run into trouble. Cost estimates have soared from \$15 billion to \$58 billion, and Clintonites are scrambling around for cuts in other anti-poverty programs to pay for it. The original vision is fading.

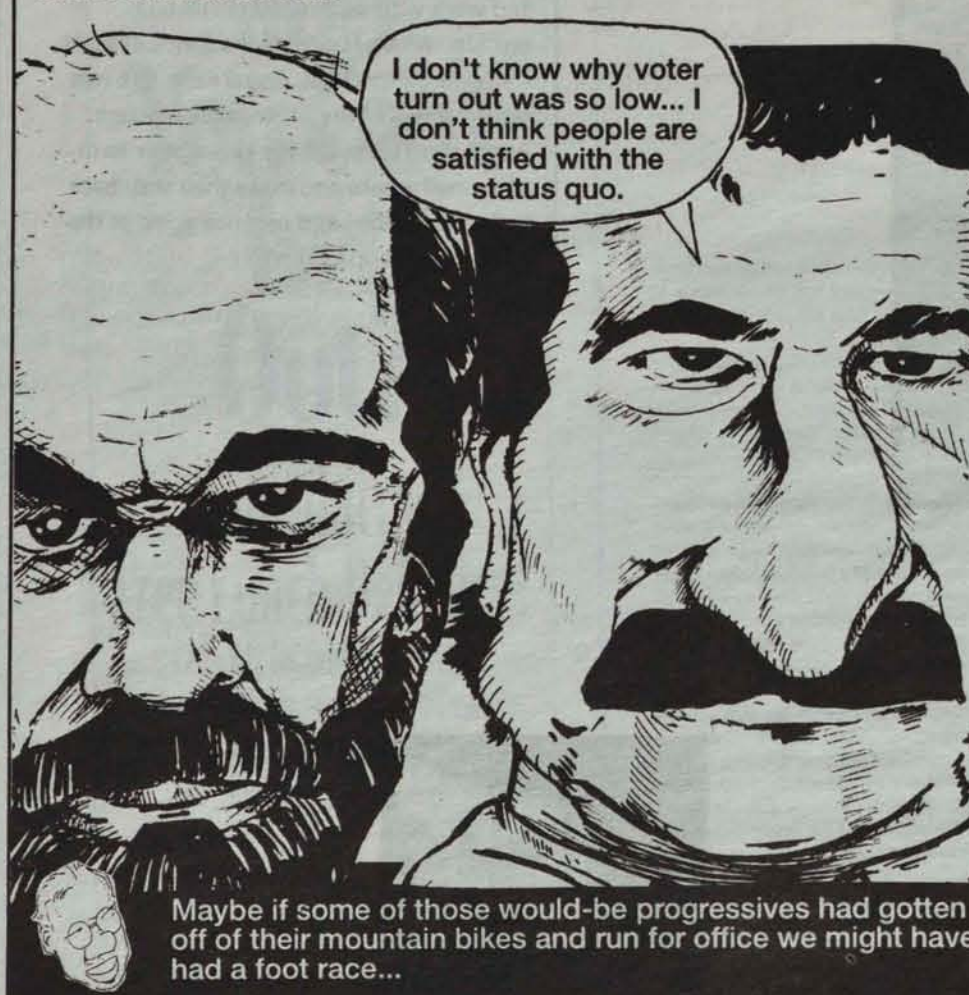
As sweeping reform degrades into tinkering, it's especially wise to be cautious. As Robert Scheer recently pointed out in *The Nation*, a good many flaws in the current system are the result of past attempts to reform it. "Yes, the system provides disincentives to work and encourages single-parent families," he writes, "but that is the result of demagogic campaigns begun by Ronald Reagan when he was governor of California and other welfare bashers to limit welfare support to the 'truly needy' by cutting benefits to those, fathers included, who work."

If real reform is to work, would-be reformers must focus on ways to help empower the 25 percent for whom welfare has become a way of life. Start by establishing policies to create decent jobs for those who need them most. And that's going to take a lot more than tinkering with a faulty program. (WC)

overheard

by Kurth

Elliott Nathanson, one of two flat-footed political desperadoes to get smeared in a city council election so predictable that almost no one even bothered to vote:



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How to live up the crowded governor's race

Three modest proposals

■ By Paul Karr

Elections are getting more and more confusing. Governor, senator, congressperson, state senators, state representative. Who can keep track?

Well, we must, for one of our central missions is to find a replacement for the single most

citizen

inept leader this state has had to call its own — Jock McKernan. Any way you slice it, picking the right successor instead of another turkey will require special care. To keep it simple, I propose a few ways to clear up the clutter of the upcoming governor's race:

■ Pick the governor by Lotto. This idea just might catch on the same way Tri-State Megabucks has. It works this way. Potential candidates — that includes anyone, even you and me — buy lottery tickets in the week before the big day. Then, on election day, instead of making everyone go to the polls (and we know how much Mainers hate that, judging by voter participation in recent elections), we just sit home and wait for the big drum to spit out five lucky numbers. We'd eliminate primaries, campaigns, PAC money and ballot tampering. The average Joe or Jill couldn't do much worse a job than Jocko has.

Nobody wins? Simple. Just double the ante. Everything starts from scratch next week, except that the prize is now two terms in office.

The proceeds from this lottery, of course, will go right back into local school programs. They will be doled out according to the state's scientifically tested aid formula. In other words, Portland will get about one-sixtieth of a cent out of each ticket sold. Falmouth and Cape Elizabeth will get 90 cents each.

■ Elect a Maine Czar to serve concurrent terms in the U.S. Senate and the Blaine House. This is a cost-saving idea more than anything else, but it could work if you lengthened the gov's term to six years. Let's say we elect Tom Andrews to the Senate. Why not give old Tom one more hat to wear? He'll be back in Maine once in awhile anyway. And Maine's governors haven't, in recent memory, done much more than gum up the works. Surely Tom could do that part-time. Here's the best part: We don't pay the governor a cent. That cushy Senate salary, supplemented by frequent pay raises, keeps our czar in chips just fine. And we get a good cackle as taxpayers in Iowa and Alaska help pay our governor.

Not appealing enough? Throw in a kicker to sweeten the deal — say, a few games as coach of a minor league

baseball franchise (like the Red Sox). Surely Commissioner Mitchell could arrange something.

■ Let each potential candidate govern for a couple weeks. Daffy? Not as nuts as it sounds. Think about it. It's the ultimate in democratic representation.

During January, Tom Allen starts building a monorail from Eastport to Kittery (with spurs to Moosehead Lake and Caratunk). Thousands of jobs are created. In February Governor Charlie Webster doesn't like that idea — "it smells socialist," he thunders — so he tears up the rails and keeps right on going, hiring hundreds to dismantle state government with pickaxes. March comes, and Bob Woodbury puts hundreds to work laying fiber optic cable as his Telecommunications Authority kicks into gear. Jobs, jobs, jobs.

April and May pass in a happy spring haze as Sumner Lipman and Donnie Carroll nap and do landscaping around the Blaine House.

In June Dick Barringer immediately begins a thorough planning study of Maine, but he's only up to the table of contents by July, so Jonathan Carter orders the study recycled into cat litter. He also emancipates all plants, animals and insects in Maine and grants them voting rights; Gary Lawless is appointed Secretary of State to handle the crush of registrations. In August Governor Jack Wyman goes ballistic at all this and puts the animals back in bondage, decreeing an hour of prayer before each class period in high schools to pay for our sins.

And so on. Judy Foss wipes all state taxes off the books in September; Joe Brennan doubles them and puts them back in place in October. Accountants and lawyers from Massachusetts pour across the border at Kittery in droves, pumping still more life into the state's booming economy. The national media gets interested, and just in time: In November Governor Angus King produces a month-long wrap-up of the miracle turnaround. Hollywood types show up to shoot TV movies. Can you spell J-O-B-S?

Come December, everyone's feeling giddy. So Guest Governor Herb Adams expands the boundaries of Baxter State Park to include all of Maine, New Hampshire and Vermont. Maine's tax base and work force triple. Adams adjourns the legislature and everyone goes home for the holidays happy.

Hey, it could happen.

Paul Karr, a regular contributor to CBW, is rumored to be migrating north from his winter haunts in the southlands.

A zecret no longer

The unbearable lightness of Zima

■ By Leslie Savan

The azinine buzz over Zima is ubiquitous (and that's the last Z joke you'll find here): Party-goers debate its ingredients, clear-soda seekers mistakenly grab it, teenagers drink it bagless on the street and otherwise intelligent people mimic the cutesy Z-for-S language of its ads.

As if born from the proliferation of cross-pollinated products — ice beers, clear sodas, fruited waters, newly hot iced teas, malt-based coolers — Zima ClearMalt seems to be an amalgam of all that and more. Its marketing has brilliantly harnessed the fusion in consumer confusion (not to mention the con). The teaser campaign headlined "What iz it?" only said

citizen

what Zima's not — a beer, cooler or mixed drink. Though few people know what's in it, much less who's behind it, Zima's succeeding by posing as a '90s Every Drink.

For all its insistence that it's "Zomething Different," Zima begins as a beer. "It starts with many of the same ingredients as beer — barley malt, hops, cereal grain," explains assistant brand manager Julie Demlow. "A filtration process then eliminates all the beer cues — taste, smell, head. You're left with a clear base that has the same alcohol level as regular beer, 3.7 percent by weight." Carbonation, preservatives and flavoring, including some citrus and sugar "elements," are added. Beyond that she won't say.

While Zima insists that most people find it tastes like "gin and tonic," my own extraordinarily unscientific taste tests instead turned up: "fraternity fruit punch," "Eastern bloc 1970s pop soda," "battery acid" and, most commonly, "Fresca" (which is making its own ad comeback).

Blowing smoke

A recent letter to CBW (4.14.94) stating that users of the Portland Trails Eastern Promenade pathway "will still be eating fumes as well as highly toxic soot" is alarmist and misleading to your readers.

We understand the concerns expressed in the letter and can answer that the smoke emission impact

letters

of the narrow-gauge railroad engines will be negligible. We base these reassurances on the following facts: (a) the engines involved are small and the resulting emissions are small; (b) the time of operations is limited and (c) our present-day knowledge of coal-burning operation (metallurgical grade coal, low in sulfur and particulates) allows for cleaner combustion.

For comparison we fully anticipate that our operation of a steam engine on the Easter Prom right-of-way will result in emissions of an amount equivalent to that of a single truck engine or other present-day waterfront denizens such as a fishing boat. We intend to be responsible members of the Eastern Prom community and sensitive to the concerns of our neighbors in the area.

Gilbert M. Wilcox, M.D.
Member, Board of Trustees
Narrow Gauge Railroad Museum

Mad Horse: not the only show in town

Congratulations to Mad Horse Theatre Company for successfully raising the money they needed to continue to operate. I'm glad that southern Maine will still be able to see their brand of theater. However, I

believe their fund-raising spree to escape debt raised some critical issues for Maine, the arts and the media. All of us in the arts know that ticket receipts don't pay for our work. We have to raise money through fund appeals, sponsorships and grants. Mad Horse is no different from the rest of us in this respect. For a variety of reasons they accumulated a staggering debt.

Several arts organizations in Maine would have to close if they discovered a \$75,000 debt. These organizations are important, and the dollars available to them are limited. It would be unfortunate if money used to bail out Mad Horse had already been earmarked to support other arts organizations in Portland or those in other communities. The media must also be sensitive to the state of the arts in Maine. Will the media give the same time and space to other arts organizations and their needs that they gave to Mad Horse's drive to escape their debt?

Will Maine Arts Commission give the same support to other arts organizations if they get into similar trouble? All of us make mistakes. What about those who manage their affairs more efficiently and still need support?

Although Mad Horse is a fine contribution to the Portland and southern Maine arts scene, they're not the only show in town. We in Maine must be aware not only of Mad Horse and its difficulties but of all arts organizations. I hope we will support all the arts and the ways they enrich our communities.

Cliff Ullman
Portland



Don't lose paradise

Before we go to the polls, each of us has to consider what specific issues concern us. Then we have to assign them a sequence of importance. Two major issues of concern to me are the environment and education, not necessarily in that order. Both relate directly to our quality of life. Maine was never the best in education but was steadily improving. It was among the best environmentally. Both have been declining. It's time to reverse that trend. Having had a long conversation with him, I think every vote for Dick Spencer, candidate for the state senate in the 28th District, will be a leg up toward that goal. Let us not relegate Maine to a paradise lost.

Cliff Ullman
Portland

Don't forget church legacy

It is well that the vision for the recently purchased St. Lawrence Congregational Church on top of Munjoy Hill includes the role of "focal point for the Munjoy Hill community" in the words of Bill Maselli, one of the partners in the undertaking ("Head in the clouds?" 5.5.94). During the '20s and '30s, this landmark was the focal

cultural stampede even, out of... nothing. Coors maintains that the clamor was deafening. "We developed Zima in response to a consumer need that, until now, has not been met," says a press release.

Zima's zero-based marketing says it all: The clearness suggests vodka or clear soda that, like all clear products, says "honesty" and "natural." It implies: no hangovers here. In Coors's case, clearness also seems to free it of past associations, and clears the decks of any guilt for the consumer.

Zima's fresh, fluted glass bottle and clean black-and-blue graphics say French bistro or Austro-Hungarian Art Deco. The logo — the pieces of each letter not quite touching — says Bauhaus, a product constructed out of only optimism and wit.

Then there's the Z-ness—the mark of Zorro, Zeppo, Zapata and Zappa. A quick hit of rebel can be had by a stroke of the bohemian Z! It's part French, part Boyz.N the Hood, part adult-flavored baby talk. What Z is to S, Zima hopes to be to beer. (As do others: Pabst just introduced a malt beverage called Izen Klar.)

Best is the name. Zima — sounds slightly Southwestern, Aztec maybe. (Actually it means "winter" in Russian.) However, it wasn't handed down by the ancients, but by a San Francisco naming firm.

Zima... everything from Z to A, only I M in between.

Or rather you are. Because Zima's fresh new break from the past really hinges on the oldest of marketing come-ons: telling you, through ads and product design, how incredibly special you are. Zima, says brand manager John Neu, "really speaks to the '90s consumer who does not want to be categorized, likes things that are different..." Zima conjures difference in a bottle, zooming in on your thirsty sucker zone.

Leslie Savan originally wrote this story for The Village Voice.

point of the Munjoy Hill community. One of its legacies was the well-known Thirteen Class.

It was founded in 1905 and named for its original 13 members. Under the dynamic leadership of Henry Merrill, a wealthy tugboat company owner from the Hill, the class grew to exceed 1,000 members. Busloads of members of different faiths attended the class every Sunday. The class also broadcast several weekly radio shows that concentrated on the bible. The church sponsored a 100-piece band that traveled the country playing concerts.

It would be very exciting for the Hill if some part of the positive impact that this church had on the community earlier this century could be restored through the efforts of Deirdre Nice and Bill Maselli.

Admittedly some of my enthusiasm for this restoration comes from my almost lifelong membership in the Congregational Church. More importantly, as a member of and volunteer for other nonprofits on the Hill, I hope that the restoration of St. Lawrence Congregational Church will be welcomed by all groups on the Hill to help improve the quality of life for everyone on the Hill and to salvage some wonderful church history — there is plenty of room for everyone to peacefully coexist!

Carol McCracken
Portland

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Tatiana Sarbinska - Bulgarian vocalist
Josée Vachon - Québécois chanteuse
Ana Vinagre - Portuguese fado singer

Saturday, May 21, 8 PM
Portland Performing Arts Center, 25 A Forest Ave.
Tickets: \$14 • For Tickets, Call 774-0465, or at Amadeus Music

A celebration of folk songs made by women, for women

Sponsored by the National Endowment for the Arts, the Lila Wallace-Reader's Digest Community FolkLife Fund, Holiday Inn by the Bay, WCLZ, WMPG, New England Foundation for the Arts and Amarelis Clothing.

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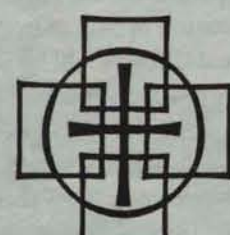
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**SUBLIME
AND
DIVINE
ON
WEDNESDAYS**



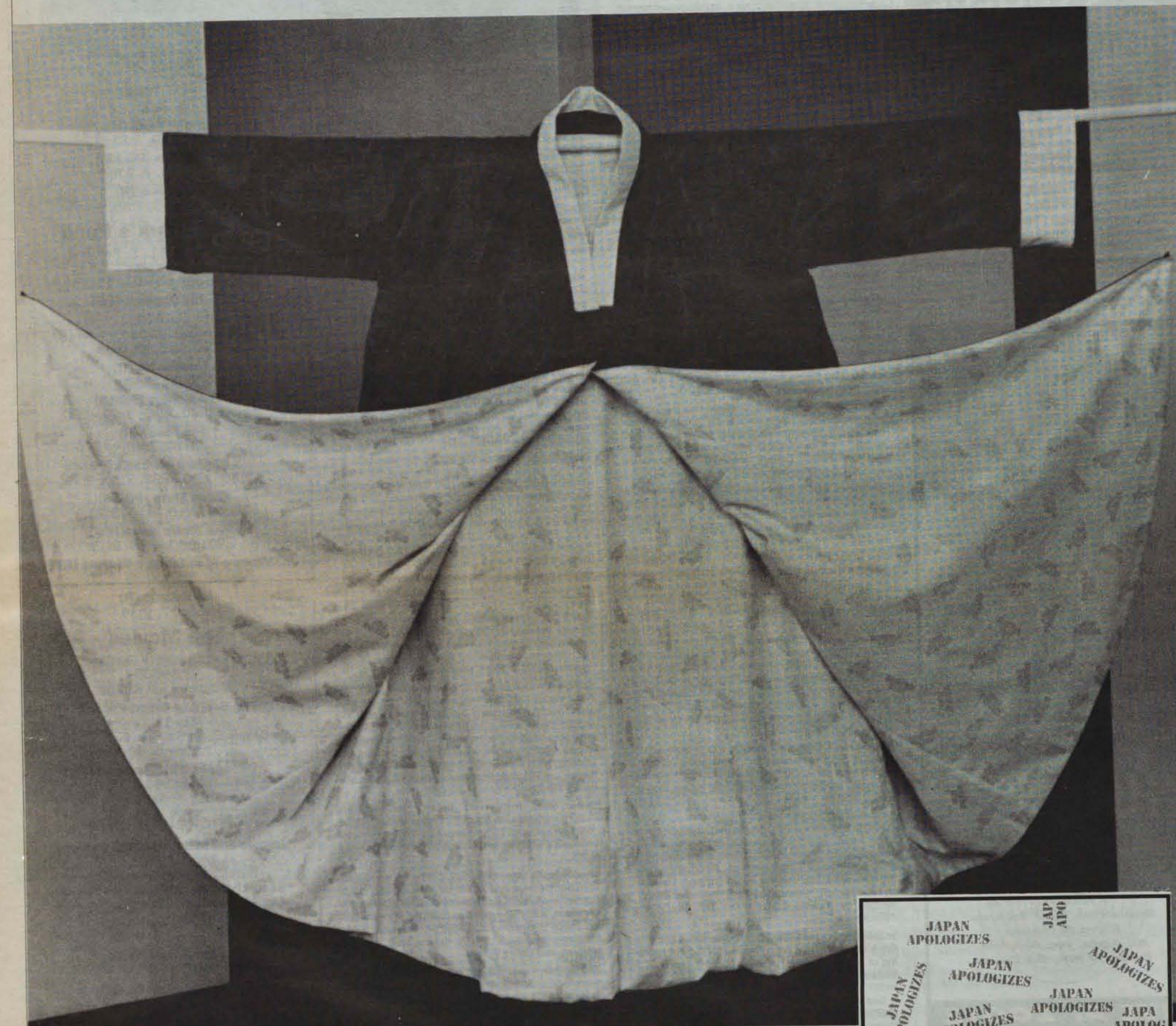
6 pm Wednesday
Worship at the
Swedenborgian Church

Music, Meditation,
Movement, Message

Rev. Ken Turley
302 Stevens Avenue, Portland
772-8277

art & soul

silver screen 16
calendar 18
clubs 20
The Connells 21
Pirates playoffs 27



"Japan Apologizes" (Fabric, traditional Korean dress, Ink, 47" x 74", 1993)

POWER OF SUGGESTION

Two installations at PMA by female artists
speak with quiet eloquence

■ By Margot Brown McWilliams



Putting your feet in the shoes of another is a lot of what art is about these days. In order for art to be art — says contemporary dictum — it has to say something that's socially relevant. It has to be eye-opening, thought-provoking, empathetic.

But no one takes this "another man's moccasins" proverb more literally than 35-year-old French-Canadian artist Dominique Blain, whose work is currently on view at the Portland Museum of Art (PMA). In this third-floor installation, the most prominent display is one called "Missa." Occupying an entire half of a long gallery is a marching army. Or rather the ghosts of a marching army. Well, that is to say, all that's marching are boots — 90 pairs of black army boots, with 90 right feet on the ground, and 90 left feet elevated in mid-stride in perfect uniformity. It's Every Army: the army of every country, in every war, and the



90 owners of the boots are carrying in their hearts the same patriotic fervor, the same faith that God is on their side, the same pride and the same terror. They're Everyone's husbands, fathers and sons. They're all so right and all so wrong. And so many of them are dead. This an extremely haunting vision — so silently, deadly silently, loquacious.

continued on page 17

RIP TORN
TANTOO CARDINAL
MICHAEL J. FOX &
TREAT WILLIAMS

★★★ **BOSTON GLOBE**
NEW YORK POST, NEWSDAY
"TRANSCENDENT. SEE
THIS FILM for Tantoo
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BEAUTIFUL"
BOB MONDELLO
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FLOW
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A VERMONT
FRONTIER FILM...
AN AMERICAN
LOVE STORY

Starts Friday, May 13
Portland, Hoyts Clark's Pond Cinema, 879-1511
Bangor, Hoyts Bangor Cinema 10, 942-1303
Auburn, Hoyts Auburn 10 Cinemas, 786-8605
Biddeford, Hoyts Cinema 8, 282-5995

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Silver screen

3 Ninjas Kick Back The trio of mini-Bruce Lees (Swan Fox, Max Elliott Shadle and Evan Bonifant) return to wack through two more battles — one on their hometown baseball field and another in the ancient caves of Japan. Lots of martial-arts action, bathroom humor and slapstick.



Ace Ventura: Pet Detective When Miami Dolphins quarterback Dan Marino is kidnapped along with his team's mascot — a field goal-kicking dolphin — an ace detective specializing in pet-napping is called in to track down the sea-going mammal — and the man, interesting priorities. Also stars Sean Young, Courteney Cox and Jim Carrey.

Angle A coming-of-age story in which Brooklyn girl Angle (Geena Davis) and her lifelong friend Tina (Aida Turturro) unravel the sticky issues of having babies in or out of wedlock. When Angle has her baby, she leaves the tot in grandpa's care and sets out to find her own mother, who deserted the family years earlier. Tina follows Angle, hoping to convince her not to repeat her mother's mistakes.

Clean Slate Dana Carvey slicks on hair grease and masters a blank look in his starring role as a private investigator who suffers from amnesia. His memory loss leaves him heartbroken and his doozy dame-in-distress (Valerie Galt), unnerved. Mick Jackson ("The Bodyguard") directs.

Crooklyn Director Spike Lee and his siblings, Cinque and Jole, recalled memories from their childhood in Brooklyn when they co-wrote this family comedy, set during summer 1970. Alfre Woodard stars as a mother of five children aged five to 13.

The Crow Based on the novel by James O'Barr, a young rocker (Brandon Lee, who was killed during filming by an improperly loaded stunt gun) returns from the grave in the form of a night bird to wreak his revenge on those who killed him and his girlfriend. Alex Proyas directs.

Dialogues with Madwomen Allie Light combines archival footage, home movies, still photographs, the paintings and silent dramatizations to document the stories of seven women (including Light herself) who have experienced insanity. The 1993 documentary reveals most women are victims of abuse of some sort. The tragic mood of the film is offset by surprising moments of humor.

The Favor A single woman goes to a high school reunion and does a favor for her married girlfriend... and things get sticky! A romantic comedy starring Elizabeth McGovern and Harley Jane Kozak. Donald Petrie directs.

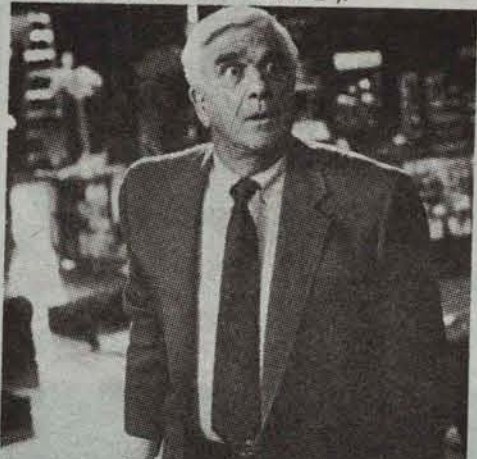
Four Weddings and a Funeral Charles (Hugh Grant), a single and somewhat witty Englishman, seems to spend his life going to his friends' weddings. Despite or because of this, he is determined to remain single. Then he meets a free-spirited American (Andie MacDowell) who's hanging out in England. Directed by Mike Newell ("Enchanted April," "Into the West"). Written by Richard Curtis ("The Tall Guy," "TV's 'Bridget Jones'").

In the Name of the Father Daniel Day-Lewis stars as Gerry Conlon, who's wrongly jailed for the IRA bombing of a London pub. From the opening scene of a Belfast riot, complete with pyrotechnics (Jim Hendrix music), the film is like a punch in the gut topped with a bad acid trip. What makes it better than other courtroom and jailhouse sagas is that Conlon is incarcerated with his father, who he initially loathes but comes to love. Emma Thompson has a brief but potent role as Conlon's wily barrister, who makes the very most of a clerical error by the corrupt British police.

Mighty Ducks 2 Gordon Bombay (Emilio Estevez) rejects a cushy job in order to once again coach the Ducks.

Monkey Trouble A young girl tries to reform a monkey gone bad. Stars Thora Birch, Mimi Rogers and Dodge.

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



The Naked Gun 33 1/3: The Final Insult Lt. Frank Drebin continues his search for the meaning of existence in an off-times hostile universe.

No Escape An ex-marine (Ray Liotta) gets a taste of real warfare when he's wrongly convicted of murder and exiled to a secret island prison where inmates constantly clash. Directed by Martin Campbell.

The Paper Michael Keaton stars as a city editor who has 24 hours to scoop the competition with a breaking story. Unfortunately, the competition has the story, and he doesn't. Stars Glenn Close, Marisa Tomei and Robert Duval.

Philadelphia Tom Hanks plays a hotshot gay lawyer working in the City of Brotherly Love. When he gets fired after his firm discovers he has AIDS, he sues with the help of a homophobic personal injury lawyer (Denzel Washington). Directed by Jonathan Demme.

PCU Some wacky undergrads at wacky Port Chester University get fed up with wacky political correctness on campus. This comedy was written by two recent college grads, Zak Penn and Adam Leff. Hart Bochner directs.

Reality Bites Winona Ryder stars as an aspiring filmmaker/performance artist who finds herself torn between two potential loves — an up-and-coming TV executive and a poor poetic (i.e., really good-looking) type. Also stars Ben Stiller and Ethan Hawke. Directed by Ben Stiller.

River Flows North Set in 1927, this film tells the story of an old Vermont log driver and his Native American companion. The pair face an end to their lifestyle when a hydroelectric dam project threatens to flood their lands. The couple's backcountry romance is as gritty as its backdrop of Vermont's harsh climate and rugged terrain. Stars Rip Torn, Pantoo Cardinal, Bill Raymond, Michael J. Fox and Treat Williams.

The Scent of Green Papaya This Vietnamese film, nominated for a 1994 Academy Award, traces the life of a young girl who is hired in 1951 to work as a servant at a merchant's estate. After ten years in a tranquil but quietly unhappy household, the young woman goes to work for a man she has long admired. Her services become mingled with love for her master. Tran Anh Hung writes and directs.

Schindler's List Steven Spielberg traces the World War II exploits of Oskar Schindler, a war profiteer and member of the Nazi party. Schindler initially seeks to exploit cheap Jewish labor in war-torn Poland and ends up saving over a thousand Jews from the death camps. All the while consorting (i.e., drinking and whoring) with the friendly neighborhood Nazi elite. Based on Thomas Keneally's novel of the same name. Filmed mostly in black and white.

Serial Mom Writer and director John Waters ("Hairspray") adds to his corpus with another twisted comedy. Kathleen Turner stars as a role-model mom who deals with imperfection in others by murdering them.

Shadowlands Late in life, C.S. Lewis — Oxford don, Christian scholar and author of "The Chronicles of Narnia" — fell passionately in love with writer Joy Gresham, a Jewish-American divorcee who traveled to London to meet her idol. Their unlikely affair led to marriage, and then tragedy struck. Stars Anthony Hopkins and Debra Winger.

Thumbelina A girl no bigger than your thumb goes in search of a prince who will measure up? down? Anyhow, while on her quest she still finds time to dance and sing in this animated feature by Don Bluth of "Rock-a-Doodle" fame. With the voices of Jodi Benson, John Hurt, Carol Channing and Charo.

Three Some Three roommates become embroiled in a love triangle. Female falls for Guy A, who in turn falls for Guy B, who in turn falls for Female. Where does Spot fit in? Stars Lara Flynn Boyle, Stephen Baldwin and Josh Charles.

Wayne's World 2 Mike Meyers and Dana Carvey reprise their roles as the two heavy metal teens who front a cable access TV show in Aurora, Ill. This time Wayne and Garth stage a Waynestock concert. Garth finally lands a babe and Cassandra (Tia Carrere) records with a smarmy record-industry weasel (Christopher Walken) — Wayne's rival. Directed by Surjit ("Kids in the Hall"). Also stars Kim Basinger, Drew Barrymore and Charlton Heston.

When a Man Loves a Woman Meg Ryan stars as Alice Green, a yuppie wife/mother with a drinking problem. The film follows the struggles of the couple (Andy Garcia plays her sensitive husband) as they try to keep their lives and marriage together.

With Honors A homeless man (Joe Pesci) enlightens Harvard students about life beyond Chaucer and organic chemistry. Alek Keshishian ("Truth or Dare") directs.

where

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

General Cinemas

Maine Mall
Maine Mall Road, S. Portland
774-1022
Dates effective May 13-May 19.

White Fang II (PG)
1:50, 4:10

Schindler's List (PG)
1, 4:40, 8:20

Naked Gun 33 1/3 (PG-13)
1:15, 3:15, 5:20, 7:20, 9:20

The Paper (R)
1:40, 4:05, 7, 9:30

PCU (PG-13)
7, 9

Serial Mom (R)
1, 3:05, 5:10, 7:15, 9:20

Crooklyn (PG-13)
1:15, 4, 7, 9:40

The Crow (R)
1, 3:10, 5:20, 7:35, 9:45

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

Dates effective May 13-19.

Mighty Ducks 2 (PG)
1

Four Weddings and a Funeral (R)
1:20, 4, 6:40, 9:05

Threesome (R)
3:40, 9:40

With Honors (PG-13)
12:30, 2:40, 4:45, 7:20, 9:30

The Favor (R)
1:10, 7:40

3 Ninjas Kick Back (PG)
12:50, 2:50, 4:55, 7:30, 9:35

Clean Slate (PG-13)
1:40, 4:10, 7:10, 9:20

River Flows North (PG)
1:30, 3:50, 6:50, 9:15

When a Man Loves a Woman (R)
12:40, 3:20, 6:30, 9:10

No Escape (R)
3:30, 7, 9:35

The Movies
10 Exchange St., Portland
772-9600

Matinees Sat & Sun

The Scent of Green Papaya
May 11-17

Wed-Fri 5, 7, 9; Sat-Sun 1, 3, 7; Mon-Tues 5, 9

Dialogues with Madwomen
May 14-17

Mon-Tues 7; Sat-Sun 5, 9

Nickelodeon
Temple and Middle streets, Portland
772-9751

Dates effective May 13-20.

*Second and third shows Sat-Sun only

Monkey Trouble shows Sat-Sun only

Shadowlands (PG)
3:10, 6:30, 9:10

Reality Bites (PG-13)
12:20 (Sat-Sun), 7:20, 9:20

Mrs. Doubtfire (PG-13)
12:40, 6:40

Ace Ventura (PG-13)
4, 10

Monkey Trouble (PG)
12:20, 2:25, 4:30

Angle (R)
12:50, 3:40, 7:10, 9:50

Philadelphia (PG-13)
12:30, 3:30, 7, 9:40

Thumbelina (G)
1

In the Name of the Father (R)
12:10, 3:20, 6:50, 9:30

Pride's Corner Drive-In Theater
651 Bridgton Road (Route 30),
Westbrook
797-3154

Dates Effective May 13-15

Shows run Fri-Sun only

Naked Gun 33 1/3 (PG-13)
8:05

Wayne's World (PG)
9:40

Art & Soul continued from page 15

Power of suggestion



Detail from "The Anne Frank Project."

Blain is a committed social activist. She speaks out against war and all forms of oppression with intense conviction. Yet she is never offensively didactic. She never clubs the viewer with her opinions, though her images are sufficiently powerful that one would have to be utterly stupid or insensitive not to be rendered pensive by her work. Hers is a marvelously intelligent subtlety.

"Japan Apologizes," for example, is such an understated objection to a horrendous human outrage that one is left feeling breathless in the contemplation of its significance. This is a work evocative of tai chi — the art of surrendering to the aggressive force of an attacker in such a graceful, pliant way that, like a boomerang, the energy goes full circle and flattens its own source.

The subject of this work is the abduction and forced prostitution of nearly 200,000 Korean women by the Japanese army during World War II. Blain became aware of this fact by finding, tucked away on some inner page of a newspaper, a three-paragraph article headlined "Japan Apologizes." She went on in horror to read a brief, vague account of how the Japanese had availed themselves of these "comfort women." The government was officially apologizing, but making no offers of remuneration to the victims and their families. "Three paragraphs!" she raged. Then she quietly rolled up her artistic sleeves to comment on the matter.

The result is a Korean ceremonial robe. As simple as that. One dark green silk robe, styled in simple but regal elegance, is suspended in space. Isolated from anything around it by a simple spotlight, it is a serene, meditative work. It simply hangs there, emitting a sense of dignity. The suggestion of vulnerability and the fact of the mass rape nearly 50 years ago are expressed by the skirts, which are pulled open and away from the "body" to reveal the grimly ironic phrase "JAPAN APOLOGIZES," which is repeatedly stamped on the inner lining of the robe. This work — powerful in its subtlety — is extremely Zen-like in its acceptance (which is not approval) of the suffering that is life.

Another image, stark and shocking in its understatement, is "Portraits." There's a side table, made of a nice

cherry — the kind you'd find in the home of an upper-middle-class family. It's adorned with favorite family photographs, lovingly encased in silver, brass and wooden frames. Everything's been carefully dusted. You bend closer expecting to see the children, the wedding portrait and the grandparents on their 50th. But there's something wrong. All the photos are of children, children of mixed races and nationalities. They're Serbian, Russian, Turkish, Somali. They're from times past, and they're all armed. One nine-year-old

Italian child, his gun slung over his arm, is smoking a cigarette. These are the children of war, who are being taught, across the globe, to beget war. A quiet, but unarguable statement.

Blain's exhibition is being shown simultaneously with Katarina Weslien and Alexandra Merrill's "A Circle of Nine" along with an installation of the work of Ellen Rothenberg titled "The Anne Frank Project," creating an interesting triptych of female perspectives. "The Anne Frank Project" is, in the words of the artist, an attempt to "put your hands around a person who is no longer here."

Rothenberg is married to film artist Daniel Eisenberg, whose parents were both Holocaust survivors. When the unabridged diary of Anne Frank came into print in 1986, Rothenberg made the book a present to her husband. Anne Frank's father, Otto Frank, had edited her original manuscripts, deleting certain "personal" material. The 1986 critical edition reveals a brilliant young feminist thinker and a naive child trying to become a woman. One of the gallery walls bears these words of Frank: "A question that has been raised more than once and that gives me no inner peace is why did so many nations in the past, and often still now, treat women as inferior to men? Everyone can agree how unjust this is, but that's not enough for me, I would also like to know the cause of the great injustice."

From this gift came a personal involvement for Rothenberg in the life and meaning of the teenage writer who died just before her 16th birthday in Bergen-Belsen, one of the Nazi concentration camps. The exhibition, like that of Dominique Blain's, consists of strong, evocative images that function as allegorical echoes of a life that is no more. **CW**

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HOMEBUYER TRAINING COURSE
Do You Dream of Owning Your Own Home, But Need Some Help Getting Started?

The City of Portland, in conjunction with six area banks, is offering a two-part course on how to purchase a home. These courses are open to the public and free of charge.

Persons interested in the City's Homeport and Port-Lender homebuyer programs must attend both sessions.

The homebuyer's course will be held in Portland City Hall, in the fourth floor training room, on the dates and times listed below.

Each session will be limited to 35 participants. Call the Portland Community Development Office for more information and to register, 874-8300 Ext. 8730.

Course Topics:

Session #1
Preparing For Homeownership
Mortgage Financing Options

Session #2
Finding and Evaluating A Home
Negotiating A Purchase and Sales Agreement
Applying For A Bank Loan
Life As A Homeowner, Budgeting and Maintenance

Session #1
Wednesdays 6:30 to 8:30pm

May 25th
June 8th
June 22nd
July 6th
July 20th
August 3rd
August 17th

Session #2
Saturdays 8:30am to 12 noon

May 14th
May 21st
June 11th
June 25th
July 9th
July 16th
July 30th
August 13th
August 27th

The Homebuyer Training Course is a collaboration between the City of Portland and Casco Northern Bank, Citibank, Fleet Bank, Key Bank, Maine Bank and Trust, and Peoples Heritage Bank.

10~day calendar

Be informed, get involved & stay amused.

This ram dam can on May 19.



features a special unplugged performance by the normally very plugged-in Portland band The Boneheads, along with the music of Paul French and Dan Merrill. All proceeds benefit Day One. Tix: \$10 (\$8 in advance). 767-0991.

monday 16

Walk on the wild side: The Scarborough Conservation Commission sponsors a **GUIDED WALK** through the Scarborough River Wildlife Sanctuary, Pine Point Road, at 6:30 p.m.

This sunset exploration, which is suitable for all ages, offers an opportunity to glimpse the sanctuary's flora and fauna, to do some birding (bring your binoculars) and, if you are so inclined, to dine on the hoof (bring your own brown bag). The walk is free and open to the public. 883-6091 (evenings).



Get unlinked by dance on May 19.

wednesday 18

Center stage: The Maine Youth Center Scholarship Fund was established to give students at the youth center incentive to complete high school. **MAINE MUSICIANS FOR MAINE YOUTH**, a benefit concert for this fund, takes place at the State Theatre, 609 Congress St., from 5:30-11 p.m.

Included in the evening's entertainment are area favorites

Machinery Hall

Cattle Call, Darien Brahm, Desperate Avikadoz and Psychovs. Al Hawkes and his String Fusion start the evening off with an acoustic dinner show (does that mean the meat's stringy?). Tix: \$18, cabaret seating; \$15 general admission. Dinner is \$10, reservations required. 879-1112. All proceeds directly benefit the scholarship fund.

thursday 19

Island adventure: Ram Island Dance Company presents Portland's **MODERN DANCE TRIO** Berg, Jones and Sarvis in their annual spring performance at Portland Performing Arts Center, 25A Forest Ave., at 8 p.m.

Gretchen Berg, Gwyneth Jones and Paul Sarvis will be joined by five members of Portland's dance community for an evening of new works, including "Tomorrow is a Long Time" (based on Bob Dylan's music), "Perusal" (set to accordion music), and the evening's biggest work, "Mixing With (or Changing To)," which is set to the music of Brave Combo and Fred Astaire. Tix: \$12 (\$6 kids and seniors). 773-2562.

friday 20

Industrial revolution: Last January, Granny Killam's owner Bill Beasley predicted that the Marblehead-based band **MACHINERY HALL** would soon be "monstrously huge." Since then, Beggar's Banquet Records has released their single "Herd" across Europe; their disc is coming out at the end of May; they just won the *Boston Phoenix*/WFNX music poll for best new band; and they took second place

in the Boston Music Awards in two categories: Best New Band and Best Single Release (which they lost to Aerosmith). Survey says... the band's a quarter 'til gigantic.

Catch their acoustic-powered rock 'n' roll, at Granny's, 55 Market St., at 9:30 p.m. so you can say, "I saw them when..." Tix: \$5. 761-2787.

(representing Gaelic music style); Vergie L. Kelly (African-American gospel); Tatiana Sarbinska (Bulgarian village music); Josée Vachon (Quebecois); Ana Vinagre (Portuguese cabaret music, or *fado*). Tix: \$14. 774-0465.



Have a wrenching experience on May 20.

saturday 21

Pride of the Yankees: As Part of its Big Sounds From All Over series, Portland Performing Arts presents **WOMEN'S SINGING TRADITIONS OF NEW ENGLAND**, a concert of folk songs by and for women, at Portland Performing Arts Center, 25A Forest Ave., at 8 p.m.

This musical celebration features five virtuoso performers, representing diverse ethnic communities of our region. They are: Bridget Fitzgerald



Submissions for Art & Soul must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to Elizabeth Peavey, Casco Bay Weekly, 561 Congress St., Portland, ME 04101.

thursday 12

It's not unusual: Alternative High School Theater presents an adaptation of **"TOM JONES"** (the Henry Fielding classic, not the crooner at whom women throw their drawers) at The Theater Project, 14 School St., Brunswick, at 7:30 p.m.

This second annual production by Alternative High School Theater — a collaboration involving students from Brunswick, Freeport and Mt. Ararat high schools — tells the 200-year-old story of a young man's journey to self-discovery and his quest to extend his curfew (the more things change, the more they stay the same). Tix: \$5 and \$8. Continues through May 22. 729-8584.

friday 13

Strictly ballroom: L/A Arts brings the waltz, the samba and the tango in staged repertory to Lewiston Junior High School auditorium, 75 Central Ave., when they present **AMERICAN BALLROOM THEATER** at 8 p.m.

The fully costumed staged pieces included in the evening's performance are: "The Rainbow Room," featuring a variety of ballroom dances; "Tango," depicting amore, Argentina-style; and "Silver Screen," vignettes based on holiday musicals. If you miss this evening of dance, you can blame it on the bossa nova — but you really know whose fault it is. Tix: \$13 and \$15. 782-7228 or 1-800-639-2919.

saturday 14

Jazz man: Good news for all jazz fans who continue to mourn the passing of Paul Lichter's café no. Well, stuff those



Screw around with these nuts on May 15.

sunday 15

Just say go: Day One provides substance abuse prevention and treatment for youth and families. A **BENEFIT CONCERT** for this organization takes place at the First Parish Church, 425 Congress St., at 7 p.m.

The evening of acoustic music

tuesday 17

Spokes people: May is National Bicycle Month (along with National Good Posture Month — so sit up straight when you ride!). Highlighting the week's celebration (May 15-21) of the open road is today's **BIKE TO WORK DAY RALLY** — which requires only

Kate Schrock & Jo-Carpenito present an evening of acoustic music with **The Boneheads** Paul French Dan Merrill Sunday, May 15 7:00pm First Parish Church Temple and Congress Streets doors open at 6:00 All proceeds to benefit Day One for Youth and Families, substance abuse prevention and treatment Tickets available by calling 767-0991 or at CD & Record Exchange • The Whole Grocer • Raffles Cafe Bookstore • Play it Again, Yarmouth • USM Bookstore, Portland Campus \$8 in advance-\$10 at the door AV Portland

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Art & Soul continued from page 16



stage

"Alice in Wonderland" Studio Theater presents a musical version of Lewis Carroll's fantasy tale of a young girl who happens upon very strange territory. Shows May 20-22 — Fri-Sat at 7:30 pm, Sat at 2 pm and Sun at 3 pm — at the Chocolate Church, 804 Washington St, Bath. Tix: \$10/\$8 seniors and under 12/\$5 matinees. 442-8455.

American Ballroom Theater L/A Arts brings this fancy-stepping troupe to town May 13 at 8 pm in the Lewiston Junior High School Auditorium, 75 Central Ave, Lewiston. Tix: \$13-\$15. 1-800-639-2919 or 782-7228.

"Beauty and the Beast" The American Theater Arts for Youth presents their version of this classic fairy tale May 12 — Thurs at 10 am — at Portland City Hall Auditorium, 30 Myrtle St, Portland. Tix: \$8.25/\$5.95 group rate. 1-800-523-4540 (by reservation only).

"Bigfoot" The Portland Lyric Theater presents a musical about two Americans who discover a Scottish village that only appears one day every hundred years. Shows May 13-14 — Fri-Sat at 8 pm — at The Portland Lyric Theater, 176 Sawyer St, South Portland. Tix: \$10. 799-1241 or 799-6509.

"The Cowboy and the Tiger" A Hank Beebe musical for children, back by popular demand. Shows May 14, 21, 28 — Saturdays at 12:30 pm — at Dos Locos Mexican Restaurant, 31 India St, Portland. Tix: \$4 children/\$16 family maximum. 775-6267.

An Evening of Theater, Dance and Mime The Casco Bay Movers present an eclectic evening of performances geared for teens and adults by Jackie Reifer, Joan Proudman and John Saccone. Shows May 21 — Sat at 7:30 pm — at the studio on 151 St. John St, Portland. Tix: \$5. 871-1013.

"Fiddler on the Roof" The Portland Players presents this classic musical about a Jewish family torn between old values and a changing world. Shows May 27-June 18 — Fri-Sat at 8 pm and Sun at 2:30 pm — at The Portland Players, 420 Cottage Road, South Portland. Tix: \$10 opening night/\$13 all other nights. 799-7337.

"Kablud-du-da Days" Paul Jenkins, age 14, is this year's winner of The Children's Theatre of Maine's Third Annual Young Playwrights Contest. The Children's Theatre performs the work through May 22 — Fri at 7, Sat at 10:30 and 2, Sun at 1 — at Jackson Elementary School, 414 Eastern Promenade, Portland. Tix: \$4 kids/\$5 adults. 874-0371.

"Losing Father's Body" Can a nice, proper Waspy family recover their dead dad's body, accidentally stolen by two Native Americans, in time for a nice, proper funeral? Portland Stage Company performs the show through May 14 — Tues-Thurs 7:30, Fri 8, Sat 5 & 8, Sun 2. All performances at 25A Forest Ave, Portland. Tix: \$19.50-\$28. 774-0465.

National Tap Dance Day Performance Josh Hilberman and Drika Overton kick out the rhythm May 21 — Sat at 7:30 pm — at Portland High School Auditorium, 284 Cumberland Ave, Portland. Tix: \$10 in advance/\$12 at the door/\$8 children and seniors. 883-9621.

Poetry Slam Richard Cambridge is the featured reader May 22 at 7:37 pm in this evening of poetry and beer at Granny Killam's, 164 Middle St, Portland. \$3 donation. 282-4979.

Ram Island Dance Spring Show This is the company's final show of the year featuring the modern dance trio, Berg, Jones and Savis. Shows May 19-20 — Thurs-Fri at 8 pm — at the Portland Performing Arts Center, 25A Forest Ave, Portland. Tix: \$12/\$6 children and seniors. 773-2562.

"A Remarkable Mary" A biblical musical by Hank Beebe focusing on the complex Mary Magdalene. Shows May 14 — Sat at 7 pm — at the Cumberland Congregational Church, Cumberland. Tix: \$8/\$5 seniors and children. No reserve seating. 829-3860.

Richard III American Renaissance Theater performs Shakespeare's historical tragedy. Shows through May 22 — Thurs-Sat at 8 pm and Sun at 5 pm — at the Oak Street Theater, 92 Oak St, Portland. Tix: \$10/\$8 students and seniors. 865-4982.

"Tom Jones" Alternative High School Theater presents a theatrical adaptation of Henry Fielding's novel about the life of a young, unheroic, but human hero. Shows through May 20 — Thurs-Sat at 7:30 pm and Sat-Sun at 3 pm (no shows May 21) — at the Theater Project, 14 School St, Brunswick. Tix: \$8/\$5 students and seniors. 729-8584.

"Tuscaloosa" A Hank Beebe comedy musical review about loving and hating New York City. Shows May 17, 24, 31 — Tues at 8 pm — at Dos Locos Mexican Restaurant, 31 India St, Portland. Tix: \$8. 775-6267.

Reindeer Theater Company is holding auditions May 16 for "King Broccoli" (children 8-12, plus a few older teen roles) at 7 pm. Auditions for "Do Black Patent Leather Shoes Really Reflect Up?" (teens/young adults, ages 17-21, plus a few adult roles) are held May 17 at 7 pm. Both auditions take place at Warren Memorial Library Auditorium, 479 Main St, Westbrook. 874-9002.

auditions

concerts

friday 13

Driftwood (acoustic folk trio) 7:30 pm, Swedenborgian Church, 302 Stevens Ave, Portland. Tix: \$4/\$2 seniors, children under 12 and students with an ID. 879-6259.

The Roches (girl rock) 8 pm, the State Theatre, 609 Congress St, Portland. Tix: \$16 cabaret seats/\$12 general admission. 879-1116.

Bill Street and Janet Reeves (jazz with saxophone and piano) 7:30, Raffles Cafe Bookstore, 555 Congress St, Portland. Cover: \$5. 761-3930 or 774-8911.

saturday 14

The Boys Singers of Maine (15th anniversary concert with St. John Rotary Boys' Choir and St. John Junior Men's Ensemble) 7:30 pm, St. Luke's Cathedral, 143 State St, Portland. Tix: \$10/\$8 seniors and children. 767-0775, 985-8086, 657-5295.

Sharon Pyne and Julia Lane (Celtic flute and harp) 8 pm, Brunswick Unitarian Church, Pleasant St, Brunswick. Tix: \$6/\$4 students and seniors. 443-5411 or 529-5438.

Bill Staines (folk singer-songwriter) 7:30 pm, Luther Bonney Auditorium, USM, Portland. Tix: \$10 in advance/\$12 at the door. 773-9549.

David Wilcox (progressive folk) 7:30 pm, the State Theatre, 609 Congress St, Portland. Tix: \$22.50 cabaret/\$8.50 general admission. 879-1116.

Chris Williamson & Tret Fure (women's music) 8 pm, Portland High School Auditorium, 284 Cumberland Ave, Portland. Tix: \$15 in advance/\$17 at the door. 929-3866.

sunday 15

The Boneheads, Paul French and Dan Merrill (acoustic concert to benefit Day One for Youth and Families) 7 pm, First Parish Church, 425 Congress St, Portland. Tix: \$8 in advance/\$10 at the door.

Caldwell Consort (Medieval and Renaissance music) 7:30 pm, St. Luke's Cathedral, 143 State St, Portland. Tix: \$8/\$5 students and seniors. 933-2703.

The Windham Chamber Singers (John Rutter's Requiem) 3 pm, St. Joseph's Church, Stevens Ave, Portland. Donations accepted. 892-1910.

wednesday 18

Maine Musicians for Maine Youth (acoustic concert with Cattlecall, Darien Brahm, Desperate Avikadoz and Psychovox) to benefit the Maine Youth Center Scholarship Fund) 5:30 pm, the State Theatre, 609 Congress St, Portland. Tix: \$18 cabaret/\$15 theater seating. 773-5540.



clubs

thursday 12

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

Comedy Showcase The Comedy Connection, 434 Fore St, Portland. 774-5554.

Big Draw Daddy and the Swamp Thang (zydeco) Geno's, 13 Brown St, Portland. 772-7891.

The Cocktails (Sun Ra orchestra meets a '60s garage band) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

Deejay Ken Gardner (progressive house) Kaos, 137 Kennebec St, Portland. 774-2242.

Rare Form (heavy metal) Leo's Billiards, corner of Exchange and Fore streets, Portland. 780-1111.

TBA Moose Alley, 46 Market St, Portland. 774-5246.

Eye-2-Eye (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Street Walkers and City Folk (R&B) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

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

The Machine (Pink Floyd tribute) T-Birds, 126 N. Boyd St, Portland. 773-8040.

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

Deejay Bob Look (heavy dance/live karaoke in front room) The Underground, 3 Spring St, Portland. 773-3315.

Open Mic with Kenny Grimsley (acoustic rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

Decade Music ('60s-'80s alternative dance) Zootz, 31 Forest Ave, Portland. 773-8187.

Art & Soul continued on page 22



The Connells loiter on the threshold of success.

"Ring" job

The Connells work to edge off cynicism

By Dan Short

According to The Connells' principal songwriter/guitarist Mike Connell, their fifth and latest album "Ring" might very well have been their last. "When I went in [the studio], I was thinking it would be our last record," said Connell. Legal difficulties the band's had with the label led to a three-year delay in recording the follow-up to 1990's "One Simple Word." And the Raleigh, N.C.-based band, which also includes Connell's brother David (bass), George Huntley (lead guitar), Doug MacMillan (vocals, guitar), Peele Wimberly (drums) and Steve Potak (keyboards), was also nearing its 10th year of existence. "In some ways," Connell said, "this job is better suited for people maybe a little younger than we are." Part of the reason they named the album "Ring" was that the word had "a sense of closure, something being completed."

"Now I feel otherwise," said Connell, who reports that the band has "everything, more or less, resolved with the label." Ironically, "Ring" — recorded at The Connells' lowest point — shows the band at its best. It contains many winning melodies and, even on its less successful songs — which are few — the album still maintains its charm. "We've always been concerned first and foremost with melody," said Connell, and that's evident from the rollicking opener, "Slackjaw" to the beautiful ballad "74-75." "Musically, I don't think this is a radical departure from our previous albums... We just refined what we were looking for... As a group of melodies, I like these as much as anything we've done."

That emphasis on melody separates them from the majority of so-called alternative rock bands in America. Instead of the overtly aggressive sounds of grunge and industrial sounds, The Connells feature pretty melodies, tuneful harmonies and laid-back rhythms. They don't cite the more trendy Led Zeppelin or Black Sabbath as influences, but rather the Brit-pop of The Kinks, The Who and The Beatles, along with the more melodic punk bands, such as The Buzzcocks, The Jam and The Clash. Of course, they haven't yet reached that level of pop perfection, and some of their songs need a little more backbone to them. Still, their music is intelligent, well-crafted guitar-pop with more than its share of memorable melodies.

Though he's proud of the melodies, Connell said that he "likes the lyrics better." Calling them his least cynical and ambiguous, Connell said that the lyrics on "Ring" are some of his best, saying, "You can tell what each of them are about." Most of the songs on "Ring" deal with the various stages of relationships — from infatuation ("Slackjaw") to breakup ("Spiral," "Disappointed") to regrets ("74-75"). "I write from personal experience," said Connell. "Not much else. I've tried to write lyrics that were a little more socially conscious or political, but I didn't feel like I did a real good job."

Though the songs are written from Mike's personal experience, they are sung by MacMillan. Connell called that "weird. Probably

as much for Doug as for me, because he's the one who has to take these lyrics and make them sound convincing... I think he does a real good job." Of his shift away from cynical lyrics, he said, "It's easy to be cynical, but that gets old after awhile. [I tried] to be a little more positive... In the past, I felt more comfortable with lyrics that weren't too sugary sweet. If the music and the lyrics are both sweet, then it becomes unpalatable. I like to think that the songs are some sort of edge. If the music doesn't serve that function, I'd like the lyrics to." Though he says he's less cynical now, his songs aren't all sunshine and flowers. The lyrics of "Disappointed" prove that there is still some edge left in him, with the chorus of: "If I disappointed you/I'm so sorry/You're a disappointment too."

Despite the three-year delay in recording "Ring," the recording sessions went so well that the album was completed in a brisk three and a half weeks. Connell gives much of the credit to the skill of producer Lou Giordano, who's worked with such alternative stars as Sugar and King Missile. "He's an easy-going guy in the studio, not as heavy-handed as other producers we've worked with," said Connell. The band has worked with four different producers on their four previous albums, some of whom have worked with the likes of R.E.M., the Pixies and Echo and the Bunnymen. "I think [Giordano] understands the personalities of the band... He was good at making things run smoothly as possible. He has a pretty good sense of what works and what doesn't work... 99 percent of the time I agreed with his decisions."

Though Mike Connell writes the majority of the material, The Connells are very much a group effort. Each member is a more-than-competent musician in his own right, and MacMillan is a skilled enough vocalist to bring Connell's personal lyrics to life without resorting to melodramatics. In addition, MacMillan and Huntley each contribute their own songs with David Connell co-writing one song with MacMillan and brother Mike. Though songs are usually written by individual members, the entire band helps bring them to life. Each songwriter, said Connell, brings their almost-completed song to the group, which helps "flesh it out" by working out the arrangements. And the entire band has a say in what songs they will perform and record. "[If] a song isn't suitable for the entire band, it gets cast aside, said Connell, noting that it happens "with some frequency."

When The Connells started in 1984, what's called "alternative" today was called "college radio rock" and was given no chance to break through to the mainstream. Now, it's not uncommon to see "alternative" bands sell millions of records. That doesn't surprise Connell though. "Even back then," he said, "I was curious why more bands weren't making that crossover to the mainstream, like, say, R.E.M. or a few others... I guess it was inevitable that the nation would catch on." Though the band regularly charts in the alternative top 10, massive success of a Pearl Jam or an R.E.M. has so far alluded them, but that doesn't have them too worried. "It would be nice to approximate [that level of success], but if I spent too much time thinking on those terms, I would have bailed out a long time ago." **EW**



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Art & Soul continued from page 20

clubs

friday 13

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TBA Bramhall Pub, 769 Congress St, Portland, 773-9873.

Valentine Smith and Tara's Minstrels (Irish) Brian Boru, 57 Center St, Portland, 780-1506.
Mike Bent, Steve Hurley, Bill Burr (comedy) The Comedy Connection, 434 Fore St., Portland, 774-5554.

Toni Lynn Washington (jazz/blues) Dos Locos Restaurant, 31 India St, Portland, 775-6267.
Baker Thompson Duo (blues/R&B/jazz) Free Street Taverna, 126 Free St, Portland, 774-1114.

The Pontiffs and Tantra (garage grunge) Geno's, 13 Brown St, Portland, 772-7891.

Valentine Smith (Irish folk punk) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland, 761-2787.

Deejay Paul LeClair (progressive house) Kaos, 137 Kennebec St, Portland, 774-2242.

Rare Form (heavy metal) Leo's Billiards, corner of Exchange and Fore streets, Portland, 780-1111.

Skeleton Crew (Dead cover) Moose Alley, 46 Market St, Portland, 774-5246.

Eye 2 Eye (rock) Old Port Tavern, 11 Moulton St, Portland, 774-0444.

Eight to the Bar (swing R&B) Raoul's Roadside Attraction, 865 Forest Ave, Portland, 773-6886.

Rhythm Doctors (blues) Spring Point Café, 175 Pickett St, S. Portland, 767-4627.

Jenny Woodman (rock) T-Birds, 126 N. Boyd St, Portland, 773-8040.

Ric & Katie (folk) Tipperary Pub, Sheraton Tara Hotel, S. Portland, 775-6161.

Deejay Tim Shaney (techno/tribal/trance) The Underground, 3 Spring St., Portland, 773-3315.

Unfinished Business (modern and classic rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland, 775-1944.

All Ages Vertigo (all ages dance) Zootz, 31 Forest Ave, Portland, 773-8187.

Deejay Ken Gardner (progressive house) Kaos, 137 Kennebec St, Portland, 774-2242.

Some Pig (rock) Leo's Billiards, corner of Exchange and Fore streets, Portland, 780-1111.

Skeleton Crew (Dead cover) Moose Alley, 46 Market St, Portland, 774-5246.

Eye 2 Eye (rock) Old Port Tavern, 11 Moulton St, Portland, 774-0444.

Port City Allstars (rock for Many Rivers benefit) Raoul's Roadside Attraction, 865 Forest Ave, Portland, 773-6886.

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Jenny Woodman (rock) T-Birds, 126 N. Boyd St, Portland, 773-8040.

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Unfinished Business (modern and classic rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland, 775-1944.

Grover, Cattle Call, Vision Thing (rock) Zootz, 31 Forest Ave, Portland, 773-8187.

Deejay Ken Gardner (progressive house) Kaos, 137 Kennebec St, Portland, 774-2242.

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Grover, Cattle Call, Vision Thing (rock) Zootz, 31 Forest Ave, Portland, 773-8187.

Deejay Ken Gardner (progressive house) Kaos, 137 Kennebec St, Portland, 774-2242.

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

BoBop Jazz Ensemble Victory Deli Bakeshop, One Monument Way, Portland, 772-2999.

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

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

monday 16

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

George Worthley (Celtic) Brian Boru, 57 Center St, Portland, 780-1506.

The Connells (college alternative) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland, 761-2787.

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

Open Mic with Danny Gravas (hoot night) Raoul's Roadside Attraction, 865 Forest Ave, Portland, 773-6886.

TBA West Side Restaurant, 58 Pine St, Portland, 773-8223.

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

Cardamon Cafe 388 Cottage Road, South Portland. Pastels and other works by Ruth Bowman show through June 5. Hours: Daily except Mondays.

Christina's Dream 41 Middle St, Portland. New works by painter Andy Curran, paintings by Jody Dube. Shows until further notice. Hours: Mon-Fri 7-2:30, Sat-Sun 9-2. 774-2972.

Corporation Art Gallery Eye Care and Surgery Center of Maine, 53 Sewall St, Thompson Point, Portland. Works by the Casco Bay Art League and Maine artists Evelyn Winter, Charlene Lee, Shirley Lewis and Sylvia Dyer. Hours: Mon-Fri 8 am-5 pm. 883-5669.

Danforth Gallery 34 Danforth St, Portland. "The Voice of the Print" photos by Paul Caponigro show through May 21. Video interview with the artist and catalog of his work available. Gallery hours: Wed, Fri, Sat 11-5, Sun 12-5. 846-4721.

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

Exchange Street Gallery 7 Exchange St, Portland. Miniature images of Old Orchard Beach by R. N. Cohen. Gallery hours: 10-6 daily. 772-0633.

Frost Gully Gallery 411 Congress St, Portland. Group show of gallery artists. Hours: Mon-Sat 12-7, or by appointment. 773-2555.

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

Katahdin Restaurant 106 High St, Portland. Acrylic relief paintings on canvas by David Cedrone currently show. Hours: Mon-Thurs 5-11, Fri-Sat 5-11. 774-1740.

Thos. Moser Cabinetmaker's Showroom 415 Cumberland Ave, Portland. Photographs of Quaker life and still life by Stephanie Sala. Hours Mon-Sat 9-5 pm. 774-3791.

Nancy Margolis Gallery 367 Fore St, Portland. "Works in Wood" by Peter Czuk, Tom Kennedy, Bolstead Woodworks studio, Muscanel Studios and others show through May. Gallery hours: Mon-Sat 10-9, Sun 11-6. 775-3822.

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

On Balance 4 Milk St, Portland. Photographs by Colin Malackie opening May 6 to show through June. Hours: Mon-Fri 9-5 or by appointment. 772-9812.

Photography Co-op 547A Congress St, Portland. Hours: Tues & Thurs 12-7, Sat 9-5, or by appointment. 761-2113 or 773-8830.

Pinetree Shop and Bayview Gallery 75 Market St, Portland. Group show of gallery artists, framed prints and limited editions through May. Gallery hours: Mon-Sat 9:30-5:30. 773-3007.

Portland Museum of Art Seven Congress Square, Portland. Hours through May 31: Tues-Sat 10-5, Thurs 10-9, Sun 12-5. Admission: \$5 adults / \$4 senior citizens and students with ID / \$1 youth 6-18 / children 6 and under are free. Museum admission is free 10-nom the first Saturday of the month and 5-9 every Thursday evening. 773-ARTS or 1-800-639-4067.

*Art in Bloom features floral interpretations, slide lectures and a display of garden supplies (see "art: other" listings). Shows through May 14.

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

*Dominique Blain Exhibition features installations that address concepts of oppression, military action, intimidation and subjugation. Shows through July 3.

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art openings

June Fitzpatrick Gallery 112 High St, Portland. Opening reception for paintings by Maine children's book illustrator, Lynne Harwood May 13 from 6-8 pm. "Honey Bees at Home" shows through May 24. An observation beehive will be on display and there will be Saturday events for children from 2-4 pm. Prints from the Vinalhaven Press and small oils by Charlie Hewitt, ongoing. Gallery hours: Tues-Sat 12-5, Thurs 12-8. 772-1961.

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

The Art Gallery at Six Deering Street 6 Deering St, Portland. Watercolors by Lou Bonarsse show through May 21. Gallery hours: Tues-Sat 11-5 the first two weeks of the show, by chance or appointment the third week. 772-9605.

Cardamon Cafe 388 Cottage Road, South Portland. Pastels and other works by Ruth Bowman show through June 5. Hours: Daily except Mondays.

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D.I.N.I.N.G

LISTINGS

ECLECTIC

FOODEES • Sixteen international pizza combinations. Five heart-healthy crusts. Voted best pizza in New England by Boston Globe. Buffet Monday - Friday 11-2pm. M.C., Visa, accepted. Parking. 688 Forest Ave. Portland. 774-4100.

GOOD TABLE • Casual. Tasty weekend brunch. Screened, starlit deck. Full bar. Seafood, barbeque, Greek. Old jazz, good looking staff. Honest food. Honest prices. M.C., Visa, accepted. Parking. Rte 77, Cape Elizabeth. 799-4663.

GREAT LOST BEAR • Full bar featuring 36 beers on tap. Extensive menu...sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodfords area. M.C., Visa, Amex accepted. Parking. 540 Forest Ave. Portland. 772-0300.

HUGO'S • Dinner Tues - Sat from 5-15. Innovative menu featuring fresh seafood & interesting vegetarian dishes. Provocative atmosphere. Main courses from \$8.95. Parking. Reservations accepted. All major credit cards accepted. 88 Middle St. Portland. 774-8538.

KATAHDIN • Daily Blue Plate Specials \$9.95 and unpretentious fare like Buckwheat Pasta. Home made, Good Cookin'. Monday-Thursday 5-10PM, Friday & Saturday 5-11pm. Corner of Spring and High St. Portland.

PORTLAND WINE & CHEESE • Delicious homemade soups and sandwiches, wines, champagnes and cheeses. Large selection of gourmet foods. Gift baskets. Party platters, catering and deliveries. M.C., Visa and Amex accepted. 168 Middle St. Portland. 772-4647.

THE WEST SIDE • Fresh game and seafood, organic produce. Moderately priced entrees. Comfortable, casual ambiance. M.C., Visa accepted. Parking. Reservations recommended. 58 Pine St. Portland. 773-8223.

CAFE

BAGEL WORKS • Freshly baked traditional style bagels. Vermont cream cheeses, egg sandwiches for breakfast. Deli meats, cheeses, fresh salads and soups for lunch. 15 Temple St. Portland. 879-2425.

CHRISTINE'S DREAM • Come to the other side of the Arterial for brunch. Offering a variety of breakfast items and lunch specials weekly. M.C. and Visa accepted. Tuesday-Friday 7-2, weekend brunch, Saturday & Sunday 9-2. Parking. 41 Middle St. Portland. 774-2972.

PORT BAKE HOUSE • Take out fresh baked pastries and great lunches. Summer seating on the deck. Soups with pizzaz, creative deli sandwiches and healthy salads. 205 Commercial St. Portland. 773-2217.

ITALIAN

ANTHONY'S ITALIAN KITCHEN • For a great and inexpensive meal or a homemade pizza, stop by for lunch or dinner. Open 7 days. Parking. 151 Middle St. Portland. 774-8668.

FRESH MARKET PASTA • For the best homemade pastas and sauces in Portland. Open for lunch, dinner and late night dining. Italian wine and beers. Espresso. Cappuccino. Desserts. Bring the family! M.C., Visa and Amex accepted. 43 Exchange St. 60 Market St. Portland. 773-7146.

NOW AT THE
GREAT LOST BEAR

FEATURING THE FINEST BEER FROM NEW ENGLAND'S MICRO-BREWERS

36 BEERS ON TAP!

540 FOREST AVE. PORTLAND, MAINE 772-0300

ON MONDAYS AND TUESDAYS WE SERVE 22 oz. DRAFTS AT REGULAR PRICES

ALTHOUGH OUR BEER SELECTIONS CHANGE WEEKLY, WE ALWAYS HAVE BEERS FROM KENNEBUNKPORT BREWING CO. SUNDAY RIVER, SEA DOG, SAN ADAMS, HARPOON, GEARY'S ACADIA, ANDREWS LAKE ST. GEORGE, AND GRITTY'S

Don't Let the sun go down without you on our outdoor patio with Fresh oysters and a frozen drink

J's Oyster

Maine's Authentic Oyster Bar

Mixing Good People, Good Food and Good Drinks for 16 Years

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WMPG

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Take a scenic ride to Bailey Island
Enjoy panoramic views of Casco Bay, great seafood, and some of the best homemade breads, chowders and desserts anywhere!

LOG CABIN RESTAURANT

13 miles down Route 24 from Cooks Corner, Brunswick 7 days a week for Lunch and Dinner 833-5546

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HOME PLATE

BREAKFAST VS. LUNCH
5 DANA STREET • THE OLD PORT

We're a Hit!

Open: 6 a.m.-3 p.m. daily
Late Night Thur-Sat 11 p.m. - 6 a.m.
5 DANA ST • THE OLD PORT
761 - 9567

Anthony's Italian Kitchen

151 Middle Street • Portland • 774-8668
Lower level next to Videoport

Eleven year old Willy Beal, Clifford High School student and budding critic enters Anthony's Italian Restaurant incognito...

KIDS CUISINE PIZZA!!!

Anthony's Italian Kitchen

This small pizza joint that not many people know about serves the thickest and puffiest crust you can imagine. If you buy one large pizza you get 6 free cans of soda. The service is great and people are really friendly. It doesn't have alot of space but they are expanding. Go here for the best pizza in town.

By Willy Beal, Clifford Comet
RATED ****

Long ago in the land of Dania lived a foolish looking family of chefs...

It was presumed in that dark time that character manifested itself in its opposite form in one's face. So the uglier the face, the more beautiful the soul. This particularly foolish looking chef seems to fly in the face of this theory. He and two smaller chefs are on the window sill facing High Street. One customer suggested they be carbon tested as icons of kitchen deities. They are more likely yard sale treasures from the wild Ceramics Maker from East Corinth. She was exceedingly beautiful.

Sometimes when the Ink Spots are singing *You're nobody till somebody loves you*, we find the foolish chefs turned around, facing inward. And speaking of the soul, the Lemon Poppy Seed Pudding Cake is extraordinary.

Katahdin

774-1740 Spring & High
M-Th: 5-10 F-Sa: 5-11

Brunch So Tasty It'll Make You Lick Your Plate!

• Tony's Famous Corned Beef Hash • Eggs Benji • Salmon & Eggs • Lisa's Baked Beans • Crepes & Blintzes...

Friday & Saturday Nite:
Fresh Spinach Linguini with a Dilled Salmon Cream Sauce
Grilled Salmon Filet topped with an Orange Cilantro Hollandaise Sauce

The Good Table Restaurant
HOURS: TUES-FRI 11-9, SAT 8-9, SUN 8-7
Rt. 77 • Cape Elizabeth • 799-6000

Christine's Dream

41 Middle Street
Portland, Maine
Serving breakfast all day with daily lunch specials.
Tues. - Fri. 7-2
Weekend Brunch
Sat-Sun 9-2
Happiness no charge.
774-2972

Hugo's Portland Bistros

"Without a doubt—the best crabcakes in New England!"

Dinner: Tues - Sat
Reservations: 774-8538
88 Middle St. (at Franklin), Portland

Visa/MC/Amex

Look for our 1994 Dining Guide to hit the streets on June 9th!

Southern Maine's most comprehensive dining guide with listings for over 80 restaurants! Featuring Regional Maps to help you discover Maine's finest dining. Advertisers call 775-6601 and ask for details to get up to 25% off. Be in our Dining Section every week! Call soon!

Casco Bay Weekly

Prepare For **SUMMER SALE!**

LADIES SUMMER ESSENTIALS
\$9.99-\$12.99
seen elsewhere for \$25

Quality Brands
Palmetto
Erica
Cherokee
Sasson
Manisha
Crystal
Classic New England
Entourage
Cute Options
Lunden Lunden

Great Fashions
Sleeveless Knit Tops
Tee-Shirts
Fashion Knit Tops
Tank Tops
Denim Shirts
Denim Shorts
Walking Shorts
Madras Shorts
Colored Jeans

BOY'S AND GIRL'S LEVI JEANS
\$17.50-\$21.50
seen elsewhere for \$32
Your favorite styles and washes.

COLUMBIA SPRING JACKETS
Adults \$29.99-\$39.99
seen elsewhere to \$60
Children's \$24.99
seen elsewhere to \$40

MEN'S LEVI JEANS
\$24.50-\$29.50
seen elsewhere for \$46
New shipment is here! Check out new bleached and natural colored jeans.

MEN'S Columbia and Woolrich SHORTS and POLO SHIRTS
\$19.99-\$24.99
seen elsewhere for \$37
Top quality outdoor shorts and shirts. All cotton!

MEN'S all cotton Columbia and Woolrich PANTS \$29.99
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New spring styles

CLOTHING & FOOTWEAR SUPERSTORE
Portland • No. Windham • Freeport • Brewer

NIKE, REEBOK AND ADIDAS FOOTWEAR 20% OFF
Save everyday with our low prices for the entire family.

NIKE AND UMBRO SUMMER FASHIONS 20% OFF
T-Shirts, shorts, jackets and windpants. Adult or Kids.

SEA DOGS FASHIONS 20% OFF
Shirts, T-Shirts and sweats for everyone.

OPEN 9 AM-9 AM DAILY, Sun 10 AM-6 PM

LEVINSKY'S
PORTLAND, MAINE
278 Congress St.

LISTINGS

AMERICAN

BIRCHWOOD RESTAURANT • Try our famous fried clams dinner, or order one of our other delicious items from the menu. See our coupon. All major credit cards accepted. Parking. Rte One Yarmouth. 846-6119.

ROSIE'S • 11am-1am. Full bar. Free popcorn. Dart room. 5-page menu. Sandwiches, pizza, burgers, calzone, dinners & appetizers. Daily special board. M.C., Visa, Amex accepted. 330 Fore St., Portland. 772-5656.

RUSKI'S • 7am-1am. Breakfast all day. Daily lunch & dinner specials. Daily happy hour 4-7 w/beer & mixed drink specials. 6-page menu. Breakfast, lunch & dinner; what a real neighborhood pub should be. M.C., Visa accepted. 212 Danforth St., Portland. 774-7604.

SEAFOOD

BARTLEY'S DOCKSIDE • Serving fresh Maine seafood, pastas, steaks. Home of the 16 oz. Margarita. Open 7 days from 11am. All major credit cards accepted. Parking. By the bridge, Kennebunkport. 967-5050.

LOG CABIN RESTAURANT • Enjoy a scenic drive down Rte 24 from Cook's Corner Brunswick to enjoy a panoramic view and fabulous food! M.C., Visa accepted. Rte 24 Bailey Island • 833-5546.

NOUVELLE

DAVID'S RESTAURANT • Upstairs casual dining, delicious food, and raw bar. Downstairs, elegant cuisine. Seafood, chicken, beef and pasta entrees. Prepared by Master Chef David Turin. M.C., Visa, Amex accepted. 164 Middle St. Portland. 773-4340.

GREEK

FREE STREET TAVERNA • Authentic Greek food. Family recipes and friendly atmosphere. First level-eatery/taverna. Second level- smoke free dining. Outdoor deck. M.C., Visa accepted. 128 Free St. Portland. 774-1114.

KENNEBUNKPORT

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11 a.m. until 9 p.m.
LUNCH • DINNER
Home of the 16 oz. Margarita
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Open Year Round
By the Bridge,
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Fax us your reservation and your party receives our complimentary "World Class Chowda" with any meal

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THE SURE SELL CLASSIFIEDS
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**Maine Musicians for
Maine Youth**

A Benefit Concert
for the
Maine Youth Center
Scholarship Fund

Wednesday,
May 18, 1994
5:30-11:00pm
at the State Theatre

Acoustic Dinner Show
Beginning at 5:30

A Full Evening of
Entertainment

**Al Hawkes and his
String Fusion**

**Cattlecall
Darien Brahms
Psychovsky
Desperate Avikadoz**

**\$18.00 Cabaret Seating
\$15.00 Theatre Seating**
Hor D'oeuvres, Dinner*, Dessert
*Dinner available for \$10.00 -
Reservations required at State Theatre
Call 879-1112

Art & Soul continued from page 23

sense

Celebrating Women, Wisdom and Worth A luncheon and workshop for women to recognize, value and share their wisdom and worth and to change the way we view aging May 15 at Verillo's in Westbrook, 9 am-3 pm. To register call 892-0000 or 774-2012.

Discussions at the Pignone Bookstore, 441 Congress St., Portland, May 12, Rabbi Harry Sky of Temple Beth-El speaks on "What Does Freedom Mean in the Spiritual Sense?" at 7 pm. May 17 Rev. Michael Dwinell discusses her book, "Firebearer" at 12:15 pm. Free. 773-6562 or 772-1508.

Maine Writers and Publishers Alliance offers workshops with established writers on the craft and business of writing in diverse genres. Sessions are held at the Maine Writers Center, 12 Pleasant St., Brunswick. Cheryl Drake teaches a weekend workshop, "Women Writing the Personal Essay: Words from the Mother Tongue" May 14 from 10 am-3 pm and continuing from 10 am-4 pm on May 15. Cost: \$50. 729-6353.

The Matlovich Society An educational and cultural organization of lesbians, gay men and friends sponsors regular lectures. May 12 David Webb of KLANWATCH will be discussing "Hate Groups and Hate Crimes in America: Gays and Lesbians under Attack" at 7:30 pm at the Holiday Inn By the Bay, 88 Spring St., Portland. This event marks the third anniversary of the society. Free. 773-1209.

Preble Chapel Child Care is now accepting applications for their new preschool program to start May 16th. The program is for children between 2 and 1/2 years through kindergarten. There are also programs for infant and toddler care. Services for most AFDC eligible parents are free, otherwise, costs vary. This is a nonprofit center. Call 874-1073.

YWCA Child Care Three programs for three groups: preschool, kindergarten and before and after school programs are available at the YWCA at 87 Spring St., Portland. Call Kelly Hoskins at 772-2912.



wellness

Asthma Dermot Killian, M.D., director of pulmonary medicine at Mercy Hospital speaks on asthma and its underlying problems and practical lifestyles that can help. Takes place May 17 at Mercy Hospital, 144 State St., Portland. 879-3486.

Friday Night Church Services start May 13 at 8 pm at the State Street Church, 159 State St., Portland. A blend of music and other mediums carry the messages of love and transformation in contemporary language. Fully accessible and child care provided. 774-6396.

Seniors Long Term Care and Estate Planning Workshop St. Joseph's Manor offers a free workshop for those seniors who need to prepare for long term care. Takes place May 12 from 10:11-30 am in the auditorium of St. Joseph's Manor, 1133 Washington Ave., Portland. 797-0600.

Spiritual Education Classes are offered at Light of the Moon, 324 Fore St., May 16. Nancy Weston teaches "Intuition Development" from 6:30-9 pm. Cost: \$20. May 17 John Moulton and Marsha Stultz lead a class on "Beginning Meditation" from 6:30-9 pm. Cost: \$20. 828-1710.

Tour the Maternity Ward Mercy Hospital's family-centered maternity unit is open for tours May 16 at 7 pm. 879-3550.

Yoga at the Portland Yoga Studio 616 Congress St., Portland. Hath yoga for people with AIDS every Wed from 12:50-2 pm at 22 Monument Square, Portland. Cost: \$1, for those who can afford it. *Yoga for Athletes" May 15 with Pamela Ryan. Cost: 20. Call to register. 797-5684.

Yoga by the Sea Portland Yoga Studio hosts a residential yoga retreat May 20-22 at Bayview Villa, 187 Bay View Road, Saco. The workshop is led by the studio's directors, Elaine and Francis McGillicuddy. Cost: \$170. 797-5684.

Casco Bay Bicycle Club Time to roll out the skinny wheels. The Great Scarborough Marsh ride (15-25 miles) sets off Monday evenings at 6 pm from the Dunstan School restaurant, Scarborough. The Pizza ride (with pizza and social hour following) begins at the Scarborough Shop-n-Save parking lot Thursdays evenings at 6 pm. 828-0918. The Yarmouth rides begin May 4, leaving from the Shop n' Save Plaza, Yarmouth every Wednesday at 6 pm for a moderate-paced 13-20-mile ride through Yarmouth and area communities. 865-9558. Helmets are required.

Historical Bicycle Tour of Portland A six-mile tour of Victorian Portland and sites that were important to cyclists in 1896 sets off at 12 noon May 15 from Portland Public Library, 5 Monument Square, Portland. Casco Bay Bicycle Club and the Bicycle Coalition of Maine are sponsoring the event in honor of national Bicycle Month. Helmets required. Cost: \$2.50. 874-6081.

Jazz Dance Workshop Casco Bay Movers Dance studio offers a special jazz dance class by Adrienne Hawkins, Director of Boston's Impulse Dance Company. Intermediate and advanced level students can swing it May 14 from 1-3 pm at 151 St. John St., Portland. Cost: \$12. 871-1013.

Learn to Tap May 21 Josh Hilberman, a dance instructor at the New Dance Center in Cambridge, MA, leads advance beginner and intermediate workshops in tap dancing. Advanced beginners tap from 11:15-12:15. Cost: \$10. Intermediate dancers tap from 12:15-1:45 pm. Cost: \$15. Both classes meet at Maine Ballroom Dance, 614 Congress St., Portland. Pre-registration required. 766-2751 or 883-9621.

Adoptive Parents of Korean Children A new group is being formed and will meet May 15 at 2:30 pm at the Thornton Heights Methodist Church, 100 Westbrook St., South Portland. 878-5652.

Baby-sitting Certification The American Red Cross is offering a workshop for those 11 years and older to learn about emergency procedures, first aid, child care and amusement of children. This Falmouth Community program takes place May 14 at Falmouth Town Hall from 9 am-12 noon. Cost: \$14 residents/ \$19 non-residents. 781-5253.

Big Siblings-To-Be This is a two-hour session to help prepare children for the arrival of a new baby in the family. Children are asked to bring a tiny t-shirt with them so they can make a gift for the baby. Takes place May 15 from 3-5 pm in the first floor Conference Room at Brighton Medical Center, Portland. Cost: \$10 per child. 879-6458.

Boy Scout Jamboree Tim Sample is the Master of Ceremonies at this May 21 event at the Brunswick Naval Air Station. Events begin at 9:30 am with a Native American village, performing groups, stage shows, a parade, exhibits, fireworks and an 8 pm concert by Blue-Rock Legend, Lonnie Mack. Cost: \$5 for the weekend, \$12 for a campsite. 797-5252.

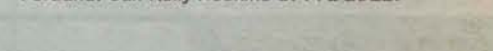
Children's Museum of Maine offers exhibits and activities for children of all ages. Hours: Mon, Wed, Thurs, Sat 10 am-5 pm; Tues & Sun 12-5 pm; Fri 10 am-8 pm. 142 Free Street, Portland. Admission \$3.75, free to the public Fridays from 5-8 pm. Pre-registration and additional fees required for some activities. Call for specific dates and times, 828-1234. Special upcoming activity is Light Exhibit. This event celebrates the museum's first anniversary and the opening of the Camera Obscura exhibit (donated by Kodak). Sluggo, mascot for the Portland Seadogs, will chair the event. Takes place May 14 from 10 am to 5 pm. Museum admission for the day is half price: \$2 per person over the age of one.

Creative Resource Center at 1103 Forest Ave., Portland hosts regular craft workshops for children. Kids make paper flowers May 12, mobiles and windchimes May 13, animal sculptures May 17 and sun catchers May 18. Costs range from \$4-8. 797-9543.

"Growing Healthy Families in Changing Times" is a four-part lecture series sponsored by the Portland Public Library and Martin's Point Health Care Centers. Each session is held at Portland Public Library, 5 Monument Sq., Portland from noon to 1 pm. Bring a bag lunch to the remaining sessions May 18 and 25. Free. 828-2458.

Preble Chapel Child Care is now accepting applications for their new preschool program to start May 16th. The program is for children between 2 and 1/2 years through kindergarten. There are also programs for infant and toddler care. Services for most AFDC eligible parents are free, otherwise, costs vary. This is a nonprofit center. Call 874-1073.

YWCA Child Care Three programs for three groups: preschool, kindergarten and before and after school programs are available at the YWCA at 87 Spring St., Portland. Call Kelly Hoskins at 772-2912.



sweat

Apple Blossom Rides Back Country Excursions offers daily guided or unguided cycling rides through sparse, quiet, picturesque sections of Maine roads during peak apple blossom time: May 12-20. Call 625-8189 for details.

Bike to Work Day May 17 is the day to leave the jolopy in the drive, tape tight those hems and peddle to work. Casco Bay Bicycle Club and the Bicycle Coalition of Maine are encouraging the event and are hosting a rally/pancake breakfast Tuesday from 7-9 am at Monument Square to celebrate May—national Bicycle Month. Pre-register and have a chance to win a gift certificate from participating bike shops or \$10 a fitness evaluation at USM's Lifeline Center. 871-9299.

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Saturday Dance Dance the night away every Saturday at Maine Ballroom Dance, 614A Congress St., Portland. Dancing for beginners from 8-9 pm; all others dance from 9-12 pm. May 14 is "Wear Your Favorite Hat Night" from 8-12 pm. Cost: \$5, \$3 for beginners dance. 773-0002.

Speedskating Club Make those thighs burn at the Maine Speedskating Club's upcoming practice May 15, 22, June 5 and 12 at 5:50 pm. The club meets at the Kennebec Ice Arena. Cost: \$10 per person. Hockey and figure skates are O.K. 781-3699.

Swimming Portland Recreation's Aquatic Division is holding lessons Mon-Wed-Fri at 6:30 pm beginning May 13 at Riverton Pool, 1600 Forest Ave., Portland. Registrations are now being taken. 874-8456.

Tennis Tips Falmouth Community Programs is offering clinics on the hottest strokes of the game at the Falmouth High School tennis courts. May 15 perfect the forehand from 1:30-2:30 pm and work on your serve and return from 2:30-3:30 pm. May 22 class will focus on the backhand from 1:30-2:30 pm and the volley from 2:30-3:30 pm. Cost per session: \$4 residents/ \$7 non-residents. 781-5253.

Tour de Cure Pedal through scenic Southern Maine for 25 to 100 kilometers to benefit the American Diabetes Association of Maine. Cyclists start and finish at the University of New England, Biddeford on May 15. Call 1-800-870-8000 or 623-2232 for more information.

Walketh-On Portland Stage Company holds its first annual Shakespearean costumed walk to raise funds for the theater. The five-kilometer walk happens May 14 from 10:30-12:30 pm starting in front of The Children's Museum of Maine, 142 Free St., Portland and finishing at the Portland Performing Arts Center, 25A Forest Avenue, Portland. 774-1043.

Open Jam for singers, instrumentalists and drummers happens every third Sunday of the month (May 15) from 12-3 pm at the Swedenborgian Church, 302 Stevens Ave., Portland. The group is hosted by performers/composers/musicians. 772-8277.

Peaks Island School Alumni Association This group has just formed and is open to anyone who attended or worked at Peaks Island School. 766-2528.

Proprietary Writing Center is holding a weekend introductory and advanced workshop May 13-15 for the technique of meaningful writing. Takes place Friday from 7-10 pm, Saturday from 10 am-10 pm and Sunday from 10 am-5 pm at 565 Congress St., Portland. Cost: \$225 (\$100 deposit). 772-1847.

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Goodwill "Box of Goods" Drive Area businesses are encouraged to clean out their warehouses and stockrooms and donate items to boost inventories at Goodwill's nonprofit thrift stores throughout the state. The stores raise funds to support rehabilitation programs for the disabled. The drive runs through May 15. Call 774-6323 to schedule a pickup.

6th Annual Maine State Parade Floats and displays from over 60 communities march down Lewiston's Main Street and across the Longley Bridge into Great Falls Plaza of Auburn May 14. The event is televised live state-wide, beginning at 12:30 pm.

ACT UP/Portland Join us in the fight for universal rights! Get active on local, state and national issues of education, discrimination, access to health care and AIDS services. Straight or queer, boy or girl, HIV-positive or negative, black, brown or white — act on your beliefs in a dynamic, nonviolent grassroots organization dedicated to direct action to end the AIDS crisis. Meets the first and third Sundays of each month at 7 pm at the YWCA, 87 Spring St., Portland. Wheelchair accessible. For more info write ACT UP, P.O. Box 8712, Portland ME 04104 or call 828-0566.

Bee-Informed A beekeeper from the Maine Audubon Society tells you about the bees and shows you the active hives at the Maine Audubon Society's Gilsland Farm, Route 1, Falmouth. Takes place May 22 at 2 pm. Cost: \$3 members/ \$4 non-members. 781-2330.

Booksigning Elizabeth Berg, author of "Durable Goods" and "Talk Before Sleep" is on hand May 19 at 7 pm. May 21 Joan Steinauer, author of "The Future of White Men" signs copies of and discusses her book at noon. Both authors appear at Bookland Mall Plaza, South Portland. 773-4238.

Bus Trip Hit the road and catch a show at the Boston Pops, stopping at Rocco's for dinner. Dyer Library is sponsoring the jaunt which takes off at 3 pm on May 17 from the Dyer Library, 371 Main St., Saco. Cost: \$48 (includes bus and show tickets). 283-3861 and ask for Madelyn.

Chocolate Lovers' Fling Indulge yourself for a good cause. The Rape Crisis Center is holding its annual chocolate festival May 22 from 1-4 pm. Culinary pros from around the city display their variations of the sweetened brown treats. A \$15 ticket lets you nibble their wares, place bids, and hear speakers and the Downeast String Quartet at Holiday Inn by the Bay, 88 Spring St., Portland. 799-9020.

Choral Art Society Auditions Additional times for auditions are available on May 17 and 24 at Trinity Episcopal Church, Forest Ave., Portland. Male singers are especially encouraged to audition. This is for the group's core membership. 828-0043.

Dessert Card Party Door prizes, raffles and snacks are planned for this May 15 event to benefit St. Joseph's Manor. Takes place from 6:30-9:30 pm at St. Joseph's Manor, 1133 Washington Ave., Portland. Donation: \$3 per person. 797-0600.

Enriched Golden Age Center invites men and women 60 and over to daily luncheons at 297 Cumberland Ave., Portland. Meal at noon. Special programs on Wednesdays. Line dancing every Monday at 10 am. May 18 is a presentation by Frances Haggood. Donation: \$2.50. Transportation available. 774-6974.

The Maine Sheep & Fiber Festival Talk to breeders, watch animal demonstrations, learn how to spin, weave and dye and more at this festival for the white and wooly. Takes place May 21-22 from 10-5 pm at the Cumberland Fairgrounds, Cumberland. Admission: \$2/ free for children under 10. 743-7656.

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MONDAY 5/16



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SATURDAY 5/21

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DAVE = Guitar and vocals heard on Greatful Dead's American Beauty
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~ ALYSSA ALPS ~
MAY 10TH - MAY 14TH



COVER GIRL + CENTERFOLD

Tuesday:
Topless waitresses
serving your favorite
cold beverages

200 RIVERSIDE ST • PORTLAND ME (207) 772-8033 • 1-800-992-0006

MON.-THURS. 4PM-1AM; FRI. NOON-1AM; SAT. 4PM-1AM

SHOWTUES. WED & SAT 6, 8, 10, 12; THURS 6, 8, 10, 12, (VIP SHOW 9); FRI 1, 5, 7, 10, 12.

★ THE MAINE ENTERTAINMENT CENTER AT ★ THE BALL PARK — AT OLD ORCHARD BEACH —

phish



JULY 3

7 PM \$17.50* GENERAL ADMISSION
ON SALE SATURDAY 10AM

Tickets available at Ball Park Box Office on Saturdays 10am-5pm & Sundays 1pm-5pm, all Ticketmaster
locations or charge by phone. *A \$1.50 parking charge will be assessed to all tickets. All Ticketmaster orders
subject to a non-refundable handling charge. Please note: No refund or exchanges. Food or beverages,
recording devices, cameras and lawn chairs are not allowed inside ticket gates.
Presented by Tea Party Concerts in association with Ball Park Productions
and Dave Werlin, Great Northeast Productions.

CALL FOR TICKETS **TICKETMASTER** (207) 775-3331

THE SURE SELL CLASSIFIEDS

775-1234 FAX: 775-1615 VISA/MC ACCEPTED

bulletin board

Spurwink Farm
Cape Elizabeth, Maine
Telephone: 207-767-1709

Naturally raised Belted Galloway Beef. Low in fat and cholesterol. No chemicals, steroids or other additives. Field grown. Hamburger • Kielbasa • Steak Sish Kebab Packages. Beef sides or quarters and special orders upon request. We can ship.

VOLUNTEER IN AFRICA AND THE CARIBBEAN Year placements with nonprofits in journalism, research, urban development, business, health environment, human rights and more. Contact: Visions in Action at (202) 625-7403.

COVERED PARKING Lowest rates in town. Leases offered to secure bargain rate of... \$25/mo! Call 780-6125.

CHILDREN'S BIRTHDAY PARTIES—12hr. show w/ live doves, rabbits, free magic tricks. Call Vandin! at 854-1743. The Children's Magician.

Florida/Disney weekly rental. Sleeps 4-8 beautifully furnished, kitchen, living room, pool, brochures available. 453-6190.

FREE CLASSIFIEDS! That's right... Every purchase of three weeks of The Sure Sell Classifieds gets you the fourth week FREE! Call 775-1234 for more details.

GUEST HOUSE on old estate overlooking Frenchman's Bay. Sleeps 6. Close to Acadia Park. \$600/wk. 207-422-3735.

CHILDREN'S BIRTHDAY PARTIES
1/2 hr. show with live doves, rabbits & free magic tricks. Call Vandin! at 854-1743. The Children's Magician.

PRINT YOUR OWN BLACK & WHITE PHOTOGRAPHS

- Beginner Classes
- Private Lessons
- Studio & Darkroom Rentals
- Live Figure Models

STUDIO 101
142 High Street Suite #315
Portland, Me.
879-2560

Logos 8 1/2 X 11, bold, Black ink on white. S.M.L.XI.XXXI, 100% Cotton Heavy T-shirt on S/Sweatshirt. Ck on Wed 12:55, 17:95 to Ashley Lenartson, P.O. Box 15121 OCE Portland, Maine 04101 (207)761-1924.

lost & found

BIKE FOUND—Brackett Street area. Call Sarah 824-4758.

FOUND—Ford car key attached to smaller key and whistle. Found behind the Memorial Middle School parking lot. Days 797-1364 evenings 773-0916.

775-1234 FAX: 775-1615 VISA/MC ACCEPTED

categories

check one

- ☐ bulletin board
- ☐ lost & found (free)
- ☐ rideshare (free)
- ☐ help wanted
- ☐ business opportunities
- ☐ positions wanted
- ☐ child care
- ☐ roommates
- ☐ apt/rent
- ☐ houses/rent
- ☐ seasonal/rent
- ☐ office/rent
- ☐ art studios/rent
- ☐ storage/rent
- ☐ business rental
- ☐ rentals wanted
- ☐ real estate
- ☐ land for sale
- ☐ mobile homes
- ☐ auctions
- ☐ body & soul
- ☐ instruction
- ☐ business services
- ☐ professional services
- ☐ financial
- ☐ stuff for sale
- ☐ garage/yard sales
- ☐ antiques
- ☐ give away (free)
- ☐ wanted
- ☐ arts & crafts
- ☐ holiday gifts
- ☐ theatre arts
- ☐ fairs & festivals
- ☐ music
- ☐ wheels
- ☐ boats
- ☐ recreation
- ☐ campgrounds
- ☐ summer camps
- ☐ bed & breakfasts
- ☐ publications
- ☐ animals
- ☐ legal notices
- ☐ dating services

rideshare

COMMUTING TO NEW YORK CITY from Portland area. Share driving/expenses. Flexible schedule. 883-0987.

SHARING EXPENSES of round trip commute to Manhattan. 773-6194.

help wanted

ATTENTION COLLEGE STUDENTS—\$9.25 to start. National firm has 100 summer positions in Portland. Advancement potential. P/T or F/T. flexible hours, scholarship/internships, all majors may apply. Call today! (207)788-2422.

BICYCLE MECHANIC—Acadia Bike & Canoe seeks qualified individuals to work in our bike retail and rental operation. MUST HAVE PREVIOUS SHOP EXPERIENCE. Great pay with bonus opportunities. Contact: P.O. Box 405, Bar Harbor, Me. 04609. Telephone 288-9605. Equal Opportunity Employer.

BINGO
\$1,400 State Limit & Winner Take All
Proceeds to ST. JUDE CHILDREN'S RESEARCH HOSPITAL
CASH CORNER BINGO HALL
Ample Free Parking
385 Main St., So. Portland
EVERY
WEDNESDAY 6:30 PM
FRIDAY (afternoon) 1:00 PM
SATURDAY 1:00 PM
SUNDAY 9:55 off all pgs. 6:30 PM
3 GAMES OF CHANCE
SPECIAL EVERY
WED. NIGHT & FRI.
AFTERNOON (1:00pm)
12-24 cards \$10 with 1 shotgun
30-48 cards \$15 with 1 shotgun
SUPER BINGO
Sunday, May 8
\$35 pkg 24 cards & 2 shotguns
\$50 pkg 36 cards & 2 shotguns

HAIRSTYLISTS, BOTH RENTAL- and commission position available for the right individual, mature and motivated. Must desire to please customers and work in intimate professional salon. All inquiries confidential. Contact Stephanie, days 787-3358 even. 642-2637.

INTIMATE CONVERSATION LINES NOW HIRING. Work at home. Excellent pay. Call (708) 422-3846.

KITCHEN CANNIBALISTS—Full or part time, straight commission, established kitchen center, experience necessary. 829-4094.

PERSONAL CARE ATTENDANT—Mornings. Room, board, stipend. References required. CNA preferred. Call 766-5746.

POSTAL JOBS—Start \$11.41/hr. For exam and application information, call (219)769-8301, ext. ME519, 9am-9pm, Sun-Fri.

RISEING TIDE NATURAL FOODS CO-OP seeks team worker, highly motivated, with retail experience and knowledge of health foods for position of responsibility. Cashiering, stocking, heavy lifting involved. 563-5556.

SEEKING VERY SPECIAL PEOPLE to recruit host families and supervise high school exchange students part-time. Call (800)266-8510.

TWO FEMALE OWNER/OPERATORS of Naples, Florida, guesthouse seek summer positions. LPN and teacher. Experience: companion, childcare, housekeeper/cook, caretaker, driver, health conscious and reliable. Reply, Cape House, P.O. Box 10292, Naples, FL 33941.

There are now 4 ways to Buy, Sell, Rent, Trade through the Casco Bay Weekly Classifieds!

1) Casco Bay Weekly, Maine Times, & PennySaver, 62,000 circulation - for \$16/week, buy 3 weeks, get the fourth week FREE!
2) Buy New England — 1.2 million circulation for \$95/week.
3) Several Nationwide Classified levels from 4.5 million to 14 million circulation! Call for rates.
4) Of course, Casco Bay Weekly, only \$9/week, buy three weeks and get the fourth week FREE!

Call 775-1234 to place your classified ad today!

your ad:

Place my ad in the hands of over 120,000 readers of Casco Bay Weekly, Maine Times, and PennySaver! Call 775-1234 to inquire about other zones and rates.

fine print

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bulletin board

lost & found (free)

rideshare (free)

help wanted

business opportunities

positions wanted

child care

roommates

apt/rent

houses/rent

seasonal/rent

office/rent

art studios/rent

storage/rent

business rental

rentals wanted

real estate

land for sale

mobile homes

auctions

body & soul

instruction

business services

business opps

EXCITING NEW CAREER in Cosmetology. Great income potential. 10 months of training. Pierre's School of Beauty. Classes begin May, July, and Sept. 774-1913.

BOOTH RENTAL AVAILABLE
OLD PORT AREA
ON EXCHANGE ST.
ASK FOR MARGARET OR MICHELE
773-7573 828-0061 934-2874

child care

BRING YOUR CHILD to a happy home setting to spend their days. Central Scarborough location, excellent references. 883-5043/883-2302.

roommates

EARN \$6-\$8 PER HOUR—Must be available for a min. of 2 hours on Saturday. Must have proof of insurance. Deliver Maine's newest newspaper. For more information call 1-800-355-5518.

FAMILY HELPER NEEDED every other week, 3:30pm-6:30pm, \$7/hr. Car essential. Please call 828-1489.

FAX IT! 775-1615, THE SURE SELL CLASSIFIEDS!

FREELANCE PHOTOGRAPHER needed part-time. Must have experience in B/W and color. Self-motivated. Call 879-2560.

HAIRSTYLISTS, BOTH RENTAL- and commission position available for the right individual, mature and motivated. Must desire to please customers and work in intimate professional salon. All inquiries confidential. Contact Stephanie, days 787-3358 even. 642-2637.

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body & soul

instruction

business services

roommates

LOOKING FOR CONSCIENTIOUS, non-smoking person to share quiet duplex on Cottage Rd. in S. Portland. \$275. Includes heat. Available June 1. 799-4143.

M/F share large, sunny apartment. Waterview, your own living-room, quiet building, \$275/heat. 774-0666.

NEW GLOUCESTER—Private suite, 1860 cape, serene setting, shared gardens, fields, woods. \$350/mo. negotiable. 826-3217.

NORTH DEERING—Colonial seeks 3rd M/F professional. Responsible w/ sense of humor. Pets negotiable. 2 baths, ample parking, W/D, fplc., large yard. \$285+. 878-2312.

PAYSON PARK AREA—2 roommates to share large house. Lots of room. \$350/mo everything included. 772-6741.

PROGRESSIVE ROOMMATE—wanted to share incredible West End apt. \$245/mo. We are easy going, educated, and seek someone with a healthy lifestyle. 874-9577.

SCARBOROUGH—Large room in private wing (Quaker-Memorial) has neighboring space available. Large studio room, \$300/mo. Includes utilities. Call nights, 6-9pm, 883-4702.

SINGLE DAD—with house to share, N/S. \$125. month, \$75. week. North Deering. 797-9648.

CO. PORTLAND—Home to share, bedroom/den suite. Entrance, yard, privacy. \$350 + security. 774-1693, J.C.

STATE STREET—M/F. chemical free. Intoxic. parking, storage, skylights, harborview. \$300/mo. Includes heat/H.W. 774-3314.

STATE STREET—Responsible, N/S. female, for beautiful, 3BR, hardwood floors. Recyclers, healthy eaters welcome! \$228/mo. heat included. 828-0615.

UNBIASED M/F to share large sunny 3BR. Have cats. \$200 utilities. 854-4274 after 5:30pm.

USM LAW SCHOOL AREA—Spacious apartment, quiet neighborhood. N/S. \$312.50/mo. +1/2 util. Security deposit. Available 6/1. 774-1183.

WEST END—2BR. apt. to share, sunny, 3rd floor, laundry, storage. Please be clean, responsible. Progressive F preferred. W/d, \$275/mo. +1/2 util. Security deposit. 879-8705.

FREEPORT—GF seeks GF/M or open minded person to share 2BR. condo. Quiet, secure building, deck, parking. Must live cats. \$200/mo. +1/2 util. 865-1823 call days.

HIGH ST. S. PORTLAND—2BR. M/F. N/S. 2 1/2. W/D dishwasher, gas heat, \$265. util. Dan. 799-4674.

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land for sale

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body & soul

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business services

apts/rent

LARGE, sunny, 1BR, hardwood floors, LR, DR, kitchen. Includes all util. \$550/mo. Call 828-9969 and leave an evening number. Gay owners live in building.

MUNJOY HILL—2BR, second floor, new kitchen, bath, carpet, gas furnace, porch, paint, W/D hookup. Sunny, nice, \$500/mo., util. Oliver. 772-4739.

MUNJOY HILL—Sunny, heated, 2BR. Off-street parking. \$550/mo + \$550 security deposit. Would like mature couple. Avail. 6/1. 773-2552.

PARK SIDE—Quaint 1BR. apt. high ceilings, wood floors, \$450. Includes everything. 871-1839.

SOUTH PORTLAND—Harriet St. - Sunny 1BR, 3rd floor apt. near Coast Guard Station. \$400/mo., util. (elec. heat). Phillips Management. 772-5345.

TORRENT YOUR APARTMENT FAST, and to the highest bidder tenants. Call 775-1234. THE SURE SELL CLASSIFIEDS, and reach over 100,000 people throughout Greater Portland! 775-1234 to inquire about The Sure Sell Classified's affordable Photo Real Estate section.

WESTBROOK-LAKE 1BR. Spacious, sunny, heat/H.W. parking, storage, quiet, owner occ. 2 family, busline, pets considered. 479-0000. 854-1926.

WOODFORDS AREA—M/F. N/S. thirties, to share large apartment. Washer, off street parking, good people. \$154+security and 1/4 util. Available June 1st. Call 871-7028 evenings.

YOU LIKE? Quiet, country, lakes, sun, deck, horses? Nice clean furnished room with one other Male. Real nice house 35min. from Portland. Don't miss out! 685-6776.

BACK BAY AREA—Waterviews, gas heat, newly renovated, hardwood floors, 2BR, off-street parking. \$425/mo. + util. 767-4279.

CAPE ELIZABETH—Large 1BR. furnished, W/ carpet, sun, deck, \$425/mo. heat/utilities included. Lease, security, references. Single tenant only. Available June 1. Call 799-1060, evenings after 6:00.

CLINTON STREET—5 sunny rooms/hardwood floors. NEW gas heat, parking, Sept. 1 - June 15. \$650/mo. + util. 871-0623/773-8741.

DEERING CENTER—One side of a large duplex, seven rooms + large bath, 2-3BR's. Elegant features, fireplace, W/D hook-up, off-street parking. \$700/mo. + util. N/S only. No dogs. Lease. 775-0619.

EPROM AREA—Very spacious, sunny 2BR. Hardwood floors, good neighbors. N/S. Building, quiet lifestyle. \$545/mo. + 772-6953.

MOOSE WATCHING, family vacations in wilderness. Lakeloft log cabins or wider-ness campsites. Remote outdoor lover's paradise. Cabins \$275-\$375/week. Color brochure, The Last Resort Box 777MT, Jackson, Maine 04945. (207) 668-5091/1-800-441-5091. (Zone VII)

NEVIS—Half rate to December 4. 4BR., 4 bath, pool, all amenities. 18-hole golf, ocean, mountain views. For friends, family, business retreats. (207) 596-6658.

PEARS ISLAND—Stay away to fully equipped cozy Victorian cottage. Sunset water views. Experience the romance of Casco Bay. Short walk to sandy beach, ferry, village. \$425/wk. (207) 766-2385.

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Weekly • Wellness • Directory

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Treatment helps: • Remove self-sabotaging patterns
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To bring light & love to all levels of your life
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Call to register
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Drums of Passion-1
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mystery of Psychic Phenomenon,
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RN, MS, LAc
Acupuncture &
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Call to find
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supplements
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Release pent-up feelings & build self-esteem
in an atmosphere of support & safety.
with JANE CAIR, LC&W
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PORTLAND • 874-0681

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FDA Approved • Comfort • Spontaneity • Effectiveness
CASCO BAY MIDWIFERY SERVICES
home birth • complete prenatal & postnatal care
women's health • pap tests
799-4467 • SIMPLY A GREAT CONTRACEPTIVE ALTERNATIVE

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MARTI P. LAY
AMTA MEMBER
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Gift Certificates
Available • 892-5375

"The Art of Intimacy"
a new group for women & men
who wish to have better relationships
Facilitated by Rachel Sager, L.SAC
Mondays 6:15-8PM
\$80/month
Space limited to 8 people
Call 775-1711

Cristina Christensen, RN
• nurturing massage
• energy balancing
• guided imagery
• Jin Shin Do Acupuncture
• 774-2550

MASSAGE THERAPIST
Ilona Silverman, C.M.T.
Swedish Massage
Neuromuscular Therapy
871-1300

Stephen R. Aronson, Ph.D.
Licensed Psychologist
Practice Since 1970
Insurance/Medicaid Reimbursable
Sliding Fee Scale Available
Anxiety, Depression, Grieving,
Panic Attacks, Stress,
Recovery Issues
Brief or Depth Psychotherapy
Individual, Couples, Groups
Jungian Orientation
772-3176
Men's Therapy Group Mon. 7-9 pm
Mixed Therapy Group Tues. 4-6 pm

PORTLAND YOGA STUDIO
MAY 14 WORKSHOP
YOGA FOR ATHLETES
616 Congress Street
207.797.5684

If you are thinking about self-improvement, try any one of the various health practitioners found in Casco Bay Weekly's Wellness Directory.
If keeping your business healthy is your intent, then advertise in the Weekly Wellness Directory. Call 775-1234.

Freeing The Writer Within!
An 8-week course designed in the spirit of Natalie Goldberg's book
"Writing Down The Bones"
Classes are ongoing, with a new class each month. Cost: \$50.
For beginners & advanced writers. Call Michael 772-6351

ALCHEMICAL HYPNOTHERAPY
Past Life Regression • Stress Reduction
Emotional Clearing • Inner Child/Guide Work
ANITA LANDINO, CHT • (207) 780-0831

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TAI CHI FORM SELF-DEFENSE
A meditative exercise toning the body & calming the mind.
Blending with opposing force in order to control it.
STRESS REDUCTION • LONGEVITY
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"A System Promoting Balance on a Physical and Spiritual Level"
-Gene Golden
616 Congress St. 3rd Floor • 772-9039

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KEITH HINTZ
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